

Continuing Education

at St. Louis Community College

Summer 2013


Everything Under The Sun!



St. Louis
Community
College

Registration begins May 6

For more information about Continuing Education classes, visit
www.stlcc.edu/ce



College for Kids

Kids on Campus

Wildwood: August 5 - 9



Call 314-984-7777 to register.



Continuing Education
stlcc.edu/ce

Meeting and Event Services at the Corporate College

Corporate College is the perfect venue for:

- Board meetings
- Conferences
- Lectures and symposiums
- Public meetings
- Staff retreats
- Training sessions

Corporate College's meeting and event services include:

- Outstanding customer service
- All inclusive pricing covering standard room set-up, audio-visual equipment and support
- Reception area and staff for conference needs
- Free high speed wireless internet
- Free on-site parking
- Available catering services



Visit STLCC.edu/CorporateCollege to view spaces and for current rental rates.

3221 McKelvey Road • Bridgeton, MO 63044

Summer 2013 STLCC Continuing Education

Advancing People - Personally and Professionally
www.stlcc.edu/ce 314-984-7777

Join us this summer and experience Everything Under the Sun!

Continuing Education has a great summer in store for you! Discover new opportunities to explore, create and learn, both personally and professionally.

Continuing education provides educational experiences for you to learn and grow. Professional development courses can help you start a new career or excel in your current career. Personal enrichment courses help you pursue new interests and develop your mind, body and spirit. Classes are offered at campuses and centers throughout St. Louis, as well as online. Improving yourself, both professionally and personally, has never been easier!

Review our summer offerings. We're certain we've got something that's going to help you expand your mind and change your life!

Registration begins May 6

HOW TO READ COURSE LISTINGS

The listing details found below a course title and description provide this information:

COURSE CODE	COURSE FEE	DAY + TIME	INSTRUCTOR
ABC:123	\$15		
250		Th 7pm-8:30pm	John Smith
		Oct 6 – Nov 3	
			Forest Pk - G Tower, 113
SECTION NUMBER	MEETING DATES	LOCATION	



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

BOARD OF TRUSTEES

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

Is it time for a New You?



Adult Career Exploration Sessions

Tuesday, May 7, 6 to 7:30

Forest Park, Student Center Café East
Questions? Call 314-644-9107

Thursday, May 9, 6 to 7:30

Florissant Valley, Training Center Room 201
Questions? Call 314- 513-4561

Wednesday, May 15, 6 to 7:30

Meramec, BA 105
Questions? Call 314-984-7159

Thursday, May 16, 6 to 7:30

Wildwood Room 105
Questions? Call 636-422-2005

Whether you're just starting out, looking to re-enter the workforce or wanting to switch careers—but you're not sure about an area of study—St. Louis Community College's **Adult Career Exploration Session** will help you identify your interests, discover your passion, and point you toward the career that's right for you!

- Receive a FREE interest inventory to identify your primary interest areas.
- Discover how your interests can lead to good career decisions.
- Learn how your interests relate to career programs at STLCC.
- Hear about resources to pay for school.
- Find out how to get started at STLCC!

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



Register TODAY at stlcc.edu/Visit
and get started on the New You!



MoHealthWINS

Missouri Healthcare Workforce
Innovation Networks

Interested in the healthcare industry?

Thinking about training? St. Louis Community College is offering innovative healthcare training programs through the MoHealthWINS grant in the Health Informatics/IT in Healthcare career pathway.

We are currently seeking individuals ready to learn the necessary skills to provide end-user support, desktop client support, administration/network support, and health IT systems support in healthcare settings. Great candidates are motivated and have a strong desire to work in the healthcare industry. Our programs are flexible and designed to accommodate students that may have –

- No previous experience, or
- Previous experience in the healthcare industry (nursing, hospital administration, practice administration), or
- Previous experience in the information technology field (desktop, program or system administration, network administration)

Programs offered are for students available for training 8:00 am to 4:00 pm Monday through Friday.

Eligible students pay no tuition costs!



STLCC.edu/MoHealthWINS

Advance your life personally
and professionally...



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

- Lean Six Sigma Green Belt
- Project Management
- Mental Health Interpreter
- Master Naturalist
- CPR/First Aid
- Home Health Caregiver
- Phlebotomy
- Nurse Assistant for Nursing Homes
- Personal Trainer
- Web Development

Questions? Call 314-984-7777

Coming Fall 2013

- Business Essentials-Small Business
- Animal Welfare
- Not-for-Profit Administration
- Cake Decorating



www.stlcc.edu/ce

PROFESSIONAL DEVELOPMENT

Continuing Education has a variety of programs to help you build job skills for the role you have or to foster the career you hope to develop. Programs extend to all segments of the workforce. We're pleased to be adding a new **Pharmacy Technician program** to our line-up of **Nursing and Allied Health programs**. Check out the many opportunities-classes and workshops, career programs and training certificate programs to advance your career and your life.

PROFESSIONAL ESSENTIALS

Dealing with Difficult People in the Workplace

Are there people in your work place with whom you would like to have a better working relationship? Do you feel in conflict with your boss or have problems with a subordinate or issues with clients? The relationships and rapport we have with others are important in getting along with them, getting their assistance, cooperation, getting things done, networking, working productively, for better teamwork, for advancement, and support. Learn and utilize the essential skills and concepts for working effectively with others in your work place, as well as in any organization, profit, non-profit, volunteer position, etc. Lunch not provided.

BUSN:705 | \$45

680 Sa 9am-1:30pm
June 29

Glenda Herron
MC-BA, 118



Develop and use Effective Supervisor Skills this summer with our Business Essentials training.

Developing and Using Effective Supervisor Skills

Being an effective supervisor requires you to know the people you manage and to use good management skills, techniques, and methods. Learn the skills and tools to apply in managing, motivating, counseling, using constructive correction, resolving problems, decision-making and many other vital skills to manage others. Lunch not provided.

BUSN:705 | \$45

480 Sa 9am-1:30pm
June 15

Glenda Herron
FP-G Tower, 115

BUSINESS ESSENTIALS

How to Start a Small Business

This is a special short course to acquaint the small business owner with current management principles as they relate specifically to small business operations. It's designed to be particularly helpful if you are planning to start your own business. Topics include: business terms, forms of ownership, risks of ownership, marketing, record keeping, legal aspects and insurance needs, finding capital, financial planning, tax considerations and other business functions. Lunch not provided.

BUSN:701 | \$99

680 Sa 9:30am-3:30pm
June 15 - June 22

Dr. Allen Jones
MC-BA, 124

C80 Sa 9:30am-3:30pm
July 13 - July 20

Dr. Allen Jones
Corp. College,

"I would recommend Dr. Jones' course to anyone interested in learning more about business and/or starting a business."

*-Michael M. -student,
How to Start a Small Business*

Understanding Financial Statements

Financial statements are essential sources of information. You don't need to know everything about accounting to use the information in basic statements; however, it is helpful to know a few simple concepts and to be familiar with some of the fundamentals of statements, including revenue and expense, structure and relationships, meaningful forecasts and projections, balance sheets, and more. Lunch on your own.

BUSN:741 | \$49

680 Sa 9am-3pm
June 22

Kimberly Franklin
MC-BA, 118

S.C.O.R.E. Seminar

You will enjoy this special short course to acquaint the small business owner or operator with current management principles as they relate specifically to small business operations. It is designed to be particularly helpful if you are planning to start your own business. Topics include business terms, forms and risks of ownership, marketing, record keeping, legal aspects and insurance needs. Finding capital, financial planning, tax considerations and other business functions will also be discussed. All students must register with the SCORE Office online at www.stlscore.org. Lunch not provided. \$50 fee for class materials payable to SCORE at registration.

BUSN:701

681 Sa 8:15am-3pm
June 8

MC-Soc. Science, 109

682 Sa 8:15am-3pm
July 13

MC-Soc. Science, 109

683 Sa 8:15am-3pm
Aug. 10

MC-Soc. Science, 109

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St. Louis
Community
College
Continuing
Education

CAREER ESSENTIALS

Writing Your Resume to Impress

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

CPDV:703 | \$39

650 Tu 6pm-8pm **Jacqueline Meaders-Booth**
June 11 – June 25 MC-TBA

"Ms. Lombardo is an excellent instructor. She stays current on course material giving us valuable information."

-Corey N. -student,
Online Applications/
Electronic Resume Workshop

Online Applications/Electronic Resume Workshop

Computer skills are vital to today's job seekers, and this interactive workshop will provide you with the ability to conduct your job search more efficiently and effectively than you could before. Designed for individuals with little or no computer experience, this workshop will supply you with the knowledge of and familiarity with the computer that you will need to conduct an employment search in today's job market. Attend this interactive workshop to learn how to navigate around the internet to search for information about potential companies you might want to work for, fill out job applications, copy and paste information from your resume to online forms, save/print online forms, and save a document to a disk or flash drive. Please bring a flash drive to class to save your work.

CPDV:704 | \$29

650 Tu 6:30pm-8:30pm **Laurie Lombardo**
June 11 – June 18 MC-BA, 202

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 on 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

451 Tu 6:30pm-9:30pm **Laurie Lombardo**
July 2 FP-G Tower, 117

Through Plus 50, St. Louis Community College provides programs and services that make it easier than ever for adult learners to earn credit for their past education and work experience. We offer support and flexibility to help you reach your goals, from choosing a course of study and scheduling classes to applying for financial aid.

Contact one of our Plus 50 concierges to get started today!

Florissant Valley	314-513-4238
Forest Park	314-513-4238
Meramec	314-984-7584
Wildwood	636-422-2014

www.stlcc.edu/plus50completion

St. Louis Community College

Finding Job Leads

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

CPDV:705 | \$25

450 Tu 6:30pm-9:30pm **Laurie Lombardo**
June 25 FP-G Tower, 117

+50 Re-Inspired: A Workshop

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

CPDV:730 | \$59

451 Tu 6:30pm-9pm **Carol Watkins**
June 4 – June 25 FP-G Tower, 329

680 Sa 9am-12:30pm **Carol Watkins**
July 13 – July 27 MC-BA, 114

+50 Re-Wired Employment Seminar

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

CPDV:730 | \$45

550 Th 6:30pm-8:30pm **Edwin Penfold**
July 11 – Aug. 1 FV-B, 125

651 Th 6:30pm-8:30pm **Edwin Penfold**
June 6 – June 27 MC-BA, 208

Like us at www.facebook.com



St. Louis Community College Continuing Education



Learn the latest techniques in child care with
St. Louis Community College.

CHILD CARE TRAINING

Child Care Clock Hour Training

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

All clock hour training from St. Louis Community College has been approved by the Department of Health and Senior Services through June 2013.

Discipline for Toddlers and Two's

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

CCPR:702 | \$15

- | | | |
|-----|-----------------------|-------------------------------------|
| 552 | Tu 7pm-9pm
June 25 | Geraldine Jasper
FV-CDC, 112 |
| 451 | Th 7pm-9pm
June 27 | Geraldine Jasper
FP-G Tower, 119 |

Discipline for School-Agers

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

CCPR:702 | \$15

- | | | |
|-----|-----------------------|-------------------------------------|
| 450 | Th 7pm-9pm
June 13 | Geraldine Jasper
FP-G Tower, 119 |
| 505 | Th 7pm-9pm
June 6 | Geraldine Jasper
SCEUC, 101 |
| 550 | Tu 7pm-9pm
June 4 | Geraldine Jasper
FV-CDC, 112 |

Creating an Environment That Works

What makes a classroom environment work? Take a look at your classroom space in new ways. Transform your teaching space into a meaningful, as well as beautiful space that stimulates the development of young children.

CCPR:706 | \$15

- | | | |
|-----|------------------------|---------------------------------|
| 550 | Tu 7pm-9pm
June 18 | Gina Dattilo
FV-CDC, 112 |
| 480 | Sa 9am-11am
June 22 | Gina Dattilo
FP-G Tower, 119 |

Quality Infant Toddler Care

You'll learn developmentally appropriate practice and activity ideas for infant and toddler care. Topics include building relationships- knowing infants/toddlers and their families- creating a welcoming environment- promoting children's safety and health and guiding children's behavior as well as quality interactions with routines and daily activities.

CCPR:707 | \$25

- | | | |
|-----|------------------------|--------------------------------|
| 580 | Sa 9am-12pm
June 15 | Anna-Marie Mann
FV-CDC, 112 |
|-----|------------------------|--------------------------------|

Simple Songs and Finger Plays for Toddlers and Preschoolers

Learn fun songs and fingerplays that will become children's favorites and part of your daily routines. Music encourages memory, language development, auditory skills and physical movement.

CCPR:708 | \$15

- | | | |
|-----|-----------------------|---------------------------|
| 550 | Tu 7pm-9pm
June 11 | Lisa Gahan
FV-CDC, 112 |
| 550 | Th 7pm-9pm
June 20 | Lisa Gahan
SCEUC, 101 |

Infant/Child CPR

This American Heart Association Heartsaver AED: Infant/Child course is designed to teach infant/child CPR, AED and relief of foreign body airway obstruction to all lay rescuers, particularly those who are expected to respond to infant and child-related emergencies in the workplace- such as day care providers. Written and practical skills (hands-on-manikin simulation) evaluation and testing are required for course completion. Upon successful completion each participant will receive a course completion card in approximately two weeks. Registration one week prior to course start date is required. Due to the nature of the course you must arrive on time. No admittance after stated start time.

CCPR:711 | \$55

- | | | |
|-----|---------------------------|-----------------|
| 480 | Sa 8:15am-12pm
June 1 | FP-G Tower, 121 |
| 680 | Sa 8:15am-12pm
June 15 | MC-CP |
| 580 | Sa 8:15am-12pm
June 29 | FV-CDC, 112 |

Playing Outdoors / Exploring Nature and Science

Outdoor play includes a variety of activities. Help children play and explore the outdoors by sharing nature. Science is all around us! Learn new fun activities, games and experiments to integrate science and outdoor activities into your daily schedule.

CCPR:710 | \$30

- | | | |
|-----|------------------------------|--|
| 580 | Sa 8:30am-12:30pm
June 8 | Geraldine Jasper
FV-CDC, 112 |
| 680 | Sa 8:30am-12:30pm
June 22 | Geraldine Jasper
MC-Soc. Science, 108 |

Pediatric First Aid Training

The Heartsaver Pediatric First Aid course is designed to meet the regulatory and credential training requirements for child care workers. The course is designed for child care workers, teachers, foster care workers, camp counselors, youth group leaders, coaches and others responsible for children. The course teaches basic first aid. Registration one week prior to course start date is required. No admittance after stated start time.

CCPR:711 | \$55

- | | | |
|-----|---------------------------|-----------------|
| 481 | Sa 12:30pm-4pm
June 1 | FP-G Tower, 121 |
| 681 | Sa 12:30pm-4pm
June 15 | MC-CP |
| 581 | Sa 12:30pm-4pm
June 29 | FV-CDC, 112 |

Working With Girls

Because of the unique differences in how boys and girls think and learn, this workshop will explore ways we can engage girls and understand how females experience emotions, express feelings and interact in their environment. We will identify ways to support the development of girls.

CCPR:712 | \$15

- | | | |
|-----|----------------------|-------------------------------------|
| 650 | W 7pm-9pm
June 19 | Lisa Gahan
MC-Soc. Science, 109 |
| H50 | W 7pm-9pm
June 26 | Lisa Gahan
Harrison Ed. Ctr, 104 |

Working With Boys

Because of the unique differences in how boys and girls think and learn, this workshop will explore ways we can engage boys, understand how males experience emotions and feelings as well as identify more effective discipline techniques for boys.

CCPR:712 | \$15

- | | | |
|-----|----------------------|---------------------------------------|
| 651 | W 7pm-9pm
June 5 | Gina Dattilo
MC-Soc. Science, 108 |
| H51 | W 7pm-9pm
June 12 | Gina Dattilo
Harrison Ed. Ctr, 104 |

Child Care Providers are touching children's lives every day. Through the Caring for Kids Workshops, I share new ideas and resources with humor and hands-on activities. My goal is to have all children growing and learning through a quality child care experience.
-Gerry J., workshop instructor

COMMUNICATION ARTS

Get Paid to Talk: Breaking into the Voiceover Industry

Have you been told that you have a great voice? Have you always wanted the independence to work from home doing something you love? Learn how to get started in the voiceover industry! This introductory course will include a real-world overview of the industry, including the good, the bad and the ugly parts, from a St. Louis voice artist that has been in the industry for over 26 years.

PERD:765 | \$39

680	Sa 9am-12pm June 8	Troy Duran MC-Science West, 210
C50	W 6pm-9pm June 19	Troy Duran Corp. College
650	W 6pm-9pm July 17	Troy Duran MC-Science West, 105
480	Sa 10am-1pm July 20	Troy Duran FP-F Tower, 211

Voiceovers: Making Money with Your Voice

If you enjoyed our introductory course, Get Paid To Talk-Breaking Into the Voiceover Industry, this is your next step! Voiceover professional Troy Duran will guide you through real-life voice training exercises and techniques to help you become a performing professional. You should arrive with a basic understanding of the voiceover business, because this course dives right into the mechanics of reading copy. At the end of the class, you'll also have a basic grasp of capturing your performance using recording software, and be able to take home a copy of your personal session's voiceover! Pre-requisite: Get Paid to Talk-Breaking Into the Voiceover Industry. Bring 1Gb flash drive.

PERD:765 | \$39

681	Sa 12:30pm-3:30pm June 8	Troy Duran MC-Science West, 210
651	W 6pm-9pm July 31	Troy Duran MC-Science West, 210
481	W 6pm-9pm July 27	Troy Duran FP-G Tower, 119



Explore Microsoft Office products with the variety of offerings with STLCC Continuing Education

COMPUTERS

APPLICATIONS AND SYSTEMS

Microsoft Windows 7: In A Day

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

COMP:705 | \$99

S01	Tu 9am-4pm June 25	Patti Bossi SCEUC, 206
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Overview of Microsoft Office 2010: In a Day

Learn the basics of MS Office 2010 in one day! In this class you'll touch on the basics of Word, Excel, Access & PowerPoint spending about 1.5 hours on each application. If you need a crash course or a basic understanding of the applications in Office 2010 then this class is for you! Prerequisite: Windows Introduction class or equivalent experience.

COMP:713 | \$89

680	F 9am-4pm July 5	MC-BA, 212
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Microsoft Word 2010 Basics for Business

Learn to create professional looking 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.

COMP:715 | \$129

C01	F 9am-4pm May 31	Cris Heffernan Corp. College, 208
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Microsoft Word 2010: In a Day

Learn the basics of MS Word 2010 in a 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

CO2	Sa 9am-4pm June 8	Corp. College, 208
S01	F 9am-4pm July 19	Patti Bossi SCEUC, 206

Microsoft Excel 2010: In a Day

Learn the basics of MS Excel 2010 in a day! In this introductory course you'll learn how to create spreadsheets for all kinds of applications including accounting, expense analysis, budgeting, etc. Topics include setting up worksheets, labeling, entering values, editing cells, copying, saving, and other commands. Prerequisite: Windows Introduction class or equivalent experience.

COMP:720 | \$99

931	Sa 9am-4pm July 27	MC-BA, 212
C01	F 9am-4pm June 21	Corp. College, 208

Microsoft Excel 2010: Charts, Tables and Lists

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

COMP:720 | \$79

651	W 6:30pm-9:30pm July 10 - July 17	Roy Lenox MC-SW, 202
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Microsoft Excel 2010: Introduction

Create spreadsheets using Microsoft Excel 2010. Learn Excel terminology, to navigate the Excel window, and the basic characteristics of a worksheet and workbook. Enter text values and formulas, move and copy data, format worksheet appearance, and work with charts. Prerequisite: Windows Introduction class or equivalent experience.

COMP:720 | \$109

650	W 6:30pm-9:30pm May 29 - June 26	Roy Lenox MC-SW, 202
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"I found the Excel class to be very informative and I really learned a lot. It was worth the time spent! Good pace, nice class size for personal attention."

-Jessica W., University City

Introduction to Microsoft Excel 2010 for Business

In this introductory class you will learn the fundamentals of Excel. Topics covered include setting up worksheets, labeling, entering values, editing cells, copying, formatting, and saving.

COMP:720 | \$129

CO2	F 9am-4pm June 7	Cris Heffernan Corp. College, 208
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PERSONAL COMPUTING

Personal Computers: Introduction

Learn the basics of using a PC. This course emphasizes hands-on experience using a personal computer to teach essential concepts and computer commands. Basic terms regarding computer hardware and software, and basic skills regarding the use of PCs and the Internet are covered.

COMP:701 | \$99

S01 Tu 9am-12pm
May 28 – June 18

Patti Bossi
SCEUC, 206

Introduction to Craigslist

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

COMP:742 | \$25

681 Tu 6pm-9pm
July 2

Rachel Bufalo
SCEUC, 209



Introduction to eBay: Buying and Selling

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

COMP:742 | \$39

S52 Th 6:30pm-9pm
June 20 – June 27

William Bearden
SCEUC, 206

Photoshop Elements 9: Basic Overview

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

COMP:755 | \$59

S50 Th 6pm-9pm
June 20 – July 11
No Class 7/4

Jerry Bearden
SCEUC, 209

SOCIAL NETWORKING

Facebook

Facebook just reached one billion users in fall 2012! That means one out of every seven people in the WORLD are on Facebook! In a few more years communicating on this social networking site will be as second nature to you as e-mail. Don't get left in the dust. Come and learn how to navigate this fun and exciting site! Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | \$25

650 Tu 6pm-9pm
July 9

Rachel Bufalo
MC-BA, 202

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.

COMP:742 | \$29

C01 F 9am-12pm
July 12

Rachel Bufalo
Corp. College, 206

S50 Tu 6pm-9pm
June 18

Rachel Bufalo
SCEUC, 206

TECH SAVVY FRIDAYS

Tech Savvy Fridays: Utilizing the Internet

So you can e-mail now and even do a Google search, but are you utilizing everything the internet has to offer? The world wide web has thousands of everyday tools that can simplify your life that you don't even know about! Come to this class to discover several different websites that are fun, interesting and even useful! Prerequisite: Personal Computers Introduction class or equivalent experience.

COMP:765 | \$19

S01 F 9am-11am
June 7

Patti Bossi
SCEUC, 206

"The Tech Savvy Friday classes are very informative and packed with a lot of information."

-Mildred T., Oakville, MO

Tech Savvy Fridays: Creating Folders and File Management

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

COMP:765 | \$19

S02 F 9am-11am
June 14

Patti Bossi
SCEUC, 206

Tech Savvy Fridays: Flash Drives

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

COMP:765 | \$25

S03 F 9am-11am
June 28

Patti Bossi
SCEUC, 206

Tech Savvy Fridays: Learn to Cut, Copy and Paste

Cut, copy and paste is the ultimate short-cut tool for Windows! Come find out how easy it is to copy pictures, text, and files from one place to another. Maybe you want to capture some text or a picture from a web page and copy it into a document or in an e-mail...No problem with this trick! You will be surprised how easy it is. In this class we will also explore the "Snipping" tool which is available in Windows 7. Prerequisite: Windows Introduction class or equivalent experience.

COMP:765 | \$19

S04 F 9am-11am
July 26

Patti Bossi
SCEUC, 206

WEB DEVELOPMENT

Create Your Own Website with WordPress

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

COMP:745 | \$99

C01 Th 9am-4pm
June 13

Jerry Bearden
Corp. College, 208

S01 Th 6pm-9pm
July 18 – July 25

Jerry Bearden
SCEUC, 209



Basic Introduction to WordPress

WordPress is the most popular website creator tool on the Internet and used by almost 15% of the top 1 million websites and, as of August 2011, powers 22% of all new websites and it's FREE! Anyone can learn how to create their own website in just a few hours using WordPress. Join us for a basic introduction to the exciting online program. Prerequisite: Windows Introduction class or equivalent experience. Students must already have a generic e-mail account through gmail, Yahoo or hotmail and know this e-mail address and password when coming to class. This class is for those with little, to no WordPress experience and will move at a slower pace.

COMP:745 | \$99

350 Th 6pm-9pm
May 30 – June 6

Jerry Bearden
WW, 206

Dreamweaver CS6: In a Day

Learn the basics of Dreamweaver CS6 in one day! You will learn the basics in the Dreamweaver environment; how to create and enhance documents; basic formatting skills; how to create and manage a new site with site maps and templates; how to link pages using anchors; work with images, tables and frames; and how to publish your web site. Prerequisite: Windows Introduction class or equivalent experience. HTML experience recommended. Bring a thumb/flash drive.

COMP:745 | \$99

931 Sa 9am-4pm
June 1

Corp. College, 206

CPR AND FIRST AID

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

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.

Heartsaver First Aid CPR AED

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

CPRR:706 | \$99

480 Sa 8:30am-4:30pm
July 13

Greg Light



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St. Louis
Community
College
Continuing
Education

CPR Instructor Course

The Instructor Course is designed to prepare American Heart Association (AHA) instructors to disseminate the science, skills and philosophy of resuscitation programs to participants enrolled in AHA courses. The purpose of the AHA BLS/CPR Instructor Course is to provide instructor candidates with the knowledge and skills necessary to reach and teach potential BLS providers. The AHA BLS/CPR Instructor course provides a structured initiation for the instructor candidates and serves as the foundation for their development. It provides instructor candidates the opportunity to develop and refine their presentation skills. Please note there is extensive self-paced course work. Access to a computer will be necessary for this course work. Prerequisite: Current AHA Healthcare Provider CPR status.

CPRR:708 | \$250

400 M 8am-5pm
Aug. 12

Greg Light
FP-G Tower, 121

CPR Instructor Renewal

To successfully complete the American Heart Association CPR Instructor Renewal course the instructor will demonstrate acceptable provider skills and successful completion of the provider written examination. The renewal course may include an update addressing new course content or methodology and review TC, regional and national ECC information. Prerequisite: The instructor must have taught at least four CPR courses and attended updates as required within the previous two years.

CPRR:709 | \$65

400 F 8am-12pm
July 12

Greg Light
FP-G Tower, 121

Healthcare Provider CPR

This American Heart Association course is designed for the healthcare provider. Each participant must obtain an 84 percent or higher on the written evaluation and demonstrate proficiency in all CPR skills. Skills include adult, child and infant CPR, FBAO management of the conscious victim, adult/infant/child two rescuer CPR, mouth-to-mask ventilation and automatic external defibrillation (AED). Written and practical skills (hands-on manikin simulation) evaluation and testing are required for course completion. Upon successful completion each participant will receive a BLS course completion card in approximately two weeks. Registration one week prior to course start date is required. Due to the nature of the course, you must arrive on time. No admittance after stated start time. This course meets the STLCC nursing department admission requirements.

CPRR:707 | \$65

400 F 9am-3:30pm
July 19

Greg Light
FP-G Tower, 121

401 W 9am-3:30pm
Aug. 14

Greg Light
FP-G Tower, 121

450 W 5pm-10pm
June 19

Greg Light
FP-G Tower, 121

451 W 5pm-10pm
July 10

Greg Light
FP-G Tower, 121

452 W 5pm-10pm
July 31

Greg Light
FP-G Tower, 121

480 Su 9am-3:30pm
Aug. 18

Greg Light
FP-G Tower, 121

500 M 9am-3:30pm
June 10

Gordon Back
FV-CWI, 136

501 W 9am-3:30pm
July 17

Gordon Back
FV-CWI, 136

502 F 9am-3:30pm
Aug. 16

Gordon Back
FV-CWI, 136

550 Th 5pm-10pm
July 25

Gordon Back
FV-TC, 110

551 W 5pm-10pm
Aug. 7

Gordon Back
FV-TC, 110

600 W 9am-3:30pm
July 10

Gail Back
MC-CP

650 W 5pm-10pm
June 12

Gail Back
MC-CP

651 W 5pm-10pm
July 24

Gail Back
MC-CP

652 M 5pm-10pm
Aug. 12

Gail Back
MC-CP

680 Sa 9am-3:30pm
June 1

Gail Back
MC-CP

681 Sa 9am-3:30pm
Aug. 3

Gail Back
MC-CP

300 M 9am-3:30pm
June 24

Carol Pikey
WW, 102A

350 Th 5pm-10pm
July 25

Carol Pikey
WW, 102B

C01 F 9am-3:30pm
July 26

Gordon Back
Corp. College

H50 M 5pm-10pm
July 22

Gordon Back
Harrison Ed. Ctr, 100

S01 M 9am-3:30pm
July 15

Carol Pikey
SCEUC, 213

S02 F 9am-3:30pm
Aug. 9

Carol Pikey
SCEUC, 125

Heartsaver AED: Infant and Child

This American Heart Association Heartsaver AED: Infant/Child course is designed to teach infant/child CPR, AED and relief of foreign body airway obstruction to all lay rescuers, particularly those who are expected to respond to infant and child related emergencies in the workplace-such as day care providers. Written and practical skills (hands-on-manikin simulation) evaluation and testing are required for course completion. Registration one week prior to course start date is required. Due to the nature of the course you must arrive on time. No admittance after stated start time.

CPRR:710 | \$55

480	Sa 8:30am-12pm June 1	Carol Pikey FP-G Tower, 121
580	Sa 8:30am-12pm June 29	Carol Pikey FV-CDC, 112
680	Sa 8:30am-12pm June 15	Carol Pikey MC-CP

Heartsaver AED: Adult and Pediatric Campus

The Heartsaver 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, a credential, documenting completion of a CPR course that includes use of an AED. The course is for the learner with limited or no medical training and needs a course completion in first aid, CPR and AED for job, regulatory or other requirements. Registration one week prior to the course start date is required. No admittance after stated start time.

CPRR:710 | \$55

450	W 6pm-9:30pm June 12	Greg Light FP-G Tower, 121
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Heartsaver Pediatric First Aid

The Heartsaver Pediatric First Aid course is designed to meet the regulatory and credential training requirements for child care workers. The course is designed for child care workers, teachers, foster care workers, camp counselors, youth group leaders, coaches and others responsible for children. The course teaches basic first aid. Registration one week prior to course start date is required. No admittance after stated start time.

CPRR:711 | \$55

480	Sa 12:30pm-4pm June 1	Carol Pikey FP-G Tower, 121
580	Sa 12:30pm-4pm June 29	Carol Pikey FV-CDC, 112
680	Sa 12:30pm-4pm June 15	Carol Pikey MC-CP

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**St. Louis
Community
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Continuing
Education**

Looking for a rewarding and reliable career?

Join us for a Court Reporting and Captioning Information Session.
6-7:30 p.m. • Tuesday, July 9 • Business Administration Building, Room 105
St. Louis Community College - Meramec

Learn what it takes to be a court reporter or broadcast captioner through the Information Reporting Technology program.

Find out about careers in court reporting and captioning:

- Government
- Agency
- CART – closed captioning
- Freelance
- Captioning

Learn about the academic requirements and how to get started.

You can even try court reporting with hands-on demonstrations.

Get your degree or certificate at St. Louis Community College for a fraction of the cost of other court reporting schools. Online courses are offered to fit your busy schedule.

Register at stlcc.edu/visit.

Questions? Call **314-984-7586** or abates33@stlcc.edu.

The St. Louis Community College American Heart Association Training Center

We offer both open enrollment classes for individuals, and customized training for groups and businesses in Life Saving, CPR, and First Aid.

For individuals, call
314-984-7777 to register.

For businesses and groups,
call 314-644-9931.



**American
Heart
Association**

**AUTHORIZED
TRAINING
CENTER**



**St. Louis
Community
College**

stlcc.edu

Looking for a career in Science, Technology, Engineering and Math (STEM) that develops new medicine, creates vaccines, grows healthier foods and reduces pollution?

Join us for a Bridge to STEM Life Science Information Session
6-7:30 p.m. • Wednesday, May 15 • Bio-Research Development Growth Park
1005 N. Warson Road, St. Louis, MO 63132

Learn what it takes to be an entry-level laboratory technician or research assistant. Find out about careers in biotechnology:

- Biomedical
- Bioengineering
- Environmental
- Forensic
- Microbiology
- and academic laboratory science
- Pharmaceutical

Learn about the academic requirements and how to get started.

View state-of-the-art labs and participate in hands-on demonstrations.

Get your degree or certificate at St. Louis Community College for a fraction of the cost of other biotechnology schools.

Register at stlcc.edu/visit.

Questions? Call **314-513-4633** or cjordan55@stlcc.edu.

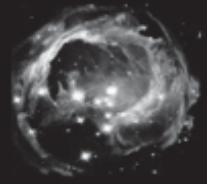


Digital
Arts and
Technology
Alliance

Digital Media

Professional Workshops

Call 314-984-7019 with questions.



Adobe Photoshop CS6 for Professionals: The First Step

This workshop introduces practical methods for working with the CS6 software. Carefully crafted tutorials provide an overview and reinforce an 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. There will be discussion and guided demonstrations by a Photoshop expert which will encourage class participation in an atmosphere of mutual support.

CVTW:701 | \$129

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

Francis Zych
MC-HE, 233

Adobe Photoshop CS6 for Professionals: The Next Step

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

CVTW:701 | \$129

602 F 8:30am-4:30pm
July 19

Francis Zych
MC-HE, 233

Introduction to Adobe Photoshop Lightroom 4

This workshop introduces the basics of Lightroom 4, a powerful and comprehensive set of digital photography tools that enable you to organize and bring out the best in your work, achieving amazing image quality. Lightroom 4 is designed as an end-to-end photographic workflow process for both amateur and professional photographers.

CVTW:701 | \$129

600 Sa 8:30am-4:30pm
June 8

Charles LaGarce
MC-HE, 136

Adobe InDesign CS6 for Professionals: The First Step

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

CVTW:702 | \$129

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

D Tjaden
MC-HE, 233

Adobe InDesign CS6 for Professionals-The Next Step

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

CVTW:702 | \$129

601 F 8:30am-4:30pm
May 31

D Tjaden
MC-HE, 233

Adobe Illustrator CS6 for Professionals-The First Step

Is Illustrator still a mystery to you? Enter the world of vector graphics with this introductory workshop. Demystify anchor points, paths, and Bezier curves. You'll transform shapes into graphic images. Explore the tool box and basic commands to boost your vector confidence. Learn to use gradients, gradient mesh, compound paths, blends, envelopes, live paint, type tools, and more to achieve professional results. Save template and palette libraries to speed your workflow.

CVTW:702 | \$129

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

Edward Engel
MC-HE, 136

Adobe Illustrator CS6 for Professionals-The Next Step

You know the tools; now put them to use to create resolution-free vector illustrations. Think like an illustrator to work through trouble spots. Learn to combine live trace, transparency, envelopes and amazing 3D effects with mapping to draw complex images. Demystify the appearance palette, and use layers to create simple Flash animations.

CVTW:702 | \$129

603 Sa 8:30am-4:30pm
June 29

Edward Engel
MC-HE, 233

Corel Painter 12 for Professionals-The First Step

With Corel Painter students will learn inventive drawing tools such as Natural-Media brushes, image cloning capabilities, and virtually unlimited customization options that will give them total freedom for creative expression. Enhance graphic quality and streamline the drawing process to increase productivity and profits.

CVTW:703 | \$129

601 Sa 8:30am-4:30pm
June 15

James Leick
MC-HE, 233

Corel Painter 12 for Professionals-The Next Step

Take the next step beyond the basics of Corel Painter. Learn to create breathtaking works of art using enhanced brush control palettes, frames per second control, and customizable shortcut keys. Professional users can extend their creative possibilities with new enhancements that include the artists' oils painting system, snap-to-path painting, improved digital watercolor, and quick clone.

CVTW:703 | \$129

602 Sa 8:30am-4:30pm
July 20

James Leick
MC-HE, 233

Maya for Professionals

Learn the concepts and basic tools for creating imagery in 3D using Autodesk's Maya. Starting with a road-map to the main interface, students will be shown how to construct shapes and geometry using polygons. Once built, they will learn how to "texture" these polygons so that they appear to have surface detail, followed by how to use the lighting tools to illuminate the objects they've created. We will discuss the basics of animation, making our objects and camera move through time. Finally, we will learn "rendering" or the final output of our work to a finished, playable animation file which each student will have created.

CVTW:704 | \$129

602 Sa 8:30am-4:30pm
July 20

Joseph Rollins
MC-HE, 136

AfterEffects CS6 for the Professional: The First Step

This workshop introduces you to Adobe AfterEffects. Gain an understanding and skill in using 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 | \$129

600 Th 8:30am-4:30pm
May 30

Timothy Linder
MC-HE, 233

AfterEffects CS6 for Professionals: the Next Step

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

CVTW:704 | \$129

601 Th 8:30am-4:30pm
June 13

Timothy Linder
MC-HE, 233

Storyboarding Techniques for Professionals: Planning for Profit

Learn the building blocks for creating professional and profitable storyboarding for video and social media branding. Script writing, illustrating, editing, delivering, and product promotion will be discussed. Techniques on how to compose compelling visual shots for storyboarding, use Tooltime for storyboarding, camera moves and why angles are our friends.

CVTW:706 | \$129

602 Sa 8:30am-4:30pm **Anthony Carosella**
July 27 *MC-HE, 136*

Final Cut X for Professionals: Video Editing: the First Step

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

CVTW:706 | \$129

600 Sa 8:30am-4:30pm **Anthony Carosella**
June 22 *MC-HE, 233*

Final Cut Pro X: Video Editing: The Next Step

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

CVTW:706 | \$129

601 Sa 8:30am-4:30pm **Anthony Carosella**
July 13 *MC-HE, 233*

iBooks Author: Idea Ready with Graphics and Words

Take your book idea to the next level using your own story and graphics and iBooks Author (an amazing new app). Create beautiful multi-touch textbooks, and just about any other kind of book, for Apple's iPad. Build content with easy-to-use galleries, video, interactive diagrams and 3D object templates. Make your story come to life and "pop" on the screen in ways the printed page never could.

CVTW:712 | \$129

602 Sa 8:30am-4:30pm **Edward Engel**
July 27 *MC-HE, 233*

EZ Websites for Professionals: The Next Step

This workshop starts where the First Step left off. Learn about website usability and how to improve visitor use of your website. Increase traffic to your website with search engine optimization, using keywords, copy, and images techniques. Learn how to register your website with search engines and directories to improve visibility. Learn what's going on with your website, how to track, collect, measure, and use information with website analytics. Learn all about plug-ins and how to use them.

CVTW:750 | \$129

602 Sa 8:30am-4:30pm **Kevin Ward**
June 29 *MC-HE, 136*

NEW GoPro HD Hero Camera for Professionals

Professional photographers and videographers will learn how to use the full range of features offered on the GoPro HD Hero camera. Focus will be given to learning how to use it as a still camera, a timelapse camera, and as an HD video camera capable of filming in difficult conditions. Students will also learn how to edit photos and videos using GoPro's software. Action photographers will learn how to attach the GoPro camera to helmets, bikes, surfboards, ski binding, and automobiles. Be prepared for an intense learning experience. Students should bring their cameras to class if they have one or a GoPro HD camera will be provided by CVT for in class use.

CVTW:710 | \$129

600 F 8:30am-4:30pm **Anthony Carosella**
June 14 *MC-HE, 233*

iPad for Professionals: Changing Business Forever

The iPad has landed and the business world will never be the same. This intro to iPad workshop will fully explore how Apple's new device will streamline your workflow and increase your company profit's. Bring your own iPad 2 or one will be provided for you during class.

CVTW:712 | \$129

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

NEW Creating Photo Books with iPhoto

It's time to take those cherished photos of your child's first year or special event and present them in a beautiful, hand-bound book. Bring your photos on a flash drive, CD, or external hard drive. Come to class ready to design and create your first photobook. Cost of printing book not included in class. Completed photo books range in price from \$7 - \$50.

CVTW:712 | \$129

600 F 8:30am-4:30pm **Edward Engel**
June 7 *MC-HE, 233*

NEW 3D Printing Workshop for Beginners

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

CVTW:712 | \$129

603 Sa 8:30am-4:30pm
Aug. 3 *MC-HE, 136*

NEW Workshop for Teens: Hollywood-style Special Effects using AfterEffects

This workshop is an introduction to understanding and using AfterEffects in the creation of motion graphics. Focus will be given to 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. Workshop is for high school students exclusively. Ages 13-19.

CVTW:713 | \$79

600 F 8:30am-4:30pm **Timothy Linder**
June 21 *MC-HE, 233*

How to Convert Photos to Paintings

This workshop provides a resource for the growing number of professional photographers, web designers, printers, creative directors, production supervisors, artists, advertising executives or publishers to learn how to change photos to paintings using Photoshop.

CVTW:713 | \$129

601 Sa 8:30am-4:30pm **Mary Eigel**
June 22 *MC-HE, 136*

EZ Websites for Professionals: The First Step

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

CVTW:750 | \$129

600 Sa 8:30am-4:30pm **Kevin Ward**
June 1 *MC-HE, 233*

WordPress for Professionals

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

CVTW:750 | \$129

601 Sa 8:30am-4:30pm **Kevin Ward**
June 15 *MC-HE, 136*

Dreamweaver: Quick Start for Professionals

In this workshop students will learn how to setup and use the Dreamweaver site manager. We will use the automated templates to create cascading style sheet (CSS) based layouts and then use those layouts to build a basic web template including copy, image links, and basic design for all of the other pages of your website. This course also covers basic design principles for the creation of a professionally engaging website.

CVTW:750 | \$129

603 Sa 8:30am-4:30pm **Kevin Ward**
July 13 *MC-HE, 136*

"I found the DATA classes to be very informative. I took the Adobe Illustrator CS 6 series and it has helped me develop my skills. The tips and tricks that were shared make it a very easy application to use."

-Marc B., Overland, MO

Advancing Businesses with Corporate Services

Corporate Services, a unit of the Workforce Solutions Group, is one of the largest providers of training and consulting services in the St. Louis metro area, annually advancing over 10,000 employees representing 100 regional companies. A diverse range of workforce solutions are offered by the unit including:

- On-site, customized contract training
- On-site consulting services
- Industry-specific curriculum
- Grant-funded training and economic development programs
- Enterprise-wide solutions for national/international companies through Global Corporate College membership
- Testing and Assessment Services
- ACT WorkKeys Solution Center

The Corporate Services team of project managers and subject matter experts work in partnership with your business to connect the right people with the right skills at the right time.

Advancing Businesses through Contract Training and Consulting in:

- Lean Transformations
- Leadership and Professional Development
- Strategic Talent Development
- Technical and Safety Training
- Information Technology
- Customer Service
- Instructional Design
- e-learning

For More information, visit us at
stlcc.edu/corporate
or call Don Robison at
314-539-5305



FOOD SERVICE



**Certified ServSafe
Instructor and Proctor**

ServSafe Food Safety Certification

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

RMGT:700 | \$169

480 Sa 8am-3pm **Jack Perry**
June 1 – June 15 *FP-H, 221*
No class 6/8

580 Sa 8am-3pm **Almut Stephan Marino**
July 13 – July 27 *FV-Business, 243*
No class 7/20

C01 M 8am-3pm **Almut Stephan Marino**
July 22 – Aug. 5 *Corp. College, 210*
No class 7/29

680 Sa 8am-3pm **Almut Stephan Marino**
Aug. 10 – Aug. 24 *MC-Soc. Science, 232*
No class 8/17

ServSafe Food Safety Certification Review and Retest

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

RMGT:700 | \$79

481 Sa 8am-3pm **Jack Perry**
June 15 *FP-H, 221*

581 Sa 8am-3pm **Almut Stephan Marino**
July 27 *FV-Business, 243*

C02 M 8am-3pm **Almut Stephan Marino**
Aug. 5 *Corp. College, 210*

681 Sa 8am-3pm **Almut Stephan Marino**
Aug. 24 *MC-Soc. Science, 232*

GED AND EDUCATIONAL TEST PREP

Adult Basic Education (including GED) and English as a Second Language

St. Louis Community College at Meramec offers programs in the following school districts: Affton, Bayless, Kirkwood, Lindbergh, Mehlville, Valley Park and Webster Groves. Call **314-984-7777** for more information

Please note: Graduates of the STLCC-Meramec GED 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 the Director of Alternative Programs-Mark Catalana, mcatalana@mehlville.k12.mo.us, 314-467-5261.

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 .

Visit www.ucityaelprogram.org.

Hi-Tech Charities **314-389-5737 ext. 112**

Adult Basic Education program serving North St. Louis

GED Exam-offered at the Forest Park campus. Call 314-644-9251 for exam dates.

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**St. Louis
Community
College
Continuing
Education**

ACT Test Preparation

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

EDUC:712 | \$169

400	M 9am-12pm July 1 – Aug. 12	Toshi Floyd FP-G Tower, 111
550	M 6:30pm-9:30pm July 1 – Aug. 12	Toshi Floyd FV-Business, 124
600	W 9am-12pm July 3 – Aug. 14	Toshi Floyd MC-CS, 119

GED Test Preparation

This course will help prepare you to take the GED examination for high school equivalency. It will feature classroom instruction for all five GED tests: Writing Skills, Social Studies, Science, Interpreting Literature and the Arts, and Mathematics. Practice tests will also be given. Textbook required. You must have a working knowledge of addition, subtraction, multiplication, and division. Attendance the first week is required. Reading assessment required prior to registration.

GEDU:701 | \$119

550	TuTh 6pm-9pm June 4 – July 30 No class 7/4	Cherie Hyman FV-Business, 245
400	TuTh 1pm-4pm June 11 – Aug. 6 No class 7/4	Linda McBride FP-G Tower, 115
500	MW 9:15am-12:15pm June 24 – Aug. 19 No class 7/3	Linda McBride FV-CWI, 134

Chemistry Warm-up: Math Review for Chemistry (CHM 101 or CHM 105)

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.

MATH:752 | \$59

600	WThF 8am-12pm May 29 – May 31	Suzanne Saum MC-Soc. Science, 105
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Math Boot Camp-Placement Test Preparation

Math Boot Camp: Placement Test Preparation is a 4 day intensive review that is built around the key topics covered by the Pre-Algebra section of the COMPASS Placement Test. Topics covered include fractions, decimals, percentages, proportions, word problems and more. This intense review is in a workshop format with mini-lectures and Instructor-led discussions on each topic. Individualized practice is available using computer software that determines areas of weakness for each student and provides targeted review problems with step-by-step help. This review is for those who have not yet taken the COMPASS placement test (required for credit Math Courses at STLCC) as well as those who have taken the test and placed into MTH 020 Pre Algebra and feel they could do better with review. A permission to retake the placement test will be provided to those that attend. Over 60 % of previous attendees were able to move up at least one math course after attending the review, saving both time and money!

MATH:715 | \$49

300	M-Th 9am-12pm June 10 – June 13	Janette McCoy WW, 206
350	M-Th 1pm-4pm Aug. 5 – Aug. 8	STAFF WW, 206
450	M-Th 6pm-9pm June 17 – June 20	Mary McGuire FP-G Tower, 117
400	M-Th 9am-12pm July 29 – Aug. 1	John Vallyley FP-G Tower, 327
4H0	M-Th 9am-12pm July 15 – July 18	Harrison Ed. Ctr., 100
500	M-Th 9am-12pm July 8 – July 11	Paul Vroman FV-Business, 136
550	M-Th 1pm-5pm Aug. 5 – Aug. 8	John Vallyley FV-Science-Math, 124
600	M-Th 6pm-9pm June 24 – June 27	Anna James MC-CS, 104
601	M-Th 9am-12pm July 29 – Aug. 1	Mary McGuire MC-CS, 104
650	M-Th 9am-12pm July 8 – July 11	Anna James SCEUC, 200

NONPROFIT ADMINISTRATION

Establishing and Running a Not-for-Profit Organization: Part I

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

NPAD:703 | \$25

680	Sa 10am-12pm July 13	Amy Hereford MC-BA, 118
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Establishing and Running a Not-For-Profit: Part II

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

NPAD:703 | \$25

681	Sa 1pm-3pm July 13	Amy Hereford MC-BA, 118
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NURSING AND ALLIED HEALTH

Advanced Cardiac Life Support

Due to the nature of the program you must arrive on time. No admittance after the stated start date.

Registration three weeks prior to course start date is required to ensure ratios and to ensure arrival of pre-course materials.

Advance Cardiac Life Support

Class will be held on 6/22 and 6/23. This American Heart Association course is designed to review, organize and prioritize the skills and didactic information needed to handle a cardiac arrest, events leading to a cardiac arrest and events that follow a cardiac arrest. Please note that written and practical skills (hands-on manikin simulation) evaluation and testing are required for course completion. Upon successful completion each participant will receive an ACLS course completion card in approximately two weeks. Intended audience: Personnel staffing emergency, intensive care or critical care departments, emergency medical providers such as physicians, nurses, emergency medical technicians, paramedics, respiratory therapists, and other professionals who may have a need to respond to a cardiovascular emergency. Materials will be mailed prior to the program for extensive self-paced pre-course preparation. Access to a computer will be necessary for pre-course work.

ACLS:701 | \$270

480	SaSu 8am-5pm June 22 – June 23	Greg Light FP-G Tower, 121
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Home Health Caregiver Training

This training is held Monday and Wednesday 6/3-7/31. Register IN PERSON ONLY at the W.J.Harrison Education Center or Forest Park Continuing Education. This training program is designed for those seeking employment in the Home Health Caregiver field. The program will provide a combination of classroom instruction, lab training and off-site visits. Content includes: basic home health skills of client hygiene, home safety, home environment care, documentation, nutrition and fluid intake, vital signs, body functions, infection control basics, body mechanics, abuse and neglect reporting, psycho-social aspects of aging, communication with clients, families, agencies and co-workers, basic medication knowledge and CPR/First Aid training. Prerequisite: Original copy of Family Care Safety Registry worker registration letter from the Missouri Department of Health and Senior Services required at the time of registration. The Family Care Safety Registry worker registration letter cannot be older than 6 months when registering for the training. Family Care Safety registration should be obtained online at www.dhss.mo.gov/FCSR/. To enroll in this training program the student must be employable in a skilled nursing facility or intermediate care facility in direct resident care. Intermediate proficiency in English or higher is recommended. A strict attendance policy is enforced throughout this training. No class 7/3.

AHCE:701 | \$575

H01 MW 4:30pm-9pm
June 3 – July 31 *Harrison Ed. Ctr, 206*

EMT Core Curriculum

This course is held Monday, Tuesday and Thursday 5/13-7/25. It meets all the current requirements for Missouri EMT-B license renewal. It includes the assessment and care of the sick and injured, pediatric and geriatric emergencies, childbirth, defibrillation, hazardous material situations and the use of adjunctive EMS equipment. Does not include CPR. Attendance at first class is required. A strict attendance policy is enforced. Course is not for initial EMT-Basic training. Registration deadline before class begins on 5/13. No class 5/27, 7/4.

EMSS:700 | \$270

450 MTuTh 6pm-10pm
May 13 – July 25 **Norman Corley**
FP-B Tower, 011

Medical Terminology

This course is designed to familiarize the student with medical terminology. Many medical words have a structural design which can be divided into word parts. Once these word parts are learned they can be used to define the meaning of many other words. Textbook required.

NURS:708 | \$119

650 TuTh 6pm-8pm
June 4 – June 27 **John Thomas**
MC-CP

Greening Healthcare-What Goes In Must Come Out-Creating Sustainable Supply Chains and Waste Streams

There are many opportunities for increasing sustainability of healthcare environments ranging from green building to greening facility operations, administrative practices, supply chain, and cafeterias. This course will discuss the triple bottom line approach to greening supply chain, waste streams, and cafeterias. With the uniqueness of each healthcare facility and environments varying from administrative offices to sterile medical spaces, come specific challenges in creating sustainable environments. The course will shed light on challenges in greening supply chains, waste streams, and food in a variety of healthcare environments. Providing proof that a sustainability initiative was successful will help healthcare leadership buy into expanding the program or trying new sustainability efforts. Simple Evidence Based Design practices will help show the value of a piloted sustainability program through measurable results. How-to critical thinking exercises will help prepare attendees to bring sustainability into their line of work. This course is intended for a broad audience ranging from healthcare administrators and practitioners to facilities employees and healthcare design professionals.

ECOL:700 | \$49

5C1 Tu 7:30am-9:30am
July 16 *Corp. College, 211*

Registration: opens 8:30am, May 6

NEW Orientation to Pharmacy Technician

This free session is designed to provide information to individuals interested in the Pharmacy Technician Training. The presentation will include an explanation of the prerequisites, an overview of the training and requirements needed for certification. The orientation is free but registration is required. This orientation session will be offered at the Corporate College in the Health Care Lab, #276

AHCE:786 | No Fee

C02 M 6pm-9:30pm
May 13

Corporate College

NEW Pharmacy Technician Training

This training is held from June 17, 2013 through October 23, 2013. It prepares the student for entry level employment as a pharmacy technician. The course provides 105 hours of class room instruction and 60 hours of externship experience. Class meets twice a week for 28 sessions; each 3.5 hours in length. The 60 hours of externship experience follows the class room experience. Students will learn about the top medications dispensed in the United States and be introduced to the basic concepts of pharmacy calculations for proper medication dispensing. A strict attendance policy is enforced throughout this training. Upon successful completion of the course the student is eligible to take a certification exam. Prerequisites: Student must be 18 years of age; High school diploma or a General Education Development (GED) Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application; Family Care Safety Registry-Worker registration letter. Only original letter will be accepted. Letter cannot be older than six months. Register on online at www.dhss.mo.gov Register in person only in Continuing Education at Forest Park, G-329. No class 9/2. This course will be offered at the Corporate College in the Health Care Lab, #276

AHCE:786 | \$2100

C01 MW 6pm-9:30pm
June 17-Oct. 23
No class 9/2

Corporate College



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.

Contact hours will be awarded to participants who attend the entire educational activity if it is a single session; or 80 percent of an activity that meets multiple sessions and completes the education activity evaluation.

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

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

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

St. Louis Community College, the Missouri Nurses Association and the American Nurses Credentialing Center's Commission on Accreditation do not endorse any commercial product which may be on display at an educational activity or may be mentioned during a presentation. Participants will be notified during the educational activity of any product use for a purpose other than that for which it was approved by the Food and Drug Administration.

Allied Health Continuing Education of St. Louis Community College serves as a Community Training Center for the American Heart Association whose mission is to reduce disability and death from cardiovascular disease and stroke and set guidelines for emergency cardiovascular care and training. The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fee charged for a course, except for a portion of the fee needed for American Heart Association course material, does not represent income to the Association.

Clinical and Field Work

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



American
Heart
Association®

AUTHORIZED
TRAINING
CENTER

Use of American Heart Association materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the Association.



Registration: opens 8:30am, May 6

NURSE ASSISTANT for NURSING HOMES

This training meets requirements of the Missouri Omnibus Nursing Act.

The course provides the required 75 hours classroom instruction and 100 hours of supervised on-the-job training. Class meets twice a week for 20 sessions; each four hours in length. The 100 hours of on-the-job training are in addition to the scheduled class time.

Course content includes training in basic nursing skills, fire safety, disaster training, nursing home resident safety and rights, the social and psychological problems of nursing home residents, methods of caring for mentally confused residents such as those with Alzheimer's disease and related disorders, food service, personal care, elimination, restorative nursing, infection control and special procedures.

Upon successful completion of the course the student is eligible to take the final examination. A strict attendance policy is enforced throughout this training.

Prerequisite: Family Care Safety Registry Worker Registration letter is required at time of registration. Only original letter will be accepted. Letter cannot be older than six months.

Registration obtained online at www.dhss.mo.gov/FCSR/. Register in person only at the Forest Park Continuing Education office in G-329. Registration begins 5/6/13.

To enroll in this state approved training program the student must be employable in a skilled nursing facility or intermediate care facility in direct resident care. This will be assured by verification with the Family Care Safety Registry Worker Registration, state registry for nurse assistants, Exclusion Database-Health and Human Services Office of Inspector General (OIG) and Excluded Parties Listing System (EPLS). Intermediate or higher proficiency in English is recommended.

NURS:723 | \$699

400 TuTh 4:30pm-8:30pm
Alverta Smith

June 11-August 15
FP, G Tower- 329

Required Nursing Skills Lab

Saturday, 6/15,
8 am-4:30 pm.

No class 7/2 and 7/4.

OSHA TRAINING

OSHA 10 Hour General Industry Certification

This 10 hour OSHA course is ideal for supervisors with safety and health responsibilities, and for employee safety and health awareness. Students will be introduced to OSHA policies, procedures and standards as well as general industry safety and health principles covered in OSHA Act Part 1910. Special emphasis will be placed on areas most hazardous using OSHA standards as a guide. Students will receive an OSHA card after completion of the course. Class meets Thursday evening and Saturday 7/13 from 8am until 3:30pm.

CONS:736 | \$119

C01 Th 5pm-9pm
July 11
Sa 8am-3:30pm
July 13

Patricia Dalton
Corp. College
Corp. College

REAL ESTATE

How to be a Successful Landlord

Landlords can lower property damages and eviction costs by performing effective initial screening of potential tenants. Learn 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 | \$55

480 Sa 9am-5pm
July 13

Mary Hankins
FP-F Tower, 211



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St. Louis
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SPORTS AND FITNESS

Orientation to Fitness Training

This FREE 1-hour Personal Fitness Training Orientation is designed to provide information for anyone interested in the fitness profession or in becoming a nationally certified personal trainer. This presentation includes a brief overview of the industry and professional trends, a look at the study materials while allowing ample time for a Q & A session. Topics include personal training, group fitness, older adult fitness, youth fitness, fitness management and aqua fitness. Although this is a free orientation, student registration is required. Orientation is available online or in person.

PEDU:753

480 Sa 10am-11am
May 25

FP-B Tower, 110

The following is an online class. Information regarding log in and password will be e-mailed prior to class date.

OL F 11am-12pm
May 17

Online

Mary Hankins provided timely information for me as a landlord. She is very knowledgeable about Real Estate and provides solid examples that I can relate to."

-George R., University City, MO

Personal Fitness Trainer Certification

*** Please be sure to bring photo ID to class
*** Join this fun field and be a part of what the U.S. Labor Department and the fitness industry have documented as a high demand profession. Whether a desired career move or for your own personal knowledge, get all the information you need to become a CERTIFIED PERSONAL TRAINER. This challenging course is taught over a 5-week period for better retention and skill competency. The National Exam is held on the 6th week. Fifteen hours of lectures include, but are not limited to, anatomy, exercise physiology, nutrition, health screening, etc. In addition, 15 hours of "hands on" practical training prepares you to actually work with clients one on one. Certification requires passing the written and practical exam, completing a 30-hour internship and having current CPR/AED credentials. Text required-bring to first class: Fitness Professionals Handbook, 6th edition. Please call 888-330-9487 for pricing and to order book. This course is comprised of 15 hours of lecture, 15 hours of practical training, and a 30-hour internship. National exam is held on the 6th week of class. Due to the specialized nature of this class, NO REFUNDS WILL BE ISSUED ONE WEEK PRIOR TO THE CLASS START DATE. In case of an emergency, Continuing Education must be notified in writing within one week of a missed class. Makeup class may be arranged on an individualized basis by the program planner and WITS. STUDENT MUST BE AT LEAST 18 YEARS OF AGE OR HAVE A HIGH SCHOOL DIPLOMA/GED. Class will meet in classroom from 9am-12pm, then will meet in the Fitness Center for the hands-on practical portion until 4pm. Class is not eligible for Senior Scholarship. No class July 6.

PEDU:753 | \$599

481 Sa 9am-12pm
June 8 - July 20
Sa 1205pm-4pm
June 8-July 20

FP-B Tower, 110

FP-G Tower, 329

Do you like to build things or figure out how to make things work? Explore engineering and construction career options at STLCC.

- Learn about academic requirements in any of the following engineering fields: Mechanical Engineering Technology/Computer Integrated Manufacturing (CIM); Construction Management/Civil Engineering Technology; and Engineering Science/Design and Prototyping
- Participate in hands-on demonstrations in state-of-the-art labs, meet instructors, and tour the labs.
- Learn how to get started at STLCC.

Construction and Engineering Information Session

Wednesday, May 1, 2013

5:30-7 p.m.

Florissant Valley campus

Emerson Center for Engineering and Manufacturing building lobby



St. Louis
Community
College

Discover if a career in construction or engineering is right for you. For more information or to register for this event, visit stlcc.edu/visit or call 314-539-5002.

PERSONAL ENRICHMENT

Summer is coming and we've got the class to entertain, educate, and encourage you to expand your mind and change your life. Our personal enrichment courses are designed to help you discover a new passion, talent, or skill. **Create your own masterpiece** in one of our art or cooking classes, **develop your writing skills** and earn a certificate, **learn to speak a new language**, or get fit in one of our sports and fitness classes. If you're seeking personal growth this summer, look here, we've got everything under the sun!

AGELESS LEARNING

Citizen's Emergency Preparedness Program

Learn how to keep you and your family safe until emergency personnel arrive during a disaster. This course will provide a step-by-step approach to learning about local emergency plans, identifying hazards that affect our local area, and developing a disaster plan and supply kit. Learn how to make threat-awareness assessments, function in the initial stages of a disaster, and acquire knowledge of disaster-recovery measures.

SAFE:766

4H0	Tu 10am-12pm June 11	Harrison Ed. Ctr., 100
500	W 1pm-3pm June 19	FV-Admin
600	Th 10am-12pm Aug. 1	MC-SC
300	Th 10am-12pm Aug. 8	WW-222
400	Tu 1pm-3pm July 16	FP-G Tower, 111

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 | \$49

M01	F 12:30pm-1:30pm June 7 – July 12	Gerry & Marlene Strait Affton White-Rodgers CC, GYM
M02	F 12:30pm-1:30pm July 19 – Aug. 23	Gerry & Marlene Strait Affton White-Rodgers CC, GYM

Line Dancing for Older Adults: Intermediate

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

SENR:703 | \$49

M03	F 1:45pm-2:45pm June 7 – July 12	Gerry & Marlene Strait Affton White-Rodgers CC, GYM
M04	F 1:45pm-2:45pm July 19 – Aug. 23	Gerry & Marlene Strait Affton White-Rodgers CC, GYM

Senior Aqua Zumba

Join this easy to follow, low-impact, water-based workout! Gentle Aqua Zumba integrates the Latin-inspired, dance-fitness moves of the traditional Zumba class with water-based exercises, at a much slower pace.

PEDU:729 | \$59

550	Th 6pm-6:50pm May 23 – Aug. 1	Neil Skid FV-PE, POOL
551	Tu 6pm-6:50pm May 28 – July 30	Neil Skid FV-PE, POOL
480	Sa 9am-9:50am June 1 – Aug. 3	FP-PE, POOL

"The Rise and Shine Senior Workout is a great way to start the day and Gail is a great instructor!"
-Rose W., St. Louis, MO

Yoga for Seniors

Open your mind to a new understanding of your body. Gentle, slow-paced combination of stretch and strength work. Introduction to pranayama, breath work and meditation. Great for calming and relieving stress. Bring a yoga mat, towel and water. No class 7/4.

SENR:704 | \$79

M01	Th 10am-11am May 30 – July 25	Masterpeace Studios
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Yoga for Seniors: Mini-Session

Open your mind to a new understanding of your body. Gentle, slow-paced combination of stretch and strength work. Introduction to pranayama, breath work and meditation. Great for calming and relieving stress. Bring a yoga mat, towel and water.

SENR:704 | \$45

M02	Th 10am-11am Aug. 1 – Aug. 22	Masterpeace Studios
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Rise and Shine Senior Workout

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

PEDU:755 | \$49

600	TuTh 5:55am-6:55am June 4 – June 27	Gail Velten MC-PE, 201
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Social Security Benefits America: Retirement, How Do You Qualify for Benefits?

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

SENR:766

300 Tu 1pm-3pm
June 11

WW, 204

Social Security Benefits America: Disability, Basic Eligibility, and Entitlement Factors

What are disability benefits? Who qualifies for disability benefits? What does it mean to be "insured" for Social Security Benefits? Learn about the process of filing for Disability, what happens once you file your application and how to appeal the decision if necessary. Registration required. Class offered by the Social Security Administration.

SENR:766

301 Tu 1pm-3pm
June 25

WW, 204

Social Security Benefits America: What Every Woman Should Know

As a woman what challenges will you face in the retirement years? Learn about Spousal Benefits, Widow's Benefits and Divorced Spouse's Benefits. Registration required. Class offered by the Social Security Administration.

SENR:766

302 Tu 1pm-3pm
July 9

WW, 204

Social Security Benefits America: Medicare and Medicare Drug Programs

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

SENR:766

303 Tu 1pm-3pm
July 23

WW, 204

Social Security Benefits America: Seniors and Caregivers-What You Need to Know

Who can be a Representative Payee? What effects will a move to a Skilled Nursing Facility have on your loved one's Social Security benefits? In this session, you will learn the do's and don'ts of being a Representative Payee, and possible entitlements to other benefits for your loved one. Registration required. Class offered by the Social Security Administration.

SENR:766

304 Tu 1pm-3pm
Aug. 6

WW, 204

ANIMAL CARE

Puppy Kindergarten

You can raise a happy, well-adjusted and confident puppy through socialization, along with basic commands and manners training. You'll also learn leadership, grooming skills, and behavioral problem-solving. Completion of all six classes qualifies you and your puppy to take the AKC S.T.A.R. Puppy Test on the sixth week. (STAR: Socialization, Training, Activity, Responsibility). Successful completion of the test enables you to send for an AKC STAR Puppy Certificate and Medallion. Puppies must be 9 weeks to 1 year old, have 2 series DHLPP & Bordetella immunizations. Proof of vaccinations required. Bring puppy to first class.

ANIM:703 | \$59

M01 Sa 9:30am-10:30am
June 1 – July 6

Susan Baxter-Carr
RiverChase of Fenton

"The K9 Nosework class was one of my favorite classes so far. I learned a lot about my dog, and she could participate too!"

-Lisa W., St. Louis, MO

Dog Sports: K9 Nose Work

Dogs see the world through their noses. This sport is designed to develop your dog's remarkable sense of smell and natural scenting abilities by using their desire to hunt and their love of treats, toys, and exercise. It is a great way for your dog to build confidence and burn both mental and physical energy while having fun. If your dog has a nose, it can play this K9 Nose Work game. Bring your dog and learn together how to play this fun, new sport with our certified instructor. It's fun for both of you! Dogs must be at least 6 months old, with current immunizations. Bring soft treats your dog likes (with a distinct scent), a 6-foot leash (no reels) plus flat collar (no choke collars) or harness, and crate or kennel for your pet. If you prefer to attend without your dog, see ANIM 704 M02 for a discount. No class 7/3.

ANIM:704 | \$69

M01 W 7:30pm-8:45pm
June 5 – July 17

Sandra Ellison
RiverChase of Fenton

Fun Tricks to Teach Your Dog

Every dog can do fun tricks. You will learn how to teach your dog standard tricks, such as Shake Hands, Fetch & Release, High 5, Speak, Kiss, Give a Hug, (and our favorite) "Cookie on the Nose," plus we'll introduce you to some that are designed to use your dog's specific abilities, such as Wave, Take a Bow, Figure 8, Take a Nap, and more. Dogs should be at least one year old and well-controlled around other dogs. Previous obedience class or training is preferred, but not required as long as dog obeys: Sit, Down, and Wait or Stay commands. You must be willing to practice at home. Training is by Positive Reinforcement. Bring your dog and required training equipment to class: buckle or training collar, 4-6 ft. leash, yummy dog treats or a favorite toy.

ANIM:704 | \$39

M04 Sa 10:30am-11:30am
June 8 – June 29

Susan Baxter-Carr
RiverChase of Fenton

Dog Sports: K9 Nose Work (without the dog)

This class is the same as ANIM 704 M01, without the dog. If you would like to learn to play this sport with your dog but due to your dog's shy, nervous, or reactive behavior aren't comfortable bringing him/her to a multi-dog activity, you are welcome to register to attend for yourself, to learn and watch and do the exercises with your dog at home. No class 7/3.

ANIM:704 | \$49

M02 W 7:30pm-8:45pm
June 5 – July 17

Sandra Ellison
RiverChase of Fenton

NEW Advanced K9 Nose Work: Vehicle Searches and Exterior Hides

If you and your dog loved our DogSports K9 Nosework course, you'll love the new challenges presented in these follow-up sessions. This advanced course will introduce new elements used in trials, though competition is not the goal or a requirement. Class will be held outdoors (weather permitting) and will include both exterior "hides" and vehicle searches. The trainer will also work on your ability to read your dog. These new search areas will be both challenging and more exciting for the dog and handler. Give your sniff-loving canine new skills. Prerequisite: Dogs must have successfully completed the beginning K9 Nose Work course. No class 7/3.

ANIM:704 | \$59

M03 W 6pm-7pm
June 5 – July 17

Sandra Ellison
RiverChase of Fenton

Dog Training: Basic Skills and Manners for the Family Dog

Do you walk your dog or does your dog walk you? If your time is limited and your budget won't spare the expense of private lessons, this is the perfect alternative! This course in basic skills and manners will give you and your dog a good introduction to beginning obedience commands over a period of 6 weeks. Accomplish your training goals quickly and start getting those behavior problems under control. Class topics also touch on basic grooming, vaccinations, flea/tick control and traveling in the car. Bring your questions! Dog must be at least 6 months old and proof of vaccinations is required. Bring dog to first class.

ANIM:706 | \$69

M01 Sa 9:30am-11am
July 13 – Aug. 17

Susan Baxter-Carr
RiverChase of Fenton

Canine Good Citizen

The Canine Good Citizen Program is designed to reward dogs who have good manners both at home and in the community. Class instruction is for all 10 parts of the CGC Test. Dog must be at least 6 months old and have basic obedience skills. Proof of vaccinations required. Bring dog to first class. Successful completion of the test qualifies dog for a CGC patch (available for purchase separately).

ANIM:706 | \$59

M02 Sa 11am-12pm
July 13 – Aug. 17

Susan Baxter-Carr
RiverChase of Fenton

CARDS AND GAMES

Bridge: Supervised Party Bridge with Intermediate Instruction

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

BRID:702 | \$65

V01 Th 7pm-9pm
June 6 – July 18
No class 7/4

George Hawley
Bridge Haven

Chess I: Beginning to Intermediate

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

BRID:710 | \$59

P01 Tu 7pm-9pm
May 28 – June 25 Chess Club & Scholastic Ctr SL

Edward Baur

CRAFTS

NEW Uncial Calligraphy

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

ARTS:725 | \$65

650 M 7pm-9pm
June 10 – July 8

Leslie Barnes
MC-CP

Pottery: All Levels

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

ARTS:727 | \$135

580 Sa 9:30am-12pm
June 8 – July 20
No class 7/6

Sheow Chang
FV-Humanities, 109

550 Tu 7pm-9:30pm
June 11 – July 23
No class 7/2

STAFF
FV-Humanities, 109

Knit 101: Beginning Techniques for All Seasons

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

CRFT:720 | \$45

450 W 6:30pm-8:30pm
June 12 – June 26

Thi Miller
FP-G Tower, 115

NEW Knitting: Advanced Project: Baby Surprise Jacket

Join us as we learn to knit the Baby Surprise Jacket. This beloved baby sweater is cleverly designed and has been knitted the world over for many years. The jacket is knit in a single piece with just two seams that run across the shoulders and down the length of the sleeves. It is also incredibly adorable. Knit either a newborn or a six-month-old size. Prerequisites: Ability to cast on, knit, purl, and bind off.

CRFT:722 | \$59

450 W 6:30pm-8:30pm
July 3 – July 24

Thi Miller
FP-G Tower, 115



Crochet 101: Beginning Techniques for All Seasons

Crocheting isn't just for making winter hats. Use linen, silk and lighter threads and yarns to make projects and garments that will be useful all year round. We will still cover crochet basics-single, double and triple stitches while you learn to increase and decrease. Make a simple piece for class and get help reading patterns. Students may bring unfinished projects. All levels welcome. Supply list sent.

CRFT:724 | \$45

550 Tu 7pm-9pm
June 11 – June 25

Anne Frese
FV-Soc. Science, 101

450 W 6:30pm-8:30pm
July 31 – Aug. 14

Thi Miller
FP-G Tower, 115

550 W 7pm-9pm
June 12 – June 26

Tammy Smith
SCEUC, 102

Crochet: The Next Step

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

CRFT:726 | \$45

550 Tu 7pm-9pm
July 9 – July 23

Anne Frese
FV-Soc. Science, 101

Stained Glass: Beginning

Construct a basic leaded window and try copper foil technique. Students must use a design chosen from the studio's selection of beginner patterns. Materials are additional and cost approximately \$35. Call studio at 314-772-2611 for more information about the project. Bring lunch.

CRFT:736 | \$165

P01 Sa 10am-3:30pm
July 13 – July 27

Preston Art Glass

P02 Th 7pm-9pm
Aug. 1 – Sept. 19

Preston Art Glass

Make a Stained Glass Lamp

In this class you will make a small Tiffany-style lamp (copper foil). It is necessary to have good glass cutting skills for this class. You must also be willing to work at home cutting glass between classes in order to complete your lamp in the time allotted for the class. Please come to the studio one week before class to choose your pattern. Materials are additional and cost approximately \$95. Call the studio at 314-772-2611 for information about the project.

CRFT:736 | \$165

P03 Sa 1pm-3pm
Aug. 3 – Sept. 21

Preston Art Glass

Hand-Painted Pilsner Glasses

Paint a summer Pilsner glass with your favorite sports team logo (that measures 2 1/2 inches in diameter) or use a design of your own choice. One-of-a-kind conversation pieces. You choose the colors and add designs for your personal touch. Pieces will be fired and may be picked up one week after class ends at the shop. Fee includes materials and firing. Paints are lead free and food-safe.

CRFT:743 | \$35

M01 W 7pm-9pm
June 26

Cathy Cody
Painted Zebra-Kirkwood

Hand-Painted Glass Snack Bowl

Personalize your own fruit salad or picnic side bowl for all of those fun-in-sun summer activities. You choose the colors and add designs for your personal touch. Bowl is 9 1/2 inches across and 3 inches deep. Pieces will be fired and may be picked up one week after classes end at the shop. Fee includes materials and firing. Paints are lead free and food-safe.

CRFT:743 | \$35

M02 W 7pm-9pm
July 10

Cathy Cody
Painted Zebra-Kirkwood

Basic Metalsmithing Techniques for Jewelry

Learn fundamental metalsmithing techniques for making jewelry. Basic metal forming skills: sawing, forming and shaping, filing, sanding, soldering, and polishing will be taught. We will be make two finished pieces-a cuff bracelet and a pendant with a simple stone setting. This is a beginning level class. What will be learned are the basic building blocks needed for jewelry design. No experience necessary. Tools and metal supplied in class fee. No Class 7/6.

CRFT:753 | \$219

680 Sa 9am-12pm Chih Yu Lin
June 8 – July 27 MC-HE, 131

Basic Wire Wrap

No other jewelry class can match this quick, easy way to wire wrap! Get tons of tips and tricks on how to apply hammered wire to stone and to work with metal. Fee includes use of necessary tools. Supplies for project must be purchased from DEEsigs. Supplies are extra and will cost approximately \$25. Photos of similar projects are available at the Meramec Continuing Education office. Students may bring safety and magnifying glasses for personal use.

CRFT:753 | \$45

MD1 Th 6pm-9pm DEEsigs Studio
June 13
MD3 Sa 9:30am-12:30pm DEEsigs Studio
July 13

Advanced Wire Wrap

Get tons of tips and tricks on applying hammered wire to stone and working with metal. Fun and unique class for unusual designs. Fee includes use of necessary tools. Supplies for project must be purchased from DEEsigs. Supplies are extra and will cost approximately \$25. Photos of similar projects are available at the Meramec Continuing Education office. Students may bring safety and magnifying glasses for personal use. Prerequisite: Basic Wire Wrap class.

CRFT:753 | \$45

MD4 Sa 9:30am-12:30pm DEEsigs Studio
July 27

*"I love the variety of Crafts classes. STLC really gives me some good options for unleashing my creativity."
-Nancy Z., South County*

Basic Stamping on Metal

Learn to stamp on sterling silver wire, sheet, discs, and more for different applications. Other skills covered in this class are doming, forging, piercing, and filing. Try pendants, charms, a bracelet, necklace, or earrings. Prerequisite: Basic Wire Wrap class. Fee includes use of necessary tools. Supplies for project must be purchased from DEEsigs. Supplies are an extra cost of approximately \$25. Photos of similar projects are on view at the Meramec CE office. Students may bring safety and magnifying glasses for personal use.

CRFT:753 | \$45

MD2 Sa 9:30am-12:30pm DEEsigs Studio
June 29

Henna: The Secrets of Medhi

Do you enjoy the ancient art and traditions of henna? We will discuss the science of henna and how it works and the history, tradition and use of the art form. Make your own henna paste and cone applicator. Learn about aftercare, tips and troubleshooting. Instructor will supply some basic designs for practice. Supplies included in fee.

CRFT:765 | \$29

680 Sa 10am-12pm Deanna Nash
June 22 MC-CP

NEW Hypertufa Planter Workshop

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

CRFT:765 | \$45

930 Sa 9am-12pm Jennifer Bradford
June 29 Thomas Dunn Memorial Center

NEW DIY Clean Green Body Products

In this workshop, students will use simple DIY formulas to make effective, healthy, and environmentally sustainable personal cleaning products that will save you tons of money and have you and your family sparkling clean and smelling terrific. Recipes include a sugar scrub, salt scrub, facial mask, beach hair sea spray, and bath bombs. Instructor supplies all materials and packaging for finished products for you to take home.

CRFT:765 | \$45

931 Sa 9am-12pm Jennifer Bradford
July 13 Thomas Dunn Memorial Center

NEW Authentic Soap Making

Come and learn the art of soapmaking! This is a fascinating ancient craft that you will enjoy for years to come. In this hands-on class, we will use a blend of moisturizing oils and sodium hydroxide (lye) to create handcrafted soaps. You will learn about herbs and botanicals to use in your soapmaking. You will scent your soap with essential or fragrance oils. This class is a demonstration and hands-on class, please dress appropriately. Please bring a pair of rubber gloves or latex gloves and an apron to protect your clothing.

CRFT:765 | \$45

681 Sa 9am-12pm Kathleen Behrmann
June 8 MC-Science South, 107

682 Sa 9am-12pm Kathleen Behrmann
July 27 MC-Science South, 107

Simple Silkscreening

Silkscreen printing made easy! Students will learn to create and print images with simple silkscreen techniques that do not require special equipment. Several methods of creating a stencil will be explored, including drawing fluid, cut stencils, masking and monotyping. We will print on a variety of materials including paper and fabric. We will not be using photographic techniques in this course. Most supplies included in cost of course, students will bring their own items to print on, estimated additional cost \$25 to \$50. No class 7/4.

CRFT:765 | \$95

650 Th 7pm-9pm Jessica Cerutti
June 12 – July 17 MC-HE, 216



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314-539-5360.

CULINARY ARTS

All food classes are hands-on unless otherwise stated.

Cake Decorating for Fun or Profit: Beginning

Unleash your creativity with cake decorating! This basic course includes instruction in the use of basic tools to make borders, flowers and fancy trimmings. Course includes planning, preparation, equipment, techniques and practice. Join for fun or to start your own business. You'll have fun learning to apply your personal touch to cake designs for special occasions. Supplies extra.

FOOD:701 | \$69

550 Tu 6:30pm-8:30pm Gloria Hall
June 4 – July 16 FV-SC, PDR-B

NEW Parent/Child: Cupcake Decorating Fun

This is a fun morning activity for kids ages 8-12 and their parent, grandparent or favorite aunt. Get in on the cupcake craze! Lots of inspiring ideas for these fun-to-decorate-and-eat treats. You'll learn to give pizzazz to your cupcakes with fun designs for all your special summer events. You'll get great ideas for creating themed cupcakes for Father's Day, July 4th, Cardinal's baseball, and vacation themes. Parent and child each must register. Fee is per person. Bring containers to take home your finished cupcakes. Park on Hartford or Hampton. Flagpole in front.

FOOD:702 | \$39

P01 M 9:30am-12:30pm Debra Hennen
June 10 Culinary Arts House

NEW Junior Baker: Cookies Galore!

A fun activity for young bakers ages 10-14. You'll develop your baking skills and knowledge in this class, learning to make a variety of rolled, drop and bar-type cookies. After this experience, you'll be able to go home and bake your own special cookie creations for parties and special celebrations, family get-togethers, bake sales and more... The possibilities are endless. Class is a combination of demonstration and hands-on. Bring containers to take home your finished cookies.

KIDS:730 | \$39

P01 Th 9:30am-12:30pm Debra Hennen
Aug. 1 Culinary Arts House
P02 Th 6:30pm-9:30pm Debra Hennen
Aug. 1 Culinary Arts House

Edible Fruit Bouquets

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

FOOD:712 | \$39

P01 Th 6:30pm-9:30pm Debra Hennen
June 27 Culinary Arts House

So Easy to Preserve

Preserve the summer's bounty with the skills you'll learn in this class. Our instructor is a Certified Master Food Preservationist with years of experience in home canning and a Missouri State Fair Blue Ribbon winner. Come spend a fun Saturday morning making blueberry jam and fruit jelly, zucchini relish, salsas (you'll never eat store bought again!) and taking the fear-factor out of pressure canning. Class includes demonstration and hands-on.

FOOD:754 | \$39

580 Sa 9:30am-1:30pm Eileen Fraser
July 13 FV-Science-Math, 129

NEW Chill Out with Frozen Desserts

Learn to make perfect summer desserts: cool, refreshing, and full of flavor. Escape the summer heat with delicious frozen desserts including ice cream, sorbet, granita, and more (time permitting). Some are machine-churned, some are not. We'll show you application ideas with bases and flavorings for maximum variety. Sit, watch, and sample; then go home with our recipes and make them yourself! Park on Hartford or Hampton. Flagpole in front.

FOOD:765 | \$39

P01 Th 6:30pm-9:30pm Mary Autrey
July 11 Culinary Arts House

Down on the Farm: Cooking with Lavender

Come on out to the farm to experience and enjoy how lavender can subtly enhance the flavor of beverages, desserts, and savory foods. Discover how you can use varieties of lavender as a culinary herb in your own kitchen. Food presentation and sampling will be held in the old red barn, lakeside (fans but no air conditioning-dress appropriately for the season). Tour the blooming lavender fields, weather permitting (wear walking shoes); expect full sun and uneven ground. For directions to the lavender farm: www.WindingBrookEstate.com. Registration/withdrawal deadline: 7/5. No refunds after that date. Class also listed as TRIP 701 3D1.

FOOD:765 | \$29

3D1 Sa 1pm-3pm
July 13 Winding Brook Estate

Delicious Side Dishes for Summertime Dinners

Add a special touch to your favorite grilled meat to complete the perfect meal. Come prepare and sample a variety of tasty summer side dishes that are easy and quick. Recipes include: Confetti pilaf, Honeysuckle carrots, Red potato salad with cambozola cheese; Roasted corn and black bean salad, Grilled summer squash with basil vinaigrette, and more. Lots of recipes to prepare and sample. Class is hands-on.

FOOD:765 | \$29

580 Th 7pm-9:30pm Eileen Fraser
June 13 FV-Science-Math, 129

"I love taking classes with Deb Hennen. She knows her stuff, and shares recipes that are easy to make and impressive to my friends and family."

-Jennifer B., St. Louis, MO

Couples Cook: 4th of July Celebration

Enjoy this fabulous summertime spread for the two of you that includes delicious recipes for entertaining family and friends with flair and style: Grilled maple-basted salmon, Summer salad with balsamic vinaigrette, Fresh tomato-basil Caprese kabobs, Grilled chicken breasts with cherry-chipotle sauce, Herbed green beans, plus an array of additional recipes to complement these and round out this special holiday meal. Class is hands-on.

FOOD:765 | \$29

581 F 7pm-9:30pm Eileen Fraser
June 21 FV-Science-Math, 129

Couples Cook: Summertime Favorites

The fresh flavors of summer will shine in this class. Bring your partner for a delightful evening of cooking (and eating) what will quickly become delicious summertime favorites: Grilled chicken with spicy peach glaze, Pork tenderloin sliders with creamy basil sauce, Tomato kale soup, and Orange-almond asparagus. As always, our instructor will have an array of delicious recipes for everyone to prepare and enjoy. Class is hands-on.

FOOD:765 | \$29

582 F 7pm-9:30pm Eileen Fraser
July 19 FV-Science-Math, 129

DANCE

Ballet Tone and Stretch for Beginners

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

DANC:701 | \$59

M01 M 7pm-8pm
June 3 – July 8 Adiva Dance Center

Ballet: Beginning

This fun class is designed for the student who has never studied ballet before or hasn't taken a recent class. You'll learn to utilize your center/core for strong ballet technique. The fun and exciting movement of ballet is a great way to get into shape, with music and movement that is as good for the soul as it is for the body! Ballet shoes required.

DANC:701 | \$59

M02 Tu 8pm-9pm
June 18 – Aug. 6 Studio-Brentwood
M03 Th 8pm-9pm
June 20 – Aug. 8 Studio-Brentwood
No Class 7/4

Ballet: Intermediate

If you have studied classical ballet consistently, have a good understanding of basic barre work and centre work and are seeking to develop your technique, musicality, and artistry, this is the class for you! You'll refine your technique at the barre, with emphasis on Cecchetti, Royale and Vaganova methods of technique. Centre combinations will be given, including leaps and turns. Ballet shoes and appropriate attire is required.

DANC:702 | \$59

M01 M 8pm-9pm
June 17 – Aug. 5 *Studio-Brentwood*

Tap Dancing: Beginning

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

DANC:707 | \$59

M01 M 8pm-9pm
June 3 – July 8 *Adiva Dance Center*

Tap Dancing: Beyond the Basics

Once you've thoroughly mastered the basics, take the next steps to advance your dancing technique. You'll review what you've learned before and be introduced to more complex steps, patterns, and combinations that will make you a more proficient tapper. Enjoy the rhythm of tap dance and have fun dancing to great music! Previous tap experience and tap shoes required.

DANC:708 | \$49

M01 Tu 6:30pm-7:30pm **Bonnie Kleyboecker**
June 11 – July 16 *St John's Evangelical UCC, CAFE*

Slide Dancing for Fun and Fitness: Beginning and Intermediate

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 6/29.

DANC:734 | \$59

580 Sa 10am-11:30am **Stephanie Crusoe**
June 15 – July 27 *FV-TC*

Swing Dancing: Beginning I and II

This class will take you from beginning to amazing! Learn to swing dance in a fun, relaxed atmosphere. This class will start with the basics of swing along with patterns of various swing movements, then move on to more complex combinations and techniques. By the end of this course, you'll look great on the dance floor! A fun way to meet new friends and dance to great music. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes. No class 6/24.

DANC:738 | \$59

M01 M 6:30pm-7:45pm **Bob & Gerry Tevlin**
June 10-July 22 *Concordia Luth.-Krkwd,CAFE*
No Class 6/24

NEW Let's Swing! Quick Start for New Dancers

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

DANC:738 | \$15

M02 Tu 7:30pm-8:30pm **Bob & Gerry Tevlin**
July 9 – July 23 *Garden of Life Spiritual Ctr, MP*

Belly Dancing for Fun and Fitness

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

DANC:745 | \$59

M01 Tu 8pm-9pm
June 4 – July 9 *Adiva Dance Center*



Dance through the summer with STLCC Dance classes.

NEW Hot and Spicy Salsa for Beginners

It's fun, it's social, it's Salsa and we'll have you out on the floor in no time! You'll learn the Salsa rhythm, steps, footwork, and styling, plus lead and follow techniques. Join the Latin club scene or be the first one on the floor at parties. Get an impressive edge that will give you the confidence you're looking for. Partner required.

DANC:746 | \$49

M01 M 8pm-9:30pm **Sherry Martin**
June 10-July 1 *Concordia Luth.-Krkwd,CAFE*

NEW Club Dancing

Do you want to go out dancing and strut your stuff to your favorite music, but aren't sure you look cool doing it? Here's your chance to learn from the best! By the end of this short course you'll move with style. Come learn and practice your moves in a fun, energizing atmosphere. You'll be out on the floor looking good in no time! No partner required.

DANC:765 | \$49

M01 M 8pm-9:30pm **Sherry Martin**
July 8 – July 29
Concordia Lutheran Ch-Kirkwood, CAFE

Easy Social Dancing for Special Occasions

Are you attending a wedding reception, reunion, company event or going on a cruise where you'll have to dance? Then take our fun course and learn several easy dances that will allow you to dance to anything-fast or slow, even on a cramped dance floor. If you know what music you'll be dancing to, feel free to bring your music on tape or CD for helpful suggestions. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes. No class 7/5.

DANC:750 | \$69

M01 F 7pm-8:30pm **Gerry & Marlene Strait**
June 7 – July 19 *RiverChase of Fenton*

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ECOLOGY AND SUSTAINABILITY

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. Come join this morning session and 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!

ECOL:700 | \$39

480 Sa 9am-1pm
June 15

Guy Niere
FP-G Tower, 119

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

This class is for people who have been keeping chickens for a while and are looking 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:700 | \$29

481 Sa 9am-12pm
June 29

Guy Niere
FP-G Tower, 119

"Guy Niere is a great instructor. He makes me want to learn everything I can about chickens. I enjoyed the class. The instructor was fascinating."

-Robert K., Bridgeton, MO

Indoor Composting: Worm Bins

You can compost anywhere in your home with these eco-friendly bins. In this hands-on session, you'll construct and learn to maintain an indoor composting system capable of decomposing food and house plant trimmings for a family of four. In this system, red wiggler worms process plant-matter scraps to produce a natural fertilizer and soil conditioner that your houseplants will love. All equipment and materials included in fee. You'll leave class with a sustainable worm bin indoor composting system, lots of handouts and resources for maintaining your bin at home. Offered in collaboration with Missouri Botanical Garden Earthways Center.

ECOL:700 | \$59

651 Tu 7pm-8:30pm
July 30

MC-Science West, 106

Green Cleaning: DIY Products for Your Home

Have you wondered if you can really keep your home sparkling clean and fresh without harmful chemicals? You certainly can, and you can make these environmentally friendly cleaners yourself. Our expert will show you how to make your own non-toxic cleaning liquids from simple household ingredients. You'll save money and have a safer home environment for your family. You'll also learn proper handling of products that contain toxic chemicals, as well as alternatives to such products. Class includes a short lecture, demonstration, and then you'll be guided in preparing a sample of a green cleaner to take home (all materials and handouts included). Offered in collaboration with Missouri Botanical Garden Earthways Center.

ECOL:700 | \$59

650 W 7pm-8:30pm
July 24

MC-Science West, 106

NEW DIY Clean Green Body Products

In this workshop, students will use simple DIY formulas to make effective, healthy, and environmentally sustainable personal cleaning products that will save you tons of money and have you and your family sparkling clean and smelling terrific. Recipes include a sugar scrub, salt scrub, facial mask, beach hair sea spray, and bath bombs. Instructor supplies all materials and packaging for finished products for you to take home.

CRFT:765 | \$45

931 Sa 9am-12pm
July 13

Jennifer Bradford
Thomas Dunn Memorial Center

Home Energy Efficiencies Using Energy Star

Energy efficient choices can save families about a third of their energy bill with similar savings on greenhouse gas emissions, without sacrificing comfort or style. Energy Star helps you make the energy efficient choice. In this hands-on guided exercise you will use the Energy Star Yardstick to compare your home energy use to other homes in and then use the Home Energy Advisor to get recommendations for energy and money savings tips.

ECOL:700 | \$15

5C0 W 6:30pm-8:30pm
June 5

Corp. College, 208



NEW Greening Healthcare-What Goes In Must Come Out-Creating Sustainable Supply Chains and Waste Streams

There are many opportunities for increasing sustainability of healthcare environments ranging from green building to greening facility operations, administrative practices, supply chain, and cafeterias. This course will discuss the triple bottom line approach to greening supply chain, waste streams, and cafeterias. With the uniqueness of each healthcare facility and environments varying from administrative offices to sterile medical spaces, come specific challenges in creating sustainable environments. The course will shed light on challenges in greening supply chains, waste streams, and food in a variety of healthcare environments. Providing proof that a sustainability initiative was successful will help healthcare leadership buy into expanding the program or trying new sustainability efforts. Simple Evidence Based Design practices will help show the value of a piloted sustainability program through measurable results. How-to critical thinking exercises will help prepare attendees to bring sustainability into their line of work. This course is intended for a broad audience ranging from healthcare administrators and practitioners to facilities employees and healthcare design professionals.

ECOL:700 | \$49

5C1 Tu 7:30am-9:30am
July 16

Corp. College, 211

FINE ARTS

Pottery: All Levels

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

ARTS:727 | \$135

580 Sa 9:30am-12pm
June 8 – July 20
No class 7/6

Sheow Chang
FV-Humanities, 109

550 Tu 7pm-9:30pm
June 11 – July 23
No class 7/2

John Driskoll
FV-Humanities, 109

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 | \$99

600 Tu 9:30am-12pm
June 11 – July 23
No class 7/2

Ruth Kolker
MC-HE, 137

501 W 12pm-2:30pm
June 12 – July 24
No class 7/3

Ruth Kolker
SCEUC, 102

Drawing: Traditional Pencil Basics

Discover the fundamentals of an essential art-drawing. Use pencil to create line, perspective, value and composition. No experience necessary and individualized instruction included. Supply list sent. This class is for beginners only. No class 7/6.

ARTS:709 | \$99

680 Sa 12:30pm-3:30pm
June 15 – July 20

Sean Long
MC-HE, 125

Perspective Drawing and Still Life: All Levels

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 | \$185

450 M 6:30pm-9:30pm **Bill Neukomm**
June 3 – Aug. 5 *FP-G Tower, 412*

Cartooning

Explore cartooning and comics with an overview of tools used in an overlooked art form. Investigate comic strip creation, comic book layout, political cartooning, basic character design, hand-drawn animation, and more. Gain an understanding of basics, skills and techniques. Prerequisite: Basic Drawing class or equivalent experience. Supply list sent. There will be homework assignments. No class 7/6.

ARTS:733 | \$79

680 Sa 9:30am-11:30am **Sean Long**
June 15 – July 27 *MC-HE, 125*

Watercolor: Beginning / Advanced Beginning

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

ARTS:735 | \$99

600 Tu 1pm-3:30pm **Beverly Hoffman**
June 11 – July 16 *MC-HE, 231*

680 Sa 10am-12:30pm **Beverly Hoffman**
June 15 – July 27 *MC-HE, 215*
No Class 7/6

Watercolor: Intermediate / Advanced

Paint transparent watercolor on a more advanced level. Students must be proficient in drawing with basic watercolor skills. Attempt the more difficult techniques of layered washes, modeling with color, unusual textural accents, etc. Prerequisite: Beginning Watercolor class or equivalent experience. No class 6/21, 6/28, 7/5.

ARTS 736 | \$185

301 F 9am-12pm **Phyllis Smith Piffel**
May 31-Aug. 23 *WW, 309*

302 F 12pm-3pm **Phyllis Smith Piffel**
May 31-Aug. 23 *WW, 309*

Oil or Acrylics: All Levels

Explore oil paint's richness or acrylic's speed in a class that covers color theory, artistic perception, composition, and paint mixing/application. Progress at your own rate with individualized instruction as you learn techniques to enhance painting skills. 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 | \$185

P01 M 1pm-4pm **Deanna Nash**
June 10–Aug. 12 *U. City Public Library*



Acrylic Impressions

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

ARTS:748 | \$185

600 Tu 12:30pm-3:30pm **Phyllis Smith Piffel**
June 4 – Aug. 20 *MC-HE, 137*
No class 6/25, 7/2

650 W 6:30pm-9:30pm **Phyllis Smith Piffel**
May 29 – Aug. 21 *MC-HE, 217*
No class 6/19, 6/26, 7/3

NEW Mixed Media Artworks

This is a chance to try out a variety of art disciplines-from painting to sculpture, from bookmaking to printmaking. Emphasis will be on combining techniques into artworks. Each week we will be experimenting with a different medium. The last four weeks of class, students will be able to work on a personal project combining mediums of their choice. We will cover basic drawing techniques, charcoal, pastels, alternative painting such as spray paint airbrush, printmaking, layering and masking, Sumi-e ink paintings and various watercolor techniques, collage in text, artifacts, images, and impromptu group collages. 2D and 3D, and bookmaking in various styles to be combined with students art. No class 7/6.

ARTS:748 | \$185

580 Sa 9am-12pm **Beth Krusa**
June 8 – Aug. 17 *FV-Humanities, 104*

Portraiture for All Mediums

Combine your enjoyment of drawing and painting! Have you always wanted to capture a person's likeness with a portrait? In this class, you will learn proportions, helpful tips, essential techniques and follow step-by-step demonstrations for portraiture. We will begin with drawing and work into the paint medium of your choice. Water-based oil paints are the only type allowed in the classroom. This class is perfect for all skill levels. No class 7/6.

ARTS:748 | \$185

400 F 1pm-4pm **Stacey McAdams**
June 1 – Aug. 10 *FP-G Tower, 413*

All About Framing Artwork

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

ARTS:765 | \$30

680 Sa 10am-1pm **Deborah Weltman**
June 22 *MC-HE, 216*

HEALTH AND WELLNESS

Stress Reduction Techniques for Daily Life

Discover exercises to enhance awareness in everyday life. Receive guided instruction in awareness-enhancing techniques: breath awareness, body scan, sitting meditation and mindful Yoga. Get suggestions for daily home practice.

HEAL:701 | \$35

M01 Sa 2pm-4pm
July 13 *Masterpeace Studios*

The Magic of Coincidence

A guide to greater awareness of "meaningful coincidences" in life. Discover how to trust intuition and receive the power of synchronicities.

HEAL:765 | \$25

680 Sa 10am-12pm **Roselyn Mathews**
July 20 *MC-Soc. Science, 109*

"Roselyn Mathews was an amazing instructor. I enjoyed the Magic of Coincidence class a lot and look at the world a little bit differently now."

-John A., St. Louis

Lavender Aromatherapy

Aromatherapy is the art of treating body, mind and spirit with natural aromatic substances harvested from nature's rich store. Lavender is generally regarded as the most versatile essence therapeutically. Drawing on research and clinical studies this in-depth class will explore all aspects of Lavender for these purposes. Each participant will even get to take home a bottle of Lavender essential oil for their own use. Class will be held lakeside in the old red barn (fans but no air conditioning-dress appropriately for the season). There will also be a brief tour of the blooming lavender fields (walking shoes required). Expect full sun and uneven ground. For directions to the lavender farm: www.WindingBrookEstate.com.

HEAL:701 | \$29

W01 Sa 10:30am-12pm
July 27 *Winding Brook Estate*

PERSONAL ENRICHMENT

Couples Massage

Find 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 sent.

HEAL:704 | \$49

480	Sa 9:30am-3:30pm June 15	B Sanvito FP-H, 219
481	Sa 9:30am-3:30pm July 13	B Sanvito FP-Hr, 219

HISTORY/PHILOSOPHY/ RELIGION

History of the Thunderbirds (U.S. Air Force Demonstration Squadron)-60th Anniversary

Do you enjoy air shows and flying? Have you been among the 450 million people around the world who've witnessed the thrilling Thunderbirds performances? The Thunderbirds flew their debut exhibition in early June 1953 using the Republic F-84G Thunderjet. Sixty years later they are now flying the sleek Lockheed Martin F-16C Fighting Falcon jet. Come spend an evening commemorating the 60th anniversary of our "Ambassadors in Blue" and learn more about their amazing history. You'll enjoy a lecture, discussions, video presentations, and a display that includes professional photography. Lots of handouts to take home. If you like memorabilia, you'll be delighted with this "show and tell" presentation.

HIST:709 | \$15

650	W 7pm-8:30pm June 5	Joe Gurney MC-Soc. Science, 105
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General Omar M. Bradley

Spend an evening examining the life of Missouri native, Army General Omar M. Bradley, a 1915 graduate of the West Point "Class The Stars Fell On." As senior American World War II field commander in North Africa and Europe, he led more American troops than any field commander in history. After the war he continued his service as head of the Veterans Administration, as Chairman of the Joint Chiefs of Staff and presidential advisor. His interactions with Truman, Eisenhower, Patton and MacArthur make him one of the pivotal military figures of the mid-20th century.

HIST:709 | \$19

651	Th 7pm-9pm June 20	Jim Gallen MC-Soc. Science, 107
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HOME AND GARDEN

Bathroom Design for Home Remodeling

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

HOME:703 | \$29

680	Sa 9:30am-12:30pm June 8	Kimberly Hany MC-Soc. Science, 232
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Kitchen Design for Home Remodeling

Whether you're planning a simple update, completely remodeling, or starting from scratch, your first step should be attending this informative class. Our expert will get you started with the knowledge you need to create an affordable and beautiful kitchen. She'll talk about important concepts of appliance placement to assure that your new kitchen is functional as well attractive, and you'll gain valuable insight into the many features and options available in kitchen cabinetry and countertops. The best decisions you'll make about your new kitchen start here!

HOME:703 | \$29

681	Sa 9:30am-12:30pm July 6	Kimberly Hany MC-Soc. Science, 232
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Interior Decorating: Color Schemes

Discover how to choose the best colors for that special room and how to incorporate them expertly. Consideration of the weight and balance of colors will be examined. Information presented in this class adds details to the color scheme part of HOME 703 offered in spring and fall.

HOME:708 | \$29

650	Tu 6:30pm-9:30pm June 4	Kathryn Leinauer MC-BA, 114
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Interior Decorating: Accessories

Discover how to choose the right shape and size accessories, how to mix accessories with different patterns and to put colors in the right proportions. You will begin to see your personality reflected in your choice of accessories. Information in this class adds details to the accessories part of HOME 703 offered in spring and fall.

HOME:709 | \$29

650	Tu 6:30pm-9:30pm June 11	Kathryn Leinauer MC-BA, 114
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Fearless Home Repair: Five Repairs Every Homeowner Should Know

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

HOME:713 | \$19

550	W 7pm-9pm June 5	Jean Linton FV-SC, PDR-B
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Do-It-Yourself Drywalling

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

HOME:713 | \$19

551	W 7pm-9pm June 12	Jean Linton FV-SC, PDR-B
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Do-It-Yourself Painting

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

HOME:713 | \$19

552	W 7pm-9pm June 19	Jean Linton FV-SC, PDR-B
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Do-It-Yourself Ceramic Tiling

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

HOME:713 | \$19

553	W 7pm-9pm June 26	Jean Linton FV-SC, PDR-B
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Simple Home Repairs for Women: Be Your Own Plumber

When something needs fixing who do you call? Fix it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a "hands-on" focus. If your toilet runs, your drains are slow, you need a new faucet, this course is for you! The ideal home repair toolbox for women will be presented. We'll look at how-to, when-to and when it's safer NOT to. Come prepared to be amazed at what you can do yourself!

HOME:713 | \$19

554	W 7pm-9pm July 10	Jean Linton FV-SC, PDR-B
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Simple Home Repairs for Women: Do-it-Yourself Electrical Fix-its

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 you need a new ceiling fixture, wall switch or outlet, this course is for you! The ideal home repair toolbox for women will be presented. We'll look at how-to, when-to and when it's safer NOT to. Come prepared to be amazed at what you can do yourself!

HOME:713 | \$19

555	W 7pm-9pm July 17	Jean Linton FV-SC, PDR-B
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Herb Gardening

Are you interested in starting (or expanding) an herb garden but aren't sure where to start? Whether you have a few herbs in your yard or an extensive herb garden, you can learn how to get the most for your effort in this one-night class. Come hear the best advice 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.

HORT:701 | \$25

350 W 6pm-9pm Michelle Ochonicky
June 5 WW, 220

NEW Problem Spots in Your Yard: Growing Plants in Difficult Places

Do you have difficulty growing plants under the trees in your yard? Have you given up on what to do about your pet's well-worn pathways and those urine soaked areas? There are many challenges to our efforts to grow plants successfully in our yards. Come discover creative solutions for a wide variety of problem spots. Bring your Q&A challenges for our expert.

HORT:706 | \$19

680 Sa 9am-11:30am Nancee Kruescheck
June 8 MC-Soc. Science, 107

Gardening for the New Gardener

Do you feel a bit lost when you go to the garden supply store? What do those numbers on a fertilizer bag mean? Why does pH matter and what does it mean when your soil is "too limey?" Do you know what "B & B" means when buying a new tree for your yard? For these horticulture basics and much more, join our gardening expert for a crash course in gardening basics.

HORT:708 | \$19

680 Sa 9am-11:30am Nancee Kruescheck
June 1 MC-Soc. Science, 107

Backyard Composting

Composting yard waste is one of the most environmentally sound things you can do. Get started by joining our discussion of the materials to use, compost bin selection, and how to construct a compost pile. On-going management of the compost pile and troubleshooting composting problems will also be covered. Lots of opportunity for Q & A. Class is held outdoors.

HORT:708 | \$19

P01 Sa 9am-11am David Horton
June 1 City Seeds Urban Farm

NEW Small Native Trees and Shrubs for Yards

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

NATR:723 | \$19

650 Th 6pm-8pm Mike Walsh
July 18 MC-BA, 118

NEW Herbicides, Insecticides and Fertilizers, Oh My!

When applying chemicals to your lawn and garden, you want to maximize the positive effects and minimize the negative. It's not too difficult if you start with the right types of products for your projects and understand what you're working with. Important safety information and reading labels will also be covered. For those interested in choosing an organic approach and avoiding chemicals altogether, we'll cover how to do that, too! Come join the discussion and bring your questions.

HORT:708 | \$19

681 Sa 9am-11:30am Nancee Kruescheck
June 15 MC-Soc. Science, 107

NEW Hot Summer Heat: Keeping Your Yard and Garden Alive

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

HORT:708 | \$19

682 Sa 9am-11:30am Nancee Kruescheck
June 22 MC-Soc. Science, 107

LANGUAGES

Chinese for First Timers

If you've never learned a word of Chinese, this course is for you. You'll be introduced to pronunciation, the Pin Yin system, greetings, and basic sentences. No text required.

FLCH:702 | \$49

650 M 7pm-9pm John Yeh
July 17 - July 8 MC-Soc. Science, 105

French for the Traveler

Class meets on Mondays and Wednesdays. A quick, easy, and very practical course in the language. Learn survival phrases, how to read menus, understand cultural differences, transportation schedules and more. A jump-start course in the French language for smart travelers. No text required. Bring a pocket folder, notebook and pen.

FLFR:701 | \$69

600 MW 4:30pm-6:30pm Marcel Kyle
July 8 - July 24 MC-CN, 228

French Language: Beginning I

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

FLFR:702 | \$99

650 MW 7pm-9pm Marcel Kyle
July 8 - July 31 MC-CN, 228

French Conversation: Intermediate I

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

FLFR:705 | \$99

650 TuTh 7pm-9pm Marcel Kyle
July 9 - Aug. 1 MC-CN, 226

German for the Traveler

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

FLGE:701 | \$69

650 Tu 6:30pm-9:30pm Bryan Young
June 11 - June 25 MC-BA, 205

Italian for the Traveler

An easy and practical introduction to the Italian language. Emphasis will be on conversation for transportation, food, lodging, and basic shopping as well as observation of cultural differences. A jump-start course for smart travelers. Text required-bring to first class.

FLIT:701 | \$69

600 M 4pm-6pm Annunciata Buzzai
June 10 - July 15 MC-Soc. Science, 109

650 M 7pm-9pm Annunciata Buzzai
June 10 - July 15 MC-Soc. Science, 109

"Signora Buzzai was a superb teacher who was truly concerned about giving us the practical skills to communicate during our travels. She had an infectious laugh and wonderful sense of humor. Grazie!"
-Marcus W., Eureka, MO

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. One class will be held at a Japanese restaurant-cost not included in fee. Date and location TBA. Provide own transportation.

FLJP:702 | \$99

480 Sa 10am-12pm Satoko Kimzey
June 8 - July 27 FP-G Tower, 111

Spanish Language: Beginning I

In a relaxed and informal atmosphere you will learn practical vocabulary, correct pronunciation and basic sentence structure necessary to understand and use the Spanish language. Text required-bring to first class.

FLSP:702 | \$99

450	Th 7pm-9:15pm June 13 – Aug. 1 111	Lorenzo Gonzalez FP-G Tower, No Class 7/4
550	Th 6:30pm-8:30pm June 6 – Aug. 1 113	Maria de la Garza FV-Comm., No Class 7/4
650	M 7pm-9pm June 10 – July 29	Ann Matthews MC-CS, 119

Spanish Language: Beginning II

This class is for students who have some experience with the Spanish language. You will continue to increase your knowledge of the Spanish language including speaking, grammar and vocabulary. Prerequisite: Spanish-Beginning I or equivalent experience. Text required-bring to first class.

FLSP:704 | \$99

450	Tu 7pm-9pm June 11 – July 30	Lorenzo Gonzalez FP-G Tower, 111
650	W 7pm-9pm June 12 – July 31	Ann Matthews MC-CS, 119

Spanish Language: Beginning III

This class is for students who have some experience with the Spanish language. You will continue to increase your knowledge of the Spanish language including speaking, grammar and vocabulary. Prerequisite: Spanish-Beginning II or equivalent experience. Text required-bring to first class.

FLSP:704 | \$99

451	M 7pm-9pm June 10 – July 29	Lorenzo Gonzalez FP-G Tower, 111
651	Th 7pm-9pm June 13 – Aug. 8 119	Ann Matthews MC-CS, No Class 7/4

Spanish Conversation: Intermediate I

This course is designed for continued expansion of conversational skills in Spanish through focus on everyday vocabulary and situations. Basic 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 Language-Beginning III or equivalent experience. Text required-bring to first class.

FLSP:705 | \$99

650	W 7pm-9pm June 12 – July 31	Lorenzo Gonzalez MC-CN, 227
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Spanish Conversation: Intermediate II

This class is designed for continued expansion of conversational skills in Spanish through focus on everyday vocabulary and situations. More advanced 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 I or equivalent experience. Text required-bring to first class.

FLSP:705 | \$99

550	W 6:30pm-8:30pm June 5 – July 24	Maria de la Garza FV-Comm., 113
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NEW Introduction to the Culture of Mexico

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

FLSP:708 | \$25

650	M 6:30pm-8:30pm June 17 – June 24	Maria de la Garza MC-BA, 118
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SIGN LANGUAGE

Sign Language Beginning I

Learn the fundamentals of ASL including finger spelling and hand signs. A brief overview of deaf culture will be discussed. Text required-bring to first class.

SIGN:701 | \$89

550	Tu 5pm-7pm June 11 – July 30	Steven DeShetler FV-Comm., 137
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MOTORCYCLE RIDER TRAINING

All Motorcycle Safety classes meet in Forest Park-D Tower, Room 215, prior to activities on the motorcycle range.

Motorcycle Safety Returning Rider Course (RRBRC)

The Returning Rider Course will cover braking, cornering and low speed turns. It is designed for riders over 18 years of age who have been riding for longer than one year and may have been riding with a permit or experienced riders with or without a motorcycle endorsement who are returning to riding after an extended absence. Students will be required to demonstrate sufficient skills in two basic exercises to the satisfaction of the rider/coach to continue participation in this course. Course includes a knowledge test and skill tests. Training motorcycles are provided and will be used. All classes held rain or shine.

MOTR:702 | \$129

480	Sa 8am-6pm July 27	Jeffery Pittenger FP-D Tower, 215
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Motorcycle Safety Basic Rider Course 2 (BRC2)

The Motorcycle Safety Course BRC-2 was developed to hone your skills and fine-tune the mental drills crucial to being a safe rider while using your own motorcycle. This is an excellent class as a refresher after winter storage, to update your training for insurance company discount or as an intermediate level of training after the Basic Rider Course. Put into practice the techniques of managing traction, stopping quickly, limited space maneuvers, cornering, and swerving using your own bike. There's always something left to learn! This course is for two-wheeled motorcycles only (no scooters). Students must have a Class M driver's license and provide their own street legal and insured motorcycle. Students should have successfully completed a Basic Rider Course or have sufficient riding skills and experience to operate a motorcycle with basic proficiency. Students who cannot demonstrate basic low speed maneuvers in Exercise 1 can be counseled out of the class. Passengers are permitted to accompany riders; all safety gear and rules apply. Class held rain or shine.

MOTR:703 | \$99

480	Su 8am-5pm July 14	FP-D Tower, 215
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Motorcycle Safety Basic Rider Course (BRC)

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

MOTR:701 | \$195

Weekday

400 TuW 9am-7pm
Aug 6 – Aug 7 *FP - D Tower, 215*

Weekend

480 SaSu 7am-5pm
June 1 – June 2 *FP - D Tower, 215*
481 SaSu 9am-7pm
June 1 – June 2 *FP - D Tower, 215*
482 SaSu 7am-5pm
June 8 – June 9 *FP - D Tower, 215*
484 SaSu 9am-7pm
June 8 – June 9 *FP - D Tower, 215*
485 SaSu 7am-5pm
June 15 – June 16 *FP - D Tower, 215*
486 SaSu 7am-5pm
June 22 – June 23 *FP - D Tower, 215*
487 SaSu 9am-7pm
June 22 – June 23 *FP - D Tower, 215*
488 SaSu 7am-5pm
June 29 – June 30 *FP - D Tower, 215*
489 SaSu 9am-7pm
July 6 – July 7 *FP - D Tower, 215*
490 SaSu 9am-7pm
July 13 – July 14 *FP - D Tower, 215*
491 SaSu 7am-5pm
July 20 – July 21 *FP - D Tower, 215*
492 SaSu 9am-7pm
July 27 – July 28 *FP - D Tower, 215*
493 SaSu 9am-7pm
Aug 10 – Aug 11 *FP - D Tower, 215*
494 SaSu 7am-5pm
Aug 17 – Aug 18 *FP - D Tower, 215*
495 SaSu 9am-7pm
Aug 24 – Aug 25 *FP - D Tower, 215*

Basic Bike Bonding Rider Course (BBBRC)

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

MOTR:703 | \$99

481 Sa 8am-5pm
June 29 *FP-D Tower, 215*
482 Sa 8am-5pm
Aug. 17 *FP-D Tower, 215*

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Motorcycle Safety Advanced Rider Course (ARC)

Get the most out of your bike with the Advanced Motorcycle Safety Course Level III (MSF-ARC), while improving your ability to deal with hazards. Riders will enhance skills to improve cornering, swerving, and braking techniques, as well as develop additional expertise in the areas of risk management, decision-making, riding strategies, and rider behavior. Using techniques developed by sport bike riders, you will learn how to maximize your turning abilities, how to stop as well as your machine can manage, and how to swerve around large objects. This course is for two-wheeled motorcycles only (no scooters). For the beginning or casual rider, the BRC-2 would be a recommended prerequisite. Students must have a Class M driver's license and provide their own street legal and insured motorcycle. No passengers allowed! Class held rain or shine.

MOTR:704 | \$139

480 Su 8am-6pm
June 30 *FP-D Tower, 215*



Ultimate Bike Bonding Rider Course (UBBRC)

Bike Bonding refers to the connection and interaction of the rider and motorcycle. Good bike bonding helps riders automate their physical skills so they can devote more attention to road and traffic conditions (searching and evaluating). This is a precision riding curriculum derived from police motorcycle training courses and consists of drills and skill circuits to improve a rider's performance. Controlled motorcycle operation and body positioning are emphasized to maximize low-speed operation and control. By the end of the course, participants should be able to handle their motorcycle in a more precise and smooth manner. There is no classroom portion to this course. Participants must provide their own motorcycle and pass an on-site safety inspection. The BRC-2 or ARC are recommended prerequisites if the student has never taken a formal class for low speed maneuvers. Must have M-endorsement on license, use their own street-legal insured motorcycle (no scooters permitted), be 18 years of age or older. This is not a MO State waiver class.

MOTR:704 | \$99

481 Su 8am-5pm
July 7 *FP-D Tower, 215*
482 Su 8am-5pm
Aug. 18 *FP-D Tower, 215*

MUSIC

Guitar: Beginning

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

MUSC:705 | \$69

550 Th 7:30pm-9pm
May 30 – July 25
No Class 7/4 *Christina Springer
FV-Comm., 114*
650 Tu 7pm-9pm
June 11 – July 16 *James Renz
MC-HW, 102*
450 M 7pm-9pm
June 3 – July 8 *James Renz
FP-Theater, 105*

PERSONAL ENRICHMENT

Piano: Beginning

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

MUSC:710 | \$69

650 M 6pm-7pm
June 3 – July 29

Ronald Krausch
MC-HE, 112

Piano: Advanced Beginning and More

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

MUSC:710 | \$79

550 Th 5:30pm-7:30pm
May 30 – July 25
No Class 7/4

Christina Springer
FV-Comm., 114

Piano: Advanced Beginning

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

MUSC:711 | \$69

650 M 7:30pm-9pm
June 3 – July 29

Ronald Krausch
MC-HE, 112

Harmonica: Beginning

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

MUSC:720 | \$39

650 W 7pm-8pm
June 12 – June 26

MC-Science West, 208

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NATURE/MASTER NATURALIST

Students are offered the opportunity to earn a Master Naturalist Certificate in cooperation with St. Louis Audubon Society, Missouri Native Plant Association, North American Butterfly Association, St. Louis Astronomical Society, St. Louis Community College at Meramec Biology department, Endangered Wolf Center, Forest ReLeaf of Missouri, Wildlife Rescue Center and Continuing Education Office. The course of study includes credit and non-credit classes. A non-credit Master Naturalist Certificate will be awarded to students completing all components of the program. Courses listed below meet the curriculum requirements for the Master Naturalist Certificate.

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. Recommended Text: Exploring the Night Sky with Binoculars: A Companion to the Night Sky. Required: The current issue of Astronomy magazine (US Kalmbach Publishing-NOT the British "Astronomy Now" version) or Sky & Telescope magazine (Sky Publishing) and The Night Sky 30-40 degree (Large) Star Finder and Phillip's planisphere (any will do as long as it is not too small-6" or larger). Most materials available at the Meramec bookstore. One Field Trip required.

NATR:701 | \$59

650 MW 7pm-9:30pm
July 8 – July 17

Klaus Malolepszy
MC-Soc. Science, 111

Exploring Hummingbirds

This class meets on Tuesday and Saturday. Explore 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. Field trip 6/22, 10 am-12 pm, location TBA. Provide own transportation. Offered in cooperation with the St. Louis Audubon Society.

NATR:709 | \$25

650 Tu 7pm-9pm
June 18
Sa 10am-12pm
June 22

Marty Smigell
MC-BA, 118
MC-TBA

NEW The Impact of Wolves in the Ecosystem

Naturalist John Muir once said, "When one tugs at a single thing in nature, he finds it attached to THE REST OF THE WORLD." Learn how "tugging" at the wolf has affected ecosystems and how the role of the wolf keeps nature in balance. We will explore how the absence and then return of the wolf has impacted Yellowstone and learn how the Endangered Wolf Center is saving endangered canids so they can return to their important role in nature. Meet at the main gate at 6:15pm. Call EWC at 636-938-5900 and ask for Karen to get directions and location details. Children ages 12-15 may register when accompanied by a registered adult. Offered in cooperation with the Endangered Wolf Center.

NATR:710 | \$25

M02 Tu 6:30pm-9:30pm
July 16

Endangered Wolf Center



Backyard Wildlife of Missouri

As wild animals attempt to survive and thrive in an increasingly human-dominated landscape, the possibilities for conflict with humans are endless. Discover the tremendous diversity found in Missouri's wildlife and become acquainted with the wildlife you are most likely to see in your neighborhood. You will learn how to harmoniously coexist with wildlife and to safely and humanely resolve wildlife conflicts in the best interest of all parties involved. While taking great care to protect each animal's wild nature, the class will conclude with a glimpse into the world of wildlife rehabilitation to develop understanding about the impact we have on wildlife that live among us. Offered in cooperation with the Wildlife Rescue Center.

NATR:710 | \$25

M01 Sa 9:30am-12:30pm
July 13

Kim Rutledge
Wildlife Rescue Center

Native Tree Identification

This class meets Thursday and Saturday. Learn about Missouri tree identification with Mike Walsh, Forestry Programs Manager with Forest ReLeaf of MO, using characteristics and samples such as twigs, leaves, bark, fruit and more. First class is a lecture format on the Wildwood campus 6/20 followed by a weekend field trip 6/22 at Rockwood Reservation (one mile from campus) 2751 Glencoe Rd, Wildwood. Dress for hiking. Resource booklets provided. Provide own transportation. Offered in cooperation with Forest ReLeaf of Missouri.

NATR:723 | \$29

350 Th 6pm-8pm
June 20
Sa 10am-12pm
June 22

Mike Walsh
WW, 220
Rockwood Reservation

NEW Small Native Trees and Shrubs for Yards

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

NATR:723 | \$19

650 Th 6pm-8pm
July 18

Mike Walsh
MC-BA, 118

Common Mushrooms of Missouri-Part I

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

NATR:723 | \$25

M01 Sa 10am-2pm
June 1

Babler State Park

Common Mushrooms of Missouri-Part II

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

NATR:723 | \$25

M02 Sa 10am-2pm
Aug. 3

Babler State Park

Thunderstorms, Tornadoes, and Floods: Severe Weather Spotter-Level 1

Are you interested in the weather and basic meteorology-like how storms form, how to find a tornado in a storm, what causes hail and much more? Would you like to join the local severe weather network and help officials identify severe weather in your area? Join Michael Redman, former Communications Coordinator for the St. Louis County Police Dept. and current Managing Director of the Traveling Weather Show, as he shares his knowledge. Learn how to identify cloud formations and weather indicators that will make you an asset to the region in an emergency. You'll get your own spotter number to use, if needed, when you call in your information; a training certificate, a CD of weather brochures and manuals, and handout material on severe weather. Children ages 14-15 may register if accompanied by a registered adult.

NATR:765 | \$25

S01 Tu 6pm-9pm
June 18
580 Sa 9am-12pm
July 20

Michael Redman
SCEUC, 104
Michael Redman
FV-Soc. Science, 101

Thunderstorms, Tornadoes and Floods: Severe Weather Spotter-Level 2

Improve the basic meteorological and severe weather skills you learned in the Level 1 class by taking the region's only Level 2 program. We'll discuss computer resources, convective outlooks, watch and warning messages, cloud definition, radar interpretation, severe weather safety, and more. You'll get lots of handouts and certification too. Prerequisite: Level 1 class. Children ages 14-15 may register if accompanied by a registered adult.

NATR:765 | \$25

S02 Th 6pm-9pm
June 20
581 Sa 1pm-4pm
July 20

Michael Redman
SCEUC, 104
Michael Redman
FV-Soc. Science, 101

NEW Cave and Cavern Explorations

Your first step will be in the classroom learning about the mysterious underground world of caves. Discover interesting insights into their origin, cave life, mineral formations and other geographical features, and cave ecology. Historical notes, such as cave discoveries, cave art, cave homes, mining and other uses of caves, as well as health/safety/legal issues and man's effects on caves will also be included. The class will finish with a field trip to a cave (provide own transportation). Your instructor-tour guide has 12 years experience leading cave tours and has personally visited over 40 caves throughout the U.S. Appropriate attire for field trip will be discussed in class. Possible additional fee for cave tour payable on site.

TRIP:702 | \$59

650 Th 7pm-9pm
June 6 - June 13
Sa Time: TBA
June 15

Martin Ferris
MC-Soc. Science, 107
Off Campus

PERSONAL AND HOME SAFETY

Citizen's Emergency Preparedness Program

Learn how to keep you and your family safe until emergency personnel arrive during a disaster. This course will provide a step-by-step approach to learning about local emergency plans, identifying hazards that affect our local area, and developing a disaster plan and supply kit. Learn how to make threat-awareness assessments, function in the initial stages of a disaster, and acquire knowledge of disaster-recovery measures.

SAFE:766

4H0 Tu 10am-12pm
June 11
500 W 1pm-3pm
June 19
600 Th 10am-12pm
Aug. 1
300 Th 10am-12pm
Aug. 8
400 Tu 1pm-3pm
July 16

Harrison Ed. Ctr., 100
FV-TC, 110
MC-SC
WW-222
FP-G Tower, 329



Self Defense for Women

Designed for ladies who want to learn to protect themselves at all times! Class is taught by a fifth degree black belt, who also specializes in Judo and Jujitsu and has been teaching for 30 years. Come dressed as you are and leave feeling safe and prepared for anything! No class 6/25.

PEDU:743 | \$49

M01 Tu 7pm-8pm
June 11 - July 30
Sunset Hills Comm. Ctr

Self Defense Workshop

This 7-hour self defense workshop is the ideal way to learn the basics of protecting yourself and those around you. The primary focus of the course is to provide the trainee with the basics of physical combat: blocks, strikes, joint manipulation and disarming the attacker. These simple, yet very effective maneuvers are easy to master with practice and applicable to individuals of all sizes and fitness levels. In addition to combatives, workshops include discussions about the following topics:

- Reacting to an Active Shooter
- Auto, Home and Personal Security
- Travel Security
- Physical Responses to Stress
- Appropriate Response to Threats
- The "Warrior Mindset"
- Threat Assessment and Spotting Suspicious Behavior
- Becoming a "Hard" Target
- Social Media and Security

All students are provided with a course outline and encouraged to ask questions whenever they arise... including after the program ends. This program is the ideal way to improve your confidence and ability to protect yourself and those around you. Don't roll the dice when it comes to your safety... stack the deck in your favor.

PEDU:743 | \$150

6W1 Sa 8am-3pm
May 11
MC-PE, 105
6W2 Sa 8am-3pm
June 8
MC-PE, 105

PERSONAL ENRICHMENT

Firearm Safety: Beginning Skills

If you have never shot a handgun, this is the course for you. You will focus on safety, loading and unloading, using ammunition and marksmanship. You will discuss cleaning, storing and using accessories such as grips and holsters. Bring a picture ID proving you are at least 21. Also, bring a check or money order for \$25 made payable to Berkeley Police Department for use of the range.

GNSF:700 | \$69

Florissant Valley Campus

580 Sa 8am-5pm Jack Bender
June 8 FV-Soc. Science, 108

Course meets 8am-noon on campus, 1-5pm at the range. **Before coming to class you must take your hand gun to the campus police office to be checked in and tagged.** If you don't own one then you can use the instructor's (We do prefer that you use your own). The guns he has available are a .38 Special revolver and a 22 long rifle semi-auto. Ammunition—bring 100 rounds—may be kept in your car for use at the range. You must check in by 7:45am. If you do not check in with the campus police, you will not be admitted to class. There are **NO** exceptions. Guns are not allowed on campus. **Due to low ammunition inventories, we recommend purchasing the required rounds well in advance of the class start date.**

Firearm Safety for Concealed Carry

Course meets the requirements of the Concealed Carry Missouri Law. Your instructor is a certified police officer firearm safety instructor. You must shoot both a revolver and a semi-auto per the law for the live firing exercise on the range. You will need to furnish one gun, preferably both (any caliber of your choice). If you can please bring the gun you intend to carry or use to qualify with. The instructor will provide the other gun but you will need to provide the 70 rounds of ammunition (factory only) for that gun. The guns he has available are a .38 Special revolver and a 22 long rifle semi-auto. (No magnum or plus P loads for the revolver and no reloads for safety reasons). Guns are not allowed on campus. In addition, bring a picture ID proving you are at least 21 years old. Finally, bring a check or money order made payable to Berkeley Police Department for \$25 to pay for use of the range. Course includes earplugs, goggles, target and documentation needed to secure your permit if you successfully complete the course. Some handgun experience is required. This is not a course to teach you how to shoot, but to qualify for a conceal-carry permit. **Due to low ammunition inventories, we recommend purchasing the required rounds well in advance of the class start date.**

GNSF:700 | \$119

Florissant Valley Campus

580 Sa 8am-8pm Jack Bender
June 22 FV-Soc. Science, 108

The classroom portion meets from 8am-4pm; one hour range time is scheduled after that. **Before coming to class you must take your handgun—unloaded and in a locked container—to the Florissant Valley police office to be checked in and tagged. Please put your name on your gun box or bag when bringing them to Campus Police.** Guns are not allowed on campus. After class, you will pick up your gun(s) from the Campus Police office and report to the range at your assigned time.

Meramec Campus

680 SaSu 8am-2pm Jack Bender
July 20 – July 21 MC-Science West, 210

Course meets Saturday on campus and Sunday at the range. Guns are not allowed on campus. You will receive detailed range instructions during the classroom portion.

PERSONAL FINANCE AND INVESTING

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

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

FINC:714 | \$79

580 Sa 9am-4pm Brian Bingham
June 22 – June 29 FV-Business, 125

NEW What the New Tax Changes Mean for You

The newly signed American Taxpayer Relief Act of 2012 changes certain tax rates and exemptions for some – but it adds a measure of “permanency” for all. Attend this course to learn how this new legislation impacts you and how you might take advantage of its opportunities to help achieve your financial goals and help protect your retirement, your family and your wealth. We will discuss the impact of the new law on important tax rates, exemptions and planning options and its effect on individuals at various levels of income and net worth. We will also review the types of retirement and legacy planning strategies you might consider to avoid a “personal fiscal cliff”.

FINC:736 | \$19

351 Tu 7pm-9pm Steve Glazer, Laura Boedges
June 25 WW, 220

Understanding Retirement Healthcare and Social Security

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

FINC:736 | \$19

550 Tu 7pm-9pm Steve Glazer, Laura Boedges
June 11 FV-Business, 243

NEW Retirement Planning for Individual Investors and Small Business

Are you taking full advantage of the best options for your retirement planning? Did you know that you may qualify to invest in more than one IRA plan? Learn the features and limits between a 401K, 403(b), SEP IRA, Traditional and Roth IRAs. We'll also discuss establishing and transferring retirement accounts for individuals and businesses, helpful websites, SEC regulation and FINRA.

FINC:736 | \$25

350 Tu 6:30pm-9pm Steve Kenny
June 18 WW, 220

650 Tu 6:30pm-9pm
June 25 MC-BA, 118

NEW Retirement Planning Course: The Principles of Conservative Investing

A comprehensive personal finance course designed for those in the early stages of retirement or those about to retire. This course will walk you through difficult retirement decisions such as asset allocation, income planning and pitfalls to avoid. Course is based on recent academic research. You will receive financial tools to help you better understand risk, taxes, budgeting and estate planning. Who should attend? Individuals and couples between the ages of 55 and 75 that are looking for the answers to “What to do now?”, those concerned about our financial markets and want to prepare for the “next” recession, conservative investors looking for guidance based on academic research.

FINC:736 | \$49

480 Tu 6:30pm-8:30pm Steve Perrman
June 18 – July 2 FP-G Tower, 119

651 Tu 6:30pm-8:30pm Steve Perrman
July 16 – July 30 MC-BA, 118

NEW Caring for the Aging: Be Prepared

Care giving can be a demanding but truly rewarding experience. Learn about the consequences of care giving, the types of care and options available. This presentation will give you an overview of legal and financial considerations and offer planning tips. Attendees will gain a broad perspective on care giving enabling them to plan for the best outcome. This presentation guides attendees through the planning process including providing information on resources.

FINC:765 | \$19

650 Tu 7pm-9pm Steve Glazer, Laura Boedges
June 18 MC-Soc. Science, 107



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PHOTOGRAPHY

Take Better Pictures: Introduction

Gain photography skills and take better pictures as you learn about the operation of your camera. Improve your techniques to enhance family, vacation and nature images. Boost your creativity. Get tips that will help you use your camera to the fullest. No darkroom/lab. Need a camera (digital or 35 mm) and your own film or memory card. Please note: Due to the large variety of camera brands, your individual camera's features cannot be discussed. Class covers generalities of how cameras operate. Read the camera's manual prior to the first class and bring it to class.

PHOT:701 | \$55

550 M 7pm-9pm
June 10 – July 15

Russell Rosener
SCEUC, 213

Digital Pictures Introduction

This course is an introduction to digital images and photos. If you don't know the answer to the following questions then this class is for you. How do I get a photo into my computer? How do I get the photo from my digital camera into my computer? How do I download a picture that someone sent me in an e-mail? Where do I put my photos in my computer? How do I find the photos once they are in my computer? What's a jpeg? This is an entry level class. Because digital cameras vary, the class will cover universal methods of inputting digital images into your computer including using SD (secure digital) and CF (compact flash) memory cards. In some cases, the methods may not apply to your specific digital camera.

PHOT:707 | \$49

550 Tu 6pm-9pm
June 4 – June 11

Rachel Bufalo
SCEUC, 206

SELF-IMPROVEMENT

Meditation: Beginning

You'll discover the benefits of meditation: relaxation, mental clarity, emotional balance, and spiritual attunement. In addition, you'll learn a variety of meditation techniques so you can discover which one works best for you and how to utilize it for greater health, emotional calm and connection with your spiritual self. Class will meet in the West Cafe conference room.

PERD:732 | \$49

450 Tu 7pm-9pm
June 4 – June 25

Rhonda Leifheit
FP-W. Cafe

Meditation: Continuing

Continue your meditation practice and learn ways to deepen your experience. Class will include expanded mindfulness practices, guided meditations, and the restfulness of non-directed meditation. Share in discussions of philosophy and spirituality and enhance your practice through these group meditations. Designed for those who have basic meditation experience. Class will meet in the West Cafe conference room.

PERD:732 | \$49

451 Tu 7pm-9pm
July 9 – July 30

Rhonda Leifheit
FP-W. Cafe

The "Psi Factor"-Examining Parapsychology

Are you fascinated by the paranormal? Have you, personally, had a mysterious experience? Come explore the field of Parapsychology; learn about and discuss topics such as: ESP, Telepathy, Clairvoyance, Telekinesis, Spiritualism, Ghosts and so much more! The only pre-requisite is an open mind.

PERD:734 | \$49

650 M 6:30pm-8pm
July 1 – July 22

Daniel Guilfooy
MC-Lecture Halls, 102

The "Psi Factor"-Just Ghosts

Did you enjoy learning about the paranormal in The "Psi Factor"-Examining Parapsychology? Ready to learn even more? Share your experiences and continue your exploration into the paranormal in this one night class that focuses on ghosts.

PERD:734 | \$25

651 M 6:30pm-8pm
July 29

Daniel Guilfooy
MC-HE, 134

Voiceovers:

Making Money with Your Voice

If you enjoyed our introductory course, Get Paid To Talk-Breaking Into the Voiceover Industry, this is your next step! Voiceover professional Troy Duran will guide you through real-life voice training exercises and techniques to help you become a performing professional. You should arrive with a basic understanding of the voiceover business, because this course dives right into the mechanics of reading copy. At the end of the class, you'll also have a basic grasp of capturing your performance using recording software, and be able to take home a copy of your personal session's voiceover! Pre-requisite: Get Paid To Talk-Breaking Into the Voiceover Industry. Bring 1Gb flash drive.

PERD:765 | \$39

681 Sa 12:30pm-3:30pm
June 8

Troy Duran
MC-Science West, 210

651 W 6pm-9pm
July 31

Troy Duran
MC-Science West, 210

481 W 6pm-9pm
July 27

Troy Duran
FP-G Tower, 119

Get Paid to Talk: Breaking into the Voiceover Industry

Have you been told that you have a great voice? Have you always wanted the independence to work from home doing something you love? Learn how to get started in the voiceover industry! This introductory course will include a real-world overview of the industry, including the good, the bad and the ugly parts, from a St. Louis voice artist who has been in the industry for over 26 years.

PERD:765 | \$39

680 Sa 9am-12pm
June 8

Troy Duran
MC-Science West, 210

C50 W 6pm-9pm
June 19

Troy Duran
Corp. College

650 W 6pm-9pm
July 17

Troy Duran
MC-Science West, 105

480 Sa 10am-1pm
July 20

Troy Duran
FP-F Tower, 211



Consumed by Clutter

If you or someone you love is overcome with clutter, there is hope. Acquire and utilize strategies to organize and let go of clutter.

PERD:765 | \$49

652 M 6:30pm-8:30pm
June 3 – June 24

Kimberly Meredith
MC-CN, 227

NEW Consumed by Clutter- Kitchen Edition

If you or someone you love is overcome with a cluttered kitchen, there is hope. Kitchens can be especially prone to clutter. Counters become covered, cabinets filled, and so much more! Acquire and utilize strategies to organize and let go of clutter in your kitchen. Not all kitchens are the same. Students are encouraged to bring pictures, videos, or layouts of their space to help with organization plans.

PERD:765 | \$29

653 M 6:30pm-8:30pm
July 8 – July 15

Kimberly Meredith
MC-CN, 227

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SPORTS AND FITNESS

The college can assume no liabilities for injuries or for the aggravation of individual's medical condition, which may be incurred in connection with its on-and-off campus course offerings. Although accidents rarely occur, those participating in sports and recreational events in particular should have their own insurance or be aware that expenses for any medical treatment or care must be borne by the individual student. Students engaging in dance, sports, or recreational type activities should understand that a physical activity of this type is potentially hazardous. It is strongly recommended if a participant is of an age, has a medical condition, or leads a sedentary lifestyle that may affect their health due to participation in this activity, that they receive a complete physical examination before the start of the program.

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: 314-894-7172
- Forest Park Pool: 314-644-9717
- Florissant Valley Pool: 314-513-4275

Lap Swim-Florissant Valley

The pool is open for lap swimming during this time. Lockers are available; however you must provide your own towel & lock for your valuables. No class 7/4.

PEDU:721 | \$89

500 M-F 6:30am-7:45am
June 3 – July 26 FV-PE, POOL

Open Lap Swim-Meramec

The pool is open for lap swimming during this time. Lockers are available; however you must provide your own towel & lock for your valuables. No class 7/4.

PEDU:721 | \$45

600 M-Th 8am-8:50am
June 3 – July 25 MC-PE, POOL

Lap Swim-Meramec

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

PEDU:721 | \$35

601 M 7am-7:50am
June 3 – July 15 MC-PE, POOL

602 Tu 7am-7:50am
June 4 – July 16 MC-PE, POOL

603 W 7am-7:50am
June 5 – July 17 MC-PE, POOL

604 Th 7am-7:50am
June 6 – July 25 MC-PE, POOL

Swimming Skills: Beginning/Intermediate

Designed for persons who want to acquire basic through intermediate swimming skills, enabling them to feel confident in the water and around water activities. Emphasis is on the primary strokes, buoyancy techniques, breath control and acquiring endurance.

PEDU:722

Meramec-14 Sessions | \$85

600 MW 11am-11:50am
June 3 – July 17 Jason Mounts
MC-PE, POOL

Forest Park-8 Sessions | \$45

Students must bring photo ID to class.

450 Tu 7:30pm-8:25pm
June 4 – July 23 FP-PE, POOL

Get Wet I

This class will take you from fearfulness to a place where you are ready to learn. We will teach the rudiments of face down gliding, back floating, and treading. No class 7/4.

PEDU:722 | \$69

M01 Th 12:45pm-1:30pm
June 6 – July 25 Mid-County Family YMCA

Get Wet II

This level will take the student that is ready to begin strokes and teaches the beginnings of the basic four strokes.

PEDU:722 | \$69

M02 Tu 7pm-7:45pm
June 4 – July 16 Mid-County Family YMCA

Stay Wet

Class is designed for an intermediate level student that needs stroke development. Curriculum will adjust to those in the class, teaching the group skills the majority are interested in developing.

PEDU:723 | \$69

M01 Tu 7pm-7:45pm
June 4 – July 16 Mid-County Family YMCA

Master Swim

Structured and coached multi-level workout. Designed for those adults that need motivation and camaraderie or are preparing for competition. Coach will have workout designed to improve endurance and give stroke development feedback as needed.

PEDU:724 | \$69

M01 Tu 8:15pm-9pm
June 4 – July 16 Mid-County Family YMCA

M02 Th 8:15pm-9pm
June 6 – July 25 Mid-County Family YMCA



Water Exercise

Get a total body workout as you 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

8 Sessions | \$49

580 Sa 9am-9:50am
June 8 – July 27 Catherine Crinnion
FV-PE, POOL

581 Sa 10am-10:50am
June 8 – July 27 Catherine Crinnion
FV-PE, POOL

604 F 2:10pm-3pm
June 7 – Aug. 2 MC-PE, POOL
No Class 7/5

Students must bring photo ID to class for the Forest Park campus.

400 Tu 9am-9:50am
June 4 – July 23 Barbara Harris
FP-PE, POOL

450 Tu 6:30pm-7:25pm
June 4 – July 23 Catherine Crinnion
FP-PE, POOL

13 Sessions | \$79

650 TuTh 6pm-6:50pm
June 4 – July 25 Gary Ketcherside
MC-PE, POOL
No Class 6/6, 6/13, 7/4

15 Sessions | \$89

600 MW 9am-9:50am
June 3 – July 22 Gary Ketcherside
MC-PE, POOL

602 TuTh 9am-9:50am
June 4 – July 25 Gary Ketcherside
MC-PE, POOL
No Class 7/4

603 TuTh 2pm-2:50pm
June 4 – July 25 Kelly Kauffmann
MC-PE, POOL
No Class 7/4

16 Sessions | \$89

502 TuTh 2pm-2:50pm
June 4 – July 30 Catherine Crinnion
FV-PE, POOL
No Class 7/4

18 Sessions | \$95

500 MWF 9am-9:50am
June 17 – July 26 Catherine Crinnion
FV-PE, POOL

501 MWF 10am-10:50am
June 17 – July 26 Catherine Crinnion
FV-PE, POOL

Water Exercise: Cardio Fitness

Increase your energy and physical conditioning in this class using a combination of lap-based aerobic exercises along with strength training using dumbbells and noodles. No class 7/4.

PEDU:729 | \$89

605 TuTh 10am-10:50am Kelly Kauffmann
June 4 – July 25 MC-PE, POOL

Water Exercise: Shallow/Deep Aerobics Combo

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

PEDU:729 | \$79

651 MW 6pm-6:50pm Gary Ketcherside
June 17 – July 24 MC-PE, POOL

Aqua Zumba

Splash and dance your way to fitness in this fun, low-impact, water-based workout! Aqua Zumba integrates the Latin-inspired, dance-fitness moves of the traditional Zumba class with water-based exercises.

PEDU:729 | \$59

601 MW 2:10pm-3pm Angelicia Fingers
June 3 – July 10 MC-PE, POOL

Shallow Water Aquacise-Mid-County Family YMCA

A cardio workout held in the shallow water. Includes muscle strengthening and flexibility. No swimming skills required.

PEDU:729 | \$59

M01 Tu 8:15am-9:10am
June 4 – Aug. 6 Mid-County Family YMCA
M03 M 7pm-7:55pm
June 3 – Aug. 5 Mid-County Family YMCA
M04 W 5:30pm-6:25pm
June 5 – Aug. 7 Mid-County Family YMCA

Deep Water Aquacise-Mid-County Family YMCA

This is a full body workout with no impact on your joints. Includes warm up, cardio workout and cool down designed to maintain cardio health and joint flexibility. Comfort in deep water required. A buoyancy belt is provided.

PEDU:729 | \$59

M05 Tu 6:30pm-7:25pm
June 4 – Aug. 6 Mid-County Family YMCA
M06 F 8:15am-9:10am
June 7 – Aug. 9 Mid-County Family YMCA
M02 W 8:15am-9:10am
June 5 – Aug. 7 Mid-County Family YMCA

Golf Classes-Extra fee for balls

Golf: Beginning I

Learn the basic fundamentals of golf: grip, set up, mini-swing, full swing, putting and chipping. Class limit 6.

PEDU:730

Four Sessions | \$45

840 Tu 5pm-6pm
May 28 – June 18 Landings at Spirit Golf Club
810 W 7pm-8pm
May 29 – June 19 Big Bend Golf Center
811 M 6pm-7pm
June 3 – June 24 Big Bend Golf Center
812 M 7pm-8pm
June 3 – June 24 Big Bend Golf Center
813 M 7pm-8pm
July 8 – July 29 Big Bend Golf Center
814 Sa 8am-9am
June 1 – June 22 Big Bend Golf Center
831 W 7pm-8pm
July 10 – July 31 Family Golfplex & Learn. Ctr

Six Sessions | \$59

880 Tu 6pm-7pm
May 28 – July 2 The First Tee (South Co.)
890 Tu 9am-10am
May 28 – July 2 Tower Tee Golf Center
891 Tu 10am-11am
May 28 – July 2 Tower Tee Golf Center
892 W 7pm-8pm
May 22 – June 26 Tower Tee Golf Center
894 W 6pm-7pm
July 10 – Aug. 14 Tower Tee Golf Center
895 W 7pm-8pm
July 10 – Aug. 14 Tower Tee Golf Center
893 Th 5pm-6pm
May 23 – June 27 Tower Tee Golf Center
830 Tu 6pm-7pm
May 28 – July 2 Family Golfplex & Learn. Ctr
832 Sa 11am-12pm
June 1 – July 6 Family Golfplex & Learn. Ctr
860 W 7:15pm-8:15pm Robert Jeep
May 29 – July 3 Sunset Hills Golf Learn. Ctr
861 M 8:15pm-9:15pm Robert Jeep
June 3 – July 8 Sunset Hills Golf Learn. Ctr
862 M 7:15pm-8:15pm Robert Jeep
July 22 – Aug. 26 Sunset Hills Golf Learn. Ctr
874 Sa 9am-10am
June 1 – July 6 Ruth Park Golf Course
873 Th 6pm-7pm
May 30 – July 11 Ruth Park Golf Course

Women Only Sections (Six Sessions) | \$59

896 Th 6pm-7pm
July 11 – Aug. 15 Tower Tee Golf Center
897 Sa 8am-9am
May 25 – June 29 Tower Tee Golf Center
872 Tu 6pm-7pm
May 28 – July 2 Ruth Park Golf Course
875 Sa 10am-11am
June 1 – July 6 Ruth Park Golf Course
876 Sa 11am-12pm
June 1 – July 6 Ruth Park Golf Course

Twelve One-hour Sessions | \$109

870 TuTh 1pm-2pm
May 28 – July 9 Ruth Park Golf Course
No Class 7/4

Twelve 1.5 hour Sessions | \$159

871 TuTh 4pm-5:30pm
May 28 – July 9 Ruth Park Golf Course
No Class 7/4

Golf: Beginning II

Review fundamentals presented in Golf: Beginning I with special emphasis on correcting individual swing faults. Class limit 6.

PEDU:731

Four Sessions | \$45

831 W 6pm-7pm
July 10 – July 31 Family Golfplex & Learn. Ctr
820 Sa 10am-11am
June 8 – June 29 Eagle Springs Golf Course
810 W 6pm-7pm
May 29 – June 19 Big Bend Golf Center
811 M 6pm-7pm
July 8 – July 29 Big Bend Golf Center

Six Sessions | \$59

890 Th 9am-10am
May 23 – June 27 Tower Tee Golf Center
891 Tu 7pm-8pm
July 9 – Aug. 13 Tower Tee Golf Center
892 Th 7pm-8pm
July 11 – Aug. 15 Tower Tee Golf Center
893 Sa 10am-11am
July 6 – Aug. 10 Tower Tee Golf Center
880 W 6pm-7pm
May 29 – July 3 The First Tee (South Co.)
840 Sa 10am-11am
June 1 – June 22 Landings at Spirit Golf Club
860 W 8:15pm-9:15pm Robert Jeep
May 29 – July 3 Sunset Hills Golf Learn. Ctr
861 M 7:15pm-8:15pm Robert Jeep
June 3 – July 8 Sunset Hills Golf Learn. Ctr
862 M 8:15pm-9:15pm Robert Jeep
July 22 – Aug. 26 Sunset Hills Golf Learn. Ctr
830 Tu 7pm-8pm
May 28 – July 2 Family Golfplex & Learn. Ctr
832 Sa 10am-11am
June 1 – July 6 Family Golfplex & Learn. Ctr

Golf: Combo Class

Class is a combination of short game, full swing and on course lessons. The first few classes will be on the practice range and remaining will be on the course. On course strategy and mental game will be discussed. Class limit 6. 6 sessions.

PEDU:732 | \$59

891 Tu 5pm-6pm
July 9 – Aug. 13 Tower Tee Golf Center
890 Th 6pm-7pm
May 23 – June 27 Tower Tee Golf Center
892 Th 5pm-6pm
July 11 – Aug. 15 Tower Tee Golf Center
893 Sa 9am-10am
July 6 – Aug. 10 Tower Tee Golf Center

PERSONAL ENRICHMENT

Golf: Putting, Chipping, Pitching and Sand Shots

Class will cover putting, chipping, pitching, and sand shots and will cater to the beginner student as well as the student wanting to improve their game. Class limit 6.

PEDU:732

Four Sessions | \$45

840 Tu 6pm-7pm
May 28 – June 18 Landings at Spirit Golf Club

Six Sessions | \$59

897 W 6pm-7pm
May 22 – June 26 Tower Tee Golf Center

898 Sa 8am-9am
July 6 – Aug. 10 Tower Tee Golf Center



Golf: Putting and Chipping, Wood and Iron Play

Class covers the use of woods and irons. Class limit 6. Extra fee for balls/putting green use. 6 sessions.

PEDU:732 | \$59

894 Th 10am-11am
May 23 – June 27 Tower Tee Golf Center

895 Th 7pm-8pm
May 23 – June 27 Tower Tee Golf Center

896 Tu 6pm-7pm
July 9 – Aug. 13 Tower Tee Golf Center

Playing Golf Lesson

Enjoy this unique opportunity to play with an experienced golf instructor. PGA professional will take you and three other students on the regular course (not the par 3 beginner's course) to play nine holes. Class is for golfers who have had prior instruction but have difficulty taking their game to the next level. Be prepared to pay Eagle Springs approximately \$20 to play up to nine holes (includes a riding cart) on the regular course. Meet instructor at Eagle Springs Clubhouse. Tee time is 5pm sharp.

PEDU:732 | \$29

820 M 5pm-7:30pm
June 10 Eagle Springs Golf Course

821 M 5pm-7:30pm
June 24 Eagle Springs Golf Course

822 M 5pm-7:30pm
July 8 Eagle Springs Golf Course

Be the Best Golfer You Can Be

Every aspect of playing the game of golf will be discussed (driving, short game, putting). Instruction focuses on each individual's skill level (from beginner to 'scratch' golfer). All classes meet at Creve Coeur's Municipal Golf Course. A 'classroom' session meets Tuesday, 5/28. Hands-on instruction will begin on Sunday, 6/2. The final session on 6/23, will be an optional 2 or 3-hole round of golf (with instructor)-bring \$7 to pay for 2-hole round. E-mail instructor (melklearman@att.net) for details.

PEDU:732 | \$29

V01 Tu 5:30pm-7pm
May 28 Melvin Klearman
Su 9am-10am FV-Off Campus (CE)

June 2-June 23 FV-Off Campus (CE)

Golf: Parent/Child

Parent attends class with a child, ages 7-15. Registration required for each participant. Class limit 6. Extra fee for balls. 4 sessions.

PEDU:732 | \$45

810 W 7pm-8pm
July 3 – July 24 Big Bend Golf Center

811 Sa 9am-10am
June 1 – June 22 Big Bend Golf Center

Tennis: Beginning I (NTRP 1.0-2.0)

See NTRP Rating Box. Tennis balls provided. Facility is not air-conditioned, dress appropriately.

PEDU:733

Vetta | \$59

M01 M 6pm-7pm
June 3 – July 8 Vetta Concord Sports Club

M02 M 6pm-7pm
July 22 – Aug. 26 Vetta Concord Sports Club

PEDU:733

Ladue Middle School | \$75

724 Sa 9am-10am
June 1 – July 6 Mark Platt
Ladue Middle School

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

See NTRP Rating Box. Tennis balls provided.

PEDU:733

Four Sessions | \$50

P03 Sa 9am-10am
July 13 – Aug. 17 Mark Platt
Francis Park

Six Sessions | \$75

580 Sa 10am-11am
June 1 – July 6 Mark Platt
FV-PE, TENNIS

P01 Sa 9am-10am
June 1 – July 6 Mark Platt
Francis Park

P02 Sa 10am-11am
June 1 – July 6 Mark Platt
Kaufman Park

720 MW 6pm-7pm
June 3 – June 19 Mark Platt
Ladue Middle School

721 MW 7pm-8pm
June 3 – June 19 Mark Platt
Ladue Middle School

722 TuTh 6pm-7pm
June 4 – June 20 Mark Platt
Ladue Middle School

723 MW 6pm-7pm
July 8 – July 24 Mark Platt
Ladue Middle School

M03 Th 7pm-8pm
June 6 – July 18 Mark Platt
No Class 7/4 Queeny Park Rec Complex

Tennis: Beginning II (NTRP 2.5)-Vetta

See NTRP Rating Box. Tennis balls provided. Facility is not air-conditioned, dress appropriately.

PEDU:734 | \$59

M01 M 7pm-8pm
June 3 – July 8 Vetta Concord Sports Club

M02 M 7pm-8pm
July 22 – Aug. 26 Vetta Concord Sports Club

National Tennis Rating Program (NTRP)

1.0 This player is just starting to play Tennis

2.0 May have had some lessons; needs on-court experience

2.5 Can sustain a short rally of slow pace; needs to develop form

3.0 Consistent on medium-paced shots; needs work on form and strategy

3.5 Consistent with directional control; needs to work on specialty shots

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.

Bring Tennis shoes and racket. Tennis balls provided.

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.

Tennis: Intermediate I (NTRP 3.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:735**Four Sessions Outdoor | \$49**

P03 Sa 10am-11am **Mark Platt**
July 13 – Aug. 17 *Francis Park*

P02 Sa 10am-11am **Mark Platt**
July 13 – Aug. 17 *Kaufman Park*

Six Sessions Outdoor | \$75

P01 Sa 10am-11am **Mark Platt**
June 1 – July 6 *Francis Park*

720 TuTh 7pm-8pm **Mark Platt**
June 4 – June 20 *Ladue Middle School*

721 TuTh 6pm-7pm **Mark Platt**
July 9 – July 25 *Ladue Middle School*

Six Sessions Indoor | \$89

Facility is not air-conditioned, dress appropriately

M01 Tu 2pm-3:30pm
May 28 – July 2 *Vetta Concord Sports Club*

M02 Th 2pm-3:30pm
May 30 – July 11 *Vetta Concord Sports Club*

M03 Tu 2pm-3:30pm
July 16 – Aug. 20 *Vetta Concord Sports Club*

M04 Th 2pm-3:30pm
July 18 – Aug. 22 *Vetta Concord Sports Club*

Aerobic Kickboxing

This class begins with warm-up and stretching followed by an aerobic workout including floor work and self-defense moves. A great workout with an experienced instructor from The Martial Arts Center. Bring a mat for floorwork. No class 7/3.

PEDU:744 | \$59

M01 W 7pm-8pm **Timothy Toeniskoetter**
May 29 – Aug. 7 *The Martial Arts Cntr (Mehlvl)*

Zumba Toning: Beginning

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

PEDU:747 | \$45

M01 W 6pm-6:50pm **Theresa Daniels**
June 5 – July 10 *Adiva Dance Center*

M03 Sa 10am-10:50am **Theresa Daniels**
June 8 – July 13 *Adiva Dance Center*

Zumba: Beginning

Designed for the beginning student, this class is a lower intensity, exhilarating, and effective way to get fit and increase your energy level! Join in the Zumba craze featuring easy to learn routines set to Latin and International music designed to quickly burn calories. Give it a try, and you'll be convinced that exercise fitness can be fun.

PEDU:747 | \$45

M02 Sa 9am-9:50am **Theresa Daniels**
June 8 – July 13 *Adiva Dance Center*

**Zumba**

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

PEDU:747 | \$45

550 M 7pm-8pm **Barbara Harris**
June 3 – July 15 *FV-PE, 233*

580 Sa 10:30am-11:30am **Barbara Harris**
June 8 – July 20 *FV-PE, 233*

Hoop Fit

Train, shape and strengthen your body with Hoop Fit conditioning classes. From core work and resistance training to high intensity intervals, this hoop workout builds endurance and targets every major muscle group while defining your body from head to toe. Hoop Fit classes will leave you toned, energized and wanting more! Hoops will be provided for use in class, but you may bring your own. No experience necessary.

PEDU:747 | \$59

450 W 5:30pm-6:15pm **Jill Woehrle**
May 22 – July 24 *FP-PE*

Dance Aerobics

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

PEDU:750 | \$79

550 MW 6pm-6:50pm **Susan Pellegrino**
June 3 – July 22 *FV-TC, 202*

Rise and Shine Senior Workout

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

PEDU:755 | \$49

600 TuTh 5:55am-6:55am **Gail Velten**
June 4 – June 27 *MC-PE, 201*

"Angel Fingers is very dedicated to the 20/20/20 class. She keeps material fresh and fun. Great class!"

-Marion R., Creve Coeur, MO

Nia: A Combination of Cardio and Strength Training

NIA blends the grace and spontaneity of modern and ethnic dance, the stillness and concentration of Tai Chi, the dynamic poses of yoga, and the explosive power of martial arts to make it an expressive mind-body-spirit movement class offering a holistic approach to cardiovascular fitness. Wear comfortable clothing. No class 6/8.

PEDU:755 | \$45

M01 Sa 8:30am-9:25am **Karol McNutt**
May 25 – July 6 *Sunset Hills Comm. Ctr*

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.

PEDU:755 | \$39

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

602 Th 8am-8:50am **Gary Ketcherside**
June 6 – July 25 *MC-PE, GYM*
No Class 7/4

20/20/20

Short on time in achieving your optimal physical conditioning? Cover all the bases in this class with a 20 minute cardio segment, followed by 20 minutes of toning with small hand weights, and ending with 20 minutes of ab work and stretching. Bring a towel, sticky mat and small hand weights (3-5 lbs).

PEDU:755 | \$85

650 MW 5pm-5:55pm **Melanie Shelton**
June 3 – July 17 *MC-PE, 105*

Boot Camp with Shark Fitness

You will learn the correct way to train in terms of form, tempo, exercise selection, & what to do outside of class. We discuss nutrition techniques that are crucial to success in achieving your goals without useless, & potentially dangerous, supplements. We track your efforts with pre & post fit tests to provide real feedback. Our classes will challenge you individually despite the group setting by using sets based on time & variable resistance, not repetitions. Each class contains a wide range of backgrounds, ages & ability levels without overwhelming or holding anyone back. Each class consists of calisthenics, resistance training, short runs, multi-direction drills, & plenty of abdominal work. Are you ready? Must be able to jog 300 yds. Bring a towel or mat and water. Class will be held outside-meet at entrance to PE Building on O parking lot.

PEDU:755 | \$150

- 603** MWF 5:45am-6:45am *MC-PE*
May 29 – June 28
- 604** MWF 5:45am-6:45am *MC-PE*
July 8 – Aug. 9

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 | \$65

- M01** M 6:30pm-7:25pm *Katherine McMeans*
June 3 – July 29 *SCEUC, 127*
- M02** W 6:30pm-7:25pm *Katherine McMeans*
June 5 – July 31 *SCEUC, 127*

Yogalates

Get the benefits of yoga, pilates and core strengthening as you exercise and stretch. A challenging and relaxing workout in just one class. Beginners to any class should come 10 minutes early for a brief introduction. Bring water, towel and yoga mat. No class 7/4.

PEDU:756 | \$69

- M03** Th 5:30pm-6:30pm *Denise Motta*
May 30 – Aug. 8 *Affton White-Rodgers CC, A*

Pilates

Strengthen, lengthen and tone muscle, as well as increase your flexibility. You'll learn how to execute the movements while focusing on breathing, allowing the mind and body to unite. Bring a towel and mat. No class 7/5.

PEDU:756 | \$49

- 600** F 9am-9:50am *Angelicia Fingers*
June 14 – July 26 *MC-PE, 201*

Gentle Yoga

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

PEDU:761 | \$79

- M06** W 7pm-8pm *Masterpeace Studio*
May 29 – July 24
No class 7/3.
- 351** W 6pm-6:50pm *Bishnupriya Misra*
June 5 – July 24 *WW, 102B*

Gentle Yoga: Mini-Session

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

PEDU:761 | \$45

- M07** W 7pm-8pm *Masterpeace Studios*
July 31 – Aug. 21

Yoga: Basics

New to yoga or desire a slow, gentle pace? Learn standard yoga postures, flexibility, & correct breathing techniques. Bring a towel & mat.

PEDU:761

- Six Sessions | \$49**
- M02** F 10am-11am *Kelly Kauffmann*
June 7 – July 19 *Affton White-Rodgers CC,*
GYM
No class 7/5
- 600** F 10am-10:50am *Angelicia Fingers*
June 14 – July 26 *MC-PE, 201*
No Class 7/5
- Eight Sessions | \$95**
- M01** Th 4:30pm-5:45pm *YogaSource*
June 6 – Aug. 1
No Class 7/4
- M04** W 9am-10:15am *Masterpeace Studios*
May 29 – July 24
No Class 7/3

Yoga: Basics-Mini-Session

New to yoga or desire a slow, gentle pace? Learn standard yoga postures, flexibility, and correct breathing techniques. Sticky mats are available for rent or students may bring their own.

PEDU:761 | \$49

- M05** W 9am-10:15am *Masterpeace Studios*
July 31 – Aug. 21

Yoga

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

PEDU:761 | \$59

- M08** M 5:30pm-6:25pm *Sharon Danyluck*
June 3 – July 22 *SCEUC, 127*
- M09** W 5:30pm-6:25pm *Sharon Danyluck*
June 5 – July 24 *SCEUC, 127*

Yoga

Relax, calm your mind, experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well being and integration of mind and body. Bring a yoga sticky mat. Eight Sessions.

PEDU:761 | \$85

- 350** M 7:30pm-9pm *WW, 102B*
June 3 – July 22
- M11** Tu 1pm-2:30pm *Julie Garland*
June 4 – July 23 *Big Bend Yoga Center*
- P02** W 6:30pm-7:30pm *Jill Woehrl*
May 22 – July 24 *FP-PE*

Yoga: Continuing

Designed for individuals with prior yoga experience, you will continue to build your 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 & mat. No class 7/4.

PEDU:761 | \$85

- M10** Th 9am-10:30am *Melanie Klug*
June 6 – Aug. 1 *Big Bend Yoga Center*

Yoga: Advanced

Designed for individuals with prior yoga experience, you will continue to build your 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. Bring a towel & mat. No class 7/5.

PEDU:761 | \$49

- M03** F 11:15am-12:15pm *Kelly Kauffmann*
June 7 – July 19 *Affton White-Rodgers CC, GYM*

Iyengar Yoga

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

PEDU:761 | \$85

- 352** W 7pm-8:30pm *Bishnupriya Misra*
June 5 – July 24 *WW, 102B*

Afterwork Yoga: Union of Body, Mind and Spirit

Attain a balance of mind, body and spirit as you work on posture mechanics, breathing and energy. This course will help you reduce stress, increase flexibility and tone your muscles. All levels of experience welcome. Bring a towel and mat.

PEDU:761 | \$49

- 500** M 4pm-4:55pm *Silvia Luna Zapiain*
June 10 – July 15 *FV-PE, 122*

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**St. Louis
Community
College
Continuing
Education**

Pilates/Yoga Combo

Using exercises from yoga and pilates, this class will help you increase your flexibility, strength, balance and build a strong core. Bring a mat. No class 5/27.

PEDU:761 | \$69

P01 M 6:30pm-7:30pm Jill Woehrle
May 20 - July 29 FP-PE

Recreational Tree Climbing

Experience the exhilaration of being in the trees as never before! Climb safely to heights and access parts of the canopy that you never thought possible. Enjoy this new sport using ropes and harnesses just like the professionals. Learn some basics about tree biology and the procedures for climbing, then all participants will have the opportunity to climb a tree. The class ends with a survey of climbing gear and techniques. Class does not teach participants how to climb on their own. Participants need basic physical fitness-able to easily climb a flight of stairs. All gear is provided and all participants must sign a waiver.

PEDU:765 | \$39

M01 Sa 10am-1pm Guy Mott
June 8 MC-Off Campus (CR)
M02 Sa 2pm-5pm Guy Mott
June 8 MC-Off Campus (CR)
V01 Sa 10am-1pm Guy Mott
June 29 FV-Off Campus (CR)
V02 Sa 2pm-5pm Guy Mott
June 29 FV-Off Campus (CR)

T'ai Chi Chih: Beginning

T'ai Chi Chih is a moving meditation consisting of 19 movements and 1 pose. Its purpose is to circulate and balance one's "chi" or vital force life energy. Health benefits include better balance, blood pressure control, and reduction in symptoms associated with stress, shingles, and arthritis. No special attire or equipment.

PEDU:766 | \$59

P01 Tu 2:30pm-3:30pm Jeanette Miller
June 11 - July 30 Solar Yoga Center

T'ai Chi Chih: Continuing

Designed for students who have completed a beginning T'ai Chi Chih class and want to enhance their practice. Each week we will complete a practice of all 19 movements and the final pose, explore key principles of the form, and refine individual movements.

PEDU:767 | \$59

650 W 5pm-5:50pm Gale Portman
June 12 - July 24 MC-PE, 201
P01 Tu 1:15pm-2:15pm Jeanette Miller
June 11 - July 30 Solar Yoga Center



Personal Fitness Trainer Certification

*** Please be sure to bring photo ID to class *** Join this fun field and be a part of what the U.S. Labor Department and the fitness industry have documented as a high demand profession. Whether a desired career move or for your own personal knowledge, get all the information you need to become a CERTIFIED PERSONAL TRAINER. This challenging course is taught over a 5-week period for better retention and skill competency. The National Exam is held on the 6th week. Fifteen hours of lectures include, but are not limited to, anatomy, exercise physiology, nutrition, health screening, etc. In addition, 15 hours of "hands on" practical training prepares you to actually work with clients one on one. Certification requires passing the written and practical exam, completing a 30-hour internship and having current CPR/AED credentials. Text required-bring to first class: Fitness Professionals Handbook, 6th edition. Please call 888-330-9487 for pricing and to order book. This course is comprised of 15 hours of lecture, 15 hours of practical training, and a 30-hour internship. National exam is held on the 6th week of class. Due to the specialized nature of this class, NO REFUNDS WILL BE ISSUED ONE WEEK PRIOR TO THE CLASS START DATE. In case of an emergency, Continuing Education must be notified in writing within one week of a missed class. Makeup class may be arranged on an individualized basis by the program planner and WITS. STUDENT MUST BE AT LEAST 18 YEARS OF AGE OR HAVE A HIGH SCHOOL DIPLOMA/GED. Class will meet in classroom from 9am-12pm, then will meet in the Fitness Center for the hands-on practical portion until 4pm. Class is not eligible for Senior Scholarship. No class July 6. Free Orientation to Fitness Training listed under: Professional Development: Sports and Fitness on page 19 is available.

PEDU:753 | \$599

481 Sa 9am-12pm
June 8 - July 20 FP-B Tower, 110
Sa 12:05pm-4pm
June 8-July 20 FP-G Tower, 329

TOURS AND TRIPS

Re-live the 1904 World's Fair

Join us for an illustrated, narrated tour of the actual fair grounds of the 1904 World's Fair in and around Forest Park. Travel back in time through a narrated 3-D stereoscopic slide presentation, then travel to the sites of the marvels you've just seen. Fee includes a light lunch of foods made famous at the fair and print materials (including maps). Special 3-D glasses are supplied for this course. Some walking required. Provide own transportation for the tour. Rain date: 6/29.

TRIP:701 | \$39

480 Sa 8:30am-1:30pm Charles Koehler
June 15 Doug Schneider
FP-G Tower, 117

Down on the Farm: Cooking with Lavender

Come on out to the farm to experience and enjoy how lavender can subtly enhance the flavor of beverages, desserts, and savory foods. Discover how you can use varieties of lavender as a culinary herb in your own kitchen. Food presentation and sampling will be held in the old red barn, lakeside (fans but no air conditioning-dress appropriately for the season). Tour the blooming lavender fields, weather permitting (wear walking shoes); expect full sun and uneven ground. For directions to the lavender farm: www.WindingBrookEstate.com. Registration/withdrawal deadline: 7/5. No refunds after that date. Class also listed as FOOD 765 3D1.

TRIP:701 | \$29

3D1 Sa 1pm-3pm
July 13 Winding Brook Estate

Travel Ideas for Women

Gain a wealth of information about enjoyable and unusual trips particularly suited to women travelers. Learn about travel options available to people with different interests and abilities and to those traveling alone or with a friend. You can move confidently and courageously into your next travel adventure!

TRIP:703 | \$29

650 Tu 7pm-9:30pm Dea Hoover
July 16 MC-Soc. Science, 105

NEW Annual Town and Country Garden Tour: Hermann, MO

This tour is a delightful way to spend an early summer day. Highlights of the tour include: Strolling through several beautiful gardens in the historic area of Hermann, stopping by a Missouri wildflower and perennial sale where photographic prints will be available for purchase, followed by a delicious lunch. In addition, there will be time for browsing and shopping for antiques, gifts, wine, sausage and cheese. Outside of Hermann, we'll be touring several magnificent country gardens as well. Tour includes transportation, escort, combined tour tickets, lunch with dessert, tax, gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Field trip release form required. Tour guide is Cindy Fricke. Refund/withdrawal deadline: 5/10. No refunds after that date.

TRIP:702 | \$99

MD1 Sa 8am-5:30pm
June 1 MC-Off Campus (CE)

NEW Cave and Cavern Explorations

Your first step will be in the classroom learning about the mysterious underground world of caves. Discover interesting insights into their origin, cave life, mineral formations and other geographical features, and cave ecology. Historical notes, such as cave discoveries, cave art, cave homes, mining and other uses of caves, as well as health/safety/legal issues and man's effects on caves will also be included. The class will finish with a field trip to a cave (provide own transportation). Your instructor-tour guide has 12 years experience leading cave tours and has personally visited over 40 caves throughout the U.S. Appropriate attire for field trip will be discussed in class. Possible additional fee for cave tour payable on site.

TRIP:702 | \$59

650 Th 7pm-9pm Martin Ferris
June 6 - June 13 MC-Soc. Science, 107
Sa Time: TBA
June 15 Off Campus

NEW Mississippi River Bluff Paddlewheel Sightseeing and Lunch Cruise

All aboard for a fun daytime excursion to Grafton, Illinois. We'll take a coach to Grafton, cruise the Mississippi River on the Spirit of Peoria Riverboat for a 1-1/2 hour sightseeing cruise and delicious lunch on board. You'll enjoy watching the boat's paddlewheel churning through the water and listening to the Captain's captivating commentary. We'll dock and there will be time to browse in the unique shops in Grafton before our return coach trip. Tour includes transportation, escort, cruise, lunch tickets, tax, gratuities. Field trip release form required. Tour guide is Cindy Fricke. Refund/withdrawal deadline: 7/12. No refunds after that date.

TRIP:702 | \$89

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

VD2 W 11am-3:30pm
Aug. 28 FV-Off Campus (CE)

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

MD3 W 10:30am-4pm
Aug. 28 MC-Off Campus (CE)

NEW Churches of Osage County

Located in the foothills of the Ozarks, Osage County is located in the heart of Missouri at the intersection of Highways 50 and 63. Osage County is home to many beautiful historic churches, including several that are listed on the National Historic Register. They are scattered throughout the beautiful rural countryside and stand as monuments to their forefathers who sought to preserve their religious heritage. The tour will consist of several churches featuring different denominations and architectural style of buildings. A delicious lunch will be served at one of the churches, prepared and served by the "Church Basement Ladies." At each stop, a representative of each church or parish will visit with our group to share insights on their church history. Trip includes transportation, tour guide, lunch and gratuities. Field trip release form required. Registration/withdrawal deadline: 7/18. No refunds after that date. Tour guide is Dea Hoover.

TRIP:702 | \$74

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

VD1 Sa 7:30am-6:30pm
Aug. 10 FV-Off Campus (CE)

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

MD2 Sa 8am-6pm
Aug. 10 MC-Off Campus (CE)

*"Thanks to the writing instructors at STLCC, I gained the guidance and courage to pursue the publication of my first novel."
-Jeannette M., St. Louis.*

WRITING

The St. Louis Community College Continuing Education Writing Certificate

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 towards completion of a certificate.

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

Exploring the Creative Process

Unleashing the Writer Within

Every one of us has a special story to tell, but it can be hard in this busy modern world to access that creativity. In this class, we will 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 will need to make copies of your work to share.

WRIT:701 | \$69

650 Tu 7pm-9:30pm
June 4 – June 25 Jordan Oakes
MC-BA, 122

The Craft of Writing

NEW Starting and Finishing: A Writer's Dilemma

For a writer, it's rarely the middle part of a project that presents a challenge; it's beginning and/or wrapping up the particular work. In this course, we'll focus on methods that will motivate us to put the finishing-or beginning-touches on any writing project that's begging for completion. Often it's a matter of harnessing the inspiration that got you going in the first place. This class will show frustrated writers the way to complete the puzzle. This class will help you find the necessary balance between inspiration and perspiration. You are encouraged to bring in a work-in-progress that's "just sitting there." You will need to make copies of your work to share.

WRIT:706 | \$69

652 Th 7pm-9:30pm
June 6 – June 27 Jordan Oakes
MC-BA, 116

Writing Certificate Requirements:

- One course from each of the 4 areas of study:
 - Exploring the Creative Process
 - The Craft of Writing
 - Genre
 - Publishing
- Two electives from any of the areas
- Three years to complete program
- Portfolio review capstone evaluation course with a faculty member

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

Few of us will admit it, but even the best writers can't always remember the difference between "affect" and "effect" or the correct use of semi-colons. If you sometimes struggle with the basics in your personal or professional writing, come join us. You'll brush up on proofreading, grammar, sentence structure, word usage, spelling and punctuation. Review the basics and you'll be able to edit your work like a pro.

WRIT:706 | \$69

651 W 7pm-9:30pm
June 5 – June 26 Jordan Oakes
MC-Soc. Science, 232

Make Your Writing Marketable

Perhaps you have a particular area of expertise — a topic on which to hang your words. Or maybe you just like to write, no matter what the topic. This course will show you how to make your work marketable — how to find an outlet for what you already do. Whether it's in magazines, a blog or a book, there is a place for your work, and a potential readership waiting in the wings. If you are new to writing, this course can introduce you to a whole new world of possibilities. And if you can get a paycheck for being creative, what more could you possibly ask for? Bring a sack lunch and if you have a work-in-progress, bring it.

WRIT:704 | \$59

680 Sa 10am-4pm
June 15 Jordan Oakes
MC-BA, 114

Genre

How to Map a Murder

Ever have the urge to write a whodunit? Published mystery authors Jo Hiestand and Wilfred Bereswill will lead you through the intricacies of plotting, character development, descriptive scene writing, and finding a publisher. A St. Louis-area police officer, who co-authors with Hiestand, will discuss various aspects of police work and demonstrate defensive tactics.

WRIT:719 | \$39

680 Sa 9am-1pm
June 1 Jo Hiestand
MC-Soc. Science, 109

Advanced Fiction Writing Workshop

Could your novel, essay or short story benefit from an additional critique? Are you interested in working with a network of writers who share similar goals? In this critique-based workshop, we will combine brief lectures on craft with a traditional workshop environment. Intended for students already writing original creative work, this course will focus on sharpening your skills while working toward completion of publishable work. Prepare to discuss and refine manuscripts in a highly supportive workshop environment with both instructor and peer feedback. Prerequisite: A complete or nearly completed writing project. Copies of your manuscript must be made available to each class member. Up to 25 pages (per manuscript) will be copied in sufficient quantity for each student (cost included in course fee). Your work must be e-mailed to campus by May 28th. Call 314/ 539-5745 for details. No class 7/2.

WRIT:706 | \$89

650 Tu 7pm-9:30pm **Heather Luby**
June 4 – July 16 *MC-BA, 116*

Fiction Writing One-Day Workshop

Are you eager to write fiction but unsure of where to start? Have you wanted to begin a short story, novella, or novel but require direction and encouragement? Through easy-to-follow lectures, learn the elements of the fiction writer's craft: structure, characterization, plot description, dialogue, point of view, style, and voice. Gain experience with each one in a series of inspiring in-class exercises. You'll acquire knowledge of the craft of fiction, generate story ideas, and gain the inspiration and momentum required to begin writing in earnest. Publishing in print and online will also be discussed. Bring a sack lunch.

WRIT:706 | \$59

680 Sa 9am-3pm **Heather Luby**
June 8 *MC-BA, 114*

Introduction to Screenwriting

Do you ever watch movies and think: "I could write something better than that!"? Well, here's your chance to learn how. Screenwriting is both a craft and an art, and doing it well requires a solid foundation in the fundamentals of good storytelling. In this class, you will learn all the key elements of writing a screenplay, including story structure, plot, scene development, characterization, and dialogue. A series of writing assignments will guide you toward mastering the basics of screenwriting and help you begin work on your own script. The course goal is to complete a step outline or beat sheet that prepares you to turn your story idea into a screenplay. Class is taught by a former Writers Guild of America TV screenwriter (her credits include: "The Bold and the Beautiful" and "Touched by an Angel").

WRIT:719 | \$89

550 Tu 7pm-9pm **Rita Russell**
June 18 – Aug. 6 *FV-Soc. Science, 103*

Publishing

NEW How to Get Published Online- A One-day Seminar

Do you have a short story, essay or poem that you want to see published? The dynamic growth and popularity of online magazines in recent years means more opportunities for writers to build credibility and exposure. But how do you know where to submit your work and what publications are legitimate? This short seminar, given by the

editor of a popular online magazine, will help you determine which online resources will work best for your creative project. The topics will include researching markets, writing query and cover letters, and how to submit and format your work for online publication. Make 2013 the year you get a byline!

WRIT:704 | \$39

681 Sa 9am-1pm **Heather Luby**
June 22 *MC-BA, 116*

YOUTH ACTIVITIES

From A to Z in Clay

You'll learn to create all sorts of things in clay from a professional artist who loves to work with kids. You'll use the same materials as adults and work in a college clay studio that is safe and appropriate for all ages. Ages 6 to 14. Fee includes most materials.

KIDS:701 | \$99

580 Sa 1pm-3pm **Sheow Chang**
June 1-June 29 *FV-Humanities, 109*

Karate for Kids

Karate for Kids is a program designed to build self-confidence, self-esteem, and self-discipline. It teaches the basic concepts of karate as well as self-control, coordination and focus. Safety and fun are the most important elements of this program. The instructor is a 6th degree black belt with over 30 years of teaching experience and is certified through the American Council of Martial Arts. For boys and girls ages 4-10. No class 7/6.

KIDS:707 | \$59

M01 Sa 10am-11am **Timothy Toeniskoetter**
June 1 – Aug. 10 *The Martial Arts Cntr (Mehlvl)*

V01 Sa 10am-11am
June 1 – Aug. 10 *Martial Arts Cntr (Florissant)*

Tennis for Youth: Pee Wee I

This is a series of group lessons specifically designed to introduce a young child, 4-6 years of age, to the game of tennis. The class will include eye-hand coordination exercises as well as building skills for forehand, backhand, serve and volley. Tennis balls provided. Prince rackets available for use in class.

KIDS:709 | \$85

M01 Sa 4pm-5pm **Mark Platt**
June 1 – July 6 *Forest Lake Tennis Club*

Tennis for Youth: Beginning I and II

Class designed for beginners and those who need to brush up on the basics. Techniques covered include forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability. Ages 7-10. Tennis balls provided.

KIDS:709 | \$75

580 Sa 9am-10am **Mark Platt**
June 1 – July 6 *FV-PE, TENNIS*

KIDS:709 | \$85

M02 Sa 4pm-5pm **Mark Platt**
June 1 – July 6 *Forest Lake Tennis Club*

720 Sa 10am-11am **Mark Platt**
June 1 – July 6 *Ladue Middle School*

M03 Th 6pm-7pm **Mark Platt**
June 6 – July 18 *Queeny Park Rec Complex*

Golf for Youth: Beginning

Beginning Golf for children. Ages 7-12. Class limit 6. Extra fee for balls.

KIDS:710

Four Sessions | \$45

890 Sa 9am-10am
June 1 – June 22 *Tower Tee Golf Center*

811 Sa 10am-11am
June 1 – June 22 *Big Bend Golf Center*

810 W 6pm-7pm
July 3 – July 24 *Big Bend Golf Center*

Ages 12-15

891 Sa 10am-11am
June 1 – June 22 *Tower Tee Golf Center*

Six Sessions | \$59

880 Sa 9am-10am
June 1 – July 6 *The First Tee*

860 M 6:15pm-7:15pm **Robert Jeep**
June 3 – July 8 *Sunset Hills Golf Learn. Ctr*

Swimming for Children: Beginning

You'll learn to swim like a fish-maybe a shark-while practicing beginning swimming strokes & personal water safety skills & overcoming any fear you may have of the water. Ages 5 and up.

KIDS:720 | \$39

580 Sa 12pm-12:45pm **Jeanne Schulte**
June 8 – Aug. 3 *FV-PE, POOL*

581 Sa 1pm-1:45pm **Jeanne Schulte**
June 8 – Aug. 3 *FV-PE, POOL*

582 Sa 2pm-2:45pm **Jeanne Schulte**
June 8 – Aug. 3 *FV-PE, POOL*

583 Sa 3pm-3:45pm **Jeanne Schulte**
June 8 – Aug. 3 *FV-PE, POOL*

NEW Junior Baker: Cookies Galore!

A fun activity for young bakers ages 10-14. You'll develop your baking skills and knowledge in this class, learning to make a variety of rolled, drop and bar-type cookies. After this experience, you'll be able to go home and bake your own special cookie creations for parties and special celebrations, family get-togethers, bake sales and more... The possibilities are endless. Class is a combination of demonstration and hands-on. Bring containers to take home your finished cookies.

KIDS:730 | \$39

P01 Th 9:30am-12:30pm **Debra Hennen**
Aug. 1 *Culinary Arts House*

P02 Th 6:30pm-9:30pm **Debra Hennen**
Aug. 1 *Culinary Arts House*

Fencing for Youth: Beginning

Learn the basics of swordplay in beginning fencing. Class emphasizes basics of footwork, bladework, and bouting. Equipment provided. Ages 8-11.

KIDS:720 | \$55

650 M 5:30pm-6:20pm **Patrick Dorsey**
June 3 – July 22 *MC-PE, 201*

LOCATION INDEX

**Registration
begins May 6**

Adiva Dance Center
943 S. Kirkwood Rd, 63122

Advanced Auto Service Inc
6123 Gravois, 63116

Affton White-Rodgers
Community Center
9801 Mackenzie Road, 63123

Alaska Klondike Coffee Company,
3200 N Highway 67, 63033

Babler Memorial State Park
Highway 109, 63005

Barrett Station Golf Practice Range
3031 Old Dougherty Ferry Road, 63021

Bellefontaine Conservation Area
10600 Lewis and Clark, 63136

Berkeley Police Firing Range
Intersection of Frost and Eva, 63134

Big Bend Golf Center
3390 Quinette Road, 63088

Big Bend Yoga Center
88 North Gore, 63119

Bridge Haven
6205 No. Lindbergh Blvd, 63042

Bridgeton Trails Library
3455 McKelvey Road, 63044

Ces and Judy's
10405 Clayton Rd, 63131

Chess Club and Scholastic Center
of St. Louis
4657 Maryland Ave, 63108

Chesterfield Ridge Center Building
1st floor,
16401 Swingley Ridge Rd., 63017

City Seeds Urban Farm
2200 Pine Street, 63103

Clayton High School
#1 Mark Twain Circle, 63105

Columbia Bottom Conservation Area
Columbia Bottoms
& Strodtman Rds, 63138

Concordia Lutheran Church
505 S. Kirkwood Rd., 63122

Culinary Arts House
3137 Hampton Avenue, 63139

Dave Mungenast Lexus
13750 Manchester Road, 63011

DEEsigs Studio
221 S Kirkwood Rd, 63122

DePaul Health Center
12303 DePaul Drive, 63044

Eagle Springs Golf Course
2575 Redman Rd. 63136

Family Golfplex and Learning Center
3717 Tree Court Industrial, 63122

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

Forest Lake Tennis Club
1012 North Woods Mill Road, 63011

Francis Park
Donovan and Eichelberger, 63109

Frontenac Racquet Club
10455 German Blvd., 63131

Hawn State Park
12096 Park Drive
Ste Genevieve MO 63670

Jefferson Barracks Historic Park
345 North Road, 63125

Kaufman Park
8000 Blackberry, 63130

Kennedy Recreation Complex
6050 Wells Road, 63128

Kirkwood Community Center
111 South Geyer Road, 63122

Kirkwood Public Library
140 East Jefferson, 63122

Landings at Spirit Golf Club
180 No. Eatherton Road, 63005

Little Creek Nature Area
2295 Dunn Road, 63033

Martial Arts Center (Meramec area)
3712 Lemay Ferry Road, 63125

Martial Arts Center (FV area)
12683 New Halls Ferry Rd, 63033

Maryland Heights Center
2344 McKelvey Rd, 63043

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

Meramec State Park
115 Meramec Park Rd
Sullivan MO, 63080

Mid-County Family YMCA
1900 Urban Drive, 63144

Missouri History Museum
5700 Lindell Blvd, 63112

Nottingham Elementary School
4915 Donovan, 63109

Painted Zebra
10907 Manchester Road, 63122

Preston Art Glass
2651 Chouteau Avenue, 63103

Queeny Park--Greensfelder
Recreation Complex
550 Weidman Road, 63011

RiverChase of Fenton
990 Horan Drive, 63026

Ruth Park Golf Course
8211 Groby Road, 63130

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

Shaw VPA Community Center
5329 Columbia, 63139

Sign of the Arrow
9740 Clayton Road 63124

Solar Yoga Center
6002 Pershing at Des Peres, 63112

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

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

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

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

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

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

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

St. Louis Genealogical Society
4 Sunnen Drive, 63143

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

Sunset Hills Comm. Ctr
3915 South Lindbergh, 63127

Sunset Hills Golf Learning Center
13550 West Watson Rd, 63127

The Studio, Inc.
1332 Strassner Drive, 63144

Third Degree Glass Studio
5200 Delmar, 63108

Thomas Dunn Memorial
Learning Center
3113 Gasconade, 63118

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

Tower Tee Golf Center
6727 Heege Road, 63123

Trinity Lutheran Church
14088 Clayton Road, 63017

University City Public Library
6701 Delmar Blvd, 63130

Vetta Sports-Concord
12320 Old Tesson Ferry Road, 63128

Wine Barrel
Suite 111,
3828 South Lindbergh, 63127

Woods Mill Racquet Club
910 Old Woods Mill Road, 63017

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
H	HOSPITALITY
LB	LIBRARY
PE	PHYSICAL EDUCATION
SC	STUDENT CENTER
T	THEATRE
AA	ART ANNEX

MERAMEC = MC

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

WILDWOOD = WW

EXTENSION CAMPUSES

South County Education and
University Center = SCEUC

William J. Harrison Education
Center = Harrison Ed. Ctr

STLCC Corporate College =
Corp. College

GENERAL INFORMATION

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

Accommodations Statement

St. Louis Community College is committed to providing access and reasonable accommodations for individuals with disabilities. If you have accommodation needs, please contact the Continuing Education Access office at the Meramec campus at least six weeks prior to the start of class to request accommodations. Event accommodation requests should be made with the event coordinator at least two working days prior to the event. Documentation of disability may be required. Contact Anne Marie Schreiber at 314-984-7704.

Students Rights and Responsibilities

All students are responsible for adhering to college policies and procedures. Please refer to www.stlcc.edu/Document_Library/FactFinder.pdf to review and/or download a copy of the Fact Finder Student Handbook including student rights and responsibilities or call the Continuing Education office.

Postponement/Cancellation Due to Inclement Weather

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

Refund of Fees

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

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

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

Fee Reduction for Older Adults

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

Senior Citizen Scholarship

Missouri residents who are at least sixty-five years of age will be awarded a scholarship to be exempt from maintenance fees to enroll in courses on a space available basis. There will be a non-refundable registration fee of \$10 per course to a maximum of \$50 per semester. Student is responsible for other fees, such as materials, supplies and books. At the earliest, students may enroll in the class two days prior to the first class date. Students may not receive a refund for a paid course in order to enroll for a scholarship space in that same course. PLEASE CALL THE CONTINUING EDUCATION OFFICE TO GET SPECIFICS REGARDING THE SENIOR SCHOLARSHIP. The senior scholarship discount does not apply to online classes.

Safety and Program Guidelines for Youth Classes

All children under the age of 16 who are enrolled in programs through the St. Louis Community College Office of Continuing Education, must be accompanied to and signed-in at the beginning of each program session by a responsible party. 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 — can be purchased at the campus bookstores.

Library and Computer Lab Privileges

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

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.

Notice of Non-Discrimination

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. For information contact:

Corporate College

Lesley English-Abram, Manager, Employment and Training Program
STLCC Corporate College, 3221 McKelvey Road, Bridgeton, MO 63044
314-539-5480

Cosand Center/Employment

Patricia Henderson, Senior Manager of Employment
300 S. Broadway, St. Louis, MO 63102-2800, 314-539-5214

Florissant Valley

Joe Worth, Acting Vice President, Student Affairs
3400 Pershall Road, St. Louis, MO 63135-1408, 314-513-4250

Forest Park

Thomas Walker, Jr., Vice President, Student Affairs
5600 Oakland Avenue, St. Louis, MO 63110-1316, 314-644-9212

Meramec

Linden Crawford
Vice President, Student Affairs, 11333 Big Bend Road
St. Louis, MO 63122-5720, 314-984-7609

Wildwood

Marilyn Taras, Director of Student Affairs
2645 Generations Drive, Wildwood, MO 63040-1168, 636-422-2004

Section 504/Title II Coordinator

Dr. Donna Dare, Vice Chancellor of Academic and Student Affairs
300 S. Broadway, St. Louis, MO 63102-2800, 314-539-5285



Our seats fill fast!
Registration opens May 6.

Call 314-984-7777 to register!

Leveraging Education for Growth

The Workforce Solutions Group of St. Louis Community College leverages education for growth in the knowledge economy by offering programs and services designed to advance people, businesses and communities.

Advancing People

Continuing Education advances 40,000 people annually in professional development and personal enrichment programs, courses and workshops.

Advancing Businesses

Corporate Services, a unit of the Workforce Solutions Group, is one of the largest providers of training and consulting services in the St. Louis metro area, annually advancing over 10,000 employees representing 100 regional companies.

Advancing Communities

Community Services advances local communities by partnering with employers, community organizations, education and government to create job opportunities for residents and a talent pipeline for employers.



Workforce Solutions Group:

stlcc.edu/workforce

Continuing Education:

stlcc.edu/ce

Corporate Services:

stlcc.edu/corporate

Community Services:

stlcc.edu/community-services

Well-chosen words

add up to
great sentences.

**Now your own words can add up to a
Writing Certificate
from St. Louis Community College.**

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



Registration is Easy!!!



Mail

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

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



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

Meramec

802 Couch Avenue
 St. Louis, MO 63122

Florissant Valley

At the Center for Workforce Innovation
 3400 Pershall Rd., Ferguson, MO 63135

Forest Park

Forest Park, G Tower-329
 5600 Oakland Ave., St. Louis, MO 63110

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



By Phone

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

Telephone: 314-984-7777

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)
3. Student Social Security Number or UIN
4. Credit Card Number with Expiration Date



Online: www.stlcc.edu

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

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

Registration Deadline

All non-credit courses are limited in enrollment. Advanced registration is required.

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.*

☐ Male ☐ Female

Senior Citizen?

☐ Yes ☐ No

Check Payment:

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

Email Address: _____

UIN or SS#: _____ Birthdate: _____

Name: _____
LAST FIRST MIDDLE INITIAL

Address: _____
STREET OR POST OFFICE BOX

CITY STATE ZIP CODE

Telephone/Home: _____ Work: _____

Credit Card Payment:

Charge fees to: ☐ MasterCard ☐ VISA ☐ Discover ☐ American Express

_____ Expiration Date: _____
CARD NUMBER

Signature: _____

Please register me for the following courses:

Course Code	Section	Course Title	Day/Time	Fees
Total				



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Interested in earning a degree or certificate?

**We have more than a hundred certificate and degree programs.
Our credits transfer to universities nationwide.**

Summer classes begin May 20 and June 3.

Fall classes begin August 19.

Visit stlcc.edu/GetStarted

ST. LOUIS COMMUNITY COLLEGE...

is celebrating 50 years of expanding minds and changing lives in 2012. Fifty years ago, ground was broken for the Arch and votes approved the formation of the Junior College District of St. Louis-St. Louis County. The Arch made St. Louis the "Gateway City" and the college provided another gateway, an "open door" of education for all citizens in the St. Louis region.

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 81,000 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 and Community Development division 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

100097 3/2013

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.