

Continuing Education

ST. LOUIS COMMUNITY COLLEGE

SUMMER 2015

Ready, Set
Grow

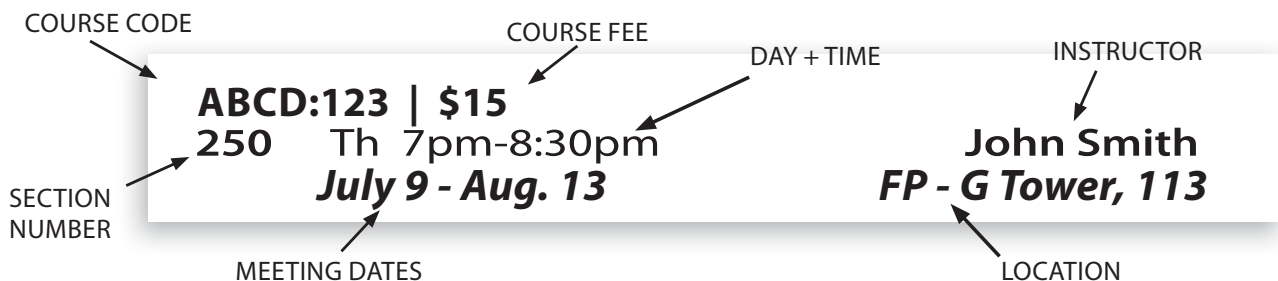
We're saving a seat for you!

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



How to Read Course Listings

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



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

BOARD OF TRUSTEES

Theodis Brown, Sr. Hattie R. Jackson
Libby Fitzgerald Craig H. Larson
Doris Graham Joan McGivney

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

Summer 2015

STLCC Continuing Education

Advance your career, find a creative outlet, or acquire new skills.

Whether you're eager to refresh your knowledge or embark on a new adventure, **Continuing Education** provides access to personal and professional growth in a world that never stops changing.

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

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

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plus 50
Community Colleges



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YOUR
KNOWLEDGE
TO THE NEXT
DEGREE**



Through **Plus 50**, St. Louis Community College provides a gateway to make it **easier than ever** for adult learners to earn credit toward a degree or certificate.

We offer support and flexibility to help you **reach your goals**, from choosing a course of study and scheduling classes to applying for financial aid.

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www.stlcc.edu/plus50

**Advance your life
personally and
professionally...**

...with programs from
St. Louis Community College Continuing Education

- Lean Six Sigma Green Belt
- Project Management
- Mental Health Interpreter
- Master Naturalist
- CPR/First Aid
- Phlebotomy
- Small Business Essentials
- Digital Photography
- Nurse Assistant for Nursing Homes
- ACE Personal Trainer
- Web Development
- Pharmacy Technician
- Animal Welfare Assistant
- Cake Decorating
- NISM Social Media
- Central Sterile Processing Technician



314-984-7777

www.stlcc.edu/ce

Become a *Master Naturalist*

Check out the
Master Naturalist
program on page 31.

Educated and trained Master Naturalists are a valuable resource to the community by sharing their knowledge through volunteer and professional opportunities at nature and green facilities throughout the greater St. Louis area.

The Master Naturalist Non-Credit Certificate Program consists of **three components**:

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

The courses listed in Nature, Landscape & Gardening, and Ecology meet the curriculum requirements for the Master Naturalist Non-Credit Certificate Program. The classes may also be taken for your own personal enrichment.

Call 314-984-7777 for more information.

STLCC Continuing Education

PROFESSIONAL DEVELOPMENT



Take charge of your professional development this summer!

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

Essentials Training

Small Business *Essentials*

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.

BUS:701 | \$59

680 Sa 9am-12pm
June 6 – June 13

Lynette Watson
MC - SO, 204

Artisans and Crafters: Making 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 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.

BUS:701 | \$29

650 W 6pm-9pm
June 17

Michelle Ochonicky
MC - SO, 107

S.C.O.R.E. Seminar

You will enjoy this special short course to acquaint the small business owner or operator with current management principles as they relate specifically to small business operations. It is designed to be particularly helpful if you are planning to start your own business. Topics include business terms, forms and risks of ownership, marketing, record keeping, legal aspects and insurance needs. Finding capital, financial planning, tax considerations and other business functions will also be discussed. All students must register with the SCORE Office online at www.stlscore.org. Lunch not provided. Fee for class materials payable to SCORE at registration; \$60 pre-register and pre-pay; \$70 at the door.

BUS:701

681 Sa 8:15am-3pm

June 6

MC - SO, 108

682 Sa 8:15am-3pm

July 11

MC - SO, 108

683 Sa 8:15am-3pm

Aug. 8

MC - SO, 108

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.

BUS:741 | \$35

680 Sa 9:30am-1pm

June 20

Kimberly Franklin

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.

BUSN:729 | \$55

680 Sa 8:30am-1:30pm

June 27

Morris Turek

MC - BA, 112

The Small Business Essentials Non-Credit Certificate Program

is designed to provide a pathway for new and current entrepreneurs interested in exploring the components of small business startup, operations, and to learn business management skills essential for the success of their endeavor.

- Two classes from each of the three core areas of startup, finance, management
- Three marketing classes
- Two classes from designated technology option

Classes must be taken via CE including up to three from AMA® or Ed2Go™ online programs. Courses may be taken individually or towards completion of a non-credit certificate.

Small Business
Essentials



Gain the competitive edge to succeed in your business.

Career *Essentials*

Interviewing Skills 101

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

CPDV:703 | \$25

650 Tu 6pm-7:45pm
June 16 – June 23

Sherita Reinhardt
MC - SO, 206

Writing Your Resumé to Impress

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

CPDV:704 | \$49

650 Tu 6pm-8pm
June 9 – June 23

Jacqueline Meaders-Booth
MC - BA, 203

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

650 W 6:30pm-9pm
June 17

Laurie Hawkins
MC - SO, 109

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. It will provide you with the tools necessary to find job leads in today's market.

CPDV:705 | \$25

651 W 6:30pm-9:30pm
June 24

Laurie Hawkins
MC - SO, 109

Exclamation Point!

Laurie Hawkins is an excellent instructor. I have taken quite a few of her classes, each time gaining more information. She is an outstanding instructor who is willing to share her time and knowledge with any person who wants to learn. Laurie is fantastic!

Mark K., Concord Village

Plus 50: Reimagining Your Life NOW!

Are you a Baby Boomer nearing retirement? Do you need a new direction? Determine what may replace the traditional retirement path in your life through a powerful interactive learning experience. Clarify your intentions, set your goals and take action all while supporting other group members who share similar objectives.

CPDV:730 | \$59

680 Sa 9am-4pm
July 18

Carol Watkins
MC - BA, 114

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.

CPDV:730 | \$65

681 Sa 9am-4pm
June 27

Carol Watkins
MC - SO, 107



Plus 50 Employment: Purpose, Process and Payoff

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

CPDV:730 | \$45

650 Th 6:30pm-9:30pm
July 9 – July 16

Edwin Penfold
MC - SW, 202

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. Program is an excellent tool for assisting in nonprofit formation, orienting new board members and nonprofit directors.

NPAD:703 | \$29

680 Sa 10am-12pm
June 20

Amy Hereford
MC - SO, 108

Establishing and Running a Nonprofit Organization: Part II

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

NPAD:703 | \$29

681 Sa 1pm-3pm
June 20

Amy Hereford
MC - SO, 108

Event Planning 101

From the most exciting to the most mundane tasks, you'll receive the best advice on items to consider and the roles and actions necessary to successfully and enjoyably produce and execute your event. Discussion will also focus on how to avoid potential hurdles by establishing a clearly communicated process and timeline with your team. You'll also learn to draft an outline and timeline, beginning with concept and ending with effective follow-up, which you can utilize for current or future event planning. Instructor Sarah Guldalian is a producer for an international media outreach organization and former nonprofit manager for over 100 volunteers.

NPAD:703 | \$25
650 Tu 6pm-9pm
July 7

Sarah Guldalian
MC - SO, 206

Exclamation Point!

Sarah Guldalian was the best instructor yet. Terrific background, thorough, creative, able to answer any questions, engaged the class inviting comments while managing her time, excellent PowerPoint handout. Building nonprofit database for members, employees, volunteers, donors, similar institutions (local-regional-national).

- Margaret W., Florissant

Occupation Studies

Nursing and Allied Health

Medical Terminology for Nursing and Allied Health Occupations

This course will be offered 6/9 - 6/25. Medical terms and language are complex and not often easily understood. Nursing and allied health textbooks are filled with many words that have been derived from the combination of word forms from Latin suffixes and prefixes. Attend this course for a "jumpstart" to learn the meaning of these complex words and to gain the "extra edge" when reading textbooks filled with medical language. Refund/withdrawal deadline date: 6/2. No refunds after that date.

NURS:708 | \$79
4D0 TuTh 10am-12:30pm Alverta Smith
June 9 - June 25 FP - G Tower, 121

ICD-10 Coding for Physicians' Offices

Time is running out! The October 2015 implementation of ICD-10 will be here before you know it. This workshop is designed specifically for physician's office diagnosis coding using ICD-10-CM. The focus of this workshop will be teaching office staff coders to appropriately apply coding guidelines and conventions for the new classification system. Documentation strategies and coding technologies will also be discussed. This is a must-have workshop for the physician office coder, office biller and office manager. Students should bring ICD-10CM code book. Patricia Sherman, M. Ed. RHIA, is ICD-10-CM AHIMA-Trained. Lunch will be provided.

AHCE 787 | \$49
400 F 8:30am-3:30pm Patricia Sherman,
M.Ed. RHIA
July 31 FP - E Tower, 311

EMT Core Curriculum

This course begins May 19 and will be held Monday, Tuesday and Thursday 5/19 - 8/2. It meets all the current requirements for Missouri EMT-B license renewal. It includes the assessment and care of the sick and injured, pediatric and geriatric emergencies, childbirth, defibrillation, hazardous material situations and the use of adjunctive EMS equipment. Does not include CPR. Attendance at first class is required. A strict attendance policy is enforced. Course is not for initial EMT-Basic training. Initial EMT-Basic training is offered for college credit (EMT 121). Registration deadline before class begins on 5/19. No class 5/25.

EMSS:700 | \$270
H50 MTuTh 5pm-10pm Norman Corley
May 19 - Aug. 2 Harrison Ed Ctr, 200

GENERAL INFORMATION for Nursing and Allied Health Programs



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

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

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

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

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

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

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



Healthcare Occupations

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



Nurse Assistant for Nursing Homes

This training is held from 6/2 - 8/6. Register in person only in Continuing Education at Forest Park G 322/324.

This training meets requirements of the Missouri Omnibus Nursing Act. The course exceeds the required 75 hours classroom instruction and 100 hours of supervised on-the-job training. Class meets twice a week for 20 sessions; each four hours in length. The 104 hours of on-the-job training are in addition to the scheduled class time. Course content includes training in basic nursing skills, fire safety, disaster training, nursing home resident safety and rights, the social and psychological problems of nursing home residents, methods of caring for mentally confused residents such as those with Alzheimer's disease and related disorders, food service, personal care, elimination, restorative nursing, infection control and special procedures. Upon successful completion of the course the student is eligible to take the final examination. A strict attendance policy is enforced throughout this training. Prerequisite: Family Care Safety Registry Worker Registration letter is required at time of registration. Only original letter will be accepted. Letter cannot be older than six months. Register online at www.dhss.mo.gov/FCSR/ to obtain letter. To enroll in this state approved training program the student must be employable in a skilled nursing facility or intermediate care facility in direct resident care. This will be assured by verification with the criminal background check, 5 Panel drug screen, Family Care Safety Registry Worker Registration, state registry for nurse assistants and the EDL. Intermediate or higher proficiency in English is recommended.

NURS:723 | \$1099

44D0 TuTh 4:30pm-8:30pm

June 2 - Aug. 6

Sa 8am-4:30pm

June 6

Ramona Smith

FP - G Tower, 121

FP - C Tower, 415

Required Nursing Skills Lab: Saturday, 6/6, 8 am - 4:30 pm. Refund/withdrawal deadline: 5/26. No refunds after that date. No class 6/30 and 7/2.

Free Information Sessions

Pharmacy Technician Certification Training

This free session is designed to provide information for individuals interested in the Pharmacy Technician Training. The presentation will include an explanation of the prerequisites, an overview of the training and requirements needed for certification. The session is free but registration is required. This information session will be offered at the Corporate College.



AHCE:786

CO1 W 6pm-7pm
May 20

Corp. College, 209

CO2 W 6pm-7pm
June 17

Corp. College, 209

CO3 W 6pm-7pm
July 15

Corp. College, 209

Call 314-984-7777 to register beginning May 4



In partnership with MK Education

Free Information Sessions



In partnership with MK Education

Central Sterile Processing Technician

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 certification. The session is free but registration is required.

AHCE:788

450 Th 6pm-7pm
May 28

FP - G Tower, 121

451 W 6pm-7pm
June 24

FP - G Tower, 121

452 W 6pm-7pm
July 22

FP - G Tower, 119



CPR And First Aid

Healthcare Provider CPR

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

CPRR:707 | \$69

- 6D0 F 9am-3:30pm **Carol Pikey**
May 29 *MC - CE*
- 5D0 M 9am-3:30pm **Gordon Back**
June 8 *FV - CWI, 136*
- 4D0 W 5pm-10pm **Gordon Back**
June 10 *FP - G Tower, 121*
- 6D1 Th 5pm-10pm **Gordon Back**
June 18 *MC - CE*
- 3D0 M 9am-3:30pm **Carol Pikey**
June 22 *WW, 102B*
- 6D2 W 5pm-10pm **Gordon Back**
June 24 *MC - CE*
- 5D1 M 5pm-10pm **Gordon Back**
July 6 *FV - TC, 110*
- 4D1 W 5pm-10pm **Gordon Back**
July 8 *FP - G Tower, 121*
- 6D3 F 9am-3:30pm **Carol Pikey**
July 10 *MC - CE*
- SD0 M 9am-3:30pm **Carol Pikey**
July 13 *SCEUC, 213*
- 4D2 F 9am-3:30pm **Gordon Back**
July 17 *FP - G Tower, 121*
- 3D1 Tu 5pm-10pm **Carol Pikey**
July 21 *WW, 102B*
- 5D2 Th 9am-3:30pm **Gordon Back**
July 23 *FV - CWI, 136*
- HD0 M 9am-3:30pm **Gordon Back**
July 27 *Harrison Ed Ctr, 100*
- 4D3 W 5pm-10pm **Gordon Back**
July 29 *FP - G Tower, 121*
- CD0 F 9am-3:30pm **Gordon Back**
July 31 *Corp. College, 276*
- 6D4 Sa 9am-3:30pm **Gordon Back**
Aug. 1 *MC - CE*
- 5D3 W 5pm-10pm **Gordon Back**
Aug. 5 *FV - TC, 110*
- 6D5 M 5pm-10pm **Gordon Back**
Aug. 10 *MC - CE*
- 4D4 W 9am-3:30pm **Carol Pikey**
Aug. 12 *FP - G Tower, 121*
- 5D4 F 9am-3:30pm **Gordon Back**
Aug. 14 *FV - CWI, 136*
- 4D5 Su 9am-3:30pm **Carol Pikey**
Aug. 16 *FP - G Tower, 121*

Heartsaver CPR AED: Adult

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

CPRR:701 | \$45

- CD0 Tu 4pm-6pm **Gordon Back**
June 16 *Corp. College, 276*
- CD1 Tu 7pm-9pm **Gordon Back**
June 16 *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.

CPRR:701 | \$59

- 6D0 W 6pm-9:30pm **Gordon Back**
July 15 *MC - CE*

Heartsaver First Aid CPR AED

Heartsaver First Aid CPR/AED is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical service (EMS) arrives. It is designed to meet OSHA requirements. Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR and AED use. Written and practical skills (hands-on-manikin simulation) evaluation and testing are required for course completion. Upon successful completion each participant will receive a course completion card. Registration one week prior to course start date is recommended. Due to the nature of the course you must arrive on time.

CPRR:706 | \$97

- 6D0 Sa 8:30am-4:30pm **Gordon Back**
Aug. 22 *MC - CE*

CPR Instructor Course

The Instructor Course is designed to prepare American Heart Association (AHA) instructors to disseminate to participants enrolled in AHA courses the science, skills and philosophy of resuscitation programs. The purpose of the AHA BLS/CPR Instructor Course is to provide instructor candidates the knowledge and skills necessary to reach and teach potential BLS providers. The AHA BLS/CPR Instructor course provides a structured initiation for the instructor candidates and serves as the foundation for their development. It provides instructor candidates the opportunity to develop and refine their presentation skills. Please note there is extensive self-paced course work. Access to a computer will be necessary for this course work. Prerequisite required at time of registration: Current AHA Healthcare Provider CPR card. Registration three weeks prior to course start date is required to ensure arrival of pre-course materials and completion of extensive pre-course work. Per AHA requirements, within 6 months of the initial instructor class, a STLCC TC Faculty member must monitor the instructor candidate's teaching and verify the performance of the candidate's provider skills. The instructor candidate will pay an additional fee for this monitoring. Due to the nature of this course, you must arrive on time. No admittance after the stated start time. Registration/Refund/Withdrawal deadline: 7/13.

CPRR:708 | \$250

- 4D0 M 8am-5pm **Gordon Back**
Aug. 3 *FP - G Tower, 121*

CPR Instructor Renewal

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

CPRR:709 | \$65

- 4D0 W 6pm-10pm **Gordon Back**
July 22 *FP - G Tower, 121*

Heartsaver Pediatric First Aid CPR AED

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

CPRR:711 | \$97

- 5D0 Sa 8:30am-4pm **Carol Pikey**
June 27 *FV - TC, 105*
- 6D0 Sa 8:30am-4pm **Carol Pikey**
June 13 *MC - CE*

Call 314-984-7777 to register beginning May 4

Childcare Training

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

CHILD CARE

CLOCK HOUR TRAINING

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

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

Discipline 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 | \$30
680 Sa 9am-1pm
June 27
Geraldine Jasper
MC - SO, 108

Child Abuse: What A Child Caregiver Needs to Know

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

CCPR:717 | \$15
450 Tu 7pm-9pm
June 2
550 Th 7pm-9pm
June 11
Bonnie Shiller
FP - G Tower, 119
Bonnie Shiller
FV - CDC, 112

Child Care Provider: Heartsaver Pediatric First Aid CPR AED

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

CCPR:711 | \$97
5D0 Sa 8:30am-4pm
June 27
FV - TC, 105
6D0 Sa 8:30am-4pm
June 13
MC - CE

Fun with Books: Making a Story Time Bag

Reading to children of all ages forms the basis of early literacy. You will create and take home a story-time bag. All ideas shared use easy-to-find and inexpensive supplies that can be used for a variety of activities to expand your story time.

CCPR:718 | \$15
550 M 7pm-9pm
June 8
Sally Brooks
FV - CDC, 112

Communicating with Young Children

Can you talk so children will listen? Do you really listen to children when they talk? Learn ways to improve your communication skills with the children you care for. You'll be surprised how much smoother your day will go!

CCPR:721 | \$15
550 Tu 7pm-9pm
June 16
450 Th 7pm-9pm
June 25
Geraldine Jasper
FV - CDC, 110
Geraldine Jasper
FP - G Tower, 119

Asking Questions...Encouraging Children's Thinking

Throughout all the learning areas- blocks, dramatic play, books, science, and others- encourage critical thinking, creativity, and problem-solving by asking questions. Learn many techniques for asking questions in your everyday activities with children.

CCPR:721 | \$15
551 Tu 7pm-9pm
June 23
Geraldine Jasper
FV - CDC, 110

Language Development: Birth to Age 5

The 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:723 | \$15
650 M 7pm-9pm
June 15
MC - SO, 109

New

One time only!

Child Care Providers Saturday Seminars

Clock hours listed for each program

Math: Beyond 1, 2, 3...

We are pleased to offer this NEW, ONE TIME, LOW COST training with quality state trainers from the Metropolitan Community College Francis Institute in Kansas City, Missouri as a special summer offering. Essential math experiences that are critical for children's later school success can be a part of your early childhood classroom every day. This workshop will provide experiences and information which identify math content areas and experiences. You will explore strategies and activities to integrate math concepts into classroom experiences. Since enrollment is limited, this workshop is based on a first come, first-served registration. A boxed lunch is included in the fee. Workshop check-in begins at 8:30 am. Attendance at this seminar is expected for the entire five hours to receive the certificate and clock hour credit.

CCPR:709 | \$20
580 Sa 9am-2:30pm
June 13
FV - SC, MULTI-PURP

Icky Sticky Science, Simply Science

We are pleased to offer this NEW, ONE TIME, LOW COST quality training offered by the St. Louis Science Center as a special summer offering. Icky Sticky Science-Morning Topic: You will follow the steps of the scientific method while making a batch of slime. You will learn how to use fun activities to introduce the scientific method. Simply Science-Afternoon Topic: You will get hands-on with various aspects of science including color mixing, electricity, magnets and animal life. You will extend your learning with a related art project to take home. Since enrollment is limited, this workshop is based on a first come, first-served registration. A boxed lunch is included in the fee. Workshop check-in begins at 8:30 am. Attendance at this seminar is expected for the entire six hours to receive the certificate and clock hour credit.

CCPR:710 | \$20
580 Sa 9am-3:30pm
June 20
FV - SC, MULTI-PURP

Great Value

Call 314-984-7777 to register

Language Development: Phonological Awareness and Alphabetical Knowledge

Discussion of language development in the preschool years. Provides specific tools to encourage phonological awareness and alphabetical knowledge. Co-sponsored by St. Louis Learning Disabilities Association.

CCPR:723 | \$15
651 M 7pm-9pm
June 29

MC - SO, 109

Understanding Autism

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

CCPR:723 | \$15
652 W 7pm-9pm
June 3

MC - SO, 109

Understanding ADHD: Attention Deficit Hyperactivity

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 Disabilities Association.

CCPR:723 | \$15
653 W 7pm-9pm
June 17

MC - SO, 105

Surviving Nap Time: Creative Ways to Make Nap Time a Pleasant Experience

Learn to make nap time a peaceful and relaxing experience for both children and adults. You'll discuss appropriate expectations.

CCPR:727 | \$15
451 Th 7pm-9pm
June 18

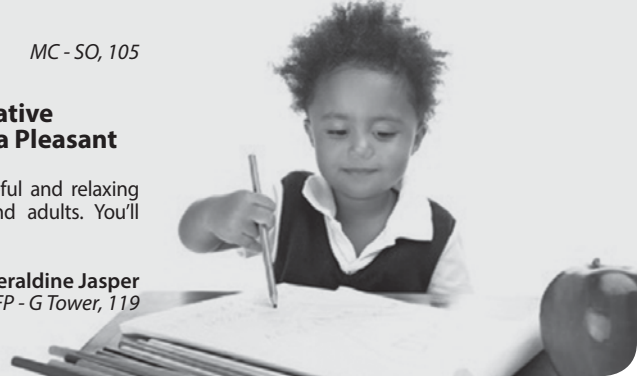
Geraldine Jasper
FP - G Tower, 119

Exclamation Point!

Great workshop-lots of fun learning new ideas to use with the children.

Gerry Jasper is an enthusiastic teacher!

-Angela, student



Communications

Voiceovers: Get Paid to Talk

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

PERD:765 | \$39
480 Sa 9am-12pm
June 27

680 Sa 9am-12pm
July 25

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

Voiceovers II: Making Money With Your Voice

If you enjoyed our introductory course, Voiceovers - Get Paid to Talk, this is your next step! Go through real-life voice training exercises and techniques with a voiceover professional. Arrive with a basic understanding of the voiceover business, because you will dive right into the mechanics of reading copy. At the end of the class, you'll have a basic grasp of capturing your performance using recording software and be able to take home a copy of your personal session's voiceover! Pre-requisite: Voiceovers - Get Paid to Talk. Bring 1Gb flashdrive.

PERD:765 | \$39
481 Sa 12:30pm-3:30pm
June 27

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

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

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 become 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
350 Tu 7pm-9pm
June 2

Jill McCoy
WW, 201

How to Be a Successful Landlord

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

REAL:720 | \$69
480 Sa 9am-5pm
July 18

Mary Hankins
FP - G Tower, 115

Fitness Training

Restaurant Management

Explore ACE Fitness Certifications!

ACE Personal Trainer Certification Prep Course

Ready for a career change? Become a CERTIFIED PERSONAL TRAINER! Designed to give you the knowledge and understanding necessary to prepare for the ACE Personal Trainer Certification Exam and become an effective personal trainer, this course presents the ACE Integrated Fitness Training? (ACE IFT?) Model as a comprehensive system for designing individualized programs based on each client's unique health, fitness, and goals. The information covered and the ACE IFT Model will help you learn how to facilitate rapport, adherence, self-efficacy and behavior change in clients, as well as design programs that help clients to improve posture, movement, flexibility, balance, core function, cardiorespiratory fitness, and muscular endurance and strength. Due to the specialized nature of this class, NO REFUNDS WILL BE ISSUED ONE WEEK PRIOR TO THE CLASS START DATE. STUDENT MUST BE AT LEAST 18 YEARS OF AGE OR HAVE A HIGH SCHOOL DIPLOMA/GED AND HOLD CPR/AED CERTIFICATION BEFORE TAKING EXAM. Background check may be required for certification. Please review the ACE Certification Candidate Handbook at <http://www.acefitness.org/fitness-certifications/pdfs/Certification-Exam-Candidate-Handbook.pdf> for more information on eligibility. Fee includes cost of exam, textbook, study guide, and sample test. Additional fee to retake exam. Voucher for exam must be used within 6 months of date received. Class is not eligible for Senior Scholarship. PEDU:753 | \$695

6D1 F 9am-1pm
June 5 – Aug. 14

Melissa Baumgartner
MC - SO, 206

Registration/withdrawal deadline: 5/28. No refunds after that date. No class 7/3.

6D2 Tu 5pm-9pm
June 2 – Aug. 4

Eric Vahey
MC - SO, 112

Registration/withdrawal deadline: 5/22. No refunds after that date.



ServSafe Food Safety Certification

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

RMGT:701 | \$169

680 Sa 8am-3pm
June 6 – June 13

Almut Stephan Marino
MC - SO, 107

580 Sa 8am-3pm
Aug. 8 – Aug. 22

Almut Stephan Marino
FV - B, 243

No Class 8/15

ServSafe Review/Retest

This class is only for those who were not successful on a recent exam. It is recommended that you study the text before coming to class. An opportunity to ask review questions will be provided before re-attempting the exam. Fee includes answer sheet and proctored exam. Those achieving a grade of 75% or higher on the exam will be awarded the nationally-recognized ServSafe certificate. Bring a sack lunch to class. Assigned room is Business, 243.

RMGT:702 | \$79

580 Sa 8am-3pm
Aug. 22

Almut Stephan Marino
FV - B, 243

680 Sa 8am-3pm
June 13

Almut Stephan Marino
MC - SO, 107



Technology

Applications and Systems

Microsoft Word 2013: In A Day

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

COMP:715 | \$99

S01 F 9am-4pm
July 17

SCEUC, 207
Cris Heffernan
Corp. College, 208

C02 F 9am-4pm
July 24

Microsoft Word 2013 Basics for Business

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

COMP:715 | \$129

C01 F 9am-4pm
May 29

Cris Heffernan
Corp. College, 208

Microsoft Excel 2013: In A Day

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

COMP:720 | \$99

680 Sa 9am-4pm
June 20

Roy Lenox
MC - BA, 203

C01 Sa 9am-4pm
June 25

Cris Heffernan
Corp. College, 208

Introduction to Microsoft Excel 2013 for Business

In this introductory class you will learn the business basics of Excel. Topics covered include setting up worksheets, labeling, entering values, editing cells, copying, formatting, and saving. Prerequisite: Windows Introduction class or equivalent experience.

COMP:720 | \$129

C02 F 9am-4pm
June 5

Cris Heffernan
Corp. College, 208

Microsoft Excel 2013: Charts, Tables & Lists

Use Excel to manage lists and create charts and tables from your existing data. Sort, filter, and use other database functions in Excel. Present your data in easy to understand graphical format. Learn to create effective charts that clearly and accurately convey the meaning of your data. Create custom reports with pivot tables and pivot charts. Add graphics to your spreadsheets and charts for clarification. Prerequisite: Microsoft Excel Introduction class or equivalent experience.

COMP:720 | \$79

651 W 6:30pm-9:30pm
July 15 – July 22

Roy Lenox
MC - SW, 202

Microsoft Excel 2013: Introduction

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

COMP:720 | \$109

650 W 6:30pm-9:40pm
May 27 – June 24

Roy Lenox
MC - SW, 202

Intermediate Excel 2013 for Business

Build on previous knowledge and further your spreadsheet skills by managing multiple workbooks, creating more complex formulas and functions, enhancing the appearance of your documents, and by creating custom reports with pivot tables and pivot charts. Prerequisite: Microsoft Excel Introduction class or equivalent experience.

COMP:721 | \$129

C01 F 9am-4pm
June 12

Cris Heffernan
Corp. College, 208

Microsoft Access 2013: In A Day

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

COMP:725 | \$99

C80 Sa 9am-4pm
June 6

Cris Heffernan
Corp. College, 208

Microsoft Access 2013 for Business: Introduction

Learn the foundations to plan and design a database system. Learn to create and work with tables, forms, and reports; use queries; and create and maintain a database. Prerequisite: Windows Introduction class or equivalent experience. Bring a flash drive.

COMP:725 | \$129

C01 F 9am-4pm
June 26

Cris Heffernan
Corp. College, 208

Intermediate Access 2013 for Business

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

COMP:726 | \$129

C01 F 9am-4pm
July 10

Cris Heffernan
Corp. College, 208

Microsoft PowerPoint 2013: In a Day

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

COMP:730 | \$99

C01 Th 9am-4pm
July 16

Corp. College, 208

QuickBooks Pro 2014

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

COMP:734 | \$115

C50 W 6:30pm-9:30pm
June 10 – July 8

Barbara Primm
Corp. College, 208

Publishing and Media Technologies

Desktop Publishing

Adobe Photoshop Creative Cloud: In A Day

Learn the Basics of Adobe Photoshop in a day! You will learn how to manipulate digital images from a digital camera, previously scanned images, or internet graphics. Concepts covered include Selection Tools, Paintbrush Tools, Layers and Masking. Students will work hands-on with a wide variety of images. Prerequisite: Windows Introduction class or equivalent experience.

COMP:755 | \$99

C01 W 9am-4pm
June 3

Zak Zych
Corp. College, 206

600 Sa 9am-4pm
July 11

Zak Zych
MC - BA, 212

Adobe Photoshop Creative Cloud: 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. Concepts covered include Selection Tools, Paintbrush Tools, Layers and Masking. Students will work hands-on with a wide variety of images. Prerequisite: Windows Introduction class or equivalent experience. This course meets the curriculum requirements of the Digital Photography Non-Credit Certificate Program.

COMP:755 | \$99

C50 Tu 6pm-9pm
June 2 – June 23

Zak Zych
Corp. College, 206

Adobe Photoshop Creative Cloud: Intermediate

Adobe Photoshop Intermediate covers advanced techniques of the concepts learned in the introductory class, along with Channels, Sharpening, Actions, Advanced Filters, Color control, and Basic Web Graphics Creation. 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 Non-Credit Certificate Program.

COMP:755 | \$115

C51 Tu 6pm-9pm
July 7 – July 28

Zak Zych
Corp. College, 206

Photoshop Elements 12: Basic Overview

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

COMP:755 | \$69

S50 Tu 6pm-9pm
July 7 – July 21

Rachel Bufalo
SCEUC, 206

Exclamation Point!

Cris Heffernan exceeded my expectations! She's an amazing instructor and has set a pretty high bar for my expectations when considering future classes I might take through the continuing education program. I will definitely be partial to studying with her again!

- Sharon F., St. Louis



Adobe Photoshop CS6 for Professionals-The First Step

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

CVTW:701 | \$139

600 F 8:30am-4:30pm
June 19

Zak Zych
MC - HE, 233

Exclamation Point!

I loved Zak Zych! Wow, what a great teacher. Super-knowledgeable. Obviously experienced in the real-world. Able to answer complicated questions. Able to customize the direction of the course according to students' needs. GREAT CLASS! I would take ANY class that Zak teaches.

Laura H., Chesterfield

Adobe Photoshop CS6 for Professionals - 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

601 F 8:30am-4:30pm
June 26

Zak Zych
MC - HE, 233



Adobe Lightroom 5 for Professionals -- the First Step

This workshop will cover the basics of Lightroom-5. A powerful and comprehensive set of digital photography tools that enable you to organize and bring out the best in your images, achieving amazing image quality. Lightroom 5 is designed as an end-to-end photographic workflow process, especially for professional photographers.

CVTW:701 | \$139

602 Sa 8:30am-4:30pm
July 18

Charles LaGarce
MC - HE, 232

Adobe Photoshop Lightroom 5: Special Development Techniques for Professionals

This workshop will cover image development techniques focusing on output. You will learn eye-catching techniques for the presentation of your work. You will learn how to create a photobook, slideshow and how to best prepare an image for print, as well as, how to achieve amazing image quality. Lightroom 5 is designed as an end-to-end photographic workflow process, geared especially for professional photographers.

CVTW:701 | \$139

680 Sa 8:30am-4:30pm
Aug. 1

Charles LaGarce
MC - HE, 233

Contemporary and Traditional Typography in a Digital World

This hands-on workshop discusses classical and contemporary typographic history and vocabulary, measurements and terms, type anatomy, rhythm and readability, typographic contrast, pacing and layout, the use of grids, and typeface classifications whilst utilizing InDesign and Illustrator CC 2014. We will study the use of character and paragraph styles and the use of hierarchy across single and multipage documents. We will learn about ligatures and alternate glyphs, hyphenation rules, and text cleanup. Participants will build skills for the art of dynamic and elegant typesetting and typographic layout, and for expressive, conceptual typographic thinking across a multitude of platforms.

CVTW 702 | \$139

601 F 8:30 am-4:30pm
June 12

Michael Swoboda
MC-HE, 233

3D Printing Workshop for Beginners

Have you ever wished that you had the power to design anything your heart desired and have it magically created out of thin air? Now you can. Learn how to design and print objects using software such as Adobe Illustrator, Google Sketch Up or Blender. Explore how digital design can reveal new ideas and provide fresh inspiration for your future projects. The workshop consists of two parts, an introduction to 3D design and a demonstration of a MakerBot Replicator 2 printer. Class is suitable for beginners. No code writing or 3D printing experience required. Knowledge of any other 3D printing software is helpful, but not required.

CVTW:713 | \$139

681 Sa 8:30am-4:30pm
Aug. 1

John Schmitt
MC - HE, 232

Video

AfterEffects for Professionals - 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

680 Sa 8:30am-4:30pm
July 18

Timothy Linder
MC - HE, 233

AfterEffects for Professionals - the Next Step

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

CVTW:704 | \$139

601 F 8:30am-4:30pm
July 3

Timothy Linder
MC - HE, 233

Digital Storytelling Techniques for Professionals

Using Photoshop and iMovie, this workshop will immerse beginners into the art of crafting and capturing a story electronically. From idea generation and basic scripting in the morning, this workshop will allow participants to create a short story in the afternoon. Students should come prepared with a story they want to tell. Bring your own videos and photos to include. Cost for adults 60 and over \$74.50.

CVTW:706 | \$139

680 Sa 8:30am-4:30pm
July 11

Anthony Carosella
MC - HE, 233

Final Cut Pro X - Video Editing: the First Step

An introduction to professional video editing for people that have used iMovie or other consumer editing software and want to expand their skills. Learn to import video, arrange clips and transitions. Add titles and trim edits to fine tune your video.

CVTW:706 | \$139

681 Sa 8:30am-4:30pm
June 27

Anthony Carosella
MC - HE, 232

Final Cut Pro X - Video Editing: the Next Step

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

CVTW:706 | \$139

682 F 8:30am-4:30pm
July 17

Anthony Carosella
MC - HE, 233

 = Digital Arts and Technology Alliance Workshops

Digital Architectural Photography for Professionals

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

CVTW:710 | \$139
682 Sa 8:30am-4:30pm **Richard Spregeler**
 July 25 *MC - HE, 233*

GoPro Camera for Professionals and Adventurers

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

CVTW:710 | \$139
680 Sa 8:30am-4:30pm **Anthony Carosella**
 June 13 *MC - HE, 233*

Drones for Video and Photography

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

CVTW:710 | \$139
681 Sa 8:30am-4:30pm **Anthony Carosella**
 June 20 *MC - HE, 136*

Maintenance, Networks and Security

Personal Online Security

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

COMP:795 | \$39
580 Sa 9am-1pm **Fernando Tillman**
 July 18 *Corp. College, 208*

Mobile Technologies

Android Smart Phone Basics

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

COMP:765 | \$25
580 Sa 9am-12pm
 June 13 *FV - B, 125*

Learn the Basics of an iPhone

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

COMP:765 | \$25
680 Sa 9am-12pm
 June 20 *MC - BA, 212*
681 Su 12pm-3pm
 July 19 *MC - BA, 212*

Personal Computing

PCs & 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
C80 Sa 9am-4pm
 June 20 *Corp. College, 206*

Microsoft Windows 8

Explore Windows 8 and all its user-friendly features in this course. Topics include using Start Screen, Live tiles, Hot corners, Charm Bar, One Drive and many others. This course is not for tablets or touch screen and students will use a mouse to navigate. Prerequisite: Personal Computers Introduction class or equivalent experience.

COMP:705 | \$109
C02 Th 9am-12pm
 June 4 - June 11 **Cris Heffernan**
Corp. College, 206
C03 Th 9am-12pm
 July 2 - July 9 **Cris Heffernan**
Corp. College, 206

Microsoft Windows 7: In a Day

Explore Windows 7 and all its user-friendly features in this course. Students learn mouse techniques and examine the desktop interface; including the menu, taskbar, and standard icons. Topics include using computer, managing files and folders, using Help, working with applications, creating shortcuts, customizing the desktop, and exchanging information between applications. Prerequisite: Personal Computers Introduction class or equivalent experience.

COMP:705 | \$99
C04 Sa 9am-4pm
 June 13 *Corp. College, 208*

Introduction to Craigslist

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

COMP:742 | \$25
650 Tu 6pm-9pm
 June 23 **Rachel Bufalo**
SCEUC, 206

Introduction to eBay: Buying and Selling

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

COMP:742 | \$39
550 Th 6:30pm-9pm
 June 18 - June 25 **Barbara Primm**
FV - B, 125
551 W 6:30pm-9pm
 July 1 - July 8 **William Bearden**
SCEUC, 206

Strategies for Selling on eBay

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

COMP:742 | \$29
652 Th 6pm-9pm
 July 23 **Barbara Primm**
MC - BA, 203



 = Digital Arts and Technology Alliance Workshops

Social Media

Facebook for Business

Facebook is proving to be a powerhouse tool for small and large businesses everywhere. Come to this class to learn how to utilize Facebook to grow and promote your business. This class will not cover the functionality of Facebook for personal use and students should already have a basic knowledge of Facebook prior to class. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$39

C01 F 9am-12pm
May 29
S50 Tu 6pm-9pm
June 16

Rachel Bufalo
Corp. College, 206
Rachel Bufalo
SCEUC, 206

Facebook

Facebook has over one billion users! That means one out of every seven people in the WORLD are on Facebook! In a few more years communicating on this social networking site will be as second nature to you as email. Don't get left in the dust. Come and learn how to navigate this fun and exciting site! Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$25

651 Tu 6pm-9pm
June 2
350 W 6pm-9pm
July 29

Rachel Bufalo
SCEUC, 206
Erin De Vore
WW, 207

Social Media Marketing for Professionals

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

CVTW:713 | \$139

680 Sa 8:30am-4:30pm
July 25

Anthony Carosella
MC - HE, 136

Tech Savvy

Tech Savvy Friday: Creating Folders and File Management with Windows 7

One of the trickiest concepts for new computer users to master is folders. Come to this workshop and learn how to create them, how to use them, but best of all, where to find them! This two hour class will help you de-clutter your files and folders. Prerequisite: Windows Introduction class or equivalent experience. Class will be using Windows 7.

COMP:765 | \$19

500 F 9am-11am
July 10

Barbara Primm
FV - B, 125

Tech Savvy: iPads & Tablets

Touch screen technology is everywhere these days. Come to this class to learn about all of the latest touchscreen devices and some of the differences.

COMP:765 | \$19

S01 F 9am-11am
June 19

Barbara Primm
SCEUC, 206

Tech Savvy Fridays: What is The Cloud?

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

COMP:765 | \$19

C01 F 9am-11am
June 12

Barbara Primm
Corp. College, 206

Tech Savvy Friday: Flash Drives

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

COMP:765 | \$24

S02 F 9am-11am
July 24

Barbara Primm
SCEUC, 206

Web Development

Optimizing WordPress for Your Business

Take your basic WordPress site to the next level! Learn more advanced techniques such as template optimization, site customization and search engine optimization. Prerequisite: Windows Introduction class and Create Your Own Website with WordPress or equivalent experience. This class will move at a fast pace. Students must already have a generic email account through gmail, yahoo or hotmail and know this email address and password when coming to class.

COMP:745 | \$39

C02 F 9am-12pm
July 17

Jerry Bearden
Corp. College, 206

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. Whether you are just a beginner using graphically based templates or want to get down into the nitty-gritty code, WordPress is your answer and it's FREE and you don't have to be a techie! DIY with your creativity and WordPress. Walk away from this class with a basic website and the skills to go as far as you want. The sky's the limit! Prerequisite: Windows Introduction class or equivalent experience. This class will move at a slow pace. Students must already have a generic email account through gmail, yahoo or hotmail and know this email address and password when coming to class.

COMP:745 | \$109

650 Th 6pm-9pm
July 2 - July 16

Jerry Bearden
MC - BA, 203

Create Your Own Website With WordPress

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

COMP:745 | \$99

C01 F 9am-4pm
June 19

Jerry Bearden
Corp. College, 208

Adobe Edge Animate CC for Professionals

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

CVTW:701 | \$139

681 F 8:30am-4:30pm
July 10

Mark Pennycuik
MC - HE, 233

Adobe Muse: Web Design for the Graphic Designer

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

CVTW:702 | \$139

600 F 8:30am-4:30pm
July 24

David Haley
MC - HE, 233

EZ Websites for Professionals

Learn to create a professional website without costly software. Students will learn how to register a domain name and use free website tools and templates to create and maintain a professional website.

CVTW:750 | \$139

680 Sa 8:30am-4:30pm
June 20

Kevin Ward
MC - HE, 233

WordPress for Business

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

CVTW:750 | \$139

681 Sa 8:30am-4:30pm
July 11

Kevin Ward
MC - HE, 136



 = Digital Arts and Technology Alliance Workshops

OSHA Training at STLCC

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

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

10 Hour OSHA General Industry Certification

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

CONS:736 | \$119

C01 Tu 4:30pm-10pm
June 2 – June 9

Patricia Dalton
Corp. College, 207

10 Hour OSHA Construction Safety and Health Training Certification

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

CONS:736 | \$119

C02 TuTh 4:30pm-10pm
June 23 – June 25

Patricia Dalton
Corp. College, 207

Education and Test Prep

ACT Test Preparation

All subjects of the ACT exam are covered. This is a complete review for the ACT exam using materials developed by Cambridge Education services. Text and practice test included - bring a calculator to class.

EDUC:712 | \$169

400 M 9am-12pm
June 29 – Aug. 10
602 W 9am-12pm
June 24 – Aug. 5
5W1 Sa 9am-12pm
July 11 – Aug. 22

Toshi Floyd
FP - G Tower, 111
Toshi Floyd
MC - CS, 119
Toshi Floyd
FV - B, 124

Math Review for Chemistry Students

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

MATH:752 | \$49

600 TuWTh 8:30am-12:30pm
June 2 – June 4

Suzanne Saum
MC - SO, 111

Adult Basic Education and English as a Second Language

St. Louis Community College at Meramec offers programs in the following school districts:
Affton, Bayless, Kirkwood, Lindbergh, Mehlville, Valley Park and Webster Groves.

Call 314-984-7777 for more information

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

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

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

Parkway Schools - 314-415-4940

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

Rockwood Schools - 636-733-2161

Serving the school district of Rockwood

Ritenour Schools - 314-426-7900

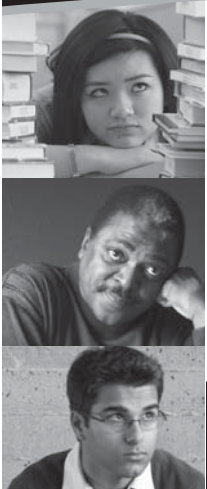
Serving the school district of Ritenour

University City Schools - 314-290-4052

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

Adult Career Exploration Sessions

It All Starts Here.



Whether you are just starting out or are looking to switch careers- but you aren't sure about an area of study-a **career exploration session** will help you identify your interests, and learn about career pathways that might be a fit for you!

Complete a FREE online interest inventory PRIOR to the workshop so you can:

- Discover how your interests influence career decisions
- Learn how your interests relate to career programs at STLCC
- Hear about payment options
- Find out how to get started at STLCC!

- **April 22 – Wildwood**
6-7:30pm, Room 223
- **May 14 – Forest Park**
5:30-7:30pm, Stu. Ctr. Café East
- **May 21 – Florissant Valley**
5:30-7pm, TC 105/107

Once your registration is confirmed, you will receive an email with a user name and password to access an online interest inventory. Internet access is needed to complete the interest inventory before the event.

For more information call 314-539-5002 or email AskUs@stlcc.edu

Register TODAY at stlcc.edu/Visit

PERSONAL ENRICHMENT

Just for fun...just for You!

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



Ageless Learning

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:732 | \$45

800 Tu 10am-11am

June 2 – June 23

Golfport-MH

Rise and Shine: Senior Workout

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

PEDU:755 | \$69

606 TuTh 5:55am-6:55am

June 2 – July 2

Gail Velten
MC - PE, 201

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. No class 7/3.

SENR:703 | \$59

M01 F 12:30pm-1:30pm

June 5 – July 17

Sandra Derickson
Affton White-Rodgers, GYM

M02 F 12:30pm-1:30pm

July 24 – Aug. 28

Sandra Derickson
Affton White-Rodgers, GYM

Yoga for Seniors

Open your mind to a new understanding of your body. Gentle, slow-paced combination of stretch and strength work. Breath work and meditation are great for calming and relieving stress. Bring a mat, towel and water. Class will be held inside Fellowship Hall of Christ Lutheran Church, 1 Selma Ave, 63119.

SENR:704 | \$79

M01 Th 10am-11am

June 11 – July 30

Masterpeace Studios

Zumba Gold for Seniors

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

PEDU:747 | \$45

M01 W 11am-11:50am

June 3 – July 8

Theresa Daniels
Adiva Dance Center

Creative Arts

Arts & Crafts



Drawing: Beginning & Intermediate

Feel confident drawing any subject matter. Explore this "teachable" skill through principles and tools. Working with a variety of materials and techniques, including charcoal and pencils, students explore the rendering of geometric forms, volume, and perspective, with an emphasis on personal gesture marks.

ARTS:709 | \$99

602 Tu 9:30am-12pm

June 9 – July 14

501 W 12pm-2:30pm

June 10 – July 15

350 Th 6pm-9pm

June 18 – July 16

351 Th 6pm-9pm

July 23 – Aug. 20

450 W 6pm-9pm

June 17 – July 15

Ruth Kolker

MC - HE, 125

Ruth Kolker

SCEUC, 102

Lisa Payne

The Timbers

Lisa Payne

The Timbers

Lisa Payne

FP - G Tower, 413

Fine Arts

Drawing: Traditional Pencil Basics

Discover the fundamentals of an essential art - drawing. 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. No class 7/4.

ARTS:709 | \$99

680 Sa 12:30pm-3:30pm

June 13 – July 11

550 Th 6pm-9pm

June 18 – July 16

Sean Long

MC - HE, 123

Brenda Schilling

FV - H, 106

Perspective Drawing and Still Life

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

ARTS:709 | \$99

- 650 M 6:30pm-9:30pm Philip Perschbacher
June 1 – June 29 MC - HE, 125
- 651 M 6:30pm-9:30pm Philip Perschbacher
July 6 – Aug. 3 MC - HE, 125

Botanical Illustration: Beginning

Inspired by antique styles, create contemporary pieces with new methods. Try watercolor, pen and ink, and/or colored pencils. Learn composition and color skills with models from dried plants, fruit, and fresh flowers. All levels welcome. Supply list sent.

ARTS:709 | \$99

- 600 Th 12pm-3pm Maureen Brodsky
June 4 – July 2 MC - CE

Botanical Illustration: Continuing

Build on the skills acquired in our introductory Botanical Illustration class. Choose your medium from watercolor, pen and ink, and/or colored pencils. Continue to develop your compositional and color skills with models from dried plants, bulbs, fresh flowers and more! Prerequisite: Beginning Drawing or equivalent experience. Supply list sent.

ARTS:709 | \$99

- 601 Th 12pm-3pm Maureen Brodsky
July 9 – Aug. 6 MC - CE

Drawing in Color Pencil: Beginning

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

ARTS:716 | \$129

- S01 Tu 12:45pm-2:45pm Kris Scharfenberger
June 2 – Aug. 4 SCEUC, 102

Drawing in Color Pencil: Intermediate

A continuation of the beginner's class. Further develop your skills in building color and value while still leaving room for the beautiful detail and control of colored pencil.

ARTS:716 | \$129

- S02 Th 12:45pm-2:45pm Kris Scharfenberger
June 4 – Aug. 6 SCEUC, 102

Figure Drawing

Draw with gesture, line, shape and value in relation to a human figure. Sight (measure and take angles) to determine proportions. Individualized instruction emphasized. Prerequisite: Drawing: Beginning/Intermediate or equivalent experience. Deadline to register is 6/5. Supply list sent. Nude models are used. Bring a tabletop easel if you have one.

ARTS:718 | \$149

- 4D0 Th 6:30pm-9:30pm Philip Perschbacher
June 11 – July 30 FP - F Tower, 412

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 in a six page counting book starting with thumbnails, then sketches, making a book dummy and painting final artwork. You will leave with your book, ready to keep and share on your own, or take the next step and submit to publishers.

ARTS:721 | \$79

- 650 W 6pm-9pm Sean Long
June 10 – July 8 MC - HE, 123

Caricature Drawing

Surprise friends by capturing their quirkiness as a cartoon character! This course introduces you to the special art of caricature. Focus on how to draw a portrait of a person involving a degree of graphic exaggeration and distortion of facial and/or body features. Learn how to observe through the eyes of a caricaturist and how to approach the actual drawing of the subject/model. The desired outcome, through practice, is for you to be able to create a recognizable portrait of a subject/model. Supply list sent.

ARTS:721 | \$79

- 651 W 6pm-9pm Sean Long
July 15 – Aug. 5 MC - HE, 123

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. No class 7/4.

ARTS:721 | \$79

- 680 Sa 9:30am-11:30am Sean Long
June 13 – July 25 MC - HE, 123

Uncial Calligraphy

Uncial is a modern version of Medieval calligraphy. It is a Majuscule (capital letter) alphabet closely connected to Ireland and England. At its peak, it was used to write important manuscripts. As we study historic Uncial, we will work on a modern version for your use.

ARTS:725 | \$85

- 650 M 7pm-9:30pm Leslie Barnes
June 1 – June 29 MC - CE

Watercolor: Beginning Techniques

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

ARTS:735 | \$99

- 600 Tu 1pm-3:30pm Beverly Hoffman
June 9 – July 14 MC - HE, 125

Watercolor: Intermediate & Advanced

Paint transparent watercolor on a more advanced level. Students must be proficient in drawing with basic watercolor skills. Attempt the more difficult techniques of layered washes, modeling with color, unusual textural accents, and more. Prerequisite: Beginning Watercolor class or equivalent experience. No class 7/3.

ARTS:736 | \$185

- W01 F 9:30am-12pm Phyllis Smith Piffel
June 5 – Aug. 14 Bluebird Park
- W02 F 12pm-2:30pm Phyllis Smith Piffel
June 5 – Aug. 14 Bluebird Park

Oil or Acrylics: All Levels

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

ARTS:740 | \$155

- 300 Th 2pm-5pm Lisa Payne
June 18 – Aug. 6 The Timbers
- 650 Tu 6pm-9pm Lisa Payne
June 16 – Aug. 4 MC - HE, 125
- 400 MW 1pm-4pm Sarah Paulsen
July 1 – July 27 FP - G Tower, 413

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 | \$185

- 600 Tu 12:30pm-3:30pm Phyllis Smith Piffel
June 2 – Aug. 4 MC - CE
- 650 W 6:30pm-9:30pm Phyllis Smith Piffel
June 3 – Aug. 5 MC - HE, 124

Abstract Painting

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

ARTS:748 | \$99

- 680 Tu 9am-10am Maureen Brodsky
June 9 MC - HE, 217
- Tu 9am-12pm
June 16-July 14 MC - HE, 217

Portraiture for All Mediums

Combine your enjoyment of drawing and painting! Have you always wanted to capture a person's likeness with a portrait? In this class, you will learn proportions, helpful tips, essential techniques and follow step-by-step demonstrations for portraiture. You will begin with drawing and work into the paint medium of your choice. Water-based oil paints are the only type allowed in the classroom. This class is perfect for all skill levels. No class 7/4.

ARTS:748 | \$185

- 480 Sa 1pm-4pm Philip Perschbacher
May 30 – Aug. 8 FP - G Tower, 413

Pottery: All Levels

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

ARTS:727 | \$135

- 580 Sa 9:30am-12pm Sheow Chang
June 6 – July 18 FV - H, 109
- No Class 7/4
- 550 Tu 6:30pm-9pm Carl Behmer
June 16 – July 21 FV - H, 109

Exclamation Point!

I was very impressed with Lisa Payne's ability to help each of us, no matter what our skill level was in the Oil or Acrylics class. She is very patient and finds different ways to present a concept if we have difficulty understanding.

Cindy H., Webster Groves

PERSONAL ENRICHMENT

All About Framing Artwork

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

ARTS:765 | \$30

680 Sa 10am-1pm
June 27

Deborah Weltman
MC - HE, 216

Crafts

Sewing With Lycra - The Swimsuit Edition

Learn basic skills to make your own swimsuit. Learn how to pick out a pattern, how to cut lycra, the best stitch to use for sewing it and how to add lining and elastic. You will learn all the skills and build confidence to make your own swimsuit at home. You will be shown how to make your swim suit on a regular sewing machine or a serger machine. Bring a pattern and swimsuit fabric if you have it, if not there will be samples to practice on in the class.

CRFT:713 | \$35

P01 Tu 6pm-9pm
June 9

Anne Stirnemann
City Sewing Room

Summer Celebration Door Banner

For Beginning Sewers. We will be making a 2x2 foot door banner just in time for July 4th. Several designs to choose from. All fabrics, supplies and sewing machines provided.

CRFT:713 | \$35

P02 Tu 6pm-9pm
June 23

Anne Stirnemann
City Sewing Room

Beach Bag

A beach bag for beginning sewers. Made with lightweight durable fabric, these bags can be used at the beach, swimming pool or for your groceries. They hold several beach towels and swim supplies, yet will fold into a compact purse for easy storage. Several colors to choose from. All fabric, supplies and sewing machines provided.

CRFT:713 | \$45

P03 Tu 6pm-9pm
July 28

Anne Stirnemann
City Sewing Room

Weaving: Begin With A Rag Rug

A beginning class for those interested in weaving. Work will be done on a pre-loaded floor loom. You will create a rag rug from various cotton fibers. Rug will be approximately 20"W by 36" L. Please email studiolis@guildecrafts.com one week before class to express color preference (white, blue, red, green, or yellow warp.)

CRFT:713 | \$55

MD1 Sa 9am-1pm
June 13

Guided
Crafts

LAST Day to enroll or drop is Friday, June 5.
No refunds after Friday, June 5.

MD2 Tu 7pm-9pm

June 23 - June 30
LAST Day to enroll or drop is Tuesday, June 16.
No refunds after Tuesday, June 16.

Guided Crafts

Weaving: Begin With A Table Runner

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

CRFT:713 | \$60

MD4 Tu 7pm-9pm

July 14 - July 21

Guided Crafts

LAST Day to enroll or drop is Tuesday, July 7. No refunds after Tuesday, July 7.

MD3 Sa 1pm-5pm

July 25

Guided Crafts

LAST Day to enroll or drop is Friday, July 17. No refunds after Friday, July 17.

Shibori Dyed Scarves

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

CRFT:713 | \$139

650 W 6:30pm-8:30pm
June 17 - July 1

Nicole Ottwell
MC - SS, 207

Silk Scarf Dyeing

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

CRFT:713 | \$49

651 Tu 6:30pm-8:30pm
June 30

Nicole Ottwell
MC - SS, 107

550 Tu 6:30pm-8:30pm
July 28

Nicole Ottwell
FV - E, 160

All Natural Textiles: Dyeing & Printing

Learn how to dye and print on fabric using natural materials you can find outside or inside your pantry! Participants will learn to naturally dye fabrics using turmeric, a yellow spice, and walnut hulls. Plus, you'll explore simple techniques to print new designs and patterns with eco-friendly milk paint and a red wine concentrate, transforming old linens into handmade masterpieces. It's culinary printing at its best! If you have questions, please contact classes@perennialstl.org. LAST Day to enroll or drop is Friday, June 5. No refunds after Friday, June 5.

CRFT:713 | \$35

PD1 Th 6:30pm-8:30pm
June 11

PerennialSTL.org

All Natural Textiles: Mordants

Do you love the beautiful, earthy tones of natural dyes? Learn the process of more complicated dyeing using mordants with Perennial's Director, Jenny Murphy. Participants will take part in the step-by-step process of choosing and preparing fabric for dyeing, learning how to create a dye vat with local materials, as well as how mordants work to fix color and increase light-fastness. The class will cover natural fiber choices, dye equipment, common dye materials you can find on a walk, as well as how different mordants create various results. LAST Day to enroll or drop is Friday, July 31. No refunds after Friday, July 31.

CRFT:718 | \$35

PD2 Th 6:30pm-8:30pm
Aug. 6

PerennialSTL.org

Stamp Carving and Printing for Textiles

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

CRFT:718 | \$79

650 Tu 6:30pm-8:30pm
July 7 - July 21

Nicole Ottwell
MC - SS, 107

Knit in A Day

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

CRFT:720 | \$49

480 Sa 9am-3pm
June 13

Thi Miller
FP - G Tower, 113

Knit 101: Beginning Techniques for All Seasons

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

CRFT:720 | \$49

450 W 6:30pm-8:30pm
June 10 - June 24

Thi Miller
FP - G Tower, 113

Advanced Knitting Project: Entrelac Scarf

Hone your skills in this advanced knitting class. We will focus on the intriguing entrelac technique. This technique creates beautiful overlaps of basketweave design, and is especially highlighted in variegated or multicolored yarn. Prerequisite: Knitting 101 and the Next Step or equivalent experience.

CRFT:722 | \$59

450 W 6:30pm-8:30pm
July 22 - Aug. 5

Thi Miller
FP - G Tower, 113

Crochet 101: Beginning Techniques for All Seasons

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

CRFT:724 | \$49

450 W 6:30pm-8:30pm
July 1 - July 8

Thi Miller
FP - G Tower, 111

Intro to Stained Glass

Capture the beautiful spring rays with a handmade sun catcher! Participants will use reclaimed bits of glass to compose a custom design. Theresa, lead instructor at Perennial, will demonstrate how to safely use a glass cutter and grinder to create custom shapes from privacy windows, wine bottle bottoms, and colored glass to compose these sun-catcher designs. Participants will learn how to use copper foil, flux, and lead-free solder to assemble their colorful, textured glass pieces. If you have questions, please contact classes@perennialstl.org. LAST Day to enroll or drop is Monday, July 6. No refunds after Monday, July 6.

CRFT:740 | \$55

PD1 Sa 10am-2pm
July 11

PerennialSTL.org

Stained Glass: Beginning

A beginning class for those curious about stained glass. Class includes explanation of equipment and terminology. There will be demonstrations in cutting and grinding, but the students WILL NOT be cutting glass themselves. The day will include techniques in copper foiling and soldering of pre-cut pieces. The piece being made will be a Shamrock Celtic Knot. LAST Day to enroll or drop is Thursday, June 4. No refunds after Thursday, June 4.

CRFT:740 | \$45

MD1 W 1pm-3pm
June 11

Guilded Crafts

MD2 Th 6pm-8pm
July 9

Guilded Crafts

Ceramics: Beginning Greenware

A beginning class for those curious about ceramics. Learn techniques to clean greenware pieces, the process of glazing and under glazing, and various staining techniques. The course will also include slip pouring demonstrations and education on ceramics terminology. At the end of the two session course students will leave with at least two finished pieces. LAST Day to enroll or drop is Wednesday, June 3. No refunds after Wednesday, June 3.

CRFT:741 | \$45

MD1 W 12pm-2pm
June 10 - June 17

Guilded Crafts

Summer Accordion Mini Scrapbook

Come join the fun. We will make a mini scrapbook that opens up to reveal folded accordion-style scrapbook pages that have room for journaling, photos, memorabilia and different embellishments. A great brag book to keep or give as a gift to all your friends and family. LAST Day to enroll or drop is Friday, 6/5. No refunds after Friday 6/5.

CRFT:742 | \$49

6D1 Sa 9am-12pm
June 13

Patti Bossi
Affton White-Rodgers

Exclamation Point!

UpCycled Mosaics: Table or Terracotta Planter was an amazing class! By far one of the BEST CLASSES I've participated in through the Continuing Ed program. Loved every minute of it.

Linda N., Wildwood

UpCycled Mosaics: Terra Cotta Pots

Dress up those plain terra cotta pots with a custom mosaic design! Using reclaimed glass and ceramic-ware, learn how to create your own mosaic from beginning to end in this two-day workshop! In the first session, Theresa, lead instructor at Perennial, will teach you how to cut scraps of glass and tile to create a custom colorful design. The class will cover mortars, how to re-use wine bottles, and prep surfaces to hold a mosaic. After giving your designs time to dry, the class will meet again for the second session and participants will learn how to complete their mosaic by applying a grout finish. Terra cotta pots will be provided, but you are welcome to bring in your own to mosaic! If you have questions, please contact classes@perennialstl.org. LAST Day to enroll or drop is Thursday, June 18. No refunds after Thursday, June 18.

CRFT:741 | \$55

PD1 Tu 6pm-9pm
June 23

PerennialSTL.org

Tu 6pm-7:30pm

June 30

PerennialSTL.org

Stamp A Stack

Join us once a summer month to create some beautiful hand-made cards. Learn how to stamp, die cut and use embossing folders to create and take home some hand-crafted, unique cards to send out or share with your friends and family. By the end of July you will have a total of 18 cards for Birthdays, Get Well Cards, Sympathy Cards and more! Supply list sent. LAST Day to enroll or drop is Friday, 5/22. No refunds after Friday 5/22.

CRFT:742 | \$55

6D2 Sa 9am-12pm
May 30

Patti Bossi
MC - CE

Sa 9am-12pm

June 27

MC - CE

Sa 9am-12pm

July 18

MC - CE

Zentangles

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

CRFT:742 | \$59

450 Th 6pm-9pm
June 18 - June 25

Nicole Ottwell
FV - H, 104

Votive Flower Pots

In honor of the warm weather our design will feature palm trees. You choose the colors and add designs for your own personal touch. Instructor will guide you in techniques of design creation and painting your project. Pieces will be fired and may be picked up one week after the class ends at the shop. Fee includes materials and firing. Paints are lead free and food-safe.

CRFT:743 | \$35

M01 W 7pm-9pm
June 17

Cathy Cody
Painted Zebra-Krkwd

Hand Painted Vase

In honor of the warm weather our design will feature palm trees. You choose the colors and add designs for your own personal touch. Instructor will guide you in techniques of design creation and painting your project. Pieces will be fired and may be picked up one week after the class ends at the shop. Fee includes materials and firing. Paints are lead free and food-safe.

CRFT:743 | \$35

M02 W 7pm-9pm
July 8

Cathy Cody
Painted Zebra-Krkwd

Basic Metalsmithing Techniques for Jewelry

Learn the fundamental metalsmithing techniques for making jewelry. Basic metal manipulation skills: sawing, forming and shaping, filing, sanding, soldering, and polishing will be taught. You will make two finished pieces - a cuff bracelet and a pendant with a simple stone setting. Acquire the basic building blocks needed for jewelry design. No experience necessary. Students who have had previous experience working with metal may move onto more advanced projects. Tools and metal supplied in class fee.

CRFT:753 | \$219

550 W 6pm-9pm
June 10 - July 22

Chih Yu Lin
FV - E, 290

680 Sa 9am-12pm
June 6 - July 25

Robert Mullen

MC - HE, 131

No Class 7/4

DIY Green Cleaning Products for Your Home

In this workshop, students will learn the how and why of green cleaning and use simple DIY formulas to make effective, healthy, and environmentally sustainable cleaning products. These products are fun and easy to make, will save you money and have your house sparkling clean and smelling terrific. We will use pure essential oils for fragrance. These provide beneficial properties, one of which is being a natural disinfectant. Recipes include powdered laundry soap, surface cleaner, clothing de-wrinkler, a window cleaner and an alternative to cleanser. Instructor supplies all materials and packaging for you to take your products home. LAST DAY TO ENROLL OR WITHDRAW FROM THIS CLASS IS THURSDAY, JULY 2, 2015.

CRFT:765 | \$45

6D0 Sa 1pm-4pm
July 11

Christine Ritter
MC - SS, 107

Hypertufa Planter Workshop

Students will learn the basic steps for making modern, lightweight concrete planters and objects known as hypertufa. We will create a series of vessels or objects for indoor or outdoor use. Pots made in class will be small, but the technique can easily be expanded to create large planters or sculptures for the garden. Please bring your own plastic containers to use as molds. Instructor will supply all materials needed for each student to make three to five vessels.

CRFT:765 | \$45

680 Sa 1pm-2pm
June 20

Heather Ellison
MC - SS, 107

Leatherworking Basics

Discover the traditional and fascinating craft of leatherworking. You will be working with a basic belt and project kit that will give you a variety of things to work on in class and at home afterwards. Most supplies included in the cost of the class. Class is hands on and may be messy. Please dress accordingly. DEADLINE TO REGISTER IS FRIDAY, JUNE 19. NO REFUNDS OR WITHDRAWALS AFTER FRIDAY, JUNE 19.

CRFT:765 | \$119

5D1 Sa 9am-1pm
June 27 - July 11
No Class 7/4

Jack Bender
FV - SM, 262

Bookmaking and Bookbinding Basics

Practice the slow art of creating your own books. Basics will teach you to make 4 kinds of hardcover books. Book making is the creative way to personalize your own sketchbook, journals, guest books or scrapbooks. Make a special gift for the holidays or take them all home for yourself. Learn to stitch the pages, cover the books, and glue everything together for a completed book. Supplies included in the cost of the class.

CRFT:765 | \$139

650 Th 6pm-9pm
July 2 - July 23

Nicole Ottwell
MC - SW, 105

Culinary Arts

Quick Start: Fun with Fondant

Have you wondered what rolled fondant is and what to do with it? This class is for you! Come and learn to make a fondant bow (or 2)! In addition, watch the instructor demonstrate fondant figure modeling, polka dots, and making decorations on wires for adding pizzazz to your cakes and cupcakes. Class is a combination of demonstration and hands-on. All materials included. No prerequisites. This class does NOT count towards the Cake Decorating Non-Credit Certificate Program. Park on Hartford or Hampton.

FOOD:702 | \$39

P02 Th 6:30pm-9pm
July 16

Cynthia Sciaroni
Cul. Arts House

Quick Start: Working with Gumpaste

Curious about how to make those beautiful realistic flowers out of gumpaste? Come watch the instructor demonstrate making gumpaste from scratch plus making and dusting gumpaste flowers. This class will focus on both wired and unwired gumpaste flowers. You'll learn the basics of working with gumpaste along with the tools and supplies required. No experience necessary, no prerequisites. Class is demonstration only. This class does NOT count towards the Cake Decorating Non-Credit Certificate Program. Park on Hartford or Hampton.

FOOD:702 | \$39

P03 Th 6:30pm-9pm
July 23

Cynthia Sciaroni
Cul. Arts House

Parent-Child Cupcake Fun

This is a fun activity for kids ages 8-12 and their parent, grandparent or favorite aunt. Get in on the cupcake craze! Lots of inspiring ideas for these fun-to-decorate-and-eat treats. You'll learn to give pizzazz to your cupcakes with fun designs for all your special summer events. You'll get great ideas for creating themed cupcakes for summer barbecues, vacations, and even "dirt with worms." Class is hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front.

FOOD:701 | \$39

P02 Su 1pm-4pm
July 12

Debra Hennen
Cul. Arts House

French Pastries

Take the scary intrigue out of preparing French pastries — you can learn the art and make them yourself. We'll make macarons, éclairs, a fruit tart and crepes. Class is a combination of demonstration with some hands-on. There will be plenty of taste-testing plus you can take some home for later. Park on Hartford or Hampton. Flagpole in front.

FOOD:705 | \$39

P01 W 6:30pm-9:30pm
June 24

Debra Hennen
Cul. Arts House

Amish Sweets & Treats

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

FOOD:705 | \$39

P03 Tu 6:30pm-9:30pm
June 16

Debra Hennen
Cul. Arts House

Hand-held Pies

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

FOOD:705 | \$39

P02 Tu 6:30pm-9:30pm
July 14

Debra Hennen
Cul. Arts House

Artisan Bread Baking

This class in artisan breads covers the concepts and techniques of white and whole wheat bread baking. You'll learn different approaches to mixing dough, the essentials of fermentation, how to pre-shape and shape different breads. Shaping procedures include forming an oblong loaf, a twisted knot roll, a baguette and a braided loaf. If you have always wanted to learn how to bake bread or improve your bread baking skills, this would be a great class for you. No recipes will be repeated from previous breads classes. Class is part demonstration, part hands-on. Park on Hartford or Hampton. Flagpole in front. Bring take home containers.

FOOD:706 | \$39

P01 Sa 9:30am-12:30pm
June 20

Dianne Johnson
Cul. Arts House

Cookie Cactus Garden

Don't have a green thumb? Not to worry! Make, decorate, and construct this fun cactus garden out of cookies. It's as much fun to eat as it is to "grow!" You'll leave class with a completed "cactus garden bouquet" to keep or to give as a very unique gift. All materials included. Park on Hartford or Hampton. Flagpole in front.

FOOD:708 | \$39

P01 Th 6:30pm-9:30pm
June 18

Debra Hennen
Cul. Arts House

Edible Fruit Bouquets

You can use seasonal fruits to create a beautiful and edible "floral"-like arrangement to grace your table or as a unique and distinctive gift. Everyday kitchen tools are used to create this centerpiece. You'll be able to re-create this at home again and again with a variety of favorite fruits for your own special occasions! Class is hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:709 | \$39

P01 W 6:30pm-9:30pm
July 8

Debra Hennen
Cul. Arts House

Girls' Night Out: Dessert Buffet

These fun and easy party ideas pack full-size taste into bite-size desserts. Impress your friends with these sweet little mini's, served up pretty party style. We'll make mini strawberry Napoleons, cherry crumble pie bars, peach melba pie pops, and no-bake lime mousse tortes. There will be plenty of taste-testing plus you can take some home for later (or for the car ride home!) Class is a combination of demonstration and hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:716 | \$39

P01 Th 6:30pm-9:30pm
June 4

Debra Hennen
Cul. Arts House

Girls' Night Out: Appetizers!

Gather your BFFs for a fun night of cooking together and noshing on great appetizers. We're pulling out all the stops, preparing puff pastry bruschetta bites, fresh strawberries with citrus dip, summer-inspired Panzanella salad, Parmesan baguette, mozzarella-stuffed meatballs, Mediterranean chicken kabobs with yogurt sauce, and petite sausage quiches. Our instructor even plans to sneak a few more great nibbles onto the menu from her secret recipe file. See you there! Class is hands on.

FOOD:716 | \$39

580 F 7pm-9:30pm
June 12

Eileen Fraser
FV - SM, 129

From Garden to Table: Cooking with Edible Flowers, Berries & Herbs (Part I)

Come learn to cook, bake and decorate your plates with edible flowers and herbs you can grow in your own garden. This class will focus on cinnamon basil, mint, and gomphrena, a pretty pom-pom type edible flower. You'll learn the basics of growing edible flowers and herbs and how to "sugar" flowers. We'll prepare recipes that include a beverage, a sweet, a savory and more (time permitting). Other edible flowers, herbs and berries may be included based on seasonal availability. Class is a combination of demonstration and hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:722 | \$39

P04 Tu 6:30pm-9:30pm
June 30

Debra Hennen
Cul. Arts House

From Garden to Table: Cooking with Edible Flowers, Berries & Herbs (Part II)

Come learn to cook, bake and decorate your plates with edible flowers and herbs you can grow in your own garden. This class will focus on blackberries and borage, also known as starflower. You'll learn the basics of growing edible flowers and herbs and how to "sugar" flowers. We'll prepare recipes that include a beverage, a sweet, a savory and more (time permitting). Other edible flowers, herbs and berries may be included based on seasonal availability. Class is a combination of demonstration and hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:722 | \$39

P05 Tu 6:30pm-9:30pm
July 21

Debra Hennen
Cul. Arts House

Exclamation Point!

The STLC Continuing Education culinary class was just about perfect. Group was just the right size for this type of class. Kitchens are nicely appointed. Instructor was very enthusiastic. My husband and I had lots of fun. Was a great choice for me. I improved my job skills, gaining the potential for advancement, and I did it at my convenience.

Wanda L., Webster Groves

An Introduction to Herbal Teas

You will be introduced to the fascinating and delicious art of herbal tea blending. You'll learn the important difference between an infusion and decoction when working with herbs. The medicinal uses of herbs will be introduced to guide you in selecting which herbs to include in your own personalized herbal tea blend (which you'll get to take home!) Note: Only certified organic, fair trade, ethically wild harvested and Kosher certified dry herbs will be used. All supplies included. Park on Hartford or Hampton. Flagpole in front.

FOOD:722 | \$29

P01 Sa 10am-11:30am
June 6

Rachel Davis
Cul. Arts House

Cheese-making at Home - DIY for Beginners

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

FOOD:722 | \$69

P02 Sa 9am-3pm
June 27

Lisa Payne
Cul. Arts House

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

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

FOOD:722 | \$69

P03 Sa 9am-3pm
July 11

Lisa Payne
Cul. Arts House

Down on the Farm: Cooking with Lavender

Come on out to the farm to experience and enjoy how lavender can subtly enhance the flavor of beverages, desserts, and savory foods. Discover how you can use varieties of lavender as a culinary herb in your own kitchen. Food presentation and sampling will be held in the old red barn, lakeside (fans but no air conditioning - dress appropriately for the season). Tour the blooming lavender fields, weather permitting (wear walking shoes); expect full sun and uneven ground. For directions to the lavender farm: www.WindingBrookEstate.com. Withdrawal deadline for refund: 6/5.

FOOD:722 | \$29

3D1 Sa 10:30am-12:30pm
June 13

Deb Nathe
Winding Brook Est.

So Easy to Preserve - Water Bath Canning Workshop

Preserve the summer's bounty with the skills you'll learn participating in this hands-on class. Our instructor uses only USDA tested recipes. She is a Certified Master Food Preservationist with years of experience in home canning and a Missouri State Fair Blue Ribbon Winner. Spend the morning helping to make: strawberry jam, spicy tomato salsa, basil jelly, applesauce, spiced pickled beets, and corn relish just to name a few. Bring a box to take home finished jars of your favorites. You won't find this quality anywhere but made at home with locally grown produce. You'll never eat store bought again — you can do this!

FOOD:754 | \$39

580 Sa 9:30am-1:30pm
July 11

Eileen Fraser
FV - SM, 129

So Easy to Preserve - Pressure Canning Workshop

Preserve the summer's bounty with the skills you'll learn participating in this hands-on class. Our instructor uses only USDA tested recipes. She is a Certified Master Food Preservationist with years of experience in home canning and a Missouri State Fair Blue Ribbon Winner. If you are hesitant to "pressure can," let our instructor show you how. We'll pressure can green beans, tomatoes with basil and oregano, Mexican spiced tomatoes, tomatoes, carrots with marjoram and more - all designed to help you learn the technique of pressure canning. Bring a box to take home finished jars of your favorites. By the time you leave you'll be comfortable enough to try it at home on your own, with summer's abundant, locally grown veggies! You can do it!

FOOD:754 | \$39

581 Sa 9:30am-1:30pm
July 25

Eileen Fraser
FV - SM, 129

Couples Cook: Summertime Favorites

The fresh flavors of summer will shine in this class. Bring your partner for a delightful evening of cooking (and eating) what will quickly become delicious summertime favorites: blueberry romaine salad, grilled asparagus medley, grilled pork tenderloin with spicy fruit salsa, berry upside down cake, grilled chicken with peach sauce, peach and blackberry slaw to name a few. As always, our instructor will have an array of delicious recipes for everyone to prepare and enjoy! Class is hands-on. Partners only. Fee is per person.

FOOD:755 | \$29

581 F 7pm-9:30pm
July 17

Eileen Fraser
FV - SM, 129

Couples Cook: 4th of July Celebration

Enjoy this fabulous summertime spread for the two of you that includes delicious recipes for entertaining family and friends with flair: berry tossed salad, Tuscan style roasted asparagus, grilled pineapple pork tenderloin, tomato basil-topped burger on ciabatta bun, roasted red baby potatoes and green beans, 4th of July coleslaw, and blueberry buckle to name a few. Our instructor will have an array of recipes of you to prepare and enjoy. Partners only. Fee is per person. Class is hands-on.

FOOD:755 | \$29

580 F 7pm-9:30pm
June 26

Eileen Fraser
FV - SM, 129

Wine 101

Does the world of wine have you feeling a bit overwhelmed? Not sure what to buy or where to start? Even if you'd just like to know more about what you're already drinking, join us this evening for a general introduction to wine. Our wine expert will cover the major varietal types and styles as well as their characteristics. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. You'll definitely go home a better informed consumer of wines. \$20 materials fee payable at class. Must show proof of age 21 to participate.

FOOD:760 | \$15

M01 Tu 6:30pm-8:30pm
June 9

William Polhemus
The Wine Barrel

Great Summer Wines

Come and get a look into what wines to truly enjoy in the summer, when BBQ and sitting on the patio are the best ways to relax. Wine tasting will be accompanied by explanations of the influence of growing environment, and the fermentation, aging, and bottling processes used to produce the wines. \$20 material fee payable at class. Must show proof of age 21 to participate.

FOOD:760 | \$15

M02 Tu 6:30pm-8:30pm
July 7

William Polhemus
The Wine Barrel



Dinner and a Movie!

Dinner & a Movie: "Waitress"

Jenna (Keri Russell) is a waitress with a gift for making unusual pies. Trapped in a terrible marriage to a bullying husband, she dreams of making enough money to escape until an unwanted pregnancy complicates things. Encouraged by her boss (Andy Griffith), she pins her hopes on winning a local pie contest with a \$25,000 top prize. Add a desperate and passionate love affair into the mix and you have all the elements for an entertaining evening of comedy-drama. A buffet featuring movie-inspired foods will be served. Dinner begins at 6:30 pm; film begins at 7:15 pm. Withdrawal deadline for refund: 5/22.

FOOD:756 | \$25

480 F 6:30pm-9pm
June 5

Mark Williams
FP - HSP, ABDR

Dinner & a Movie: "The Hundred-Foot Journey"

This film, produced by Steven Spielberg and Oprah Winfrey stars Academy Award winner Helen Mirren. The setting is a quaint and charming town in France, the site of a restaurant operated by a Michelin-starred French chef Madame Mallory (Mirren). Newcomers to town, displaced from India, try to peacefully open a new restaurant across the road. An infuriated Madame Mallory will stop at nothing to quash the success of the competing venture. Can the two cultures find harmonious common ground? A buffet featuring movie-inspired foods will be served. Dinner begins at 6:30 pm; film begins at 7:15 pm. Withdrawal deadline for refund: 6/12.

FOOD:756 | \$25

481 F 6:30pm-9pm
June 26

Mark Williams
FP - HSP, ABDR

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. Supply list sent. Park on Hartford or Hampton. Flagpole in front. This class can be taken by itself or as part of the Cake Decorating Non-Credit Certificate Program.

FOOD:701 | \$65

P01 M 6:30pm-9pm
June 8 – June 29

Cynthia Sciaroni
Cul. Arts House

Cake Decorating for Fun or Profit: Beginning & Intermediate

Unleash your creativity with cake decorating! This combined course begins with instruction and practice in the use of basic tools to torte, fill, and ice your cakes. Decorate them with flowers, writing and borders to make your cakes creative, casual, elegant or romantic. Then you'll enhance your artistic skills and creative abilities with the icing rose, run sugar techniques, figure piping, and basket weave. More as time permits. Join for fun or for the rewards of starting your own business. Supply list sent. This class can be taken by itself or as part of the Cake Decorating Non-Credit Certificate Program.

FOOD:701 | \$79

550 Tu 6:30pm-8:30pm
June 2 – July 21

Latrice Turner
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. Supply list sent. Park on Hartford or Hampton. Flagpole in front. This class can be taken by itself or as part of the Cake Decorating Non-Credit Certificate Program.

FOOD:702 | \$65

P01 M 6:30pm-9:30pm
July 6 – July 27

Cynthia Sciaroni
Cul. Arts House

The Cake Decorating Non-Credit Certificate

If baking is your passion, and you have artistic flair, a Cake Decorating Non-Credit Certificate 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 Non-Credit Certificate Program.

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



Performing Arts

Dance

Ballet Tone & Stretch

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

DANC:701 | \$59

M01 M 7pm-8pm
June 1 – July 6

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.

DANC:701 | \$69

M02 Tu 8pm-9pm
June 16 – Aug. 4

Studio-Brentwood

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.

DANC:702 | \$69

M01 M 8pm-9pm

June 15 – Aug. 3

Studio-Brentwood

Tap Dancing: Beginning

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

DANC:707 | \$59

M01 M 8pm-9pm

June 1 – July 6

Adiva Dance Center

Do not purchase tap shoes until after first class. Studio is located behind a kitchen & bath design store.

M02 Th 8pm-9pm

June 18 – Aug. 6

Studio-Brentwood

Bring shoes to first class. Call The Studio directly for specific purchasing information 314-968-4881.

Easy Social Dancing I & II

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

DANC:728 | \$69

M01 M 8pm-9:30pm

June 15 – Aug. 3

Sherry Martin

Concordia Luth. Ch-Krkwd, CAFE



Swing Dancing: Beginning I & II

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

DANC:738 | \$59

M01 M 6:30pm-7:45pm Gerry and Bob Tevlin
June 15 – July 20 Concordia Luth. Ch-Krkwd, CAFE

West Coast & Imperial Swing Dancing

West Coast Swing is the most popular, evolving form of swing dancing through out 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. Imperial Swing is an updated version of East Coast Swing but danced in "slot" similar to West Coast. It's very popular in the St Louis area - lots of places to enjoy West Coast and Imperial 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.

DANC:740 | \$69

M01 Tu 7pm-9:30pm Sherry Martin
June 18 – Aug. 6 St Johns Ev. UCC, CAFE

Belly Dance for Fun & Fitness

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

DANC:745 | \$59

M01 Tu 7pm-8pm Adiva Dance Center
June 2 – July 7



Bollywood Dancing For Fun & Fitness

Get in on the latest dance-fitness craze! Bollywood Dancing is a beautiful blend of dance styles — Indian elements blend with Western dance styles (as seen on MTV or in Broadway musicals). Techniques include beautiful hand, feet, and body movements to up-beat music. You do not need to be a dancer to join us, and we promise you a fun time and a great workout. Comfortable workout wear, tennis shoes recommended. Class is held in the Aerobic Studio. For more information and directions visit: www.BollywoodShuffle.com.

DANC:745 | \$69

M02 W 7pm-7:50pm Pallavi Chandak
June 10 – July 15 Chesterfield Ath Club

Slide Dancing for Fun & Fitness: Beginning

Come learn the latest party slide dances in the St Louis area and around the nation. Imagine yourself joining in the fun at parties and social events when the slide dancers take to the floor. After taking this class you will be able to do just that! Explicit instructions will make slide dancing easy to learn. Slide dancing is a fun way to exercise, reduce stress, and enjoy friendships. Class meets in the Emerson Center Lobby. No class 7/4.

DANC:749 | \$59

580 Sa 10am-11:30am Stephanie Crusoe
June 13 – July 25 FV - EC, LOBBY

Exclamation Point!

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

Marla K., Hazelwood

Music

Beginning Improv Guitar

This course will help students develop music improvisational techniques. The course will introduce basic elements of traditional music theory and jazz theory concepts, including scales, arpeggios and complex rhythms. Prerequisite: Students must know basic chords in the keys of C and G. Students should be able to read basic melodies. Electric guitar with a small amp is preferred.

MUSC:705 | \$69

550 Th 7:30pm-9pm Christina Springer
June 4 – July 23 FV - C, 114

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.

MUSC:705 | \$69

650 Tu 7pm-9pm James Renz
June 9 – July 14 MC - HW, 102

551 Tu 7:30pm-9pm Christina Springer
June 2 – July 21 FV - C, 114

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 2/21, 3/21, 4/18. Cost for adults 60 and over \$44.50.

MUSC:710 | \$79

550 Th 5:30pm-7:30pm Christina Springer
June 4 – July 23 FV - C, 114

Harmonica: Beginning

The harmonica is a fun and easy musical instrument to learn. In just three sessions you will be able to play dozens of folk and campfire type songs. Fee includes student guide/song-book and a 10-hole, "C" diatonic harmonica. Instructor is a member of the Gateway Harmonica club.

MUSC:720 | \$39

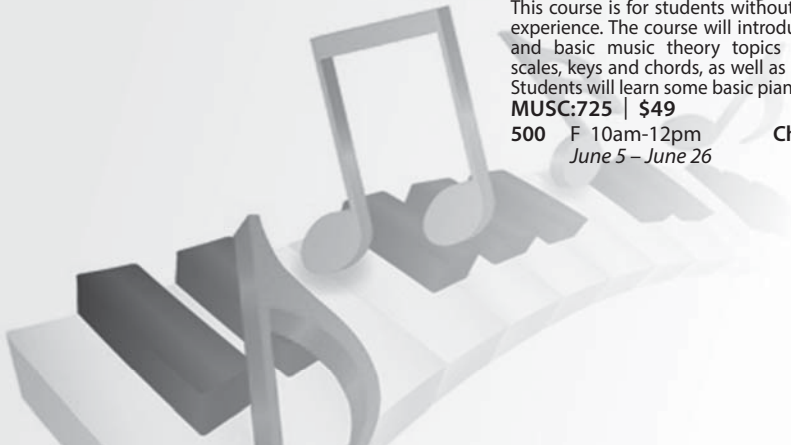
650 W 7pm-8pm
June 10 – June 24 MC - SW, 208

The Basics of Reading Music

This course is for students without extensive musical experience. The course will introduce music notation and basic music theory topics such as intervals, scales, keys and chords, as well as basic rhythm skills. Students will learn some basic piano skills.

MUSC:725 | \$49

500 F 10am-12pm Christina Springer
June 5 – June 26 FV - C, 114



Theater

New Improv Comedy for Beginners

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

THTR:707 | \$45

650 M 6:30pm-8:30pm
June 1 – June 22

Robert Baker
MC - HW, 102

Fashion

Hot Tools: Hair Styling Secrets

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

FSHN:700 | \$25

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

Stephanie Hall
FV - CWI, 136

Wig Styling 101

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

FSHN:700 | \$25

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

Stephanie Hall
FV - CWI, 136

Master Your Make-up

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

FSHN:701 | \$25

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

Stephanie Hall
FV - CWI, 136

The Eyes Have It - Lids and Lashes

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

FSHN:701 | \$25

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

Stephanie Hall
FV - CWI, 136



Photography

Digital Photography Introduction

Come learn the basic skills involved in photography, such as camera skills, and the use of light, exposure, and composition. Understand aperture, shutter speed, ISO, basic composition, depth of field and histograms. You will need a digital camera and memory card. Provide own transportation.

PHOT:704 | \$69

C50 M 6:30pm-9pm
June 1 – June 22
650 Th 6:30pm-9pm
June 4 – June 25

Gary Hesse
Corp. College, 211
Jason Gray
MC - SW, 208

Digital Photography: Intermediate

This class is geared for you to continue and expand on learning about composition and lighting techniques. You will learn how lighting and composition will change the way you take photos and enhance your skills as a photographer. This class is the next step for introductory photography students or those who have a fundamental knowledge of their camera functions. Bring your camera and accessories. Prerequisite: Digital Photography: Introduction or Take Better Pictures: Introduction or equivalent experience.

PHOT:704 | \$69

C51 M 6:30pm-9pm
June 29 – July 20
651 Th 6:30pm-9pm
July 9 – July 30

Gary Hesse
Corp. College, 211
Jason Gray
MC - SW, 208

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:704 | \$69

652 Tu 6:30pm-9pm
July 7 – July 28

Gary Hesse
MC - SW, 208



Look for course descriptions for the following Adobe Photoshop classes for the Digital Photography Essentials Non-Credit Certificate in Technology on page 13.

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 | \$69

680 Sa 9am-11:30am
June 6 – June 27

Gary Hesse
MC - SW, 208

Field Photography: Sporting Events, Weddings, etc.

A large percentage of professional photography these days is done in the field at events like weddings, plays, award ceremonies and sporting events. Learn how to shoot and pose like a pro! Also covered in this class will be customer service, contracts, album design and much more! Bring digital camera to class. Field trips required. Details to be announced in class. Provide own transportation. Prerequisite: Digital Photography Introduction or Take Better Pictures: Intermediate, 35MM and Digital Photography: Intermediate or equivalent experience.

PHOT:712 | \$69

680 Sa 9am-11:30am
July 11 – Aug. 1

Jason Gray
MC - SW, 208

Adobe Photoshop Creative Cloud: Introduction

COMP:755 | \$99

C50 Tu 6pm-9pm
June 2 – June 23

Zak Zych
Corp. College, 206

Adobe Photoshop Creative Cloud: Intermediate

COMP:755 | \$115

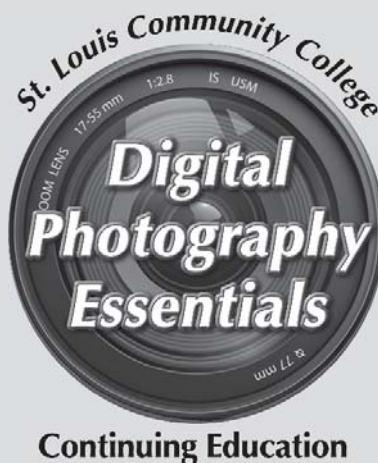
C51 Tu 6pm-9pm
July 7 – July 28

Zak Zych
Corp. College, 206

If taking pictures is your passion, and you have artistic flair, the Digital Photography Essentials Non-Credit Certificate 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.

These photography classes meet the curriculum requirements of the Digital Photography Essentials Non-Credit Certificate.

*Additional Photoshop classes are required for this non-credit certificate. **Classes may be taken individually or as a part of the program.***



Writing

Exploring the Creative Process

Unleashing the Writer Within

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

WRIT:701 | \$69

650 M 7pm-9:30pm Jordan Oakes
June 1 - June 22 MC - BA, 120

Creative Writing Workshop

This class is for beginning or experienced writers. We'll emphasize self-exploration and experimentation through a variety of activities. This will include reviewing other creative works and engaging in writing exercises that will stimulate your thinking as you learn to convey ideas effectively. Throughout the day, you'll sharpen your creative voice and discover what works best for you. Bring a sack lunch - you'll have the opportunity to ask individual questions and share your experiences.

WRIT:701 | \$59

580 Sa 10am-4pm Daphne Rivers
June 20 FV - SS, 102

The Craft of Writing

Writing Basics Brush-up (What You Should Have Learned in High School!)

Few of us will admit it, but even the best writers can't always remember the difference between "affect" and "effect" or "then" and "than." If you sometimes struggle with the basics in your writing, come join us. You'll brush up on proofreading, grammar, sentence structure, and word usage. Lit agents and magazine editors throw error-filled manuscripts into the rejection pile, no matter how mesmerizing your metaphors. With good copy editors costing around \$40 per hour, it pays to write well enough to avoid them as much as possible. Review the basics and you'll be able to edit your own work like a pro.

WRIT:706 | \$69

650 Tu 7pm-9:30pm Jordan Oakes
June 2 - June 23 MC - BA, 114

Revising & Editing - A Writer's Workshop

Writing workshops are a time-tested strategy for aspiring professional writers who want to improve their writing skills. Our instructor and your classroom peers will guide you as you explore the craft of writing, using your own work as a basis for advancement and growth. Students need to bring several copies of a work in progress to share.

WRIT:706 | \$69

651 W 7pm-9:30pm Jordan Oakes
June 3 - June 24 MC - BA, 120

Essay Writing

Are you hoping to impress teachers or wow admissions officers into drafting an acceptance letter as soon as they finish reading your application? Or are you trying to convince editors to print your personal essay on their publication's pages? No matter what your reason for writing, this course will help you improve your ideas, sharpen your prose and refine the focus on your intended audience all while boosting your editing and proofreading prowess to produce more-effective essays. Please bring ideas, works in progress or complete essays to the first session. Students are advised to bring their laptop or tablet computer to class.

WRIT:706 | \$69

652 Th 7pm-9pm Charlene Oldham
July 16 - Aug. 6 MC - SO, 109

Elements of the Writer's Craft: An Introduction to Fiction Writing

Good fiction writing requires more than simply telling a story. While painters must master elements such as background and brushwork to turn a picture into a work of art, so too, do writers need to focus and hone their own set of technical elements. The mastery of the elements of the writer's craft causes a story to truly shine. This class aims to introduce the novice to some of the more important and prominent elements of the writer's craft through a mixture of lectures and exercises.

WRIT:724 | \$45

652 W 7pm-9:30pm Jeff Van Booven
June 17 - June 24 MC - CN, 204

Publishing

Self-Publishing for Writers

If you're writing a book and have been contemplating the daunting task of getting it published, come learn about the process involved in self-publishing your work. This class will give you information you need to know to save yourself a lot of time and money and help you understand all the decisions you need to make to make self-publishing a successful venture. We'll cover everything from getting copyright registered, applying for an ISBN, good cover design, manuscript editing, print, eBooks and marketing.

WRIT:704 | \$39

650 Th 7pm-9pm Jill Metendorf
June 11 - June 18 MC - SO, 206

The St. Louis Community College Continuing Education **Writing Non-Credit Certificate 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 toward completion of a non-credit certificate.

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 course with a faculty member

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

Finding Writing Jobs Using Online Resources

Online job boards including Elance and oDesk 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

650 Sa 9am-3:30pm Charlene Oldham
June 20 MC - SO, 206

Writing for the Internet

Even those don't know the difference between SEO and an SOS can learn some simple techniques to help transition their writing to the web. Whether you're a small business owner or hobbyist blogger, you'll pick up useful information including the basics of search engine optimization (SEO) and how to use text features like headlines, key words, headings, lists and links to make whatever you write a better fit for the internet. And don't worry, you won't need programming or computer coding skills to make your writing work for the web. Students are advised to bring their laptop or tablet computer to class.

WRIT:732 | \$49

650 Th 7pm-9:30pm Charlene Oldham
June 11 - June 18 MC - BA, 120

Social Media for Writers

Facebook, Twitter, Google Plus, Pinterest, Instagram — it seems like there's a new "must have/must do" social media platform popping up every week. As a writer, you're told by agents, publishers, and fellow writers that you need to have a presence, a platform, a brand. Just what does that mean? Which tools should you use? How much do you have to do? And how do you do it right? In this one-day workshop, you'll explore the various social media channels available for aspiring and established authors, discuss best practices and do's and (in particular) don'ts, and get started on setting up your own account. Bring a sack lunch and a laptop or tablet to get the most out of this class.

WRIT:735 | \$59

680 Sa 9am-3:30pm Jeffrey Ricker
June 27 MC - SO, 111

Genre

Mining Your Soul Story

Our bodies record the sum of our experiences. Writing allows us to make meaning out of these memories. It separates what we are experiencing or have experienced from our reaction to it. Focused writing can be used to heal and manage pain. Using various prompts, reflective journaling time, and shared conversation, you will be given tools for mining and writing your own soul story. This workshop is intended for everyone—whether you are new to writing or a long-time journal writer. Bring a sack lunch.

WRIT:710 | \$49
680 Sa 9am-3pm
July 18

Mary Eigel
MC - SO, 109

Poetry Workshop

Poetry is about imagery and showing the reader something in a new and unique way — the surprising meets the inevitable. In this all-day workshop, we will read and write poetry; we will learn to make every word count. And by looking at examples of great poems, we will discover the inspiration to craft our own. Each of us has a poetic voice lurking deep inside — a voice that speaks from both the mind and heart. This workshop will help you find the metaphors to put it all into words.

WRIT:716 | \$59
680 Sa 10am-4pm
June 6

Jordan Oakes
MC - SO, 109

Introduction to Romance Writing

Whether you're writing psychological thrillers, category romance, young adult novels, or anything in between, there's a good chance at least one of your characters will fall in love. We'll explore the differences between the romance genre and using romantic elements in other areas of fiction. We'll also discuss the use of tropes and themes in all subgenres of romance and how best to structure your novel for pulse-racing romantic tension. You'll have the opportunity to share work, ask questions and gain in-class feedback. (Although this class has a heavy emphasis on genre romance, writers of all genres are welcome to attend.)

WRIT:718 | \$39
650 M 7pm-9:30pm
June 15 - June 22

Amanda Stogdill
MC - SO, 108

Writing Fiction for Young Adults

J.K. Rowling, Susan Collins, John Green, Sherman Alexie - some of the biggest names in fiction these days, write for children and young adults. YA fiction covers a variety of genres from the literary realism of "The Absolutely True Diary of a Part-time Indian" to the dark, dystopian fantasy of "The Hunger Games". YA literature is so compelling that more than a quarter of readers are not teens at all, but rather adults. In this class, we'll explore what makes a novel a YA novel and discuss aspects of character, plot, and voice and how they help shape the YA book. Students will engage in in-class writing exercises, and will finish the course with an outline or synopsis and first chapter of their YA novel.

WRIT:719 | \$69
651 Th 7pm-9:30pm
June 11 - July 2

Jeffrey Ricker
MC - SO, 109

Short Story Writing: Beyond the Basics

Do you enjoy writing short stories? Are you ready to take your writing to the next level? This course will help to build on the writing skills you already have by deepening your understanding of character development, plot, theme and other important elements of fiction writing within the short story. Structured feedback from the instructor and classmates in this supportive workshop will give you the tools to do your best revisions. Be prepared to submit one or two completed short stories during this 5-week course. (Please provide a working email at the time of registration.)

WRIT:719 | \$69
650 Tu 7pm-9pm
June 2 - June 30

Angela Mitchell
MC - SO, 109

Generating Non-Fiction Story Ideas

Whether you are an aspiring freelancer, a small business owner maintaining your own website or a blogger who wants to write interesting content for your online audience, this session will help you mine the internet, your hobbies and interests, local events and publications and even friendly conversations over coffee for compelling non-fiction writing ideas. Please bring some of your favorite magazines and other publications to the workshop along with your laptop or tablet computer. Bring a sack lunch.

WRIT:725 | \$59
680 Sa 9am-3:30pm
June 13

Charlene Oldham
MC - BA, 120

Non-Credit Certificate Completion

Portfolio Review - Writing Non-Credit Certificate Program

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

WRIT:740 | \$69
550 TBA
June 1 - Aug. 21

Heather Luby
FV - TBA

551 TBA
June 1 - Aug. 21

Jordan Oakes
FV - TBA

Exclamation Point!

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

- Chip H., writer



Become an Animal Welfare Assistant!

This Non-Credit Certificate program will help you sort out the options, focus on your strengths, and build the knowledge base you'll need for **a successful future in animal welfare organizations.**

Put compassion into action.
Request a brochure at 314-984-7777.

Fall 2015



Nature, Home and Garden

Animal Care

Puppy Kindergarten

You can raise a happy, well-adjusted and confident puppy through socialization, along with basic commands and manners training. You'll 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 and have 2 series DHLPP and Bordetella immunizations. Proof of vaccinations required. Bring puppy to first class. No class 7/4.

ANIM:701 | \$69

M01 Sa 9:30am-11am
May 30 – July 11

Suebee Baxter-Carr
RiverChase-Fenton

Fun Tricks to Teach Your Dog

Every dog can do fun tricks. You will learn how to teach your dog standard tricks, such as Shake Hands, Fetch and Release, High 5, Speak, Kiss, Give a Hug, (and our favorite) "Cookie on the Nose," plus we'll introduce you to some that are designed to use your dog's specific abilities, such as Wave, Take a Bow, Figure 8, Take a Nap, and more. Dogs should be at least one year old and well-controlled around other dogs. Previous obedience class or training is preferred, but not required as long as dog obeys: Sit, Down, and Wait or Stay commands. You must be willing to practice at home. Training is by Positive Reinforcement. Bring your dog and required training equipment to class: buckle or training collar, 4-6 ft. leash, yummy dog treats or a favorite toy. No class 7/4.

ANIM:704 | \$49

M01 Sa 11am-12pm
May 30 – July 11

Suebee Baxter-Carr
RiverChase-Fenton

Dog Sports: K9 Nose Work (Level I)

Dogs see the world through their noses. This sport is designed to develop your dog's remarkable sense of smell and natural scenting abilities by using their desire to hunt and their love of treats, toys, and exercise. It is a great way for your dog to build confidence and burn both mental and physical energy while having fun. If your dog has a nose, it can play this K9 Nose Work game. Bring your dog and learn together how to play this fun, new sport with our certified instructor. It's fun for both of you! Dogs must be at least 6 months old with current immunizations. Bring soft treats your dog likes (with a distinct scent), a 6-foot leash (no reels) plus flat collar (no choke collars) or harness, and crate or kennel for your pet. If you prefer to attend without your dog, see ANIM 706 M03 for a discount. No class 6/17.

ANIM:706

With Your Dog | \$69

M02 W 7:30pm-8:45pm
June 3 – July 15

Sandra Ellison
RiverChase-Fenton

Without Your Dog | \$59

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, register for the following at a reduced price. You can register to attend by yourself, to learn and watch and do the exercises with your dog at home.

M03 W 7:30pm-8:45pm
June 3 – July 15

Sandra Ellison
RiverChase-Fenton

Home Improvement and Maintenance

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

650 Tu 7pm-9:30pm
June 2

Kimberly Hany
MC - BA, 118

Kitchen Planning for Home Remodeling

Explore the possibilities for your kitchen with this hands-on kitchen design class. Learn the basics of functional appliance and cabinetry placement, the specifics of kitchen cabinet sizes and the many features and options available. Bring a pencil, paper, and ruler; we will be drawing floor plans to scale. Measurements and photos of your existing kitchen recommended.

HOME:703 | \$29

651 Th 7pm-9:30pm
June 18

Kimberly Hany
MC - BA, 112

Bathroom Design for Home Remodeling

One of the best decisions you'll make about your new bathroom starts here. Whether you're planning a simple update, completely remodeling or starting from scratch, your first step should be attending this informative class. Our expert will get you started with the knowledge you need to create an affordable and beautiful bathroom. She'll talk about the basics of functional fixture placement and explore the many features and options available in vanities, linen cabinets, vanity tops, etc.

HOME:703 | \$29

652 Th 7pm-9:30pm
June 25

Kimberly Hany
MC - BA, 112

K9 Nosework: An Introduction to Odor (Level III)

If you and your dog enjoyed our other DogSports K9 Nosework courses, you'll love the new challenges presented in this "next step up" course. Whether competition is your goal or you'd just like to expand your dog's skills, come join us. We'll reinforce earlier basic skills then transition your dog from hunting for food to hunting for a specific target odor. Training classes will be held indoors. Give your sniff-loving canine new skills! Prerequisite: Dogs must have successfully completed both the Beginning and Advanced K9 Nose Work courses (no exceptions). No class 6/17.

ANIM:706 | \$59

M01 W 6pm-7pm
June 3 – July 15

Sandra Ellison
RiverChase-Fenton

Dog Training: Basic Skills & Manners for the Family Dog

Do you walk your dog or does your dog walk you? If your time is limited and your budget won't spare the expense of private lessons, this is the perfect alternative! This course in basic skills and manners will give you and your dog a good introduction to beginning obedience commands over a period of 6 weeks. Accomplish your training goals quickly and start getting those behavior problems under control. Class topics also touch on basic grooming, vaccinations, flea/tick control and traveling in the car. Bring your questions! Dog must be at least 6 months old and proof of vaccinations is required. Bring dog to first class. No class 8/1.

ANIM:706 | \$69

M04 Sa 9:30am-11am
July 18 – Aug. 29

Suebee Baxter-Carr
RiverChase-Fenton

Canine Good Citizen

The Canine Good Citizen Program is designed to reward dogs who have good manners both at home and in the community. Class instruction is for all 10 parts of the CGC Test. Dog must be at least 6 months old and have basic obedience skills. Proof of vaccinations required. Bring dog to first class. Successful completion of the test qualifies dog for a CGC patch (available for purchase separately). No class 8/1.

ANIM:706 | \$59

M05 Sa 11am-12pm
July 18 – Aug. 29

Suebee Baxter-Carr
RiverChase-Fenton



PERSONAL ENRICHMENT

Refinish, Reface, or Replace?

Thinking of changing your kitchen cabinetry? Wondering what option is best for you and your kitchen? Join us for an in-depth discussion of the pros and cons of refinishing, refacing or replacing your kitchen cabinetry. Learn about the processes and products available so you can make an educated decision about which option you choose.

HOME:703 | \$29

653 Tu 7pm-9:30pm
June 30

Kimberly Hany
MC - BA, 112

Interior Design: Color Schemes for Home, Kitchen & Bath

Give your home a face lift! Whether you prefer a bold or quiet color scheme, our experienced interior designer will show you how to select the best options for your space. You'll learn the secret of achieving a properly balanced and equally distributed color placement. We'll explore the combination of patterns in fabrics and furniture and how to integrate these patterns into your space. The selection of paint color, the color choices of wood tone, counter tops, cabinets, light fixtures and hardware will be addressed. Second class is a 2-hour field trip on Thursday, June 4 (6-8pm). Provide own transportation.

HOME:708 | \$39

650 M 6:30pm-9:30pm
June 1
Th 6pm-8pm June 4

Kathryn Leinauer
MC - SO, 108
Off Campus

Interior Design: Accessories for Home, Kitchen & Bath

Well-chosen accessories are the perfect finishing touch that every room deserves. In this class, you'll learn from a professional interior designer how to select the right shapes and sizes for your accessories and how to place them into the correct proportionate space. Choices of color and the combinations of patterns will be demonstrated. After this class, your rooms will reflect your personality with a professional touch. Second class is a 2-hour field trip on Thursday, June 4 (6-8pm). Provide own transportation.

HOME:709 | \$39

650 W 6:30pm-9:30pm
June 3
Th 6pm-8pm June 4

Kathryn Leinauer
MC - SO, 108
Off Campus

Do-It-Yourself Painting

Of course you can paint, but can you paint like a pro? Learn how to prepare surfaces - what to use and what not to use. We'll tell you if and what you need to prime with primer vs. stain blockers. Our instructor will talk about techniques for texturing to make your patches not look like a patch. You can make your paint brush do the work - sounds simple but we'll explain how that makes the job easier. And of course, finishing the job: ways to keep clean-up easy and/or quick.

HOME:713 | \$19

650 W 7pm-9pm
June 3

Jean Linton
MC - SW, 204

Fearless Home Repair: Simple Plumbing Repairs for Kitchens & Bathrooms

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

HOME:713 | \$19

651 W 7pm-9pm
June 10

Jean Linton
MC - SW, 204

Fearless Home Repair: Electrical

When something needs fixing who do you call? Fix it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a "hands-on" focus. We'll talk about electricity and safety, most people's #1 concern. If you need a new light fixture, wall switch or outlet, this course is for you! We'll talk about other small electrical problems and the difference between aluminum and copper wiring and how to work with both. We'll look at how-to, when-to and when it's safer NOT-to. You won't need to fear performing your own simple DIY electrical repairs or have to pay someone else do it for you after this class.

HOME:713 | \$19

652 W 7pm-9pm
June 17

Jean Linton
MC - SW, 204

Do-It-Yourself Drywalling

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

HOME:713 | \$19

553 W 7pm-9pm
Aug. 5

Jean Linton
FV - E, 154

653 W 7pm-9pm
June 24

Jean Linton
MC - SW, 204

Do-It-Yourself Ceramic Tiling

Come learn how to repair, re-grout, or install new ceramic tile and grout on floors and walls in your home. Distinguish between the different sizes of tile and why each are used in certain places. You'll learn how to design, layout, prepare, cut, and install ceramic tile and grout. See the tools you'll need and watch a demonstration of how and why to use them.

HOME:713 | \$19

654 W 7pm-9pm
July 8

Jean Linton
MC - SW, 204

Fearless Home Repair: How to Talk to a Contractor

For some home repair projects, you may want to hire a contractor. Come find out from our home repair specialist what you need to know to get that right. There are so many factors that influence your decisions: Is the job primarily repair, remodeling or new construction? Do you need a specialized contractor or general contractor and where do subcontractors fit into the picture? What's your timeline, budget, who's responsible for the materials and determines the logistics of the project? Don't forget the paperwork, and oh yes: the clean-up! Join us and bring your questions.

HOME:713 | \$19

550 W 7pm-9pm
July 15

Jean Linton
FV - E, 154

Fearless Home Repair: Simple Plumbing Repairs for Kitchens & Bathrooms

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

HOME:713 | \$19

551 W 7pm-9pm
July 22

Jean Linton
FV - E, 154

Fearless Home Repair: Electrical

When something needs fixing who do you call? Fix it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a "hands-on" focus. We'll talk about electricity and safety, most people's #1 concern. If you need a new light fixture, wall switch or outlet, this course is for you! We'll talk about other small electrical problems and the difference between aluminum and copper wiring and how to work with both. We'll look at how-to, when-to and when it's safer NOT-to. You won't need to fear performing your own simple DIY electrical repairs or have to pay someone else do it for you after this class.

HOME:713 | \$19

552 W 7pm-9pm
July 29

Jean Linton
FV - E, 154

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

350 Tu 7pm-9pm
June 23

Jill McCoy
WW, 202

Home Selling: Your Guide to a Successful Sale

If you've never sold a home before (or even if you have, but it's been a while), it's important to know your marketing options. You need to know what to expect from the home selling process, how to add impact and value to your home that will get you top dollar (staging without breaking the budget), how to use knowledge of the competition in your area to determine a realistic selling price, the pros and cons of "for sale by owner" and how to find the right agent to sell your house. Come spend a short evening learning the inside track that will get you the best deal for your home.

REAL:702 | \$19

350 Tu 7pm-9pm
June 16

Jill McCoy
WW, 202



Master Naturalist

Master Naturalist Program

The Master Naturalist Non-Credit Certificate Program consists of **three components:**

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

The courses listed in Nature, Landscape & Gardening, and Ecology meet the curriculum requirements for the Master Naturalist Non-Credit Certificate Program. The classes may also be taken for your own personal enrichment.

Landscape and Gardening

Vegetable Gardening

There's still time to get started to "grow your own" this summer! 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 Nancee Kruescheck our gardening expert and local nursery owner.

HORT:701 | \$25

680 Sa 9am-11:30am

June 6

Nancee Kruescheck
MC - SO, 111

New Grow Your Own: Mushroom Garden in a Bucket

Wouldn't you like to pick your own quality mushrooms at the peak of freshness to use in your morning omelet or evening gourmet meal? Come discover how easy it is to "grow your own" in a compact bucket which can be used indoors or out. Class will begin with a short presentation on growing mushrooms and then you'll get hands-on experience assembling the bucket, growing medium and spawns to get the process started and take home. It's time to add mushrooms to your food garden list and start discovering the many opportunities that exist in your own home. Registration deadline 6/8.

HORT:701 | \$29

651 Tu 7pm-9pm

June 16

Mark Brown
MC - SW, 108

All About Herbs

Now is the time to plan for your summer garden! Learn how to get the most for your effort in this one-night class. From starting to expanding an herb garden, you'll learn about soil conditions, fertilizing, and the optimal placement for growth. Come hear the best advice from Master Gardener "Mike" on how to plant, maintain and harvest an herb garden. You'll also get tips on using herbs in and around your home as well as the best way to freeze and preserve herbs for future use. Bring a notebook and pen to class.

HORT:701 | \$25

650 W 6pm-9pm

June 10

Michelle Ochonicky
MC - SO, 107

Hot Summer Heat: Keeping Your Yard and Garden Alive

Keeping your yard and garden flourishing throughout a typical St. Louis summer is a challenge for all of us. In May and June our yards are lush and green, our gardens are blooming; then comes July and August with their intense sun and drought conditions. Join our gardening expert and nursery owner, Nancee Kruescheck, as she teaches you how to keep your plants and turf less stressed in our Midwest heat, humidity, water (lack of) and soils. Also, she'll talk about plants that like it here and do well in our area.

HORT:708 | \$25

680 Sa 9am-11:30am

June 13

Nancee Kruescheck
MC - SO, 108

Exclamation Point!

Nancee Kruscheck was very knowledgeable with many years of experience in the field. You could tell she loves to teach. It was a joy to listen to her. More courses on horticultural topics given by this instructor please.

Marion R., St. Ann

Soil and Composting : Get the 'Dirt' on Successful Gardening

The first step in successful gardening is working from the ground up. Join Master Gardener "Mike" Ochonicky to learn the "dirt" on successful gardening as she'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 | \$19

350 Tu 7pm-9pm
June 9

Michelle Ochonicky
WW, 214

Ecology

It's OK to Eat the Weeds - Edible Wild Plants of Summer

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 summer. You'll 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:700 | \$29

681 Sa 9am-12pm
June 13

Catrina Adams
MC - SO, 109

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 is quick, convenient and 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 6/16.

ECOL:700 | \$49

650 W 7pm-8:30pm
June 30

Kat Golden
MC - SS, 105

DIY: Making Bran for a Bokashi Bucket Composting System

Bokashi is a great space-saving way to compost at home that uses a bran mixture of carbon-rich materials and effective microorganisms to transform kitchen waste into a great fertilizer for your garden. The bokashi bucket system can be used year round, it's quick, convenient and produces no household smells with the help of this bran mixture! Designed for individuals who currently have a bokashi bucket, you'll make a one pound mixture of the bran in class and take home the recipe and know how to make more with just a few easy steps. Don't have a bokashi bucket yet? Register for the Make and Take Home a Bokashi Bucket class or get an instruction sheet in the DIY Bran class to build your own at home. Class offered in partnership with the Missouri Botanical Garden Earthways Center. Registration deadline 6/25.

ECOL:700 | \$39

651 Th 7pm-8:30pm
July 9

Kat Golden
MC - SS, 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:700 | \$35

680 Sa 10am-2pm
June 13

Guy Niere
MC - SW, 108

Protect your Chickens from Predators: Making Your Coop Secure

Secure your investment in your chickens and ward off potential predators before they attack! There's nothing worse than having your chickens attacked by a predator. If you're new to raising chickens, you might not be aware of what predators are around. Or, you may think that since you live in the suburbs or within city limits, you don't have to worry about predators. Take the offensive and learn how to protect your flock from birds of prey, foxes, coyotes and the occasional raccoon, possum, mink and weasel. Examine coop security: trapping through box traps, snares, leg and body traps; netting; and simple tactics to scare off predators. You'll also learn about the laws surrounding protection of your flock and the associated safety precautions of your actions.

ECOL:700 | \$19

682 Sa 10am-12pm
June 20

Guy Niere
MC - SO, 111

Nature

Caves & Caverns

Learn about the mysterious underground world of caves. Discover interesting insights into their origin, cave life, mineral formations and other geological features, and cave ecology. Historical notes, such as cave discoveries, cave art, mining and other uses of caves, as well as health/safety/legal issues and man's effects on caves will also be included. Instructor has 12 years of experience leading cave tours and has personally visited over 40 caves throughout the US.

NATR:701 | \$29

650 W 7pm-9pm
June 17 - June 24

Martin Ferris
MC - SO, 108

Eclipses, Meteors & Comets

There is much more to the skies than just star gazing. Some of nature's most spectacular astronomical phenomena were at times terrifying to peoples of the past. They include lunar and solar eclipses, meteor showers and bright comets, all of which can be enjoyed with nothing more than the unaided eye. Learn how to enhance those experiences with inexpensive tools such as binoculars and how to do safe solar eclipse observing with appropriate but inexpensive items such as "eclipse glasses." This is your chance to learn how to do all this from an experienced observational astronomer and past president of the St. Louis Astronomical Society.

NATR:701 | \$25

680 Sa 9am-12pm
July 11

Michael Malolepszy
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

650 Tu 7pm-9pm
June 9
Sa
June 13

Marty Smigell
MC - SO, 206

Off Campus

Exploring Hummingbirds

Explore the world of the magnificent little hummingbird. Learn about the habits and happenings, as well as tips to improve your home environment to attract hummingbirds to your garden and the best locations to view hummingbirds in the St. Louis area. Offered in partnership with the St. Louis Audubon Society.

NATR:709 | \$25

651 Tu 7pm-9pm
June 23

Marty Smigell
MC - SO, 232

The Sniff Test - Can Birds Detect Scent?

Get ready to be fascinated by bird behaviors! You know that birds communicate through vision, calls and songs but can birds detect scent? Do birds have a sixth sense? Join a local St. Louis Audubon educator to learn about new research in this area, dispel old myths and explore new technologies at work. Offered in partnership with the St. Louis Audubon Society.

NATR:709 | \$25

652 Tu 7pm-9pm
July 7

Vicki Flier
MC - SO, 109

New Dragonflies and Damselflies of the St. Louis Area

With summer upon us, Missouri ponds and streams will be teeming with insect life. Join us and explore the fascinating world of dragonflies and damselflies in the St. Louis area. In class, you'll study photographs to identify field marks and learn about behavior patterns. Then, apply your new knowledge and skills on the weekend field trip to the Busch Conservation area-St. Charles County. Provide own transportation. No nets or collecting, please. Binoculars and cameras are helpful tools in the field. This class is offered in partnership with the North American Butterfly Association, St. Louis Chapter.

NATR:715 | \$29

650 Tu 6pm-8pm
June 16
Sa 10am-12pm
June 20

Yvonne Homeyer, Pat Garner
MC - BA, 124

Off Campus

New Snakes

Join Curt Hendricks of the St. Louis Herpetological Society as he provides an overview of the physical traits of snakes, descriptions of habitat requirements and the important value they provide to the ecosystem.

NATR:721 | \$19

650 Tu 7pm-9pm
June 9

Curt Hendricks
MC - SO, 107

Forest Ecology of Missouri

Have you ever wanted to learn more about the ecology of Missouri's forests? Mike Walsh, Forestry Programs Manager with Forest ReLeaf of Missouri will present a general introduction to forest ecology, and how it relates it to our own Missouri forests. Topics will include elements of a forest ecosystem, competition, succession, forest layers (structure), forest types in Missouri, disturbance, nutrient cycling and more. Class is offered in cooperation with Forest ReLeaf of Missouri.

NATR:723 | \$25

651 Th 6pm-8pm
July 30

Mike Walsh
MC - SO, 108

Small Native Trees and Shrubs for Yards

Do you have a location in your yard that is just too small for a large tree, but would like to plant something native to Missouri? Join Mike Walsh, Forestry Programs Manager with Forest ReLeaf of MO to learn all about some great options for your yard. We will look at and discuss what native trees and shrubs are suitable for planting in small spaces, where to find them, and how to take care of them. Wear comfortable shoes and dress for walking outdoors. Offered in partnership with Forest ReLeaf of Missouri.

NATR:723 | \$25

650 Th 6pm-8pm
June 18

Mike Walsh
MC - SO, 204

Native Tree Identification

This class meets Thursday and Saturday. Learn about Missouri tree identification with Mike Walsh, Forestry Programs Manager with Forest ReLeaf of MO, using characteristics and samples such as twigs, leaves, bark, fruit and more. First class is a lecture format on the Wildwood campus followed by a weekend field trip at Rockwood Reservations (one mile from campus) 2751 Glencoe Rd, Wildwood. Wear comfortable shoes and dress for walking outdoors. Resource booklets provided. Provide own transportation. Offered in partnership with Forest ReLeaf of Missouri

NATR:723 | \$35

350 Th 6pm-8pm
July 16
Sa 10am-12pm
July 18

Mike Walsh
WW, 208

Rockwoods Reservation



Common Mushrooms of Missouri - Part 1

Trametes veriscolor, Lycoperdon perlatum, Strobilomyces confusus, oh my! Take the fear out of fungi and learn to identify some of the most common mushrooms in Missouri. Class is a combination of lecture, discussion and field exploration. Bring sack lunch and hiking shoes. Class held at Babler State Park Visitors Center. Offered in partnership with Missouri Mycological Society (MOMS).

NATR:723 | \$25
M01 Sa 10am-2pm
June 6

Babler State Park

Common Mushrooms of Missouri - Part 2

If you missed Part 1 or you want to discover more of the hundreds of mushrooms of Missouri, then this class is for you. Starting with a presentation, learn how to identify several mushroom species and then take to the field to explore and find some. Bring a sack lunch and hiking shoes. Class held at Babler State Park Visitors Center. Offered in partnership with the Missouri Mycological Society (MOMS).

NATR:723 | \$25
M02 Sa 10am-2pm
Aug. 1

Babler State Park

Geology of Missouri

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

NATR:765 | \$29
680 Sa 9am-12pm
June 20

Jeffrey Smith
MC - SW, 106

Severe Weather Phenomena

Are you interested in severe weather formation? Join meteorologist Joe Schneider as he discusses the structure of the earth's atmosphere and forces that govern its motion. Learn to apply these concepts to understand the aspects of severe weather, including thunderstorms and tornadoes. Discover different weather indicators that can keep you safe in case of a weather emergency.

NATR:765 | \$29
650 Tu 6pm-9pm
June 23

Joseph Schneider
MC - SO, 107

Personal Finance

Finance & Investing

Bring Balance to Your Budget

Sharpen your spending and savings strategies! Learn about: setting personal financial goals; balancing saving, spending and borrowing to achieve your goals; strategies for controlling debt and improving credit scores; and practical savings options for now through retirement.

FINC:704 | \$25
650 Tu 6:30pm-9pm
June 16

Margie Bittner
MC - BA, 122

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; 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:714 | \$29
650 Tu 6pm-9pm
July 7

Margie Bittner
MC - BA, 112

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

This class is designed to empower the individual investor with strategies for stock market success as used by successful investors of our time. We'll discuss: historical precedent and how it applies today, selecting and purchasing the best investments, determining when to protect yourself by selling investments and minimizing potential risk while maximizing potential gain. Instructor owns and operates an investment firm that successfully avoided the Fall 2008 collapse of the U.S. Stock Market. Lunch on your own.

FINC:714 | \$89
C80 Sa 9am-4pm
June 20 - June 27

Brian Bingham
Corp. College, 208

Retirement Planning

New Understanding Medicare Eligibility and Benefits

Determining your eligibility and benefits under the various Medicare plans can be a daunting task. Come learn about Medicare parts A through D including eligibility qualifications and timetables for enrollment including initial, annual and special enrollment for individuals coming off group plans. Discussion will also focus on supplemental plans, Advantage plans and prescription drug choice options in the marketplace. A brief history of the program will be presented along with recent changes to the programs. Increase your comprehension of the Medicare program and learn to make informed decisions about your health benefit choices.

FINC:765 | \$25
650 Tu 6:30pm-8:30pm
June 16

Mary Biggs
MC - BA, 112

Retirement Income Planning

Make the most out of your retirement savings. During this workshop you will learn the steps you need to take to create an income strategy and how to manage five common retirement risks. You will also get information on how to make your savings last and to help ensure a comfortable retirement by covering both your "needs" and "wants."

FINC:736 | \$25
650 Tu 7pm-9pm
June 9

Steve Glazer
MC - BA, 112

Understanding Retirement Healthcare and Social Security

As people approach retirement, a common concern is the answer to the question, "What if I get sick?" This class will prepare you to make important decisions about your healthcare by helping you to understand your health insurance options. You will learn about healthcare decisions to be made before and at retirement including what Medicare does and does not offer in plain English. You will also learn about Social Security, the original source of guaranteed income for life, including how it can pay to delay, how your Social Security income will be taxed, and the little-understood effect of earned income on Social Security benefits.

FINC:736 | \$25
350 Tu 7pm-9pm
June 16
651 Tu 7pm-9pm
June 23

Steve Glazer
WW, 208
Steve Glazer
MC - BA, 112

Retirement Roadblocks: Mistakes Retirees Often Make

Understand common mistakes that retirees can make over and over again - and how you can overcome them! This class will explore being too conservative, having an unsuitable asset allocation strategy, paying too much in taxes and helping out the kids-how much is too much.

FINC:736 | \$25
351 Tu 7pm-9pm
June 30

Steve Glazer
WW, 208

Exclamation Point!

Brian Bingham was great! He was well prepared, encouraged discussion and provided both big picture as well as pertinent details on multiple topics. Facilities were excellent!

Michael W., Affton

Language & Communications

Foreign Languages

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

Chinese for First Timers

Explore an ancient culture and language with Chinese for First Timers! This is the perfect class for beginners that are ready to start with the basics. You will be introduced to pronunciation, the Pin Yin system, greetings, and basic sentences. No text required.

FLCH:717 | \$59

650 M 7pm-9pm **John Yeh**
June 15 – July 6 MC - SO, 105

French for the Traveler

Enjoy an easy and very practical introduction to the French Language. Learn survival phrases, how to read menus, understand cultural differences, transportation schedules and more. A jump-start course in the French language for smart travelers.

FLFR:716 | \$75

650 TuTh 7pm-9pm **Patricia Adams**
June 9 – June 25 MC - CN, 204

Text required-bring to first class.

600 MW 4:30pm-6:30pm **Marcel Kyle**
July 6 – July 22 MC - CN, 228

No text required.

French Language: Beginning I

In a relaxed and informal atmosphere you will learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and use the French language. Especially helpful for persons planning to travel in Canada or Europe. Concentration will be on the oral use of the use of the language in dealing with everyday situations. No text required. Bring a pocket folder, notebook and pen.

FLFR:717 | \$99

650 MW 7pm-9pm **Marcel Kyle**
July 6 – July 29 MC - CN, 228

New French Language: Beginning I - Friends and Family

Explore a new culture and language in a relaxed and informal atmosphere with your friends and/or family! Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in French! Ages 8 and up; students under 16 must be accompanied by parent/guardian. Registration required for each participant; individuals welcome. Text required-bring to first class.

FLFR:717 | \$99

600 TuTh 4pm-6pm **Manuella Nselel**
June 9 – July 2 MC - CS, 205

French Conversation: Intermediate I

Designed for individuals who have taken French Language: Beginning II or who previously studied French and need a more advanced refresher. Concentration will be on the oral use of the language dealing with everyday situations. No text required. Bring a pocket folder, notebook and pen.

FLFR:720 | \$99

650 TuTh 7pm-9pm **Marcel Kyle**
July 7 – July 30 MC - CN, 226

New French Practice

Do you need extra tutoring for your French class? Come to these practice sessions and get extra help where you struggle the most. Instructor will work with students on an individual and group basis to help all students in various areas. All levels welcome.

FLFR:765 | \$29

680 Sa 10am-12pm **Amanda Moehlenpah**
July 18 – July 25 MC - CS, 206

German for the Traveler

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

FLGE:716 | \$75

650 Th 6:30pm-8:45pm **Dustin Glastetter**
June 4 – June 25 MC - CN, 221

651 W 6:30pm-8:45pm **Dustin Glastetter**
July 1 – July 22 MC - CN, 126

Italian for the Traveler

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

FLIT:716 | \$75

600 M 4pm-6pm **Annunciata Buzzai**
June 8 – July 13 MC - CS, 119

650 M 7pm-9pm **Annunciata Buzzai**
June 8 – July 13 MC - CS, 119

Spanish for the Traveler

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

FLSP:716 | \$75

350 Tu 5:30pm-7:30pm **Burnette McNamee**
June 2 – July 7 WW, 222

Exclamation Point!

This was the best experience that I have had in taking a foreign language course. The instructor's approach was extremely helpful and logical and has given me a sound basis for further study of Spanish.

James G., St. Louis, MO

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

350 M 7pm-9pm **Ann Matthews**
June 8 – Aug. 3 WW, 202
No class 7/13

550 Th 6:30pm-8:30pm **Maria de la Garza**
June 11 – July 30 FV - C, 113

450 Th 7pm-9pm **Timothy Neckermann**
June 25 – Aug. 13 FP - G Tower, 111

Spanish Language: Beginning I - Friends and Family

Explore a new culture and language in a relaxed and informal atmosphere with your friends and/or family! Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in Spanish! Ages 8 and up; students under 16 must be accompanied by parent/guardian. Registration required for each participant; individuals welcome. Text required-bring to first class. No class 7/16.

FLSP:717 | \$99

600 Th 4pm-6pm **Ann Matthews**
June 11 – Aug. 6 MC - CS, 206

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

650 W 7pm-9pm **Ann Matthews**
June 10 – Aug. 5 MC - CS, 206
No class 7/15.

450 Tu 7pm-9pm **Timothy Neckermann**
June 23 – Aug. 11 FP - G Tower, 111

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. No class 7/16.

FLSP:719 | \$99

650 Th 7pm-9pm **Ann Matthews**
June 11 – Aug. 6 MC - CS, 206

Spanish Conversation: Intermediate III

Improve your conversational skills in Spanish through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. Aspects of Latino culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Spanish Conversation - Intermediate II or equivalent experience. Text required-bring to first class.

FLSP:722 | \$99

650 M 6:30pm-8:30pm **Maria de la Garza**
June 8 – July 27 MC - CN, 230

Historical Studies

History

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
650 Th 7pm-9pm **Manuella Nselel**
 June 4 – July 23 *MC - CS, 205*

Spanish Practice

Do you need extra tutoring for your Spanish class? Come to these practice sessions and get extra help where you struggle the most. Instructor will work with students on an individual and group basis to help all students in various areas. All levels welcome.

FLSP:765 | \$29
680 Sa 10am-12pm **Ann Matthews**
 June 27 & July 11 *MC - CS, 206*

Introduction to the Culture of Mexico

What do you know about the culture of Mexico? Explore the grandeur of activities and ways of life that are unique to the Mexican society including history, customs, traditions, celebrations and food. Taught by a native Spanish language instructor and former tour guide, get introduced to why the people cook with milk, why the country celebrates and offers gifts to the spirits, the role of religion, holiday festivals and more.

FLSP:765 | \$25
650 W 6:30pm-8:30pm **Maria de la Garza**
 June 17 *MC - CN, 230*
550 Tu 6:30pm-8:30pm **Maria de la Garza**
 June 23 *FV - C, 113*

Like us on Facebook



**St. Louis
Community
College
Continuing
Education**

Sign Language

Sign Language: Beginning ASL

Learn the fundamentals of American Sign Language (ASL), including finger spelling and hand signs! You will also receive a brief overview of deaf culture as you begin to learn the basics of unspoken communication. Text required - bring to first class.

SIGN:701 | \$99
550 M 6pm-8pm **Steven DeShetler**
 June 8 – July 27 *FV - C, 137*

Sign Language: Intermediate ASL

Did you enjoy your first Sign Language course? Continue learning additional ASL concepts, finger spelling and hand signs in this advanced beginner course. Prerequisite: Sign Language - Beginning I or equivalent experience. Text required-bring to first class.

SIGN:703 | \$99
551 Tu 6pm-8pm **Steven DeShetler**
 June 9 – July 28 *FV - C, 137*

Daniel Boone: His Life & Adventures

Daniel Boone was a remarkable frontiersman and one of our country's first folk-heroes. He was an adventurer, a scout for the British, an officer during the Revolutionary War and a businessman in Missouri. The last two decades of his life were spent here in eastern Missouri as patriarch of a large family. His life and exploits have become a legendary part of our early American history.

HIST:701 | \$19
650 Th 7pm-9pm **Wynn Ward**
 June 18 *MC - BA, 114*

The French & Indian War

Was the fate of North America decided in this strategic war? The French and Indian War was connected to the European Seven Years War where the European powers fought for important strategic control. George Washington joined the British army to fight for the King and so did thousands of other Colonists. The French lost significant territory, leaving England the dominant power on the continent. Come learn how England may have saved America in this war.

HIST:703 | \$19
652 Th 7pm-9pm **Wynn Ward**
 July 9 *MC - SO, 204*

U.S. War with Mexico

America's first foreign war, fought all the way across the Rio Grande River in Texas, was a bloody affair. The percent of casualties in the Mexican war was actually higher than in the Civil War. Openly fought for territorial gain, the war brought new states and territories into the United States. Many Americans were ashamed of the war, but others were delighted. It was here that Robert E. Lee, James Longstreet and Ulysses S Grant learned the art of war, and all went on to become top generals in the American Civil War.

HIST:703 | \$19
650 Th 7pm-9pm **Wynn Ward**
 June 4 *MC - SO, 204*

Harry S. Truman

Seventy years ago Harry Truman burst on the world stage. As World War II rolled toward its end he stepped into the giant shoes of Franklin D. Roosevelt and began eight years of service as President of the United States during which he managed immense crises and earned the gratitude and endured the hatred of millions. Spend an evening recalling the life of this Missouri farm boy who learned: "To walk with kings, nor lose the common touch."

HIST:703 | \$19
651 Tu 7pm-9pm **James Gallen**
 June 9 *MC - SO, 204*

The American Revolution: Taxation Without Representation

Running an empire can be an expensive business, but how you go about generating revenue can lead to trouble, including loss of said empire. This class will examine British policy towards her North American colonies from the Trade and Navigation Act of 1652 through the Coercive Acts of 1774, focus on why these laws came into being and how they impacted life in the colonies.

HIST:704 | \$19
350 Tu 7pm-9:30pm **Tom Hoff**
 June 2 *WW, 202*

Civil War Weapons: Wacky & Weird

Bayonets, muskets and cannons weren't the only weapons used in the American Civil War. Some weapons were amazing killing machines and others were just plain wild and weird. Some were outdated and medieval. The Confederacy was more willing to take chances on new ideas, some of which worked brilliantly, some were really strange and others were absolute disasters.

HIST:705 | \$19
650 Th 7pm-9pm **Wynn Ward**
 June 25 *MC - BA, 114*

Medicine in the Civil War

Medical treatment was still very crude at the time of the Civil War, and medicines sometimes did more harm than good. You'll hear about Civil War doctors, nurses and medical practices of the mid-1800s. Hospitals of the North and South were overwhelmed with the numbers of casualties. Come hear how they all coped.

HIST:705 | \$19
651 Th 7pm-9pm **Wynn Ward**
 July 16 *MC - BA, 114*

Vietnam - The Tet Offensive: Win the Battle, Lose the War

The Tet Offensive of 1968 is too often viewed through the lens of the TV camera, and has become the shining example of how news media can shape events. While portrayed at the time as a defeat of Free World Forces fighting in South Vietnam, the offensive was actually a major setback for the Communist cause. The focus of the class will be on the fighting that occurred in Saigon, in Hue and at Khe Sanh and how the presentation of these actions was often at variance with the actual events on the ground.

HIST:706 | \$19
650 Th 7pm-9:30pm **Tom Hoff**
 June 11 *MC - SO, 204*

Air Campaign Over Germany (WW II)

From 1941 to 1945, over 160,000 Allied airmen in over 33,000 aircraft were lost and the Luftwaffe was completely destroyed in the ferocious battles against German industry. In this class, we will look at the beginnings of the campaign by British forces, the expansion with the entry of the U.S. 8th Air Force among others and the counter offensive by the Luftwaffe. This will include examinations of significant missions, types of aircraft, effect on civilians, and personal anecdotes. Lastly, we will discuss its controversial results.

HIST:714 | \$19
650 Tu 7pm-9:30pm **Chris Ketcherside**
 June 23 *MC - SO, 204*

The First World War: The White War, Trench Warfare in the Alps

In addition to providing the background to Hemingway's novel "Farewell to Arms," the Italian front during the First World War provided some of the grimmest fighting along some of the most treacherous terrain in Europe. The battles and the ordeal of trench warfare in a mountain environment will be discussed.

HIST:714 | \$19
350 Tu 7pm-9:30pm **Tom Hoff**
 June 30 *WW, 202*

The Islamic State (ISIS)

Choosing the correct acronym with which to address this group is the least of the West's problems. This radical Islamist organization has terrorized the Middle East and the world with its brutal tactics, severe ideology and nearly mystical ability to conquer territory. What drives this group's maniacal quest to reestablish the caliphate? Why is it working? Could it succeed in the long term? Who is paying for this? Join us to dissect the inner workings, objectives, material advantages, and misguided platform of the organization we call ISIS, as we strive to understand this new black flag hanging over the perennially troubled Middle East.

HIST:727 | \$19

650 W 7pm-9pm
June 10

Katie Young
MC - SO, 204

The Palestinian Position

Opinions regarding the causes of the current status of the Palestinian people abound. So do those offering potential solutions to their statelessness, opportunity deficit and relative lack of control over their political and economic future. This class will discuss the present position of the Palestinian people. It will examine conditions in Gaza and the West Bank, Palestinian rights under Israeli law, the role of the Palestinians in Arab society, the diaspora and the refugee crisis. We'll evaluate various plans for and efforts toward Palestinian statehood, arguments that challenge the plausibility of "Palestine" and prospects for Palestinian development. Please join us to examine the present state of the Palestinian people and their hopes for a settled, prosperous, sovereign future.

HIST:727 | \$19

651 W 7pm-9pm
June 17

Katie Young
MC - SO, 204

The Sunni/Shi'a Divide

Though the subject is abundantly more complex than the space of two hours can unravel, please join us to dampen our feet to the intricacies of the Sunni/Shi'a divide. Critical to our understanding of the Muslim world, classifying these two groups will require an examination of politics, geography, history, religion and culture. We'll explore the schism within Islam that created these groups, sources of and exceptions to their mutual hostility, the structural specifics of each and the impact of their rift on modern international relations. Our instructor will venture to explain the rules governing the use of the term "Shi'a" vs. that of "Shi'ite." Unveiling this essential component of intra-Islamic affairs will focus the lens through which we read a newspaper, study the problems of individual states and understand one of the root causes of conflict in the modern Middle East.

HIST:727 | \$19

652 W 7pm-9pm
June 24

Katie Young
MC - SO, 204

Tours and Trips

Re-live the 1904 World's Fair

Join us for an illustrated, narrated tour of the actual fair grounds of the 1904 World's Fair in and around Forest Park. Travel back in time through a narrated 3-D stereoscopic slide presentation, then travel to the sites of the marvels you've just seen. Fee includes a light lunch of foods made famous at the fair and print materials (including maps). Special 3-D glasses are supplied. Some walking required. Provide own transportation for the tour. Rain date: 7/11.

TRIP:701 | \$39

480 Sa 8:30am-1:30pm
June 6

Charles Koehler
Douglas Schneider
FP - G Tower, 115

Exclamation Point!

I loved getting caught up with St. Louis in What's New in St. Lou? So many things going on new and old. These trips are a great opportunity to do things you wanted to do, but put off...

James H., Spanish Lake

What's New in St. Lou?

Construction cranes in the sky, new buildings popping up, others being redone. Come along with us to see the newest and the latest trends in St. Louis. New museums, a candy factory, new stores, restaurants are all among the possibilities for our tour. You'll be surprised and pleased with Joan's selections. Trip includes tour, transportation, lunch and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 5/28.

TRIP:701 | \$59

MD1 Th 9am-3pm
June 18

Joan Huisinga
MC - Off Campus

Family Adventure Tour - Daniel Boone Village

Grandparents, grandchildren or parents: Spend an exciting day at historic Daniel Boone Village this summer with the special child or children in your life. Specially designed programs will include participating in fun pioneer lifestyle activities in the Village and touring the Daniel Boone Home. This is an expanded program beyond their regular tours. Bring a picnic lunch and drinks. Additional water and soda is available for purchase at the Village but there is no food. An adult must accompany every two children but extra adults are welcome. Minimum age 7. Trip includes bus, admissions (there are no child discounts at the Village), activities and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 7/2.

TRIP:701 | \$59

MD2 Tu 9am-3pm
July 21

Joan Huisinga
MC - Off Campus

Cruise Tour: Hakuna Matata

Your early morning start at the Audubon Center at Riverlands will begin your connection to the beauty of the Mississippi River and the Great Rivers confluence. Then, from the Lewis and Clark Confluence Tower, you can see downtown St. Louis 19 miles away. We'll stop for a guided tour of the National Great Rivers Museum/ Melvin Price Locks and Dam. Lunch at Castelli's Moonlight Restaurant (opened in 1937) for a family-style meal that will include their trademarked, secret recipe fried chicken. The highlight of the afternoon will be a riverboat cruise with 360 degree views of river, bluffs, islands and historical points of interest. Trip includes tour guide, tours, transportation, lunch and gratuities. Must be able to lift leg 12-inches to board boat. Withdrawal deadline for refund: 5/18.

TRIP:702 | \$85

MD3 Th 7am-4:45pm
June 25

Dea Hoover
MC - Off Campus

Meet tour bus in Lot E on NW side of the Meramec campus.

VD1 Th 7:30am-4pm
June 25

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.

Mississippi River Bluff Paddlewheel Sightseeing & Lunch Cruise

All aboard for a fun daytime excursion to Grafton, Illinois. We'll take a coach to Grafton, cruise the Mississippi River on the Spirit of Peoria Riverboat for a 2-hour sightseeing cruise and delicious lunch on board. You'll enjoy watching the boat's paddlewheel churning through the water and listening to music. There will be time to browse in the unique shops in Grafton prior to the cruise. Tour includes transportation, escort, cruise, lunch tickets, tax and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Refund/ withdrawal deadline: 7/24.

TRIP:702 | \$89

MD6 W 9:30am-4pm
Aug. 26

Cindy Fricke
MC - Off Campus

Meet tour bus in Lot E on NW side of the Meramec campus.

VD3 W 10am-3:30pm
Aug. 26

Cindy Fricke
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.

Historic Route 66 (Tour #1): Cuba, MO to Waynesville, MO

Join us for a narrated tour (with stops) along a portion of Route 66 (the Mother Road) in Missouri. Highlights will include lunch at the iconic Elbow Inn, old ruins of days-gone-by and a dead-end (almost ghost!) town, a resort that hosted Mae West, the Trail of Tears, the finest pie in Missouri, scenic camera-ready overlook, some of the oldest (still operating) businesses on the route, the World's Largest Rocking Chair and Route 66 murals. Tour includes transportation and tour guide, BBQ lunch with the fixin's, a slice of take-home pie and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 5/13.

TRIP:702 | \$89

MD1 W 8:30am-4:30pm
June 3

Douglas Schneider
MC - Off Campus

Historic Route 66 (Tour #2): Kirkwood, MO to Cuba, MO

Take a bus ride on the Mother Road. We'll visit buildings unchanged since the heyday of Route 66, as well as repurposed Route 66 buildings and abandoned Route 66 buildings. Learn the role of the National Park Service in preserving this historic road. We'll see tourist traps, petroliana, open mines, a haunted truck stop. Meet people who rehabbed a Route 66 building in Cuba. Lunch will be BBQ with cobbler and you will get a Route 66 candy bar to take home. Tour includes transportation and tour guide, lunch, dessert and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 5/20.

TRIP:702 | \$89

MD2 W 8:30am-4:30pm
June 10

Douglas Schneider
MC - Off Campus

Land of Lincoln (Amtrak)

Visit the Lincoln Presidential Museum detailing the life of our nation's 16th president, from his humble beginnings to his lasting achievement. Enjoy a delicious lunch at Arlington's before a tour of the old State Capitol followed by a stop at Lincoln's final resting place to learn about the precautions taken at the Lincoln Tomb to thwart grave robbers. Then, ride the Amtrak train from Springfield, IL back to the downtown station. Your coach will be there to pick you up and return you to Meramec. Trip includes guided tour, transportation, admissions, lunch and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Must be able to lift leg 12 inches to board Amtrak train. Withdrawal deadline for refund: 7/1.

TRIP:702 | \$99

MD5 Sa 8am-8pm
Aug. 8

Dea Hoover
MC - Off Campus

Quincy, IL: See the Unexpected!

We'll arrive at Underbrink's Bakery for a behind the scenes tour and to enjoy a sweet tray of their tasty treats. This authentic German Bakery has been open since 1929. You'll also explore stunning interior murals of nearby St. Francis Catholic Church built in 1884) as well as their extensive Gothic Revival style white marble adornments. Next is a narrated architectural tour of this river city. Styles range from an authentic Mediterranean villa built on the Mississippi bluffs in 1900, majestic mansions on Maine Street, to the humble shotgun houses in the city's German District, Calftown. You'll enjoy a buffet lunch at The Pier, cantilevered over the Mississippi. There will be a visit to Villa Kathrine, the Mediterranean castle overlooking the Mississippi built in 1900, plus a tour of two private homes in Quincy's renowned East End Historic District. Trip includes guided tour, transportation, lunch, admissions, tastings and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Field trip release form required. Withdrawal deadline for refund: 6/10.

TRIP:702 | \$85

MD4 F 7am-5:30pm
July 10

Meet tour bus in Lot E on NW side of the Meramec campus.

VD2 F 6:40am-5:50pm
July 10

Meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus.

Dea Hoover
MC - Off Campus

Dea Hoover
FV - Off Campus (CE)



**Recreation,
Fitness and
Wellness**

Recreation and Sports

Cards and Games

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.

BRID:702 | \$65

550 Th 7pm-9pm
June 4 – July 16

George Hawley
FV - SC, PDR-A

Chess I: Beginning to Intermediate

This class is designed for those who want to learn the basics of chess or who would like to advance their basic skills and improve their tournament play. Beginning skills covered will include moves of the pieces, reading and writing chess notation, move selection principles, middle game tactics, endgame principles and checkmate. More advanced players will learn opening system for white, opening system for black, middle game tactics, endgame studies, and review of masters games. Cost includes chess book provided at first class. Instructor is on the Board of Directors of Missouri Chess Association and has over 30 years of chess coaching experience.

BRID:710 | \$59

P01 Tu 7pm-9pm
May 26 – June 23

Edward Baur
Chess Club & Scholastic Ctr SL



Motorcycle Rider Training

Motorcycle Safety Basic Rider Course (BRC)

The Basic Rider Course (MSF-BRC) is geared toward the novice motorcyclist or scooter operator, but will also provide an excellent skills update for the returning rider or those experienced with no previous formal training. The course consists of classroom and on-bike instruction with furnished motorcycles or scooters (loaner scooters are limited - check availability before registering; however personal scooters are permitted). Those who successfully complete the course will be issued a completion card from the Missouri Motorcycle Safety Program which is a waiver for the road test portion of the Missouri license endorsement. Students must be at least 15-1/2 years old and able to ride a bicycle. Those under 18 years of age must have a release form signed by a legal guardian or parent. Students must bring DOT-approved helmet (loaner helmets available), boots, gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants, bring a photo ID, and show proof of medical insurance. At the discretion of the instructors, students who are unable to safely operate the motorcycles will be dismissed from class for their own protection and the safety of the group. No refunds will be given if you are unable to complete the class for any reason. Class held rain or shine. Call for a detailed brochure: (314) 984-7777. To view a 5-minute video of Basic Rider Course highlights, go to msf-usa.org.

MOTR:701 | \$195

- 480 SaSu 7am-5pm
May 30 – May 31 FP - D Tower, 215
- 481 SaSu 9am-7pm
May 30 – May 31 FP - D Tower, 215
- 482 SaSu 7am-5pm
June 6 – June 7 FP - D Tower, 215
- 483 SaSu 9am-7pm
June 6 – June 7 FP - D Tower, 215
- 484 SaSu 7am-5pm
June 13 – June 14 FP - D Tower, 215
- 485 SaSu 9am-7pm
June 13 – June 14 FP - D Tower, 215
- 486 SaSu 7am-5pm
June 27 – June 28 FP - D Tower, 215

- 487 SaSu 9am-7pm
June 27 – June 28 FP - D Tower, 215
- 488 SaSu 9am-7pm
July 11 – July 12 FP - D Tower, 215
- 489 SaSu 9am-7pm
July 18 – July 19 FP - D Tower, 215
- 490 SaSu 9am-7pm
July 25 – July 26 FP - D Tower, 215
- 491 SaSu 9am-7pm
Aug. 8 – Aug. 9 FP - D Tower, 215
- 492 SaSu 9am-7pm
Aug. 15 – Aug. 16 FP - D Tower, 215
- 493 SaSu 9am-7pm
Aug. 22 – Aug. 23 FP - D Tower, 215
- 494 SaSu 9am-7pm
Aug. 29 – Aug. 30 FP - D Tower, 215

Golf

Golf Classes
Extra fee for balls

Every effort will be made to schedule a make-up class for outdoor classes missed due to rain-outs. However, no refunds will be given for rained-out classes.

Golf: Beginning I

Learn the basic fundamentals of golf: grip, set up, mini-swing, full swing, putting and chipping.

PEDU:730

4 Sessions | \$45

- 811 M 6pm-7pm *Big Bend GC*
June 1 – June 22
- 812 M 7pm-8pm *Big Bend GC*
June 1 – June 22
- 810 W 7pm-8pm *Big Bend GC*
May 27 – June 17
- 813 M 7pm-8pm *Big Bend GC*
July 6 – July 27
- 814 Sa 8am-9am *Big Bend GC*
June 6 – June 27
- 800 Th 6pm-7pm *Golfport-MH*
June 4 – June 25
- 802 Sa 10am-11am *Golfport-MH*
July 11 – Aug. 1

Women Only

- 801 Th 7pm-8pm *Golfport-MH*
June 4 – June 25

6 Sessions | \$59

- 880 Tu 7pm-8pm *The First Tee*
June 2 – July 14
No class 7/7
- 881 Sa 10am-11am *The First Tee*
June 6 – July 25
No class 7/4, 7/11
- 860 M 6pm-7pm **Robert Jeep** *Sunset Hills Golf-LC*
June 1 – July 6
- 861 W 7pm-8pm **Robert Jeep** *Sunset Hills Golf-LC*
June 3 – July 8
- 862 M 7pm-8pm **Robert Jeep** *Sunset Hills Golf-LC*
July 20 – Aug. 24
- 863 Sa 10am-11am **Robert Jeep** *Sunset Hills Golf-LC*
June 13 – July 25
No Class 7/4
- 890 W 7pm-8pm *Tower Tee*
May 20 – June 24
- 891 W 6pm-7pm *Tower Tee*
July 8 – Aug. 12
- 892 W 7pm-8pm *Tower Tee*
July 8 – Aug. 12
- 893 Sa 9am-10am *Tower Tee*
May 30 – July 11
No Class 7/4

Women Only

- 871 Sa 10am-11am *Ruth Park GC*
May 30 – July 11
No class 7/4.

12 Sessions | \$109

- 870 TuTh 11am-12pm *Ruth Park GC*
May 26 – July 2

Golf: Beginning II

Review fundamentals presented in Golf: Beginning I with special emphasis on correcting individual swing faults.

PEDU:731

4 Sessions | \$45

- 810 W 6pm-7pm *Big Bend GC*
May 27 – June 17
- 811 W 6pm-7pm *Big Bend GC*
July 1 – July 22
- 812 M 6pm-7pm *Big Bend GC*
July 6 – July 27
- 813 Sa 9am-10am *Big Bend GC*
June 6 – June 27
- 820 Sa 10am-11am *Eagle Spring GC*
June 6 – June 27
- 800 Th 6pm-7pm *Golfport-MH*
July 9 – July 30
- 802 Sa 10am-11am *Golfport-MH*
June 6 – June 27

Women Only

- 801 Th 7pm-8pm *Golfport-MH*
July 9 – July 30

6 Sessions | \$59

- 880 Tu 6pm-7pm *The First Tee*
June 2 – July 14
No Class 7/7
- 881 Sa 11am-12pm *The First Tee*
June 6 – July 25
No Class 7/4, 7/11
- 870 Tu 11am-12pm *Ruth Park GC*
July 14 – Aug. 18
- 860 M 7pm-8pm **Robert Jeep** *Sunset Hills Golf-LC*
June 1 – July 6
- 861 W 7pm-8pm **Robert Jeep** *Sunset Hills Golf-LC*
July 22 – Aug. 26
- 862 Sa 9am-10am **Robert Jeep** *Sunset Hills Golf-LC*
June 13 – July 25
No Class 7/4
- 890 M 6pm-7pm *Tower Tee*
June 1 – July 6
- 891 Th 7pm-8pm *Tower Tee*
July 9 – Aug. 13
- 892 Sa 9am-10am *Tower Tee*
July 18 – Aug. 22

Golf: Parent/Child - 4 Sessions

Parent attends class with a child, ages 7-15. Registration required for each participant. Extra fee for balls.

PEDU:732 | \$45

- 810 W 7pm-8pm *Big Bend GC*
July 1 – July 22
- 811 Sa 10am-11am *Big Bend GC*
June 6 – June 27

Golf: Playing Lessons

Enjoy this unique opportunity to play with an experienced golf instructor. PGA professional will take you and other students on course to play up to nine holes. Class is for golfers who have had prior instruction but have difficulty taking their game to the next level. Be prepared to pay Eagle Springs approximately \$15 to play up to nine holes on the course (includes a riding cart). Meet instructor at Eagle Springs Clubhouse. Tee time is 5pm sharp.

PEDU:732 | \$39

- 820 M 5pm-7:30pm *Eagle Spring GC*
June 8
- 821 M 5pm-7:30pm *Eagle Spring GC*
July 6

Golf: Combo Class

Class is a combination of short game, full swing and on course lessons. The first few classes will be on the practice range and remaining will be on the course. On course strategy and mental game will be discussed. Extra fee for balls.

PEDU:732 | \$59

- 891 M 7pm-8pm *Tower Tee*
June 1 – July 6
- 893 Th 6pm-7pm *Tower Tee*
May 21 – June 25
- 895 Sa 10am-11am *Tower Tee*
July 18 – Aug. 22

Golf: Short Game Skills

Class will cover putting, chipping, pitching, and sand shots and will cater to the beginner student as well as the student wanting to improve their game. Extra fee for balls.

PEDU:732 | \$59

- 890 W 6pm-7pm *Tower Tee*
May 20 – June 24
- 892 Th 7pm-8pm *Tower Tee*
May 21 – June 25
- 894 Sa 10am-11am *Tower Tee*
May 30 – July 11
No Class 7/4

Play Better Golf

Become the best golfer you can be! Instruction will focus on putting, short game skills, and learning how to drive the ball further with more accuracy so you can start lowering your scores today. Open for all skill levels and balls will be provided. Class meets at Creve Coeur's Municipal Golf Course (mandatory first class meets Tuesday, 6/2; remainder of classes meet on Sunday morning, 6/7-6/28). For details contact instructor, (314-434-4715, melklearman@att.net).

PEDU:732 | \$39

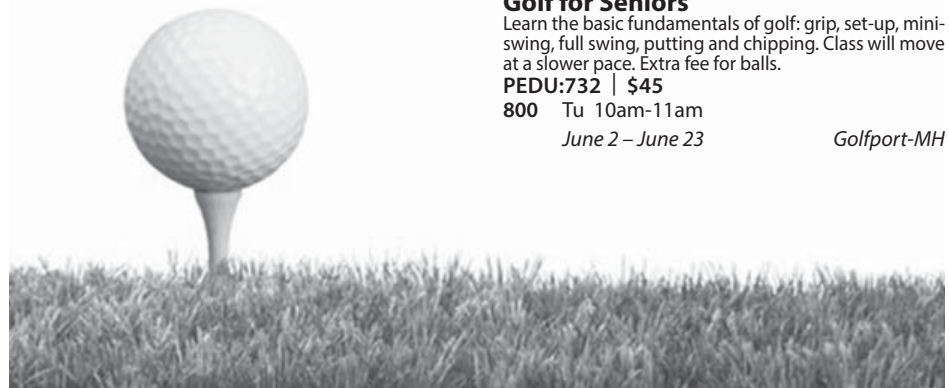
- V01 Tu 5:30pm-7pm **Melvin Klearman**
June 2 *Creve Coeur Mun. GC*
- Su 9am-10am
June 7-June 28 *Creve Coeur Mun. GC*

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:732 | \$45

- 800 Tu 10am-11am *Golfport-MH*
June 2 – June 23



Tennis

New Tennis Workshop: Beginning I & II

Learn to play and love tennis in this FREE workshop with Mark Platt! Registration required for all participants.

PEDU:734 | No Fee

580 Sa 11am-12pm **Mark Platt**
June 13 – June 27 FV - PE, TENNIS

Tennis: Beginning I & II (NTRP 1.0-2.5)

See NTRP Rating Box. Tennis balls provided.

PEDU:734

Outdoor | \$55

P01 Sa 9am-10am **Kaufman Park**
July 11 – Aug. 1

720 MW 6pm-7pm **Ladue Middle School**
June 22 – July 1

M01 Th 7pm-8pm **Sunset Hills Watson Trails**
June 11 – July 2

Indoor | \$59

M02 M 3pm-4pm **Vetta**
June 1 – July 6

M03 W 3pm-4pm **Vetta**
June 3 – July 8

Tennis: Intermediate I (NTRP 3.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:735

Outdoor | \$55

P01 Sa 10am-11am **Kaufman Park**
July 11 – Aug. 1

720 MW 7pm-8pm **Ladue Middle School**
June 22 – July 1

Indoor

4 hours | \$55

M01 Sa 4pm-5pm **Forest Lake TC**
June 6 – June 27

M02 Sa 4pm-5pm **Forest Lake TC**
July 11 – Aug. 1

9 hours | \$89

M03 M 4pm-5:30pm **Vetta**
June 1 – July 6

M04 W 4pm-5:30pm **Vetta**
July 15 – Aug. 19

Tennis: Intermediate I - Advanced (NTRP 3.0-4.0) -Indoor

See NTRP Rating Box. Tennis balls provided.

PEDU:736 | \$89

M01 W 4pm-5:30pm **Vetta**
June 3 – July 8

M02 M 4pm-5:30pm **Vetta**
July 13 – Aug. 17



Look for Youth Tennis classes on page 43.

Look for Pickleball in The Great Outdoors on page 41.

National Tennis Rating Program (NTRP)

- 1.0 This player is just starting to play tennis.
- 2.0 May have had some lessons; needs on-court experience.
- 2.5 Can sustain a short rally of slow pace; needs to develop form.
- 3.0 Consistent on medium-paced shots; needs work on form and strategy.
- 3.5 Consistent with directional control; needs to work on specialty shots.
- 4.0 Dependable with directional control and depths has specialty shots. Needs to play more percentage tennis.

Designations used as a tool to assist students when registering for tennis classes:

Beginning I (1.0-2.0): Designed for beginners and those who have limited experience with basic tennis strokes. Proper techniques of all strokes will be covered. Drills will be used and tennis etiquette and rules will be discussed. Players will be grouped according to ability.

Beginning I and II (1.0-2.5): Designed for beginners and those who need to brush up on the basics. Techniques covered are forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability.

Beginning II (2.5): Further emphasized is proper stroke development and footwork through the use of drills. Tennis etiquette and rules will be reviewed. Constancy of stroke production is a major goal.

Intermediate I (3.0-3.5): A refresher on proper stroke execution. Drills are used and emphasis is on improved consistency and directional control. Strategy and some match play are covered.

Intermediate II to Advanced (3.5-4.0): This course includes more advanced drills, work on strategy and match play, with a goal of playing better percentage tennis.

Bring tennis shoes and racket. Tennis balls provided. Facilities may not be air-conditioned. Please dress appropriately. Every effort will be made to schedule a make-up class for outdoor classes missed due to rain-outs. However, no refunds will be given for rained-out classes.

Fitness

Aquatics

Attention Water Students: Due to circumstances related to inclement weather, building and/or equipment malfunctioning or maintenance, the pool facilities used by Continuing Education may have to be closed with little or no advance notice. In these cases, no refunds will be offered, nor will make-ups be available because of tight scheduling of swimming, water exercise and other physical education classes. For additional information regarding the various college pools, please call

- Meramec Pool: 314-984-7172
- Forest Park Pool: 314-644-9717
- Florissant Valley Pool: 314-513-4275

Lap Swim - Florissant Valley

Come and get a great workout before you start your day! Pool will be set up for students to swim laps during this time. Lockers are available; however you must provide your own towel and lock for your valuables. No class 7/3.

PEDU:721 | \$69

500 M-F 7am-7:50am **FV - PE, POOL**
June 15 – July 20

Open Lap Swim - Meramec

The pool is open for lap swimming during this time. Lockers are available; however you must provide your own towel and lock for your valuables.

PEDU:721 | \$49

600 MTuWTh 8am-8:50am **MC - PE, POOL**
June 8 – July 28

Lap Swim - Meramec

Come and get a great workout before you start your day! Pool will be set up for students to swim laps during this time. Lockers are available; however you must provide your own towel and lock for your valuables.

PEDU:721 | \$39

601 Tu 7am-7:50am **MC - PE, POOL**
June 9 – July 21

602 Th 7am-7:50am **MC - PE, POOL**
June 11 – July 23

Swimming Skills: Beginning/Intermediate

Not the strongest swimmer? It's time to change that! Acquire basic through intermediate swimming skills, and feel confident in the water and around water activities. Emphasis on the primary strokes, buoyancy techniques, breath control and acquiring endurance.

PEDU:722 | \$49

450 Tu 8pm-8:50pm **Sandra Liming**
June 9 – July 21 **FP - PE, POOL**

PERSONAL ENRICHMENT

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

6 Sessions | \$45

580 Sa 9am-9:50am
June 13 – July 25
No class 7/4
Barbara Harris
FV - PE, POOL

581 Sa 10am-10:50am
June 13 – July 25
No class 7/4
Barbara Harris
FV - PE, POOL

7 Sessions | \$49

450 Tu 7pm-7:50pm
June 9 – July 21
Sandra Liming
FP - PE, POOL

15 Sessions | \$89

500 MWF 8am-8:50am
June 15 – July 20
No Class 7/3
Barbara Harris
FV - PE, POOL

502 MWF 10am-10:50am
June 15 – July 20
No Class 7/3
Barbara Harris
FV - PE, POOL

600 MW 9am-9:50am
June 8 – July 27
Gary Ketcherside
MC - PE, POOL

601 MW 10am-10:50am
June 8 – July 27
Gary Ketcherside
MC - PE, POOL

602 TuTh 9am-9:50am
June 9 – July 28
Colleen Haviland
MC - PE, POOL

604 TuTh 11am-11:50am
June 9 – July 28
Colleen Haviland
MC - PE, POOL

605 TuTh 2pm-2:50pm
June 9 – July 28
Colleen Haviland
MC - PE, POOL

651 MW 7pm-7:50pm
June 8 – July 27
Sandra Liming
MC - PE, POOL

Water Exercise: Cardio Fitness

Increase your energy and physical conditioning in this class using a combination of lap-based aerobic exercises along with strength training using dumbbells and noodles.

PEDU:729 | \$89

603 TuTh 10am-10:50am
June 9 – July 28
Karen Morrow
MC - PE, POOL

Water Exercise: Shallow/Deep Aerobics Combo

Challenge your body and mind with this intense workout in both shallow and deep water. Great exercise for toning as well as increasing strength and endurance. Non-swimmers are required to wear a safety belt - available at most sporting goods stores. Life jackets NOT recommended.

PEDU:729 | \$89

650 MW 6pm-6:50pm
June 8 – July 27
Sandra Liming
MC - PE, POOL

Gentle Aqua Zumba

Splash and dance your way to fitness in this fun, easy to follow, low-impact, water-based workout! Gentle Aqua Zumba integrates the Latin-inspired, dance-fitness moves of the traditional Zumba class with water-based exercises, just at a slower pace.

PEDU:729 | \$49

550 Th 6pm-6:50pm
June 11 – July 23
Neil Skid
FV - PE, POOL

Aqua Zumba - 15 Sessions

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

11 Sessions | \$69

551 MW 7pm-7:50pm
June 15 – July 20
Barbara Harris
FV - PE, POOL

15 Sessions | \$89

501 MWF 9am-9:50am
June 15 – July 20
No Class 7/3
Barbara Harris
FV - PE, POOL

Aerobic Exercise

Aerobic Kickboxing

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

PEDU:744 | \$69

M01 W 7pm-8pm
June 3 – Aug. 5
Timothy Toeniskoetter
Martial Arts Ctr (Mehl)

Zumba

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

PEDU:747 | \$69

550 MW 7pm-7:50pm
June 8 – July 8
Paula Taylor
FV - SC, PDR-B

Zumba Gold for Seniors

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

PEDU:747 | \$45

M01 W 11am-11:50am
June 3 – July 8
Adiva Dance Center

Zumba: Beginning

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

PEDU:747 | \$45

M03 Sa 9am-9:50am
June 6 – July 18
Adiva Dance Center

Zumba Toning: Beginning

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

PEDU:747 | \$45

M02 W 6pm-6:50pm
June 3 – July 8
Adiva Dance Center

Dance Aerobics

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

PEDU:750 | \$79

550 MW 6pm-6:50pm
June 1 – July 20
Susan Pellegrino
FV - TC, 202

Dynamic Stretch

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

PEDU:755 | \$45

600 Tu 8am-8:50am
June 2 – July 14
Gary Ketcherside
MC - PE, GYM

601 Th 8am-8:50am
June 4 – July 16
Gary Ketcherside
MC - PE, GYM

Rise and Shine: Senior Workout

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

PEDU:755 | \$69

606 TuTh 5:55am-6:55am
June 2 – July 2
Gail Velten
MC - PE, 201

Boot Camp with Shark Fitness

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

PEDU:755

17 Sessions | \$204

602 MWF 5:45am-6:45am
May 27 – July 1
MC - PE

15 Sessions | \$190

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

14 Sessions | \$178

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

Nia: A Combination of Cardio and Strength Training

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

PEDU:755 | \$59

M01 Sa 8:15am-9:10am
June 13 – July 25
Karol McNutt
Dance Arts-STL

Fun with Fitness

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

PEDU:755 | \$85

605 MW 4pm-4:50pm
June 15 – July 29

MC - PE, 201

New Fitcamp

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

PEDU:755 | \$75

500 TuTh 8am-8:50am
June 9 – July 16

Lee Johnson
FV - PE, 233

Tai Chi

Tai Chi Chih: Beginning

Tai Chi Chih is a moving meditation consisting of 19 movements and 1 pose. Its purpose is to circulate and balance one's "chi" or vital force life energy. Health benefits include better balance, blood pressure control, and reduction in symptoms associated with stress, shingles, and arthritis. No class 7/21.

PEDU:766 | \$59

P01 Tu 2:30pm-3:30pm
June 9 – July 28

Jeanette Miller
Solar Yoga Center

Tai Chi Chih: Continuing

Ready to enhance your Tai Chi Chih practice? Complete a practice of all 19 movements and the final pose each week, explore key principles of the form, and refine individual movements. Prerequisite: Tai Chi Chih Beginning class or equivalent experience.

PEDU:767 | \$59

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

Jeanette Miller
Solar Yoga Center

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

Jeanette Miller
FV - SC, PDR-B

The Great Outdoors

Pickleball

Come join the fun! Pickleball is a fast-growing sport for many good reasons: it's easy to learn and play, has simple rules, and is great exercise for all ages and abilities. Learn the basics of Pickleball then enjoy recreational play. Already know how to play Pickleball? Just register and come play! All equipment provided; dress appropriately for outdoor court.

PEDU:740 | \$49

M01 Sa 9am-9:55am
June 6 – July 18
No class 7/4

Allyson Duffin
Kennedy Rec Plex

M02 Sa 10am-10:55am
June 6 – July 18
No class 7/4

Allyson Duffin
Kennedy Rec Plex

M03 M 5:30pm-6:25pm
June 8 – July 13

Allyson Duffin
Kennedy Rec Plex

M04 M 6:30pm-7:25pm
June 8 – July 13

Allyson Duffin
Kennedy Rec Plex

Tree Climbing classes do not teach how to climb on your own. Basic physical fitness required - able to easily climb a flight of stairs. All gear is provided. STUDENTS MUST BE REGISTERED, BRING PHOTO ID, AND SIGN WAIVER TO PARTICIPATE IN CLASS. Supply list and directions will be emailed.

Tree Climbing - Level I

Experience the exhilaration of being in the trees as never before! Access parts of the canopy that you never thought possible and enjoy this new sport using ropes and harnesses just like the professionals. Learn basics about tree biology and procedures for climbing safely before starting your climb. Class ends with a survey of climbing gear and techniques.

PEDU:765 | \$39

V01 W 5:30pm-8:30pm
June 24

Guy Mott
EarthDance Farms

V02 Sa 9am-12pm
July 11

Guy Mott
EarthDance Farms

Tree Climbing - Level II

Build upon what you learned in Tree Climbing - Level I with state-of-the-art climbing methods that allow you to ascend multiple pitches, travel throughout the canopy and reach the very top of the tree. Small class size and one-on-one training from your instructor, who climbs into the canopy with you, make this a compelling learning experience. Prerequisite: Tree Climbing - Level I or previous introductory climb experience (MOBOT canopy climb, Adventure Tree open climb, etc).

PEDU:765 | \$49

V03 Sa 1pm-5pm
July 11

Guy Mott
EarthDance Farms

New Recreational Recess!

Remember when you were a kid and PE consisted of fun games? Get back into shape and stay healthy doing just that again! Have fun playing games like Spider Ball, Rolling Dodge Ball, Wall Ball, Relay Races, Tennis Ball games, Rope Games, modified Kick Ball, Frisbee and much more. Class will start with a warm up, then you'll get right into playing games and increasing your heart rate. Minimal rules help keep it simple for everyone. It's a great way to exercise without knowing that you're exercising! No class 7/4.

PEDU:769 | \$99

W01 Sa 10am-11am
June 6 – Aug. 1

Bluebird Park

SUP: Stand Up Paddleboarding - Introduction

Stand Up Paddleboarding is a rapidly growing sport that is suitable for almost anyone! Have fun and soak up the benefits of a great exercise while learning how to SUP! Learn proper paddling instruction and get a brief introduction before you hit the water. Once on the water, you will receive continuous instruction as you practice and get comfortable on your board. Dress appropriately for outdoor water activity. Fee includes all equipment. Classes held at Simpson Lake, 1234 Marshall Road, Valley Park, MO 63088.

PEDU:770 | \$59

M01 W 5pm-7pm
June 17 – June 24

MC - Off Campus

M03 Sa 10am-12pm
July 11 – July 18

MC - Off Campus

SUP: Stand Up Paddleboarding - River Trip

Now that you know what you're doing, join us on a new adventure in Stand Up Paddleboarding! There really is something about paddling our local rivers and being out among nature. Let SUP St. Louis take you there on a custom guided river trip. Meet at Greentree Park, 2202 Marshall Rd, Saint Louis, MO 63122 at 10am sharp. Fee includes SUP equipment and transportation up river. Water shoes and sunscreen recommended. Prerequisite: SUP Introduction class.

PEDU:770 | \$49

M04 Sa 10am-12pm
July 25

MC - Off Campus

New SUP: Stand Up Paddleboarding - Yoga

Leave the yoga mat behind and enjoy a challenging, core-strengthening exercise on the water! Learn to use breathing, stretching and relaxation techniques as you balance mind and body on a paddle board. All levels welcome; must know how to swim. Dress appropriately for outdoor water activity. Fee includes all equipment. Classes held at Simpson Lake, 1234 Marshall Road, Valley Park, MO 63088.

PEDU:770 | \$35

M02 Sa 9am-9:45am
July 11 – July 18

MC - Off Campus

Gain Valuable Computer Skills for the Workplace
from the comfort of your home!
Visit our site to learn more.
www.ed2go.com/stlcc




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St. Louis Community College Continuing Education

Health and Wellness

Self Defense

Class Nikita: Covert Self-Defense for Women

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

PEDU:743 | \$95
P02 Th 5:45pm-6:45pm
 June 11 – Aug. 13 *Systema STL*

Systema: Russian Self-Defense

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

PEDU:743 | \$95
P01 Tu 6:30pm-7:30pm
 June 9 – Aug. 11 *Systema STL*

Systema: Health and Breathing for Self-Defense

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

HEAL:701 | \$59
P01 M 5:45pm-6:45pm
 June 8 – Aug. 10 *Systema STL*

Wellness

Lavender Aromatherapy

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

HEAL:701 | \$29
WD1 Sa 10:30am-12pm
 July 11 *Winding Brook Estate*



Couples Massage

Enjoy spending time together as you learn gentle ways to comfort and relax your partner. Methods based on Swedish, Russian Massage, and Trigger Point Therapy. Partner required. Fee is per person. Supply list will be emailed.

HEAL:704 | \$49
480 Sa 9:30am-3:30pm
 June 27 *Alice Sanvito*
 FP - HSP, 221
680 Sa 9:30am-3:30pm
 July 18 *Alice Sanvito*
 MC - SW, 106

MELT®

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

HEAL:709 | \$75
M01 Tu 4pm-4:50pm
 June 23 – July 14 *Body by Pilates at*
 STUDIO RUE

A Bucket of Life

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

HEAL:713 | \$29
680 Sa 9am-12pm
 June 27 *James Toombs*
 MC - AS, 108

The Magic of Coincidence

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

HEAL:765 | \$25
680 Sa 10am-12pm
 July 11 *Roselyn Mathews*
 MC - SO, 109

Discover Your Talents

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

PERD:709 | \$49
680 Sa 10am-12pm
 May 30 *Carol Watkins*
 June 6 *MC - SW, 202*
MC - SW, 207

New "The Artist's Way" - Overview

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

PERD:709 | \$25
681 Sa 10am-12pm
 Aug. 1 *DeborahWeltman*
 MC - HW, 104

New Basics of Couponing

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

PERD:710 | \$39
S50 M 6:30pm-9:30pm
 June 22 *Laura Ruma*
 SCEUC, 120
680 Sa 10am-1pm
 July 11 *Laura Ruma*
 MC - CE

Meditation for Health and Harmony

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

PERD:732 | \$49
450 Tu 7pm-9pm
 June 2 – June 23 *Rhonda Leiffert*
 FP - B Tower, 013

Yogalates

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

PEDU:756 | \$95
M01 Th 5:30pm-7pm
 June 4 – Aug. 6 *Denise Motta*
 Aftton White-Rodgers, A

Pilates

Strengthen, lengthen and tone muscle as well as increase your flexibility. You'll learn how to execute the movements while focusing on breathing, allowing the mind and body to unite. Bring a towel and mat.

PEDU:756
6 Sessions | \$49
600 F 9am-9:50am
 June 19 – July 31 *Katherine Hanewinkel*
 No Class 7/3 *MC - PE, 201*

8 Sessions | \$59
650 M 6:30pm-7:25pm
 June 8 – July 27 *Katherine McMeans*
MC - PE, 105
651 W 6:30pm-7:25pm
 June 10 – July 29 *Katherine McMeans*
MC - PE, 105

10 Sessions | \$69
450 W 5:30pm-6:25pm
 May 27 – July 29 *Bill Woehrl*
 FP - B Tower, 013

New Pilates: Mat and Equipment Introduction

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

PEDU:756 | \$75
M02 Tu 9am-9:50am
 June 2 – July 21 *Body by Pilates at*
 STUDIO RUE
M03 W 7pm-7:50pm
 June 3 – July 22 *Body by Pilates at*
 STUDIO RUE



Look for SUP: Stand Up Paddleboarding - Yoga in the Great Outdoors on page 41.

Yoga

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

PEDU:761

6 Sessions | \$49

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

8 Sessions | \$59

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

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

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

10 Sessions | \$69

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

12 Hours | \$89

M01 Tu 1pm-2:30pm **Julie Garland**
June 9 – July 28 Big Bend Yoga Center

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

Yoga Basics

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

PEDU:761 | \$69

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

Yoga: Continuing

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

PEDU:761

10 Sessions | \$69

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

12 Hours | \$89

M02 Th 9am-10:30am **Melanie Klug**
June 11 – July 29 Big Bend Yoga Center

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

Exclamation Point!

Loved **Gentle Yoga** and plan on taking it again. The instructor was wonderful and so helpful in understanding yoga, since this was my first time trying it.

Sue D., St. Louis

New Iyengar Yoga - Beginning

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

PEDU:761 | \$59

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

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

New Iyengar Yoga - Continuing

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

PEDU:761 | \$85

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

Gentle Yoga

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

PEDU:761 | \$79

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

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

BUTI® Yoga

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

PEDU:761 | \$69

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

Yoga for Seniors

Open your mind to a new understanding of your body. Gentle, slow-paced combination of stretch and strength work. Breath work and meditation are great for calming and relieving stress. Bring a mat, towel and water. Class will be held inside Fellowship Hall of Christ Lutheran Church, 1 Selma Ave, 63119.

SENR:704 | \$79

M01 Th 10am-11am **Masterpeace Studios**
June 11 – July 30

Youth and Family

Parent-Child Cupcake Fun

This is a fun activity for kids ages 8-12 and their parent, grandparent or favorite aunt. Get in on the cupcake craze! Lots of inspiring ideas for these fun-to-decorate-and-eat treats. You'll learn to give pizzazz to your cupcakes with fun designs for all your special summer events. You'll get great ideas for creating themed cupcakes for summer barbecues, vacations, and even "dirt with worms." Class is hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front.

FOOD:701 | \$39

P02 Su 1pm-4pm **Debra Hennen**
July 12 Cul. Arts House

Karate for Kids

Karate for Kids is a program designed to build self-confident, self-esteem and self-discipline. It teaches the basic concepts of karate as well as self-control, coordination and focus. Safety and fun are the most important elements of this program. For boys and girls ages 4-10. No class 7/4.

KIDS:707 | \$59

V01 Sa 10am-11am **Ferguson Martial Arts Ctr**
May 30 – Aug. 8

M01 Sa 10am-11am **Timothy Toeniskoetter**
May 30 – Aug. 8 Martial Arts Ctr (Mehl)

New Tennis for Youth Workshop:

Beginning I & II

Learn to play and love tennis in this FREE workshop with Mark Platt! Registration required for all participants. Ages 7-10.

KIDS:709 | No Fee

Ages 7 - 10

580 Sa 9am-10am **Mark Platt**
June 13 – June 27 FV - PE, TENNIS

Ages 11 - 15

581 Sa 10am-11am **Mark Platt**
June 13 – June 27 FV - PE, TENNIS

Tennis for Youth: Beginning I & II

Class 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. Ages 7-10. Tennis balls provided.

KIDS:709 | \$55

Ages 7 - 10

M01 Sa 4pm-5pm **Forest Lake TC**
June 6 – June 27

M02 Sa 4pm-5pm **Forest Lake TC**
July 11 – Aug. 1

720 MW 6pm-7pm **Ladue Middle School**
June 22 – July 1

M04 Th 6pm-7pm **Sunset Hills Watson Trails**
June 11 – July 2

Ages 11 - 15

P01 Sa 11am-12pm **Kaufman Park**
July 11 – Aug. 1

721 MW 7pm-8pm **Ladue Middle School**
June 22 – July 1

M03 Th 5pm-6pm **Sunset Hills Watson Trails**
June 11 – July 2

PERSONAL ENRICHMENT

Golf for Youth: Beginning I

Beginning Golf for children. Ages 7-15. Extra fee for balls.

KIDS:710 | \$45

810 Sa 11am-12pm

June 6 – June 27

Big Bend GC

Golf: Parent/Child

Parent attends class with a child, ages 7-15. Registration required for each participant. Extra fee for balls.

PEDU:732 | \$45

810 W 7pm-8pm

July 1 – July 22

Big Bend GC

811 Sa 10am-11am

June 6 – June 27

Big Bend GC

Japanese for Youth

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

KIDS:719 | \$45

300 W 4:30pm-6:30pm

June 17 – July 1

Noriko McLeer

WW, 202

Fencing for Youth: Beginning I

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

KIDS:720 | \$59

650 M 5:30pm-6:20pm

June 8 – July 27

Patrick Dorsey

MC - PE, 201

Swimming for Children: Beginning

You'll learn to swim like a fish-maybe a shark-while practicing beginning swimming strokes and personal water safety skills and overcoming any fear you may have of the water. Ages 5-8. No class 7/4.

KIDS:720 | \$35

Ages 5-8

580 Sa 11am-11:50am

June 13 – July 25

Jeanne Schulte

FV - PE, POOL

581 Sa 12pm-12:50pm

June 13 – July 25

Jeanne Schulte

FV - PE, POOL

Ages 8 & up

582 Sa 1pm-1:50pm

June 13 – July 25

Jeanne Schulte

FV - PE, POOL

Mini Movers: Child Only - Ages 3-5

Jump, swing and roll! Promote motor development for your preschooler by using fun and exciting mat shapes, gymnastics and other play equipment to explore balance, coordination and sensory development. Led by a pediatric physical therapist and gymnastics instructors, class is designed to accommodate children of all abilities and special needs. Registration and signed waiver required for all participants. No class 7/7.

KIDS:711 | \$79

650 Tu 5:30pm-6:25pm

June 9 – Aug. 4

Laura Legg

Sarah Hasser

MC - PE, 105

Mini Movers: Parent/Child - Ages 6 months to 3 years

Come play with us! Promote motor development with fun gymnastics activities that you can enjoy with your child, ages 6 mos to 3 years. Children will explore balance, coordination and sensory development using fun and exciting mat shapes, gymnastics and other play equipment. Led by a pediatric physical therapist and gymnastics instructors, class is designed to accommodate children of all abilities and special needs. \$79 fee covers one child and up to two parents/guardians. All children **MUST** be registered under KIDS 738 600 and parents/guardians **MUST** register under KIDS 738 601. Signed waiver required for each participant. No class 7/7.

KIDS:738 | \$79

600 Tu 4:30pm-5:15pm

June 9 – Aug. 4

Laura Legg

Sarah Hasser

MC - PE, 105

The following section is for parents/guardians of children that have registered and paid for KIDS:738 600. Maximum 2 parent/guardian for each \$79 child registration. Signed waiver required for each participant.

601 Tu 4:30pm-5:15pm

June 9 – Aug. 4

MC - PE



Like us on Facebook

St. Louis Community College Continuing Education

Get into the Great Outdoors this summer with STLCC Continuing Education!

Discover Pickleball, the newest craze gaining traction around the country, explore paddleboarding, revisit great recess activities or see the world from the treetops!

See class descriptions on page 41



- Pickleball
- Tree Climbing - Level I
- Tree Climbing - Level II
- Recreational Recess!
- SUP: Stand Up Paddleboarding Classes -
 - Introduction
 - River Trip
 - Yoga

Call 314-984-7777 to register beginning May 4

LOCATION INDEX

STLCC Continuing Education
Registration
begins May 4

Advanced Auto Service Inc.
6123 Gravois, 63116

Adiva Dance Center
943 S. Kirkwood Rd, 63122

Affton White-Rodgers
Community Center
(Affton White-Rodgers)
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)
7905 Big Bend Blvd., Ste. 103,
63119

Bridge Haven
6205 No. Lindbergh Blvd, 63042

Bridgeton Trails Library
3455 McKelvey Road, 63044

Brunswick Zone Chesterfield
176 Four Seasons Shopping
Center, 63017

Camp Wyman
600 Kiwanis Drive, 63025

Ces and Judy's
10405 Clayton Rd, 63131

Chess Club and Scholastic
Center of St. Louis
4657 Maryland Ave, 63108

Chesterfield Athletic Club
16401 Swingley Ridge Rd.,
63017

City Sewing Room
6700 Arsenal Ave., 63139

Clayton High School
#1 Mark Twain Circle, 63105

Columbia Bottom Conservation
Area
Columbia Bottoms
& Strodtman Rds, 63138

Concordia Lutheran Church
505 S. Kirkwood Rd., 63122

Comprehensive Chiropractic
113 West 5th St., 63025

Creve Coeur Municipal Golf
Course
11400 Olde Cabin Rd, 63141

Culinary Arts House
3137 Hampton Avenue, 63139

DEEsigns Studio
9920 Watson Rd. Ste 200, 63126

Dance Arts St. Louis
8045 Big Bend Ste 200b, 63119

Defensive Focus
16401 Swingley Ridge Rd,
63017

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

Faust Park
15189 Olive Blvd, 63017

First Tee (South County)
6286 Lemay Ferry Road, 63129

Fischer's Cake & Candy
620 Charbonier Rd., 63031

Flex Fitness Studion
3139A South Grand Blvd,
Suite 201, 63118

Forest Lake Tennis Club
1012 N. Woods Mill Road, 63011

Francis Park
Donovan and Eichelberger,
63109

Frontenac Racquet Club
10455 German Blvd., 63131

Garden of Life Spiritual Center
9525 Eddie and Park Rd., 63126

GolfPort-Maryland Heights
1 GolfPort Drive, 63146

Greentree Park
2202 Marshall Rd, 63122

Guided Crafts
313 Gravois Rd., 63026

Hawn State Park
12096 Park Drive
Ste Genevieve MO 63670

Humane Society of Missouri
1201 Macklind Ave., 63110

Hidden Valley Ski Resort
17409 Hidden Valley Drive,
63025

Hixson Middle School
630 South Elm Ave, 63119

Kaufman Park
8000 Blackberry, 63130

Kennedy Recreation Complex
6050 Wells Road, 63128

Kirkwood Community Center
111 South Geyer Road, 63122

Kirkwood Senior High School
801 West Essex, 63122

K.I.S.S Fitness
2318 N. Hwy 67, 63033

Ladue Middle School
9701 Conway Road, 63124

Ladue Horton Watkins Sr. High
School
1201 S. Warson Rd., 63124

Landings at Spirit Golf Club
180 No. Eatherton Road, 63005

Lindbergh Senior High School
4900 South Lindbergh, 63126

Little Creek Nature Area
2295 Dunn Road, 63033

Local Harvest Cafe
3137 Morgan Ford Road, 63116

Lutheran Church of the
Resurrection
9907 Sappington Rd., 63128

Martial Arts Center (Mehlville)
3712 Lemay Ferry Road, 63125

Masterpeace Studios
(inside Fellowship Hall of
Christ Lutheran Church)
1 Selma Ave., 63119

Meramec State Park
115 Meramec Park Rd
Sullivan MO, 63080

Missouri History Museum
5700 Lindell Blvd, 63112

Nottingham Elementary School
4915 Donovan, 63109

Oakville Sr. High School
5557 Milburn Rd., 63129

Painted Zebra
10907 Manchester Road, 63122

PerennialSTL.org
7413 S. Broadway, 63111

Queeny Park-Greensfelder
Recreation Complex
550 Weidman Road, 63011

RiverChase of Fenton
990 Horan Drive, 63026

Ruth Park Golf Course
8211 Groby Road, 63130

Simpson Lake
1234 Marshall Road, 63088

Solar Yoga Center
6002 Pershing at Des Peres,
63112

Sperrerg Middle School
12111 Tesson Ferry Road, 63128

St. John's Evangelical UCC
11333 St. John's Church Road,
63123

St. Louis Combat Institute
4208 Sarpy Ave, 63110

**St. Louis Community College
Florissant Valley (FV)**
3400 Pershall Road, 63135

**St. Louis Community College
Forest Park (FP)**
5600 Oakland Ave, 63110

**St. Louis Community College
Meramec (MC)**
11333 Big Bend Road, 63122

**St. Louis Community College
Wildwood (WW)**
2645 Generations Dr.
Wildwood, 63040

**St. Louis Community College
William J. Harrison
Education Center
(Harrison Ed. Ctr)**
3140 Cass Ave, 63106

**St. Louis Community College
South County Education
& University Center (SCEUC)**
4115 Meramec Bottom Road,
63129

**St. Louis Community College
Corporate College
(Corp. College)**
3221 McKelvey Road, 63044

**St. Louis Community College
Center for Workforce
Innovation (CWI)**
3344 Pershall Rd., 63135

St. Louis Genealogical Society
4 Sunnen Drive, 63143

St. Louis Wine and Beer Making
231 Lamp and Lantern Village,
63017

Sunset Hills Community Center
(Sunset Hills Comm. Ctr)
3915 South Lindbergh, 63127

Sunset Hills Golf Learning Ctr
13550 West Watson Rd, 63127

Sunset Tennis Center
10911 Gravois Ind'l Court,
63128

Sunset Hills Watson Trails
12450 W Watson Rd, 63127

The Studio, Inc.
1332 Strassner Drive, 63144

Systema St. Louis
4208 Sarpy Avenue, 63110

The Timbers of Eureka
1 Coffey Park Lane, 63025

Thomas Dunn Learning Center
(Thomas Dunn Learn. Ctr.)
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

U Can Dance Studio
3570 Adie Rd., 63074

University City High School
(U. City H.S.)
7401 Balson Avenue, 63130

Vetta Sports-Concord
12320 Old Tesson Ferry Road,
63128

Winding Brook Estate
3 Winding Brook Estate Drive
63025

Wine Barrel
3828 South Lindbergh,
Suite 111, 63127

Woods Mill Racquet Club
910 Old Woods Mill Road, 63017

Xtreme Krav Maga/Xtreme
Tactical
639 Gravois Bluffs Blvd. Suite
C, 63026

CAMPUS LEGEND

FLORISSANT VALLEY = FV

A	ADMINISTRATION
B	BUSINESS
CDC	CHILD DEVELOPMENT CENTER
C	COMMUNICATIONS
EC	EMERSON CENTER
E	ENGINEERING
H	HUMANITIES
IR	INSTRUCTIONAL RESOURCES
PE	PHYSICAL EDUCATION
S	SERVICE BUILDING
SM	SCIENCE-MATHEMATICS
SS	SOCIAL SCIENCES
SC	STUDENT CENTER
T	THEATER
TC	TRAINING CENTER
CWI	CTR FOR WORKFORCE INNOVATION

FOREST PARK = FP

A	A-TOWER
B	B-TOWER
C	C-TOWER
D	D-TOWER
F	F-TOWER
G	G-TOWER
HSP	HOSPITALITY
LB	LIBRARY
PE	PHYSICAL EDUCATION
SC	STUDENT CENTER
T	THEATRE
AA	ART ANNEX

MERAMEC = MC

AC	ASSESSMENT CENTER
AD	ADMINISTRATION/CLARK HALL
AS	APPLIED SCIENCE
BA	BUSINESS ADMINISTRATION
CE	CONTINUING EDUCATION
CP	CAMPUS POLICE
CN	COMMUNICATIONS NORTH
CS	COMMUNICATIONS SOUTH
GH	GREENHOUSE
HE	HUMANITIES EAST
HW	HUMANITIES WEST
LH	LECTURE HALLS
L	LIBRARY
PE	PHYSICAL EDUCATION
SC	STUDENT CENTER
SO	SOCIAL SCIENCE
SS	SCIENCE SOUTH
SW	SCIENCE WEST
T	THEATRE

WILDWOOD = WW

EXTENSION CAMPUSES

South County Education and
University Center = SCEUC

William J. Harrison Education
Center = Harrison Ed. Ctr

STLCC Corporate College =
Corp. College

GENERAL INFORMATION

Enrollment in classes within this brochure, except for youth section classes, is limited to persons 16 years or older.

Students Rights and Responsibilities

All students are responsible for adhering to college policies and procedures. Please refer to stlcc.edu/need2know.

Postponement/Cancellation Due to Inclement Weather

Occasionally, continuing education classes are cancelled due to inclement weather. Cancellations will be broadcast on KMOX-AM (1120) and on KMOVTV, KSDK-TV and KTVI/Fox 2. In addition, all location closings will be posted on the college website: stlcc.edu. When St. Louis Community College cancels classes, off-campus classes are also cancelled. In addition, when a particular host school district or institution closes, the continuing education classes at that location will not meet.

Refund of Fees

Since continuing education (non-credit) classes are self-supporting, the decision to run a class is based on the number of people enrolled. The college reserves the right to cancel if sufficient enrollment is not achieved. Registrants will be notified by phone, mail or email if a class is cancelled. Full refunds will be issued for classes cancelled by the college.

If you drop a class, you will receive a 100 percent refund for most classes if the class is dropped one business day before the first meeting. A 50 percent refund will be given for most classes dropped between one business day before the first class meeting and prior to the second meeting of the class. See the course schedule for classes (such as daytrips) that require notice beyond one business day for cancellation and eligibility for a refund.

Requests of withdrawals should be submitted in writing to the Continuing Education office. Calculation of refunds will be based on the date the written request is received by the office. If you have a situation that warrants an override of the above policy, an explanation of the circumstances should be made in writing to the Continuing Education office. Refunds should be received within 30 days.

Fee Reduction for Older Adults

Older adults (those 60 years and older) may enroll in most courses for a reduced fee. This reduction is half the price of the class fee only, plus whatever material costs are associated with the class. Material costs include fees for expenses such as books and materials, facility usage, tour and travel costs, computer lab usage, online courses, food supplies and other items needed for the class. NOTE: Those wishing to take advantage of this fee reduction must do so at the time of registration. Before registering, please contact the Continuing Education office to see if your course contains a material fee.

Senior Citizen Scholarship

Missouri residents who are at least sixty-five years of age will be awarded a scholarship to be exempt from maintenance fees to enroll in courses on a space available basis. There will be a non-refundable registration fee of \$5 per course to a maximum of \$25 per semester. Student is responsible for other fees, such as materials, supplies and books. At the earliest, students may enroll in the class two days prior to the first class date. Students may not receive a refund for a paid course in order to enroll for a scholarship space in that same course. PLEASE CALL THE CONTINUING EDUCATION OFFICE TO GET SPECIFICS REGARDING THE SENIOR SCHOLARSHIP. The senior scholarship discount does not apply to online classes.

Safety and Program Guidelines for Youth Classes

All children under the age of 16 who are enrolled in programs through the St. Louis Community College Office of Continuing Education must be accompanied and signed-in by a responsible party at the beginning of each program session. In addition, a responsible party must also meet the participant at the end of the session and sign them out. Appropriate behavior is expected. Students may be disenrolled for misbehavior.

Unattended Children

Students are not permitted to bring children to class, nor should children be left unattended in the halls, offices, library or common areas. The college reserves the right to protect the safety and welfare of unattended children. If students leave children unattended, the college will institute disciplinary action.

Textbooks

Textbooks can be purchased at the campus bookstores.

Library and Computer Lab Privileges

If you are registered in continuing education courses, you may enjoy library and computer lab privileges by showing your student ID. To obtain a student ID take your paid fee receipt to the Campus Life office and the personnel there will provide you with an ID.

Firearms on College Property

Except for licensed police officers, no person shall possess or carry any firearm, visible or concealed, on college property (including college buildings and grounds leased or owned by the college-college athletic fields and parking lots) or in any college van or vehicle or at college-sponsored activities. College employees, students and visitors who hold concealed carry endorsements as allowed by Missouri law may not carry or bring any firearms, visible or concealed, on college property, owned or leased or at any college activities.

Non-Discrimination/Accommodations Statement

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

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

Registration is Easy!



Mail

Complete the registration form (below) and mail with check (*payable to St. Louis Community College*) to:
STLCC Continuing Education, 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044

Students who register by mail should assume they are registered unless otherwise notified. A registration confirmation is mailed to students who register by mail; however, the confirmation may not be received prior to the beginning of the class. If you have enrollment questions, please call Continuing Education: 314-984-7777.



In Person at STLCC Continuing Education Offices M-F 8:30 am - 4 pm

Meramec

802 Couch Avenue
 St. Louis, MO 63122

Florissant Valley

At the Center for Workforce Innovation
 3344 Pershall Rd., Ferguson, MO 63135

Forest Park

Forest Park, G Tower-320-322
 5600 Oakland Ave., St. Louis, MO 63110

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



By Phone

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

Telephone: 314-984-7777

Call Center Hours: M-Th 8:30 am - 7:30 pm; Fridays 8:30 am - 4 pm

Before calling to register, have this information ready:

1. Course Title / Course Code (letter prefix with number) / Section Number
2. Student Contact Info (name / address / phone number / email)
3. Student Number or UIN
4. Credit Card Number with Expiration Date



Online: www.stlcc.edu

Visit our website and click on the "Continuing Education" link — where you can view current class offerings and to register for classes.

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

Registration Deadline – All non-credit courses are limited in enrollment. Advanced registration is required prior to first class meeting. Some classes have additional registration deadline requirements, please check course descriptions.

Automatic Bank Payment (ACH) – All checks will be converted to an electronic Automated Clearing House (ACH) transaction whether the payment was made in person or mailed.

Mail-In Registration form *Please print in ink.*

Please register me for the following courses:

Course Code	Section	Course Title	Day/Time	Fees
Total				

Male Female

Senior Citizen?

Yes No

Check Payment:

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

Credit Card Payment:

Charge fees to:

- MasterCard
- VISA
- Discover
- American Express

Email Address: _____

UIN or Student#: _____ Birthdate: _____

Name: _____
LAST FIRST MIDDLE INITIAL

Address: _____
STREET OR POST OFFICE BOX

CITY STATE ZIP CODE

Telephone/Home: _____ Work: _____

CARD NUMBER Expiration Date: _____

Signature: _____

RESIDENTIAL CUSTOMER



Feature Five

Registration begins May 4



Master Naturalist

Become a Master Naturalist with this non-credit certificate program combining courses and volunteer work. See page 31.



Plus 50

If you're one of 37 million adults who attended college but never received a degree or need a new credential for a changing job market, **Plus 50** can help pave the way to completion. See page 6.

Home Improvement



Want the satisfaction of improving or repairing your home on your own? D.I.Y. and learn tips and tricks to save you time and money with home improvement classes. See page 29.

Personal Finance and



Investing

Master your money and achieve financial security by improving your knowledge of personal finance and investing. See page 33.



Health and Wellness

Relax, renew your spirit and discover your inner peace with classes in meditation, yoga, Pilates, Tai Chi and more. See page 42.

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

100653 4/2015

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.