

Continuing Education

SUMMER 2016

Registration begins May 2

**We're saving
a seat for you**

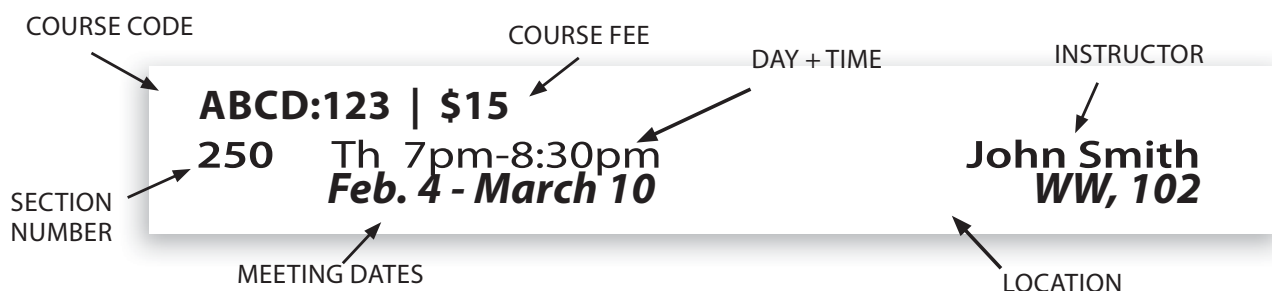


St. Louis Community College
Continuing Education

stlcc.edu/ce | 314-984-7777

How to Read Course Listings

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



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



St. Louis Community College
Continuing Education

BOARD OF TRUSTEES

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

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

Something for Everyone.

Offering more than 100 degree and certificate programs.



◀ Linda, 40 Career & Technical Education

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



▲ Kim, 22 Pursuing Associates Degree

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

▶ Brian, 35 Accelerated Job Training

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



St. Louis Community College
Expanding Minds. Changing Lives.

For additional information about programs visit stlcc.edu

Continuing Education

Summer 2016

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

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

We're saving a seat for you so that you can create a **more rewarding future** through lifelong learning.

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

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No-cost or Low-cost Accelerated Training!



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



Train today for a new career in these industry pathways:

- Patient Care Technician
- Community Health Worker
- Life Science Lab Assistant
- IT Help Desk
- Precision Machining

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



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

PROFESSIONAL TRUCK DRIVER TRAINING

EARN YOUR Class-A Commercial Driver's License (CDL)

- Five week program, meets Monday - Friday.
- Experienced staff, low student-to-teacher ratio.
- More than 50 hours of drive time.
- More drive time equals a greater chance for success!
- Entry Level commercial truck driving jobs average \$35,000 yearly.

For more information or to get started go to stlcc.edu/TruckDriving or call 314-539-5775.

Eligibility Requirements: Minimum age 21 years old. Good driving record. DOT Physical and negative Drug Test Required. WorkKeys Assessment Level 4 or higher required. Valid Missouri Driver's License.

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Over-the-Road Truck Drivers are in High Demand!

FAST TRACK to your Class A CDL START HERE

stlcc.edu/TruckDriving
314-539-5775

St. Louis Community College

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

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*

Business Start-Up

Starting and Managing a Small Business

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

BUSS:701 | \$59

680 Sa 9am-12pm **Lynette Watson**
June 11 – June 18 MC - BA, 118
681 Sa 9am-12pm **Lynette Watson**
July 9 – July 16 MC - BA, 118

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

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

BUSS:701 | \$29

650 W 6pm-9pm **Michelle Ochonicky**
June 15 MC - SO, 107

Understanding Patents, Trademarks and Copyrights

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

BUSS:734 | \$55

680 Sa 8:30am-1:30pm **Morris Turek**
June 25 MC - BA, 112

Finance

Understanding Accounting - An Introduction

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

BUSS:741 | \$35

680 Sa 9:30am-1pm **Kimberly Franklin**
June 18 MC - BA, 124

Career Essentials

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 **Laurie Hawkins**
June 22 MC - SO, 107

Using LinkedIn for Your Job Search

This introductory session will allow you to start using this powerful tool that should be a part of your professional networking. LinkedIn operates the world's largest professional network on the Internet with more than 150 million members in over 200 countries and territories. Learn the basics of using LinkedIn, how to build your network, make connections (past and present colleagues and classmates), join and get involved in groups, perform job searches and find answers from industry experts.

CPDV:705 | \$25

650 W 6:30pm-9pm **Laurie Hawkins**
June 15 MC - SO, 107

Writing Your Resume to Impress

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

CPDV:704 | \$49

650 Tu 6pm-8pm **Jacqueline Meaders-Booth**
July 12 – July 26 MC - BA, 202

Interviewing Skills 101

Preparing for your job interview can very well be one of the most important moments of your career. This course will focus on preparing for the interview, types of interviews and appropriate and illegal questions. Additional topics will include: Knowing Your Strengths; Professional Attire; Employer Research; What Employers Want; Importance of the Mock Interview; Closing the Interview; Thank You Notes. With some independent practice, this course can help you prepare successfully for your next job interview!

CPDV:703 | \$29

550 Tu 6:30pm-8:30pm

Victoria Harris
Antoinette Boyd
FV - B, 136

June 14 – June 21
650 Tu 6:30pm-8:30pm

Victoria Harris
Antoinette Boyd
MC - BA, 124

July 12 – July 19

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:765 | \$45

650 Th 6:30pm-9:30pm
June 16 – June 23

Edwin Penfold
MC - SW, 202

Finding Purpose and Passion in the Third Chapter

Are you facing the post-career years and wondering what's next? Many in the third chapter of life feel unsettled, restless, and adrift. The years between 50 and 75 can be some of the best, but one must make sense of the changes ahead. If you are looking for new meaning in work and life, this powerful interactive learning experience will teach you how to tap into the power of purpose. Whether you're seeking an encore career, looking for enlivening volunteer work, or reinventing your sense of identity, knowing your purpose will guide you to increased vitality, creativity, and fulfillment. Bring a sack lunch.

CPDV:702 | \$65

680 Sa 9am-4pm
June 25

Carol Watkins
MC - SO, 108

Call 314-984-7777
to register beginning
May 2

Nonprofit *Essentials*

Establishing and Running a Nonprofit Organization: Part I

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

NPAD:703 | \$29

680 Sa 10am-12pm
June 18

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 18

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:704 | \$29

650 Tu 6pm-9pm
July 12

Sarah Guldalian
MC - SO, 206

Like us on Facebook



St. Louis
Community
College Continuing
Education



Free Information Sessions

Healthcare Occupations

Whether you are just starting out in healthcare or looking to switch careers- but you aren't sure about the direction to take-our **free Healthcare Occupations information sessions** will help you identify your interests and learn about career pathways that might be the **right fit for you!**

Central Sterile Processing Technician Information Session

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

AHCE:788

450 Th 6pm-7pm
June 2

FP - G Tower, 121

451 Th 6pm-7pm
June 30

FP - G Tower, 119

452 Th 6pm-7pm
July 21

FP - G Tower, 119

Pharmacy Technician Information Session

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

AHCE:786

C01 W 6pm-7pm
May 25

Corp. College, 209

C02 W 6pm-7pm
June 15

Corp. College, 209

C03 W 6pm-7pm
July 13

Corp. College, 209

Registration begins May 2

For more information
or to register,
call 314-984-7777



Career Studies

Nursing and Allied Health

EMT Core Curriculum

This course begins May 19, 2016. Attendance at first class is required. A strict attendance policy is enforced. This course meets all the current requirements for Missouri EMT-B license renewal. It includes the assessment and care of the sick and injured, pediatric and geriatric emergencies, childbirth, defibrillation, hazardous material situations and the use of adjunctive EMS equipment. Does not include CPR. Course is not for initial EMT-Basic training. Initial EMT-Basic training is offered for college credit (EMT 121). Registration deadline before class begins on 5/19. No class 5/30, 7/4.

EMSS:700 | \$270

HD1 MTuTh 5pm-10pm
May 19 - July 31

Norman Corley
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 and ACLS and has developed instructional materials for this purpose.

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

Clinical and Field Work

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

Healthcare Occupations

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



Phlebotomy

Beginning with the summer semester, Phlebotomy will be offered at a lower cost and in a new 8 week schedule.

The course will be held from 6/14 - 8/4 preparing the student for entry level employment as a phlebotomist. Register in person only in Continuing Education at Forest Park, G 322/324.

The course provides classroom, lab instruction and clinical experience. The 100 hours of clinical experience is in addition to the scheduled 48 hours of class time. No weekend hours for clinical experience. Time off from work may be required to complete clinical. Course content includes basic anatomy pertinent to blood collection, as well as communication skills, specimen processing, related interdisciplinary tasks, lab experience of blood drawing techniques and practical experience of blood drawing techniques in the clinical setting. A strict attendance policy is enforced throughout this training. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application; Family Care Safety Registry-Worker registration letter. Only original letter will be accepted. Letter cannot be older than six months. Register online at www.dhss.mo.gov to obtain letter. Registration/refund/withdrawal deadline: 6/7. No refunds after that date.

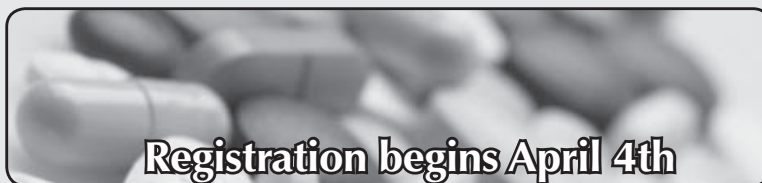
AHCE:785 | \$949

4D0 TuTh 4pm-7pm
June 14 – Aug. 4

Joann Devine
FP - B Tower, 417

Pharmacy Technician Certification Training

Refund/withdrawal deadline: 5/9.
No refunds after that date.



Registration begins April 4th

This hybrid course is held from May 16 through August 29, 2016. Students must have Internet connection and be competent computer and Internet users. To assess readiness to complete an online course students should read and take the online assessment SmarterMeasure found under Online Education on the college website. Students will be required to come to the Corporate College to attend an orientation session on May 16, 6-9 pm; to attend scheduled workshop sessions on 5/26, 6/9, 6/23 and 7/7; to attend the externship orientation/overview on July 21, 6-9 pm; to take the midterm on July 7 and the final examination on August 22. This training prepares the student for entry level employment as a pharmacy technician. Course work will be completed online. Skill workshops will be held at the Corporate College. The externship follows the classroom experience July 25-August 19, 2016. Last class day: August 29, 2016. Students will learn about the top medications dispensed in the United States and be introduced to the basic concepts of pharmacy calculations for proper medication dispensing. Upon successful completion of the course the student is eligible to take a certification exam. Register in person only in Continuing Education at Forest Park, G 322. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test - Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application. Family Care Safety Registry-Worker registration letter. Register online at www.dhss.mo.gov. Only the original letter will be accepted. Letter cannot be older than six months. Registration/refund/withdrawal deadline: 5/9. No refunds after that date.

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

AHCE:786 Section CD0 | \$2,100

Orientation:

M 6pm-9pm
May 16

Corp. College, 276

Workshops:

Th 6pm-9pm
May 26
Th 6pm-9pm
June 9

Corp. College, 276

Corp. College, 276

Th 6pm-9pm
June 23
Th 6pm-9pm
July 7
Th 6pm-9pm
July 21

Corp. College, 276

Corp. College, 276

Corp. College, 276

Externship:

M-F TBA
July 25 - Aug. 19

Final Exam:

Th 6pm-9pm
Aug. 22

Corp. College, 276

Last Day of Class:

M 6pm-9pm
Aug. 29

Corp. College, 276



Nurse Assistant for Nursing Homes

Training is held from 6/7 - 8/4. Register in person only in Continuing Education at Forest Park G 322/324. The course exceeds the required 75 hours classroom instruction and 100 hours of supervised on-the-job training. Class meets twice a week for 20 sessions; each four hours in length. The 104 hours of on-the-job training are in addition to the scheduled class time. No weekend hours for on-the-job training. Time off from work may be required to complete on-the-job training. Course content includes training in basic nursing skills, fire safety, disaster training, nursing home resident safety and rights, the social and psychological problems of nursing home residents, methods of caring for mentally confused residents such as those with Alzheimer's disease and related disorders, food service, personal care, elimination, restorative nursing, infection control and special procedures. Upon successful completion of the course the student is eligible for state certification. Strict attendance policy. Any missed class or on-the-job training time will be made up at an additional expense to the student. Prerequisite: Family Care Safety Registry Worker Registration letter is required at time of registration. Only original letter will be accepted. Letter cannot be older than six months. Register online at www.dhss.mo.gov/FCSR/ to obtain letter. To enroll in this state approved training the student must be employable in a skilled nursing facility or intermediate care facility in direct resident care. This is assured by verification with the criminal background check, 5 Panel drug screen, Family Care Safety Registry Worker Registration, state registry for nurse assistants and EDL. Intermediate or higher proficiency in English is recommended.

NURS:723 | \$1,099

4D0 TuTh 5pm-9pm
June 7 - Aug. 4
Sa 8am-4:30pm
June 11

Ramona Smith
FP - G Tower, 121

FP - C Tower, 415

Required Nursing Skills Lab: Saturday, 6/11, 8 am - 4:30 pm. Registration/Refund/Withdrawal deadline: 5/31. No refunds after that date.

Medical Terminology for Nursing and Allied Health Occupations

This course will be offered 6/15 - 7/20. 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: 6/10. No class 7/6.

NURS:708 | \$79

4D0 W 9am-12pm
June 15 - July 20

Alverta Smith
FP - G Tower, 121

CPR and First Aid

Heartsaver CPR AED: Adult and Pediatric

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

CPRR:701 | \$59

6D0 Th 6pm-9:30pm
July 14

Gordon Back
MC - CE

Heartsaver CPR AED: Adult

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

CPRR:701 | \$45

CD0 Tu 4pm-6pm
June 14

Gary Holsapple
Corp. College, 276

Heartsaver First Aid CPR AED

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

CPRR:706 | \$97

6D0 Sa 8:30am-4:30pm
Aug. 20

Marilyn Miederhoff
MC - CE

Heartsaver Pediatric First Aid CPR AED

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

CPRR:711 | \$97

5D0 Sa 8:30am-4pm
June 25

6D0 Sa 8:30am-4pm
June 11

Healthcare Provider CPR

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

CPRR:707 | \$69

6D0 F 9am-3:30pm
May 27

5D0 M 9am-3:30pm
June 6

4D0 W 5pm-10pm
June 8

6D1 Th 5pm-10pm
June 16

3D0 M 9am-3:30pm
June 20

6D2 Th 5pm-10pm
June 23

5D0 M 5pm-10pm
June 27

4D1 W 5pm-10pm
July 6

6D3 F 9am-3:30pm
July 8

5D1 M 5pm-10pm
July 11

3D1 Tu 5pm-10pm
July 19

5D2 Th 9am-3:30pm
July 21

4D2 F 9am-3:30pm
July 22

HD0 M 9am-3:30pm
July 25

4D3 W 5pm-10pm
July 27

CD0 F 9am-3:30pm
July 29

5D3 W 5pm-10pm
Aug. 3

6D4 Sa 9am-3:30pm
Aug. 6

5D1 M 9am-3:30pm
Aug. 8

4D4 W 5pm-10pm
Aug. 10

5D4 F 9am-3:30pm
Aug. 12

4D5 Su 9am-3:30pm
Aug. 14

Marilyn Miederhoff
MC - CE

Gary Holsapple
FV - CWI, 136

Gordon Back
FP - G Tower, 121

Carol Pikey
MC - CE

Carol Pikey
WW, 102B

Carol Pikey
MC - CE

Carol Pikey
SCEUC, 213

Gordon Back
FP - G Tower, 121

Carol Pikey
MC - CE

Gary Holsapple
FV - TC, 110

Carol Pikey
WW, 102B

Gary Holsapple
FV - CWI, 136

Marilyn Miederhoff
FP - G Tower, 121

Gordon Back
Harrison Ed. Ctr, 100

Gordon Back
FP - G Tower, 121

Gary Holsapple
Corp. College, 276

Gary Holsapple
FV - TC, 110

Gordon Back
MC - CE

Carol Pikey
SCEUC, 213

Marilyn Miederhoff
FP - G Tower, 121

Gary Holsapple
FV - CWI, 136

Gordon Back
FP - G Tower, 121

CPR Instructor Course

The purpose of the AHA BLS/CPR Instructor Course is to provide instructor candidates the knowledge and skills necessary to reach and teach potential BLS providers enrolled in AHA courses the science, skills and philosophy of resuscitation programs. The AHA BLS/CPR Instructor course provides a structured initiation for the instructor candidates and serves as the foundation for their development. It provides instructor candidates the opportunity to develop and refine their presentation skills. Please note there is extensive self-paced, pre-course work. Access to a computer will be necessary for this course work. Prerequisite required at time of registration: Current AHA Healthcare Provider CPR card. Registration three weeks prior to course start date is required to ensure arrival of pre-course materials and completion of extensive pre-course work. Per AHA requirements, within 6 months of the initial CPR Instructor Course, a STLCC TC faculty member must monitor the instructor candidate's teaching and verify the performance of the candidate's provider skills. The instructor candidate will pay an additional fee for this monitoring. Due to the nature of this course, you must arrive on time. No admittance after the stated start time. No refund for late arrival. Registration/Refund/Withdrawal deadline: 7/5. Interested students must contact Diane Sterett at 314-539-5754 before registering for the CPR Instructor Course.

CPRR:708 | \$275

4D0 M 8am-5pm
Aug. 1

Gordon Back
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. Registration/Refund/Withdrawal deadline: 7/6. Due to the nature of this course, you must arrive on time. No admittance after the stated start time. No refund for late arrival. Interested students must contact Diane Sterett at 314-539-5754 before registering for the CPR Instructor Renewal Course.

CPRR:709 | \$85

4D0 W 6pm-10pm
July 13

Gordon Back
FP - G Tower, 121

Carol Pikey
FV - CDC, 110
Carol Pikey
MC - CE

Childcare Training

**CHILD CARE
CLOCK HOUR TRAINING**

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

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

**Saturday Full Day Session
Bring a lunch**

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

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

CCPR:711 | \$97

5D0 Sa 8:30am-4pm

June 25

FV - CDC, 110

6D0 Sa 8:30am-4pm

June 11

MC - CE

New

**One-time only
Saturday Seminar**

**Great
value!**

Join us this summer. The Caring for Kids Workshop Program is pleased to offer a new seminar featuring a special speaker in a high quality session.

This is a **one-time-only** offering.

This program is brought to you through a special grant provided by the Florissant Valley Family and Consumer Sciences Department and Continuing Education. Funding has been provided by the Missouri Department of Elementary and Secondary Education.

Enrollment is limited for this workshop. Registration is based on a first-come, first-served basis.

Workshop check-in begins at 8:30 am. Complete attendance is expected in order to receive a certificate and full clock hour credit.

Music Play with Purpose

National award-winning musician, Jim Gill, will present this one time active, energizing session filled with hands-on fun ideas and information. The session will include activities in music play across all domains: Physical, cognitive, social, and communicative development. Register early. At this low cost it will fill fast! 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.

CCPR:708 | \$10

580 Sa 9am-12pm

June 11

FV - SC, MULTI-PURP

**Call 314-984-7777 to register
beginning May 2**



Supervision and Safety in a Childcare Facility

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

CCPR:702 | \$35

580 Sa 9am-1pm

June 25

Geraldine Jasper

FV - CDC, 112



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

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

CCPR:727 | \$19

550 W 7pm-9pm
June 8

Geraldine Jasper
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 | \$19

650 Th 7pm-9pm
June 16

Geraldine Jasper
MC - SO, 105

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 | \$19

680 W 7pm-9pm
June 22

Geraldine Jasper
MC - SO, 105

Discipline for Young Children

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

CCPR:702 | \$19

480 Th 7pm-9pm
June 23

Geraldine Jasper
FP - G Tower, 119

Messing About With Purpose

This hands-on session assists childcare providers with planning and implementing multisensory learning activities across curricular areas that support child development. Participants will use provided materials to create and manipulate various messy mediums.

CCPR:703 | \$19

450 Tu 7pm-9pm
June 14

Latonya Brown
FP - G Tower, 119

New Safe Sleep Practices

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

CCPR:711 | \$19

550 M 7pm-9pm
June 6

Jasmin Marshall
FV - CDC, 112

Child Abuse: What A Child Caregiver Needs to Know

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

CCPR:717 | \$19

650 Tu 7pm-9pm
June 7

550 W 7pm-9pm
June 15

Patty Smith
MC - SS, 105

Patty Smith
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 | \$19

650 M 7pm-9pm
June 13

MC - SO, 109

Language Development Phonological Awareness and Alphabetical Knowledge

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

CCPR:723 | \$19

651 M 7pm-9pm
June 20

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 methods for working with these children and available community resources. Co-sponsored by St. Louis Learning Disabilities Association

CCPR:723 | \$19

652 W 7pm-9pm
June 29

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 | \$19

550 M 7pm-9pm
June 27

FV - CDC, 112

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

580 Sa 9am-12pm
July 9

Michael Doran
FV - C, 102

680 Sa 9am-12pm
July 23

Michael 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

581 Sa 12:30pm-3:30pm
July 9

Michael Doran
FV - C, 102

681 Sa 12:30pm-3:30pm
July 23

Michael Doran
MC - SW, 210

Like us on Facebook



St. Louis
Community College
Continuing
Education

Fitness Training
ACE Personal Trainer Certification Prep Course

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

PEDU:753 | \$695

6D1 Tu 5pm-9pm **Melissa Baumgartner**
June 7 – Aug. 9 *MC - SO, 105*

Registration/withdrawal deadline: 5/31.

No refunds after that date.

SD1 F 9am-1pm **Melissa Baumgartner**
June 3 – Aug. 12 *SCEUC, 100*

Registration/withdrawal deadline: 5/26.

No refunds after that date. No Class 7/1.



**Call 314-984-7777
to register beginning
May 2**

Real Estate
How to Start a Career in Real Estate

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

REAL:715 | \$29

350 Tu 7pm-9pm
June 14

Jill McCoy
WW, 208

450 W 7pm-9pm
June 29

Jill McCoy
FP - G Tower, 115

How to Be a Successful Landlord

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

REAL:720 | \$69

480 Sa 9am-5pm
July 16

Mary Hankins
FP - G Tower, 115

Restaurant Management

ServSafe Food Safety Certification

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

RMGT:701 | \$169

580 Sa 8am-3pm **Almut Stephan Marino**
June 11 – June 25 *FV - B, 243*
No Class 6/18

680 Sa 8am-3pm **Almut Stephan Marino**
Aug. 13 – Aug. 27 *MC - SO, 107*
No Class 8/20

ServSafe Food Safety Certification Review and Retest

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

RMGT:702 | \$79

580 Sa 8am-3pm **Almut Stephan Marino**
June 25 *FV - B, 243*

680 Sa 8am-3pm **Almut Stephan Marino**
Aug. 27 *MC - SO, 107*

Computers and Technology

Applications and Systems
Microsoft Windows 10: Introduction - In a Day

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

COMP:705 | \$99

C80 Sa 9am-4pm
June 11

James Prater
Corp. College, 208


Introduction to Microsoft Word 2013 for Business

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

COMP:715 | \$129

C01 F 9am-4pm
May 27

Cris Heffernan
Corp. College, 208

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 15

Rachel Bufalo
SCEUC, 206

C80 Sa 9am-4pm
June 4

Rachel Bufalo
Corp. College, 208

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 25 – June 22

Roy Lenox
MC - HE, 127

Exclamation Point!

"I enrolled in Microsoft Word 2013 in a Day because I have been stumbling around trying to create documents by trial and error for far too long. I am a retired teacher and did not use computers at all in my career. The hands-on style of the class and the excellent workbook has opened up my ability to generate the flyer, the letter, the table, etc. for my daily needs. Having the class in a one day format really suited my schedule."

Barb S., Creve Coeur

Introduction to Microsoft Excel 2013 for Business

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

COMP:720 | \$129

C01 F 9am-4pm
June 10

Cris Heffernan
Corp. College, 208

Microsoft Excel 2013: In a Day

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

COMP:720 | \$99

C02 Sa 9am-4pm
June 25

Cris Heffernan
Corp. College, 208

680 Sa 9am-4pm
July 23

Roy Lenox
MC - BA, 203

Intermediate Excel 2013 for Business

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

COMP:721 | \$129

C01 F 9am-4pm
June 17

Cris Heffernan
Corp. College, 208

Microsoft Excel 2013: Charts, Tables and 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. Add graphics to your spreadsheets and charts for clarification. Prerequisite: Microsoft Excel Introduction class or equivalent experience.

COMP:721 | \$79

650 W 6:30pm-9:30pm
July 13 - July 20

Roy Lenox
MC - HE, 127

Introduction to Microsoft Access 2013 for Business Part I

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

COMP:725 | \$129

C01 F 9am-4pm
July 8

Cris Heffernan
Corp. College, 208

Introduction to Microsoft Access 2013 for Business Part II

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

COMP:725 | \$129

C02 F 9am-4pm
July 15

Cris Heffernan
Corp. College, 208

Microsoft Access 2013: In a Day

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

COMP:725 | \$99

C80 Sa 9am-4pm
July 23

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. Recommended to bring a flash drive.

COMP:726 | \$129

C01 F 9am-4pm
July 22

Cris Heffernan
Corp. College, 208

QuickBooks Pro 2015

Get acquainted with 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 6pm-9pm
June 8 - July 6

Corp. College, 208

Mobile Technologies

Learn the Basics of an iPhone

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

COMP:765 | \$25

680 Sa 9am-12pm
July 23

Corp. College, 211

681 Sa 9am-12pm
June 18

MC - SW, 210

Android Smart Phones Small Group Workshop

Does your Android smart phone make you feel like a dummy? Or are you still only using it to make phone calls knowing it can do so much more? In this small group workshop you will learn some basics to get you up and running. There are dozens of models of Android phones and operating systems available on the market so this class will cover general topics such as app usage, camera, downloading and settings. Class is hands on so bring your Android phone. This class will not cover other types of smart phones.

COMP:765 | \$25

580 Sa 9am-12pm
June 11

Barbara Primm
FV - B, 125

Personal Computing

PCs and Technology: Introduction In a Day

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

COMP:701 | \$99

680 Sa 9am-4pm
June 4

Jerry Bearden
MC - BA, 203

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
July 17

Cortez Tillman
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 9am-4pm
June 21

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

551 W 6:30pm-9pm
June 29 - July 6

William Bearden
SCEUC, 206

550 Th 6:30pm-9pm
June 2 - June 9

Barbara Primm
FV - B, 125



= Digital Arts and Technology
Alliance Workshops

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

C50 Th 6pm-9pm
July 21

Barbara Primm
Corp. College, 208

Publishing and Media Technologies

Desktop Publishing

Adobe Illustrator Creative Cloud: The First Step

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

CVTW:702 | \$139

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

John Schmitt
MC - HE, 233

Adobe Illustrator Creative Cloud: The Next Step

This workshop is a continuation on the skills developed from Illustrator the First Step. Topics that will be covered; Pattern Creation, Gradient Tool, Transparency Menu, Exporting Files and Document layout. Learn how to utilize the benefits of vector design and in Illustrative Techniques. Students will be learning how to work with Illustrator in combination with Photoshop. Prerequisite: Adobe Illustrator for Beginners: the First Step. This class will be offered on the Mac platform with a current version of Adobe Illustrator.

CVTW:702 | \$139

680 F 8:30am-4:30pm
July 22

John Schmitt
MC - HE, 233

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
June 28 - July 12

Rachel Bufalo
SCEUC, 206

Adobe Photoshop Creative Cloud (CC): In a Day

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

COMP:755 | \$99

C80 Sa 9am-4pm
June 25

Zak Zych
Corp. College, 206

Adobe Photoshop Creative Cloud: Introduction

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

COMP:755 | \$115

C50 W 6pm-9pm
June 1 - June 22

Zak Zych
Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Intermediate

Picking up right where the introductory class left off - topics may include but are not limited to: understanding the histogram and how to adjust exposure, smoothing wrinkles and brightening teeth, changing the size of your image and canvas, the power of crop tool and blending modes. Students will work hands-on with a wide variety of images. Prerequisite: Adobe Photoshop Introduction class. This course meets the curriculum requirements of the Digital Photography Essentials Program.

COMP:755 | \$115

C51 W 6pm-9pm
July 6 - July 27

Zak Zych
Corp. College, 206

Adobe Photoshop Creative Cloud (CC): 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 10

Zak Zych
MC - HE, 233

Adobe Photoshop Creative Cloud (CC): 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
July 1

Zak Zych
MC - HE, 233

Introduction to Adobe Photoshop Lightroom

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

CVTW:701 | \$139

602 Sa 8:30am-4:30pm
July 16

Charles LaGarce
MC - HE, 232

Adobe Photoshop Lightroom 5: Special Development Techniques

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
July 30

Charles LaGarce
MC - HE, 233

Digital Architectural Photography for Professionals

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

CVTW:710 | \$139

682 Sa 8:30am-4:30pm
July 23

Richard Sprengeler
MC - HE, 233



Digital Arts and Technology Alliance Workshops

Video

Adobe Animate Creative Cloud Introduction

Adobe Animate Creative Cloud, the HTML5 web development animation tool, formerly known as Adobe Flash Professional, will enable you to create web animations that can be viewed on multiple platforms. This introductory class will get you started creating web animations for any device.

CVTW:701 | \$139

681 Sa 8:30am-4:30pm **Mark Pennycuik**
July 30 MC - HE, 232

AfterEffects: The First Step

Gain understanding and skill in utilizing AfterEffects to create motion graphics. We focus on learning the interface in AfterEffects, putting graphics in motion and rendering finished movie and animation projects. Participants will also explore a workflow between Photoshop and AfterEffects. Be prepared for an intensive hands-on learning experience.

CVTW:704 | \$139

600 F 8:30am-4:30pm **Timothy Linder**
June 17 MC - HE, 233

AfterEffects: The Next Step

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

CVTW:704 | \$139

601 F 8:30am-4:30pm **Timothy Linder**
June 24 MC - HE, 233

Final Cut Pro X: Video Editing: The First Step

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

CVTW:706 | \$139

600 Sa 8:30am-4:30pm **Anthony Carosella**
July 2 MC - HE, 232

Final Cut Pro X: Video Editing: The Next Step

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

CVTW:706 | \$139

601 Sa 8:30am-4:30pm **Anthony Carosella**
July 16 MC - HE, 233



= Digital Arts and Technology
Alliance Workshops



GoPro HD Hero Camera for Professionals and Adventurers

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

CVTW:710 | \$139

680 Sa 8:30am-4:30pm **Anthony Carosella**
June 18 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 25 MC - HE, 136

Social Media

Facebook

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

COMP:742 | \$25

651 Tu 6pm-9pm
June 7

350 W 6pm-9pm
July 10

Rachel Bufalo
SCEUC, 206

Erin De Vore
WW, 207

Facebook for Business

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

COMP:742 | \$39

C01 F 9:30am-1pm
May 27

S50 Tu 5:30pm-9pm
July 19

Rachel Bufalo
Corp. College, 206

Rachel Bufalo
SCEUC, 206



Social Media Marketing

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

CVTW:713 | \$139

680 Sa 8:30am-4:30pm **Anthony Carosella**
July 23 MC - HE, 136

Web Development

Create Your Own Website with WordPress

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

COMP:745 | \$99

600 F 9am-4pm
July 8

C01 F 9am-4pm
June 17

Jerry Bearden
MC - BA, 203

Jerry Bearden
MC - BA, 203

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 29

David Haley
MC - HE, 233



EZ Websites

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

CVTW:750 | \$129

680 Sa 8:30am-4:30pm **Benjamin Shasserre**
June 25 MC - HE, 233



Website Design with WordPress

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

CVTW:750 | \$139

681 Sa 8:30am-4:30pm **Benjamin Shasserre**
July 9 MC - HE, 136

Industry and Construction Technologies

New ISO 9001:2015 The New Standard

Class meets Tuesdays, 8/2 and 8/9. Recently released, the new ISO 9001:2015 standard changes the requirements from the 2008 standard and its updates. It takes into account changes in technology, business diversity, global commerce and focuses on managing such as leadership involvement, process and risk management. Learn how this new standard effects your current ISO certification or how you will be impacted in getting ISO 9001 certified for the first time. Class will discuss an overview of the new ISO 9001:2015 standard including:

- Key themes in the revision and how to go about implementing them such as Risk-based thinking;
- Timeline and tips for transitioning from ISO 9001:2008 version to ISO 9001:2015;
- Developing a thoughtful strategy for transitioning and dealing with these new requirements;
- Tips on training and more.

CONS:765 | \$249

C50 Tu 6pm-9pm
Aug. 2 – Aug. 9

Patricia Dalton
Corp. College, 209

Education and Test Prep

Test Prep

ACT Test Preparation

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

EDUC:712 | \$175

400 Tu 9am-12pm
June 28 – Aug. 9

Toshi Floyd
FP - G Tower, 115

580 Sa 9am-12pm
July 9 – Aug. 20

Toshi Floyd
FV - B, 124

600 Th 9am-12pm
June 23 – Aug. 4

Toshi Floyd
MC - CS, 104

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 | \$59

600 WThF 8:30am-12:30pm
June 1 – June 3

Suzanne Saum
MC - LH, 102

**Call 314-984-7777
to register beginning
May 2**

10 Hour OSHA Construction Safety and Health Training Certification

Class meets Monday 6/13 and Wednesday 6/15. This course meets the required laws for working on public job sites. Led by an OSHA certified trainer, the course covers the mandated OSHA topics including OSHA regulations, general safety and health, basic electrical safety, fall protection, ladder and scaffold safety, hand and power tools, material handling, and more. Upon successful completion students will receive the 10 Hour OSHA course completion card. Students may bring a sack dinner and/or drinks and snack to class. Registration by 6/6 is encouraged.

CONS:736 | \$125

C50 MW 4pm-9:30pm
June 13 – June 15

Patricia Dalton
Corp. College, 211

30 Hour OSHA Construction Safety and Health Training Certification (20 hour add-on)

Class meets Mondays 6/20, 6/27 and Wednesdays 6/22, 6/29. This is a 20 hour completion course for individuals who have completed OSHA 10 Hour Construction Safety and Health Certification within the past six months with instructor Pat Dalton and wish to pursue the OSHA 30 Hour Certification. Students may bring a sack dinner and/or drinks and snack to class. Registration by 6/12 is encouraged.

CONS:736 | \$239

C51 MW 4pm-9:30pm
June 20 – June 29

Patricia Dalton
Corp. College, 211

10 Hour OSHA General Industry Certification

Class meets Monday 7/11 and Wednesday 7/13. This 10 hour OSHA course is ideal for supervisors with safety and health responsibilities, and for employee safety and health awareness. Students will be introduced to OSHA policies, procedures and standards as well as general industry safety and health principles covered in OSHA Act Part 1910. Special emphasis will be placed on areas most hazardous using OSHA standards as a guide. Students will receive an OSHA card after completion of the course. Students may bring a sack dinner and/or drinks and snack to class. Registration by 7/5 is encouraged.

CONS:736 | \$125

C52 MW 4pm-9:30pm
July 11 – July 13

Patricia Dalton
Corp. College, 211

30 Hour OSHA General Industry Certification (20 hour add-on)

Class meets Mondays 7/18, 7/25 and Wednesdays 7/20, 7/27. This course meets the required laws in Missouri for working on public jobsites and 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 and more. Students may bring a sack dinner and/or drinks and snack to class. Registration by 7/11 is encouraged.

CONS:736 | \$239

C53 MW 4pm-9:30pm
July 18 – July 27

Patricia Dalton
Corp. College, 211

OSHA Training at STLCC

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

Call 314-984-7777 to register beginning May 2

Students may bring snack/drink or sack dinner to class.

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 - 636-891-6649

Serving the school district of Rockwood

Ritenour Schools - 314-426-7900

Serving the school district of Ritenour

University City Schools - 314-290-4052

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

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

STLCC Continuing Education

Personal Enrichment

Ageless Learning

Senior Fitness

Yoga for Seniors

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

SENR:704 | \$79

M01 Th 10am-11am
June 9 – July 28

Masterpeace Studios

Line Dancing for Older Adults: Beginning

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

SENR:703 | \$59

M02 F 1:45pm-2:45pm
June 3 – July 8

M04 F 1:45pm-2:45pm
July 15–Aug. 26
No Class 8/12

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

Line Dancing for Older Adults: Easy Intermediate

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

SENR:703 | \$59

M01 F 12:30pm-1:30pm
June 3 – July 8

M03 F 12:30pm-1:30pm
July 15–Aug. 26
No Class 8/12

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

601 TuTh 5:55am-6:55am
May 31 – June 30

Gail Velten
MC - PE, GYM

Creative Arts



Fine Arts

Drawing: Beginning/Intermediate

Feel confident drawing any subject matter as we explore this teachable skill through practice, principles and tools. Drawing fundamentals including line, perspective, value, composition and artistic perception will be covered. Experienced students will expand their skills with more sophisticated projects. Supplies extra.

ARTS:709 | \$99

601 Tu 9:30am-12pm
June 7 – July 12
350 Tu 6:30pm-9:30pm
June 7 – July 5
602 W 12pm-2:30pm
June 8 – July 13
450 W 6pm-9pm
June 8 – July 6
351 Tu 6:30pm-9:30pm
July 12 – Aug. 9

Ruth Kolker
MC - CE
Jeff Johnson
WW, 309
Ruth Kolker
MC - SO, 109
Lisa Payne
FP - G Tower, 413
Jeff Johnson
WW, 309

Caricature Drawing

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

ARTS:721 | \$79

650 W 6pm-9pm
June 8 – June 29

Sean Long
MC - HE, 123

PERSONAL ENRICHMENT

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 assignments to be completed outside of the classroom. No class 7/2.

ARTS:721 | \$79

680 Sa 9:30am-11:30am
June 11 – July 23

Sean Long
MC - HE, 123

Calligraphy Basics

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

ARTS:725 | \$99

S01 F 10am-12pm Kristine Scharfenberger
June 10 – July 8 SCEUC, 101

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 7/2.

ARTS:709 | \$99

680 Sa 12:30pm-3:30pm
June 11 – July 16

Sean Long
MC - HE, 123

Drawing in Color Pencil: Beginning

A professional artist introduces techniques to put realism in drawings with color pencil. Supply list sent. No class 7/13.

ARTS:716 | \$129

350 W 12:45pm-2:45pm K. Scharfenberger
June 8 – Aug. 17 WW, 201

S01 Tu 12:45pm-2:45pm K. Scharfenberger
June 7 – Aug. 9 SCEUC, 101

Drawing in Color Pencil: Intermediate

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

ARTS:716 | \$129

S02 Th 12:45pm-2:45pm K. Scharfenberger
June 9 – Aug. 11 SCEUC, 101

Botanical Illustration: Colored Pencils

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

ARTS:709 | \$99

600 Th 12pm-3pm
June 2 – June 30

Maureen Brodsky
MC - CE

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. Bring pencil and sketch pad to first class. No class 7/4.

ARTS:709 | \$99

650 M 6:30pm-9:30pm
June 6 – July 11

Philip Perschbacher
MC - HE, 125

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
June 7 – July 12

Beverly Hoffman
MC - CE

Watercolor: Intermediate and 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 8/5.

ARTS:736 | \$185

W01 F 9:30am-12pm
June 3 – Aug. 12

Annie Smith Piffel
Bluebird Park

W02 F 12pm-2:30pm
June 3 – Aug. 12

Annie Smith Piffel
Bluebird Park

Exclamation Point!

"Maureen Brodsky's classes are inclusive and supportive, just the kind of place where learning takes place."

Margaret W., Kirkwood

Botanical Illustration: Watercolor

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

ARTS:709 | \$99

603 Th 12pm-3pm
July 7 – Aug. 4

Maureen Brodsky
MC - CE

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 7/2, 8/6.

ARTS:748 | \$185

480 Sa 1pm-4pm
June 4 – Aug. 20

Philip Perschbacher
FP - G Tower, 413

New Girls' Night Out: Wine, Women and Art!

Bring your BFFs and uncork your creativity! Our instructor will guide you step-by-step through the painting process to create your own personal masterpiece. No experience necessary. All art materials provided; you bring your own favorite beverage (and snacks if you like). Park on Hartford or Hampton. Flagpole in front. Withdrawal deadline for refund: 6/3.

ARTS:740 | \$59

P01 F 6:30pm-9:30pm
June 10

Lisa Payne
Cul. Arts House

New Art in the Kitchen (Still-Life Acrylic Painting on Canvas)

Are you looking for some food-themed art to decorate your kitchen or interested in learning the art of still life painting? In this class, we will walk through how to select and compose an interesting food still life and how to paint it in acrylics. Each student will create their own unique painting(s) and learn basic color theory and composition. Supplies extra; list sent (some easels available for use in class). Park on Hartford or Hampton. Flagpole in front.

ARTS:740 | \$59

P02 Th 6:30pm-9:30pm
June 16 – June 23

Lisa Payne
Cul. Arts House

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
June 7 – Aug. 9

Phyllis Smith Piffel
MC - SO, 109

650 W 6:30pm-9:30pm
June 8 – Aug. 10

Phyllis Smith Piffel
MC - CE

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

650 Tu 6pm-9pm
June 7 – July 26

Lisa Payne
MC - HE, 217

400 M 1pm-4pm
July 11 – Aug. 1

Sarah Paulsen
FP - G Tower, 409

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 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

601 Tu 9am-10am
June 7

Maureen Brodsky
MC - HE, 217

Tu 9am-12pm
June 14-July 12

MC - HE, 217

All About Framing Artwork

A crash course in what's new, as well as framing design basics. How do you place artwork to both 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 as well as DIY ideas will be presented. You may bring photos of your rooms and art (or bring your art).

ARTS:765 | \$29

650 Tu 7pm-9:30pm
June 21

Deborah Weltman
MC - CE

Call 314-984-7777 to register beginning May 2

Crafts

Pattern Drafting for Experienced Sewers

Acquire basic pattern making techniques, making a pattern from your own measurements. You will make a muslin bodice and sleeves that will be fitted at the second class. Prerequisite: must have basic machine sewing skills. LAST DAY TO ENROLL OR DROP IS TUESDAY, 6/7. NO REFUNDS AFTER TUESDAY, 6/7.

CRFT:713 | \$45

PD2 Tu 6pm-9pm
June 14 – June 21

Anne Stirnemann
City Sewing Room

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

P04 Tu 6pm-9pm
July 26

Anne Stirnemann
City Sewing Room

New Alabama Stitch T-shirts

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

CRFT:713 | \$35

P01 Tu 6pm-9pm
June 28

Anne Stirnemann
City Sewing Room

Embroidery: Design and Stitch

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

CRFT:728 | \$65

S50 W 6pm-9pm
June 8 – June 22

Magan Harms
SCEUC, 122

New Embroidery Basics: Candle Wicking Canvas Bag

Learn basic candle wick stitches, including French and Colonial knots, stem stitch, outline stitch, and lazy daisy stitch, which will be used in a pattern you embroider on a canvas bag. Leave with a new favorite tote.

CRFT:728 | \$39

P01 Tu 10am-12pm
July 12

Craft Central

Silk Scarf Dyeing

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

CRFT:713 | \$49

650 Th 6:30pm-8:30pm
June 9

Nicole Ottwell
MC - SS, 107

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

Nicole Ottwell
FV - E, 160

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, adding color, removing color, and adding more color. Leave with 8 finished scarves at the end of class. Supplies included in the cost of the class. Bring ziplock bags, rubber gloves and an old towel to class. Dress to work with dye.

CRFT:713 | \$139

651 Th 6:30pm-9pm
July 7 – July 21

Nicole Ottwell
MC - SS, 107

Stamp Carving and Printing for Textiles

Create a completely contemporary textile print with an ancient method. From design to carving your own stamps to printing with textile pigments on cloth, you will master the entire process. There are so many digital methods that you can use to print a picture, but they lack the artistic expression in the 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 M 6:30pm-9pm
July 11 – July 25

Nicole Ottwell
MC - SS, 107

Introduction to Upholstery

Get a hands-on introduction to basic upholstery as you explore the tricks to re-covering the seat of an old dining chair and learn to create a new seat structure with webbing. Plus, you'll leave with your own handmade webbing stretcher. With all this knowledge, you won't be able to stop re-envisioning and reupholstering where you sit when you get home! All materials provided.

CRFT:713 | \$35

4D0 Th 6:30pm-8:30pm
June 9

Perennialstl.org
FP - F Tower, 325

LAST DAY TO ENROLL OR DROP IS Thursday, June 2. NO REFUNDS AFTER Thursday, June 2.

4D2 Sa 6:30pm-8:30pm
July 16

Perennialstl.org
FP - F Tower, 325

LAST DAY TO ENROLL OR DROP IS FRIDAY, JULY 8. NO REFUNDS AFTER FRIDAY JULY 8.

Weaving: Begin With a Table Runner

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

CRFT:713 | \$70

P07 Th 6:30pm-9pm
July 7 – July 14

Craft Central

P08 Sa 9am-2pm
July 16

Craft Central

Weaving Rag Rugs

Peg loom weaving is a great way to learn to weave with non-traditional materials. Class will demonstrate how to build a peg loom from salvaged wood. Each participant will build their own peg loom in class to take home. After building, the class will learn how to use their loom to start weaving a rectangular rag rug. You'll also discover a few tricks to making a continuous ball of upcycled yarn. After the class, use your loom and new skills to weave anything from potholders to trivets to rugs! All materials provided. LAST DAY TO ENROLL OR DROP IS Tuesday, 6/14. NO REFUNDS AFTER Tuesday, 6/14.

CRFT:713 | \$45

4D1 Tu 6pm-9pm
June 21

Perennialstl.org
FP - F Tower, 325

New Circular Woven Rag Rug

Craft a colorful creation on a circular loom made out of a hula hoop! Learn to make yarn from old t-shirts to weave a small, round rug. Bring your own t-shirts or fabric to make yarn. Hoops and all other supplies will be provided and figured into the cost of the class.

CRFT:726 | \$49

652 W 6pm-9pm
July 20 – July 27

Dee Levang
MC - CN, 201

New Woven Wall Hanging

Using a simple picture frame, make a weaving loom that you can use over and over. We will combine various fibers from recycled fabric yarn to fluffy roving to weave a one-of-a-kind wall hanging. Supplies included in the cost of the class.

CRFT:713 | \$45

681 Sa 9am-12pm
July 23

Dee Levang
MC - CN, 201

New Weaving: Rag Rug Placemats

Students will work on a preloaded table top loom of white cotton. A variety of colors are provided for creating your unique pattern. You will learn the basics of rag rug weaving. Approximate size of the placement is 12in by 16in. You will take home 2 to 4 pieces.

CRFT:713 | \$70

P05 Sa 9am-2pm
June 4

Craft Central

P06 Th 6:30pm-9pm
June 14 – June 21

Craft Central

New UpCycle T-shirts Into Rag Rugs

The versatile t-shirt! Join us to upcycle your old shirts into rag rugs, totes, headbands, quilt tops and many other useful items. Bring five to ten t-shirts to class to serve as your material. LAST day to enroll or drop is Tuesday, 7/5. No refunds after Tuesday, 7/5.

CRFT:713 | \$35

PD3 Tu 6pm-9pm
July 12

Anne Stirnemann
City Sewing Room

Exclamation Point!

"I loved this class. It is the first time that I have taken a class and came out with a finished product. Also I am able to use the product and knowledge I received."

Anne Strinneman is a wonderful teacher."

Sue R., St. Louis

Introduction to the Spinning Wheel

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

CRFT:713 | \$35

P09 Tu 6pm-8pm
June 14 *Craft Central*

P10 Tu 6pm-8pm
July 12 *Craft Central*

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. Bring a bag lunch.

CRFT:720 | \$49

480 Sa 9am-3pm
June 18 *Thi Miller
FP - G Tower, 115*

Knitting 101: Beginning Techniques for All Seasons

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

CRFT:720 | \$49

450 W 6:30pm-8:30pm
June 8 - June 22 *Thi Miller
FP - G Tower, 115*

Advanced Knitting Project: Baby Surprise Jacket

Join us to knit the Baby Surprise Jacket. Elizabeth Zimmermann's Baby Surprise Jacket has become near legendary since its conception in 1968. The jacket is knitted back and forth in Garter stitch, then cleverly folded and completed by weaving the shoulder seams. It is a fun project for the advanced knitter and it is adorable! Knit either a newborn or a six-month-old size.

CRFT:722 | \$59

450 Tu 6:30pm-8:30pm
July 12 - Aug. 2 *Thi Miller
FP - G Tower, 115*

Crochet 101: Beginning Techniques for All Seasons

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

CRFT:724 | \$49

650 Tu 6:30pm-8:30pm
June 14 - June 28 *Dee Levang
MC - CN, 201*

450 W 6:30pm-8:30pm
July 6 - July 13 *Thi Miller
FP - G Tower, 115*

Crochet: the Next Step

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

CRFT:726 | \$49

651 Tu 6pm-9pm
July 12 - July 19 *Dee Levang
MC - CN, 201*

Tunisian Crochet Basics

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

CRFT:724 | \$49

680 Sa 9am-12pm
June 4 - June 11 *Dee Levang
MC - CN, 201*

Stamp A Stack

Join us three times to start your summer crafting of cards. You will create five cards using different stamping techniques. Ending in June you will have a total of 15 hand-crafted unique cards to use for the summer! Fee includes most materials. Supply list sent.

CRFT:742 | \$55

Morning

6D1 Sa 9am-11am
May 21, June 4, June 25 *Patti Bossi
MC - CE*

Afternoon

6D2 Sa 12pm-2pm
May 21, June 4, June 25 *Patti Bossi
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 M 6pm-9pm
June 20 - June 27 *Nicole Ottwell
FV - B, 211*

Suminagashi: Japanese Paper Marbling

Learn how to make beautiful marbled paper using the ancient Japanese art of Suminagashi. Discover the secrets to marbling using a simple floating ink process. Take home sheets of marbled paper to turn into cards, book covers, works of art, or anything your heart desires. You'll also take home your own marbling kit and pan to do hundreds more designs. Supplies included in class costs. Dress appropriately to work with ink and water.

CRFT:742 | \$55

S01 W 6pm-9pm
June 29 *Magan Harms
SCEUC, 201*

S02 W 6pm-9pm
July 20 *Magan Harms
SCEUC, 201*

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. All supplies included in the cost of the class.

CRFT:742 | \$139

550 Tu 6pm-9pm
June 21 - July 12 *Nicole Ottwell
FV - SM, 249*

New Beginning Baskets: Shadow Basket

Create a one-of-a-kind craftwork. The pattern of a Shadow Basket is determined by how the first row is woven to display the contrasting stripes. Learn how to insert spokes into the wooden base of the basket, the best placement for design and the twining technique. Handle placement, rimming and lashing will complete the basket. All supplies included in cost of the class.

CRFT:734 | \$85

650 Tu 6:30pm-9pm
July 12 - July 19 *Laura Klaus
MC - CE*

Beginning Baskets: Market Basket

Beginners and experienced weavers, join us for a fun and rewarding basketweaving experience. Master the basic techniques in one evening and spend the next making a sturdy Market Basket for all of your food and farmer's market shopping. All supplies and tools included in the cost of the class.

CRFT:734 | \$69

651 Tu 6:30pm-8:30pm
June 14 - June 21 *Laura Klaus
MC - SS, 107*

New Personalized Platters: Beginning Ceramics

Learn the techniques of under and overglazing bisque pieces by personalizing your own ceramic platter. Students may choose to draw their design, stencil or trace or all three. All materials and tools supplied at the class. Come dressed to get a bit messy.

CRFT:741 | \$35

P02 Tu 12pm-2pm
June 7 *Craft Central*

P03 M 6pm-8pm
July 25 *Craft Central*

New Hope Garden Ceramic Platter

Paint your own 11 1/2 inch round ceramic platter. Get creative painting a beautiful flower platter with painted butterflies attached. This platter was originally designed for The Vera Bradley Foundation for Breast Cancer. You can choose the colors and enhancements for your own personal touch or we can guide you. Pieces will be fired and may be picked up at our studio one week after the class. Fee includes all supplies and firing. Paints are lead free and food-safe.

CRFT:741 | \$45

M02 Tu 6:30pm-9pm
June 14 *The Painting Spot*

New Magic Garden Ceramics: Intro to Pottery

Create pottery pieces for your garden. A beginning class for those curious about ceramics. Learn techniques to clean greenware, the process of glazing and under glazing, and staining techniques. Course includes a hands on slip casting demonstration. Basic ceramic terminology is reviewed. At the end of the 2 session class, you'll finish at least 2 pieces. All materials included in the cost of the class.

CRFT:741 | \$55

P01 Tu 10am-12pm
June 21 – June 28

Craft Central

New 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, we 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! LAST Day to enroll or drop is Friday, July 1. No refunds after Friday, July 1.

CRFT:741 | \$55

4D0 M 6pm-9pm
July 11 – July 18

Perennialstl.org
FP - G Tower, 409

New UpCycled Garden Stones

Learn to use broken plates and forgotten tiles to create a beautiful DIY mosaic. You'll learn to cut tile, mix mortar, and grout your mosaic. This workshop will teach you the basics so you can use your skills for any future project. Each participant will create a unique stepping stone to take home to their outdoor spaces. All materials provided. If you have questions, please contact classes@perennialstl.org. LAST Day to enroll or drop is Tuesday, July 19. No refunds after Tuesday, July 19.

CRFT:741 | \$45

4D1 Tu 6pm-9pm
July 26

Perennialstl.org
FP - G Tower, 409

New Glass Mosaic Trivet

Decorate an 8" by 8" trivet with our glass mosaic pieces. You may bring some drawings or ideas of your own for the design, or use some of ours. It will be a cheerful addition to your home.

CRFT:741 | \$45

M01 W 7pm-9pm
June 22

Cathy Cody
Painted Zebra - Krkwd

Hand Painted Glass Canister

Canister for cookies, animal treats or any kind of snacks. Create a design like our sample or work out one on your own.

CRFT:743 | \$29

M02 W 7pm-9pm
July 13

Cathy Cody
Painted Zebra - Krkwd

New Glass Fusion Color Tint Bowl

Create your own beautiful glass bowl you'll love to show off to your friends and family. You pick your favorite colors, designs and learn to cut simple straight lines in the glass. No experience necessary in glass fusion. Pieces are fired flat and slumped into a bowl shape at our studio and ready to pick up in a week. Great fun and you'll be surprised how great your piece will look.

CRFT:740 | \$45

M03 Tu 6:30pm-9pm
June 21

The Painting Spot

New Hand-Painted Summertime Glass Pitcher and Two Glasses

Serve lemonade, ice tea or your favorite beverage in your own hand-painted glass pitcher and two matching glasses. You choose your colors and design motifs to create your own masterpieces. Pieces will be fired and may be picked up at our studio one week after the class. Fee includes all supplies and firing. Paints are lead free and food-safe.

CRFT:741 | \$45

M04 Tu 6:30pm-9pm
June 28

The Painting Spot

New Stained Glass: Sun Catcher

A beginner's workshop in the craft of stained glass. Students will be introduced to the process of making a stained glass piece, including an explanation of all equipment and terminology. You will learn to cut and grind glass, copper foiling and soldering your sun catcher in the course. All materials and tools provided at the class. Take home your finished piece of art!

CRFT:740 | \$55

P01 Tu 1:30pm-5pm
June 28

Craft Central

Stained Glass: Night Light

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

CRFT:740 | \$56

P02 Tu 5:30pm-9pm
June 7

Craft Central

New Stained Glass Trinket Box

Explore the medium of stained glass as you construct a trinket box. Students will learn the basics of pattern design and layout while making a personalized box. Cut and grind glass, learn to copper foil and solder all while creating a one-of-a-kind piece. All materials and tools available at the class.

CRFT:740 | \$90

P03 W 5:30pm-8:30pm
July 20 – July 27

Craft Central

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

680 Sa 9am-12pm
June 11 – July 30

Lacey Kirkwood
MC - HE, 131

550 W 6pm-9pm
June 8 – July 27

Chih Yu Lin
FV - E, 290

No class 7/20

Beginning Blacksmith: Create a Wall Mount Hook

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

CRFT:753 | \$60

P01 Sa 9am-12pm
June 18

Mueller Industries

Soap Making the Herbal Way: Beginning

Dispel the mystery of lye and oil soapmaking! You will create a moisturizing soap that is excellent for sensitive and dry skin, with no artificial ingredients! Your soap will have a natural scent. Learn how to safely work with lye and what oils are best for making soap. Instructor has been handcrafting body products for over 7 years. Class is hands on and demonstration. Plan to get messy, you will be working with warm oils, dyes, and essential oils. Please wear close-toed shoes and long sleeves. Course cost includes materials. LAST DAY TO ENROLL OR DROP IS TUESDAY, MAY 31. NO REFUNDS AFTER TUESDAY, MAY 31.

CRFT:765 | \$59

FD1 W 6pm-9pm
June 8

Brittany Campbell
FV - SM, 244

MD1 Sa 9am-12pm
June 11

Brittany Campbell
MC - SS, 105

Advanced Soap Making Techniques: Scents and Swirls

Get creative with soap making and learn advanced coloring, designing, and scenting techniques! You'll learn what natural colorants work best with soap, how to mix essential oils for your very own signature blend, and basic ways to take your soap designs to the next level! Instructor has been handcrafting body products for over 7 years. Class is hands on and demonstration. Plan to get messy, you will be working with warm oils, dyes, and essential oils. Please wear close-toed shoes and long sleeves. Course cost includes materials. LAST DAY TO ENROLL OR DROP IS TUESDAY, 6/14. NO REFUNDS AFTER TUESDAY, 6/14.

CRFT:765 | \$65

FD2 W 9am-12pm
June 22

Brittany Campbell
FV - SM, 244

MD2 Sa 9am-12pm
June 25

Brittany Campbell
MC - SS, 105

Soap Making: Beginning and Advanced

A combination of both Soap Making the Herbal Way: Beginning and Advanced Soap Making Techniques: Scents and Swirls. Signing up in this section saves you \$10 in materials by taking both classes. LAST DAY TO ENROLL OR DROP IS TUESDAY, 5/31. NO REFUNDS AFTER TUESDAY, 5/31.

CRFT:765 | \$115

FD3 W 6pm-9pm
June 8 – June 22

Brittany Campbell
FV - SM, 244

MD3 Sa 9am-12pm
June 11 – June 25

Brittany Campbell
MC - SS, 105

Exclamation Point!

"Brittany Campbell is a great instructor and knowledgeable. Great hands on experience. I was able to ask questions and got great feedback."

Darlene R., St. Louis

Holistic Personal Care: Body Butters and Solid Perfumes

Join us for a fun and exciting class creating your very own body butter and solid perfume bars with all natural ingredients. In this class you'll discover the basics of creating your own recipes to fit your style, how to blend essential oils and your favorite moisturizing ingredients into your products. We'll also go over great ideas for packaging your product for personal use or for gift ideas. Instructor has been handcrafting body products for over 7 years. Class is hands on and demonstration. Plan to get messy, you will be working with warm oils, and essential oils. Please wear close-toed shoes and long sleeves. Course cost includes materials. LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 7/15. NO REFUNDS AFTER WEDNESDAY, 7/15.

CRFT:765 | \$45

FD0 Sa 9am-11am
July 23

Brittany Campbell
FV - SM, 245

Introduction to Aromatherapy

Essential oils can enhance so many areas of daily life. They are used for relaxation, stress relief, sleep, immune support, emotional balance, body aches, and green cleaning. In class, you'll learn about essential oil safety, production and common methods of use. You will also mix, blend and utilize essential oils to create a more natural, healthy lifestyle. Class is both demonstration and hands on. LAST DAY TO ENROLL OR DROP IS THURSDAY, JUNE 30. NO REFUNDS AFTER THURSDAY, JUNE 30.

CRFT:765 | \$45

FD4 Sa 10am-12pm
July 9

Brittany Campbell
FV - SM, 244



Culinary Arts

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.

FOOD:714 | \$39

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

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, eclairs, 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.

FOOD:705 | \$39

P01 W 6:30pm-9:30pm
June 22

Debra Hennen
Cul. Arts House

Cake Decorating for Fun or Profit: Beginning

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

FOOD:701 | \$69

P01 M 6:30pm-9pm
June 6 – June 27
550 Tu 6:30pm-9pm
June 21 – July 12

Cynthia Sciaroni
Cul. Arts House
Carla Soll
FV - SC, PDR-A

Cake Decorating for Fun or Profit: Intermediate

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

FOOD:702 | \$69

P01 M 6:30pm-9pm
July 11 – Aug. 1

Cynthia Sciaroni
Cul. Arts House

The Cake Decorating Program with Continuing Education

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

Classes may be taken individually or as a part of the Cake Decorating Program. Call 314-984-7777 for a copy of the Cake Decorating brochure.

Test-out: Cake Decorating Skills

If you already have cake decorating skills and would like to "test out" of the basic skills classes (beginning, intermediate) so you can complete the rest of our Cake Decorating Program, sign up for this session. We'll send you a supply list of things to bring and our instructor will assess your skills and readiness for the more advanced classes. Registration by permission only (call 314/ 539-5745). Scheduled individually on a mutually acceptable date with instructor.

FOOD:702 | \$59

680 TBA

May 16 – Aug. 19

Cynthia Sciaroni
MC - CE, TBA



German Pastries

German pastries are individual-sized baked goods. They're perfect for when a whole cake is too much or you'd like to have a variety of choices on hand for your guests. In this class, we'll be making Danube Waves cake, Bee Sting cake (with almonds and honey), and traditional apple strudel. Class is part demonstration with some hands-on.

FOOD:705 | \$39

P02 W 6:30pm-9:30pm
July 13

Debra Hennen
Cul. Arts House

New Moroccan Tea and Pastries

Tea time is essential in Moroccan culture where it has been made into a unique art form. In this authentic class, you'll learn the art of preparing and serving a proper pot of Moroccan tea with different herbal combinations. To complete this delightful culinary experience, you'll help prepare and enjoy accompanying teatime treats such as date and almond cookies, an assortment of traditional savory pastries, msemen (Moroccan pancake), and more! Class is hands-on.

FOOD:734 | \$39

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

Lisa Payne
Cul. Arts House

Lunchtime Tapas

Do you enjoy food that comes with a side of lively conversation? Come join us for a delicious lunch time experience as you learn how to make Tapas, Spanish appetizers designed to encourage friendly exchange among friends. Regarded as a style of eating rather than a form of cooking, Tapas uses simple methods and imaginative applications of seasonal and local ingredients. An assortment of these flavorful small morsels can make an informal lunch or dinner. In this class, you will learn how to make Tortilla Espanola, sautéed garlic mushrooms, and a vibrant red and yellow pepper salad, all perfect summertime fare. Take a break from work, relax and enjoy a splice of traditional Spanish dining. Class is hands-on.

FOOD:734 | \$29

P02 M 11am-1pm
June 20

Cul. Arts House

Exclamation Point!

"Lisa Payne is an excellent instructor. She brought so much knowledge and enthusiasm to the table. We left having had a great meal and learned so much about cooking Moroccan food. It was so much more than I thought I'd get out of a one evening cooking class."

Karen C., St. Louis

Cooking with Lavender

Come on out to Winding Brook Estate 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). Directions: www.WindingBrookEstate.com. Withdrawal deadline for refund: 6/3.

FOOD:722 | \$29

3D1 Sa 1pm-3pm
June 11

Deb Nathe
Winding Brook Estate

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 part demonstration, part hands-on.

FOOD:722 | \$69

P01 Sa 9am-3pm
July 16

Lisa Payne
Cul. Arts House

Girls' Night Out: Appetizer and Mini-Dessert Buffet

Gather your BFFs for a fun night of cooking together and noshing on great appetizers and finishing with sweet treats. We're pulling out all the stops, preparing bite-size shrimp quiche, sausage-stuffed poppers, puff pastry pillows, turkey pretzel sliders and almond-cherry mini tarts, just to name a few. Our instructor will plan even more great nibbles for the menu from her secret recipe file. See you there! Class is hands-on.

FOOD:716 | \$39

580 F 7pm-9:30pm
June 24

Eileen Fraser
FV - SM, 129

New Girls' Night Out: Small Plates and Mocktails

Drift off to the islands with your BFFs, ready to prepare and taste-test these Caribbean-inspired delights: Jamaican jerk meatballs, Cuban piccadillo empanadas and butter rum cupcakes. Sip along with a tasty non-alcoholic mango ginger beer and Dominican passion fruit spritzer. There will be plenty of tasting plus you can take home any leftovers (bring a container). Class is a combination of demonstration with some hands-on and lots of Friday night fun! Park on Hartford or Hampton. Flagpole in front.

FOOD:716 | \$39

P01 F 6:30pm-9:30pm
July 22

Tiffany Smith
Cul. Arts House



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: summer vegetable tortellini antipasto, pork tenderloins with raspberry balsamic glaze, blueberry nectarine buckle, basil burgers with sun dried tomato mayonnaise, roasted asparagus with grape tomatoes and pine nuts, and mixed berry salad with raspberry vinaigrette, 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

580 F 7pm-9:30pm
June 10

Eileen Fraser
FV - SM, 129

Couples Date Night: Cooking with Wine and Spirits

Bring your sweetie for a fun and romantic evening of couples cooking and dining on these great recipes: Baked brie topped with drunken blackberries; pasta with fresh spinach and mushrooms in a white wine garlic cream sauce; mini cabernet burgers. Finish off the night with an adult dessert featuring a white Russian brownie baked with vodka and soaked in Kahlua topped with vanilla ice cream and spiked chocolate sauce. You are welcome to BYOB to enjoy as an accompaniment during the evening. Class is a combination of demonstration with some hands-on and lots of Friday night fun! Park on Hartford or Hampton. Flagpole in front.

FOOD:755 | \$39

P01 F 6:30pm-9:30pm
June 17

Tiffany Smith
Cul. Arts House

So Easy to Preserve - Pressure Canning Hands-On 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. You'll see and learn about the different types of canners and get resources for safe processing along with recipes. We'll prepare basil-garlic tomato sauce, Cajune spice blend tomatoes, canned tomatoes and green beans, to name a few. Our instructor will have an array of recipes for you to learn the technique of pressure canning. You'll enjoy this now and later! Bring a box to take home hot jars. 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!

FOOD:754 | \$39

582 Sa 9:30am-1:30pm
July 30

Eileen Fraser
FV - SM, 129

So Easy to Preserve - Water Bath Canning Hands-On Workshop

Preserve the summer's bounty by attending this 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 making strawberry kiwi jam, jalapeno jelly, zesty peach BBQ sauce, applesauce and spicy chunky salsa, to name a few. You'll enjoy this now and later! 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 it!

FOOD:754 | \$39

580 Sa 9:30am-1:30pm
July 16

Eileen Fraser
FV - SM, 129

Compare and Contrast: Different Wine Varietals

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

FOOD:760 | \$15

M01 Tu 6:30pm-8:30pm
June 7

William Polhemus
The Wine Barrel

Great Summer Wines

Come and get a taste of 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 materials fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

FOOD:760 | \$15

M02 Tu 6:30pm-8:30pm
July 12

William Polhemus
The Wine Barrel

Performing Arts

Dance

Ballet Tone and Stretch for Beginners

Beginning techniques of classical ballet will be combined with toning and stretching on center floor and barre for overall body conditioning. No prior ballet experience required. Leotard, leggings or tights and ballet shoes required. Studio is located behind a kitchen and bath design store. No class 7/4.

DANC:701 | \$59

M01 M 7pm-8pm
June 6 - July 18

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 14 - Aug. 2

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. No class 7/4.

DANC:702 | \$69

M01 M 8pm-9pm
June 13 - Aug. 8

Studio-Brentwood

**Call 314-984-7777
to register beginning
May 2**

PERSONAL ENRICHMENT

Tap Dancing: Beginning

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

DANC:707 | \$69

M02 Th 8:15pm-9pm

June 16 – Aug. 4

Studio-Brentwood

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

M01 M 8pm-9pm

June 6 – July 18

ADIVA Dance Center

Do not purchase tap shoes until after first class. Studio is located behind a kitchen and bath design store. No class 7/4.

Belly Dance for Fun and Fitness

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

DANC:745 | \$59

M01 Tu 7pm-8pm

June 7 – July 12

ADIVA Dance Center

Slide Dancing for Fun and 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 7/2.

DANC:749 | \$69

580 Sa 10am-11:30am

June 4 – July 16

Stephanie Crusoe

FV - EC, LOBBY

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

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

DANC:719 | \$39

M01 M 6:30pm-7:45pm

June 13–June 27

Gerry and Bob Tevlin

Concordia Luth.-Krkwd, CAFE

Easy Social Dancing I and II

In this fun class, you'll learn how to look good and move with confidence on the dance floor. Start at the beginning or come back for a refresher and add some new moves to what you already know. It's fun, it's social, and you'll be out in the center of it all when the music starts playing at your next social gathering. You'll get help learning how to dance on the beat of the music; the best form for body positioning, posture and balance; how to lead and follow; how to spin (!), plus lots of great tips and ideas geared especially for each individual and couple. You'll practice forms of Swing, Slow, Latin and even Freestyle, if you like. Great music, lots of fun and all you need to know for your next social event or night on the town. Partners preferred. Fee is per person. Dress shoes recommended. No tennis shoes. No class 7/4.

DANC:728 | \$59

01 M 8pm-9:30pm

June 13 – July 25

Sherry Martin

Concordia Luth.-Krkwd, CAFE

Let's Swing! Quick Start for New Dancers

Swing is one of the most popular dances in St. Louis because it's lively, fun, easy and the music is great. Three short lessons are all it takes to get you started. Come try it out and see if you like it. If you're looking for a new leisure-time couple's activity, enjoyable exercise or just a fun time out with friends, swing dancing has it all. Bring two left feet, two right feet or one of each. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:738 | \$39

M01 M 6:30pm-8pm

July 11 – July 25

Sherry Martin

Concordia Luth.-Krkwd, CAFE

West Coast Swing Dancing

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

DANC:740 | \$69

M01 Th 7pm-8:30pm

June 9 – July 28

Sherry Martin

St John's Ev. UCC, CAFE

The Salsa Experience: Beginning

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

DANC:725 | \$59

P01 Tu 7pm-8:30pm

June 14 – July 19

Carmen Guynn

Almas Del Ritmo

Music

The Basics of Reading Music

Learn the basics information to understand how to read music. Learn about notes, time signatures, key signatures, rhythms and more. Text required. No class 6/9.

MUSC:725 | \$49

500 Th 4pm-5:30pm

May 26 – July 7

Christina Springer

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. Text Required - Bring to first class.

MUSC:705 | \$69

551 Th 7:30pm-9:30pm

May 26 – July 7

No Class 6/9

Christina Springer

FV - C, 114

650 Tu 7pm-9pm

June 7 – July 12

James Renz

MC - HW, 102

Beginning Improv Guitar

Develop your 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, and should be able to read basic melodies. Electric guitar with a small amp is preferred.

MUSC:705 | \$69

550 Th 7:30pm-9pm

June 2 – July 21

Christina Springer

FV - C, 114

Introduction to Guitar Ensemble Music

Students should have basic abilities on how to play the guitar. This class will consist of playing different genres of music in a group setting. Students will be taught basic theory and do lots of playing. Acoustic guitars only.

MUSC:705 | \$69

552 Tu 7:30pm-9:30pm

May 31 – July 5

Christina Springer

FV - C, 114

Piano: Beginning

In this enjoyable, relaxed approach to the piano, you will learn: 1) the letter names of notes and where they are on the keyboard, 2) simple chords to accompany melodies, 3) easy rhythm patterns, 4) pedaling. Text and headphones with 1/4 inch adapter required. Course is intended for those with little or no piano or music experience. No class 6/9.

MUSC:710 | \$69

550 Th 5:30pm-7:30pm

May 26 – July 7

Christina Springer

FV - C, 114

Piano: Advanced Beginning

Learn: more advanced rhythms - dotted rhythms and triplets, major chords and their functions, staccato playing, major scales and exercises, and expression marks and phrasing. 'Pop' music introduced. Songs will be played in major keys. There is a review at course's beginning if needed. Prerequisite: Basic knowledge of keyboard and letter names of notes recommended. Text and headphones with 1/4 inch adapter required.

MUSC:711 | \$69

550 Tu 5:30pm-7:30pm

May 31 – July 5

Christina Springer

FV - C, 114

Introduction to Choir Music

This class will work on vocal warm ups, sing beginning choir music and learn basic music theory.

MUSC:717 | \$49

500 Tu 4pm-5:30pm

May 31 – July 5

Christina Springer

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 8 – June 22

MC - SW, 208



Theater

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 6 – June 27

550 Tu 6:30pm-8:30pm
July 26 – Aug. 16

Bob Baker
MC - HW, 102
Bob Baker
FV - TC, 110

Exclamation Point!

"Loved the *Improv Comedy for Beginners* and *Bob Baker* was great!"

Maria P., St. Louis

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:720 | \$75

650 Th 6:30pm-9pm
June 2 – June 23

C50 Tu 6:30pm-9pm
May 31 – June 21

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

Digital Photography: Intermediate

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

PHOT:721 | \$75

C50 Tu 6:30pm-9pm
July 5 – July 26

650 Th 6:30pm-9pm
July 7 – July 28

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

Adobe Photoshop Creative Cloud (CC): Introduction

COMP:755 | \$129

C50 W 6pm-9pm
June 1 – June 22

Zak Zych
Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Intermediate

COMP:755 | \$129

C51 W 6pm-9pm
July 7 – July 27

Zak Zych
Corp. College, 206



Look for course descriptions for the following Adobe Photoshop classes for the Digital Photography Essentials program in Technology on page 14.

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

The photography classes and additional Photoshop classes meet the curriculum requirements of the program. Upon successful completion of the program requirements, a non-credit certificate of completion will be awarded.

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

Nature and Outdoor Photography

Improve your outdoor photography skills and expand your creativity. In this hands-on class, you'll learn the techniques to transform your nature and outdoor photography with infield, hands-on photo instruction coupled with classroom sessions and image critiques. You will gain a greater understanding of what makes a great photo, learn the techniques required, and pick up some tips and tricks professional photographers use. This class will meet in a classroom and in a nature setting. You will need to have your photos developed or printed and brought to the last class. Prerequisite: Digital Photography Introduction or Take Better Pictures: Introduction or equivalent experience. Bring digital camera to class. Field trips required. Details to be announced in class. Provide own transportation.

PHOT:708 | \$69

680 Sa 9am-11:30am
June 4 – June 25

Gary Hesse
MC - SW, 208

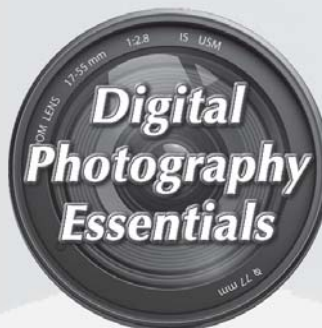
Field Photography: Sports, Concerts, Weddings and Events

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

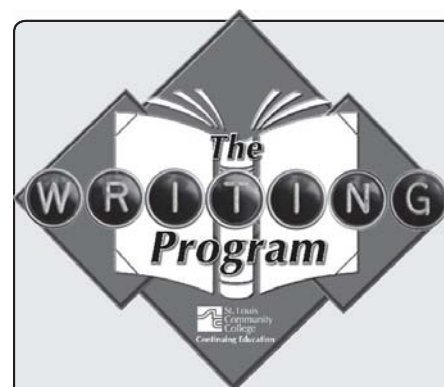
PHOT:712 | \$69

680 Sa 9am-11:30am
July 9 – July 30

John Kerans
MC - SW, 208



Writing



The St. Louis Community College Continuing Education **Writing Program** is designed for beginning or experienced writers who are looking for a course of study that will provide them with an opportunity to develop their own writing voice, build expertise in the art and craft of writing, and gain insight into today's publishing environment.

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

Request a brochure which includes the Writing Program requirements by calling us at 314-984-7777.

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 Tu 7pm-9:30pm
June 7 – June 28

Jordan Oakes
MC - BA, 114

Creative Writing for New Writers

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

WRIT:701 | \$59

680 Sa 9:30am-3:30pm
Aug. 6

Meredith McDonough
MC - SO, 108

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

651 Th 7pm-9:30pm
June 9 – June 30

Jordan Oakes
MC - BA, 120

Writer's Workshop: Revising and Editing

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

WRIT:706 | \$69

650 W 7pm-9:30pm
June 8 – June 29

Jordan Oakes
MC - BA, 120

New Focus on Fiction: How to Develop Memorable Characters

Memorable characters are the backbone of any story. Their actions keep the reader turning pages, and their individual personalities stay with the reader long after they've closed the back cover. It's a daunting challenge - crafting compelling characters from our imaginations. But if you can create dimensional characters, you'll be well on your way to writing a story that is believable, compelling, and perhaps unforgettable. In this course, you will discover techniques for developing heroes, antiheroes, villains, and more. Through lecture, examples, and in-class exercises, you will learn how to breathe life into your characters, flesh them out, make them captivating, and bring them to life on the page.

WRIT:706 | \$25

652 Tu 7pm-9:30pm
June 7

Melody Meiner
MC - SO, 206

Exclamation Point!

"Jeff Ricker is an excellent instructor. I have already recommended the course via my social media sites! Great course. Instructor MADE it so worthwhile. I'd take it again and can't wait to sign up for another."

Michelle C.

Focus on Fiction: Writer's Toolbox

Have you ever wondered how prolific writers generate so many ideas for characters and plots? Inspiration can strike at any time and come in many forms. The key is recognizing what captures your imagination, grabbing that inspiration and staying motivated when your idea loses some of its shine. In this course, you will discover ways to recognize and generate story ideas, tips for organizing these creative sparks and different methods for building stories from what inspires you. Through lecture, examples and exercises, you will learn how to find and unleash your many potential muses.

WRIT:706 | \$39

653 Tu 7pm-9:30pm
June 21 – June 28

Melody Meiner
MC - BA, 112

Write Your Memoir

Creativity isn't always required when it comes to good storytelling. When we write about our own lives and experiences, the story within us comes complete with compelling characters you already know and a great plot that's already been lived. We have everything we need right at our fingertips when we compose a memoir - except, perhaps, the writing techniques that can help us feel confident enough to put it all down on paper. A memoir isn't necessarily the same as an autobiography. It can focus on just your childhood or your adult years - or simply one particularly life-changing day. Every life is fascinating. Every story deserves to be told - and written. This class will guide you in writing your own very unique and special memoir.

WRIT:714 | \$69

600 W 1pm-3pm
June 8 – June 29

Jordan Oakes
MC - CE

Genre

Writing the Short Story

Short stories have to do everything that a novel does - deliver a compelling narrative about dynamic characters that the reader cares about - only they have to do it in a tenth of the length (or less). We'll discuss approaches to pacing, character, dialogue and compression, and use in-class writing exercises, written comments and workshop critiques to develop your understanding of what makes successful short fiction. We'll also read great stories by some of the masters of the form, such as Nobel Prize winner Alice Munro and Folio Prize recipient George Saunders.

WRIT:726 | \$69

650 Th 7pm-9:30pm
June 9 – June 30

Jeffrey Ricker
MC - CN, 204

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

654 Th 7pm-9pm
July 21 – Aug. 11

Charlene Oldham
MC - SO, 109

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 required to make self-publishing a successful venture. We'll cover everything from getting copyright registered, applying for an ISBN, good cover design, manuscript editing, print, eBooks and marketing.

WRIT:704 | \$39

650 Th 7pm-9pm
June 9 – June 16

Jill Mettendorf
MC - SO, 206

New Finding Writing Jobs Online

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
June 18

Charlene Oldham
MC - SO, 111

Program Completion

Portfolio Review - Writing Program

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

WRIT:740 | \$69

450 TBA

Jordan Oakes
FP - TBA

Registration
begins May 2



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 also learn leadership, grooming skills and behavioral problem-solving. Completion of all six classes qualifies you and your puppy to take the AKC S.T.A.R. Puppy Test on the sixth week. (STAR: Socialization, Training, Activity, Responsibility). Successful completion of the test enables you to send for an AKC STAR Puppy Certificate and Medallion. Puppies must be 9 weeks to 1 year old, have 2 series DHLPP and Bordetella immunizations. Proof of vaccinations required. Bring puppy to first class. Course information will be sent. No class 7/2.

ANIM:703 | \$69

M01 Sa 9:30am-11am
June 4 – July 16

Susan Baxter-Carr
RiverChase-Fenton

Dog Training: Basic Skills and Manners for the Family Dog

Do you walk your dog or does your dog walk you? If your time is limited and your budget won't spare the expense of private lessons, this is the perfect alternative! This course in basic skills and manners will give you and your dog a good introduction to beginning obedience commands over a period of 6 weeks. Accomplish your training goals quickly and start getting those behavior problems under control. Topics also touch on basic grooming, vaccinations, flea/tick control and traveling in the car. Bring your questions! Dog must be at least 6 months old and proof of vaccinations is required. Bring dog (and water bowl) to first class. Course information will be sent. No class 7/2.

ANIM:706 | \$69

M01 Sa 11am-12:30pm
June 4 – July 16

Susan Baxter-Carr
RiverChase-Fenton

Dog Training: Beyond the Basics

Beyond the Basics is a skills training class for dogs who already have an understanding of Heel, Sit, Down, Stay and Come. Through classwork, games and homework you will train your dog to obey hand signals as well as voice commands, such as: heel without pulling; sit or down stay with you in, then out of the room; off-lead recalls from a distance; and pay attention to you and not distractions. This class uses the Positive Reinforcement and Praise method of dog training. Dogs must have current vaccinations. Practice at home a must. Course information will be sent. No class 8/6.

ANIM:706 | \$69

M05 Sa 10:30am-12pm
July 23 – Aug. 27

Susan 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, water bowl, yummy dog treats or a favorite toy. No class 8/6.

ANIM:704 | \$59

M01 Sa 2pm-2:50pm
July 23 – Aug. 27

Susan Baxter-Carr
RiverChase-Fenton

Dog Sports: K9 Nose Work (Level I)

Dogs see the world through their noses. This sport is designed to develop your dog's remarkable sense of smell and natural scenting abilities by using their desire to hunt and their love of treats, toys, and exercise. It is a great way for your dog to build confidence and burn both mental and physical energy while having fun. If your dog has a nose, it can play this K9 Nose Work game. Bring your dog and learn together how to play this fun, new sport with our certified instructor. It's fun for both of you! Dogs must be at least 6 months old with current immunizations. Bring soft treats your dog likes (with a distinct scent), a 6-foot leash (no reels) plus flat collar (no choke collars) or harness, and crate or kennel for your pet. If you prefer to attend without your dog, see ANIM 706 M04 for a discount.

ANIM:706 | \$69

M03 W 7:30pm-8:45pm
June 8 – July 13

Sandra Ellison
RiverChase-Fenton

Dog Sports: K9 Nose Work (without the dog)

This class is the same as ANIM 706 M03, but without the dog. If you would like to learn to play this sport with your dog but due to your dog's shy, nervous, or reactive behavior aren't comfortable bringing him/her to a multi-dog activity. You are welcome to register to attend for yourself, to learn and watch and do the exercises with your dog at home.

ANIM:706 | \$59

M04 W 7:30pm-8:45pm
June 8 – July 13

Sandra Ellison
RiverChase-Fenton

DogSports: K9 Nosework (Level II): Vehicle Searches and Exterior Hides

If you and your dog loved our DogSports K9 Nosework course, you'll love the new challenges presented in these follow-up sessions. This Level 2 course will introduce new elements used in trials, though competition is not the goal or a requirement. Class will be held outdoors (weather permitting) and will include both exterior "hides" and vehicle searches. The trainer will also work on your ability to read your dog. These new search areas will be both challenging and more exciting for the dog and handler. Give your sniff-loving canine new skills. Prerequisite: Dogs must have successfully completed the beginning (Level 1) K9 Nose Work course.

ANIM:706 | \$59

M02 W 6pm-7pm
June 8 – July 13

Sandra Ellison
RiverChase-Fenton

Home Improvement and Maintenance

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

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

HOME:701 | \$19

650 Tu 7pm-8:30pm
June 21

Maria Gianino
MC - SO, 206

New Top 7 Strategies for Downsizing your Possessions or "What Am I Going To Do With All My Stuff?"

Are you starting to think about downsizing and are overwhelmed by the thought of dealing with all of the stuff you have accumulated over the years? Are you holding on to items that belong to your adult children because they do not have the room to store them themselves? Do you have items that belonged to your deceased parents that you are not ready to let go and sell or donate? There is a method to the madness of downsizing and Maria Gianino, International Society of Appraisers, Accredited Member and Certified Appraiser of Legacy Appraisals will give you an action plan to start the daunting task of moving on to the next stage of your life.

HOME:701 | \$19

651 Tu 7pm-8:30pm
June 28

Maria Gianino
MC - SO, 206

New Think Like a Decorator

Explore the decor process as an interior designer does, thinking through the potential for enhanced beauty and improved function in your own home. We will talk about YOUR needs...YOUR desires... YOUR "givens" (what you will keep and work with). We'll talk about quick-fixes, where to shop and who to go to for more help, classic decor mistakes and much more, including how to achieve budget-friendly make-overs and re-designs. You'll benefit from "fresh eyes" and a new understanding of design basics. Bring 3 of your favorite decorating magazines.

HOME:702 | \$69

650 M 7pm-9pm
June 6 – June 27

Deborah Weltman
MC - SO, 107

Interior Design: Color Schemes for Home, Kitchen and Bath

Give your home a face lift! Whether you prefer a bold or quiet color scheme, our experienced interior designer will show you how to select the best options for your space. You'll learn the secret of achieving a properly balanced and equally distributed color placement. We'll explore the combination of patterns in fabrics and furniture and how to integrate these patterns into your space. The selection of paint color, the color choices of wood tone, counter tops, cabinets, light fixtures and hardware will be addressed. Second class is a 2-hour field trip on Saturday morning, 6/11. Provide own transportation.

HOME:708 | \$39

350 Tu 6:30pm-9:30pm
June 7
Sa 9am-11am
June 11

Kathryn Leinauer
WW, 202
Wildwood - TBA

PERSONAL ENRICHMENT

Interior Design: Accessories for Home, Kitchen and Bath

Well-chosen accessories are the perfect finishing touch that every room deserves. In this class, you'll learn from a professional interior designer how to select the right shapes and sizes for your accessories and how to place them into the correct proportionate space. Choices of color and the combinations of patterns will be demonstrated. After this class, your rooms will reflect your personality with a professional touch. Second class is a 2-hour field trip on Saturday morning, 6/11. Provide own transportation.

HOME:709 | \$39

350 Th 6:30pm-9:30pm Kathryn Leinauer
June 9 WW, 202
Sa 9am-11am
June 11 Wildwood - TBA

Paint Like a Pro

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

HOME:713 | \$25

650 W 7pm-9pm Jean Linton
June 1 MC - SW, 106

Fearless Home Repair: Simple Plumbing Repairs for Kitchens and Bathrooms

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

HOME:713 | \$25

651 W 7pm-9pm Jean Linton
June 8 MC - SW, 106

Fearless Home Repair: Electrical Fixes

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

HOME:713 | \$25

652 W 7pm-9pm Jean Linton
June 15 MC - SW, 106
552 W 7pm-9pm Jean Linton
July 27 FV - E, 154

Fearless Home Repair: Simple Plumbing Repairs for Kitchens and Bathrooms

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

HOME:713 | \$25

551 W 7pm-9pm Jean Linton
July 20 FV - E, 154

Do-It-Yourself Ceramic Tiling

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

HOME:713 | \$25

654 W 7pm-9pm Jean Linton
June 29 MC - SW, 106

How to Work with 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 | \$25

550 W 7pm-9pm Jean Linton
July 13 FV - E, 154

How to Use Power Tools

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

HOME:713 | \$25

653 W 7pm-9pm Jean Linton
June 22 MC - SW, 106

Do-It-Yourself Drywalling

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

HOME:713 | \$25

553 W 7pm-9pm Jean Linton
Aug. 3 FV - E, 154

Master Naturalist

Master Naturalist Program

The Master Naturalist Program consists of *three components*:

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

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

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

Ecology

Indoor Composting: Make and Take Home a Bokashi Bucket

Don't throw away those scraps - up to 20% of household trash can be composted! The bokashi bucket system can be used year-round; it's quick, convenient and no 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 6/13. No refunds after this date.

ECOL:704 | \$49

650 Tu 7pm-8:30pm Kat Golden
June 28 MC - SW, 105

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:703 | \$29

680 Sa 9am-12pm
June 18

Dr. Catrina Adams
MC - SO, 204

Backyard Chickens for the Beginner

Have you thought about keeping chickens in your city or suburban backyard? There's a lot to find out about before you get started. Learn about local ordinances and where to find more information for the area where you live. You'll also hear about the benefits of keeping chickens, appropriate housing and feeding and different ways of keeping your chickens healthy and happy. Instructor has years of personal and professional experience and is an enthusiastic and knowledgeable, healthy chicken-farmer! Bring a sack lunch to class.

ECOL:705 | \$35

680 Sa 10am-2pm
June 4

Guy Niere
MC - SW, 105

Beyond the Coop: Advanced Topics for Experienced Backyard Chicken-Keepers

Bring your questions to class. This session is for individuals who have been keeping chickens for a while and are looking for answers to their specific questions and an overview for more in-depth information on the following topics: diseases, parasites and treatments; chicken anatomy and egg development; incubation and broody hatching; culling and processing; breed characteristics, showing, and judging for standards of perfection, supporting heritage breeds; and changing ordinances. This is an intermediate level class and will not include introductory information covered in previous class: Backyard Chickens for the Beginner.

ECOL:705 | \$25

681 Sa 10am-1pm
June 11

Guy Niere
MC - SW, 105

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 dogs, birds of prey, foxes, coyotes, raccoons, 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:705 | \$19

682 Sa 10am-12pm
June 18

Guy Niere
MC - SW, 105

Landscape and Gardening

New Good Gardening with Mike Miller

Join KMOX "Garden Hotline" expert and landscape consultant, Mike Miller, as he shares landscaping advice to help you make the best decisions-from start to finish- in the design and maintenance of your outdoor setting. This is your chance to ask questions, give comments and interact with others in the community with gardening tips, tricks and ideas. Class will be held outdoors to showcase examples. Dress appropriately for the weather.

HORT:711 | \$25

600 W 9am-11am
June 8

Mike Miller
MC - SO, 109

All About Herbs

There is still time to get your summer herb garden started. 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 Tu 6pm-9pm
June 14

Michelle Ochonicky
MC - SO, 107

New Container Gardening

No room to plant a large garden? Problem solved with Container Gardening! Join Master Gardener, Mike Ochonicky, and learn the basics of how to select containers, choose plants, plant and maintain flowers, veggies and herbs in a contained space. Suggestions for plant combinations will also be discussed. Make the best of the area you have to create visually appealing and functional surroundings.

HORT:714 | \$25

650 Th 6pm-8pm
June 16

Michelle Ochonicky
MC - SO, 109

New Small Yard Landscape and Gardening

Do you live in a home with a small yard for landscaping and gardening? Get your green thumb ready and explore ornamental species and hybrids of plants, trees, shrubs, vegetables, and herbs designed for small spaces. You'll learn to use color, vertical design, foliage and texture to make your small yard into a show-stopping, attention-getting focal point for you to enjoy.

HORT:711 | \$25

680 Sa 9am-11:30am
June 11

Nancee Kruescheck
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 18

Nancee Kruescheck
MC - SO, 107

The 'Other' Part of Gardening: Care and Maintenance of Flowers and Shrubs

Powdery mildew taking over your plants? Are your roses in need of deadheading? What's "bugging" your greenery and shrubs? Why are your plants not flowering? Learn how to maintain vigorous plants that continue to thrive throughout the season. With regular maintenance, you can keep your plants looking their best. Nursery owner Nancee Kruescheck will teach you "tips and tricks" on feeding, pruning and dealing with common pests and diseases. Bring your questions to class for this informative session.

HORT:723 | \$25

680 Sa 9am-11:30am
June 25

Nancee Kruescheck
MC - SO, 107

Nature

Nature Walk

With the warm weather upon us, it's time to get outside and see what's blooming! Join our small group tour to explore, discover and study the summer landscape observing the splendor of the environment of Shaw Nature Reserve. Naturalist Nancy will guide you along a 2-3 mile walk on well-maintained, mostly level paths through the Whitmire Wildflower Garden and on the Brush Creek Trail. Wear comfortable shoes and dress appropriately for the weather. In case of rain, class will be rescheduled to June 25. Meet at the picnic tables across from the visitor's center.

NATR:704 | \$19

M01 Sa 10am-12pm
June 18

Nancy Gelb
Shaw Nature Reserve

Looking at Summer Night Skies

Class meets on Mondays and Wednesdays. Observe and enjoy the night skies of summer. Learn how to find and identify the constellations and planets of this summer with the unaided eye, binoculars and telescopes. Discover how to observe meteors, auroral displays, artificial satellites and other naked eye phenomena. An introduction on how to observe the moon, planets, stars, constellations and nebula with a telescope will also be covered. Required: The current issue of Sky and Telescope (Sky Publishing) and The Night Sky 30-40 degree planisphere (Large; North Latitude) \$11.35 on amazon.com or equivalent planisphere. Publication Date: January 1, 1998; ISBN-10: 0961320753 or ISBN-13: 978-0961320751. Field trip to the Planterium will be discussed in class.

NATR:732 | \$59

650 MW 7pm-9:30pm
June 20 - June 29

Michael Malolepszy
MC - SO, 108

New The Wonders of Weather with TV Meteorologist John Fuller

Join KPLR-TV Chief Meteorologist John Fuller as he shares his knowledge from the basics of weather instruments to their function in making a forecast. Exciting labs will have you building the weather maps seen on television and understanding the technical terms. Fun experiments will demonstrate how rain, hail and tornadoes develop. We will examine tornado case events and the dynamics behind them. Finally, we will explore internet techniques that will make you the weather expert in your family or group of friends in just 3 hours. If you have ever wondered why the sky is the color blue, or why the weather changes so quickly, this class is for you!

NATR:734 | \$25

680 Sa 9am-12pm
June 18

John Fuller
MC - SO, 109

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 6/25 to the Busch Conservation area-St. Charles County. Provide own transportation and meet at the Jim Ziebol Butterfly Garden at 9:30 AM. 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

Yvonne Homeyer

Pat Garner

MC - SO, 109

June 21

Sa 9:30am-11:30am

June 25

Busch Conservation Area

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

650 Tu 7pm-9pm

June 21

MC - SO, 107

Forest Park Owls: Hiding in Plain Sight

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

NATR:709 | \$25

651 Tu 6:30pm-8:30pm **Mark H.X. Glenshaw**

July 12

MC - SO, 107



For Goodness Snakes!

Snakes are one of the most widely misunderstood animals in nature. Learn to identify common Missouri venomous and nonvenomous snakes and dispel those popular myths you might have heard. Join Janet Price, Interpretive Resource Specialist at Johnson's Shut-Ins State Park as she shares "tips and tricks" to help you distinguish differences between the species and help you gain accurate knowledge of local serpents.

NATR:721 | \$25

650 Th 6:30pm-8:30pm

June 23

Janet Price

MC - SO, 109

New Managing Hives for Honey Production, Extracting and Bottling Instruction

Designed for individuals who are currently involved in beekeeping, those who are thinking about keeping bees and want to learn more about the harvesting of honey and folks just interested in learning about the process. You'll learn the concepts of honeybee development and identifying seasonal patterns to prepare your colonies for honey production; what to expect with a honey harvest, as well as when and how to process bottled local honey. Come explore the different colors and flavors of honey, what makes honey different from other sugars, and how to cook with and pair honey with other foods.

NATR:733 | \$29

650 Tu 6pm-9pm

June 21

Jane Sume

MC - SO, 204

Native Tree Identification

This class meets Tuesday and Saturday. Learn about Missouri tree identification with Tom Ebeling of 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:722 | \$35

350 Tu 6pm-8pm

July 12

Sa 10am-12pm

July 16

Tom Ebeling

WW, 208

Rockwood Reservation

Geology of Missouri

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

NATR:730 | \$29

680 Sa 9am-12pm

June 18

Jeffrey Smith

MC - SW, 106

Real Estate

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

450 W 7pm-9pm

June 1

Jill McCoy

FP - G Tower, 115

650 Th 7pm-9pm

June 23

Jill McCoy

MC - CN, 225

Buying a Home? Top Home Buying Mistakes to Avoid

"If only we had known..." is the sad tale of too many home buyers. Come spend a valuable evening preventing mistakes that don't have to happen. Purchasing a home is the largest investment you'll ever make. Come get the inside scoop to avoid surprises at closing. We'll discuss what you need to know before you purchase, what you can expect throughout the process, the strategies to use to obtain the best value, the importance of understanding the contracts you sign, getting the right inspections before closing the deal and how to safeguard yourself in any market.

REAL:701 | \$19

650 Th 7pm-9pm

June 9

Jill McCoy

MC - CN, 225

Real Estate Investing for Income

True financial wealth is about having the unearned income to finance your life goals without having to work. Private market commercial real estate returned an average of 8.4% over the 10-year period from 2000 to 2010. The key is to understand what you are buying by having a solid knowledge and a good plan. Come find out how to plan your investment strategies to lead to true financial wealth.

REAL:712 | \$29

350 Tu 7pm-9pm

June 28

Jill McCoy

WW, 208



Exclamation Point!

"Our instructor, **Janet Price**, came prepared to not only inform us about snakes, but also to modify those who are ardently "anti-snake" and she did just that."

Mary Q., Concord Village

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:735 | \$25

650 Tu 6:30pm-9pm
June 14

Margie Bittner
MC - SO, 206

Ten Steps to Financial Freedom

Take control of your finances and bring balance to your budget. Taught by a CPA, you'll get the tools to learn step-by-step processes to creating budgets, lowering your debt, and starting on the path to accumulating wealth through saving and investing for your future use. The course will help provide a framework and process to follow in order to take control of your financial life and make a positive impact for the years ahead.

FINC:735 | \$19

450 Tu 6pm-8pm
June 14

Andrew Hall
FP - G Tower, 113

550 Tu 6pm-8pm
June 21

Andrew Hall
FV - B, 125

New Understanding Wall Street

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

- Stocks, Bonds, and Mutual Funds - What's the difference?;
- Tax Considerations: the ultimate loophole;
- Understanding Fees;
- Common Financial Myths;
- Overcoming Obstacles to creating wealth
- Exit Strategies - How these vehicles can affect your legacy.

FINC:765 | \$19

650 W 6:30pm-8pm
June 29

Andrew Hall
MC - SO, 107

Foundations of Investing

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

FINC:705 | \$39

650 Tu 6:30pm-9pm
July 12 - July 19

Margie Bittner
MC - SO, 109

Estate Planning

New Preparing Your Estate Plan

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

FINC:710 | \$35

650 Th 7pm-9pm

June 23

Margie Bittner
Kathleen Gmelich
MC - SO, 204

Retirement Planning

New Retirement Planning 101

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

FINC:736 | \$49

480 Tu 6pm-9pm
June 21 - June 28

Steven Bailey
FP - G Tower, 115

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

650 Tu 7pm-9pm
June 14

Steve Glazer
MC - SO, 204

351 Tu 7pm-9pm
June 21

Steve Glazer
WW, 208

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

651 Tu 7pm-9pm
June 28

Steve Glazer
MC - SO, 204

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

350 W 7pm-9pm
June 8

Steve Glazer
WW, 208

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:746 | \$25

650 Tu 6:30pm-8:30pm
June 14

Mary Biggs
MC - SO, 109

Long Term Care

Connecting you to what matters most; your family, your home, your nest egg. No one knows what the future may hold in store. This workshop will discuss the need and solution to meeting your potential long term care needs.

FINC:746 | \$25

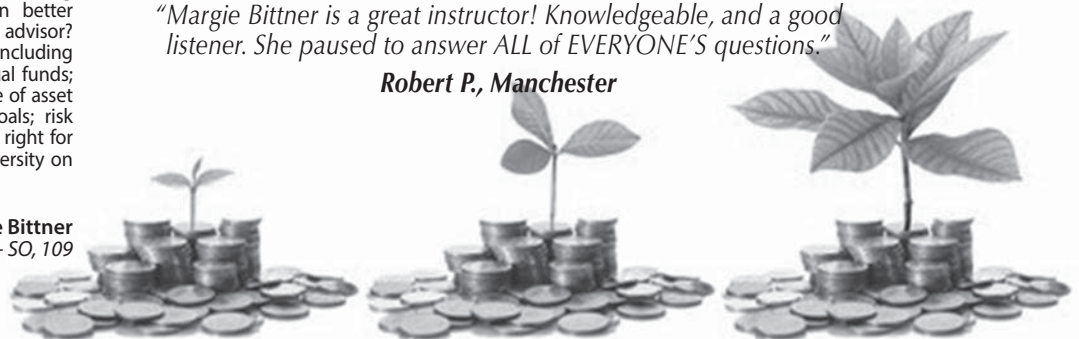
651 Th 7pm-9pm
June 23

Steve Glazer
MC - BA, 112

Exclamation Point!

"Margie Bittner is a great instructor! Knowledgeable, and a good listener. She paused to answer ALL of EVERYONE'S questions."

Robert P. Manchester



Call 314-984-7777 to register beginning May 2

Language & Communications

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

Chinese

Chinese for First Timers

Explore an ancient culture and language with Chinese for First Timers! This is the perfect class for beginners that are ready to start with the basics. You will be introduced to pronunciation, the Pin Yin system, greetings and basic sentences. No text required. No class 7/4.

FLCH:717 | \$59

650 M 7pm-9pm
June 13 – July 11

John Yeh
MC - SO, 105

French

French for the Traveler

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

FLFR:716 | \$75

600 MW 4:30pm-6:30pm
June 6 – June 22

Marcel Kyle
MC - CN, 228

No text required. Bring a pocket folder, notebook and pen to class.

650 TuTh 7pm-9pm
June 14 – June 30

Patricia Adams
MC - BA, 124

Text required-bring to first class.

French Language: Beginning I

Class meets Mondays and Wednesdays. Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations in French! Especially helpful if you're planning to visit Canada or Europe. Concentration will be on the oral use of the language in dealing with everyday situations. No text required. Bring a pocket folder, notebook and pen to class.

FLFR:717 | \$99

650 MW 7pm-9pm
June 6 – June 29

Marcel Kyle
MC - CN, 228

French Conversation: Intermediate I

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

FLFR:720 | \$99

650 TuTh 7pm-9pm
June 7 – June 30

Marcel Kyle
MC - CN, 227

German

German for the Traveler

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

FLGE:716 | \$75

650 Th 6:30pm-8:45pm
June 9 – June 30

Dustin Glastetter
MC - CN, 226

651 W 6:30pm-8:45pm
July 6 – July 27

Dustin Glastetter
MC - CN, 203

Japanese

Japanese Language: Beginning I

This class introduces the Japanese language and culture through conversation. The goal is mastery of the basic grammatical structures. Cultural aspects of the class include customs, modern topics and traditions. No text required, handouts provided. No class 7/2.

FLJP:717 | \$99

480 Sa 10am-12pm
June 11 – Aug. 6

Satoko Kimzey
FP - G Tower, 111

Spanish

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 M 6:30pm-8:30pm
June 13

Maria de la Garza
MC - SO, 111

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! One class will be held at a local restaurant where students will be able to test their new skills by ordering in Spanish! Text required - bring to first class.

FLSP:716 | \$75

450 W 7pm-9pm
June 29 – Aug. 3

Timothy Neckermann
FP - G Tower, 119

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
June 13 – Aug. 15
No class 7/4, 7/18

Ann Matthews
WW, 202

450 Th 7pm-9pm
June 30 – Aug. 18

Timothy Neckermann
FP - G Tower, 113

Spanish Grammar: Level I

Become proficient in conjugating verbs! Gain an in-depth understanding of the present tense through writing and practice speaking as you master the Spanish language. Prerequisite: Spanish Language - Beginning I or equivalent experience. Text required - bring to first class. No class 7/4, 7/18.

FLSP:765 | \$99

600 M 3:30pm-5:30pm
June 13 – Aug. 15

Ann Matthews
MC - CS, 209

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 7/21.

FLSP:717 | \$99

600 Th 4pm-6pm
June 16 – Aug. 11

Ann Matthews
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 Language: Beginning I or equivalent experience. Text required-bring to first class.

FLSP:718 | \$99

650 W 7pm-9pm
June 15 – Aug. 10
No class 7/20.

Ann Matthews
MC - CS, 206

450 Tu 7pm-9pm
June 28 – Aug. 16

Timothy Neckermann
FP - G Tower, 113

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 Language: Beginning II or equivalent experience. Text required-bring to first class. No class 7/21.

FLSP:719 | \$99

650 Th 7pm-9pm
June 16 – Aug. 11

Ann Matthews
MC - CS, 206

Spanish Conversation: Intermediate I

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

FLSP:720 | \$99

650 Tu 7pm-9pm
June 7 – July 26

Maria de la Garza
MC - CN, 226

Spanish Conversation: Intermediate II

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

FLSP:721 | \$99

650 W 7pm-9pm
June 8 – July 27

Maria de la Garza
MC - CN, 202

Sign Language

Getting Started with Sign Language I

Ready to get started? Join other individuals who would like a basic knowledge and learn common vocabulary (numbers, feelings, opposites, colors, food, etc) to begin communicating in Sign Language. Class does not cover ASL sentence structure. No text required.

SIGN:701 | \$99

550 Th 6:30pm-8:45pm

June 16 – July 28

Cynthia Hayes

SCEUC, 122

Sign Language: Beginning ASL

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

SIGN:701 | \$99

550 W 6pm-8pm
June 8 – July 27

Steven DeShetler

FV - SS, 101

Sign Language: Intermediate ASL

Continue learning additional ASL concepts, finger spelling and hand signs in this Intermediate course. Prerequisite: Sign Language: Beginning ASL or equivalent experience. Text required-bring to first class.

SIGN:703 | \$99

550 Tu 6pm-8pm
June 7 – July 26

Steven DeShetler

FV - SS, 106

Historical Studies

History

Henry Ford: The Man Who Invented the Modern Age

Born on a Michigan farm, Ford became fascinated by the advent of the mechanical age and spent his time tinkering to make his machines run better. Transitioning to a management role, he built a massive empire, put America on wheels and tried his hand at International Diplomacy before attempting to make the transition from business magnate to political leader. As an aging industrial statesman, his passions and prejudices inflamed the public that could never truly love or reject him. Fire up your Tin Lizzy and spend an evening examining this life that continues to impact our own.

HIST:703 | \$19

650 W 7pm-9pm
June 8

James Gallen

MC - SO, 205

Battle of Antietam (Battle of Sharpsburg)

The Battle of Antietam, America's Bloodiest Day, was a one-day battle near Sharpsburg, VA. The locale was chosen by Robert E. Lee. This Antietam Campaign was the first battle in which Lee brought his Army of Northern Virginia north into one of the loyal slave-owning states. One reason for coming north to fight was so his army could live off of Union farmers' food and in hopes that many men in Maryland would enlist in his army as it came through. You'll see what great opportunity there was in fighting there and what really happened. The instructor will have a few Civil War photos in stereo of the battle.

HIST:705 | \$19

650 W 7pm-9pm
June 15

Wynn Ward

MC - SO, 205

Civil War Presidents and Their Wives

Neither Abraham Lincoln nor Jefferson Davis were popular presidents with the people. In Missouri, Lincoln carried only two counties in the 1869 election. Jefferson Davis never ran for the office of President. You will learn how Davis was selected. Both men worked long hours to do their best as President and as Commander-in-Chief of their armed forces. Hear what they each did right and what they could have done better. Each of the First Ladies had their detractors also, and each of them were very loyal to their husbands. You may decide if these ladies had an impact on the course of the war or not.

HIST:705 | \$19

651 W 7pm-9pm
June 22

Wynn Ward

MC - SO, 205

Civil War "News"

Have you ever wondered how Civil War news got to people across the land? Before radio, TV and Internet there were newspapers and magazines. Newspapers were in almost every town and there were several in larger cities. Large newspapers had their own correspondents who traveled with the armies, while small town papers shared a correspondent with neighboring town papers. You'll find out how quickly people received "current" news stories. Photography was new and very popular with everyone. In this class, you will have the opportunity to see some of the famous Civil War photos in stereo, the way they were taken and viewed at the time.

HIST:705 | \$19

652 W 7pm-9pm
June 29

Wynn Ward

MC - SO, 205

The Lost Battalion (World War I)

In the midst of the largest American battle ever, the Meuse-Argonne offensive, a reinforced battalion from the 77th Division found themselves cut off by the Germans. They made a legendary stand that demonstrated the best of the young soldiers, displaying to the world that Americans might have come late to the war, but did not lack courage.

HIST:714 | \$19

652 Tu 7pm-9pm
June 21

Thomas Hoff

MC - CN, 225

The Battle of Belleau Wood (1918)

A Marine Lieutenant, when digging in at Belleau Wood, was told by the retreating French to fall back, the German forces were too numerous. The Lieutenant replied, "Retreat? Hell! We just got here!" Come and learn how about the baptism of fire the U.S. Army and Marine Corps experienced in this key World War I battle.

HIST:714 | \$19

651 Th 7pm-9:30pm
June 23

Chris Ketcherside

MC - BA, 114

Comrades and Commissars: The Abraham Lincoln Battalion in the Spanish Civil War

When a Fascist revolt broke out in 1936 Spain, support for the Republic came from wide variety of sources. This resulted in the creation of the International Brigades. The main American component was the Abraham Lincoln Battalion. This is the story of those idealistic young Americans who went to fight and die on Spanish soil.

HIST:714 | \$19

653 Tu 7pm-9pm
June 28

Thomas Hoff

MC - CN, 225

Battle for Berlin: World War II

Come hear about the epic final clash in Europe that ended World War II. We will look at the details of the Soviet offensive to capture the capital of the Third Reich and destroy the regime. The battle pitted over 2 million Soviet soldiers against half a million remnants of the Wehrmacht. We will discuss in depth the urban warfare, the rivalry between Soviet commanders, what manner of defenders were left, what Hitler's inner circle were doing, and Soviet treatment of civilians. In addition to the details of the battle, we will discuss Hitler's personal last stand and the decision to allow the Soviets to capture Berlin instead of the Western Allies. Along the way we will discuss whether the American or British Allies should have attacked Berlin, or even if they could have.

HIST:714 | \$19

650 Th 7pm-9:30pm
June 16

Chris Ketcherside

MC - BA, 114

Misconceptions of World War II

A class for history-buffs with a solid knowledge of WWII or for those interested in sorting fact from fiction about commonly misunderstood facets of the war. This class will explore issues such as which country really had the edge in technology, how "General Winter" was not the cause of defeat in front of Moscow in 1941, what "blitzkrieg" really was and other common misconceptions of the war.

HIST:714 | \$19

600 Th 1pm-3:30pm
June 9

Chris Ketcherside

MC - SO, 107

The Inchon Invasion

The Inchon Invasion, planned by General MacArthur, was the first turning point of the Korean War. The U.S. Marines made a surprise amphibious landing at this strategic port, which was criticized as a bold and risky move. Learn why this changed the course of the war, and how it was a very close and hastily planned battle.

HIST:703 | \$19

600 Th 1pm-3:30pm
June 30

Chris Ketcherside

MC - SO, 107

Toes into Quagmire: How America Came to Care about Vietnam

Prior to France's defeat there, most Americans would have been unable to find Vietnam on a map. How then, sometime between the end of World War II and the Johnson Administration, did it come to occupy center stage in our foreign policy? This course will explore the back story of Western (and Eastern) involvement in Vietnam leading up to the Tonkin Gulf Incident. It will discuss American interest in Vietnam in the context of Cold War politics and introduce students to the internal dynamics of this tropical, primitive state just larger than New Mexico. Whether you lived through the period during which America grew increasingly interested in Vietnam or arrived later, and are still attempting to determine what we were doing over there, join us. We look forward to hearing a range of perspectives.

HIST:703 | \$19

651 M 7pm-9pm
June 20

Katie Young

MC - SO, 205

Bogged Down in Soggy Boots: America's War in Vietnam

In 1965, twenty years after the first American was killed in Vietnam, American combat troops arrived there. Virtually unconstrained by legal limitations, President Lyndon Johnson had made clear (kind of) his intention to pursue the war he had inherited. This second installment of American involvement in Vietnam will focus on that which followed the disputed August 1964 Tonkin Gulf Incident. It will explore key events in the Vietnam experience through 1973, when the last American combat troops departed the defoliated jungle. This session will also discuss the role of American decision makers, not least of all Presidents Johnson and Nixon, in directing the course of the war. Join us to determine whether the rabble-rousers at home who opposed the war had any valid complaints.

HIST:703 | \$19

652 M 7pm-9pm
June 27

Katie Young
MC - SO, 205

Tours and Trips

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, 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, a huge red 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: 5/15.

TRIP:702 | \$89

MD1 W 8:30am-4:30pm
June 1

Douglas Schneider
MC - Off Campus

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

Take a bus ride on the Mother Road. 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. See tourist traps, petroliana, a winged moose, open mines, a haunted truck stop, historic neon signs, Civil War sites. 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 8

Douglas Schneider
MC - Off Campus

Re-live the 1904 World's Fair

Join us for an illustrated, narrated tour of the actual fair grounds of the 1904 World's Fair in and around Forest Park. Travel back in time through a narrated 3-D stereoscopic slide presentation, then travel to the sites of the marvels you've just seen. Fee includes a light lunch of foods made famous at the fair and print materials (including maps). Special 3-D glasses are supplied. Some walking required. Provide own transportation for the tour. Rain date: 7/9.

TRIP:701 | \$45

480 Sa 8:30am-1:30pm
June 4

Charles Koehler
Doug Schneider
FP - G Tower, 115

Vive la France and Vin

Come spend a memorable day in beautiful, historic Ste Genevieve, the oldest French town west of the Mississippi. We'll tour the Bolduc House, the Felix Valle House and the Catholic church. At another location we'll tour another historic home which houses an art gallery and a lovely garden. Lunch will be at Audubon's. Then it's "au revoir" to Ste Genevieve, "bonjour" to Crown Valley Winery! We're off on a bus tour of vineyards and farm followed by a five-sample wine tasting and souvenir glass. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 5/26.

TRIP:702 | \$79

MD3 Th 9am-5pm
June 16

Joan Huisinga
MC - Off Campus

Alton Gardens and Hakuna Matata Cruise

We'll start the day with a visit to the Gordon Moore Park Rose Garden, home to 125 varieties of roses and 1,600 bushes. Then we'll arrive at the Lewis and Clark College Gardens, created under the guidance of the Missouri Botanical Gardens, it features six signature gardens with unique sculptures, fountains, lakes and ponds. Lunch will be at Josephine's Tea Room, followed by a visit to Beall Mansion, a 3-story, 10,000+ square foot bed and breakfast inn. Then it's time to relax on a one-hour sightseeing cruise on the Hakuna Matata, offering 360 degree views of the river, bluffs and historic points of interest. Tour includes transportation, tour guide, admissions, lunch and gratuities. Withdrawal deadline for refund: 5/16.

TRIP:702 | \$99

VD1 F 7:30am-4:45pm
June 17

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.

MD4 F 7am-5:30pm
June 17

Dea Hoover
MC - Off Campus

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

Public Art Tour

St. Louis is a city of famous classical sculpture and exciting modern sculpture. As we drive around the city learn the history from a historian and artistic merit from an art expert. Bring your cameras for pictures of the unique outdoor statues. Enjoy lunch at Kemoll's. Some short walking to statues hidden from the road. Meet tour bus on Lot E on NW side of Meramec campus. Registration/withdrawal deadline: 6/7. No refunds after that date.

TRIP:701 | \$79

MD1 Tu 9am-4pm
June 28

Joan Huisinga
MC - Off Campus

Taste of Summer

We've found a perfect way to spend a hot mid-summer day! We'll begin at a St. Louis favorite summer treat spot, Crown Candy Kitchen, where you'll enjoy a malt or sundae and shop on your own for store-made candy to take home. The next stop is Kimmswick, for lunch at the Blue Owl and time for a bit of shopping in the quaint stores of the village. On the way home, we'll stop at Ices Plain 'n Fancy for a cooling taste of their Nitro Ice Cream, flash-churned at minus 321 degrees right before your eyes. Tour includes transportation, tour guide, ice cream treats, lunch and gratuities. Withdrawal deadline for refund: 6/28.

TRIP:701 | \$79

MD2 F 10am-4:30pm
July 15

Dea Hoover
MC - Off Campus

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

VD1 F 9:30am-5pm
July 15

Dea Hoover
FV - Off Campus

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

Hermann (via Amtrak): Dierberg's Living History Farm

Your day will start with a departure aboard Amtrak Missouri River Runner in Kirkwood. Arrive at the German settlement town of Hermann for a casual summer lunch at Hermannof. The afternoon will be spent at Dierberg's Living History Farm where you'll have the opportunity to learn about the techniques of the original German settlers. There will be a bonus presentation by local 4H'ers who learn by doing in our more modern agriculture scene. We'll enjoy an ice cream break before departing for home. Tour includes train and tour bus transportation, guides, tour, lunch, dessert and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 6/17.

TRIP:702 | \$99

MD5 Th 9am-6pm
July 21

Dea Hoover
MC - Off Campus

Hannibal - America's Hometown

Your day in Hannibal will start with a tour of the Mark Twain Boyhood Home and Museum, see where Samuel Clemens grew up and enjoy a private talk by the curator. Lunch will be dockside on the Mark Twain Riverboat, after which you'll take a one hour sight-seeing cruise on the Mississippi River. The final highlight of the afternoon will be viewing the show "Mark Twain Himself" at the Planter's Barn Theater, performed by Richard Garey. Tour includes transportation, tour guides, admissions, cruise, lunch and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 7/1.

TRIP:702 | \$109

MD6 M 7:30am-7pm
Aug. 1

Dea Hoover
MC - Off Campus

Foundry Arts Centre and Historic St. Charles

Your day will start at the Foundry Arts Centre to see incredible artisans at work in a former train car factory while on a specially guided tour. You'll enjoy a private luncheon at the Arts Centre before departing for a visit to the Old State Capitol in Historic St. Charles (Missouri's first state capitol, 1821-1826). The Federal-style complex has been restored and features 11 rooms. There will be time to stroll the quaint shops of historic Main Street before departing for home. Tour includes transportation, guides, tours, lunch and gratuities. Withdrawal deadline for refund: 8/1.

TRIP:702 | \$79

MD7 Th 9am-5pm
Aug. 25

Dea Hoover
MC - Off Campus

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

VD2 Th 9:30am-4:30pm
Aug. 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.

Unraveling the Mystery: Using Online Reviews and Booking Travel on the Internet

You've heard a lot about online travel websites. Kayak, Yelp!, TripAdvisor, Hotels.com, Expedia, Priceline and Orbitz are Internet sites for booking hotels, restaurants, flights and rental cars. Do you know which sites are reviewer-driven sites and which of them are vendor-driven sites? How can you tell if it's a real review or a fake? What if you book something through a third party then the hotel says they cannot make any changes to the booking? Learn the ins, outs, purchaser rights and safety precautions of reviewing and booking travel online. This class will help you move confidently and courageously into your next travel adventure using convenient online travel options!

TRIP:703 | \$25

650 M 7pm-9pm
July 11

Dea Hoover
MC - SO, 107

Recreation, *Fitness* and *Wellness*

Cards and Games

Bridge: Supervised Party Bridge with Intermediate Instruction

Practice what you've learned in a structured party bridge setting. You will be playing bridge, keeping score, and learning how to play your hand more skillfully. Prerequisite: A firm grasp of Beginning Bridge.

GAME:702 | \$65

550 Th 7pm-9pm
June 2 – July 21

George Hawley
FV - SC, PDR-A

Chess I: Beginning to Intermediate

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

GAME:710 | \$59

P01 Tu 7pm-9pm
May 31 – June 28

Edward Baur
Chess Club & Scholastic
Ctr SL

Fencing

Fencing: Beginning I and II

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

PEDU:745 | \$59

650 W 5:30pm-6:20pm
June 8 – Aug. 3

Patrick Dorsey
MC - PE, 201

Motorcycle Rider Training

Motorcycle Safety Basic Rider Course (BRC)

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

MOTR:701 | \$225

480	SaSu 7am-5pm June 4 – June 5	FP - D Tower, 215	487	SaSu 9am-7pm June 25 – June 26	FP - D Tower, 215
481	SaSu 9am-7pm June 4 – June 5	FP - D Tower, 215	488	SaSu 8am-6pm July 9 – July 10	FP - D Tower, 215
482	SaSu 7am-5pm June 11 – June 12	FP - D Tower, 215	489	SaSu 8am-6pm July 16 – July 17	FP - D Tower, 215
483	SaSu 9am-7pm June 11 – June 12	FP - D Tower, 215	490	SaSu 8am-6pm July 23 – July 24	FP - D Tower, 215
484	SaSu 7am-5pm June 18 – June 19	FP - D Tower, 215	491	SaSu 8am-6pm July 30 – July 31	FP - D Tower, 215
485	SaSu 9am-7pm June 18 – June 19	FP - D Tower, 215	492	SaSu 8am-6pm Aug. 13 – Aug. 14	FP - D Tower, 215
486	SaSu 7am-5pm June 25 – June 26	FP - D Tower, 215	493	SaSu 8am-6pm Aug. 20 – Aug. 21	FP - D Tower, 215
			494	SaSu 8am-6pm Aug. 27 – Aug. 28	FP - D Tower, 215

Basic Bike Bonding Rider Course (BBBRC)

Bike Bonding refers to the connection and interaction of the rider and motorcycle. Good bike bonding helps riders automate their physical skills so they can devote more attention to road and traffic conditions (searching and evaluating). The objective of the Basic Bike Bonding Course is to develop and practice basic skills beyond those acquired in the Basic Rider Course. The course is designed to provide sufficient control skills to handle a motorcycle in more challenging street situations in a low risk, effective, and enjoyable training environment. The BBBRC is also an excellent refresher course for those that may not have ridden for a period of time since their Basic Rider Course or desire additional practice time. You must have completed the BRC or have sufficient riding skills and experience to operate a motorcycle with basic proficiency. Students must have a motorcycle endorsement or motorcycle permit. There is no classroom portion to this course. Training motorcycles are provided. The BRC or Returning Rider BRC are recommended prerequisites for the novice rider; however, not required. Must have motorcycle permit or M-endorsement, be 18 years of age or older. Loaner motorcycles provided. This is not a MO State waiver class.

MOTR:703 | \$59

480 Su 7am-12pm
Aug. 7

Jeff Pittenger
FP - F Lot



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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

Four Sessions | \$45

800	Th 6pm-7pm	
	June 2 – June 23	Golfport-MH
802	Sa 10am-11am	
	July 9 – July 30	Golfport-MH
810	W 7pm-8pm	
	May 25 – June 15	Big Bend GC
811	M 5pm-6pm	
	June 6 – June 27	Big Bend GC
812	M 6pm-7pm	
	June 6 – June 27	Big Bend GC
813	M 7pm-8pm	
	June 6 – June 27	Big Bend GC
814	M 7pm-8pm	
	July 11 – Aug. 1	Big Bend GC
815	Sa 8am-9am	
	June 4 – June 25	Big Bend GC

Women Only

801	Th 7pm-8pm	
	June 2 – June 23	Golfport-MH

Six Sessions | \$59

890	W 10am-11am	
	May 18 – June 22	Tower Tee
891	W 7pm-8pm	
	May 18 – June 22	Tower Tee
892	Th 7pm-8pm	
	July 7 – Aug. 11	Tower Tee
893	Tu 6pm-7pm	
	July 19 – Aug. 23	Tower Tee
894	Sa 9am-10am	
	May 21 – July 9	Tower Tee
	No Class 5/28, 7/2	
860	M 6pm-7pm	
	June 6 – July 18	Sunset Hills Golf LC
	No Class 7/4	
880	Tu 7pm-8pm	
	May 31 – July 5	The First Tee
881	Sa 10am-11am	
	June 11 – July 23	The First Tee
	No Class 7/2	
871	Th 6pm-7pm	
	July 21 – Aug. 25	Ruth Park GC

12 Sessions | \$109

870	TuTh 11am-12pm	
	July 19 – Aug. 25	Ruth Park GC

Golf: Combo Class

Enjoy a combination of short game, full swing and on course lessons. The first few classes will be on the practice range and remaining will be on the course. On course strategy and mental game will be discussed.

PEDU:732 | \$59

890	W 11am-12pm	
	May 18 – June 22	The First Tee
893	Th 6pm-7pm	
	May 19 – June 23	Tower Tee
895	M 7pm-8pm	
	June 6 – July 18	Tower Tee
	No Class 7/4	
897	Tu 7pm-8pm	
	July 19 – Aug. 23	Tower Tee
899	Sa 10am-11am	
	July 16 – Aug. 20	Tower Tee

Golf: Beginning II

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

PEDU:731

Four Sessions | \$45

800	Th 6pm-7pm	
	July 7 – July 28	Golfport-MH
802	Sa 10am-11am	
	June 4 – June 25	Golfport-MH
810	W 6pm-7pm	
	May 25 – June 15	Big Bend GC
811	W 6pm-7pm	
	June 29 – July 20	Big Bend GC
812	M 5pm-6pm	
	July 11 – Aug. 1	Big Bend GC
813	M 6pm-7pm	
	July 11 – Aug. 1	Big Bend GC
814	Sa 9am-10am	
	June 4 – June 25	Big Bend GC

Women Only

801	Th 7pm-8pm	
	July 7 – July 28	Golfport-MH

Six Sessions | \$59

890	Tu 10am-11am	
	May 31 – July 5	Tower Tee
891	W 10am-11am	
	July 6 – Aug. 10	Tower Tee
892	M 6pm-7pm	
	June 6 – July 18	Tower Tee
	No Class 7/4	
893	Sa 11am-12pm	
	May 21 – July 9	Tower Tee
	No Class 5/28, 7/2	
894	Sa 9am-10am	
	July 16 – Aug. 20	Tower Tee
860	M 7pm-8pm	
	June 6 – July 18	Sunset Hills Golf LC
	No Class 7/4	
861	W 7pm-8pm	
	June 1 – July 6	Sunset Hills Golf LC
880	Tu 6pm-7pm	
	May 31 – July 5	The First Tee
881	Sa 11am-12pm	
	June 11 – July 23	The First Tee
	No Class 7/2	
870	Tu 6pm-7pm	
	July 19 – Aug. 23	Ruth Park GC

Golf: Short Game Skills

Whether you are a beginning student or just wanting to improve your golf game, this class will cater to you. Class will cover putting, chipping and pitching.

PEDU:732 | \$59

891	Tu 10am-11am	
	July 19 – Aug. 23	Tower Tee
892	W 6pm-7pm	
	May 18 – June 22	Tower Tee
896	Th 6pm-7pm	
	July 7 – Aug. 11	Tower Tee
898	Sa 10am-11am	
	May 21 – July 9	Tower Tee
	No Class 5/28, 7/2	
880	W 7pm-8pm	
	June 8 – July 13	The First Tee
861	W 6pm-7pm	
	June 1 – July 6	Sunset Hills Golf LC

Golf for Seniors - 4 Sessions

Learn the basic fundamentals of golf: grip, set-up, mini-swing, full swing, putting and chipping. Class will move at a slower pace.

PEDU:732 | \$45

800	Tu 10am-11am	
	June 7 – June 28	Golfport-MH

Golf: Parent/Child - 4 Sessions

Enjoy time with your child, ages 7-15, and have fun learning the basics of golf together! Registration required for each participant.

PEDU:732 | \$45

810	W 7pm-8pm	
	June 29 – July 20	Big Bend GC
811	Sa 10am-11am	
	June 4 – June 25	Big Bend GC

New Golf: Basics and Beyond

Learning to play correctly is key to a great golf game. New golfers get started on the right track and more experienced golfers will get back to basics to help "unlearn" any bad habits. Class will cover Putting, Chipping, Pitching, Rules, Etiquette, Full swing with Iron and Full swing with Wood. A great mix for beginning students just learning to play and experienced golfers brushing up on skills and rules of play as a refresher course! No class 7/2.

PEDU:730 | \$99

820	Sa 10am-11:30am	
	June 4 – July 9	Eagle Springs GC

Play Better Golf

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

PEDU:732 | \$39

V01	Tu 5:30pm-7pm	
	May 31	Melvin Klearman
	Su 9am-10am	Creve Coeur Mun. Golf
	June 5-June 26	Creve Coeur Mun. Golf
V02	Tu 5:30pm-7pm	
	July 19	Melvin Klearman
	Su 9am-10am	Creve Coeur Mun. Golf
	July 24-Aug. 14	Creve Coeur Mun. Golf

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	
	June 13	Eagle Springs GC
821	M 5pm-7:30pm	
	June 27	Eagle Springs GC

**Call 314-984-7777
to register
beginning May 2**

Fitness

Aquatics

Attention Water Students:

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

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

Family Swim

You and your family can have fun as you swim, dive, or lounge in our pool. One parent/guardian per 3 children if they can swim. One parent/guardian per non-swimming child. All participants MUST register. Maximum 8 parent/guardian and children per family for \$49 registration.

PEDU:720 | \$49

500 Th 4pm-5:50pm

June 9 – July 21

FV - PE, POOL

Additional family members of students that have registered and paid for PEDU 720 500 should register for PEDU 720 501. Maximum 8 parent/guardian and children for \$49 registration.

Open Lap Swim

Pool will be open for credit and non-credit students to swim laps during this time. Lockers are available, however you must provide your own towel and lock for your valuables.

PEDU:721

21 Sessions | \$39

400 MWF 10am-10:50am

June 6 – July 27

No Class 7/1, 7/4

FP - PE, POOL

30 Sessions | \$49

600 M-Th 8am-8:50am

June 6 – July 27

No Class 7/4

MC - PE, POOL

Lap Swim - Meramec

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

PEDU:721 | \$55

601 Tu 7am-7:50am

June 7 – July 26

MC - PE, POOL

602 Th 7am-7:50am

June 9 – July 28

MC - PE, POOL

Lap Swim - Florissant Valley

Come and get a great workout before you start your day! Pool will be set up for students to swim laps during this time. Lockers are available, however you must provide your own towel and lock for your valuables. No class 7/4.

PEDU:721 | \$45

500 M-Th 7am-7:50am

June 13 – July 25

FV - PE, POOL

Swimming Skills: Beginning/Intermediate

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

PEDU:722 | \$49

450 Tu 8pm-8:50pm

June 7 – July 19

Sandra Liming

FP - PE, POOL

580 Sa 11am-11:50am

June 11 – July 30

No Class 7/2

Sandra Liming

FV - PE, POOL

Water Exercise

Get a total body workout! Tone, strengthen and achieve flexibility and circulatory endurance while exercising in the water. No more stiff and sore muscles! All skill levels are welcome as you will work at your own pace.

PEDU:729

Seven Sessions | \$49

450 Tu 7pm-7:50pm

June 7 – July 19

Sandra Liming

FP - PE, POOL

581 Sa 10am-10:50am

June 11 – July 30

No Class 7/2

Sandra Liming

FV - PE, POOL

12 Sessions | \$75

500 MW 8am-8:50am

June 13 – July 25

No Class 7/4

Barbara Harris

FV - PE, POOL

502 MW 10am-10:50am

June 13 – July 25

No Class 7/4

Barbara Harris

FV - PE, POOL

14 Sessions | \$85

400 TuTh 9am-9:50am

June 7 – July 21

Barbara Harris

FP - PE, POOL

15 Sessions | \$89

651 MW 7pm-7:50pm

June 6 – July 27

No Class 7/4

Terri Williams

MC - PE, POOL

16 Sessions | \$95

602 TuTh 9am-9:50am

June 7 – July 28

Colleen Haviland

MC - PE, POOL

604 TuTh 11am-11:50am

June 7 – July 28

Colleen Haviland

MC - PE, POOL

605 TuTh 2pm-2:50pm

June 7 – July 28

Colleen Haviland

MC - PE, POOL

Water Exercise: Cardio Fitness

Increase your energy and physical conditioning using a combination of lap-based aerobic exercises along with strength training using dumbbells and noodles. Come ready to work and have fun!

PEDU:729 | \$95

603 TuTh 10am-10:50am

June 7 – July 28

Colleen Haviland

MC - PE, POOL

Aqua Zumba

Splash and dance your way to fitness in this fun, low-impact, water-based workout! Aqua Zumba integrates the Latin-inspired, dance-fitness moves of the traditional Zumba class with water-based exercises. No class 7/4.

PEDU:729 | \$75

501 MW 9am-9:50am

June 13 – July 25

Barbara Harris

FV - PE, POOL

551 MW 6pm-6:50pm

June 13 – July 25

Barbara Harris

FV - PE, POOL

Gentle Aqua Zumba

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

PEDU:729

Seven Sessions | \$49

503 Th 10am-10:50am

June 9 – July 21

Neil Skid

FV - PE, POOL

550 Th 6pm-6:50pm

June 9 – July 21

Neil Skid

FV - PE, POOL

15 Sessions | \$89

600 MW 9am-9:50am

June 6 – July 27

No Class 7/4

Neil Skid

MC - PE, POOL

Water Exercise: Deep Water Aerobics

Go off the deep end! Exercising in deep water is the perfect way to get a non-impact, full body workout. See and feel the benefits of a great aerobic workout without putting stress on your joints. Safety belts required in deep water. Life jackets NOT recommended.

PEDU:729

Seven Sessions | \$49

580 Sa 9am-9:50am

June 11 – July 30

No Class 7/2

Sandra Liming

FV - PE, POOL

15 Sessions | \$89

601 MW 10am-10:50am

June 6 – July 27

No Class 7/4

Laurie Griesedieck

MC - PE, POOL

Water Exercise: Shallow/Deep Aerobics Combo

Challenge your body and mind with this intense workout in both shallow and deep water. Great exercise for toning as well as increasing strength and endurance. Safety belts required in deep water. Life jackets NOT recommended. No class 7/4.

PEDU:729 | \$89

650 MW 6pm-6:50pm

June 6 – July 27

Terri Williams

MC - PE, POOL



Aerobic Exercise

Dynamic Stretch

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

PEDU:755 | \$45

602 Tu 8am-8:50am

Gary Ketcherside

MC - PE, GYM

605 Th 8am-8:50am

Gary Ketcherside

MC - PE, GYM

June 2 – July 14

Dance Aerobics

Enjoy a fun, full body workout including cardio and toning set to contemporary music. Bring light weights (1-3 lbs) and a mat. No dance experience required. No class 7/4.

PEDU:750 | \$79

550 MW 6pm-6:50pm

Susan Pellegrino

FV - EC, LOBBY

June 1 – July 25

Boot Camp

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

PEDU:755

10 Sessions | \$139

600 TuTh 5:45am-6:45am

Shark Fitness

MC - PE

603 TuTh 9:30am-10:30am

Shark Fitness

MC - PE

608 TuTh 5:45am-6:45am

Shark Fitness

MC - PE

609 TuTh 9:30am-10:30am

Shark Fitness

MC - PE

611 TuTh 5:45am-6:45am

Shark Fitness

MC - PE

612 TuTh 9:30am-10:30am

Shark Fitness

MC - PE

14 Sessions | \$189

604 MWF 5:45am-6:45am

Shark Fitness

MC - PE

610 MWF 5:45am-6:45am

Shark Fitness

MC - PE

15 Sessions | \$195

607 MWF 5:45am-6:45am

Shark Fitness

MC - PE

June 11 – Aug. 12

Cardio Kickboxing

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

PEDU:744 | \$69

M01 W 7pm-8pm

June 8 – Aug. 10

Timothy Toeniskoetter

Martial Arts Cntr (Mhvl)

Fun with Fitness

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

PEDU:755 | \$79

606 MW 4pm-4:50pm

June 13 – July 27

Laurie Griesedieck

MC - PE, 201

Zumba Gold

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

PEDU:747 | \$49

M01 W 11am-11:50am

June 1 – July 6

ADIVA Dance Center

Zumba Toning

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

PEDU:747 | \$49

M02 Th 6pm-6:50pm

June 2 – July 7

ADIVA Dance Center

Nia: A Combination of Cardio and Strength Training

Enjoy this fun, rocking fitness program that blends the movements of dance, martial arts and healing arts (such as yoga). Learn how to work out without pain and enjoy getting fit with movement set to soul-stirring music. Nia is rooted in sensory awareness, joy, pleasure and love for your body. Join a Nia class and free your spirit! All levels and abilities welcome. No class 7/2, 7/30.

PEDU:755 | \$59

M01 Sa 8:15am-9:10am

June 18 – Aug. 6

Karol McNutt

Dance Arts of St. Louis

Pilates: Mat and Equipment Introduction

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

PEDU:756 | \$75

M03 W 7pm-7:50pm

June 8 – July 27

Body by Pilates

STUDIO RUE

Pilates

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

PEDU:756

Eight Sessions | \$59

650 M 6:15pm-7:10pm

Katherine McMeans

June 6 – Aug. 1

MC - PE, 105

No Class 7/4

651 W 6:15pm-7:10pm

Katherine McMeans

June 8 – July 27

MC - PE, 105

No Class 7/4

10 Sessions | \$69

450 W 5:30pm-6:25pm

Jill Woehrl

June 1 – Aug. 3

FP - B Tower, 013

M01 Tu 10:15am-11:15am

Denise Motta

June 14 – Aug. 23 Affton White-Rdgrs, GYM

No Class 8/9

Yogalates

Get the benefits of yoga, pilates and core strengthening as you exercise and stretch. A challenging and relaxing workout in just one class! Bring water, towel and yoga mat. No class 8/11.

PEDU:756 | \$95

M02 Th 5:30pm-7pm

June 16 – Aug. 25

Denise Motta

Affton White-Rdgrs, A

Yoga Basics

New to yoga or desire a slow, gentle pace? Learn standard yoga postures, flexibility and correct breathing techniques. Bring a towel and mat. No class 7/4.

PEDU:761 | \$69

M03 M 12:15pm-1:15pm

Kelly Kauffmann

June 6 – Aug. 15 Affton White-Rdgrs, GYM

Gentle Yoga

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

PEDU:761 | \$79

M07 W 7pm-8pm

June 8 – July 27

Masterpeace Studios

BUTI® Yoga: Beginning

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

PEDU:761 | \$69

P01 Tu 5:30pm-6:15pm

June 7 – Aug. 9

Flex Fitness Studio

For more information about the instructor and BUTI yoga please visit www.intentionallyfitstl.com/ Bring a towel and water, mats provided.

650 Th 6:30pm-7:15pm

May 26 – July 28

Alexandra Culberson

Bring a towel and mat.

MC - PE, 201

Exclamation Point!

“Denise Motta is beyond professional and never judges anyone’s skill level. She adapts to everyone’s level in a very positive way.”

Laura C., Fenton



Tennis

Tennis: Beginning I (NTRP 1.0-2.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:733 | \$59

M01 Tu 1pm-2pm
May 31 – July 5 Vetta Concord

Tennis: Beginning II (NTRP 2.5)

See NTRP Rating Box. Tennis balls provided.

PEDU:734 | \$59

M01 Th 2:30pm-3:30pm
June 2 – July 7 Vetta Concord

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

See NTRP Rating Box. Tennis balls provided.

PEDU:733

Two Sessions | \$25

580 Sa 11am-12pm
June 11 – June 18 FV - PE, TENNIS

Four Sessions | \$55

550 Tu 6pm-6:55pm
June 28 – July 19 FV - PE, TENNIS

P01 Sa 9am-10am
July 9 – July 30 Kaufman Park

720 MW 6pm-7pm
June 20 – June 29 Ladue Mid. School

M02 Th 7pm-8pm
June 9 – June 30 Sunset Hls Watson Trls

Tennis: Intermediate I (NTRP 3.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:735

Four Sessions | \$55

550 Tu 7pm-7:55pm
June 28 – July 19 FV - PE, TENNIS

M03 Sa 4pm-5pm
June 4 – June 25 Forest Lake TC

M04 Sa 4pm-5pm
July 16 – Aug. 6 Forest Lake TC

P01 Sa 10am-11am
July 9 – July 30 Kaufman Park

720 MW 7pm-8pm
June 20 – June 29 Ladue Mid. School

M02 Th 6pm-7pm
June 9 – June 30 Sunset Hls Watson Trls

Six Sessions | \$89

M01 Tu 2pm-3:30pm
May 31 – July 5 Vetta Concord

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

See NTRP Rating Box. Tennis balls provided.

PEDU:736 | \$89

M02 Th 1pm-2:30pm
June 2 – July 7 Vetta Concord

M01 W 4pm-5:30pm
June 1 – July 6 Vetta Concord



Do you enjoy tennis? You'll love pickleball! Check out our classes on page 40.

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.

Yoga

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

PEDU:761

Eight Sessions | \$59

M05 M 6pm-7pm
June 6 – Aug. 1 Sharon Danyluck
No Class 7/4 Sunset Hills CC

M06 M 7:15pm-8:15pm
June 6 – Aug. 1 Sharon Danyluck
No Class 7/4 Sunset Hills CC

W01 F 9am-10am
June 10 – Aug. 5 Louisa Donovan
No Class 7/1 Bluebird Park

400 TuTh 7am-7:50am
June 14 – July 7 Sheri McCord
FP - B Tower, 013

401 TuTh 7am-7:50am
July 19 – Aug. 11 Sheri McCord
FP - B Tower, 013

10 Sessions | \$69

452 W 6:30pm-7:25pm
June 1 – Aug. 3 Jill Woehrlé
FP - B Tower, 013

12 Hours | \$89

M01 Tu 1pm-2:30pm
June 7 – July 26 Julie Garland
Big Bend Yoga Center
Equipment and mats available for use or you may bring your own

Yoga: Continuing

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

PEDU:761

10 Sessions | \$69

M04 M 1:30pm-2:30pm
June 6 – Aug. 15 Kelly Kauffmann
No Class 7/4 Affton White-Rdgrs, GYM

12 Hours | \$89

M02 Th 9am-10:30am
June 9 – July 28 Melanie Klug
Big Bend Yoga Center
Equipment and mats available for use or you may bring your own

Iyengar Yoga: Beginning

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

PEDU:761 | \$59

350 W 8pm-8:50pm
May 25 – July 27 Robert Gadon
No Class 6/29, 7/6 WW, 102B

450 Th 6pm-6:50pm
May 26 – July 28 Robert Gadon
No Class 6/30, 7/7 FP - B Tower, 013



Challenge your yoga skills on the water. Check out SUP Yoga on page 40

PERSONAL ENRICHMENT

Iyengar Yoga: Continuing

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

PEDU:761 | \$85

- 351 W 6:15pm-7:45pm **Robert Gadon**
May 25 – July 27
No Class 6/29, 7/6
WW, 102B
- 451 Th 7pm-8:25pm **Robert Gadon**
May 26 – July 28
No Class 6/30, 7/7
FP - B Tower, 013

New Power Yoga

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

PEDU:761 | \$59

- 550 W 6:30pm-7:25pm **Sheri McCord**
June 15 – Aug. 3
FV - SC, PDR-B

T'ai Chi

New Chen Tai Chi for Beginners

Strengthen your body through slow, smooth movements; increase energy through mindful breathing; and improve balance through the constant shift of body weight. Tai Chi is a traditional form of martial arts that helps boost self-healing power, stimulates the brain and promotes coordination. All ages and levels of ability can harvest the health benefits of Tai Chi.

PEDU:766 | \$59

- 650 Th 5:30pm-6:25pm **Alex Chen**
June 16 – Aug. 4
MC - PE, 201

T'ai Chi Chih: Beginning

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

PEDU:766 | \$59

- P01 Tu 2:30pm-3:30pm **Jeanette Miller**
June 7 – July 19
Solar Yoga Center

T'ai Chi Chih: Beginning/Continuing

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

PEDU:766 | \$59

- 500 Th 4:30pm-5:25pm **Jeanette Miller**
June 23 – Aug. 11
FV - CWI, 134

T'ai Chi Chih: Continuing

Ready to enhance your T'ai Chi Chih practice? Complete a practice of all 19 movements and the final pose each week, explore key principles of the form, and refine individual movements. Prerequisite: T'ai Chi Chih Beginning class or equivalent experience.

PEDU:767 | \$59

- P01 Tu 1:15pm-2:15pm **Jeanette Miller**
June 7 – July 19
Solar Yoga Center

Exclamation Point!

"I love Iyengar Yoga. I've made friends with some of the people since many of us sign up for this class all the time. Thank you for providing our community such wonderful continuing education courses. I love St. Louis Community College."

Kathy W., Wildwood

The Great Outdoors

Pickleball: Basics and Continuing

Come join the fun! Pickleball is a fast-growing sport for good reason: it's easy to learn, easy to play and is great exercise for all ages and abilities. Beginners will learn the basics of Pickleball while continuing students enjoy recreational play at a more advanced level. All equipment provided. Dress appropriately for outdoor court. No class 7/2.

PEDU:740 | \$49

- M02 Sa 10am-10:55am **Allyson Duffin**
Frank Dalton
Kennedy Rec. Ctr
June 4 – July 16
No Class 7/2
- M01 Sa 9am-9:55am **Allyson Duffin**
Frank Dalton
Kennedy Rec. Ctr
June 4 – July 16
No Class 7/2
- M03 M 5:30pm-6:25pm **Allyson Duffin**
Frank Dalton
Kennedy Rec. Ctr
June 6 – July 18
No Class 7/4
- M04 M 6:30pm-7:25pm **Allyson Duffin**
Frank Dalton
Kennedy Rec. Ctr
June 6 – July 18
No Class 7/4

SUP: Stand Up Paddleboarding: Introduction

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

PEDU:770 | \$59

- M01 Sa 12pm-2pm **Waters Edge**
June 18 – June 25
- M03 Sa 10am-12pm **Simpson Lake**
July 16 – July 23

SUP: Stand up Paddleboarding: Yoga

Leave the yoga mat behind and enjoy a challenging, core-strengthening exercise on the water! Learn to use breathing, stretching and relaxation techniques as you balance mind and body on a paddleboard. All levels welcome; must know how to swim. Dress appropriately for outdoor water activity. Fee includes all equipment.

PEDU:770 | \$35

- M02 Sa 9am-9:45am **Simpson Lake**
July 16 – July 23

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 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 **Greentree Park**
Aug. 6



New Tree Climbing Fun: Friends and Family!

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

PEDU:765 | \$39

- M01 Su 1pm-4pm **Guy Mott**
June 12
Camp Wyman

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 **Guy Mott**
July 6
EarthDance Farms
- V02 Sa 9am-12pm **Guy Mott**
July 9
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 **Guy Mott**
July 9
EarthDance Farms

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.

Health and Wellness

Self Defense

Systema: Russian Self-Defense

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

PEDU:743 | \$95

P01 Tu 6:30pm-7:30pm
June 7 – Aug. 9

Systema St. Louis

Class Nikita: Covert Self-Defense for Women

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

PEDU:743 | \$95

P02 Th 5:45pm-6:45pm
June 9 – Aug. 11

Systema St. Louis

Pro-Active Personal Security and Self-Defense

Easy-to-learn concepts make this a great seminar for novice students that are interested in practical application of self-defense without countless, complicated techniques. Be pro-active and prepare yourself to face stronger, more skilled, armed and unarmed opponents through a unique combination of demonstrations and hands-on tactics. No shoes on mats; athletic wear required.

PEDU:743 | \$25

680 F 5:30pm-8:30pm
June 3

Dennis Fonod
MC - PE, 105

Krav Maga

Are you prepared to defend yourself in an attack? Krav Maga, the preferred system for U.S. military units and law enforcement agencies, is an exciting, aggressive and fast-paced class designed to prepare both the body and mind for violent attacks. Utilizing stress drills designed to mimic real life situations, new students and repeat beginners will practice self-defense and hand-to-hand combat techniques to quickly and effectively finish a fight or attack situation. Class is hands-on and fully interactive. No shoes on mats; athletic wear required.

PEDU:743 | \$95

M01 M 6pm-7pm
June 6 – Aug. 15
No Class 7/4

Xtreme Krav Maga

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

Xtreme Krav Maga

Women Only

M02 Tu 6pm-7pm
June 14 – Aug. 16

Xtreme Krav Maga

New Practical Self-Defense for Women

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

PEDU:743 | \$25

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

Gina Breadon
MC - PE, 105

New Mother/Daughter Self-Defense

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

PEDU:743 | \$39

350 M 6pm-6:50pm
June 13 – July 18

James Barry
WW, 102B

New Couples Self-Defense

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

PEDU:743 | \$39

351 M 7pm-7:50pm
June 13 – July 18

James Barry
WW, 102B

**Our Seats
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**Registration
begins May 2.**

Explore the Possibilities...

Continuing
Education

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Wellness

Healthy Living

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

HEAL:713 | \$29

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

James Toombs
MC - AS, 108

Creating a Healthy Lifestyle

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

HEAL:712 | \$29

650 W 7pm-9pm
July 6 - July 13

Jane Kaiser
MC - SO, 109

MELT®

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

HEAL:709 | \$75

M01 M 12:30pm-1:20pm
June 6 - June 27

Body by Pilates
STUDIO RUE

M02 Th 7pm-7:50pm
June 9 - June 30

Body by Pilates
STUDIO RUE

Couples Massage

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

HEAL:704 | \$49

480 Sa 9:30am-3:30pm
June 11

Alice Sanvito
FP - HSP, 221

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

Alice Sanvito
MC - SW, 106

New Natural Wellness: Overview of Traditional Chinese Medicine

Explore the fundamental concepts of Traditional Chinese Medicine (TCM); concepts that have been the foundation of TCM for over 2500 years! Learn the basics of principles and how you can apply them in your daily life to enhance your health and wellness. Class taught by a licensed acupuncturist and herbalist with a PhD in Traditional Chinese Medicine.

HEAL:701 | \$29

650 Th 6pm-9pm
June 9

Alex Chen
MC - BA, 122

Discover Your Talents

Have you ever wondered what your true strengths are? Many people find it difficult to identify their own strengths, much less know how to articulate them well. Use the highly acclaimed Strengths Finder 2.0 assessment to identify your top five strengths and uncover your talents! Learn what differentiates you from others and how to create your own unique recipe for success as you design new life directions. First class meets 7/9 in BA- 216. Second class meets 7/16 in BA-203. Text required - bring to first class. Strengths Finder 2.0, ISBN: 9781595620156.

PERD:709 | \$49

682 Sa 9am-12pm
July 9
July 16

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

Basics of Couponing

Are you ready to save money but not sure where to start? Get the coupon basics, tips, and tricks in this three hour class. After learning all about how to coupon, put your new skills to the test at a nearby store where the instructor will help walk you through the entire process! Students to provide own transportation and should bring notebook/pen.

PERD:710 | \$39

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

Laura Duffin
SCEUC, 120

Treasure Journaling

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

PERD:709 | \$49

680 Sa 10am-4pm
June 18

Deborah Weltman
MC - CE

New Advanced Creativity

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

PERD:709 | \$49

681 Sa 10am-12pm
July 9 - July 30

Deborah Weltman
MC - CE

Exclamation Point!

"Deborah Weltman was the perfect instructor for this course. Thorough, on point, but flexible and kind."

Louise K., St. Louis

Meditation for Health and Harmony

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

PERD:732 | \$49

650 Tu 7pm-9pm
June 7 - June 28

Rhonda Leifheit
MC - CS, 120

Less Stress, More Energy!

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

PERD:712 | \$29

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

Hester Owens
MC - SO, 112

New The Power of Coincidence

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

PERD:709 | \$25

683 Sa 10am-12pm
July 9

Dana West
MC - SO, 109

New Forgiveness: The Key to Happiness

Love can heal the world and forgiveness is the catalyst to make it happen. When anyone gives up all grievances, the path is open to find real peace and happiness. In this class, we will discuss inspirational stories of the miracles of personal healing that radical forgiveness can produce and why forgiveness is so important for our own well-being, as well as for others. The steps of actually performing forgiveness will be presented and discussed. Following these steps outside the classroom can release grievances and heal relationships. This presentation of forgiveness is psychologically based and is not focused on any particular religious view of forgiveness, so no religious or faith-based view of forgiveness is needed to understand and practice it.

RELG:701 | \$19

350 Tu 7pm-9pm
June 14

Jan Worley
WW, 202



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to register beginning May 2**

Youth and Family

Japanese for Youth

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

KIDS:719 | \$45

300 W 4:30pm-6:30pm **Noriko McLeer**
June 15 – June 29 WW, 202

Junior Baker: Cake Decorating

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

KIDS:730 | \$49

P01 Su 1pm-3pm **Cynthia Sciaroni**
July 10 – July 17 Cul. Arts House

Karate for Kids

Designed to build self-confidence, self-esteem, and self-discipline. Karate for Kids teaches the basic concepts of karate as well as self-control, coordination and focus. Safety and fun are the most important elements of this program. Ages 4-10. No class 7/2.

KIDS:707 | \$59

M01 Sa 10am-11am **Timothy Toeniskoetter**
June 4 – Aug. 13 Martial Arts Cntr (Mehlvi)

V01 Sa 10am-11am
June 4–Aug. 13 **Ferguson Martial Arts Ctr**

Mini Movers: Parent/Child - Ages 2-6

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

KIDS:738 | \$79

600 Tu 4:30pm-5:25pm **Laura Legg**
June 7 – July 26 MC - PE, 105

650 Tu 5:30pm-6:25pm **Laura Legg**
June 7 – July 26 MC - PE, 105

The following sections are for parents/guardians of children that have registered and paid for KIDS:738 600/650. Maximum 2 parent/guardian for each \$79 child registration. Signed waiver required for each participant

601 Tu 4:30pm-5:25pm **Laura Legg**
June 7 – July 26 MC - PE

651 Tu 5:30pm-6:25pm **Laura Legg**
June 7 – July 26 MC - PE

Fencing for Youth: Beginning I and II

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

KIDS:720 | \$59

650 M 5:30pm-6:20pm **Patrick Dorsey**
June 6 – Aug. 1 MC - PE, 201

Swimming for Children: Beginning

Get ready to swim like a fish-maybe a shark! Overcome any fear you may have of the water, practice beginning swimming strokes and learn personal water safety skills. No class 7/2.

KIDS:720 | \$39

Ages 5-8

580 Sa 12pm-12:50pm **Jeanne Hudgens**
June 11 – July 23 FV - PE, POOL

581 Sa 1pm-1:50pm **Jeanne Hudgens**
June 11 – July 23 FV - PE, POOL

Ages 8 and up

582 Sa 2pm-2:50pm **Jeanne Hudgens**
June 11 – July 23 FV - PE, POOL

Golf for Youth: Beginning I

Have fun learning the basics of golf and practicing the perfect swing! Ages 7-15. Extra fee for balls.

KIDS:710 | \$45

810 Sa 11am-12pm
June 4 – June 25 **Big Bend GC**



Tennis for Youth: Pee Wee I

Series of group lessons specifically designed to introduce your young child, 4-6 years of age, to the game of tennis. Class will include eye-hand coordination exercises as well as building skills for forehand, backhand, serve and volley. Tennis balls provided.

KIDS:709 | \$35

720 MW 6:30pm-7pm
June 20 – June 29 **Ladue Mid. School**

M01 Th 4:30pm-5pm
June 9 – June 30 **Sunset Hills Watson Trails**

Tennis for Youth: Beginning I and II

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

KIDS:709

Two Sessions | \$25

Ages 7-10

580 Sa 9am-9:55am
June 11 – June 18 **FV - PE, TENNIS**

Ages 11-15

581 Sa 10am-10:55am
June 11 – June 18 **FV - PE, TENNIS**

Four Sessions | \$55

Ages 7-10

M03 Sa 4pm-5pm
June 4 – June 25 **Forest Lake TC**

M04 Sa 4pm-5pm
July 16 – Aug. 6 **Forest Lake TC**

M02 Th 5pm-6pm
June 9 – June 30 **Sunset Hills Watson Trails**

Ages 11-15

721 MW 7pm-8pm
June 20 – June 29 **Ladue Mid. School**

New

Classes meet prerequisites for merit badges through the Boy Scouts of America. Ages 12-16. Bring notebook and pen. For details contact coordinator at educinski780@hotmail.com.

Emergency Preparedness

Explore the aspects of emergency preparedness:

- Prepare for emergency situations
- Respond to emergency situations
- Recover from emergency situations
- Prevent emergency situations
- Mitigate losses in emergency situations

Learn about the National Incident Management System (NIMS)/Incident Command System (ICS) and take part in an emergency service project with a practice drill! Class meets prerequisite for Emergency Preparedness merit badge through the Boy Scouts of America.

KIDS:765 | \$9

680 Sa 9am-12pm **Michael Hepner**
May 21 MC - BA, 124

Disability Awareness

Engage in discussions about disabilities and disability awareness. Learn disability etiquette as well as person-first language. Class meets prerequisite for Disability Awareness merit badge through the Boy Scouts of America.

KIDS:765 | \$9

681 Sa 9am-10am **Joseph Bryant**
May 21 MC - BA, 122

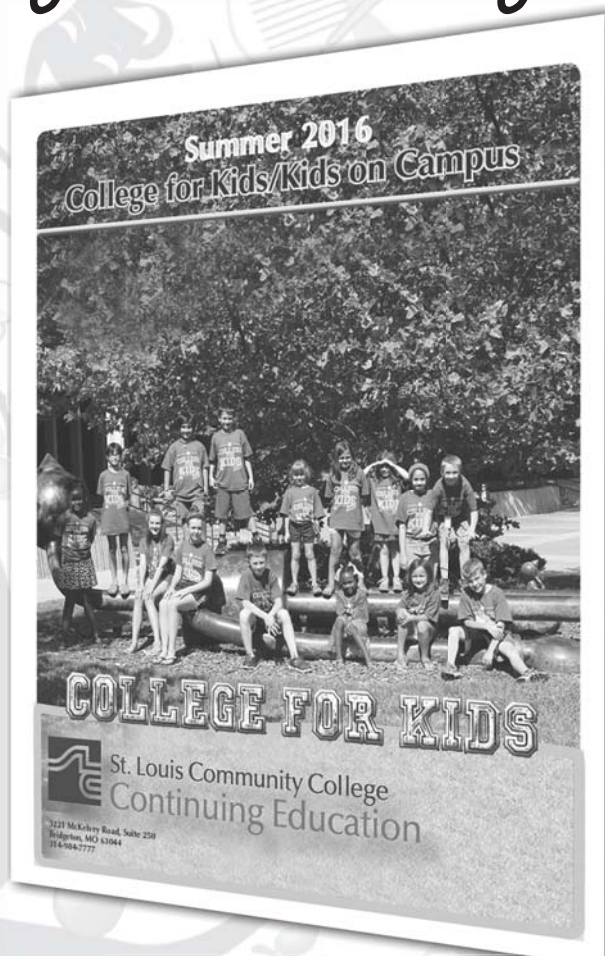
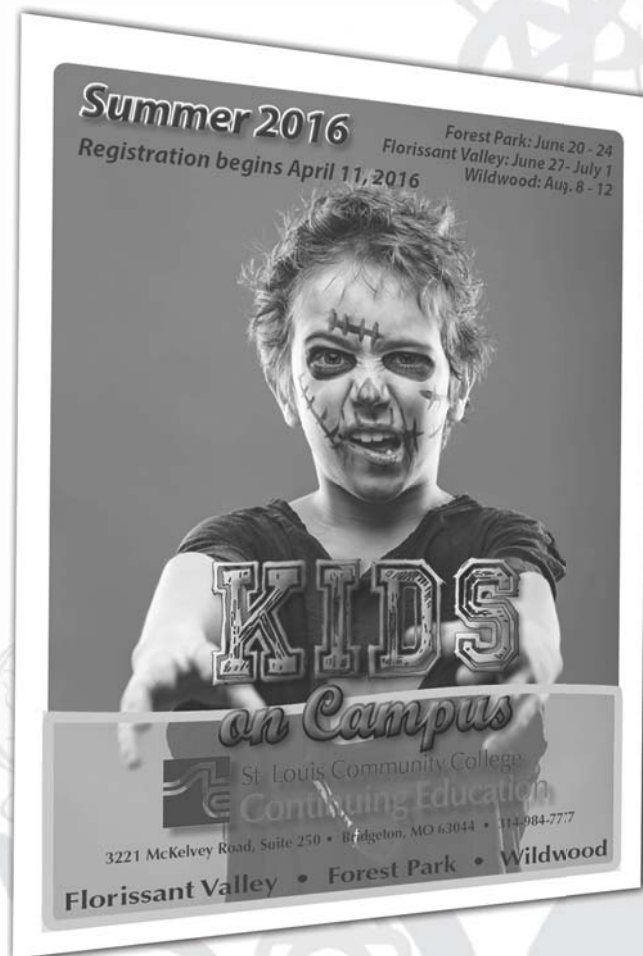
Law and Fingerprinting

Gain knowledge of basic laws and how they relate to society and understand the difference between criminal and civil laws. Learn the basics of fingerprinting and how to identify certain prints. Class meets prerequisite for Law and Fingerprinting merit badge through the Boy Scouts of America.

KIDS:765 | \$9

682 Sa 9am-12pm **Ed Ucinski**
May 21 MC - BA, 120

Plant the seed of knowledge and watch it grow!



KIDS on Campus

Forest Park: June 20 - 24
Florissant Valley: June 27 - July 1
Wildwood: Aug. 8 - 12
Registration begins April 11

Call 314-984-7777 for more information
or go to stlcc.edu/summercamps

COLLEGE FOR KIDS MERAMEC

August 1-5 and August 8-12

Registration begins April 4

Location Index

STLCC Continuing Education

Registration begins May 2

Advanced Auto Service Inc.
6123 Gravois, 63116

Adiva Dance Center
943 S. Kirkwood Rd., 63122

Affton White-Rodgers
Community Center
9801 Mackenzie Road, 63123

Alaska Klondike Coffee Co.
3200 N. Highway 67, 63033

Almas Del Ritmo Dance Co.
3515 Park Ave., 63104

Babler Memorial State Park
Highway 109, 63005

BARx CrossFit
12309 Old Big Bend Rd, 63122

Bernard Middle School
1054 Forder Road, 63129

Big Bend Golf Center
3390 Quinette Road, 63088

Big Bend Yoga Center
88 North Gore, 63119

Body by Pilates
(inside Studio Rue)
8744 Big Bend Blvd., 63119

Bridgeton Trails Library
3455 McKelvey Road, 63044

Camp Wyman
600 Kiwanis Drive, 63025

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

Craft Central
8500 Delmar, 63124

Crestwood Bowl
9822 Watson Rd., 63126

Creve Coeur Municipal Golf
Course
11400 Olde Cabin Rd, 63141

Culinary Arts House
3137 Hampton Avenue,
63139

DEEsigs Studio
9920 Watson Rd. Ste 200,
63126

Dance Arts St. Louis
8045 Big Bend Ste 200b, 63119

Eagle Springs Golf Course
2575 Redman Rd. 63136

EarthDance Farms
233 S Dade Ave, 63135

Ellisville Parks & Rec. (Bluebird
Park)
225 Kiefer Creek Rd., 63021

Endangered Wolf Center
6750 Tyson Valley Road,
63025

Ferguson Martial Arts Center
433 S. Florissant Rd., 63135

First Tee (South County)
6286 Lemay Ferry Road,
63129

FitChix Fitness Studio
12295 Olive Blvd., 63141

Flex Fitness Studio
3139A South Grand Blvd,
Suite 201, 63118

Forest Lake Tennis Club
1012 N. Woods Mill Road,
63011

Francis Park
Donovan and Eichelberger,
63109

Fontenac Racquet Club
10455 German Blvd., 63131

GolfPort-Maryland Heights
1 GolfPort Drive, 63146

Great American Human
Foosball (G.A.H.F.)
3227 Morganford, 63116

Greenscape Gardens
2832 Barrett Station Rd, 63021

Greentree Park
2202 Marshall Rd, 63122

Hawn State Park
12096 Park Drive
Ste Genevieve MO 63670

Hidden Valley Ski Resort
17409 Hidden Valley Drive
63025

Hixson Middle School
630 South Elm Ave, 63119

Kaufman Park
8000 Blackberry, 63130

Kennedy Recreation Complex
6050 Wells Road, 63128

Kirkwood Community Center
111 South Geyer Road, 63122

Kirkwood Senior High School
801 West Essex, 63122

Ladue Middle School
9701 Conway Road, 63124

Ladue Horton Watkins Sr.
High School
1201 S. Warson Rd., 63124

Lindbergh Senior High School
4900 South Lindbergh, 63126

Little Creek Nature Area
2295 Dunn Road, 63033

Martial Arts Center (Mehlville)
3712 Lemay Ferry Rd, 63125

Masterpeace Studios
(inside Arden Mead Youth and
Community Center)
17 Selma Ave., 63119

Meramec State Park
115 Meramec Park Rd
Sullivan MO, 63080

Missouri History Museum
5700 Lindell Blvd, 63112

Muellar Industries
12951 Mauer Ind. Dr., 63127

Nottingham Elementary
School
4915 Donovan, 63109

Oakville Sr. High School
5557 Milburn Rd., 63129

Painted Zebra
10907 Manchester Road,
63122

PerennialSTL.org
7413 S. Broadway, 63111

Queeny Park-Greensfelder
Recreation Complex
550 Weidman Road, 63011

RiverChase of Fenton
990 Horan Drive, 63026

Ruth Park Golf Course
8211 Groby Road, 63130

Shaw Nature Reserve
Hwy 100 At I-44 (exit 253)
Gray Summit, MO 63039

Simpson Lake
1234 Marshall Road, 63088

Solar Yoga Center
6002 Pershing at Des Peres,
63112

Sperreng Middle School
12111 Tesson Ferry Road,
63128

St. John's Evangelical UCC
11333 St. John's Church Road,
63123

**St. Louis Community
College
Florissant Valley (FV)**
3400 Pershall Road, 63135

**St. Louis Community
College
Forest Park (FP)**
5600 Oakland Ave, 63110

**St. Louis Community
College
Meramec (MC)**
11333 Big Bend Road, 63122

**St. Louis Community
College Wildwood (WW)**
2645 Generations Dr.
Wildwood, 63040

**St. Louis Community
College William J. Harrison
Education Center
(Harrison Ed. Ctr)**
3140 Cass Ave, 63106

**St. Louis Community
College South County
Education & University
Center (SCEUC)**
4115 Meramec Bottom Road,
63129

**St. Louis Community
College Corporate College
(Corp. College)**
3221 McKelvey Road, 63044

**St. Louis Community
College Center for
Workforce Innovation (CWI)**
3344 Pershall Rd., 63135

St. Louis Genealogical Society
4 Sunnen Drive, 63143

St. Louis Wine and Beer
Making
231 Lamp and Lantern Village,
63017

Sunset Hills Community
Center
3915 South Lindbergh, 63127

Sunset Hills Golf Learning Ctr
13550 West Watson Rd, 63127

Sunset Hills Watson Trails
12450 W Watson Rd, 63127

The Studio, Inc.(Brentwood)
1332 Strassner Drive, 63144

Systema St. Louis
4208 Sarpy Avenue, 63110

The Painting Spot
12798 Olive Blvd., 63141

The Timbers of Eureka
1 Coffey Park Lane, 63025

Thomas Dunn Learning
Center
3113 Gasconade, 63118

Thornhill Branch/St. Louis
County Library
12863 Willowick Dr, 63146

Tower Tee Golf Center
6727 Heege Road, 63123

Trinity Lutheran Church
14088 Clayton Road, 63017

University City High School
(U. City H.S.)
7401 Balson Avenue, 63130

Vetta Sports-Concord
12320 Old Tesson Ferry Road,
63128

Water's Edge
17081 N. Outer 40 Rd., 63005

Winding Brook Estate
3 Winding Brook Estate Drive
63025

Wine Barrel
3828 South Lindbergh,
Suite 111, 63127

Woods Mill Racquet Club
910 Old Woods Mill Road,
63017

Xtreme Krav Maga
639 Gravois Bluffs Blvd. Suite
C, 63026

CAMPUS LEGEND

FLORISSANT VALLEY = FV

A	ADMINISTRATION
B	BUSINESS
CDC	CHILD DEVELOPMENT CENTER
C	COMMUNICATIONS
EC	EMERSON CENTER
E	ENGINEERING
H	HUMANITIES
IR	INSTRUCTIONAL RESOURCES
PE	PHYSICAL EDUCATION
S	SERVICE BUILDING
SM	SCIENCE-MATHEMATICS
SS	SOCIAL SCIENCES
SC	STUDENT CENTER
T	THEATER
TC	TRAINING CENTER
CWI	CTR FOR WORKFORCE INNOVATION

FOREST PARK = FP

A	A-TOWER
B	B-TOWER
C	C-TOWER
D	D-TOWER
F	F-TOWER
G	G-TOWER
HSP	HOSPITALITY
LB	LIBRARY
PE	PHYSICAL EDUCATION
SC	STUDENT CENTER
T	THEATRE
AA	ART ANNEX

MERAMEC = MC

AC	ASSESSMENT CENTER
AD	ADMINISTRATION/CLARK HALL
AS	APPLIED SCIENCE
BA	BUSINESS
	ADMINISTRATION
CE	CONTINUING ED. BLDG.
CP	CAMPUS POLICE
CN	COMMUNICATIONS NORTH
CS	COMMUNICATIONS SOUTH
GH	GREENHOUSE
HE	HUMANITIES EAST
HW	HUMANITIES WEST
LH	LECTURE HALLS
L	LIBRARY
PE	PHYSICAL EDUCATION
SC	STUDENT CENTER
SO	SOCIAL SCIENCE
SS	SCIENCE SOUTH
SW	SCIENCE WEST
T	THEATRE

WILDWOOD = WW

EXTENSION CAMPUSES

South County Education and
University Center = SCEUC

William J. Harrison Education
Center = Harrison Ed. Ctr

STLCC Corporate College =
Corp. College

For more information, visit us at stlcc.edu/ce.

General Information

STLCC Continuing Education

**Enrollment in classes within this brochure,
except for youth section classes, is limited to persons 16 years or older.**

Students Rights and Responsibilities

All students are responsible for adhering to college policies and procedures. Please refer to stlcc.edu/need2know.

Postponement/Cancellation Due to Inclement Weather

Occasionally, continuing education classes are cancelled due to inclement weather. Cancellations will be broadcast on KMOX-AM (1120) and on KMOV-TV, KSDK-TV and KTVI/Fox 2. In addition, all location closings will be posted on the college website, stlcc.edu. When St. Louis Community College cancels classes, off-campus classes are also cancelled. In addition, when a particular host school district or institution closes, the continuing education classes at that location will not meet.

Refund of Fees

Since continuing education (non-credit) classes are self-supporting, the decision to run a class is based on the number of people enrolled. The college reserves the right to cancel if sufficient enrollment is not achieved. Registrants will be notified by phone, mail or email if a class is cancelled. Full refunds will be issued for classes cancelled by the college.

If you drop a class, you will receive a 100 percent refund for most classes if the class is dropped one business day before the first meeting. A 50 percent refund will be given for most classes dropped between one business day before the first class meeting and prior to the second meeting of the class. See the course schedule for classes (such as daytrips) that require notice beyond one business day for cancellation and eligibility for a refund.

Requests of withdrawals should be submitted in writing to the Continuing Education office. Calculation of refunds will be based on the date the written request is received by the office. If you have a situation that warrants an override of the above policy, an explanation of the circumstances should be made in writing to the Continuing Education office. Refunds should be received within 30 days.

Fee Reduction for Older Adults

Older adults (those 60 years and older) may enroll in most courses for a reduced fee. This reduction is half the price of the class fee only, plus whatever material costs are associated with the class. Material costs include fees for expenses such as books and materials, facility usage, tour and travel costs, computer lab usage, online courses, food supplies and other items needed for the class. NOTE: Those wishing to take advantage of this fee reduction must do so at the time of registration. Before registering, please contact the Continuing Education office to see if your course contains a material fee.

Senior Citizen Scholarship

Missouri residents who are at least sixty-five years of age will be awarded a scholarship to be exempt from maintenance fees to enroll in courses on a space available basis. There will be a non-refundable registration fee of \$5 per course to a maximum of \$25 per semester. Student is responsible for other fees, such as materials, supplies and books. At the earliest, students may enroll in the class two days prior to the first class date. Students may not receive a refund for a paid course in order to enroll for a scholarship space in that same course. PLEASE CALL THE CONTINUING EDUCATION OFFICE TO GET SPECIFICS REGARDING THE SENIOR SCHOLARSHIP. The senior scholarship discount does not apply to online classes.

Safety and Program Guidelines for Youth Classes

All children under the age of 16 who are enrolled in programs through the St. Louis Community College Office of Continuing Education must be accompanied and signed-in by a responsible party at the beginning of each program session. In addition, a responsible party must also meet the participant at the end of the session and sign them out. Appropriate behavior is expected. Students may be disenrolled for misbehavior.

Unattended Children

Students are not permitted to bring children to class, nor should children be left unattended in the halls, offices, library or common areas. The college reserves the right to protect the safety and welfare of unattended children. If students leave children unattended, the college will institute disciplinary action.

Textbooks

Textbooks can be purchased at the campus bookstores.

Library and Computer Lab Privileges

If you are registered in continuing education courses, you may enjoy library and computer lab privileges by showing your student ID. To obtain a student ID take your paid fee receipt to the Campus Life office and the personnel there will provide you with an ID.

Firearms on College Property

Except for licensed police officers, no person shall possess or carry any firearm, visible or concealed, on college property (including college buildings and grounds leased or owned by the college-college athletic fields and parking lots) or in any college van or vehicle or at college-sponsored activities. College employees, students and visitors who hold concealed carry endorsements as allowed by Missouri law may not carry or bring any firearms, visible or concealed, on college property, owned or leased or at any college activities.

Non-Discrimination/Accommodations Statement

St. Louis Community College is committed to non-discrimination and equal opportunities in its admissions, educational programs, activities, and employment regardless of race, color, creed, religion, sex, sexual orientation, national origin, ancestry, age, disability, genetic information, or status as a disabled or Vietnam-era veteran, and shall take action necessary to ensure non-discrimination. Sexual harassment, including sexual violence, is also prohibited. For information or concerns related to discrimination or sexual harassment, contact William Woodward, associate vice chancellor for student affairs, 314-539-5374.

If you have accommodation needs, please contact Ann Marie Schreiber, 314-984-7704, at least six weeks prior to the class or event.

***For more information
call 314-984-7777.***

Registration is Easy!



Mail

Complete the registration form (below) and mail with check (*payable to St. Louis Community College*) to:
STLCC Continuing Education, 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044

Students who register by mail should assume they are registered unless otherwise notified. A registration confirmation is mailed to students who register by mail; however, the confirmation may not be received prior to the beginning of the class. If you have enrollment questions, please call Continuing Education: 314-984-7777.



In Person at STLCC Continuing Education Offices M-F 8:30 am - 4 pm

Meramec

802 Couch Avenue
 St. Louis, MO 63122

Florissant Valley

At the Center for Workforce Innovation
 3344 Pershall Rd., Ferguson, MO 63135

Forest Park

Forest Park, G Tower-320-322
 5600 Oakland Ave., St. Louis, MO 63110

You may want to first call the Continuing Education office at 314-984-7777, to check that openings exist.



By Phone

Call to complete your registration by charging fees to MasterCard, Visa, American Express or Discover.

Telephone: 314-984-7777

Call Center Hours: M-Th 8:30 am - 7:30 pm; Fridays 8:30 am-4 pm

Before calling to register, have this information ready:

1. Course Title / Course Code (letter prefix with number) / Section Number
2. Student Contact Info (name / address / phone number /email)
3. Student Number or UIN
4. Credit Card Number with Expiration Date



Online: www.stlcc.edu

Visit our website and click on the "Continuing Education" link — where you can view current class offerings and to register for classes.

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

Registration Deadline – All non-credit courses are limited in enrollment. Advanced registration is required prior to first class meeting. Some classes have additional registration deadline requirements, please check course descriptions.

Automatic Bank Payment (ACH) – All checks will be converted to an electronic Automated Clearing House (ACH) transaction whether the payment was made in person or mailed.

Mail-In Registration form *Please print in ink.*

Please register me for the following courses:

Course Code	Section	Course Title	Day/Time	Fees
Total				

☐ Male ☐ Female

Senior Citizen?

☐ Yes ☐ No

Check Payment:

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

Credit Card Payment:

Charge fees to:

- ☐ MasterCard
☐ VISA
☐ Discover
☐ American Express

Email Address: _____

Student#: _____ Birthdate: _____

Name: _____
LAST FIRST MIDDLE INITIAL

Address: _____
STREET OR POST OFFICE BOX

CITY STATE ZIP CODE

Telephone/Home: _____ Work: _____

_____ Expiration Date: _____
CARD NUMBER

Signature: _____

RESIDENTIAL CUSTOMER



Printed on
recycled paper.

Feature Five

Registration begins May 2



Healthcare Occupations

STLCC Continuing Education has a variety of opportunities to enter the healthcare field with our **Healthcare Occupations** training programs. Explore our Pharmacy Technician, Phlebotomy and Nurse Assistant programs starting this summer on **page 7**.



Master Naturalist

The Office of Continuing Education offers students the opportunity to earn a noncredit certificate for completing all components of the **Master Naturalist program** which includes credit, non-credit classes, and volunteer service. View our Master Naturalist classes on **page 28**.



Self-Defense

Learn to defend yourself, get a great workout and build your confidence in one of our many Self-Defense classes. Couples Self-Defense, Women Only, Krav Maga and more! **See page 41.**



Music Classes

Become musically inclined this summer with STLCC Continuing Education's music classes. Learn how to play the piano, guitar, and even the harmonica with us this summer. **Discover your talent beginning on page 24.**



Home Improvement

There's nothing more rewarding than being able to improve or repair your home on your own. D.I.Y. and learn tips and tricks to save you time and money with St. Louis Community College Continuing Education! **Explore Home Improvement classes beginning on page 27.**

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

575003-16-28-03/2016

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.