



# Continuing Education

Summer 2018

Registration begins May 14

## Spark Your Potential



St. Louis Community College  
Continuing Education

[stlcc.edu/CE](http://stlcc.edu/CE) | 314-984-7777



# How to Read Course Listings

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

COURSE CODE	COURSE FEE	SENIOR RATE	INSTRUCTOR
ABCD:123	\$59	SR \$33.50	John Smith
SECTION NUMBER	002	DAY + TIME	MC - SO,122
	MEETING DATES		LOCATION
	Th 7 pm-8:30 pm		
	June 14 - July 12		

*St. Louis Community College expands minds and changes lives every day by offering high-quality educational experiences leading to degrees, certificates, employment, university transfer, and life-long learning.*



**St. Louis Community College**  
Continuing Education

**BOARD OF TRUSTEES**

Libby Fitzgerald	Craig H. Larson
Doris Graham	Joan McGivney
Kevin M. Martin	Pam Ross
Rodney Gee	

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

## Continuing Education Call Center Hours



**Summer 2018  
registration begins  
Monday, May 14**

<b>Expanded hours</b> May 14 - 28	<b>Regular Hours</b> beginning May 29
<b>Mondays - Thursdays:</b> 8:30 am - 7:30 pm	<b>Mondays - Thursdays:</b> 8:30 am - 5 pm
<b>Fridays:</b> 8:30 am - 4 pm	<b>Fridays:</b> 8:30 am - 4 pm

**St. Louis Community College**  
Continuing Education

**Register online at [stlcc.edu/CE](http://stlcc.edu/CE)  
or call 314-984-7777**

# Continuing Education

Summer 2018

Whether you're letting your curiosity **point you in new directions**, seeking professional courses to help **advance your career** or pursuing new challenges to **expand your mind**, Continuing Education provides a **showcase of opportunities** to broaden your potential and change your life!

We offer a wide range of experiential learning opportunities designed to support the **lifelong learning needs** of a diverse and inclusive community in an **ever-changing world**. Discover how Continuing Education can **spark your potential** and unlock a whole new future for you!

[www.stlcc.edu/CE](http://www.stlcc.edu/CE) 314-984-7777

## Table of Contents

### Professional Development

<b>Essentials TRAINING</b>		<b>COMPUTERS AND TECHNOLOGY</b>	
Small Business Essentials	5	Applications and Systems	13
Career Essentials	6	Mobile Technologies	14
Nonprofit Essentials	6	Personal Computing	14
		Publishing and Media Technologies	14
<b>INDUSTRY AND CONSTRUCTION TECHNOLOGIES</b>		Social Media	15
Drones	6	Web Development	16
OSHA	7	<b>EDUCATION AND TEST PREP</b>	
<b>CAREER STUDIES</b>		Adult Ed. & Literacy	16
Nursing and Allied Health	7	Test Prep	16
Healthcare Occupations	8		
CPR and First Aid	9		
Childcare Training	11		
Fitness Training	12		
Real Estate	12		
Restaurant Management	12		
Truck Driving	12		

### Personal Enrichment

<b>AGELESS LEARNING</b>		<b>PERSONAL FINANCE</b>		<b>RECREATION, FITNESS AND WELLNESS</b>	
Seminars	17	Finance and Investing	32	Recreation and Sports	36
Senior Fitness	18	Estate Planning	32	Motorcycle Safety	
<b>CREATIVE ARTS</b>		Retirement Planning	32	Training	36
Arts and Crafts	18	<b>LANGUAGE &amp; COMMUNICATIONS</b>		Fencing	37
Fine Arts	18	Languages	33	Golf	38
Crafts	20	Sign Language	33	Tennis	39
Culinary Arts	22	<b>HISTORICAL STUDIES</b>		Fitness	40
Performing Arts	24	Literature	34	Aquatics	40
Dance	24	History	34	Aerobic Exercise	41
Music	25	Religion	35	Pilates/Yoga	41
Theater	25	Tours and Trips	35	T'ai Chi	42
Photography	26	<b>NATURE, HOME AND GARDEN</b>		Self Defense	42
Writing	26	Animal Care	28	The Great Outdoors	43
		Home Improvement and Maintenance	29	Health and Wellness	43
		Master Naturalist	29	Youth and Family	44
		Ecology	29	<b>NEED TO KNOW...</b>	
		Landscape and Gardening	30	Locations	45
		Nature	30	General Information	46
		Real Estate	31	Registration	47

# Register online with STLCC Continuing Education

Registration begins at 8:30 am on May 14.

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

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

- Go to [stlcc.edu/CE](http://stlcc.edu/CE)
- Click on *Explore Our Classes*
- Select your classes, add to your cart
- Create your account (\*email address required for online registration)
- Pay for your classes
- Receive instant confirmation
- Enjoy your classes

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



St. Louis Community College  
Continuing Education

Continuing  
**Education**  
Summer 2018

Lifelong learning through **Continuing Education** is a proven tool for keeping your skills current and **achieving your professional goals** in a constantly changing world. As workplace demands and technology continues to change rapidly, our professional development courses help keep you on **the leading edge**, provide you with valuable skills to **enhance your career**, and build upon your strengths to put you at the **top of your game**.

# Professional Development



## Small Business Essentials

### Business Start-Up

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

You've been honing your talent and finding a demand for your handmade craft or artistic products, but how do you navigate the "indie" marketplace? Get ready for the upcoming selling 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 | SR \$24**

S01 W 6 pm-9 pm  
June 13

Michelle Ochonicky  
MC - SO, 107

#### 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. Senior discount does not apply.

**BUSS:701 | \$59**

S02 Sa 9 am-12 pm  
July 14 - July 21

Lynette Watson  
MC - BA, 118

S03 Sa 9 am-12 pm  
June 9 - June 16

Lynette Watson  
MC - BA, 118

#### 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 | SR \$37**

S01 Sa 8:30 am-1:30 pm  
June 23

Morris Turek  
MC - BA, 124

#### DIY Background Checks on Potential Tenants, Contractors and Employees

Have you ever had the need to run a background check on a person or business? This program is designed to instruct on how to conduct your own investigation for little to no cost. You will learn public resources and how to use them, insider investigator techniques, the ins and outs of background checks and vital information you need to know to protect yourself. Taught by a private investigator, this program is ideal for small business owners, homeowners, rental property owners and hiring managers.

**BUSS:765 | \$25 | SR \$17.50**

S01 Sa 10am-12pm  
June 9

Cheryl Ring  
MC - SO, 108

### Exclamation Point!

"Cheryl Ring is beyond excellent! She is engaging and is happy to answer any and all questions."

- Pamela R., Glendale, MO

### Finance

#### Understanding Accounting: An Introduction

Designed for individuals with non-financial backgrounds who work with budgets or those wanting to enter an office manager position, this introductory course provides an overview of accounting terminology and processes, analyzing financial activities and statements and applying the fundamentals of accounting. Course will cover debits, credits, general ledgers, assets, liabilities, balance sheets, profit and loss statements and more. Students may bring a sack lunch/drink to class. Senior discount does not apply.

**BUSS:741 | \$39**

S01 Sa 9 am-1 pm  
June 16

Bill Dorr  
MC - BA, 114





**Career Essentials**

**Interviewing: Learn How to Shine**

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

**CPDV:703 | \$25 | SR \$16**

S01 Tu 6:30 pm-8:30 pm  
June 26

Laurie Hawkins  
MC - BA, 112

**Resumé Workshop: Impress Potential Employers**

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

**CPDV:704 | \$29 | SR \$18**

S01 Th 6 pm-8 pm  
June 28

Laurie Hawkins  
MC - SO, 108

**Finding Job Leads**

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

**CPDV:705 | \$29 | SR \$18**

S01 Tu 6:30 pm-8:30 pm  
June 19

Laurie Hawkins  
MC - SO, 204

**Using LinkedIn for Your Job Search**

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

**CPDV:705 | \$25 | SR \$16**

S01 W 6 pm-8:30 pm  
June 13

Laurie Hawkins  
MC - SO, 108

**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:702 | \$59 | SR \$37.50**

S01 Th 6:30 pm-9:30 pm  
June 21 - June 28

Edwin Penfold  
MC - SO, 107

**Plus 50: Finding Purpose and Passion in the Third Chapter**

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

**CPDV:702 | \$65 | SR \$40**

S02 Sa 9 am-4 pm  
June 16

Carol Watkins  
MC - SO, 111

**Nonprofit Essentials**

**Basic Grant Writing**

Designed for grant writers who are just getting started or have limited experience in writing proposals, this class will cover key concepts including 501(c)(3) status, types of funders, how to identify potential funders, proposal requirements, sample MO Common Grant Application and tips on writing proposals. Lunch on your own. Senior discount does not apply.

**NPAD:701 | \$59**

S01 Sa 9 am-4 pm  
June 16

Hannah Gilk-McClellan  
FV - B, 242



**Drones**

**Introduction to Drones**

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

**ENGR:706 | \$29 | SR \$15.50**

S01 Sa 10 am-12 pm  
June 2

Jack Beetz  
MC - SO, 108



**Commercial Drones: FAA Part 107 Test Prep**

Get prepared for the FAA test to operate a drone. To operate an unmanned aerial vehicle (UAV) commercially for hire, the new FAA Part 107 regulation now requires the operator to obtain a Remote Pilot Airman Certificate with a small UAS rating, or be under the direct supervision of a person who holds such a certificate. A former airline pilot and current drone instructor will review material to successfully pass the FAA test. Subjects include the new regulation, airspace classifications, flight restrictions, aeronautical chart study, airport operations, radio communication, weather, human factors and more. Sample test questions will also be reviewed. Optional \$15 test prep book available for purchase in class. One hour lunch on your own. Registration deadline 6/12. Deadline for withdraw refund is 6/7.

**ENGR:706 | \$249 | SR \$159**

S02 Sa 8 am-3 pm  
June 16 - June 23

Jack Beetz  
Corp. College, 207

**Safety and Quality: OSHA**

**10 Hour OSHA Construction Safety and Health Training Certification**

Class meets Tuesday 7/24 and Thursday 7/26 and meets the required laws for working on public job sites. Led by an OSHA certified trainer, course covers the mandated OSHA topics including OSHA regulations, general safety and health, basic electrical safety, fall protection, ladder and scaffold safety, hand and power tools, material handling, and more. Upon successful completion students will receive the 10 Hour OSHA course completion card. Students may bring a sack dinner and/or drinks and snack to class. Registration by 7/17 is encouraged. No refunds after this date.

**CONS:736 | \$125 | SR \$76**

S02 TuTh 4 pm-9:30 pm  
July 24 - July 26

Pat Dalton  
Corp. College, 210

**10 Hour OSHA General Industry Safety and Health Training Certification**

Class meets Monday 7/16 and Thursday 7/19. This 10 hour OSHA course is ideal for supervisors with safety and health responsibilities, and for employee safety and health awareness. Get introduced to OSHA policies, procedures and standards as well as general industry safety and health principles covered in OSHA Act Part 1910. Special emphasis will be placed on areas most hazardous using OSHA standards as a guide. Students will receive a 10 hour OSHA card after completion of the course. Students may bring a sack dinner and/or drinks and snack to class. Registration by 7/9 is encouraged. No refunds after this date.

**CONS:736 | \$125 | SR \$76**

S01 MTh 4 pm-9:30 pm  
July 16 - July 19

Pat Dalton  
Corp. College, 209



**Career Studies**

**Nursing and Allied Health**

**GENERAL INFORMATION for Nursing and Allied Health Programs**



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

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

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

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

**Clinical and Field Work**

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

**Prep For Success In Nursing Workshop**

The Prep for Success in Nursing Workshop is specially designed for students entering the STLC Nursing Program in the fall 2018 semester. Workshop topics include: Medical terminology, Test-taking strategies, Critical thinking and Strategies for success. Registration/refund/withdrawal date: 5/29.

**AHCE:701 | \$25 | SR \$14**

S03 Tu 9 am-3 pm  
June 5

FP - SC, 031

**Nursing Math Class**

This class is designed for students entering the Nursing Program. The accurate calculation of medication dosages is an essential responsibility of nurses. Serious harm can occur to a patient from a mathematical error when calculating a medication dosage. This course will assist you in learning how to accurately calculate medications and will give you a head start on critical content that will be covered in more detail during the Fundamentals of Nursing course. Textbook optional.

**NRSG:704 | \$35 | SR \$21.50**

S01 W 6 pm-8 pm  
June 13 - June 27  
S02 Tu 6 pm-8 pm  
July 17 - July 31

Maria Darris  
FV - TC, 207  
Janet Walsh  
MC - SW, 111

**Medical Terminology for Nursing and Health Sciences Careers**

This course will be offered 6/20 - 7/25. Medical terms and language are complex and not often easily understood. Nursing and allied health textbooks are filled with many words that have been derived from the combination of word forms from Latin suffixes and prefixes. Attend this course for a "jumpstart" to learn the meaning of these complex words and to gain the "extra edge" when reading textbooks filled with medical language. Refund/withdrawal deadline date: 6/13. No refunds after this date. No class 7/4.

**NURS:708 | \$75 | SR \$41.50**

S02 W 9 am-12 pm  
June 20-July 25

Alverta Smith  
FP - G, 121

# Healthcare Occupations

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



Training is held from 6/5 - 8/9. Register in person only in Continuing Education at Forest Park Student Center 125. Class meets twice a week for 20 sessions; each four hours in length. The 104 hours of on-the-job training are completed in a nursing home and in addition to the scheduled class time. The on-the-job training hours are either an 8 hour day shift or evening shift. No weekend hours for on-the-job training. Time off from work may be required to complete on-the-job training. Strict attendance policy. Any missed class or on-the-job training time will be made up at an additional expense to the student. Upon successful completion of this state approved course the student is eligible to take the Missouri written and practical nurse assistant certification exams. Prerequisite: Family Care Safety Registry Worker Registration letter is required at time of registration. Only original letter will be accepted. Letter cannot be older than six months. Register online at [www.health.mo.gov/safety/fcsr/](http://www.health.mo.gov/safety/fcsr/) to obtain letter. To enroll in this state approved training the student must be employable in a skilled nursing facility or intermediate care facility in direct resident care. This is assured by verification with the criminal background check, 5-Panel drug screen, Family Care Safety Registry Worker Registration, state registry for nurse assistants and EDL. Intermediate or higher proficiency in English is recommended. No class 07/3, 07/05.

**NURS:723 | \$1,099 | SR \$569**

001 TuTh 4:30 pm-8:30 pm

June 5 - Aug. 9

Required Nursing Skills Lab: Saturday, 6/9, 8 am - 4:30 pm. Registration/Refund/Withdrawal deadline: 5/29. No refunds after that date.

**Alverta Smith**

FP - G Tower, 117

## Nurse Assistant Training for Nursing Homes

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

## Free Healthcare Occupations Information Sessions

Information sessions are free, but registration is required.

Registration begins May 14 • Go to [stlcc.edu/CE](http://stlcc.edu/CE) or call 314-984-7777

### Healthcare Occupations Information Session

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

**AHCE:701 | No Fee**

S01 M 6 pm-7 pm

June 11

FP - G Tower, 121

### Central Sterile Processing Tech Information Session

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

**AHCE:788 | No Fee**

S01 M 6 pm-7 pm

June 25

FP - G Tower, 121

S02 M 6 pm-7 pm

July 16

FP - G Tower, 117

### Pharmacy Technician Training Information Session

This free session is designed to provide information for 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 successful completion and certification. The session is free but registration is required.

**AHCE:786 | No Fee**

S01 M 6 pm-7 pm

June 4

FP - G Tower, 121

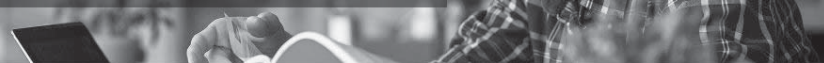
S02 M 6 pm-7 pm

July 9

FP - G Tower, 121

### Online Classes

With over 300 online classes to choose from, you can learn a new hobby or skill from anywhere. A new course session starts each month, so you can learn alongside a cohort of peers and discuss new lessons each week.



[ed2go.com/stlcc](http://ed2go.com/stlcc)



### Like us on Facebook



**STLCC**  
Continuing Education



**CPR and First Aid**

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

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

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

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

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

**Heartsaver CPR AED: Adult**

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

**CPRR:701 | \$49 | SR \$39**

S02 Tu 4 pm-6 pm  
June 12

Gary Holsapple  
Corp. College, 276

**Heartsaver First Aid CPR AED**

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

**CPRR:706 | \$99 | SR \$73**

S01 Sa 8:30 am-4:30 pm  
July 14

Marilyn Miederhoff  
FP - G Tower, 121

**Heartsaver CPR AED: Adult and Pediatric**

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

**CPRR:701 | \$69 | SR \$52**

S01 Th 6 pm-9:30 pm  
July 19

Gordon Back  
MC - CE

**BLS for Healthcare Providers**

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

**CPRR:707 | \$75 | SR \$51.50**

S13 W 9 am-3:30 pm  
May 30

S09 M 9 am-3:30 pm  
June 4

S03 W 5 pm-10 pm  
June 6

S14 Th 5 pm-10 pm  
June 14

S01 M 9 am-3:30 pm  
June 18

S15 Th 5 pm-10 pm  
June 21

S20 M 5 pm-10 pm  
June 25

S04 W 5 pm-10 pm  
July 11

S16 F 9 am-3:30 pm  
July 13

S02 Tu 5 pm-10 pm  
July 17

S05 F 9 am-3:30 pm  
July 20

S10 M 9 am-3:30 pm  
July 23

S06 W 5 pm-10 pm  
July 25

S18 F 9 am-3:30 pm  
July 27

S19 M 9 am-3:30 pm  
July 30

S11 W 5 pm-10 pm  
August 1

S17 Sa 9 am-3:30 pm  
August 4

S21 M 9 am-3:30 pm  
August 6

S07 W 5 pm-10 pm  
August 8

S12 F 9 am-3:30 pm  
August 10

S08 Su 9 am-3:30 pm  
August 12

Marilyn Miederhoff  
MC - CE

Gary Holsapple  
FV - CWI, 136

Gordon Back  
FP - G Tower, 121

Carol Pikey  
MC - CE

Carol Pikey  
WW, 102B

Gordon Back  
MC - CE

Carol Pikey  
STLCC-SC, 125

Gordon Back  
FP - G Tower, 121

Carol Pikey  
MC - CE

Carol Pikey  
WW, 102B

Marilyn Miederhoff  
FP - G Tower, 121

Gary Holsapple  
FV - CWI, 136

Gordon Back  
FP - G Tower, 121

Gary Holsapple  
Corp. College, 215

Gordon Back  
Harrison Ed. Ctr, 100

Gary Holsapple  
FV - TC, 110

Gary Holsapple  
MC - CE

Gordon Back  
STLCC-SC, 125

Marilyn Miederhoff  
FP - G Tower, 121

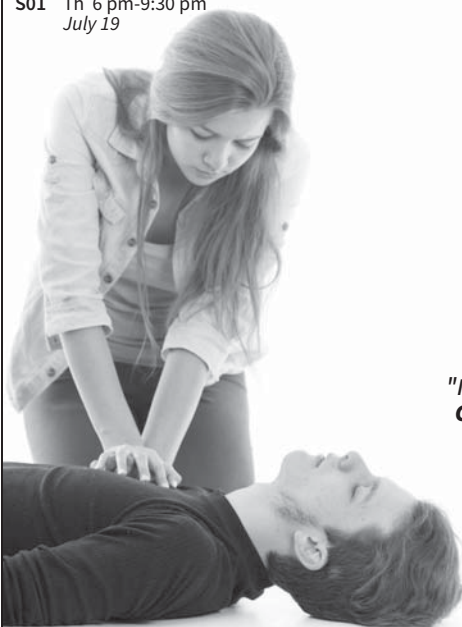
Gary Holsapple  
FV - CWI, 136

Gordon Back  
FP - G Tower, 121

**Exclamation Point!**

"My CPR class with STLCC was the best CPR class I have taken over the last 25 years. Gary Holsapple was very personal and helped me understand anything that I had trouble with. The class was very informative and very well presented."

Nancy W., Eureka, MO



**Basic Life Support Instructor Essentials Course**

The American Heart Association BLS Instructor Essentials Course provides the core and discipline-specific content necessary to teach AHA CPR and First Aid courses. The course is taught in a blended-learning format. Instructor candidates will complete pre-course online study, followed by the hands-on session conducted by Training Center Faculty during the AHA Instructor course. The course educates the instructor candidate in the use of AHA Instructor teaching materials; how to ensure that students meet learning objectives; student coaching skills; how to conduct an objective skills performance evaluation and to follow AHA Instructor course policies. Please note there is self-paced, pre-course preparation. Access to a computer will be necessary to complete required online course work. Prerequisite required at time of registration: Current AHA BLS Healthcare Provider CPR card and alignment with an AHA Training Center. Registration four weeks prior to course start date is required to ensure arrival of pre-course materials and completion of pre-course preparation. Per AHA requirements, within six months of the initial BLS Instructor Essentials Course, a STLCC Training Center Faculty member must monitor the instructor candidate's teaching and verify the performance of the candidate's provider skills. The instructor candidate will pay an additional fee for this monitoring. Due to the nature of this course, you must arrive on time. No admittance after the stated start time. No refund for late arrival. Registration/Refund/Withdrawal deadline: 6/8. Interested students must contact the Training Center Coordinator, gback3@stlcc.edu, before registering for the BLS Essentials Instructor Course.

**CPR:708 | \$299 | SR \$225.50**

S01 M 8 am-5 pm  
July 9

**Gordon Back**  
FP - G Tower, 121



**CPR Instructor Renewal Course**

To successfully complete the American Heart Association CPR Instructor Renewal course, the instructor will demonstrate acceptable provider skills and successful completion of the provider written examination. The renewal course may include an update addressing new course content or methodology and review TC, regional and national ECC information. Prerequisite: The instructor must have taught at least four CPR courses and attended updates as required within the previous two years and be a current CPR Instructor as evidenced by a current CPR Instructor card. At time of registration the instructor must provide documentation meeting all prerequisites. Registration is required one week prior to course start date. Registration/Refund/Withdrawal deadline: 07/9. 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 the Training Center Coordinator, gback3@stlcc.edu before registering for the CPR Instructor Renewal Course.

**CPR:709 | \$99 | SR \$61**

S01 M 6 pm-10 pm  
July 16

**Gordon Back**  
FP - G Tower, 121

**Heartsaver Pediatric First Aid CPR AED**

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

**CPR:711 | \$97 | SR \$71**

S01 Sa 8:30 am-4 pm  
June 23

**Carol Pikey**  
MC - CE



**Do you have a hobby, talent, skill or area of expertise that you would like to teach others? We are always looking for new instructors and great ideas for classes.**

**To apply, go to <https://jobs.stlcc.edu/postings/6708>**



**St. Louis Community College  
Continuing Education**

## Childcare Training

### Discipline for Young Children

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

**CCPR:702 | \$25 | SR \$19**

S01 W 7 pm-9 pm  
June 13

Geraldine Jasper  
FP - G Tower, 113

### **New** Using Your Brain: Conscious Discipline Techniques

Participants will learn about brain development and how to use this knowledge to apply Conscious Discipline techniques and understand the concept of the triune brain. Learn to shift from a compliance model of discipline to a relationship-based community model. Explore the seven skills of Conscious Discipline developing proactive techniques to use with children. Co-sponsored by St. Louis Learning Disabilities Association, Inc. Senior rate does not apply.

**CCPR: 702 | \$25**

S03 Tu 7 pm-9 pm  
June 19

MC - SO, 107

### Child Safety and Supervision

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

**CCPR: 702 | \$25 | SR \$19**

S04 W 7 pm-9 pm  
June 20

Geraldine Jasper  
MC - SO, 109

### **New** Implementing Exercise and Nutrition for Young Children

Do you want to learn how to promote wellness in your classroom or home? Children need guidance with healthy eating and exercise opportunities preventing illness by adopting healthy lifestyles. Explore healthy meal preparation, nutrition, and exercise activities.

**CCPR:703 | \$25 | SR \$19**

S01 Th 7 pm-9 pm  
June 7

FV - CDC, 112

### Nurturing Toddlers and Twos: Encouraging Self-Help Skills

**Back by popular demand.** Embrace those incredible independent toddlers and twos by implementing simple self-help skills in the classroom or home. 18-month olds wiping their own nose? Absolutely! Two-year olds helping make lunch? You bet! By allowing independence you will see less temper tantrums and more smiles.

**CCPR:707 | \$25 | SR \$19**

S05 Th 7 pm-9 pm

Katie Hertweck  
Elaina Mensinger  
FV - CDC, 112

June 14

### 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 that you care for. You'll be surprised how much smoother your day will go.

**CCPR:721 | \$25 | SR \$19**

S06 Th 7 pm-9 pm  
June 21

Geraldine Jasper  
FV - CDC, 110

### Understanding Autism: Birth to Age 5

Characteristics of autism spectrum disorder and how symptoms can affect each child in a unique way will be discussed. You will learn methods for working with these children and available community resources. Co-sponsored by St. Louis Learning Disabilities Association, Inc. Senior rate does not apply.

**CCPR:723 | \$25**

S07 M 7 pm-9 pm  
June 18

FP - G Tower, 113



### CHILD CARE CLOCK HOUR TRAINING

Clock Hour Certificates are granted for all CCPR Workshops and Seminars. If you have questions or need more information about the CCPR workshops and seminars for Child Care Providers, call the Caring for Kids Program at 314-513-4391. For registration in programs, call 314-984-7777.

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

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

To obtain or to look up your MOPD ID # go to [www.openinitiative.org](http://www.openinitiative.org)

## Saturday Childcare Programs

Please arrive early to check in prior to the workshop

### 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 | SR \$71**

S01 Sa 8:30 am-4:30 pm  
June 23

MC - CE

### Safety, Emergencies, Preparedness and Hazards in a Child Care Setting

This session will cover information that is being required for ALL child care employees whose center receives DSS subsidy! The following five different topics include: building and physical premises safety, fire safety, disaster preparation, handling and storage of hazardous materials, and protection for hazardous materials that include bodily harm. Session conducted by a certified hazardous materials instructor.

**CCPR:765 | \$39 | SR \$27**

S09 Sa 9 am-1 pm  
June 23

John Snider  
MC - SO, 108

**Registration opens  
Monday, May 14  
Go to [stlcc.edu/CE](http://stlcc.edu/CE) or call  
314-984-7777 to register!**



**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 | SR \$552**

S01 F 9 am-12 pm **Melissa Baumgartner**  
May 25 - August 17 FP - G Tower, 113  
No Class 6/8, 6/15, 7/6

Registration/withdrawal deadline: 5/17.  
No refunds after this date.

S02 Tu 5:30-8:30 pm **Melissa Baumgartner**  
May 29 - August 14 MC - SO, 105  
No Class 6/12, 6/19

Registration/withdrawal deadline: 5/21.  
No refunds after this date.



**Real Estate**

**How To Start A Career In Real Estate**

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

**REAL:715 | \$25 | SR \$15**

S01 W 7 pm-9 pm **Jill McCoy**  
June 27 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 | SR \$44**

S01 Sa 9 am-5 pm **Mary Hankins**  
July 14 FP - G Tower, 325



**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 the nationally-recognized ServSafe certificate. Bring a sack lunch to class.

**RMGT:701 | \$169 | SR \$127**

S01 Sa 8 am-3 pm **Almut Stephan Marino**  
June 2 - June 16 FV - B, 243  
No Class 6/9

S02 Sa 8 am-3 pm **Almut Stephan Marino**  
July 21 - August 4 MC - SO, 107  
No Class 7/28

**ServSafe Food Safety Certification Review & Re-test**

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. Senior discount does not apply.

**RMGT:702 | \$79**

S01 Sa 8 am-3 pm **Almut Stephan Marino**  
June 16 FV - B, 243

S02 Sa 8 am-3 pm **Almut Stephan Marino**  
August 4 MC - SO, 107



**TRUCK DRIVERS ARE IN HIGH DEMAND!**

Learn about the options for the Class A CDL Truck Driving Program, the eligibility requirements, job outlook, and payment options.

Attend an Information Session for program details.

Information sessions are free but registration is required.

**May Information Sessions**

Thursday, May 3  
9:30-11:30 am

Tuesday, May 8  
5-7 pm

Thursday, May 17  
9:30-11:30 am

Thursday, May 24  
9:30-11:30 am

Thursday, May 31  
9:30-11:30 am

**June Information Sessions**

Thursday, June 7  
9:30-11:30 am

Tuesday, June 12  
5-7 pm

Thursday, June 21  
9:30-11:30 am

Thursday, June 28  
9:30-11:30 am

**July Information Sessions**

Thursday, July 5  
9:30-11:30 am

Tuesday, July 10  
5-7 pm

Thursday, July 19  
9:30-11:30 am

Thursday, July 26  
9:30-11:30 am



[stlcc.edu/truckdriving](http://stlcc.edu/truckdriving)

Call 314-984-7777 to register.



# Computers and Technology

## Applications and Systems

### Microsoft Word 2016: In A Day

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

**COMP:715 | \$99 | SR \$68**

S01 Sa 9 am-4 pm  
June 23

S02 Sa 9 am-4 pm  
August 11

Rachel Bufalo  
FV - B, 139

Rachel Bufalo  
MC - BA, 203

### Microsoft Word 2016 For Business: Part I

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

**COMP:715 | \$129 | SR \$79.50**

S03 F 9 am-4 pm  
June 1

Cris Heffernan  
Corp. College, 208

### Microsoft Excel 2016: Introduction

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

**COMP:720 | \$149 | SR \$97**

S01 W 6 pm-9 pm  
June 6 - June 27

Cris Heffernan  
MC - BA, 216

### Microsoft Excel 2016: In A Day

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

**COMP:720 | \$99 | SR \$68**

S03 Sa 9 am-4 pm  
June 23

S04 Sa 9 am-4 pm  
July 21

Cris Heffernan  
Corp. College, 208

Cris Heffernan  
MC - BA, 203

### Microsoft Excel 2016 For Business: Part I

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

**COMP:720 | \$129 | SR \$79.50**

S02 F 9 am-4 pm  
June 8

Cris Heffernan  
Corp. College, 208

### Microsoft Excel 2016 For Business: Part II

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

**COMP:721 | \$129 | SR \$79.50**

S01 F 9 am-4 pm  
June 15

Cris Heffernan  
Corp. College, 208

### Microsoft Excel 2016 For Business: Part III

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

**COMP:722 | \$129 | SR \$79.50**

S01 F 9 am-4 pm  
June 29

Cris Heffernan  
Corp. College, 208

### Microsoft Access 2016: In a Day

Learn the basics of Access in one day! In this class, you will 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 | \$129 | SR \$79.50**

S01 Sa 9 am-4 pm  
July 28

Cris Heffernan  
Corp. College, 208

### Microsoft Access 2016 For Business: Part I

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

**COMP:725 | \$129 | SR \$79.50**

S02 F 9 am-4 pm  
July 13

Cris Heffernan  
Corp. College, 208

### Microsoft Access 2016 For Business: Part II

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

**COMP:726 | \$129 | SR \$79.50**

S01 F 9 am-4 pm  
July 20

Cris Heffernan  
Corp. College, 208

## Exclamation Point!

"Cris Heffernan was GREAT. She made the class interesting and kept everyone engaged!"

- Sheri P., Crestwood, MO

**Mobile Technologies**

**Android Smart Phones Small Group Workshop**

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

**COMP:765 | \$29 | SR \$19**

- S01 Tu 6 pm-9 pm  
June 5
- S02 Sa 9 am-12 pm  
August 4

Rachel Bufalo  
FV - B, 139  
Rachel Bufalo  
MC - AS, 204

**Learn The Basics of An iPhone or iPad**

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

**COMP:765 | \$25**

- S03 Sa 9 am-12 pm  
June 23
- S04 Sa 9 am-12 pm  
July 21

Gregory Ray  
MC - SW, 210  
Gregory Ray  
Corp. College, 215

**New iPhone/iPad: Next Step**

No longer a beginner, not yet an expert in using your iPhone or iPad? Feel like you could be doing more than the basics? This class will explore more about choosing and getting apps; taking, organizing, and sharing photos; shortcuts for using frequent apps like Mail, Messages, and the Safari web browser; how to keep your data secure; and settings to customize your device to work better for you. And for those of you who want to use your iPad as your sole computer, we will show how much is possible (and what still needs work). This class is for those comfortable navigating around their devices, or who have completed our Learn the Basics course. Students should bring their iPhones and/or an iPad along with the corresponding chargers, but some additional iPads will be available. Senior discount does not apply.

**COMP:765 | \$25**

- S06 Sa 9 am-12 pm  
July 28

Gregory Ray  
Corp. College, 207

**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 | SR \$67**

- S04 F 9 am-4 pm  
June 1

Jerry Bearden  
STLCC-SC, 206

**PCs and Technology: Introduction in Two Nights**

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

**COMP:701 | \$99 | SR \$67**

- S01 TuTh 6 pm-9 pm  
May 29 - May 31
- S02 MW 6 pm-9 pm  
July 30 - August 1

Rachel Bufalo  
MC - BA, 203  
Rachel Bufalo  
Corp. College, 208

**Microsoft Windows 10: Intro - 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 | SR \$67**

- S01 9 am-4 pm  
June 2
- S02 Sa 9 am-4 pm  
July 21

Corp. College, 208  
Corp. College, 208

**Buying and Selling Online**

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

**COMP:742 | \$25 | SR \$20**

- S10 Tu 6 pm-9 pm  
June 12

Rachel Bufalo  
Corp. College, 208

**New Internet Threats**

Are you interested in being able to identify and mitigate internet threats? This class will cover basic and emerging threats to computers, mobile devices, networks and cloud environments. We will also discuss novice level user attack detection/mitigation strategies and current security applications/technologies to support your defensive needs.

**COMP:795 | \$39 | SR \$26.50**

- S01 Sa 9 am-1 pm  
June 9

Cortez Tillman  
Corp. College, 208

**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 personal, electronic and communications using the most current/effective techniques/methodologies.

**COMP:795 | \$39 | SR \$26.50**

- S02 Sa 9 am-1 pm  
July 21

Cortez Tillman  
Corp. College, 206

**Publishing and Media Technologies**

**Adobe Photoshop Creative Cloud (CC): In A Day**

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

**COMP:755 | \$99 | SR \$68**

- S03 Sa 9 am-4 pm  
July 14

Zak Zych  
Corp. College, 206

**Adobe Photoshop Creative Cloud (CC) Introduction**

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

**COMP:755 | \$129 | SR \$92**

- S02 Tu 6 pm-9 pm  
June 5 - June 26

Zak Zych  
Corp. College, 206





**Adobe Photoshop Creative Cloud (CC) Intermediate**

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

**COMP:755 | \$129 | SR \$92**S04 Tu 6 pm-9 pm  
July 3 - July 24Zak Zych  
Corp. College, 206**Adobe Photoshop Creative Cloud - The First Step**

This workshop introduces practical methods for working with the software. Carefully crafted tutorials provide an overview and reinforce the student's understanding of Photoshop tools, 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 | SR \$89**S01 F 8:30 am-4:30 pm  
June 1Zak Zych  
MC - HE, 233**Adobe Photoshop Creative Cloud - The Next 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 | SR \$89**S02 F 8:30 am-4:30 pm  
June 15Zak Zych  
MC - HE, 233**Adobe Lightroom: The First Step**

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

**CVTW:701 | \$139 | SR \$89**S03 F 8:30 am-4:30 pm  
June 22Charles LaGarce  
MC - HE, 232**Adobe InDesign Creative Cloud: The First Step**

Enhance your graphic design skills and productivity with InDesign. Learn how to import illustrations and photos and set type correctly for flyers, brochures, and other basic applications. Learn the InDesign core tools to complete a basic InDesign Document. Learn key commands and other great tips for making easy work of your layouts.

**CVTW:702 | \$139 | SR \$89**S01 F 8:30 am-4:30 pm  
June 8David Haley  
MC - HE, 233**Adobe Illustrator CC 2017: 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 | SR \$89**S02 Sa 8:30 am-4:30 pm  
June 23John Schmitt  
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 | SR \$89**S01 F 8:30 am-4:30 pm  
July 13Timothy Linder  
MC - HE, 233**Social Media****Facebook For Business**

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

**COMP:742 | \$39 | SR \$27**S02 Sa 9 am-12:30 pm  
June 2Rachel Bufalo  
MC - BA, 203S03 Tu 5:30 pm-9 pm  
July 17Rachel Bufalo  
STLCC-SC, 206**Facebook Basics**

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

**COMP:742 | \$25 | SR \$20**S06 Tu 6 pm-9 pm  
July 10Rachel Bufalo  
FV - B, 139S50 Tu 6 pm-9 pm  
June 12Erin De Vore  
STLCC-SC, 206S11 Th 6 pm-9 pm  
July 12Erin De Vore  
MC - BA, 203**Facebook: Profile, Photos, Friendships and Home Page**

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

**COMP:742 | \$25 | SR \$20**S12 Tu 6 pm-9 pm  
July 24Erin De Vore  
STLCC-SC, 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. We will 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 | SR \$23.50**S14 Th 6:30 pm-9 pm  
July 12William Bearden  
STLCC-SC, 209**Social Media Marketing**

Marketing through social media has become a must, but there are so many sites to navigate. This workshop will cover the ins and outs of the most popular sites and will equip you with skills needed to plan a successful social media marketing strategy. Facebook, Instagram, Twitter, Pinterest, Youtube, LinkedIn and SnapChat will be discussed.

**CVTW:713 | \$139 | SR \$89**S01 Sa 8:30 am-4:30 pm  
June 9Rachel Bufalo  
MC - BA, 203**= Digital Arts and Technology  
Alliance Workshops****Exclamation Point!**

"I enjoyed the **Facebook Basics** class. **Rachel Bufalo** is very clear, easy to hear and understand, knows her stuff, and really seems to enjoy teaching and helping students to 'get it.'"

Will B., Ballwin, MO

**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. 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 | SR \$64.50**

S01 Sa 9 am-4 pm  
June 9

Jerry Bearden  
MC - BA, 202

**Ease into WordPress**

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

**COMP:745 | \$109 | SR \$69.50**

S02 Th 6 pm-9 pm  
June 14 - June 28

Jerry Bearden  
MC - BA, 203

**Online Education**

- Convenient & Affordable
- Instructor Led Format
- Online Course Accessible 24/7

**ed2go**

[ed2go.com/stlcc](http://ed2go.com/stlcc)

**Education and Test Prep**

**Test Prep**

**ACT Test Preparation**

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

**EDUC:712 | \$195 | SR \$141**

S01 Sa 9 am-12 pm  
June 9 - July 28  
No Class 7/7

Toshi Floyd  
FV - B, 216

Registration/withdrawal/refund deadline: 6/1  
S02 M 9 am-12 pm  
June 18 - July 30 FP - F Tower, 325

Toshi Floyd

Registration/withdrawal/refund deadline: 6/11.

S03 W 9 am-12 pm  
June 20 - August 8  
No Class 7/4

Toshi Floyd  
MC - CE

Registration/withdrawal/refund deadline: 6/13.

**Math Review for Chemistry Students**

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

**MATH:752 | \$69 | SR \$36.50**

S02 W-F 8:30 am-12:30 pm  
May 30 - June 1

Suzanne Saum  
MC - LH, 102

**Adult Basic Education and English as a Second Language**

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

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

**Call 314-984-7777 for more information**

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

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

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

**Parkway Schools - 314-415-4940**

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

**Rockwood Schools - 636-733-2161**

Serving the school district of Rockwood.

**Ritenour Schools - 314-426-7900**

Serving the school district of Ritenour.

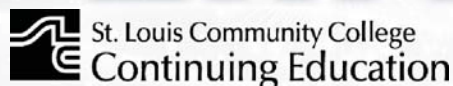
**University City Schools - 314-290-4052**

Serving the school district of University City. ([www.ucityaelprogram.org](http://www.ucityaelprogram.org))



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

# Personal Enrichment



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

<b>SENR:702 S01</b>	Tuesday	June 12	<b>ALS: The Way We Were - 20th Century Life in St. Louis</b>	Ron Elz
<b>SENR:702 002</b>	Tuesday	June 19	<b>ALS: The Businesses of St. Louis in the 19th &amp; 20th Centuries</b>	Ron Elz
<b>SENR:702 003</b>	Tuesday	June 26	<b>ALS: Two Thomas Hart Bentons-The Senator and the Painter</b>	Bev Schuetz
<b>SENR:702 004</b>	Tuesday	July 17	<b>ALS: St. Louis Summer Fun in the 19th &amp; 20th Centuries</b>	Ron Elz
<b>SENR:702 005</b>	Tuesday	July 24	<b>ALS: Supreme Court - Justices for All</b>	Bev Schuetz
<b>SENR:702 006</b>	Tuesday	July 31	<b>ALS: St. Louis's Fantastic Food</b>	Ron Elz

## Seminars

### ALS: St. Louis - City of Fountains

St. Louis has fountains that range from knee-high seahorses spouting water to the tallest fountain in the United States of America. We have fountains inspired by ancient Greece and fountains that inspire spectators to participate in the fountains. St. Louis also manufactures fountains as well. Join Doug Schneider to learn about fountains, including those by world famous designers: Maya Lin, Carl Milles and Lawrence Halprin.

**SENR:702 | No Fee**

S07 Th 10 am-11:30 am  
June 7

Douglas Schneider  
MC - BA, 105

S09 Th 10 am-11:30 am  
July 12

Douglas Schneider  
WW, 102A

### ALS: Crossing the Sahara

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

**SENR:702 | No Fee**

S08 Th 10 am-11:30 am  
June 21

Douglas Schneider  
WW, 102A

### ALS: Trail of Tears

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

**SENR:702 | No Fee**

S10 Th 10 am-11:30 am  
July 19

Douglas Schneider  
MC - BA, 105

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



**Senior Fitness**

**Line Dancing for Older Adults: Beginning**

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

**SENR:703 | \$69 SR \$56.50**

S02 F 1:30 pm-2:30 pm  
June 8 - July 27

**Sandra Derickson**  
Affton White-Rodgers

**Line Dancing for Older Adults: Easy Intermediate**

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

**SENR:703 | \$69 | SR \$56.50**

S01 F 12:20 pm-1:20 pm  
June 8 - July 27

**Sandra Derickson**  
Affton White-Rodgers

**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. No class 7/5. Senior discount does not apply.

**SENR:704 | \$79**

S01 Th 10 am-11 am  
June 14 - August 9

Masterpeace Studios



**Creative Arts**

**Fine Arts**

**Drawing**

**Drawing: Beginning/Intermediate**

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

**ARTS:709 | \$105 | SR \$61**

S01 Tu 6:30 pm-9:30 pm  
May 29 - June 26

S02 W 6 pm-9 pm  
May 30 - June 27

S04 Tu 9:30 am-12 pm  
June 5 - July 17

No Class 7/3

S06 Tu 6:30 pm-9:30 pm  
July 10 - August 7

**Jeffrey Johnson**  
Eureka Comm. Center

**Lisa Payne**  
FP - G Tower, 413

**Ruth Kolker**  
MC - CE

**Jeffrey Johnson**  
Eureka Comm. Center

**Perspective Drawing and Still Life**

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

**ARTS:709 | \$105 | SR \$61**

S03 M 6:30 pm-9:30 pm  
June 4 - July 2

**Philip Perschbacher**  
FP - G Tower, 413

**Drawing: Traditional Pencil Basics**

Discover the fundamentals of an essential art. Use pencil to create line, perspective, value and composition. No experience necessary and individualized instruction included. Supply list sent. This class is for beginners only. No class 7/7.

**ARTS:709 | \$105 | SR \$61**

S05 Sa 9:30 am-12 pm  
June 9 - July 21

**Sean Long**  
MC - HE, 125

**Botanical Illustration: Watercolor**

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

**ARTS:709 | \$105 | SR \$61**

S07 Th 12 pm-3 pm  
July 12 - August 9

**Maureen Brodsky**  
MC - CE

**Botanical Illustration: Colored Pencils**

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

**ARTS:716 | \$105 | SR \$61**

S02 Th 12 pm-3 pm  
May 31 - June 28

**Maureen Brodsky**  
MC - CE

**Drawing in Color Pencil: Beginning**

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

**ARTS:716 | \$155 | SR \$84.50**

S03 M 12:30 pm-2:30 pm  
June 4 - August 6

**Kris Scharfenberger**  
MC - CE

**Drawing in Color Pencil: Intermediate**

A continuation of the beginner's class. Intermediate students will further develop their skills in building color and value while still leaving room for the beautiful detail and control of colored pencil.

**ARTS:716 | \$155 | SR \$84.50**

S01 Tu 12:45 pm-2:45 pm  
May 29 - August 7

No Class 7/3

S04 Th 12:45 pm-2:45 pm  
May 31 - August 9

No Class 7/5

**Kris Scharfenberger**  
STLCC-SC, 103

**Kris Scharfenberger**  
STLCC-SC, 103

**Exclamation Point!**

*"Sean Long is an excellent teacher who takes each student from where they are to their next step."*

Susan M., Kirkwood, MO

**Caricature Drawing**

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

**ARTS:721 | \$105 | SR \$61**

S01 W 6 pm-9 pm  
May 30 - June 27

Sean Long  
MC - HE, 124

**New Sketchbook: Doodling with a Purpose**

Paint the brilliant color and fluid stroke of watercolor. Explore paint, paper and brush techniques. Course will cover a variety of subject matter in supportive atmosphere. Supply list sent. No class 7/5.

**ARTS:721 | \$105 | SR \$61**

S02 Th 6:30 pm-9 pm  
June 7 - July 19

Jeffrey Johnson  
Eureka Comm. Center

**Pottery**

**Pottery: All Levels**

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

**ARTS:727 | \$139 | SR \$105**

S01 Sa 9:30 am-12 pm  
June 9 - July 21  
No Class 7/7

Sheow Chang  
FV - H, 109

S02 Tu 7 pm-9:30 pm  
June 12 - July 24  
No Class 7/3

Carl Behmer  
FV - H, 109

**Painting**

**Watercolor: Beginning Techniques**

Paint the brilliant color and fluid stroke of watercolor. Explore paint, paper and brush techniques. Course will cover a variety of subject matters in a supportive atmosphere. Supply list sent. No class 7/3.

**ARTS:735 | \$105 | SR \$61**

S01 Tu 1 pm-3:30 pm  
June 5 - July 17

Maureen Brodsky  
MC - CE

**Watercolor: Intermediate/Advanced Techniques**

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 6/29.

**ARTS:736 | \$205 | SR \$142**

S01 F 9:30 am-12 pm  
June 1 - August 10  
S02 F 12 pm-2:30 pm  
June 1 - August 10

Phyllis Smith Piffel  
Bluebird Park  
Phyllis Smith Piffel  
Bluebird Park

**Oil or Acrylic Painting: All Levels**

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

**ARTS:740**

**15 Hours | \$105 | SR \$73.50**

S02 Tu 6 pm-9 pm  
June 12 - July 10

Michelle Ochonicky  
Eureka Comm. Center

**18 Hours | \$119 | SR \$ 75**

S01 Tu 6 pm-9 pm  
May 29 - June 26  
S04 M 1 pm-4 pm  
July 2 - August 6

Lisa Payne  
FP - F Tower, 415  
Sarah Paulsen  
FP - G Tower, 409

**Acrylic Impressions: Beginning**

In this beginning course, you will learn how 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. This class is for beginners only. No class 6/27 and 7/4.

**ARTS:748 | \$75 | SR \$55.50**

S03 Sa 9 am-11 am  
May 26 - June 16

Phyllis Smith Piffel  
MC - SO, 232

**Acrylic Impressions: Intermediate/Advanced**

In this follow up course, you will learn how to 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. Prerequisite: Acrylic Impressions-Beginning class.

**ARTS:748 | \$205 | SR \$142**

S01 Tu 12:30 pm-3:30 pm  
May 22 - August 7  
No Class 6/26, 7/3  
S02 W 6 pm-9 pm  
May 23 - August 8  
No Class 6/27, 7/4

Phyllis Smith Piffel  
MC - HE, 217

Phyllis Smith Piffel  
MC - HE, 217

**Abstract Painting**

If you've ever wanted to paint like Picasso, Warhol, Pollack, Lee Krasner or the DeKoonings, this is the studio class for you. No representational art. Move past the still life and puppy dog art to explore the pouring, layering, scraping, trolling and stenciling techniques that made mid-20th century art so intriguing. No experience necessary. Supplies will be additional and discussed at the first class which will only meet for one hour. No class 7/3.

**ARTS:748 | \$105 | SR \$61**

S04 Tu 9 am-12 pm  
June 5 - July 17

Maureen Brodsky  
MC - HE, 217



**Crafts**

**Needlecrafts**

**New Needle Felt: Vikings**

Learn to needle felt an adorable three-dimensional Viking! Students will felt by using a single-barbed needle that agitates the wool fiber into a form. This is a fun beginning class for wool felting. After learning this technique, students can work on more projects at home to create their own designs. Senior discount does not apply.

**CRFT:713 | \$49**

S01 W 5 pm-8 pm  
July 25

Craft Central

**New Summer Garland and Banners**

Crochet isn't just for the cold winter months. Summer is a great season to crochet! Learn how to crochet several types of bright happy garlands, banners and bunting to decorate with. Basic crochet skills required. Bring 3 to 5 skeins of different colored yarns (same weight), and appropriate sized hook.

**CRFT:713 | \$49 | SR \$31.50**

S04 Th 6 pm-9 pm  
July 12 - July 19

Dee Levang  
MC - SW, 102

**Thread Painting**

Learn to combine fabric, yarn and thread on a sewing machine to create a beautiful 10 x10 inch picture to hang on your wall or use as a hotpad. No sewing experience necessary but helpful. All materials and use of sewing machines provided at class.

**CRFT:713 | \$39 | SR \$29**

S05 Tu 9 am-12 pm  
June 26

Anne Stirnemann  
City Sewing Room

**Introduction to Your Sewing Machine**

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

**CRFT:713 | \$29 | SR \$19**

S06 Sa 9 am-12 pm  
June 16

Anne Stirnemann  
City Sewing Room

**Mending 101**

Learn how to mend your pants, blouse or jacket. Bring your mending and we will show you how to fix almost any problem. We will review how to hem pants, sew on buttons, put on patches, maybe even fix a zipper. We will use hand sewing and sewing machines - no experience necessary but helpful.

**CRFT:713 | \$29 | SR \$19**

S08 Tu 6 pm-9 pm  
July 24

Anne Stirnemann  
City Sewing Room



**Introduction to Upholstery**

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

**CRFT:713 | \$39**

S09 Tu 6:30 pm-8:30 pm  
June 19

PerrenialSTL.org

**Embroidery: Design and Stitch**

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

**CRFT:728 | \$69 | SR \$31.50**

S01 W 6 pm-9 pm  
June 13 - June 27

Magan Harms  
MC - SS, 107

**Weaving**

**Rag Rugs from T-shirts**

Learn several ways to turn your old T-shirts into area rugs. Bring 4-5 old T-shirts. We will cut them up and begin a rug using your choice of weaving, knitting, sewing or braiding. No sewing experience necessary. All supplies provided.

**CRFT:713 | \$39 | SR \$29**

S07 Tu 6 pm-9 pm  
July 10

Anne Stirnemann  
City Sewing Room

**Beginning Weaving: Table Runner**

Students will learn the basics of weaving. You will work on a 4-shaft pre-loaded tabletop loom of white cotton. Students will be allowed to pick from a variety of colors for their table runner. All materials included. Senior discount does not apply.

**CRFT:713 | \$89**

S03 Su 9 am-2 pm  
July 1

Craft Central

S02 Sa 9 am-2 pm  
Aug. 4

Craft Central



**Knit and Crochet**

**Knitting 101: Beginning Techniques for All Seasons**

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

**CRFT:720 | \$49 | SR \$37**

S01 Tu 6:30 pm-8:30 pm  
June 5 - June 19

Cristin Greenlee  
MC - SO, 112

**Knit in a Day**

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

**CRFT:720 | \$49 | SR \$37**

S02 Sa 9 am-3 pm  
June 30

Thi Miller  
FP - G Tower, 113

**Knitting: The Next Step**

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

**CRFT:722 | \$49 | SR \$37**

S01 Tu 6:30 pm-8:30 pm  
July 10 - July 17

Cristin Greenlee  
MC - SO, 112

**Crochet I**

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

**CRFT:724 | \$49 | SR \$31.50**

S02 Tu 6:30 pm-8:30 pm  
June 12 - June 26

Dee Levang  
MC - SS, 107

**Crochet II**

Go beyond the basics of crochet with this class. Learn how to make tubular and textured stitches, half-double and treble crochet stitches, how to increase and decrease and how to crochet a flat circle. Practice reading patterns. After this class, you will be an Intermediate Crocheter! You may bring your own projects. Prerequisite: Crochet I or equivalent experience. Supply list sent.

**CRFT:726 | \$49 | SR \$31.50**

S02 Tu 6:30 pm-8:30 pm  
July 10 - July 24

Dee Levang  
MC - SS, 107

**Tunisian Crochet I**

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

**CRFT:724 | \$49 | SR \$31.50**

S01 Sa 9 am-12 pm  
June 16 - June 23

Dee Levang  
MC - SO, 112



**Tunisian Crochet II**

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

**CRFT:724 | \$49 | SR \$31.50**

S03 Sa 9 am-12 pm  
July 14 – July 21

Dee Levang  
MC - SO, 112

**Glass and Ceramics**

**Asian Tea Set**

Create a custom painted ceramic Asian tea set with a pot and two tea cups. Students will choose a glaze to paint their project. Students may also choose to transfer a pattern onto the set and paint the image from a variety of under-glazes. Projects will be fired and ready for pickup within one week. Senior discount does not apply.

**CRFT:740 | \$49**

S01 M 6 pm-8 pm  
June 18

Craft Central

**Mosaic Birdhouse**

Students will apply mosaic glass to the roof and at least two sides of a ceramic-glazed birdhouse. Students will complete their mosaic birdhouse by grouting the second week. Your completed birdhouse will be a beautiful handmade addition to any garden! All materials included. Senior does not apply.

**CRFT:740 | \$69**

S02 Sa 10 am-12 pm  
June 9 – June 16

Craft Central

**Stained Glass: Sun Catcher**

A beginner's workshop for those curious about stained glass. Students will be introduced to the process of making a stained glass piece. The class also includes explanation of equipment and terminology. You will learn the techniques for cutting and grinding, as well as copper foiling and soldering your own sun catcher in this course. All materials included. Senior discount does not apply.

**CRFT:740 | \$79**

S02 Sa 1 pm-4:30 pm  
July 14

Craft Central

**Painting With Bubbles**

Bubbles are not just for kids! By combining paint, water and dish detergent, you will create a unique salad bowl. Choose your own colors. Pieces will be fired and picked up at the shop one week after the class. Fee includes all materials and firing.

**CRFT:741 | \$65 | SR \$50**

S01 W 7 pm-9 pm  
June 13

Janet Becker  
Painted Zebra-Krkwd

**Whimsical Flower Pot**

Paint a medium ceramic flowerpot and tray with flowers, grass, a sun, clouds, butterflies, ladybugs, caterpillars, bees or any combination. Choose your own colors. The completed flower pot will be suitable for either indoor or outdoor use. Your plants will thank you for a unique personalized home. Pieces will be fired and ready for pickup at the shop one week after the class. Fee includes all materials and firing. Senior discount does not apply.

**CRFT:741 | \$49**

S02 W 7 pm-9 pm  
June 27

Janet Becker  
Painted Zebra-Krkwd

**Papercrafts**

**Suminagashi: Japanese Paper Marbling**

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

**CRFT:742 | \$59 | SR \$46.50**

S01 W 6 pm-9 pm  
July 15

Magan Harms  
MC - SS, 105

**Waterfall Scrapbook**

Traditional scrapbooks can be quick and easy to make. Come learn how to create this custom scrapbook - it would make a great gift or keep it for yourself to show off your family. Who doesn't love a brag book full of pictures? We will use stamping techniques, embellishments and more to create this one-of-a-kind waterfall scrapbook. We will complete the scrapbook in class, all you will have to do is add your pictures when you get home. Fee includes most materials. Supply list will be sent. LAST DAY TO ENROLL OR DROP IS FRIDAY, 7/13. NO REFUNDS AFTER THIS DATE.

**CRFT:742 | \$55 | SR \$45**

S02 Sa 9 am-12 pm  
July 21

Patti Bossi  
MC - BA, 105

**Stamp A Stack**

Join us each class to create some fabulous cards. Each class you will create five cards using different stamping techniques. Ending in July, you will have a total of 15 hand-crafted unique cards to use throughout the year! Fee includes most materials. Supply list sent. LAST DAY TO ENROLL OR DROP IS FRIDAY 5/25. NO REFUNDS AVAILABLE AFTER THIS DATE. Class dates: 6/2, 6/30 & 7/28.

**CRFT:742 | \$65 | SR \$47.50**

S03 Sa 9 am-11 am  
June 2, June 30, July 28

Patti Bossi  
MC - BA, 105

**Exclamation Point!**

*"Patti Bossi is an amazing instructor. I've taken several of her classes and have always had a good time, did creative things and met new people. She's the best!"*

Debbie J., Glendale, MO

**Metals and Blacksmithing**

**Beginning Blacksmith: Create a Wall Mount J-Hook**

A blacksmith creates objects from wrought iron or steel by forging the metal and using tools to hammer, bend, and cut to create useful items. In this introductory class, you will explore the craft of blacksmithing to make your very own wall mount J-hook! Join us to learn the proper use of blacksmithing tools including proper fire and forge control while you hammer and twist steel in the traditional blacksmith medium. Please wear protective clothing! You will be exposed to hot steel being hammered, which emits sparks that can come in contact with your clothing. Protective means your arms and legs should be covered, and you must wear closed-toed shoes. Gloves and safety glasses will be provided and limited shop aprons are available on-site. Senior discount does not apply.

**CRFT:753 | \$85**

S02 Sa 9 am-11:30 am  
June 2

Mueller Industries

S03 Sa 9 am-11:30 am  
July 7

Mueller Industries

S04 Sa 9 am-11:30 am  
August 4

Mueller Industries

**Copper Chasing: Leaves**

Metalsmithing is one of the oldest occupations, producing useful items such as tools, kitchenware, tableware, jewelry, and more for centuries. Shaping metal with a hammer is the fundamental element of smithing. In this class, you will learn how to cold-hammer copper and apply the technique of copper chasing to create images in copper plates! All materials included. Senior discount does not apply.

**CRFT:753 | \$99**

S05 M 4 pm-7 pm  
June 4 – June 11

Craft Central

S06 Su 11 am-1 pm  
July 15 – July 22

Craft Central

**Metalsmithing: Enameling**

Enamel is a specially prepared glass that is applied to metal and then fused onto the metal. Students will learn basic surface and finishing techniques to applying enamels. Techniques including: shifting, stencil, stamping, sgraffito, cloisonne and how to apply silver foil. Supplies included in the cost of the class. No class 7/5, 7/19.

**CRFT:753 | \$245 | SR \$160**

S07 Th 6 pm-9 pm  
May 31 – Aug. 2

Kevin Linn  
FV - E, 290

**Registration begins May 14**

**Go to [stlcc.edu/CE](http://stlcc.edu/CE) or call 314-984-7777 to register!**

**Culinary Arts**

**Cake Decorating For Fun Or Profit: Beginning**

Unleash your creativity with cake decorating! This introductory course includes instruction and practice in the use of basic tools to torte, fill, and ice your cakes. Decorate them with flowers, writing, figure piping and borders to make your cakes creative, casual, elegant or romantic. Join for fun or for the rewards of starting your own business. Supplies extra. No class 7/3.

**FOOD:701 | \$69 | SR \$46.50**

S01 Tu 6:30 pm-9 pm  
June 19 - July 17

Carla Soll  
FV - SC, PDR-A

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

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

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



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**Baker's Delight**

**Greek Pastries**

From delicate and fragile to crunchy and chewy, Greece is known for its confections and cakes. Made with an abundance of honey, nuts, fruits and creams, these mouth-watering treats will satisfy anyone's sweet tooth. We'll make the ever popular Baklava with our super easy recipe, kataifi (almond and walnut pastry in syrup), tulumba (extra syrupy fried pastries), Greek rice pudding, quick and easy Greek yogurt dessert, and traditional Greek yogurt cake with orange syrup. Class is a combination of demonstration and hands-on. There will be plenty of taste-testing plus you can take some home for later. Bring a container for leftovers. Park on Hartford or Hampton. Flagpole in front.

**FOOD:705 | \$49 | SR \$41.50**

S01 Tu 6 pm-9 pm  
July 17

Debra Hennen  
Cul. Arts House

**Appetizers and Sides**

**Summer Entertaining Small Bites**

Enjoy summer entertaining with some new appetizers and small bites to impress your guests! Learn to make and taste Vidalia onion dip served with crackers, shrimp "Rangoon" in Wonton Cups, spinach and cheese puff pastry spirals, parmesan and prosciutto palmiers, and raspberry and white chocolate tiramisu. Class is part hands on and part demonstration. Park on Hartford or Hampton. Flagpole in front.

**FOOD:714 | \$49 | SR \$41.50**

S02 W 6 pm-9 pm  
June 6

Elizabeth Parker  
Cul. Arts House

**Scrumptious Summer Salads**

Lighten your menu with deliciously fresh summer salads for you and your family! Learn recipes for a new array of summer salads to enjoy during the hot summer months. Recipes include tossed bacon, lettuce, tomato, and cheese salad in an herb vinaigrette, Catalina taco salad, lightened "Caesar Style" salad with parmesan peppercorn dressing and shrimp and avocado salad with a citrus dressing all complemented with parmesan herb monkey bread. Class is part hands-on and part demonstration. Park on Hartford or Hampton. Flagpole in front.

**FOOD:765 | \$49 | SR \$41.50**

S01 Th 10 am-1 pm  
July 12

Elizabeth Parker  
Cul. Arts House



**International Flavors**

**Meet me in Marrakech**

Close your eyes and imagine a bustling market square with a rainbow of colors from clothing to piles of spices and olives. Snake charmers and street food vendors side-by-side beckoning the evening crowd. Welcome to Marrakech! This unique culinary destination offers a wide variety of delights we can create in your home kitchen. In this class, we will prepare meat kebabs, tagines, salads and sides inspired by this southern Moroccan city. Mint tea and authentic Moroccan bread will also be served. Class is hands-on.

**FOOD:722 | \$49 | SR \$46.50**

S01 F 6 pm-9 pm  
June 29

Lisa Payne  
Cul. Arts House

**The Main Event**

**Summer Brunch @Tiffany's Cali Style**

Summer is the perfect time to embrace seasonal foods and bring some of the SoCal lifestyle to the Midwest! Enjoy avocado toast served with a variety of toppings and learn about the power of the acai berry and how to make picture perfect acai bowls topped with seasonal fruit and edible flowers that look too good to eat! Also, enjoy gourmet picnic basket food ideas, including Italian pressed sandwiches, on the go bruschetta, cold noodle pasta salad and easy snack mixes that are perfectly portable fare for traveling by plane, train, and automobile or just for a summer day out in the park! Park on Hartford or Hampton. Flagpole in front.

**FOOD:714 | \$49 | SR \$41.50**

S03 Sa 10 am-1 pm  
June 9

Tiffany Smith  
Cul. Arts House

**Celebrity-inspired Dinner Parties**

Looking to throw a show-stopping seasonal soiree for your friends and family during the warm summer months? The revival of the multi-course dinner party is on trend for 2018 so learn how to host celebrity-inspired dinner parties with all the glitz and the glam on a budget! Understand the multi-course meal and learn tips on creating a breath-taking tablescape on a shoe string budget. Prepare dinner party fare including California chicken flatbread, gazpacho with spicy grilled shrimp, and grilled salmon with tropical fruit salsa plated with asparagus and cauliflower mash. For a show stopping dessert, enjoy a white Russian brownie plated under a chocolate dome, served with warm chocolate ganache and fresh fruit. Class is part hands-on and demonstration. Park on Hartford or Hampton. Flagpole in front.

**FOOD:714 | \$49 | SR \$41.50**

S1 Sa 9:30 am-1 pm  
July 21

Tiffany Smith  
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."*

**Carol S., St. Louis, MO**

**Tricks and Tips**

**So Easy to Preserve: Water Bath Canning 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 Tuscan tomato jam, corn and cherry tomato salsa, green-apple shallot chutney, peach-bourbon jam and ever popular applesauce. You are sure to enjoy this class! Bring a box to take home hot jars.

**FOOD:754 | \$39 | SR \$28.50**

S01 Sa 9:30 am-1:30 pm  
July 14

Eileen Fraser  
FV - SM, 129

**So Easy to Preserve: Pressure Canning Workshop**

If you are hesitant to pressure can, let our instructor show you how. Learn to pressure can Italian style tomato sauce, green beans, tomatoes, Mexican corn, Mediterranean potatoes, just to name a few. Great recipes for the pressure canner. Bring a box to take home hot jars.

**FOOD:754 | \$39 | SR \$28.50**

S02 Sa 9:30 am-1:30 pm  
July 28

Eileen Fraser  
FV - SM, 129

**Cheese making: Beyond the Basics**

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

**FOOD:765 | \$49 | SR \$41.50**

S02 Sa 9 am-3 pm  
June 16

Lisa Payne  
Cul. Arts House

**Couples Cook**

**Couples Cook: Summertime Favorites**

Impress your guests with these delicious summertime favorites: Some of the dishes you will prepare are rosemary turkey burgers with sharp cheddar cheese, honey roasted red potatoes, whiskey-dijon pork chops, peach and blackberry cobbler, creamy jalapeno slaw, green beans with tomato, basil and garlic, salad greens with basil-parsley vinaigrette, to name a few. As always, our instructor will have an array of delicious recipes for everyone to enjoy!

**FOOD:755 | \$39 | SR \$28.50**

S01 F 7 pm-9:30 pm  
June 22

Eileen Fraser  
FV - SM, 129

**Kaffeeklatsch**

**Chai Time**

Tea stalls are found on every street corner in India and are very much a part of the urban landscape. Chai tea brewed with milk and a variety of herbs and spices such as mint, ginger, cardamom, cloves and a lot of sugar is consumed all through the day. A great cup of tea is not complete unless it is accompanied by an assortment of snacks. The evening tea is served with mostly fried and some sweet snacks. In this class, you experience the art of making vegetable pakoras or vegetables dipped in a chickpea batter and fried till they are crisp and golden. Samosas filled with a spicy peas and potato filling are another crowd pleaser. Gajjar Halwa or carrot halwa is simple yet delicious and can complement a great cup of tea. Park on Hartford or Hampton. Flagpole in front.

**FOOD:733 | \$49 | SR \$41.50**

S01 M 6 pm-9 pm  
July 23

Prabha Pergadia  
Cul. Arts House

**Cheers**

**Wine 101**

This will be a general introduction to wine covering the major varietal types and styles as well as their characteristics. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. \$20 materials fee payable at class. Must show proof of age 21 to participate in wine tasting classes.

**FOOD:760 | \$19 | SR \$14.50**

S01 Tu 6:30 pm-8:30 pm  
June 12

William Polhemus  
The Wine Barrel

**Compare and Contrast: Different Wine Varietals**

What is 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 | \$19 | SR \$14.50**

S02 Tu 6:30 pm-8:30 pm  
July 24

William Polhemus  
The Wine Barrel

**Registration opens May 14**

**Do you have a hobby, talent, skill or area of expertise that you would like to teach others? We are always looking for new instructors and great ideas for classes.**

**To apply, go to  
<https://jobs.stlcc.edu/postings/6708>**



**St. Louis Community College  
Continuing Education**

Continuing  
**Education**  
Summer 2018



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 7/3. Senior discount does not apply.

**DANC:701 | \$59**

S01 M 7 pm-8 pm  
June 4 - July 9 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. Senior discount does not apply.

**DANC:701 | \$69**

S02 Th 7 pm-8 pm  
June 14 - August 2 Amanda Fedor  
The Studio, Inc.

**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. Senior discount does not apply.

**DANC:702 | \$69**

S01 M 8:15 pm-9:15 pm  
June 18 - August 6 Amanda Fedor  
The Studio, Inc.

**Tap Dancing: Beginning**

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

**DANC:707**

**Six Sessions | \$59**  
S01 M 8 pm-9 pm  
June 4 - July 9 ADIVA Dance Center

**Eight Sessions | \$69**

S02 Th 8 pm-8:45 pm  
June 14 - August 2 Amanda Fedor  
The Studio, Inc.

**Egyptian Street Belly Dance**

Egyptian Street Belly Dance is a new, exciting style known in the Arab world as mahragan sha'abi (Arabic for festival). This class is an introductory class to the core movements of belly dance and the Egyptian aesthetic, combined with modern hip hop-stylings and the contemporary movement vocabulary of present-day urban Egyptians. It is a street dance that emerged from post-revolution youth culture. It is characterized by a blend of indigenous, folkloric movements and modern hip-hop stylings. This is a high-energy dance with movements that are heavily based in the rhythm and take their gestural cues from the lyrics of the cutting-edge Egyptian electro-sha'abi music, also called mahragan. Students can expect to have fun, sweat, and learn about another culture! Prior belly dance experience is not necessary, but it is helpful. No class 6/28 and 7/5.

**DANC:719 | \$49 | SR \$32**

S01 Th 7 pm-8 pm  
May 31 - August 2 Amber Skye  
FP - PE, DANCE

**The Salsa Experience: Beginning**

Learn the authentic Latin Culture through the rhythmic sounds of Salsa music and dance. In just eight weeks, you will learn the history of Salsa, the origin of the dance, basic salsa steps, musicality skills, technique for men to become the perfect lead and ladies to be a fantastic follow. You will be moving and shaking in time for a class night at some of the hottest Latin dance spots in town! (Admissions and transportation on your own.) Couples are welcomed but no partner is required. On street parking; stairs-only access to dance studio in residential area. No class 7/3. Senior discount does not apply.

**DANC:725 | \$59**

S01 Tu 6 pm-7:30 pm  
June 12 - July 24 Almas Del Ritmo Dance

**The Latin Social Experience**

Be a social butterfly with all the greatest Latin dance moves. This six-week class you will learn the different styles of Latin dance. From Salsa and Merengue to Bachata and Cha Cha Cha, you will be ready to steal the show on the dance floor at any of the hottest Latin social scenes in St. Louis. No class 7/4. Senior discount does not apply.

**DANC:725 | \$59**

S02 W 7pm-8 pm  
June 13 - July 25 Almas Del Ritmo Dance

**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.

**DANC:728 | \$69 | SR \$47**

S01 M 6:30 pm-8 pm  
June 4 - July 9 Sherry Martin  
Concordia Luth.-Krkwd

**East Coast Swing**

East Coast Swing is the most popular dance in St. Louis. There are more swing dance venues here, than any other form of couple dancing. Taught by a three-time St. Louis City Jitterbug Champion, you'll learn the basic six-count pattern, lots of great combinations, timing, technique, styling, and how to spin. You will learn, lead and follow patterns, plus lots of tips. Don't miss this! No class 5/30, 7/4.

**DANC:740 | \$69 | SR \$47**

S01 W 6:30 pm-8 pm  
May 23-July 11 Sherry Martin  
Concordia Luth.-Krkwd

**Electric Slide: Beginning**

Slide dancing is a fun, energetic way to get your exercise. People of all ages can have a lot of fun moving to great music and making new friends, too! If you've never tried slide dancing, or you haven't danced this style in a while and would like a refresher, this is the class for you. Our instructor will start at the beginning and take you to fantastic! No experience required. No class 7/7.

**DANC:749 | \$59 | SR \$38**

S01 Sa 10 am-10:50 am  
June 9 - July 21 Nigeria King  
FP - PE, DANCE

**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. No class 7/7.

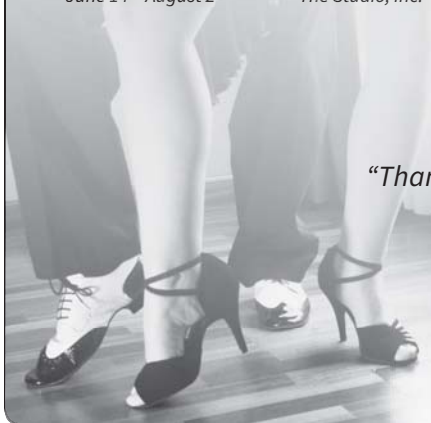
**DANC:749 | \$59 | SR \$38**

S02 Sa 10 am-11 am  
June 9 - July 21 Stephanie Crusoe  
FV-SC, Cafe

**Exclamation Point!**

*"Thank you for offering this class with such a fine instructor - Sherry Martin. She is a dedicated, passionate teacher!"*

Meredith B., St. Louis, MO



Music

**New The Motown Sound**

Motown has had a massive impact on music and its artists in 20th century as well as today's popular music culture. In this class, you will listen to music from Motown era and study the history.

**MUSC:702 | \$19 | SR \$12.50**

S01 M 10 am-12 pm Christina Springer  
June 11 FV - C, 114

**New Classical Music History To Be Heard: Part I**

Using a simple and enjoyable teaching style, this course introduces the novice listener to the wonders of classical music.

**MUSC:703 | \$19 | SR \$12.50**

S01 M 10 am-12 pm Christina Springer  
July 2 FV - C, 114

**New Classical Music A History To Be Heard: Part II**

A continuation of Jazz and its Influences: Part I.

**MUSC:703 | \$19 | SR \$12.50**

S02 M 1 pm-3 pm Christina Springer  
July 2 FV - C, 114

**New Classical Music A History To Be Heard: Part III**

A continuation of Classical Music a History to Be Heard: Part II.

**MUSC:703 | \$19 | SR \$12.50**

S03 M 3 pm-5 pm Christina Springer  
July 2 FV - C, 114

**New Jazz And Its Influences: Part I**

Jazz holds an important place in American History and musical education. From inspiring creativity to offering opportunities for self-expression, Jazz can broaden your love for music. In this class we will listen to Jazz music from some of the greats and study the history of this American art form.

**MUSC:704 | \$19 | SR \$12.50**

S01 M 1 pm-3 pm Christina Springer  
June 11 FV - C, 114

**New Jazz and Its Influences: Part II**

A continuation of Jazz and Its Influences: Part I.

**MUSC:704 | \$20 | SR \$12.50**

S02 M 3 pm-5 pm Christina Springer  
June 11 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. No text required. No class 7/3.

**MUSC:705 | \$69 | SR \$44.50**

S01 Tu 7 pm-9 pm James Renz  
June 5 - July 17 MC - HW, 102

**Beginning Guitar and 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. Text required. No class 7/5.

**MUSC:705 | \$69 | SR \$44.50**

S02 Th 7:30 pm-9:30 pm Christina Springer  
June 14 - July 26 FV - C, 114

**Advanced Guitar and 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. Text required.

**MUSC:707 | \$69 | SR \$44.50**

S01 Tu 7:30 pm-9:30 pm Christina Springer  
June 12 - July 17 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. No class 7/5.

**MUSC:710 | \$69 | SR \$44.50**

S01 Th 5:35 pm-7:25 pm Christina Springer  
June 14 - July 26 FV - C, 114

**Piano: Advanced Beginning**

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

**MUSC:711 | \$69 | SR \$44.50**

S01 Tu 5:30 pm-7:30 pm Christina Springer  
June 12 - July 17 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 | SR \$32**

S01 W 6:30 pm-7:30 pm  
June 13 - June 27 MC - SW, 108

**New Playing Chords and Such**

Get together with other people and just have fun playing music! Develop lead sheet reading, rhythm reading and improvisation skills all while playing with others. Several different genres of music may be explored. Students must have a basic ability of knowing how to read music. Most instruments welcome (percussion need to contact instructor). Students will need a three ring binder.

**MUSC:725 | \$69 | SR \$44.50**

S01 Tu 3:30 pm-5:30 pm Christina Springer  
June 12 - July 17 FV - C, 114

**New Let's Write A Song**

Learn the basic information to understand how to write music. Learn about notes, time signatures, key signatures, rhythms and more. Book required. No class 7/5.

**MUSC:725 | \$69 | SR \$44.50**

S02 Th 3:30 pm-5:30 pm Christina Springer  
June 14 - July 26 FV - C, 114

**Singing with Impact: The Variety, Aesthetics and Power of Pop Music Styles**

This course will examine the power and intimacy of singing (concentrating on popular music idioms), unique vocal styles from around the world, and how to develop your OWN vocal style for maximum pleasure and impact. We will look at elements of singing such as enunciating lyrics effectively, harmonies, projecting, proper breathing, and creative "emoting" in order to command audience attention. Everyone will get a chance to sing and receive useful guidance, and professional performance techniques will be covered. No text required, just a desire to sing at the height of your potential. No class 7/3.

**MUSC:725 | \$89 | SR \$54.50**

S03 Tu 6:30 pm-8:30 pm Kevin Renick  
June 19 - July 31 MC - LH, 102



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 | SR \$25**

S01 M 6:30 pm-8:30 pm  
June 4 - June 25

Bob Baker  
MC - HW, 102

**Musical Improv Comedy for Singers**

Have a blast as you learn how to make up funny songs on the spot. Explore the basics of melody, rhythm and rhyme, and practice incorporating them into improv games and scenes. Instructor is the author of "The Improv Comedy Musician," co-written with Laura Hall, the longtime pianist on "Whose Line Is It Anyway?".

**THTR:707 | \$25 | SR \$15**

S02 Sa 1 pm-4 pm  
July 21

Bob Baker  
MC - HW, 102

**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.

**PHOT:720 | \$79 | SR \$47**

S01 Tu 6:30 pm-9 pm  
May 29 – June 19

S02 Th 6:30 pm-9 pm  
May 31 – June 21

Gary Hesse  
Corp. College, 207

Gary Hesse  
MC - SW, 208

**Digital Photography: Intermediate**

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

**PHOT:721 | \$79 | SR \$47**

S01 Th 6:30 pm-9 pm  
June 28 – July 26  
No Class 7/5

S02 Tu 6:30 pm-9 pm  
July 10 – July 31

Gary Hesse  
MC - SW, 108

Gary Hesse  
Corp. College, 207

**Nature and Outdoor Photography**

Improve your outdoor photography skills and expand your creativity. In this hands-on class, you'll learn the techniques to transform your nature and outdoor photography with in-field, 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 on your own. Details to be announced in class. Provide own transportation.

**PHOT:708 | \$59 | SR \$39**

S01 Sa 9 am-11:30 am  
June 2 – June 23

John Kerans  
MC - SW, 108

**Field Photography: Sports, Concerts, Weddings and Events**

A large percentage of professional photography these days is done in the field at events like weddings, plays, award ceremonies and sporting events. Learn how to shoot and pose like a pro! Bring digital camera to class. Field trips required on own. Details to be announced in class. Prerequisite: Digital Photography: Intermediate or equivalent experience. Bring digital camera to class. No class 7/7.

**PHOT:712 | \$59 | SR \$39**

S01 Sa 9 am-11:30 am  
June 30 – July 28

John Kerans  
MC - SW, 108

**Adobe Photoshop Creative Cloud (CC) Introduction**

**COMP:755 | \$129 | SR \$92**

S02 Tu 6 pm-9 pm  
June 5 – June 26

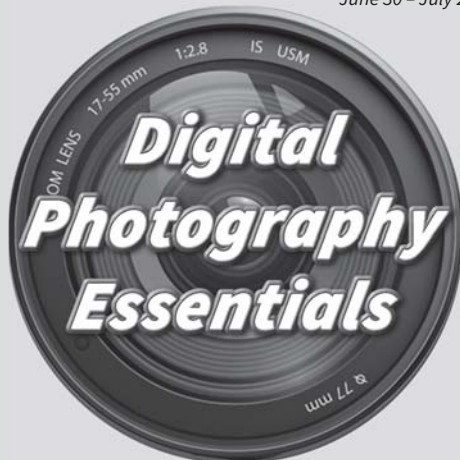
Zak Zych  
Corp. College, 206

**Adobe Photoshop Creative Cloud (CC) Intermediate**

**COMP:755 | \$129 | SR \$92**

S04 Tu 6 pm-9 pm  
July 3 – July 24

Zak Zych  
Corp. College, 206



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

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

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

**Writing**

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

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

**Writing Program Requirements:**

- One course from each of the four areas of study
- Two electives from any of the areas of study
- Three years to finish program
- Portfolio review capstone evaluation with a faculty member

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

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



St. Louis Community College  
Continuing Education



**Exploring the Creative Process**

**Unleashing the Writer Within**

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

**WRIT:701 | \$79 | SR \$49.50**

S01 Tu 6:30 pm-9:30 pm  
June 4 - June 25

Jordan Oakes  
MC - BA, 120

**Finding Writing Jobs Using Online Resources**

Online job boards 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 that you will enjoy. Students are advised to bring their laptop or tablet computer to class. Bring a sack lunch.

**WRIT:722 | \$59 | SR \$44**

S01 Sa 9 am-3:30 pm  
June 9

Charlene Oldham  
MC - SO, 111

**New Finishing Touches**

You've written your book, now what? For indie publishing, you need to think about the next steps: book formatting, creating an eye-catching cover, and finding and engaging readers. First, using CreateSpace will help you produce a paperback version of your book. Next, you have to make your book discoverable but how do you do that? Key to discoverability is to create: 1) a targeted outreach program to let people know about your work; and 2) a cover that pulls in your readers and makes them want to buy your book. Come and join us as we share the tools needed to build your book's own finishing touches.

**WRIT:704 | \$49 | SR \$29.50**

S03 Sa 9 am-12 pm  
June 9

Jo Hiestand, P.A. DeVoe  
MC - HE, 123

**Genre**

**How To Write Urban Fiction**

This course is for aspiring urban fiction or "street lit" writers looking to hone their storytelling skills. We will explore the key themes of the genre that make for compelling and engaging storytelling. Learn how to develop narratives about life in the big cities which address, gender, violence, social politics. We will discuss representations of 'street' heroes and anti-heroes in books and TV as well other mediums. This class will feature one lecture, two skill building exercises, two breakout sessions, and one group workshop. You will create the first drafts of a short work of urban fiction and receive constructive feedback on your writing in a supportive environment. Class meets 6/2, 36/16, 6/30, 7/14.

**WRIT:765 | \$139 | SR \$76.50**

S01 Sa 9:30 am-3:30 pm  
June 2 - July 14

Daphne Rivers  
FP - C Tower, 217

**Writing Science Fiction, Fantasy and Horror**

From the epic to the epically hilarious, all science fiction, fantasy, and horror stories begin with the writer asking the same question - what if? In this class, we will learn how writers turn our questions, anxieties, and fears into tales of suspense and wonder. We will discuss story building techniques used by writers like Douglas Adams, Neil Gaiman, Ernest Cline, and comic book creators like Bryan K. Vaughn and Alan Moore. Using examples from these great creators, we will explore how to create worlds that people believe in and write works of speculative fiction.

**WRIT:706 | \$29 | SR \$24**

S01 Th 6:30 pm-8:30 pm  
June 7

Melody Meiners  
MC - HE, 123

**Focus on Fiction: One-Day Beginning Writers Workshop**

Have you always wanted to write fiction but didn't know where to start? In this beginner's fiction writing workshop, you will learn the essential narrative elements every story teller uses, including approaches to plot and story arcs, character development, dialogue, world-building, narrative point of view, themes, and voice. During the class, we will discuss and practice different techniques used when approaching a new piece of writing and how to deal with writer's block. Bring a sack lunch.

**WRIT:706 | \$59 | SR \$47.50**

S03 Sa 9 am-3 pm  
July 14

Melody Meiners  
WW, 201

**Exclamation Point!**

*"I took the Writing courses to become a better writer.*

*I found a community of writers in these classes. It has been very helpful!"*

*Denise L., - Oakville, MO*

**New From Memory to Memoir**

In this hands-on writing workshop, students will have the opportunity to practice the art and craft of writing their life stories. We will learn how memories and personal experiences are shaped into stories by reading and discussing works from masters like Tim O'Brien, Joan Didion, David Sedaris, Cheryl Strayed and other contemporary memoirists. We use a hands-on approach to exploring the different ways to tell personal stories and discuss student work in class. Writers from all levels of experience are welcome.

**WRIT:714 | \$39 | SR \$32**

S01 Th 6:30 pm-8 pm  
July 12-July 19

Melody Meiners  
WW, 204

**Publishing**

**How to Self-Publish**

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

**WRIT:704 | \$39 | SR \$30**

S01 W 6:30 pm-9:30 pm  
June 6

Jordan Oakes  
MC - BA, 116

**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 | \$29 | SR \$24**

S02 Th 7 pm-9 pm  
June 7

Jill Mettendorf  
FP - G Tower, 115

**WordPress for Writers: Easy Website Design for Online Publishing**

Looking for a place to share your poetry, essays, short stories and other creative works with the world? Why not design the perfect online forum yourself with WordPress, which draws more than 409 million people who view 15.8 billion pages each month? WordPress is one of the world's most popular Web design tools because it's free, easy to use and produces professional results. In fact, WordPress sites are so pro that you can even use them as an online hub for marketing your work to journals, magazines and other print or online publications. Prerequisite: Windows Introduction class or equivalent experience. Students must bring their own laptop or tablet computer and already have a generic email account through Gmail, Yahoo or Hotmail and know this email address and password. Bring a sack lunch.

**WRIT:704 | \$59 | SR \$44**

S04 Sa 9:30 am-4 pm  
June 23

Charlene Oldham  
FP - E Tower, 310

**How to Get Published in Literary Magazines**

Do you want to publish a story, essay, or poem in a literary magazine? Are you unsure where to begin? Whether you have finished pieces ready to go or are just getting started in your writing process, this introductory workshop will demystify the publishing process and build your confidence in your writing. This will help you match your unique, creative writing with like-minded publishers and get your writing out there! Bring your ideas, works-in-progress, and (if at all possible) your laptop or tablet to class and be ready to search writing markets. Please note that this class does not cover self-publishing.

**WRIT:704 | \$39 | SR \$32**

S05 Th 6 pm-9 pm  
July 26

Meredith McDonough  
MC - SO, 108

**The Craft of Writing**

**Supercharge Your Novel Writing**

This class is a boot camp style workshop for those who dream of writing professionally and/or publishing a novel. This highly interactive class will cover such topics as developing original ideas into novels, writing believable dialogue, hooking readers from the first line, creating memorable characters, building awesome worlds, and conquering obstacles to finish your book.

**WRIT:719 | \$69 | SR \$46**

S01 Th 6:30 pm-9 pm  
June 7 - June 28

Ryan Dalton  
STLCC-SC, 103

**Writer's Workshop: Revising and Editing**

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

**WRIT:706 | \$79 | SR \$49.50**

S02 Tu 6:30 pm-9:30 pm **Jordan Oakes**  
July 10 - July 31 *FP - G Tower, 115*

**Program Completion**

**Portfolio Review - Writing Program**

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

**WRIT:740 | \$69**

S01 Call to schedule **Jordan Oakes**  
May 20 - Aug. 11 *FP - TBA*



**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. In this class, you'll learn leadership, grooming skills and behavioral problem-solving. Completion of all six classes qualifies you and your puppy to take the AKC S.T.A.R. Puppy Test on the sixth week. (STAR: Socialization, Training, Activity, Responsibility). Successful completion of the test enables you to send for an AKC STAR Puppy Certificate and Medallion. Puppies must be nine weeks to one year old, have two series DHLPP and Bordetella immunizations. Proof of vaccinations required. Bring puppy to first class. Supply list will be emailed. No class 6/9.

**ANIM:703 | \$129 | SR \$111.50**

S01 Sa 9:30 am-11 am **Susan Baxter-Carr**  
May 26 - July 7 *RiverChase*

**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 six months old with current immunizations. Bring soft treats your dog likes (with a distinct scent), a six-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 S03 for a discount. Supply list will be emailed. No class 7/4.

**ANIM:706 | \$109 | SR \$94.50**

S02 W 7:30 pm-8:45 pm **Sandra Ellison**  
June 6 - July 18 *RiverChase*

**Without the Dog | \$79 | No SR**

S03 W 7:30 pm-8:45 pm **Sandra Ellison**  
June 6 - July 18 *RiverChase*

**Dog Sports: K9 Nose Work, Level III**

If you and your dog enjoyed our other DogSports K9 Nose Work courses, you'll love the new challenges presented in this "next step up" course. Whether competition is your goal or you'd just like to expand your dog's skills, come join us. We'll reinforce earlier basic skills then transition your dog from hunting for food to hunting for a specific target odor. Training classes will be held indoors. Give your sniff-loving canine new skills! Prerequisite: Dogs must have successfully completed both the Beginning and Advanced K9 Nose Work courses (no exceptions). No class 7/4.

**ANIM:706 | \$99 | SR \$86**

S01 W 6 pm-7 pm **Sandra Ellison**  
June 6 - July 18 *RiverChase*

**Dog Training: Advanced Basics I**

Advanced Basics I is a more advanced skills training class for dogs who have already completed basic training in an instruction-based class setting. Through class-work, games, and homework you will train your dog to obey hand signals as well as voice commands, such as: heel without pulling; sit or down stay with you in, then out of the room; off-leash recalls from a distance; and pay attention to you and not distractions. This class uses the Positive Reinforcement and Praise method of dog training. Dogs must have current vaccinations. Pets must have successfully completed prior in-class instruction. Practice at home a must. Course information will be emailed. No class 8/4.

**ANIM:706 | \$69 | SR \$61**

S05 Sa 11 am-12 pm **Susan Baxter-Carr**  
July 14 - Aug. 11 *RiverChase*

**Basic Skills and Manners for the Family Dog**

Do you walk your dog or does your dog walk you? If your time is limited and your budget won't spare the expense of private lessons, this is the perfect alternative! This course in basic skills and manners will give you and your dog a good introduction to beginning obedience commands over a period of six weeks. Accomplish your training goals quickly and start getting those behavior problems under control. Topics also touch on basic grooming, vaccinations, flea/tick control and traveling in the car. Bring your questions! Dog must be at least six months old and proof of vaccinations is required. Bring dog (and water bowl) to first class. Supply list will be emailed. No class dates 6/9.

**ANIM:706 | \$129 | SR \$111.50**

S04 Sa 11 am-12:30 pm **Susan Baxter-Carr**  
May 26 - July 7 *RiverChase*

**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 & 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 8/4.

**ANIM:704 | \$69 | SR \$61**

S01 Sa 10 am-11 am **Susan Baxter-Carr**  
July 14 - Aug. 11 *RiverChase*

**Exclamation Point!**

*"I have been through canine obedience classes with my dogs since 1989. I think SueBee Carr is an excellent trainer/teacher and our dog-who was a stray with lots of issues, And I have benefited greatly. We've taken three classes with SueBee."*

*Joe S., - Florissant, MO*



## Home Improvement and Maintenance

### Give Your Home A Budget-Friendly FaceLift

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

**HOME:709 | \$29 | SR \$19.50**

S01 Th 6:30 pm-9:30 pm **Kathryn Leinauer**  
June 7 *MC - SW, 108*

### 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 will 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 will benefit from "fresh eyes" and a new understanding of design basics. Bring three of your favorite decorating magazines.

**HOME:703 | \$69 | SR \$44**

S01 M 7 pm-9 pm **Deborah Weltman**  
July 9-July 30 *MC - CE*

### 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 | SR \$20**

S01 W 7 pm-9 pm **Jean Linton**  
June 13 *MC - SS, 109*

### Do-It-Yourself Drywalling

Our experienced handyman 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 | SR \$20**

S02 W 7 pm-9 pm **Jean Linton**  
June 27 *FV - E, 154*

### Fearless Home Repair: Simple Plumbing Repairs for Kitchen & 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 | SR \$20**

S03 W 7 pm-9 pm **Jean Linton**  
July 11 *FV - E, 154*

### Hands-On 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 | SR \$20**

S04 W 7 pm-9 pm **Jean Linton**  
July 18 *MC - SS, 15*

## The Master Naturalist Program consists of three components:

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

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

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

# Master Naturalist Program

## 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 has no household smells. In this hands-on session, you will construct and learn to maintain an indoor composting system capable of decomposing food and house plant trimmings for a family of four. In a space-saving bokashi system, effective microorganisms transform all types of kitchen waste into a nutrient-rich soil amendment. All equipment, materials and handouts are provided and included in class 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 6/12. No refunds after this date. Senior discount does not apply.

**ECOL:704 | \$49**

S01 Tu 7 pm - 8:30 pm  
June 26

**Simon Warren**  
*MC - SO, 108*

### 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 | SR \$23**

S01 Sa 10 am-2 pm  
June 2

**Guy Niere**  
*MC - SW, 105*



**NEW No Harm, No Fowl: Chicken Protection**

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 weasels. Examine coop security: trapping through live traps, dog proof leg traps, snares, weasel box traps 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 | \$25 | SR \$19**

S02 Sa 10 am-12 pm  
June 16

Guy Niere  
MC - SW, 105

**Backyard Chickens: Advanced**

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. Bring your questions to class! This is an intermediate level class and will not include introductory information covered in previous class: Backyard Chickens for the Beginner.

**ECOL:705 | \$25 | SR \$17.50**

S03 Sa 10 am-1 pm  
June 9

Guy Niere  
MC - SW, 105

**Landscape and Gardening**

**All About Herbs**

Now is the time to plan for your summer garden! Learn how to get the most for your effort in this one-night class. Whether starting or 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 | SR \$16**

S01 Th 6 pm-9 pm  
June 7

Michelle Ochonicky  
MC - SO, 107

**Hot Summer Heat: Keeping Your Yard and Garden Alive**

Keeping your yard and garden flourishing throughout a typical St. Louis summer is a challenge for all of us. In May and June, our yards are lush and green, our gardens are blooming; then comes July and August with 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 thrive in our area.

**HORT:708 | \$25 | SR \$19.50**

S01 Sa 9 am-11:30 am  
July 14

Nancee Kruescheck  
MC - SO, 107

**The ABCs of Fertilizers and Ph**

Is your pin oak turning yellow? Is your potting soil too old? Having trouble growing azaleas? What PH is best for your plants, trees and grasses? Come learn about the importance of PH and how charged particles interact with the soil to affect growing conditions. Discussion will focus on the benefits of organic fertilizers and use of inorganic fertilizers in improving your outdoor surroundings. You'll be the envy of the neighborhood with a green, healthy landscape.

**HORT:709 | \$25 | SR \$19.50**

S01 Sa 9 am-11:30 am  
June 16

Nancee Kruescheck  
MC - SO, 107

**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 | SR \$19.50**

S01 Sa 9 am-11:30 am  
June 9

Nancee Kruescheck  
MC - SO, 107

**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 | SR \$19**

S01 Th 6 pm-8 pm  
June 14

Michelle Ochonicky  
MC - SO, 108

**Propagating Missouri Native Plants**

Learn how to propagate Missouri native plants through seed, cuttings, division, root cuttings and layering. This course is designed to encourage an interest, understanding, and appreciation of the principles and techniques of plant propagation. Discussion will address collecting, storing and germinating seeds and will demonstrate the various methods for propagating plants through cutting. Senior discount does not apply.

**HORT:719 | \$25**

S01 Sa 10 am-12 pm  
July 21

Amy Hereford  
FP - C Tower, 219

**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 | SR \$19.50**

S01 Sa 9 am-11:30 am  
June 23

Nancee Kruescheck  
MC - SO, 107

**Nature**

**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. Senior discount does not apply.

**NATR:709 | \$25**

S01 Tu 7 pm-9 pm  
June 19

MC - SO, 206

**Forest Park Owls: Hiding in Plain Sight**

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

**NATR:709 | \$25**

S02 Th 6:30 pm-8:30 pm  
July 26

Mark H.X. Glenshaw  
FP - G Tower, 115

**Dragonflies and Damselflies of the St. Louis Area**

This class meets Tuesday and Saturday. 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. Field trip location details to be discussed in class. Provide own transportation. No nets or collecting, please. Binoculars and cameras are helpful tools in the field. This class is offered in partnership with the North American Butterfly Association, St. Louis Chapter. Senior discount does not apply.

**NATR:715 | \$35**

S01 Tu 6 pm-8 pm  
June 5  
Sa 10am-12pm  
June 9

Yvonne Homeyer, Pat Garner  
MC - SO, 204

Off Campus

**Insects of Missouri**

Join Chris Brown, research entomologist, conservationist and photographer as he shares information on the broad variety of insects with specific habitat associations within Missouri's ecoregions. Through photos, you'll learn about the fantastic diversity, introductory level morphology and taxonomy along with some of the fascinating natural history aspects of Missouri's insects. Senior discount does not apply. Room MC-SO 108.

**NATR:715 | \$25**

S02 W 6 pm-8:30 pm  
June 13

Chris Brown  
MC - SO, 108

**Exclamation Point!**

*"Amy Hereford was one of the most clear and audible speakers I've ever had. She was distinct and made her presentation a pleasure to attend...and it was filled with great content too!"*

Mark R., Webster Groves, MO

**Native Tree Identification**

This class meets Tuesday and Saturday. Join Tom Ebeling of Forest ReLeaf of MO to learn about Missouri tree identification through 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 Rockwoods Reservation (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. This Senior discount does not apply.

**NATR:722 | \$35**

S01 Tu 6pm-8 pm  
July 10  
Sa 10 am - 12 pm  
July 14

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, 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 | SR \$21.50**

S01 Sa 9 am-12 pm  
June 23

Jeffrey Smith  
MC - SW, 106

**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 & Telescope (Sky Publishing) and The Night Sky 30-40 degree planisphere (Large; North Latitude) Large Plastic 30-40 degrees Edition by David S. Chandler and David Chandler Company, \$11.35 on amazon.com or equivalent planisphere. ISBN-10: 0961320753 or ISBN-13: 978-0961320751. Field trip to the Planetarium will be discussed in class.

**NATR:732 | \$59 | SR \$36**

S01 MW 7 pm-9:30 pm  
July 9 - July 18

Michael Malolepszy  
MC - SO, 111

**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. Senior discount does not apply.

**NATR:733 | \$29**

S01 Tu 6 pm-9 pm  
June 19

Jane Suene  
MC - SO, 232

**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 three 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 | \$29 | SR \$21.50**

S01 Sa 9 am-12 pm  
June 16

John Fuller  
MC - SO, 204

**Exclamation Point!**

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

Deidre R., Concord, MO

**Real Estate**

**Buying A Home? Top Home Buying Mistakes To Avoid**

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

**REAL:701 | \$19 | SR \$14**

S01 Th 7 pm-9 pm  
June 7

Jill McCoy  
MC - SW, 108

**Homes 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 | SR \$14**

S01 Th 7 pm-9 pm  
June 21

Jill McCoy  
MC - SW, 108

**Real Estate Investing For Income**

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

**REAL:712 | \$29 | SR \$19**

S01 Tu 7 pm-9 pm  
July 10

Jill McCoy  
WW, 225

**Exclamation Point!**

*"Jill McCoy was great! My wife and I learned a lot in her workshop. After we completed the class, we put our house up for sale on our own, and were able to sell it in the first week."*

Jerry J., Hazelwood, MO





# Personal Finance

## Finance and Investing

### Foundations of Investing

Are you just getting started with personal investing or want to learn more so that you can better communicate with your current financial advisor? Come learn about the basics of investing including: the key features of bonds; stocks and mutual funds; the investment pyramid and the importance of asset allocation; how to set SMART financial goals; risk tolerance and the portfolio objective that is right for you; and the impact of inflation and tax diversity on your long-term goals. Senior discount does not apply.

**FINC:705 | \$39**

S01 Th 6:30 pm-9 pm  
July 12 - July 19

Margie Bittner  
MC - SO, 205

### 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. Senior discount does not apply.

**FINC:765 | \$19**

S01 W 6:30 pm-8 pm  
July 11  
S03 W 6:30 pm-8 pm  
June 27

Andrew Hall  
FP - G Tower, 115  
Andrew Hall  
MC - SO, 107

### Identify Theft: Current Scams and How to Avoid Them

Protect yourself from becoming a victim in one of the fastest growing crimes in America - identity theft! Join private investigator, Cheryl Ring, as she discusses the latest cons including IRS, debt collector, working from home scams and how to avoid them. Learn how to protect yourself and your loved ones, what to do if you become a victim and ways to clear your name. Discussion will also include the traits of sociopaths and scammers and stories from her case log of 26 years in the investigation field.

**FINC:765 | \$25 | SR \$20**

S02 Tu 6:30 pm-8:30 pm  
June 12

Cheryl Ring  
MC - SO, 107



Looking for ways to perform background checks? Check out the small business essentials section on page 5

## Estate Planning

### Introduction to Estate Planning

You don't have to be a millionaire to have an estate. Your estate covers consists of everything you own of value - home, cars, cash, clothing and furniture, investment, retirement accounts, pensions and items you have accumulated throughout your lifetime. You'll gain a better understanding of estate planning including: death and estate taxes; wills and trusts; probate; choosing an executor, lifetime giving exclusion, marital deductions and tax-free inheritance. Become better prepared to discuss your estate planning issues with your professional advisors and learn how to preserve and manage your assets to avoid expensive delays and legal challenges. Senior discount does not apply.

**FINC:710 | \$25**

S01 Tu 7 pm-8:30 pm  
June 12

Andrew Hall  
FP - G Tower, 115

### Preparing Your Estate Plan

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

**FINC:710 | \$35**

S02 Tu 6:30 pm-9 pm  
June 19

Margie Bittner  
Kathy Gmelich  
MC - SO, 204

### Estate Planning: Living Trusts

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

**FINC:710 | \$35 | SR \$30**

S03 Tu 7 pm-9 pm  
June 12

Jacquelynn Capriano  
MC - SO, 108

## Retirement Planning

### 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. Senior discount does not apply.

**FINC:736 | \$25**

S01 Tu 7 pm-9 pm  
June 19  
S02 Tu 7 pm-9 pm  
June 12

Steve Glazer  
WW, 208  
Steve Glazer  
MC - SO, 204

### 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." Senior discount does not apply.

**FINC:736 | \$25**

S03 Tu 7 pm-9 pm  
June 26

Steve Glazer  
MC - SO, 204



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# Language & Communications

For textbook information, view the [Explore Our Classes](#) page online.

## Languages

### Chinese

#### Chinese for First Timers

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

**FLCH:717 | \$59 | SR \$35.50**

S01 M 7 pm-9 pm  
June 11 – July 2

John Yeh  
MC - SO, 105

### French

#### French for the Traveler

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

**FLFR:716 | \$75 | SR \$45.50**

S01 MW 4:30 pm-6:30 pm  
June 4 – June 20

Patricia Adams  
MC - CN, 228

#### 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! Text required-bring to first class.

**FLFR:717 | \$99 | SR \$60**

S01 MW 7 pm-9 pm  
June 4 – June 27

Patricia Adams  
MC - CN, 228

### 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 7/28. Senior discount does not apply.

**FLJP:717 | \$99**

S01 Sa 10 am-12 pm  
June 16 – August 18

Nobue Olwig  
FP - G Tower, 119

### Spanish

#### Spanish for the Traveler

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

**FLSP:716 | \$75 | SR \$45.50**

S01 W 7 pm-9 pm  
July 18 – August 22

Timothy Neckermann  
FP - F Tower, 327

#### Spanish 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.

**FLSP:717 | \$99 | SR \$60**

S01 Th 4 pm-6 pm  
June 14 – August 9

Ann Rupert  
MC - SO, 107

#### 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 | SR \$60**

S02 M 7 pm-9 pm  
June 11 – August 13

Ann Rupert  
WW, 202

S03 Th 7 pm-9 pm  
July 5 – August 23

Timothy Neckermann  
FP - C Tower, 221

04 Tu 4:30 pm-6:30 pm  
June 12 – August 7

Maria de la Garza  
FV - C, 104

#### Spanish Language: Beginning II

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

**FLSP:718 | \$99 | SR \$60**

S01 Tu 7 pm-9 pm  
July 12 – August 28

Timothy Neckermann  
FP - F Tower, 327

S02 W 7 pm-9 pm  
June 13 – August 8

Ann Rupert  
MC - CS, 204

#### Spanish Language: Beginning III

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

**FLSP:719 | \$99 | SR \$60**

S01 Th 7 pm-9 pm  
June 14 – August 9

Ann Rupert  
MC - CS, 209

#### Spanish Language: 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 | SR \$60**

S01 Th 6:30 pm-8:30 pm  
June 14 – August 2

Maria de la Garza  
MC - CS, 210

#### Spanish Conversation: Intermediate III

Class is designed for continued expansion of conversational skills in Spanish through focus on everyday vocabulary and situations. Advanced level grammar and sentence structure will be examined and reviewed. Aspects of Latino culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Spanish Conversation Intermediate II or equivalent experience. Text required - bring to first class.

**FLSP:722 | \$99 | SR \$60**

S01 W 6:30 pm-8:30 pm  
June 13 – August 1

Maria de la Garza  
MC - CS, 210

#### Spanish Grammar: Level I

Become proficient in conjugating verbs! Gain an in-depth understanding of the present tense through writing and practice speaking as you master the Spanish language. Prerequisite: Spanish Language - Beginning II or equivalent experience. Text required - bring to first class.

**FLSP:765 | \$99 | SR \$60**

S01 M 3:30 pm-5:30 pm  
June 11 – August 13

Ann Rupert  
MC - CS, 209

#### Introduction to the Culture of Mexico

Learn more 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, you'll discover 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 | \$19 | SR \$13**

S02 M 6:30 pm-8:30 pm  
June 11

Maria de la Garza  
MC - SO, 107

### Sign Language

#### Sign Language: Beginning ASL

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

**SIGN:701 | \$99 | SR \$60**

S01 Tu 6 pm-8 pm  
June 5 – July 24

Steven DeShetler  
FV - TC 207

### Exclamation Point!

*“When my family went to Spain, we took the Spanish language classes with STLCC Continuing Education. It really paid off. We learned the language and had no problems traveling abroad!”*

Sarah P., Creve Coeur, MO

# Historical Studies

## Literature

### Love and Violence: Major Themes in Shakespeare's "Romeo and Juliet"

Romeo and Juliet are coming to St. Louis this summer! For most people, their first encounter with Shakespeare is with this iconic play of love and violence. This class will explore how these two opposing themes play within the story, major story points, and how your interpretation can change every time you encounter the play. We will also discuss how these themes have shown up over the centuries via adaptation and works inspired by the play. Join us to learn about the play before you catch the Shakespeare Festival St. Louis' free production of "Romeo & Juliet" in Shakespeare Glen, Forest Park, which runs June 1-24 nightly, except Tuesdays. More details about the production are available at [sfstl.com](http://sfstl.com).

**LITR:701 | \$19 | SR \$14**

S01 Tu 6:30 pm-8:30 pm  
May 29

Melody Meiners  
FP - G Tower, 117

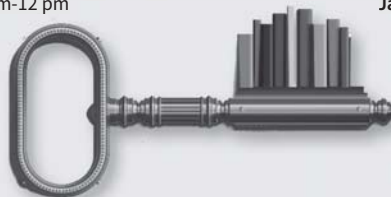
### Meet Me in St. Louis

The musical classic "Meet Me In St. Louis" returns to the St. Louis Muni this summer. If you would like to know more about the history behind the story and time period, join us for a short gathering where we will read excerpts of the story and learn about the author, the time period and culture, and the transition of it to stage and screen. Leave with a script/play of the show and a reading list of related topics.

**LITR:701 | \$25 | SR \$22**

S02 Sa 10 am-12 pm  
July 28

Jacqueline Mink  
FV - C, 104



## History

### Tet Offensive

This was the largest operation by the National Liberation Force against the U.S. and its Army of the Republic of Vietnam (ARVN) allies. Find out what happened, and why it was a military failure but a strategic success.

**HIST:706 | \$25 | SR \$19**

S01 Tu 7 pm-9:30 pm  
May 22

Chris Ketcherside  
MC - BA, 114

### Myths of WWII

This lecture will discuss many commonly held truths about WWII that may be controversial. Did the Russian winter stop the Germans in 1941? What exactly is blitzkrieg? Come and find out!

**HIST:714 | \$25 | SR \$19**

S02 Tu 7 pm-9:30 pm  
June 19

Chris Ketcherside  
MC - SO, 205

### Steamship Captain: Riding on the High Seas in the 1850s

What was it like to cross the Atlantic again and again from New York to London or France? This tale provides a snapshot of what it was like for one sea captain and his entourage. Get a birds eye description of the luxury afforded the passengers and the crew hierarchy and what it took to get a ship ready for sailing. It was an occupation that demanded total dedication for the safety of the passengers and still does! Senior rate does not apply.

**HIST:701 | \$19**

S01 Tu 7 pm-8:30 pm  
July 10

Gloria Perry  
Corp. College, 219

### 1968

Dr. King, Bobby, Tet. A tumultuous election. Chicago. Apollo. The year that Mr. Rogers had to go on television to attempt to comfort a nation of scared children by explaining the meaning of the word "assassination". This class will explore the political and social highlights and lowlights of one of the most turbulent, significant years in recent memory. On this 50th anniversary of the year that changed everything, we will examine the music scene, the election, the personalities, and the events that made this year so memorable. Whether you lived it or wondered about it, please join us to uncover the power and mystique of this critical year.

**HIST:703 | \$19 | SR \$14**

S02 Tu 7 pm-9 pm  
July 10

Katie Young  
MC - SO, 108

### Lost States of America

The State of Franklin, the Conch Republic, the State of Rough and Ready, the Kingdom of Beaver Island, the State of Absaroka-Doug Schneider will take you on a tour of the myriad places that dreamed of being admitted to the Union, but failed. His qualification: he was born on Long Island, which has an active secessionist society that sells postcards "Long Island, the 51st State". And what about the county that seceded from the state of Missouri in 1961 setting up its own democratically-elected government, issuing visas, and printing its own postage stamps? And did you know that the Alaska Independence Party claims to be the largest third party in America? Join us to find out more fascinating trivia.

**HIST:703 | \$19 | SR \$15**

S03 Tu 7 pm-8:30 pm  
July 17

Douglas Schneider  
MC - CS, 205

### The 1904 World's Fair: Mankind's Greatest Achievement

Billboards all around the country read: "MAN'S GREATEST ACHIEVEMENT - St. Louis World's Fair". Over 20,000,000 visitors came to see the Fair, also known as the Louisiana Purchase Exposition. The Fair consisted of 1496 buildings and structures, which ranged up to 22 acres in size. There were 75 miles of roads and walkways, graced by over 1,000 statues. The Fairgrounds were 14 times bigger than Disneyland. Forty-nine foreign countries, 43 U.S. states, and six U.S. territories participated in the Fair. Doug Schneider will take you on a visual tour of the Fairgrounds as they were in 1904, and show you where you can find remnants of the Fair in 2018. You will also hear about the 1904 Olympics held in conjunction with the World's Fair - the first Olympics on American soil.

**HIST:708 | \$19 | SR \$15**

S01 Tu 1 pm-2:30 pm  
June 5

Douglas Schneider  
WW City Hall, Community Rm

### Airborne Operations of WWII

This class will be a comparison of the techniques, tactics, and technology of airborne forces in WWII, primarily U.S., British, and German. Although, it will also discuss the Soviet Union, who were pioneers in airborne warfare and started the war with more paratroops than everyone else combined! Come and see how they stack up against each other.

**HIST:714 | \$25 | SR \$19**

S01 Tu 7 pm-9:30 pm  
June 5

Chris Ketcherside  
MC - SO, 107

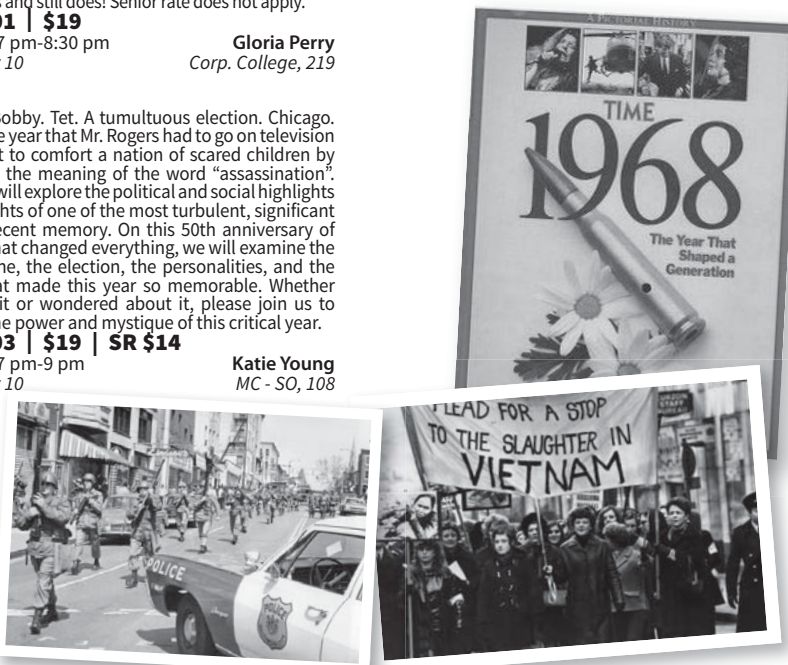
### Crazy Horse: Iconic Warrior and Mysterious Leader

Crazy Horse is one of the most famous Native American leaders of the 19th century. A prominent warrior and chief, he was a central figure in the Battle of the Little Bighorn. This made him an iconic figure.

**HIST:703 | \$19 | SR \$14**

S01 Th 7 pm-9 pm  
June 14

Vincent Heier  
MC - SO, 107





**The Calvary in the American West, Post Civil War**

The popular image of the frontier cavalry shaped by film and television is most often inaccurate. The real horse soldiers of the 19th-century West were a varied group who served in extreme and often difficult circumstances. Join us to find out more.

**HIST:705 | \$19 | SR \$15**

S01 Th 7 pm-9 pm  
July 19

Vincent Heier  
MC - SO, 108

**Kings of the Great War**

Scripture tells us that "Whoever lives by the sword dies by the sword." There may be no clearer real-life example of this maxim than the Kings who led their countries into and through the Great War. It was last of the Dynastic Wars in which Kings and Emperors chose the enemies, led their troop in battle, and in some cases lost their crowns and lives. Spend an evening examining the roles of Kaiser Wilhelm II of Germany, Emperor Franz Joseph of Austria, Czar Nicholas II of Russia, King George V of the United Kingdom and the hopeful peacemaker, Pope Benedict XV.

**HIST:712 | \$19 | SR \$14**

S01 Th 7 pm-9 pm  
July 19

James Gallen  
MC - SO, 204

**Religion**

**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 | SR \$13**

S01 Tu 7 pm-9 pm  
June 26

Jan Worley  
MC - SO, 107

**How Do We Know What We Know to be True?**

This course will examine four major ways in which humans have come to "know" what they believe to be true and the impact each of these has had on the formation and continuation of the world's religions as well as their potential future impact on religion in the 21st century and beyond.

**RELG:765 | \$19 | SR \$14**

S01 Tu 7 pm-9 pm  
June 12

Ron Mertz  
MC - SW, 207

**Tours and Trips**

**Murals in St. Louis**

St. Louis has a wide variety of murals: vintage murals, modern murals, legal murals, stealth murals, and murals that trick the eye. This bus tour takes you to various clusters of murals in the city. Lunch will be near a building sporting an interactive mural that will take you into an augmented reality. Bring your cellphones for the tour. Bus leaves from Forest Park campus, in the parking lot behind Tower G. Withdrawal deadline for refund: 5/15.

**TRIP:701 | \$69 | SR \$64**

S01 Th 10 am-1 pm  
May 24

Douglas Schneider  
FP - Off Campus

**Lunch in an Original Route 66 Restaurant**

Route 66 was commissioned in 1926 and this bus tour, led by Doug Schneider, will take you along the original path in Franklin County and far western St. Louis County. You will see houses, inns, a saloon, a school from that era, plus a brewery, a two-room school, and a combination butcher shop and used car lot. Route 66 in 1926 attracted bicyclists, so you will see the heart-breaking Smith's Hill. Lunch will be in the Big Chief Roadhouse, built specifically in 1928 for long-distance travelers on the original Route 66. People from St. Louis, however, had to show identification before they could stay at the Big Chief. Note: there are four gift shops along Route 66 that you can visit after the tour. Meet the tour bus at Wildwood Community College in the parking lot adjacent to Generations Drive. Tour includes lunch, transportation, and all gratuities. Withdrawal deadline for refund: 5/31.

**TRIP:701 | \$69 | SR \$64**

S02 Th 10 am-1 pm  
June 14

Douglas Schneider  
WW, Off Campus

**Re-Live the 1904 World's Fair**

Join us for an illustrated, narrated tour of the actual fair grounds of the 1904 World's Fair in and around Forest Park. Travel back in time through a special 3-D stereoscopic presentation, and then travel to the sites of the marvels you've just seen. Fee includes a light lunch of foods made famous at the fair and print materials (including maps). Special 3-D glasses are supplied. Some walking required. Provide own transportation for the tour. Rain date: 7/28.

**TRIP:701 | \$59 | SR \$40.50**

S04 Sa 8:30 am-1:30 pm  
July 21

Douglas Schneider  
Charles Koehler  
FP - G-Tower, 115

**Botanical Heights and The Grove**

The Grove, once dark and desolate, is now a hot nightspot. Botanical Heights, once undesirable, is now filled with green housing. The tour will show you: giant golf balls, ghost signs, a restaurant run by a Cuban refugee whose food was a favorite of Fidel Castro, a dragon blocking the sidewalk, the Demo Man, a 3-bedroom house whose total utility bill is \$25 per month. A patisserie and the shortest street in St. Louis. We will stop to mourn the loss of St. Louis' bastion of punk rock destroyed by an airplane. Bus leaves from Forest Park campus, in the parking lot behind Tower G. Withdrawal deadline for refund: 6/5. Senior discount does not apply.

**TRIP:701 | \$39**

S03 Tu 9 am-11 am  
June 26

Douglas Schneider  
FP - Off Campus

**Savor South Grand**

To kick off our tour of the taste of flavors from around the world in one of the most happening places in the city, we will first visit the International Institute St. Louis, the welcoming center for new Americans. We will learn how the Institute helps immigrants and their families integrate and build connections in their new communities while championing ethnic and cultural diversity in our city. Next, we will move along to savor flavors from around the world with a visit to Meskerem, whose Ethiopian dishes are made for sharing in the traditional fashion; Café Natasha, where you'll sample hearty Persian fare; the King and I, specializing in home-style cooking from central Thailand; with dessert at Tower Grove Creamery. We'll also enjoy a bit of shopping time at Jay's International Food Company Market. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 7/3. Senior discount does not apply.

**TRIP:701 | \$95**

S05 Th 10 am-5 pm  
July 26

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.

S06 Th 10:30 am-4:30 pm

Dea Hoover  
MC - Off Campus

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

**Let the Games Begin**

Our gameboard begins at Across the Board Games in Crestwood for a behind-the-scenes look at this business with the owner. Across the Board Games specializes in reinventions of classic board games. Join us to learn how they make these unique games and what makes them so special. Next, we'll move our Queen to H5 as we move through the World Chess Hall of Fame—home to the world's largest chess piece as verified by the Guinness Book of World Records. Our guided tour of the Hall of Fame will include the current exhibit and castling over to the Chess Club for a Grand Master Lesson. For lunch will play with our food at the chess-themed Kingside Diner. Next, we will master our escape skills at Mastermind Room Escape-St. Louis. You will work with 10 other people to solve a puzzle that lets you out of the room. But hurry, you only have 60 minutes! Our gameboard concludes at Pieces STL, the city's new board game cafe. At Pieces STL, we will have over 800 games to choose from to play while we sip a beverage or eat a snack. Tour includes: Professional Tour Guide Dea Hoover, motorcoach transportation, all listed attractions, speakers, experiences, inclusive lunch, and all gratuities to driver and guide. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Senior discount does not apply. Withdrawal deadline for refund: 7/10.

**TRIP:701 | \$99**

S07 W 9 am-4 pm  
Aug. 1

Dea Hoover  
MC - Off Campus





**Alton Gardens and Cruise**

Visit the Gordon Moore Park Rose Garden. Noted as one of the best gardens in the region, the Nan Elliot Rose Garden boasts more than 125 varieties of roses and 1600 rose bushes. Next we're off to Lewis and Clark Community College. Created under the guidance of the Missouri Botanical Gardens, the six signature gardens at Lewis and Clark Community College feature unique sculptures, fountains, lakes, ponds and luscious flora. The gardens are designed to inspire on-lookers. For lunch, we will dine at Josephine's Tea Room where you will experience the exquisite-from delectable lunches and luxurious décor to fabulous gardens! Our next stop is Beall Mansion. This mansion was built by railroad baron and entrepreneur Z.B. Job as a wedding gift for his son and his son's bride, Mary Drummond, heiress to the Drummond Tobacco fortune. In 1909, Edmond Beall, Alderman, four-time Mayor of Alton, Senator, industrialist and financier purchased it. Designed by world-renowned architect Lucas Pfeifferberger, today this three-story, 10,000+ square foot mansion serves as a living museum of turn of the century life and architecture and is one of the finest bed and breakfast inns in the area. We will finish up this tour with a cruise on the Hakuna Matata. Hakuna Matata means "no worries" and that's just what your one-hour sightseeing cruise will be on this boat. The first level is fully enclosed with large windows and seasonally climate controlled. The upper deck is an open-air patio offering 360-degree views of the river, bluffs, islands and historical points of interest. And be sure to visit the Tiki Bar offering light snacks and drinks. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 5/15. Senior discount does not apply.

**TRIP:702 | \$109**

S01 M 7 am-5:30 pm  
June 4

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

S02 M 7:30 am-4:45 pm  
June 4

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

**Who Was Who?: Bellefontaine and Calvary Cemeteries**

Join us to spend the day visiting beautiful garden cemeteries with magnificent monuments learning about notable figures of the past. You may be surprised about who is buried here! We will have a box lunch in Bellefontaine and stop at Crown Candy where you can purchase your favorite treat. Tour includes bus, guide, donation to the cemeteries, lunch, and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 5/15.

**TRIP:702 | \$69 | SR \$63.50**

S03 Tu 9 am-3 pm  
June 12

Dea Hoover  
MC - Off Campus

Dea Hoover  
FV - Off Campus

Joan Huisinga  
MC - Off Campus

**Quincy Confidential**

After arriving in Quincy, we will experience a narrated 'Quincy Off the Record' and learn about some of the most astounding, bizarre and intriguing former residents of the area, both famous and infamous - from bright Hollywood film stars to dark serial killers and their connections to current day locations. Next, we will enjoy a private guided tour of Monckton Mansion with mafia ties and history. Mafia ties, mob activity, ghosts, basement vaults and elaborate underground tunnels are some of the rumored characteristics of this massive mansion at 1419 Locust. Al Capone is believed to have stayed at the mansion. For lunch, we will dine at a local favorite and enjoy a take home treat from Underbrink's bakery! Visit the historic Illinois Veterans home and learn about Jennie Rodgers, who enlisted in the Union Army in 1862 as Albert Cashier at a time when the physical exam consisted of nothing more than a tap or two to the chest and a quick look in the eyes and ears. She fought in 40 battles, including the siege at Vicksburg, Miss. She lived as a man until 1911, when her true identity was discovered at what is now the Illinois Veterans Home in Quincy. We will drive by Dick Brothers Brewery. The brothers built large tunnels underneath the brewery on York. As legend has it, one of the brothers died in a vat of beer and his ghost haunts the halls of the former brewery. We will view serial killer Michael Swango's home before ending our tour at Woodland Cemetery. Quincy's founder has interesting ties to the cemetery, and so do some of the people who are buried there. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 7/3. Senior discount does not apply.

**TRIP:702 | \$119**

S04 F 7:30 am-6:30 pm  
July 20

Dea Hoover  
MC - Off Campus

**Route 66: Springfield IL to Carlinville IL**

Doug Schneider will be leading Route 66 tours again this summer for your chance to cross the Mississippi and explore the Mother Road in Illinois. There's a lot to see, including: a motorcycle club's Route 66 mural, visit the home of the corn dog for a morning corn dog or doughnut, see a patriotic muffler man, and get photographed by the turkey tracks. Lunch will be in a well-preserved 1929 soda fountain, with a chance to visit a 19th century pharmacy. We will visit a neon museum, and meet the man who did all the draperies for the Abraham Lincoln Presidential Library. We will see the Battle of Virden monument and drive a unique stretch of brick Route 66 pavement. Tour includes transportation, corn dog/doughnut, buffet lunch, and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 7/3.

**TRIP:702 | \$109 | SR \$100**

S05 Tu 8:30 am-4:30 pm  
July 24

Douglas Schneider  
MC - Off Campus



**Recreation and Sports**

**Motorcycle Safety Training**

**Motorcycle Safety Basic Rider Course**

The Basic Rider Course (MSF-BRC) is geared toward the novice motorcyclist or scooter operator, but will also provide an excellent skills update for the returning rider or those experienced with no previous formal training. The course consists of classroom and on-bike instruction with furnished motorcycles or scooters (loaner scooters are limited - check availability before registering; however personal scooters are permitted). Those who successfully complete the course will be issued a completion card from the Missouri Motorcycle Safety Program which is a waiver for the road test portion of the Missouri license endorsement. Students must be at least 15-1/2 years old and able to ride a bicycle. Those under 18 years of age must have a release form signed by a legal guardian or parent. Required items include: DOT-approved three-quarter or full helmet (loaner helmets available), over ankle boots with 2" or lower heels, full fingered gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants, and a photo ID. At the discretion of the instructors, students who are unable to safely operate the motorcycles will be dismissed from class for their own protection and the safety of the group. No refunds will be given if you are unable to complete the class for any reason. Class held rain or shine. You must arrive on time for class; late arrivals will not be admitted to class. Call for a detailed brochure: (314) 984-7777. To view a 5-minute video of Basic Rider Course highlights, go to msf-usa.org.

**MOTR:700 | \$225 | SR \$152.50**

S01 SaSu 7 am-5 pm  
June 2 - June 3

FP - D Tower, 215

S02 SaSu 9 am-7 pm  
June 2 - June 3

FP - D Tower, 215

S03 SaSu 9 am-7 pm  
June 9 - June 10

FP - D Tower, 215

S04 SaSu 7 am-5 pm  
June 16 - June 17

FP - D Tower, 215

S05 SaSu 7 am-5 pm  
June 23 - June 24

FP - D Tower, 215

S06 SaSu 7 am-5 pm  
July 21 - July 22

FP - D Tower, 215

S07 SaSu 7 am-5 pm  
August 11 - August 12

FP - D Tower, 215



**Motorcycle Skills: Basic Rider Course II**

The BRC-2 was developed to hone your skills and fine-tune the mental drills crucial to being a safe rider while using your own motorcycle. This is an excellent class as a refresher after winter storage, to update your training for insurance company discount or as an intermediate level of training after the Basic Rider Course. Put into practice the techniques of managing traction, stopping quickly, limited space maneuvers, cornering, and swerving using your own bike. There's always something left to learn! This course is for two-wheeled motorcycles only (no scooters). Required items include: Class M driver's license, be 18 years of age or older, and provide their own street legal and insured motorcycle. Students should have successfully completed a Basic Rider Course or have sufficient riding skills and experience to operate a motorcycle with basic proficiency. Students who cannot demonstrate basic low speed maneuvers in Exercise 1 can be counseled out of the class. Students must bring DOT-approved æ or full helmet (loaner helmets available), over ankle boots with 2" or lower heels, full fingered gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants, and bring a photo ID. Passengers are permitted to accompany riders; all safety gear and rules apply. Class held rain or shine.

**MOTR:702 | \$99 | SR \$66.50**

S01 Su 12:30 pm-6 pm  
July 1

FP - D Tower, 215

**Motorcycle Skills: Basic Bike Bonding Rider Course**

Bike Bonding refers to the connection and interaction of the rider and motorcycle. Good bike bonding helps riders automate their physical skills so they can devote more attention to road and traffic conditions (searching and evaluating). The objective of the Basic Bike Bonding Course is to develop and practice basic skills beyond those acquired in the Basic Rider Course. The course is designed to provide sufficient control skills to handle a motorcycle in more challenging street situations in a low risk, effective, and enjoyable training environment. The BBBRC is also an excellent refresher course for those that may not have ridden for a period of time since their Basic Rider Course or desire additional practice time. You must have completed the BRC or have sufficient riding skills and experience to operate a motorcycle with basic proficiency. Students must have a motorcycle endorsement or motorcycle permit. There is no classroom portion to this course. Training motorcycles are provided. The BRC is a recommended prerequisite for the novice rider; however, not required. Must have motorcycle permit or M-endorsement on license, be 18 years of age or older. Those under 18 years of age must have a release form signed by a legal guardian or parent. Required items include: DOT-approved three-quarter or full helmet (loaner helmets available), over ankle boots with 2" or lower heels, full fingered gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants, and a photo ID. Loaner motorcycles provided. This is not a MO State waiver class.

**MOTR:703 | \$99 | SR \$66.50**

S01 Sa 7 am-5 pm  
June 30  
S02 Sa 7 am-5 pm  
July 28

FP - D Tower, 215

FP - D Tower, 215

**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 7/4.

**PEDU:745 | \$69 | SR \$44**

S01 W 5:30 pm-6:25 pm  
June 13 - August 8

Patrick Dorsey  
MC - PE, 201



**Save Time...Register Online!**

Registration opens at 8:30 am May 14

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**Golf**

**Golf: Beginning I**

Start from the beginning and learn the basic fundamentals of golf: grip, set up, mini-swing, full swing, putting and chipping. Perfect introductory class for new players and a great way for experienced golfers to sharpen rudimentary golf skills. Extra fee for balls. Senior discount does not apply.

**PEDU:730**

**Four Sessions | \$49**

- S01 W 7 pm-7:55 pm  
May 23 – June 13 *Big Bend GC*
- S02 M 5 pm-5:55 pm  
June 4 – June 25 *Big Bend GC*
- S03 M 6 pm-6:55 pm  
June 4 – June 25 *Big Bend GC*
- S04 M 7 pm-7:55 pm  
June 4 – June 25 *Big Bend GC*
- S05 M 7 pm-7:55 pm  
July 9 – July 30 *Big Bend GC*
- S06 Sa 8 am-8:55 am  
June 2 – June 23 *Big Bend GC*
- S13 Th 7 pm-7:55 pm  
July 12 – August 2 *Rich Manley  
Golfport-MH*
- S14 Sa 9 am-9:55 am  
June 2 – June 23 *Rich Manley  
Golfport-MH*

**Six Sessions | \$59**

- S09 W 6 pm-6:55 pm  
May 30 – July 11  
No Class 7/4 *Scott Neibert  
First Tee*
- S10 Sa 10 am-10:55 am  
May 26 – June 30 *Scott Neibert  
First Tee*
- S15 Tu 10 am-10:55 am  
May 22 – June 26 *Ruth Park GC*
- S16 Sa 10 am-10:55 am  
June 2 – July 14  
No Class 7/7 *Ruth Park GC*
- S17 Tu 9 am-9:55 am  
May 22 – June 26 *Tower Tee*
- S18 W 7 pm-7:55 pm  
May 23 – June 27 *Tower Tee*
- S19 Th 6 pm-6:55 pm  
May 24 – June 28 *Tower Tee*
- S20 Sa 11 am-11:55 am  
May 26 – June 30 *Tower Tee*

**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! Extra fee for balls. Senior discount does not apply.

**PEDU:730 | \$99**

- S07 M 5:30 pm-7 pm  
June 4 – July 2 *Eagle Springs*
- S08 Sa 10 am-11:30 am  
June 16 – July 21 *Eagle Springs*

**Golf Classes  
Extra fee for balls**

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

**Golf: Learning the Basics**

Explore the game of golf before you even touch a club! Basic rules, etiquette and philosophy of golf will be discussed in a relaxed classroom setting. Great introduction to the game for newbies and a great refresher for the experienced golfer getting back to the basics. First two classes will meet at the Corporate College, last two classes will be held at GolfPort of Maryland Heights driving range to apply techniques learned in classroom. Clubs available for use at range. Extra fee for balls. Senior discount does not apply.

**PEDU:730 | \$49**

- S11 Th 7 pm-7:55 pm  
May 31 – June 7  
June 14 – June 21 *Rich Manley  
Corp. College, 207  
Golfport-MH*
- S12 Tu 11 am-11:55 am  
July 17 – July 24  
July 31 – August 7 *Rich Manley  
Corp. College, 207  
Golfport-MH*

**Golf: Beginning II**

Review, practice and expand on fundamentals presented in Golf: Beginning I class. With an emphasis on correcting individual swing faults, this is the perfect class for beginner golfers with previous instruction. Senior discount does not apply.

**PEDU:731**

**Four Sessions | \$49**

- S01 W 6 pm-6:55 pm  
May 23 – June 13 *Big Bend GC*
- S02 W 6 pm-6:55 pm  
July 11 – August 1 *Big Bend GC*
- S03 M 5 pm-5:55 pm  
July 9 – July 30 *Big Bend GC*
- S04 M 6 pm-6:55 pm  
July 9 – July 30 *Big Bend GC*
- S05 Sa 9 am-9:55 am  
June 2 – June 23 *Big Bend GC*
- S08 Tu 7 pm-7:55 pm  
July 10 – July 31 *Rich Manley  
Golfport-MH*
- S09 Sa 9 am-9:55 am  
July 14 – August 4 *Rich Manley  
Golfport-MH*

**Six Sessions | \$59**

- S06 M 6 pm-6:55 pm  
June 18 – July 23 *Scott Neibert  
First Tee*
- S07 W 7 pm-7:55 pm  
May 30 – July 11  
No Class 7/4 *Scott Neibert  
First Tee*
- S10 Tu 10 am-10:55 am  
May 22 – June 26 *Tower Tee*
- S11 Tu 6 pm-6:55 pm  
May 22 – June 26 *Tower Tee*
- S12 Th 5 pm-5:55 pm  
May 24 – June 28 *Tower Tee*
- S13 Sa 9 am-9:55 am  
May 26 – June 30 *Tower Tee*

**Golf: Parent/Child**

Enjoy time with your child, ages 7-15, and have fun learning the basics of golf together! Improve your game and help your child practice his/her golf skills. Registration required for each participant. Senior discount does not apply.

**PEDU:765 | \$49**

- S01 W 7 pm-7:55 pm  
July 11 – August 1 *Big Bend GC*
- S02 Sa 10 am-10:55 am  
June 2 – June 23 *Big Bend GC*
- S10 Sa 10 am-10:55 am  
July 14 – August 4 *Rich Manley  
Golfport-MH*

**Golf: On-Course Lesson**

Unique opportunity to play with an experienced golf instructor by your side. Golf professional will take you and just a few other students on course to play up to nine holes. Class is for golfers who have had prior instruction but have difficulty taking their game to the next level. Be prepared to pay Eagle Springs approximately \$15 to play some holes on the course (includes a riding cart). Meet instructor at Eagle Springs Clubhouse. Tee time is at the start time so be sure to arrive a few minutes early. Senior discount does not apply.

**PEDU:765 | \$39**

- S03 M 5 pm-7:30 pm  
July 23 *Eagle Springs*

**Golf: Short Game Skills**

Whether you are a beginning student or just wanting to improve your golf game, this class will cater to you. Spend each week focused on a short game skill: putting, chipping and pitching. Final class will be spent playing a practice green. Senior discount does not apply.

**PEDU:765 | \$59**

- S04 M 7 pm-7:55 pm  
June 18 – July 23 *Scott Neibert  
First Tee*
- S11 Sa 9 am-9:55 am  
June 2 – July 14  
No Class 7/7 *Ruth Park GC*
- S16 W 6 pm-6:55 pm  
May 23 – June 27 *Tower Tee*
- S17 Th 10 am-10:55 am  
May 24 – June 28 *Tower Tee*
- S18 Th 7 pm-7:55 pm  
May 24 – June 28 *Tower Tee*
- S19 Sa 10 am-10:55 am  
May 26 – June 30 *Tower Tee*

**Golf: Tee for Two**

Want to enjoy the game of golf with your significant other? Whether you've played for years or never picked up a club, couples can enjoy time together while learning and improving golf skills. Open to all levels. Each participant must register. Clubs available for use at range. Senior discount does not apply.

**PEDU:765 | \$49**

- S05 Th 6 pm-6:55 pm  
July 12 – August 2 *Rich Manley  
Golfport-MH*
- S06 Sa 11 am-11:55 am  
June 2 – June 23 *Rich Manley  
Golfport-MH*

**Golf: The Swing of Things**

Get into the Swing of Things! This fun class is essential for every golfer! Perfecting your swing is not all about hitting the ball; it's learning and understanding how to use your body motion to create your perfect swing. Senior discount does not apply.

**PEDU:765 | \$49**

- S07 Tu 6 pm-6:55 pm  
July 10 – July 31 *Rich Manley  
Golfport-MH*
- S08 Sa 10 am-10:55 am  
June 2 – June 23 *Rich Manley  
Golfport-MH*





**Golf for Seniors**

Learn the basic fundamentals of golf: grip, set-up, mini-swing, full swing, putting and chipping. Class will move at a slower pace. Senior discount does not apply.

**PEDU:765 | \$49**

S09 Tu 10 am-10:55 am  
May 29 – June 19

Rich Manley  
Golfport-MH

**Golf: Combo Class**

Enjoy a combination of short game, full swing and on-course lessons. The first few classes will be on the practice range and remaining will be on the course. On-course and mental game strategies will be discussed. Senior discount does not apply.

**PEDU:765 | \$59**

S12 Tu 7 pm-7:55 pm  
May 22 – June 26

Tower Tee

S13 W 5 pm-5:55 pm  
May 23 – June 27

Tower Tee

S14 Th 9 am-9:55 am  
May 24 – June 28

Tower Tee

S15 Sa 8 am-8:55 am  
May 26 – June 30

Tower Tee

**Tennis**

**Tennis: Beginning I (NTRP 1.0-2.0)**

See NTRP rating Box. Tennis balls provided. Senior discount does not apply.

**PEDU:733 | \$69**

S03 Tu 1 pm-1:55 pm  
June 19 – July 31

Vetta-Concord

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

See NTRP Rating Box. Tennis balls provided. Senior discount does not apply.

**PEDU:733 | \$55**

S01 Th 7 pm-7:55 pm  
May 24 – June 14

S.H. Watson Trails

S02 TuTh 5 pm-5:55 pm  
June 19 – June 28

Lake School Park

**Tennis: Beginning II (NTRP 2.5)**

See NTRP rating Box. Tennis balls provided. No class 7/7. Senior discount does not apply.

**PEDU:734 | \$69**

S01 Sa 3:30 pm-4:25 pm  
June 16 – August 4

Vetta-Concord

**Tennis: Intermediate I (NTRP 3.0)**

See NTRP Rating Box. Tennis balls provided. Senior discount does not apply.

**PEDU:735**

**Four Sessions | \$55**

S01 Sa 4 pm-4:55 pm  
June 2 – June 23

Forest Lake-TC

S02 Sa 4 pm-4:55 pm  
July 14 – August 4

Forest Lake-TC

S03 TuTh 5 pm-5:55 pm  
July 17 – July 26

Lake School Park

**Seven Sessions | \$95**

S04 Th 2 pm-3:25 pm  
June 21 – August 9  
No Class 7/5

Vetta-Concord

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

See NTRP rating Box. Tennis balls provided. Senior discount does not apply.

**PEDU:736 | \$95**

S01 Tu 2 pm-3:25 pm  
June 19 – July 31

Vetta-Concord

S02 Sa 2 pm-3:25 pm  
June 16 – August 4  
No Class 7/7

Vetta-Concord

S03 Sa 4:30 pm-5:55 pm  
June 16 – August 4  
No Class 7/7

Vetta-Concord

**Pickleball: Basics and Continuing**

Come join the fun! Pickleball is a fast-growing sport for good reason: it's easy to learn, easy to play and is great exercise for all ages and abilities. Beginners will learn the basics of Pickleball while continuing students enjoy recreational play at a more advanced level. All equipment provided. Dress appropriately for outdoor court.

**PEDU:740 | \$59 | SR \$36.50**

S01 Sa 9 am-9:55 am  
June 2 – July 7

Allyson Duffin, Frank Dalton  
Kennedy Rec Ctr

S02 Sa 10 am-10:55 am  
June 2 – July 7

Allyson Duffin, Frank Dalton  
Kennedy Rec Ctr

S03 M 5 pm-5:55 pm  
June 4 – July 9

Allyson Duffin, Frank Dalton  
Kennedy Rec Ctr

S04 M 6 pm-6:55 pm  
June 4 – July 9

Allyson Duffin, Frank Dalton  
Kennedy Rec Ctr

**National Tennis Rating Program (NTRP)**

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

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 non-swimming child. One parent/guardian per 3 children if they can swim. All participants MUST register. No class 7/4.

**PEDU:720 | \$25 | SR \$15**

S01 W 4 pm-5:50 pm  
June 13 – July 25 FV - PE, POOL

Open Lap Swim

Pool will be open for credit and non-credit students to swim laps during this time. Lockers are available, however you must provide your own towel and lock for your valuables. No class 7/4, 7/5.

**PEDU:721 | \$49 | SR \$27**

S01 MTuWTh 8 am-8:50 am  
June 4 – July 26 MC - PE, POOL

Lap Swim

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

**PEDU:722**

**12 Sessions | \$49 | SR \$27**

S03 TuTh 7 am-7:50 am  
June 12 – July 24 FV - PE, POOL  
No Class 7/5

**16 Sessions | \$59 | SR \$32**

S02 MWF 7 am-7:50 am  
June 11 – July 20 FV - PE, POOL  
No Class 7/4, 7/6



Swimming Skills: Beginning/Intermediate

Not the strongest swimmer? It's time to change that! Acquire basic through intermediate swimming skills, and feel confident in the water and around water activities. Emphasis on the primary strokes, buoyancy techniques, breath control and acquiring endurance. No class 7/7.

**PEDU:722 | \$55 | SR \$31**

S01 Sa 9 am-9:50 am  
June 9 – August 4 Daniel Vogt  
FV - PE, POOL  
S02 Sa 11 am-11:50 am  
June 9 – August 4 Jeanne Hudgens  
FV - PE, POOL

Gentle Aqua Dance

Splash and dance your way to fitness in this fun, easy to follow, low-impact, water-based workout! Gentle Aqua Dance integrates dance-fitness moves with water-based exercises, just at a slower pace. No class 7/4.

**PEDU:729**

**Six Sessions | \$49 | SR \$28**

S12 W 6 pm-6:50 pm  
June 13 – July 25 Neil Skid  
FV - PE, POOL

**15 Sessions | \$89 | SR \$48**

S01 MW 9 am-9:50 am  
June 4 – July 25 Neil Skid  
MC - 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**

**Eight Sessions | \$55 | SR \$31**

S13 Sa 10 am-10:50 am  
June 9 – August 4 Daniel Vogt  
FV - PE, POOL  
No Class 7/7

**15 Sessions | \$89 | SR \$48**

S02 MW 10 am-10:50 am  
June 4 – July 25 MC - PE, POOL  
No Class 7/4

S03 TuTh 9 am-9:50 am  
June 5 – July 26 Gary Ketcherside  
MC - PE, POOL  
No Class 7/5

S04 TuTh 10 am-10:50 am  
June 5 – July 26 MC - PE, POOL  
No Class 7/5

**16 Sessions | \$95 | SR \$51**

S08 MWF 8 am-8:50 am  
June 11 – July 20 Daniel Vogt  
FV - PE, POOL  
No Class 7/4, 7/6

S09 MWF 9 am-9:50 am  
June 11 – July 20 Daniel Vogt  
FV - PE, POOL  
No Class 7/4, 7/6

S10 MWF 10 am-10:50 am  
June 11 – July 20 Daniel Vogt  
FV - PE, POOL  
No Class 7/4, 7/6

S11 MWF 11 am-11:50 am  
June 11 – July 20 Daniel Vogt  
FV - PE, POOL  
No Class 7/4, 7/6

Aquafusion/FABS

Enjoy the best of both Aquafusion and FABS classes in one great workout! Using various water equipment, this high energy class will build cardio capacity, tighten your tummy, improve your balance and build major muscle groups. No class 7/5.

**PEDU:729 | \$89 | SR \$48**

S05 TuTh 2 pm-2:50 pm  
June 5 – July 26 Terri Williams  
MC - PE, POOL

Aquafusion

Use various resistance equipment (dumbbells and noodles) in this high energy class to build cardio capacity and strengthen main muscle groups. Great exercise to increase your strength and endurance, leaving you feeling great and looking good! No class 7/4.

**PEDU:729 | \$89 | SR \$48**

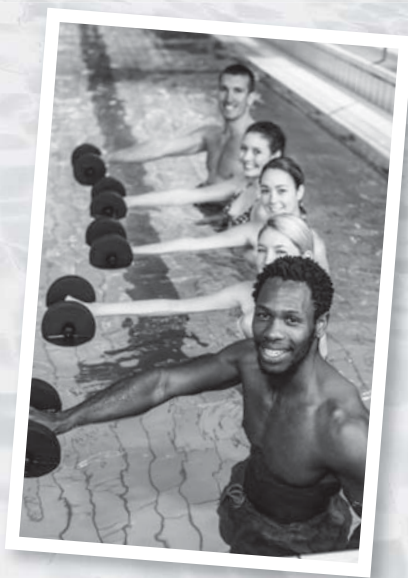
S06 MW 6 pm-6:50 pm  
June 4 – July 25 Terri Williams  
MC - PE, POOL

FABS: For over Forty, ABS, Balance and Strength

Are you over Forty? Do you want tighter Abs to help with Balance? Do you loathe the thought of pumping iron in a gym but would still like to build muscle and increase Strength? Then this FABulous class is for YOU! As we age, our bellies tend to get bigger, our balance becomes a bit off kilter and our muscles start to sag (especially the back of those arms). Using various water equipment, FABS class will: tighten your tummy, improve your balance and build major muscle groups. No class 7/4.

**PEDU:729 | \$89 | SR \$48**

S07 MW 7 pm-7:50 pm  
June 4 – July 25 Terri Williams  
MC - PE, POOL



Exclamation Point!

“Daniel Vogt is “hands-down” the best water exercise instructor I have ever had. He always has something different for the class to do and I feel like I get a great workout every time.”

Anastasia L., Valley Park, MO



## Aerobic Exercise

### Kickin' Fitness

Get away from your boring exercise routine and engage every muscle in your body with this fun, high-energy cardio exercise. A perfect, total body workout that will help you burn calories, relieve stress and get into shape fast - all while learning some self-defense moves along the way! All levels are welcome. No class 7/4. Senior discount does not apply.

**PEDU:744 | \$59**

S01 W 7 pm-8 pm  
June 6 - August 1

Timothy Toeniskoetter  
Martial Arts Ctr (Mehl)

### 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. No class 7/4. Senior discount does not apply.

**PEDU:747 | \$59**

S01 W 11 am-11:50 am  
June 6 - July 18

ADIVA Dance Center

### Dance Aerobics

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

**PEDU:750 | \$59 | SR \$42**

S01 W 6 pm-6:50 pm  
June 6 - August 1

Susan Pellegrino  
St. Paul's UCC-Soc. Hall

### 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 | SR \$28**

S01 Tu 8 am-8:50 am  
May 29 - July 10

Gary Ketcherside  
MC - PE, GYM

### Boot Camp with Shark Fitness

Challenge yourself! Classes consist of resistance training, calisthenics, short runs, and drills designed to work every major muscle group in the 60-minute class. Learn the correct way to train in terms of form, tempo, and exercise selection. Despite the group setting, this class will challenge you individually to give your best and expect optimal results. Must be able to jog 300 yards without rest. Bring a towel or mat and water. Weather permitting, class will be held outside - dress appropriately; meet at the entrance to the PE Building on O Parking Lot. Senior discount does not apply.

**PEDU:755**

**10 Sessions | \$139**

S07 TuTh 5:45 am-6:45 am

July 10 - August 9

MC - PE

S08 TuTh 9:30 am-10:30 am

July 10 - August 9

MC - PE

**12 Sessions | \$159**

S04 TuTh 5:45 am-6:45 am

May 22 - June 28

MC - PE

S05 TuTh 9:30 am-10:30 am

May 22 - June 28

MC - PE

**15 Sessions | \$195**

S03 MWF 5:45 am-6:45 am

May 21 - June 25

No Class 5/28

MC - PE

S06 MWF 5:45 am-6:45 am

July 9 - August 10

MC - PE

### Nia: A Combination of Cardio and Strength Training

Enjoy this fun, rocking fitness program that blends the movements of dance, martial arts and healing arts (such as yoga). Learn how to work out without pain and enjoy getting fit with movement set to soul-stirring music. Nia is rooted in sensory awareness, joy, pleasure and love for your body. Join a Nia class and free your spirit! All levels and abilities welcome. No shoes on mats. No class 7/7, 7/21.

**PEDU:755 | \$59 | SR \$42**

S09 Sa 8:15 am-9:10 am

June 30 - August 18

Karol McNutt  
MC - PE, 105

## Yoga/Pilates

### 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. Senior discount does not apply.

**PEDU:756 | \$69**

S01 Th 5:30 pm-7 pm

Denise Motta

June 21 - July 26 Affton White-Rodgers, B

### 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 | \$59 | SR \$35.50**

S02 M 6:10 pm-7:05 pm

Katherine McMeans

June 4 - July 30 MC - PE, 105

No Class 7/2

S03 W 6:10 pm-7:05 pm

Katherine McMeans

June 6 - August 1 MC - PE, 105

No Class 7/4

### 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. No class 7/4. Senior discount does not apply.

**PEDU:761 | \$79**

S11 W 7 pm-8 pm

June 13 - August 8 Masterpeace Studios

### Yoga

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

**PEDU:761**

**Eight Hours | \$59 | SR \$44.50**

S09 M 6 pm-7 pm

Sharon Danyluck

June 11 - July 30

Sunset Hills Comm. Ctr

S10 M 7:15 pm-8:15 pm

June 11 - July 30

Sharon Danyluck  
Sunset Hills Comm. Ctr

**12 Hours | \$89 | SR \$59**

S07 Tu 1 pm-2:30 pm

Christine Hayes

June 5 - July 31

Big Bend Yoga Ctr

No Class 7/3

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

### 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 5/28, 6/18.

**PEDU:761 | \$59 | SR \$42.50**

S01 M 12:15 pm-1:15 pm

Kelly Kauffmann

May 21 - July 23 Affton White-Rodgers, GYM

### Yoga: Continuing

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

**PEDU:761**

**Eight Hours | \$59 | SR \$42.50**

S02 M 1:30 pm-2:30 pm

Kelly Kauffmann

May 21 - July 23 Affton White-Rodgers, GYM

No Class 5/28, 6/18

**12 Hours | \$89 | SR \$59**

S08 Th 9 am-10:30 am

Karen Martinez

June 7 - August 2

No Class 7/5

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



Registration begins May 14. Go to [stlcc.edu/CE](http://stlcc.edu/CE) or call 314-984-7777 to register!



## Personal Enrichment

### 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. Bring a towel and water; mats provided. Senior discount does not apply.

**PEDU:761 | \$69**

S03 Tu 5:30 pm-6:15 pm

May 29 – July 31

Flex Fitness Studio

### Exclamation Point!

*"I enjoy the flexibility of the yoga classes at STLCC. I've never felt pressured into doing something I am not comfortable with. Plus, I've met people that I've kept contact with over the years."*

**Debbie W., Wildwood, MO**

### 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 | \$39 | SR \$25**

S04 W 7:45 pm-9 pm

May 30 – June 20

S06 Th 6:30 pm-7:45 pm

May 31 – June 21

Robert Gadon

WW, 102B

Robert Gadon

FP - PE, EAST RM

### 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 | \$39 | SR \$25**

S05 W 6:15 pm-7:30 pm

May 30 – June 20

Robert Gadon

WW, 102B

## Tai Chi

### Chen Tai Chi: Level I

Strengthen your body through slow, smooth movements; increase energy through mindful breathing; and improve balance through the constant shift of body weight. Tai Chi is a traditional form of martial arts that helps boost self-healing power, stimulates the brain and promotes coordination. All ages and levels of ability can harvest the health benefits of Tai Chi. Senior discount does not apply.

**PEDU:766 | \$59**

S01 W 9:30 am-10:20 am

June 6 – August 1

No Class 7/4

S02 W 11:30 am-12:20 pm

June 6 – August 1

No Class 7/4

S03 Th 6 pm-6:50 pm

June 7 – August 2

No Class 7/5

Alex Chen

MC - PE, 201

Alex Chen

FP - PE, 233

Alex Chen

MC - PE, 201

### New Tai Chi for Health: Introduction

Enjoy the many benefits of this low impact, gentle exercise that integrates breath and movement, mind and body. Learn the essential principles of Tai Chi and improve your strength, balance and flexibility. Class is guided by safe practices and "listening" to one's own body.

**PEDU:766 | \$59 | SR \$36**

S04 Tu 10 am-10:55 am

June 5 – July 24

S05 M 5 pm-5:55 pm

June 11 – July 30

Dennis Winschel

STLCC-SC, 125

Dennis Winschel

STLCC-SC, 125

### Tai 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. No class 7/10.

**PEDU:766 | \$59 | SR \$42**

S06 Tu 2:30 pm-3:30 pm

June 5 – July 24

Jeanette Miller

Solar Yoga Center

### Tai 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 7/5, 7/12.

**PEDU:766 | \$59 | SR \$33.50**

S07 Th 4:30 pm-5:25 pm

June 7 – August 2

Jeanette Miller

FP - CWI, 134

### Tai 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. No class 7/10.

**PEDU:767 | \$59 | SR \$42**

S01 Tu 1:15 pm-2:15 pm

June 5 – July 24

Jeanette Miller

Solar Yoga Center

## Self-Defense

### Krav Maga

Are you prepared to defend yourself in an attack? Krav Maga, the preferred system for U.S. military units and law enforcement agencies, is an exciting, aggressive and fast-paced class designed to prepare both the body and mind for violent attacks. Utilizing stress drills designed to mimic real life situations, new students and repeat beginners will practice self-defense and hand-to-hand combat techniques to quickly and effectively finish a fight or attack situation. Class is hands-on and fully interactive. No shoes on mats; athletic wear required. Senior discount does not apply.

**PEDU:743 | \$95**

S02 Sa 10 am-11 am

June 2 – August 4

Xtreme Krav Maga

S03 M 6 pm-7 pm

June 4 – August 6

Xtreme Krav Maga

### Women Only

S01 Tu 6 pm-7 pm

May 29 – July 31

Xtreme Krav Maga

### 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. No class 7/3. Senior discount does not apply.

**PEDU:743 | \$95**

S04 Tu 6:30 pm-7:30 pm

May 29 – August 7

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. No class 7/5. Senior discount does not apply.

**PEDU:743 | \$95**

S05 Th 5:45 pm-6:45 pm

May 31 – August 9

Systema St. Louis



**Practical Self-Defense for Women**

Discover and maximize your own power, gain confidence using effective techniques to assess and deal with physical attacks. Includes situational awareness, stand up defense (striking and kicking), ground rape defense, grab attack defense, with preview of lethal weapons defense class. Female martial arts instructor with over 25 years of experience. Ages 13 and up; students under 18 must be accompanied by parent/guardian. Registration and signed waiver required for each participant. All gear is provided. No shoes on mats; athletic wear required. Class is hands on; basic physical fitness required to practice techniques with partners. Senior discount does not apply.

**PEDU:743 | \$25**

S08 Sa 9 am-12 pm  
July 21

Gina Breadon  
CODA Martial Arts

***New* Practical Self-Defense for Women and Intro to Weapons Defense**

Defend yourself with effective techniques useful to assess and deal with physical attacks and those from assailants using lethal weapons such as knives, hand guns, and clubs or ball bats. Martial arts instructors have 25 - 45 years of experience. Ages 13 and up; students under 18 must be accompanied by parent/guardian. Registration and signed waiver required for each participant. All gear is provided. No shoes on mats; athletic wear required. Class is hands on; basic physical fitness required to practice techniques with partners. Senior discount does not apply.

**PEDU:743 | \$25**

S06 F 6 pm-9 pm  
June 15  
S07 Sa 9 am-12 pm  
June 23

Gina Breadon  
MC - PE, 105

CODA Martial Arts

**Great Outdoors**

**Pickleball: Basics and Continuing**

Come join the fun! Pickleball is a fast-growing sport for good reason: it's easy to learn, easy to play and is great exercise for all ages and abilities. Beginners will learn the basics of Pickleball while continuing students enjoy recreational play at a more advanced level. All equipment provided. Dress appropriately for outdoor court.

**PEDU:740 | \$59 | SR \$36.50**

S01 Sa 9 am-9:55 am

Allyson Duffin  
Frank Dalton

June 2 - July 7

Kennedy Rec Ctr

S02 Sa 10 am-10:55 am

Allyson Duffin  
Frank Dalton

June 2 - July 7

Kennedy Rec Ctr

S03 M 5 pm-5:55 pm

Allyson Duffin  
Frank Dalton

June 4- July 9

Kennedy Rec Ctr

S04 M 6 pm-6:55 pm

Allyson Duffin  
Frank Dalton

June 4- July 9

Kennedy Rec Ctr

**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. Senior discount does not apply.

**PEDU:770 | \$59**

S01 Sa 10 am-11:55 am

June 16 - June 23

Simpson Lake

S02 Sa 12 pm-1:55 pm

June 16 - June 23

Simpson Lake

**Stand Up Paddleboarding - River Trip**

Now that you know what you're doing, join us on a new adventure in Stand Up Paddleboarding! There really is something about paddling our local rivers and being out among nature. Let SUP St. Louis take you there on a custom guided river trip. Meet at Greentree Park, 2202 Marshall Rd, Saint Louis, MO 63122 at 10am sharp. Fee includes SUP equipment and transportation up river. Water shoes and sunscreen recommended. Prerequisite: SUP Introduction class. Senior discount does not apply.

**PEDU:770 | \$49**

S03 Sa 10 am-12 pm

June 30

Greentree Park

**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. Senior discount does not apply.

**PEDU:770 | \$39**

S04 Sa 9 am-9:55 am

July 14 - July 21

Simpson Lake



**Get into the great outdoors this summer with Continuing Education. Explore paddleboarding and learn pickleball.**

**Health and Wellness**

***New* Natural Wellness: Accupressure**

Do you suffer from headaches, back pain, neck stiffness or shoulder tension? Accupressure is a good way to alleviate all of these symptoms, as well as improve blood circulation and reduce chronic inflammation. Learn how to find the accupressure points and how to massage these points to help improve both your health and the health of your loved ones. Partner required. Fee is per person. Bring yoga mat or towel to lay on floor. Senior discount does not apply.

**HEAL:701 | \$29**

S01 W 6 pm-8:30 pm  
May 23

Alex Chen  
MC - PE, 201

**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. Senior discount does not apply.

**HEAL:701 | \$29**

S02 Th 6 pm-8:30 pm  
May 24

Alex Chen  
FP - G Tower, 115

**Registration begins May 14. Go to [stlcc.edu/CE](http://stlcc.edu/CE) or call 314-984-7777 to register!**

### 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 | SR \$28.50**

- S01 Sa 9:30 am-3:30 pm  
June 23
- S02 Sa 9:30 am-3:30 pm  
July 14

Alice Sanvito  
FP - HSP, 221  
Alice Sanvito  
MC - SW, 106

### Karma

Explore what karma is and how it is connected to your past lives. Learn how it operates, how to recognize when it is occurring and how you can resolve karma in the most effective way. Acquire skills necessary to identify karmic lessons and move forward in life. Senior discount does not apply.

**PERD:709 | \$25**

- S01 Th 6:30 pm-8:30 pm  
June 28

Dana West  
STLCC-SC, 120



### 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! Senior discount does not apply.

**PERD:709 | \$25**

- S02 Sa 10 am-12 pm  
July 28

Dana West  
MC - SO, 105

### New Transitions and Transformations: Thriving in the Midst of Change

Life is a cycle of beginnings and endings, much like seasonal patterns. If you're entering the 3rd stage (age 50+), the 'fall' season of life brings many changes. These transitions can be hard but they also offer an opportunity to rethink the direction your life is taking. Learn to identify the phases of a transition cycle and discuss practical strategies to empower you in making future changes with greater confidence, less stress and the greatest potential to thrive. There will be an hour lunch break. You are welcome to leave campus for a fast food lunch or bring a sack lunch.

**PERD:709 | \$49 | SR \$28.50**

- S03 Sa 9 am-4 pm  
July 21

Carol Watkins  
MC - BA, 203

### 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 | SR \$26.50**

- S01 Tu 6:30 pm-8:30 pm  
June 5 - June 26

Rhonda Leifheit  
MC - CS, 211

### Developing Intuition

Awaken your intuitive abilities and feel comfortable listening to and trusting your intuition. Discover which of your "psychic senses" is naturally strongest: gut feelings, inner listening or intuitive seeing. Learn a variety of exercises and practices to help develop your intuition; including sensing auras, psychometry (intuiting information by holding objects) and more.

**PERD:735 | \$49 | SR \$26.50**

- S01 W 6:30 pm-8:30 pm  
July 11 - August 1

Rhonda Leifheit  
MC - CS, 211

### UFOs In Missouri

Are you intrigued by the unknown? Unidentified Flying Objects are being spotted in the skies over Missouri. Come with an open mind to explore the most recent cases in your area and share your own experiences. Taught by the State Section Director and Field Investigator for the Mutual UFO Network (MUFON). Senior discount does not apply.

**PERD:749 | \$25**

- S01 Sa 10 am-12 pm  
June 23

Dana West  
MC - SO, 105

## Youth and Family

### 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 7/7.

**KIDS:707 | \$49**

- S01 Sa 10 am-11 am  
June 2 - July 28

Timothy Toeniskoetter  
Martial Arts Ctr (Mehl)

### 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**

- S01 Th 5:30 pm-5:55 pm  
May 24 - June 14
- S05 TuTh 6 pm-6:25 pm  
June 19 - June 28

S.H. Watson Trails  
Lake School Park

### 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. Ages 11-15. Tennis balls provided.

**KIDS:709 | \$55**

#### Ages 7-10

- S03 Sa 5 pm-5:55 pm  
June 2 - June 23
- S04 Sa 5 pm-5:55 pm  
July 14 - August 4

Forest Lake-TC  
Forest Lake-TC

#### Ages 11-15

- S02 Th 6 pm-6:55 pm  
May 24 - June 14
- S06 TuTh 7 pm-7:55 pm  
July 17 - July 26

S.H. Watson Trails  
Lake School Park

### Golf for Youth: Beginning I

Learn and enjoy the game of golf while practicing basic skills! Great introduction to golf that's fun for kids. Ages 7-15. Extra fee for balls.

**KIDS:710 | \$49**

- S01 Sa 11 am-11:55 am  
June 2 - June 23

Big Bend GC

### 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 7/7.

**KIDS:720 | \$55**

#### Ages 5-8

- S01 Sa 12 pm-12:50 pm  
June 9 - August 4

Jeanne Hudgens  
FV - PE, POOL

#### Ages 8-12

- S02 Sa 1 pm-1:50 pm  
June 9 - August 4

Jeanne Hudgens  
FV - PE, POOL

#### Ages 12+

- S03 Sa 2 pm-2:50 pm  
June 9 - August 4

Jeanne Hudgens  
FV - PE, POOL

### Fencing for Youth: Beginning I and II

Kids will have fun learning the basics of swordplay! Class emphasizes basics of footwork, bladework and bouting, and will accommodate returning students with instruction to expand technique. Equipment provided. Ages 8-15.

**KIDS:720 | \$69**

- S04 M 5:30 pm-6:25 pm  
June 11 - July 30

Patrick Dorsey  
MC - PE, 201



# Spark your potential this summer with STLCC Continuing Education



# Location Index



St. Louis Community College  
Continuing Education

Adiva Dance Center  
943 S. Kirkwood Rd., 63122

Affton White-Rodgers  
Community Center  
9801 Mackenzie Road, 63123

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

Babler Memorial State Park  
Highway 109, 63005

Big Bend Golf Center  
3390 Quinette Road, 63088

Big Bend Yoga Center  
88 North Gore, 63119

**STLCC-Center for Workforce  
Innovation (CWI)**  
3344 Pershall Rd., 63135

Chess Club and Scholastic  
Center of St. Louis  
4657 Maryland Ave, 63108

City Sewing Room  
6700 Arsenal Ave., 63139

CODA Martial Arts  
11025 Gravois Ind. Ct. Dr., 63128

Concordia Lutheran Church  
505 S. Kirkwood Rd., 63122

**STLCC-Corporate College  
(Corp. College)**  
3221 McKelvey Road, 63044

Craft Central  
8500 Delmar., 63124

Culinary Arts House  
3137 Hampton Avenue, 63139

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

Eagle Springs Golf Course  
2575 Redman Rd. 63136

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

Eureka Community Center  
333 Bald Hill Rd, 63025

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

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

**STLCC-Florissant Valley (FV)**  
3400 Pershall Road, 63135

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

**STLCC-Forest Park (FP)**  
5600 Oakland Ave, 63110

Francis Park  
Donovan and Eichelberger,  
63109

Frontenac Racquet Club  
10455 German Blvd., 63131

GolfPort-Maryland Heights  
1 GolfPort Drive, 63146

Kennedy Recreation Complex  
6050 Wells Road, 63128

Kirkwood Community Center  
111 South Geyer Road, 63122

Lake School Park Tennis Crts  
581 Coeur de Ville Ln, 63141

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

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

**STLCC-Meramec (MC)**  
11333 Big Bend Road, 63122

Meramec State Park  
115 Meramec Park Rd  
Sullivan MO, 63080

Missouri History Museum  
5700 Lindell Blvd, 63112

Mueller Industries  
12951 Maurer Ind. Dr., 63127

Painted Zebra (Krkwd)  
10907 Manchester Road, 63122

PerennialSTL.org  
3762 S. Broadway, 63118

Queeny Park--Greensfelder  
Recreation Complex  
550 Weidman Road, 63011

RiverChase of Fenton  
990 Horan Drive, 63026

Rockwoods Reservation  
2751 Glencoe Road, 63038

Ruth Park Golf Course  
8211 Groby Road, 63130

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

Simpson Lake  
1234 Marshall Road, 63088

Solar Yoga Center  
6002 Pershing at Des Peres,  
63112

**STLCC-South County  
(STLCC-SC)**  
4115 Meramec Bottom Road,  
63129

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

St. Louis Genealogical Society  
4 Sunnen Drive, 63143

St. Paul's UCC  
5508 Telegraph Road, 63129

Sunset Hills Community Center  
3915 South Lindbergh, 63127

Sunset Hills Watson Trails  
12450 W Watson Rd, 63127

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

Systema St. Louis  
4208 Sarpy Avenue, 63110

Tower Tee Golf Center  
6727 Heege Road, 63123

Trinity Lutheran Church  
14088 Clayton Road, 63017

Vetta Sports-Concord  
12320 Old Tesson Ferry Road,  
63128

**STLCC-William J. Harrison  
Education Center (Harrison  
Ed. Ctr)**  
3140 Cass Ave, 63106

**STLCC-Wildwood (WW)**  
2645 Generations Dr.  
Wildwood, 63040

Wildwood City Hall  
16860 Main Street, 63040

Wine Barrel  
3828 South Lindbergh,  
Suite 111, 63127

Woods Mill Racquet Club  
910 Old Woods Mill Road, 63017

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

## CAMPUS LEGEND

### FLORISSANT VALLEY = FV

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

### FOREST PARK = FP

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

### MERAMEC = MC

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

### WILDWOOD = WW

### EXTENSION CAMPUSES

William J. Harrison Education  
Center = Harrison Ed. Ctr  
STLCC Corporate College =  
Corp. College

**For more information, visit us at [stlcc.edu/CE](http://stlcc.edu/CE).**

**Registration begins May 14**

# General Information



St. Louis Community College  
Continuing Education

**Enrollment in Continuing Education classes and programs is limited to persons 16 years and older except for youth section classes and where otherwise noted.**

## Students Rights and Responsibilities

All students are responsible for adhering to college policies and procedures. Please refer to [stlcc.edu/need2know](http://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](http://stlcc.edu). When St. Louis Community College cancels classes, off-campus classes are also cancelled. In addition, when a particular host school district or institution closes, the Continuing Education classes at that location will not meet.

## Refund of Fees

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

If you wish to withdraw from a class, you will receive a full refund for most classes if the class is dropped three business days before the first meeting. See the course schedule for classes (such as day trips) that require notice more than three business days for cancellation and eligibility for a refund.

Time of Withdrawal	Percentage Refund
Three business days prior to the first class meeting. Must be submitted in writing.	100%
Two business days prior to the first class meeting or after the class has begun.	None

**FOR SOME SPECIAL PROGRAMS AND CLASSES, AN EARLIER WITHDRAWAL DEADLINE MAY APPLY. THIS DEADLINE WILL BE PRINTED IN THE COURSE DESCRIPTION.**

Requests for withdrawals must be submitted in writing to the Continuing Education office in person, by email at [CEDROP@stlcc.edu](mailto:CEDROP@stlcc.edu) or via mail to: **3221 McKelvey Road, Bridgeton, MO 63044**. Calculation of refunds will be based on the date the request is received via email or the postmarked date. A student may receive either a full or partial refund for exceptional circumstances. Requests for refunds (exceptions) must be submitted in writing (walk-in, email or written notice) within 10 business days after the class start date. Supporting documentation may be required.

## Fee Reduction for Adults age 60+

At the time of registration, adults 60 years and older may enroll in select courses for a reduced fee. *Class costs vary. View the online course description or contact the Continuing Education office for questions regarding the reduced rate. Reduction will be calculated at check-out.*

## Senior Citizen Scholarship

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

## Safety and Program Guidelines for Youth Classes

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

## Unattended Children

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

## Textbooks

Textbooks can be purchased at the campus bookstores.

## Firearms on College Property

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

## Non-Discrimination/Accommodations Statement

St. Louis Community College is committed to non-discrimination and equal opportunities in its admissions, educational programs, activities, and employment regardless of race, color, creed, religion, sex, sexual orientation, national origin, ancestry, age, disability, genetic information, or status as a disabled or Vietnam-era veteran, and shall take action necessary to ensure non-discrimination. Sexual harassment, including sexual violence, is also prohibited. For information or concerns related to discrimination or sexual harassment, contact Mary Zabriskie, J.D. at 314-539-5345.

Access Office – disAbility Support Services for students with documented disabilities are available through campus Access offices. These services include: advising and academic counseling, coordination of academic accommodations and support services, consultation with faculty and staff regarding accommodation needs as well as help with connecting to community professionals and agencies. To qualify for services complete the online Application for Services and contact the Access Office on the campus where you plan to attend. Applications are accepted at any time during the semester, but the College recommends submitting requests as early as possible to allow time to make any necessary arrangements in time for the start of classes. Accommodations are generally not provided retroactively so it is important for you to apply for accommodations and provide documentation that supports your requested accommodations as soon as you can. For more information, visit [stlcc.edu/disability](http://stlcc.edu/disability) or call the Access Office on your campus.

## Registration is Easy!



Try our **NEW** online registration system.

**Online:** [www.stlcc.edu/CE](http://www.stlcc.edu/CE)

Visit our website and click on the “**Continuing Education**” link — where you can view and register for current class offerings. *Email address required for online registration. Payment via credit/debit card is due at time of registration.*



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

**Telephone:** 314-984-7777

**Call Center Hours:** M-Th 8:30 am - 5 pm; Fridays 8:30 am-4 pm

Before calling to register, have this information ready:

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



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

**Meramec**  
802 Couch Avenue  
St. Louis, MO 63122

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

**Forest Park**  
Forest Park, Student Center-125  
5600 Oakland Ave., St. Louis, MO 63110

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

*Registration at the Wildwood and South County campuses will be limited this semester. Only online registration is available at these locations.*



**Mail**

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

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

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

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

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

## Mail-In Registration form Please print in ink. All fields must be filled out.

Please register me for the following courses:

Course Code	Section	Course Title	Start Date/Time	Fees
<b>Total</b>				

Male  Female

Senior Citizen?

Yes  No

*Please check material fees prior to sending payment.*

**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: \_\_\_\_\_

\_\_\_\_\_ Exp. Date: \_\_\_\_\_ CVV Code: \_\_\_\_\_  
CARD NUMBER

Signature: \_\_\_\_\_



RESIDENTIAL CUSTOMER



## Feature Five

Registration begins May 14



### Historical Studies

Gain an understanding of the present and training for the future by building a foundation through knowledge of the past with our history classes this spring. Expand your mind and change your life through the study of history beginning on page 34.



### 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 29.



### 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 42.



### The Writing Program

Our Writing Program is designed for the beginning or experienced writer. Our classes provide the opportunity to develop your writing voice, build expertise in the art and craft of writing, and gain insight into today's publishing environment. Uncover your talent beginning on page 26.



### Culinary Arts

Our Culinary Arts classes are brimming with flavor from instructors who will share their knowledge, techniques and tips with you, giving you the confidence you need to make cooking a simple, fun and creative experience!! Explore our Culinary Arts classes beginning on page 22.

### ST. LOUIS COMMUNITY COLLEGE...

Since 1962, more than 1.2 million people have passed through our doors to take a class, earn a degree, upgrade their career skills or enrich their lives. Each year, more than 80,000 students enroll in:

- College transfer and career programs leading to associate degrees
- Job skill and personal development classes
- College preparatory courses
- Specialized performance programs sponsored by local employers
- Associate degrees in Arts, Science, Fine Arts, Applied Science and Teaching are offered as well as Certificates of Proficiency and Specialization. The college's Workforce Solutions Group also serves the local business community through assessment, counseling, consulting and training services.

Learning is convenient via:

- Four campuses-Florissant Valley, Forest Park, Meramec and Wildwood
- Three education centers-south and north St. Louis County and north St. Louis City
- Numerous business, industrial and neighborhood sites throughout the metro area
- Online instruction

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Governed by a board of six elected trustees and supported by local taxes, state funds and student fees, the college has an annual budget of more than \$200 million. The college is accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools. St. Louis Community College focuses its resources on helping students find the right academic and career pathways. Through its alumni and community partnerships, the college is helping St. Louis become the best place to live and work in the 21st century.