

Continuing Education

SUMMER 2017

Registration begins May 1

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Create



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St. Louis Community College
Continuing Education

stlcc.edu/ce | 314-984-7777

Are you an **STLCC ALUM?**

If you have taken at least one class at St. Louis Community College, our students want to hear about your success!

Share your story at **stlcc.edu/Alumni** or call **314-539-5472** and you will be entered to win a 3-hour Continuing Education class of your choice.

We want to hear from YOU!



St. Louis Community College
Foundation



St. Louis
Community
College

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Continuing Education

Summer 2017

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

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

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

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

Table of Contents

Professional Development

Essentials TRAINING

Small Business Essentials	5
Career Essentials	6
Nonprofit Essentials	6

INDUSTRY AND CONSTRUCTION TECHNOLOGIES

Construction	7
OSHA	7
Restaurant Management	7

CAREER STUDIES

Nursing and Allied Health	8
Healthcare Occupations	9
CPR and First Aid	10
Childcare Training	11
Fitness Training	12
Real Estate	12
Truck Driving	13

COMPUTERS AND TECHNOLOGY

Applications and Systems	13
Mobile Technologies	14
Personal Computing	14
Publishing and Media Technologies	14
Social Media	15
Web Development	16

EDUCATION AND TEST PREP

Adult Ed. & Literacy	16
Test Prep	16

AGELESS LEARNING

Seminars	17
Senior Fitness	17

CREATIVE ARTS

Arts and Crafts	18
Fine Arts	18
Crafts	19
Culinary Arts	22
Performing Arts	24
Dance	24
Music	25
Theater	26
Photography	26
Literature	27
Writing	27

NATURE, HOME AND GARDEN

Animal Care	29
Home Improvement and Maintenance	29
Master Naturalist	30
Ecology	30
Landscape and Gardening	31
Nature	31
Real Estate	32

Personal Enrichment

PERSONAL FINANCE

Finance & Investing	33
Estate Planning	33
Retirement Planning	33

LANGUAGE & COMMUNICATIONS

Languages	34
Sign Language	35

HISTORICAL STUDIES

History and Religion	35
Tours and Trips	35

RECREATION, FITNESS AND WELLNESS

Recreation and Sports	37
Cards and Games	37
Fencing	37
Motorcycle Rider Training	37
Golf	38
Tennis	39
Fitness	40
Aquatics	40
Aerobic Exercise	41
Pilates/Yoga	41
T'ai Chi	42
Self Defense	42
Health and Wellness	42
Youth and Family	43
The Great Outdoors	44

NEED TO KNOW...

Locations	45
General Information	46
Registration	47

No-cost or Low-cost Accelerated Training!



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



Train today for a new career in these industry pathways:

- Patient Care Technician (PCT)
- Community Health Worker
- Medical Assistant (MA)

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

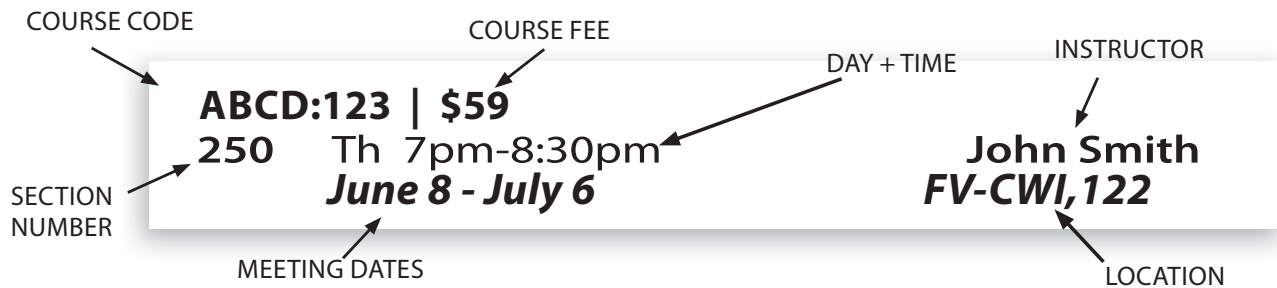
Call our hotline: 314-539-5900



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

How to Read Course Listings

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



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



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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 stlcc.edu/ce. More details and up-to-date information, including senior fees, can be found online.

Keep learning and keep advancing. Gain the skills and knowledge that can move you forward. **Now is the time to take charge of your professional development.**

Continuing Education offers exceptional opportunities to **energize your career, update and expand your professional expertise, explore new fields and build your professional network.**

Professional Development



Essentials Training

Small Business **Essentials**

Understanding Patents, Trademarks and Copyrights

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

BUSS:734 | \$55

680 Sa 8:30am-1:30pm
June 24

Morris Turek
MC - BA, 124

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

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

BUSS:701 | \$35

650 W 6pm-9pm
June 14

Michelle Ochonicky
MC - SO, 107

Starting and Managing a Small Business

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

BUSS:701 | \$59

680 Sa 9am-12pm
June 10 - June 17
681 Sa 9am-12pm
July 15 - July 22

Lynette Watson
MC - BA, 118
Lynette Watson
MC - BA, 118

Exclamation Point!

"Lynette Watson shares a wealth of information and is an awesome instructor"

- Shelby M., Florissant, MO

Understanding Accounting: An Introduction

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

BUSS:741 | \$39

680 Sa 9am-1pm
June 17

Bill Dorr
MC - BA, 124

New Small Business Owners: DIY Background Checks on Potential Employees and Contractors

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

BUSS:765 | \$25

650 Sa 10am-12pm
June 10

Cheryl Ring
MC - SO, 108

Call 314-984-7777
to register beginning May 1

Career Essentials

Using LinkedIn for Your Job Search

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

CPDV:705 | \$25

650 W 6:30pm-9pm

June 14

Laurie Hawkins

MC - SO, 109

Finding Job Leads

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

CPDV:705 | \$29

651 W 6:30pm-9:30pm

June 21

Laurie Hawkins

MC - SO, 107

Resume Workshop: Impress Potential Employers

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

CPDV:704 | \$25

650 Tu 6pm-8:30pm

June 27

Laurie Hawkins

MC - SO, 107

Interviewing: Learn How to Shine

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

CPDV:703 | \$25

650 Th 6pm-8:30pm

June 29

Laurie Hawkins

MC - BA, 112

Plus 50 Employment: Purpose, Process and Payoff

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

CPDV:702 | \$55

650 Th 6:30pm-9:30pm

June 22 - June 29

Edwin Penfold

MC - SW, 202

Plus 50: Finding Purpose and Passion in the Third Chapter

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

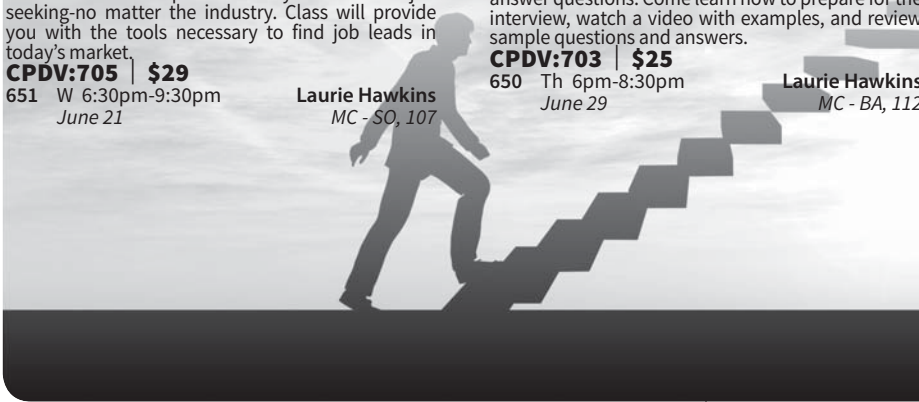
CPDV:702 | \$65

680 Sa 9am-4pm

June 17

Carol Watkins

MC - SO, 111



Nonprofit Essentials

Grant Writing for Beginners

Designed for grant writers who are just getting started or have limited experience in writing proposals, this class will cover key concepts including 501c3 status, types of funders, how to identify potential funders, proposal requirements, sample MO Common Grant Application and tips on writing proposals. One hour lunch on your own.

NPAD:701 | \$59

580 Sa 9am-4pm

June 17

Hannah McClellan

FV - B, 122

Establishing and Running a Nonprofit Organization: Part I

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

NPAD:703 | \$29

680 Sa 10am-12pm

June 17

Amy Hereford

MC - SO, 108

Establishing and Running a Nonprofit Organization: Part II

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

NPAD:703 | \$29

681 Sa 1pm-3pm

June 17

Amy Hereford

MC - SO, 108

New Capacity-Building in Nonprofits: Strategies and Resources

Attend this interactive course to learn capacity-building strategies and resources for supporting your nonprofit's effectiveness and sustainability towards achieving their mission. Activities will include self-assessing your nonprofit's key capacity strengths and identifying growth strategies to enhance engagement with stakeholders. Tools and methods to be discussed for finding potential partners, program planning and evaluation. Strategies will be illustrated with examples on building staff skills, applying evidence-based models and designing community programs. Instructors have partnered with numerous nonprofits over the past ten years in direct consultation, and mentoring graduate students in a service learning course.

NPAD:702 | \$25

650 Tu 6:30pm-8:30pm

July 11

Peggy Neufeld, Christine Berg

MC - SO, 107

Event Planning 101

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

NPAD:704 | \$29

650 W 6pm-9pm

July 26

Sarah Guldalian

MC - SO, 107

Exclamation Point!

"Amy Hereford is incredibly knowledgeable and the subject matter is fascinating. She is a gem! Well done, Amy!"

- Christine E., Ballwin, MO

Industry, Quality & Safety

Drones

New Commercial Drones: FAA Part 107 Test Prep

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

ENGR:706 | \$249

580 Sa 8am-2pm
June 10 - June 17

Jack Beetz
FV - B, 213



Quality and Safety: OSHA

10- Hour OSHA Construction Safety and Health Training Certification

Class meets Monday 6/12 and Wednesday 6/14. This course meets the required laws for working on public job sites. Led by an OSHA certified trainer, the course covers the mandated OSHA topics including OSHA regulations, general safety and health, basic electrical safety, fall protection, ladder and scaffold safety, hand and power tools, material handling, and more. Upon successful completion students will receive the 10 - hour OSHA course completion card. Students may bring a sack dinner and/or drinks and snack to class. Registration by 6/2 is encouraged. No refunds after this date.

CONS:736 | \$125

CD1 MW 4pm-9:30pm
June 12 - June 14

Pat Dalton
Corp. College, 211

10 - Hour OSHA General Industry Safety and Health Training Certification

Class meets Monday 6/26 and Wednesday 6/28. 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 a 10 - hour OSHA card after completion of the course. Students may bring a sack dinner and/or drinks and snack to class. Registration by 6/16 is encouraged. No refunds after this date.

CONS:736 | \$125

CD2 MW 4pm-9:30pm
June 26 - June 28

Pat Dalton
Corp. College, 211

**Call 314-539-5747 for information
on the 30-Hour OSHA certification.**

Restaurant Management

ServSafe Food Safety Certification

St. Louis City and St. Louis County Health Departments require that at least one person within each food service facility be certified in food safety. This nationally recognized class offers 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. No class 6/17.

RMGT:701 | \$169

580 Sa 8am-3pm
June 10 - June 24

Almut Stephan Marino
FV - B, 243

680 Sa 8am-3pm
Aug. 12 - Aug. 26

Almut Stephan Marino
MC - SO, 107

ServSafe Food Safety Certification

Review & Re-test

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

RMGT:702 | \$79

580 Sa 8am-3pm
June 24

Almut Stephan Marino
FV - B

680 Sa 8am-3pm
Aug. 26

MC - SO

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Online Classes

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

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Career Studies

Nursing and Allied Health

GENERAL INFORMATION for Nursing and Allied Health Programs



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

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

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

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

Clinical and Field Work

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

Prep for Success in Nursing Workshop

The Prep for Success in Nursing workshop is specially designed for students entering the STLCC Nursing Program in the fall 2017 semester. Workshop topics include: Medical Terminology, Test-Taking Strategies, Critical Thinking and Strategies for Success. Workshop to be offered at the Forest Park campus, Student Center, 031. Registration/refund/withdrawal date: 5/30.

AHCE:701 | \$25

4D0 Tu 9am-3pm

June 6

FP - SC, 031

EMT Core Curriculum

This course begins May 16, 2017. Attendance at first class is required. A strict attendance policy is enforced. This course meets all the current requirements for Missouri EMT-B license renewal. It includes the assessment and care of the sick and injured, pediatric and geriatric emergencies, childbirth, defibrillation, hazardous material situations and the use of adjunctive EMS equipment. Participation in labs optional pending instructor approval. Does not include CPR. Course is not for initial EMT-Basic training. Initial EMT-Basic training is offered for college credit (EMT 121). Registration deadline before class begins on 5/16. No class 5/29, 7/4.

EMSS:700 | \$150

HDO MTuTh 5pm-9:50pm

May 16 - July 28

Norman Corley
Harrison Ed Ctr, 200

Nursing Math Class

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

NRS:704 | \$35

550 Tu 6pm-8pm

June 13 - June 27

650 Tu 6pm-8pm

July 18 - Aug. 1

Ellen Stillwell

FV - TC, 207

Janet Walsh

MC - CN, 225

Medical Terminology for Nursing and Allied Health Occupations

Medical terms and language are complex and not often easily understood. Nursing and allied health textbooks are filled with many words that have been derived from the combination of word forms from Latin suffixes and prefixes. Attend this course for a "jumpstart" to learn the meaning of these complex words and to gain the "extra edge" when reading textbooks filled with medical language. Refund/withdrawal deadline: 6/19. No class 7/5.

NURS:708 | \$75

4D0 W 9am-12pm

June 14 - July 19

Alverta Smith

FP - G Tower, 121

We're Saving Your Seat!

Call 314-984-7777 to register beginning May 1



St. Louis Community College
Continuing Education



Healthcare Occupations

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

Nurse Assistant Training for Nursing Homes



Register in person only in Continuing Education at Forest Park Student Center 125. Class meets twice a week for 20 sessions; each four hours in length. The 104 hours of on-the-job training are completed in a nursing home and in addition to the scheduled class time. The on-the-job training hours are either an 8 hour day shift or evening shift. No weekend hours for on-the-job training. Time off from work may be required to complete on-the-job training. Strict attendance policy. Any missed class or on-the-job training time will be made up at an additional expense to the student. Upon successful completion of this state approved course the student is eligible to take the Missouri written and practical certification exams. Prerequisite: Family Care Safety Registry Worker Registration letter is required at time of registration. Only original letter will be accepted. Letter cannot be older than six months. Register online at www.health.mo.gov/safety/fcsr/ to obtain letter. To enroll in this state approved training the student must be employable in a skilled nursing facility or intermediate care facility in direct resident care. This is assured by verification with the criminal background check, 5-Panel drug screen, Family Care Safety Registry Worker Registration, state registry for nurse assistants and EDL. Intermediate or higher proficiency in English is recommended. Required Nursing Skills Lab: Saturday, 6/10, 8 am - 4:30 pm. Registration/Refund/Withdrawal deadline: 5/30. No refunds after that date.

NURS:723 | \$1,099
 4D0 TuTh 4:30pm-8:30pm
 June 6 - Aug. 8
 Sa 8am-4:30pm
 June 10

Alverta Smith
 FP - G Tower, 121
 FP - C Tower, 415

The 104 hours of on-the-job training are completed in a nursing home and in addition to the scheduled class time. The on-the-job training hours are either an 8 hour day shift or evening shift.

Free Healthcare Occupations Information Session

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

Healthcare Occupations Information Session

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

AHCE:701 | No Fee

450 M 6pm-7pm
 June 12

FP - G Tower, 121

Pharmacy Technician Training Information Session

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

AHCE:786 | No Fee

450 Th 6pm-7pm
 May 25

FP - G Tower, 121

451 M 6pm-7pm
 July 10

FP - G Tower, 121

Central Sterile Processing Technician Information Session

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

AHCE:788 | No Fee

450 Th 6pm-7pm
 June 1

FP - G Tower, 121

451 M 6pm-7pm
 July 24

FP - G Tower, 121

Information session is free, but registration is required.

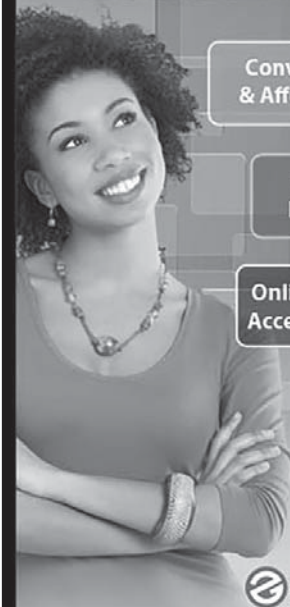
Call 314-984-7777 to register beginning May 1

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CPR and First Aid

BLS for Healthcare Providers

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

CPRR:707 | \$75

6D0 W 9am-3:30pm
May 24

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

4D0 W 5pm-10pm
June 7

6D1 Th 5pm-10pm
June 15

3D0 M 9am-3:30pm
June 19

6D2 Th 5pm-10pm
June 22

SD0 M 5pm-10pm
June 26

4D1 W 5pm-10pm
July 12

6D3 F 9am-3:30pm
July 14

3D1 Tu 5pm-10pm
July 18

4D2 F 9am-3:30pm
July 21

5D1 M 9am-3:30pm
July 24

4D3 W 5pm-10pm
July 26

CD0 F 9am-3:30pm
July 28

HD0 M 9am-3:30pm
July 31

5D2 W 5pm-10pm
Aug. 2

6D4 Sa 9am-3:30pm
Aug. 5

SD1 M 9am-3:30pm
Aug. 7

4D4 W 5pm-10pm
Aug. 9

5D3 F 9am-3:30pm
Aug. 11

4D5 Su 9am-3:30pm
Aug. 13

Marilyn Miederhoff
MC, CE

Gary Holsapple
FV - CWI, 136

Gordon Back
FP - G Tower, 121

Carol Pikey
MC, CE

Carol Pikey
WW, 102B

Gordon Back
MC, CE

Carol Pikey
STLCC-SC, 213

Gordon Back
FP - G Tower, 121

Carol Pikey
MC, CE

Carol Pikey
WW, 102B

Marilyn Miederhoff
FP - G Tower, 121

Gary Holsapple
FV - CWI, 136

Gordon Back
FP - G Tower, 121

Gary Holsapple
Corp. College, 276

Gordon Back
Harrison Ed Ctr, 100

Gary Holsapple
FV - TC, 110

Gary Holsapple
MC, CE

Carol Pikey
STLCC-SC, 125

Marilyn Miederhoff
FP - G Tower, 121

Gary Holsapple
FV - CWI, 136

Gordon Back
FP - G Tower, 121

Heartsaver CPR AED: Adult and Pediatric

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

CPRR:701 | \$65

6D0 Th 6pm-9:30pm
July 20

Gordon Back
MC, CE

Heartsaver CPR AED: Adult

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

CPRR:701 | \$49

CD0 Tu 4pm-6pm
June 13

Gary Holsapple
Corp. College, 276

Heartsaver First Aid CPR AED

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

CPRR:706 | \$99

6D0 Sa 8:30am-4:30pm
Aug. 19

Marilyn Miederhoff
MC, CE

Heartsaver Pediatric First Aid CPR AED

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

CPRR:711 | \$97

6D0 Sa 8:30am-4pm
June 10

Carol Pikey
MC, CE

Basic Life Support Instructor Essentials Course

The American Heart Association BLS Instructor Essentials Course provides the core and discipline-specific content necessary to teach AHA CPR and First Aid courses. The course is taught in a blended-learning format. Instructor candidates will complete pre-course online study, followed by the hands-on session conducted by Training Center Faculty during the AHA Instructor course. The course educates the instructor candidate in the use of AHA Instructor teaching materials; how to ensure that students meet learning objectives; student coaching skills; how to conduct an objective skills performance evaluation and to follow AHA Instructor course policies. Please note there is self-paced, pre-course preparation. Access to a computer will be necessary to complete required online course work. Prerequisite required at time of registration: Current AHA BLS Healthcare Provider CPR card. Registration three weeks prior to course start date is required to ensure arrival of pre-course materials and completion of pre-course preparation. Per AHA requirements, within six months of the initial BLS Instructor Essentials Course, a STLCC Training Center Faculty member must monitor the instructor candidate's teaching and verify the performance of the candidate's provider skills. The instructor candidate will pay an additional fee for this monitoring. Due to the nature of this course, you must arrive on time. No admittance after the stated start time. No refund for late arrival. Registration/Refund/Withdrawal deadline: 6/9. Interested students must contact Diane Sterett at 314-539-5754 before registering for the BLS Essentials Instructor Course.

CPRR:708 | \$299

4D0 M 8am-5pm
July 10

Gordon Back
FP - G Tower, 121

CPR Instructor Renewal

To successfully complete the American Heart Association CPR Instructor Renewal course, the instructor will demonstrate acceptable provider skills and successful completion of the provider written examination. The renewal course may include an update addressing new course content or methodology and review TC, regional and national ECC information. Prerequisite: The instructor must have taught at least four CPR courses and attended updates as required within the previous two years and be a current CPR Instructor as evidenced by a current CPR Instructor card. At time of registration the instructor must provide documentation meeting all prerequisites. Registration is required one week prior to course start date. Registration/Refund/Withdrawal deadline: 7/10. Due to the nature of this course, you must arrive on time. No admittance after the stated start time. No refund for late arrival. Interested students must contact Diane Sterett at 314-539-5754 before registering for the CPR Instructor Renewal Course.

CPRR:709 | \$99

4D0 M 6pm-10pm
July 17

Gordon Back
FP - G Tower, 121



Exclamation Point!

"I enjoyed the time in my CPR class. Carol Pikey was very personal and helped me understand anything that I had trouble with."

- Stacey L., Valley Park, MO

Childcare Training

CHILD CARE CLOCK HOUR TRAINING

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

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

New The Importance of Early Experience

In the style she has become famous for, Lisa Murphy shares many observations, lessons, and anecdotes about how early childhood has changed along the way reflecting on her own experiences where, at the young age of three, she decided to become a teacher. Participants will be motivated to get back in touch with their personal teaching decision and ask themselves: if it WAS their only day, what will they remember? Learn several things you need to do with children each day to support the house of learning which includes reading, writing, and math. By making time to create, move, sing, discuss, observe, read and play we are getting children ready not just for kindergarten, but for life!

CCPR:765 | \$15

580 Sa 9am-12pm
June 10

Lisa Murphy, M. Ed.
FV - SC, MULTI-PURP



- o **Incredible Value**
- o **One-Time Session ONLY**
- o **International In-Demand Speaker**
- o **REGISTER EARLY! Limited Enrollment, First-Come, First-Served**

Saturday Childcare Programs

Please arrive early to check in prior to the workshop

Child Care Provider: Heartsaver Pediatric First Aid CPR AED

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

CCPR:711 | \$97

6D0 Sa 8:30am-4pm
June 10

MC, CE

Focus on Health

This session will cover information that is being required for ALL child care employees whose center receives DSS subsidy! The following four different topics include infectious disease prevention and control, universal health pre-cautions/handwashing, sanitary food handling, medication administration and parental consent, food allergies and prevention. **Lunch included.**

CCPR:711 | \$59

581 Sa 9am-2:30pm
June 17

Darlene Neil
FV - CDC, 110

Focus on Safety, Emergencies, Preparedness, and Hazard's in a Child Care Setting

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

CCPR:765 | \$39

581 Sa 9am-1pm
June 24

FV - CDC, 110

Discipline for Young Children

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

CCPR:702 | \$19

650 Th 7pm-9pm
June 8

Geraldine Jasper
MC - SO, 109

Child Safety and Supervision

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

CCPR:702 | \$19

550 Th 7pm-9pm
June 15

Geraldine Jasper
FV - CDC, 112

Messing About With Purpose

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

CCPR:703 | \$19

650 Tu 7pm-9pm
June 6

Latonya Brown
MC - SO, 107

Safe Sleep Practices

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

CCPR:711 | \$19

550 Tu 7pm-9pm
June 13

Jasmin Marshall
FV - CDC, 112

Introduction of Developmental Growth

This workshop is required for every child care provider in the state of Missouri! You will explore the different stages of human life from infancy to early childhood and the cognitive, motor, and social changes occurring during each stage. Topics include: attachment, motor, language, and social-moral development.

CCPR:712 | \$19

550 M 7pm-9pm
June 12

Selena Eunice Washington
FV - CDC, 112

Child Abuse: What A Child Caregiver Needs to Know

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

CCPR:717 | \$19

550 Tu 7pm-9pm
June 20

Patty Smith
FV - CDC, 112

Communicating with Young Children

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

CCPR:721 | \$19

450 Th 7pm-9pm
June 22

Geraldine Jasper
FP - G Tower, 119

Childcare Training (cont.)

Asking Questions...Encouraging Children's Thinking

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

CCPR:721 | \$19

451 W 7pm-9pm
June 14

Geraldine Jasper
FP - G Tower, 119

Language Development-Birth to Age 5

The workshop discusses brain development, the importance of reading to language development, age appropriate books, developmental milestones, and appropriate activities for each milestone. Co-sponsored by St. Louis Disabilities Association.

CCPR:723 | \$19

450 M 7pm-9pm
June 5

FP - G Tower, 119

Understanding Autism

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

CCPR:723 | \$19

550 M 7pm-9pm
June 26

FV - CDC, 112

To register for classes and workshops in the Caring for Kids Program, call 314-984-7777

Understanding ADHD: Attention Deficit Hyperactivity

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

CCPR:723 | \$19

650 W 7pm-9pm
June 28

MC - SO, 109

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

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

CCPR:727 | \$19

650 W 7pm-9pm
June 21

Geraldine Jasper
MC - SO, 109



Fitness Training

ACE Personal Trainer Certification Prep Course

Ready for a career change? Become a CERTIFIED PERSONAL TRAINER! Designed to give you the knowledge and understanding necessary to prepare for the ACE Personal Trainer Certification Exam and become an effective personal trainer, this course presents the ACE Integrated Fitness Training® (ACE IFT®) Model as a comprehensive system for designing individualized programs based on each client's unique health, fitness, and goals. The information covered and the ACE IFT® Model will help you learn how to facilitate rapport, adherence, self-efficacy and behavior change in clients, as well as design programs that help clients to improve posture, movement, flexibility, balance, core function, cardiorespiratory fitness, and muscular endurance and strength. Due to the specialized nature of this class, NO REFUNDS WILL BE ISSUED ONE WEEK PRIOR TO THE CLASS START DATE. STUDENT MUST BE AT LEAST 18 YEARS OF AGE OR HAVE A HIGH SCHOOL DIPLOMA/GED AND HOLD CPR/AED CERTIFICATION BEFORE TAKING EXAM. Background check may be required for certification. Please review the ACE Certification Candidate Handbook at <http://www.acefitness.org/fitness-certifications/pdfs/Certification-Exam-Candidate-Handbook.pdf> for more information on eligibility. Fee includes cost of exam, textbook, study guide, and sample test. Additional fee to retake exam. Voucher for exam must be used within six months of date received. Class is not eligible for Senior Scholarship. Registration/withdrawal deadline: 5/30. No refunds after that date. No class 7/4.

PEDU:753 | \$695

6D1 Tu 5:30pm-9:30pm
June 6 - Aug. 15

4D1 F 9am-1pm
June 9 - Aug. 11

Melissa Baumgartner
MC - SO, 105

Melissa Baumgartner
FP - G Tower, 113



Real Estate

How to Start a Career in Real Estate

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

REAL:715 | \$25

450 W 7pm-9pm
June 28

Jill McCoy
FP - G Tower, 115



How to Be a Successful Landlord

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

REAL:720 | \$69

480 Sa 9am-5pm
July 15

Mary Hankins
FP - G Tower, 115



TRUCK DRIVERS ARE IN HIGH DEMAND!

Learn about the 5-week Class A CDL Truck Driving Program, 2-week Class B CDL Program, and the Refresher CDL Program, the eligibility requirements, job outlook, and payment options. Attend an Information Session for program details.

Information sessions are free but registration is required.

CPDV:701 | No Fee

400 Th 9:30am-11:30am May 25	April McKee FP - D Tower, 210	403 Tu 5pm-7pm June 13	April McKee FP - E Tower, 414
401 Th 9:30am-11:30am June 1	April McKee FP - D Tower, 210	404 Th 9:30am-11:30am June 22	April McKee FP - D Tower, 210
402 Th 9:30am-11:30am June 8	April McKee FP - D Tower, 210	405 Th 9:30am-11:30am June 29	April McKee FP - D Tower, 210

Call 314-984-7777 to register.



stlcc.edu/truckdriving

Computers & Technology

Applications and Systems

Microsoft Word 2016: In a Day

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

COMP:715 | \$99

C80 Sa 9am-4pm June 24	Rachel Bufalo FV - B, 127
680 Sa 9am-4pm July 15	Rachel Bufalo MC - BA, 203

Microsoft Word 2016 for Business: Part I

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

COMP:715 | \$129

C01 F 9am-4pm May 19	Cris Heffernan Corp. College, 208
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Microsoft Excel 2016: In a Day

Learn the basics of MS Excel in one day! You'll learn how to create spreadsheets for all kinds of applications including accounting, expense analysis, budgeting and more. 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

C01 Sa 9am-4pm June 24	Cris Heffernan Corp. College, 208
680 Sa 9am-4pm July 22	Roy Lenox MC - BA, 202

Microsoft Excel 2016: Introduction

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

COMP:720 | \$149

650 Th 6:30pm-9:40pm June 1 - June 29	Roy Lenox MC - BA, 203
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Microsoft Excel 2016 for Business: Part I

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

COMP:720 | \$129

C02 F 9am-4pm June 9	Cris Heffernan Corp. College, 208
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Microsoft Excel 2016 for Business: Part II

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

COMP:721 | \$129

C01 F 9am-4pm June 16	Cris Heffernan Corp. College, 208
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Microsoft Excel 2016 for Business: Part III

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

COMP:722 | \$129

C01 F 9am-4pm July 21	Cris Heffernan Corp. College, 208
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Microsoft Excel 2016: Charts, Tables and Lists

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

COMP:721 | \$79

650 Th 8:30am-9:30pm July 13 - July 20	Roy Lenox MC - BA, 208
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Exclamation Point!

"Cris Heffernan's teaching was excellent and she made everyone feel at ease. I took the Excel and Word classes with Cris and she did a great job with both. I learned so much in the exceptional learning environment she provided!"

- Sheri P., Crestwood, MO

Microsoft Access 2016: In a Day

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

COMP:725 | \$129

C80 Sa 9am-4pm
July 22

Cris Heffernan
Corp. College, 208

Microsoft Access 2016 for Business: Part I

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

COMP:725 | \$129

C01 F 9am-4pm
July 7

Cris Heffernan
Corp. College, 208

Microsoft Access 2016 for Business: Part II

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

COMP:726 | \$129

C01 F 9am-4pm
July 14

Cris Heffernan
Corp. College, 208

QuickBooks Pro 2015

This class introduces students to QuickBooks, an easy to use, complete accounting system for small businesses. Students will create a company and use QuickBooks to maintain financial records. Topics covered include: setting up customer/vendor lists, entering sales and invoices, receiving payments, making deposits, handling expenses and bills, working with bank accounts, analyzing financial data, handling sales tax and managing inventory. This course does not cover the QuickBooks online version. Prerequisite: Windows Introduction class or equivalent experience. No class 7/3..

COMP:734 | \$149

C50 M 6pm-9pm
June 12-July 17

Dawn Jones
Corp. College, 208

Mobile Technologies

Android Smart Phones Small Group Workshop

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

COMP:765 | \$29

580 Sa 9am-12pm
June 17

Rachel Bufalo
FV - B, 127

Exclamation Point!

"Everyone in my Android class had different phones and different levels of expertise. The instructor kept the class on track with information that was valuable to all."

- Jon G., Maryland Heights, MO

Learn the Basics of an iPhone

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

COMP:765 | \$25

C80 Sa 9am-12pm
July 22

Corp. College, 211

680 Sa 9am-4pm
June 24

MC - SW, 210

Personal Computing

PCs and Technology: Introduction In a Day

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

COMP:701 | \$99

680 Sa 9am-4pm
July 8

Rachel Bufalo
MC - BA, 203

Microsoft Windows 10: Introduction In a Day

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

COMP:705 | \$99

C82 Sa 9am-4pm
July 15

Corp. College, 206

C80 Sa 9am-4pm
July 8

Corp. College, 206

C81 Sa 9am-4pm
July 22

Corp. College, 206

Buying and Selling Online

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

COMP:742 | \$25

C50 Tu 6pm-9pm
June 27

Rachel Bufalo
Corp. College, 208

Introduction to eBay: Buying and Selling

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

COMP:742 | \$39

S53 W 6:30pm-9pm
June 14 - June 21

William Bearden
STLCC-SC, 206



= Digital Arts and Technology Alliance Workshops

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!

COMP:742 | \$25

S51 Tu 6pm-9pm
June 20

Rachel Bufalo
STLCC-SC, 206

Personal Online Security

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

COMP:795 | \$39

C80 Sa 9am-1pm
July 15

Fernando Tillman
Corp. College, 208

Publishing and Media Technologies

Adobe Photoshop Creative Cloud (CC): In a Day

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

COMP:755 | \$99

C80 Sa 9am-4pm
June 24

Zak Zych
Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Introduction

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

COMP:755 | \$129

C50 Tu 6pm-9pm
June 6 - June 27

Zak Zych
Corp. College, 206

Adobe Photoshop Creative Cloud: The First Step

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

CVTW:701 | \$139

600 F 8:30am-4:30pm
June 9

Zak Zych
MC - HE, 233

Social Media

Facebook Basics

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

COMP:742 | \$25

S50 Tu 6pm-9pm
June 6

550 Tu 6pm-9pm
July 11

350 Th 6pm-9pm
July 20

Rachel Bufalo
STLCC-SC, 206

Rachel Bufalo
FV - B, 127

Erin De Vore
WW, 207

Facebook for Business

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

COMP:742 | \$39

S52 Tu 5:30pm-9pm
July 18

C01 Sa 9am-12:30pm
May 20

Rachel Bufalo
STLCC-SC, 206

Rachel Bufalo
Corp. College, 208

Facebook: Profile, Photos, Friendships and Home Page

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

COMP:742 | \$25

650 Th 6pm-9pm
July 6

Rachel Bufalo
MC - BA, 216

Social Media Marketing

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

CVTW:713 | \$139

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

Rachel Bufalo
MC - HE, 233



= Digital Arts and Technology Alliance Workshops

Adobe Photoshop Creative Cloud: The Next Step

Picking up where the first workshop left off, the intermediate class will include lectures and tutorials - each lasting for about an hour - which may include (but are not limited to) levels adjustments, the spot healing brush, the red eye tool, controlling the size of your document via the image size and canvas size dialog boxes, the crop tool, saving images for the web as jpgs and gifs, blending modes and an introduction to using layer masks in concert with adjustment layers as a means of improving the color and contrast of your images.

CVTW:701 | \$139

601 F 8:30am-4:30pm
June 23

Zak Zych
MC - HE, 233

Adobe Illustrator Creative Cloud: The First Step

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

CVTW:702 | \$139

680 Sa 8:30am-4:30pm
June 10

John Schmitt
MC - HE, 232

Adobe InDesign Creative Cloud: The First Step

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

CVTW:702 | \$139

600 F 8:30am-4:30pm
June 16

David Haley
MC - HE, 233

Adobe InDesign Creative Cloud: The Next Step

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

CVTW:702 | \$139

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

David Haley
MC - HE, 233

AfterEffects: The First Step

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

CVTW:704 | \$139

600 F 8:30am-4:30pm
July 7

Timothy Linder
MC - HE, 233

Adobe Lightroom: Introduction

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

CVTW:701 | \$139

602 F 8:30am-4:30pm
June 16

Charles LaGarce
MC - HE, 232

AfterEffects: The Next Step

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

CVTW:704 | \$139

601 F 8:30am-4:30pm
July 21

Timothy Linder
MC - HE, 233

New Adobe Illustrator: Pen Tool Boot Camp

Have you struggled with the Pen tool is a key component for image creation in vector design and a difficult tool to master. This half day workshop will focus on lessons to help understand line creation in vector software. Learn best practices on how to place anchor points, control handles and use modifier keys for path creation. Brief experience with Illustrator is helpful. This class will be offered on the Macintosh platform with current version of Adobe Illustrator CC 2017.

CVTW:702 | \$69

681 Sa 8:30am-12:30pm
July 8

John Schmitt
MC - HE, 136

Maya

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 | \$139

602 F 8:30am-4:30pm
June 9

Joseph Rollins
MC - HE, 232

New Adobe Lightroom: Print

This workshop will focus on advanced image development techniques for both amateur and professional photographers. Students will be taught both global and selective enhancement tool to optimize images. Emphasis will be placed on preparing images for printing through Lightroom.

CVTW:701 | \$69

603 F 8:30am-12:30pm
July 14

Charles LaGarce
MC - HE, 232

New Adobe Lightroom: Publish

This workshop will focus on advanced image development techniques for both amateur and professional photographers. Emphasis will be placed on preparing images for Lightroom output modules: Slideshow, Book, and Web.

CVTW:701 | \$69

700 Sa 8:30am-12:30pm
July 15

Charles LaGarce
MC - HE, 232

New Digital Movie Making: Introduction

This class will teach the basics of shooting video with a camcorder or DSLR with the intent of creating, editing, and presenting short movies. Topics covered will include: video shooting skills, cameras, lenses, resolution, and frame rates. Adobe and Apple software will be used for editing. Video codec compression and video file formats will be discussed. Students will be taught how to optimize their movies for a DVD or to be shared on YouTube, Vimeo, or Instagram. Students must provide their own digital video camera or DSLR (No Smart Phones please).

CVTW:706 | \$139

680 Sa 1pm-5pm
June 10 - June 17

Russell Rosener
MC - HE, 233

Web Development

Create Your Own Website with WordPress

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

COMP:745 | \$99

C01 F 9am-4pm
June 16

Jerry Bearden
MC - BA, 203

Ease into WordPress

Anyone can learn how to create their own website in just a few hours using WordPress, the most popular website creator tool on the Internet. Whether you are just a beginner using graphically based templates or want to get down into the nitty-gritty code, WordPress is your answer and it's FREE and you don't have to be a techie! DIY with your creativity and WordPress. Walk away from this class with a basic website and the skills to go as far as you want. The sky's the limit! Prerequisite: Windows Introduction class or equivalent experience. Students must already have a generic email account through Gmail, Yahoo or Hotmail and know this email address and password when coming to class. Please note that the same content will be covered as in Create Your Own Website with WordPress. This class just moves at a slower pace and is designed for those that are not generally comfortable with computers.

COMP:745 | \$109

650 Th 6pm-9pm
July 6 - July 20

Jerry Bearden
MC - BA, 202

Education & Test Prep

Test Prep

ACT Test Preparation

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

EDUC:712 | \$195

4D0 M 9am-12pm
June 19 - July 31

Registration/withdrawal/refund deadline: 6/12.

6D0 W 9am-12pm
June 21 - Aug. 2

Registration/withdrawal/refund deadline: 6/14.

5D0 Sa 9am-12pm
July 8 - Aug. 19

Registration/withdrawal/refund deadline: 6/30.

Toshi Floyd
FP - F Tower, 325

Toshi Floyd
MC - CS, 206

Toshi Floyd
FV - B, 124

Math Review for Chemistry Students

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

MATH:752 | \$69

400 TuWTh 9am-1pm
May 16 - May 18

600 WThF 8:30am-12:30pm
May 31 - June 2

Donna Mabbs
FP - B Tower, 415
Suzanne Saum
MC - LH, 102

Adult Basic Education and English as a Second Language

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

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

Call 314-984-7777 for more information

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

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

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

Parkway Schools - 314-415-4940

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

Rockwood Schools - 636-733-2161

Serving the school district of Rockwood.

Ritenour Schools - 314-426-7900

Serving the school district of Ritenour.

University City Schools - 314-290-4052

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


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Personal Enrichment

 St. Louis Community College
Continuing Education

Ageless Learning

Seminars

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

ALS: Identity Theft: Current Scams and How to Avoid Them

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

SENR:702 | No Fee

300 Th 10am-12pm
June 15

Cheryl Ring
WW, 102A

ALS: A Whirlwind Look at 120 Museums in the St. Louis Area

The Washington Post has counted - there are more museums in the US than there are Starbucks and McDonalds combined. Presentation will explore the grand array of museums in the St. Louis area from the small museums (saxophones, beer brewing, mastodons, and antique fire engines) to the large world-class museums. Come explore what St. Louis has to offer and get ready to plan your summer adventures!

SENR:702 | No Fee

600 Th 10am-11:30am
June 8

Douglas Schneider
MC - BA, 105

ALS: The Founding of St. Louis in 1764

Our founders had to make decisions about where to locate St. Louis back in 1764. This interactive presentation will start by going over those decisions in the form of a Family Feud game with the participants being divided into two groups-the Lacledes vs the Chouteaus. Host Doug Schneider will then explain how these decisions shaped the city in the four decades leading up to the Louisiana Purchase. A morning of fun and history.

SENR:702 | No Fee

601 Th 10am-11:30am
July 13

Douglas Schneider
MC - BA, 105

301 Th 10am-11:30am
July 27

Douglas Schneider
WW, 102A

ALS: Medicare Essentials

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

SENR:702 | No Fee

602 Th 10am-12pm
July 6

Julia Allen
MC - SO, 109

Senior Fitness

Line Dancing for Older Adults: Beginning

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

SENR:703 | \$59

M02 F 1:45pm-2:45pm
June 2 - July 7

Sandra Derickson
Affton White-Rodgers, GYM

M04 F 1:45pm-2:45pm

July 14 - Aug. 25
No Class 8/11

Sandra Derickson
Affton White-Rodgers, GYM

Line Dancing for Older Adults: Easy Intermediate

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

SENR:703 | \$59

M01 F 12:30pm-1:30pm
June 2 - July 7

Sandra Derickson
Affton White-Rodgers, GYM

M03 F 12:30pm-1:30pm

July 14 - Aug. 25
No Class 8/11

Sandra Derickson
Affton White-Rodgers, GYM

Yoga for Seniors

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

SENR:704 | \$79

M01 Th 10am-11am
June 15 - Aug. 3

Masterpeace Studios



Call 314-984-7777 to register beginning May 1

Creative Arts

Arts and Crafts

Fine Arts

Drawing

Drawing: Beginning/Intermediate

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

ARTS:709 | \$105

- | | |
|--|---------------------------------|
| 350 Tu 6:30pm-9:30pm
June 6 - July 11
No Class 7/4 | Jeffrey Johnson
WW, 309 |
| 600 Tu 9:30am-12pm
June 6 - July 18
No Class 7/4 | Ruth Kolker
MC, CE |
| 450 W 6pm-9pm
June 7 - July 5 | Lisa Payne
FP - G Tower, 413 |
| 351 Tu 6:30pm-9:30pm
July 18 - Aug. 15 | Jeffrey Johnson
WW, 309 |

Perspective Drawing and Still Life

In a relaxed atmosphere, explore drawing fundamentals - line, perspective, value, and composition. No experience necessary and much individualized instruction given. Intermediate level students advance with more sophisticated projects. Supply list discussed at first class. Bring pencil and sketch pad to first class. No class 7/3.

ARTS:709 | \$105

- | | |
|---|-------------------------------------|
| 650 M 6:30pm-9:30pm
June 5 - July 10 | Philip Perschbacher
MC - HE, 125 |
|---|-------------------------------------|

Exclamation Point!

"Philip Perschbacher is phenomenal. I most likely will take another art course, simply because he is teaching it."

Linda B., St. Louis

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 7/1.

ARTS:709 | \$105

- | | |
|---|---------------------------|
| 680 Sa 9:30am-12pm
June 10 - July 22 | Sean Long
MC - HE, 125 |
|---|---------------------------|



Drawing in Color Pencil: Beginning

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

ARTS:716 | \$155

- | | |
|---|------------------------------------|
| 350 M 12:30pm-2:30pm
June 5 - Aug. 14
No Class 7/3 | K. Scharfenberger
WW, 225 |
| S01 Tu 12:45pm-2:45pm
June 6 - Aug. 15
No Class 7/4 | K. Scharfenberger
STLCC-SC, 101 |

Drawing in Color Pencil: Intermediate

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

ARTS:716 | \$155

- | | |
|---|------------------------------------|
| S02 Th 12:45pm-2:45pm
June 8 - Aug. 10 | K. Scharfenberger
STLCC-SC, 101 |
|---|------------------------------------|

Botanical Illustration: Colored Pencils

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

ARTS:709 | \$105

- | | |
|------------------------------------|---------------------------|
| 601 Th 12pm-3pm
June 8 - July 6 | Maureen Brodsky
MC, CE |
|------------------------------------|---------------------------|

Botanical Illustration: Watercolor

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

ARTS:709 | \$105

- | | |
|--------------------------------------|---------------------------|
| 602 Th 12pm-3pm
July 13 - Aug. 10 | Maureen Brodsky
MC, CE |
|--------------------------------------|---------------------------|

Caricature Drawing

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

ARTS:721 | \$105

- | | |
|----------------------------------|---------------------------|
| 650 W 6pm-9pm
June 7 - July 5 | Sean Long
MC - HE, 125 |
|----------------------------------|---------------------------|

Calligraphy

Calligraphy Basics

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

ARTS:725 | \$125

- | | |
|-------------------------------------|--|
| S01 F 10am-12pm
June 9 - July 28 | Kristine Scharfenberger
STLCC-SC, 104 |
|-------------------------------------|--|

Painting

Watercolor: Beginning Techniques

Paint the brilliant color and fluid stroke of watercolor. Explore paint, paper and brush techniques. Course will cover a variety of subject matter in a supportive atmosphere. Supply list sent. No class 7/4.

ARTS:735 | \$105

- | | |
|---------------------------------------|---------------------------|
| 600 Tu 1pm-3:30pm
June 6 - July 18 | Maureen Brodsky
MC, CE |
|---------------------------------------|---------------------------|

Watercolor: Beginning/Intermediate

Paint the brilliant color and fluid stroke of watercolor. Explore paint, paper and brush techniques. Course will cover a variety of subject matter in a supportive atmosphere. Supply list sent.

ARTS:735 | \$105

- | | |
|---------------------------------------|----------------------------|
| 350 Th 6:30pm-9pm
June 8 - July 13 | Jeffrey Johnson
WW, 309 |
|---------------------------------------|----------------------------|

Watercolor: Intermediate/Advanced Techniques

Paint transparent watercolor on a more advanced level. Students must be proficient in drawing with basic watercolor skills. Attempt the more difficult techniques of layered washes, modeling with color, unusual textural accents, and more. Prerequisite: Beginning Watercolor class or equivalent experience. No class 6/16, 6/23.

ARTS:736 | \$205

- | | |
|---------------------------------------|---------------------------------------|
| W01 F 9:30am-12pm
June 2 - Aug. 18 | Phyllis Smith Piffel
Bluebird Park |
| W02 F 12pm-2:30pm
June 2 - Aug. 18 | Phyllis Smith Piffel
Bluebird Park |

Oil or Acrylics: All Levels

Explore oil paint's richness or acrylic's speed in a class that covers color theory, artistic perception, composition, and paint mixing/application. Progress at your own rate with individualized instruction as you learn techniques to enhance painting skills. 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 | \$125

- | | |
|--|------------------------------------|
| 450 Tu 6pm-9pm
June 6 - July 18
No Class 7/4 | Lisa Payne
FP - F Tower, 410 |
| 400 M 1pm-4pm
July 10 - Aug. 14 | Sarah Paulsen
FP - G Tower, 409 |

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. No class 6/20, 7/4.

ARTS:748 | \$205

600 Tu 12:30pm-3:30pm **Phyllis Smith Piffel**
 May 30 - Aug. 15 MC - SO, 109
 No Class 6/20, 7/4
 650 W 6:30pm-9:30pm **Phyllis Smith Piffel**
 May 31 - Aug. 9 MC, CE

Abstract Painting

Ever wanted to paint like Picasso, Warhol, Pollack, Lee Krasner or the DeKoonings? This is the studio class for you. No representational art. Broom the still lives and puppy dogs to explore the pouring, layering, scraping, trolling and stenciling techniques that made mid 20th century art so intriguing. No experience necessary. Supplies will be additional and discussed at the first class. No class 7/4.

ARTS:748 | \$105

601 Tu 9am-10am **Maureen Brodsky**
 June 6 MC - HE, 217
 Tu 9am-12pm
 June 13-July 18 MC - HE, 217

All About Framing Artwork

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

ARTS:765 | \$29

650 Tu 7pm-9:30pm **Deborah Weltman**
 June 13 MC, CE

Crafts

Needlecrafts

Duct Tape Dress Forms

Construct a dress form that exactly matches your body! You will begin by wrapping yourself in pieces of duct tape, cutting off the shell, and filling it with foam. We will make a simple stand for the form also. Wear good undergarments and an old t-shirt.

CRFT:713 | \$49

P01 Sa 9am-2pm **Anne Stirnemann**
 June 17 City Sewing Room

Picnic Blanket Bag Combo

Picnic blanket bag combo. Make a picnic bag to carry your sandwiches and unfold it to become a round picnic blanket measuring 4 ft in diameter. Bring 1.5 yards of a quilted fabric and 1 yard of coordinated quilting type fabric. Machines and notions provided at class.

CRFT:713 | \$39

P04 Sa 9am-1pm **Anne Stirnemann**
 July 15 City Sewing Room

Scrap Bag

Make a purse from scrap fabric. Each purse will be unique depending on which fabric you chose. Add a zipper, button or Velcro closure. Finish it out with scrap trim! Enjoy an evening using your creative side. Some sewing experience needed. All materials and machines provided.

CRFT:713 | \$39

P03 Tu 6pm-9pm **Anne Stirnemann**
 July 11 City Sewing Room

Thread Painting

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

CRFT:713 | \$39

P02 Tu 6pm-9pm **Anne Stirnemann**
 June 20 City Sewing Room

Introduction to Upholstery

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

CRFT:713 | \$35

P05 Th 6:30pm-8:30pm **Perennial**
 June 22

Embroidery: Design and Stitch

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

CRFT:728 | \$69

S50 W 6pm-9pm **Magan Harms**
 June 14 - June 28 STLCC-SC, 122

Sashiko Embroidery and Mending

Have you seen the newest mending craze? It is a combination of embroidery and patching holes and making them look amazing at the same time. Bring that old pair of jeans that you've worn a hole in, or your favorite jacket that has a tear, we can also add bits to cover a stain. Some people are making holes to patch and add a little something to the item. Bring a pair of scissors and an item of clothing with a hole.

CRFT:728 | \$39

650 W 6pm-9pm **Nicole Ottwell**
 June 28 MC - SO, 108

Embroider a Canvas Tote: Prairie Flowers

In this class you will learn basic embroidery stitches used in candlewicking: french and colonial knots, running stitch, stem stitch, back stitch and lazy daisy. We will be stitching on an unbleached canvas tote bag. The end result will be multicolored prairie flowers. All materials included in the cost of the class. No senior discount.

CRFT:728 | \$45

P03 Tu 10am-12pm **Craft Central**
 June 6

Waxed Canvas Tote Bag

Learn how to wax canvas with local beeswax to create water and weather resistant fabrics! We will show you how to transform beeswax from honeycomb to refined wax and share step-by-step instructions on how to create your own waxed fabric. Participants will use a sewing machine to turn their waxed canvas into a reusable tote bag. All materials provided.

CRFT:713 | \$50

P07 Sa 10am-1pm **Perennial**
 July 29

Dyeing

Silk Scarf Dyeing

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

CRFT:718 | \$49

550 M 6:30pm-8:30pm **Nicole Ottwell**
 June 12 FV - SM, 249

Ice Dyeing

Come and have some fun while using dye and ice to achieve great color on both silk and cotton fabrics.. Spend two nights exploring this medium that has been featured on Facebook and Pinterest. You can achieve amazing results that are soft and blended or an intense saturation of color. This technique will work on any natural fabric and you will learn everything so you can do it again at home. All materials included in the cost of the class. Come prepared to work with dye and bring some ziplock bags to safely take home your fabrics!

CRFT:718 | \$59

650 W 6:30pm-8:30pm **Nicole Ottwell**
 June 7 - June 14 MC - SS, 105

Shibori Dyed Silk Scarves

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

CRFT:718 | \$139

651 W 6:30pm-8:30pm **Nicole Ottwell**
 July 12 - July 26 MC - SW, 102

Weaving

Weaving: Begin with a Table Runner

A beginning class for those interested in weaving. You will work on a 4 shaft pre-loaded table top loom. Table runner will be made with cotton. Students will be allowed to pick from multiple colors for the runner. Students will learn basic weaving techniques in tabby and twill. No senior discount.

CRFT:713 | \$69

P06 Sa 9am-2pm
July 3 *Craft Central*

Woven Wall Hanging

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

CRFT:713 | \$69

680 Sa 9am-12pm
July 15 - July 29 *Dee Levang MC - CN, 201*

Introduction to the Spinning Wheel

Interested in making your own novelty yarns? Satisfy your curiosity about the spinning wheel. We'll discuss the preparation of wool, learn how to evaluate, clean and card fleece. We cover the basics of spinning and twining. There will be plenty of time for fine tuning your technique with the direction of the instructor. All materials included in the cost of the class. No senior discount.

CRFT:713 | \$40

P13 Sa 1pm-3pm
July 22 *Craft Central*

P15 W 2pm-5pm
Aug. 2 *Craft Central*

Car Tote Basket

Beginners and experienced weavers, join us for a fun and rewarding experience. Master the basic techniques in one evening and spend the next making a sturdy car tote basket. The handle of this basket is treated like a spoke and is part of the basket from the beginning. Twining, continue weave and start/stop weave will be incorporated in the project. Dimensions are 12" x 10" x 7". Supplies included in class costs.

CRFT:734 | \$69

651 Tu 6:30pm-8:30pm
June 20 - June 27 *Laura Klaus MC, CE*

Weave and Sew a Pillow

Learn to weave your own fabric one week and sew it into a pillow the next! Weaving is introduced to beginners on a pre-loaded or "pre-warped" table loom. The loom is warped with a multicolored cotton fiber. You learn to "weave" using thick pre-dyed twisted cotton. Colors vary. Week two is focused on construction of a final product using your woven material. All materials included in the cost of the class. No senior discount.

CRFT:713 | \$50

P08 M 4pm-6pm
June 12 - June 19 *Craft Central*

Beginning Baskets: Souldard Wall Basket

Create a one-of-a-kind craftwork, a unique basket that measures 12" x 6" x 7". You will learn twining with start/stop weaving. Placement of two handles on the back will allow the basket to be hung on the wall. All supplies included in class cost.

CRFT:734 | \$79

650 Tu 6:30pm-9pm
July 18 - July 25 *Laura Klaus MC, CE*

Knit and Crochet

Knitting 101: Beginning Techniques for All Seasons

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

CRFT:720 | \$49

651 Tu 6:30pm-8:30pm
June 6 - June 20 *Cristin Greenlee MC - SO, 112*

450 Th 6:30pm-8:30pm
June 1 - June 15 *Thi Miller FP - G Tower, 115*

Knitting: the Next Step

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

CRFT:722 | \$49

650 Tu 6:30pm-8:30pm
July 11 - July 25 *Cristin Greenlee MC - SO, 112*

451 W 6:30pm-8:30pm
July 12 - July 26 *Thi Miller FP - G Tower, 115*

Knit in a Day

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

CRFT:720 | \$49

680 Sa 9am-3pm
June 17 *Cristin Greenlee MC - SO, 112*

Advanced Knitting Project: Table Runner

Join us as we knit a splendid table runner. This is a great project for those who want to move past basic knitting skills. Learn about design, pattern reading and much more. Put your beautiful work on display for all to admire.

CRFT:722 | \$59

450 Tu 6:30pm-8:30pm
July 11 - Aug. 1 *Thi Miller FP - G Tower, 115*

Crochet 101: Beginning Techniques for All Seasons

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

CRFT:724 | \$49

650 Tu 6:30pm-8:30pm
June 13 - June 27 *Dee Levang MC - CN, 201*

Crochet: the Next Step

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

CRFT:726 | \$49

651 Tu 6:30pm-8:30pm
July 11 - July 25 *Dee Levang MC - CN, 201*

Tunisian Crochet Basics

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

CRFT:724 | \$49

680 Sa 9am-12pm
June 17 - June 24 *Dee Levang MC - CN, 201*

Glass & Ceramics

Stained Glass Night Light

Create a stained glass night light in one evening. Learn to cut and grind glass, work with copper foil and how to solder your light. You will complete the project by adding an electric plug. All materials and tools available at the class. No senior discount.

CRFT:740 | \$59

P01 Tu 5pm-9pm
May 23 *Craft Central*

P05 F 1pm-5pm
June 9 *Craft Central*

P11 W 1pm-4:30pm
July 12 *Craft Central*

Stained Glass: Sun Catcher

A beginners workshop for those curious about stained glass. Students will be introduced to the process of making a stained glass piece, including an explanation of equipment and terminology. You will learn the techniques for cutting and grinding, as well as copper foiling and soldering your own sun catcher in this course. No senior discount.

CRFT:740 | \$69

P12 Tu 5pm-8:30pm
July 18 *Craft Central*

Stained Glass in the Garden

In this four part class students will create four separate projects, all to beautify your garden. First you will layout design, cut, grind and pour cement into forms for stepping stone. In the next class, students will copper foil and solder a hanging basket using pre-cut and beveled diamonds. For the third project, for a little garden ambiance, students will cut, grind, copper foil and solder two tulip torchieres and solder them to a copper stem for sticking in the ground. All materials included in the cost of the class. No senior discount.

CRFT:740 | \$195

P04 Tu 6pm-8:30pm
June 6 - June 27 *Craft Central*

P09 F 1:30pm-4:30pm
July 7 - July 28 *Craft Central*

Exclamation Point!

"I love Dee Levang's classes. She is able to explain crochet to both left and right handers. Her classes are informative and fun."

May G., Winchester, MO

Stained Glass: Trinket Box

Explore the medium of stained glass. Build a trinket box that measures, 2" x 3" x 2" high. You will cut and grind the glass, experiment with copper foil and learn to solder your box together. All materials included in the cost of the class. No senior discount.

CRFT:740 | \$95

P17 Tu 6pm-9pm
Aug. 15 - Aug. 22 *Craft Central*

Glass Bubble Bowl: Mod Podge Mosaic

Just in time for summer Create a Mod Podge mosaic with tissue paper on two round glass bubble bowls, approximately four inches tall. They can be used for candles, candy, or whatever you dream up!

CRFT:743 | \$39

M01 W 7pm-9pm
June 21 *Cathy Cody
Painted Zebra - Krkwd*

Painting With Bubbles

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

CRFT:741 | \$65

M01 W 7pm-9pm
June 14 *Janet Becker
Painted Zebra - Krkwd*

Poppy Field Plate

A large sushi plate will be painted using limited amounts of paint and a ceramic glaze pencil. All materials are food safe. Pieces will be fired and ready for pickup at the shop one week after the class. Fee includes all materials and firing.

CRFT:741 | \$65

M02 W 7pm-9pm
June 28 *Janet Becker
Painted Zebra - Krkwd*

Beginning Mosaics

Using precut 3-D forms, students will choose from: star, flower, mushroom, peace sign and more to create a mosaic sculpture. Students will cut and nip small pieces of glass, arrange and glue, then grout their piece. Color wheel and ombre effect will be demonstrated to achieved desired effect. All materials included in the cost of the class. No senior discount.

CRFT:740 | \$35

P08 W 1pm-4pm
June 14 *Craft Central*

Zentangle A Ceramic Mug

Come and learn how to make your own decorated ceramic mug covered in Zentangles. We will learn what tools are needed to draw on a ceramic mug and how to finish them so they are able to be used for years to come. We will cover our mug in our favorite zentangles patterns we learn in class as well.

CRFT:741 | \$39

650 M 6pm-9pm
July 10 *Nicole Ottwell
MC, CE*

Papercrafts

Waterfall Scrapbook

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

CRFT:742 | \$55

6D0 Sa 9am-12pm
July 22 *Patti Bossi
MC, CE*

Stamp-A-Stack

Join us once a month to create some fabulous cards. Each month you will create five cards using different stamping techniques. Ending in August, you will have a total of 15 hand-crafted unique cards to use throughout the year! Fee includes most materials. Supply list sent. LAST DAY TO ENROLL OR DROP IS FRIDAY 6/9. NO REFUNDS AVAILABLE AFTER FRIDAY 6/9.

CRFT:742 | \$65

6D1 Sa 9am-11am
June 17 *Patti Bossi
MC, CE*
Sa 9am-11am
July 8 *MC, CE*
Sa 9am-11am
Aug. 12 *MC, CE*

Suminagashi: Japanese Paper Marbling

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

CRFT:742 | \$59

S02 W 6pm-9pm
Aug. 2 *Magan Harms
STLCC-SC, 202*
S01 W 6pm-9pm
July 12 *Magan Harms
STLCC-SC, 102*

Zentangles

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

CRFT:742 | \$59

550 M 6pm-9pm
June 26 *Nicole Ottwell
FV - B, 123*

Bookbinding Basics

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

CRFT:742 | \$139

650 Tu 6pm-9pm
July 17 - Aug. 7 *Nicole Ottwell
MC - SS, 105*

Metals, Wood and Blacksmithing

Metalsmithing: Beginning Techniques for Jewelry

Learn the fundamental metalsmithing techniques for making jewelry. Basic metal manipulation skills including sawing, forming and shaping, filing, sanding, soldering, and polishing will be taught. You will make two finished pieces - a cuff bracelet and a pendant with a simple stone setting. Acquire the basic building blocks needed for jewelry design. No experience necessary. Students who have had previous experience working with metal may move onto more advanced projects. Tools and metal supplied in class fee. No class 7/1.

CRFT:753 | \$225

680 Sa 9am-12pm
June 10 - July 29 *Lacey Kirkwood
MC - HE, 131*

Metalsmithing: Enameling

Enamel is a specially prepared glass that is applied to metal and then fused onto the metal. Students will learn basic surface and finishing techniques to applying enamels. Techniques including: shifting, stencil, stamping, sgraffito, cloisonné and how to apply silver foil. Supplies included in the cost of the class. No class 7/3, 7/24.

CRFT:753 | \$245

550 M 6pm-9pm
June 5 - Aug. 7 *Chih Yu Lin
FV - E, 290*

Copper Chasing Techniques

In a two-part class, you will first learn to cold hammer and shape copper. Next, you will use the technique of copper chasing to create images and colors on copper plates. All materials included in the cost of the class. No senior discount.

CRFT:753 | \$89

P14 Su 11am-1pm
July 23 - July 30 *Craft Central*

Beginning Blacksmith: Create a Wall Mount Hook

Explore the craft of blacksmithing! Students learn to heat, hammer and twist steel in a traditional blacksmith area. All materials included. Wear appropriate clothing and closed toe shoes. Cost for adults 60 and over \$69.00. No senior discount.

CRFT:753 | \$69

P06 Sa 9am-12pm
June 10 *Mueller Ind.*
P10 Sa 9am-12pm
July 8 *Mueller Ind.*
P16 Sa 9am-12pm
Aug. 12 *Mueller Ind.*

Eco-friendly Furniture Restoration Demo

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

CRFT:711 | \$15

P06 Th 6:30pm-7:30pm
June 8 *Perennial*



Exclamation Point!

"The instructor, Lacey Kirkwood, was awesome. She was enthusiastic, patient, supportive, and generous with her knowledge and time. She stayed after class with me to help me finish a project and encouraged participants to incorporate their own ideas into the projects. Can't wait to take another class with her."

Mark S., Affton, MO

Soap and Personal Care

Soap Making the Herbal Way: Beginning

Dispel the mystery of lye and oil soapmaking! You will create a moisturizing soap that is excellent for sensitive and dry skin, with no artificial ingredients! Your soap will have a natural scent. Learn how to safely work with lye and what oils are best for making soap. Instructor has been handcrafting body products for over seven years. Class is hands on and demonstration. Plan to get messy, you will be working with warm oils, dyes, and essential oils. Please wear closed-toe shoes and long sleeves. Course cost includes materials.

CRFT:765 | \$59

VD1 Sa 9am-12pm
June 3

Brittany Campbell
FV - SM, 262

LAST DAY TO ENROLL OR DROP IS MONDAY, 5/22. NO REFUNDS AFTER MONDAY, 5/22.

MD1 Sa 9am-12pm
July 1

Brittany Campbell
MC - SS, 105

LAST DAY TO ENROLL OR DROP IS MONDAY, 6/19. NO REFUNDS AFTER MONDAY, 6/19.

Advanced Soap Making Techniques: Scents and Swirls

Get creative with soap making and learn advanced coloring, designing, and scenting techniques! You'll learn what natural colorants work best with soap, how to mix essential oils for your very own signature blend, and basic ways to take your soap designs to the next level! Instructor has been handcrafting body products for over seven years. Class is hands on and demonstration. Plan to get messy, you will be working with warm oils, dyes, and essential oils. Please wear closed-toe shoes and long sleeves. Course cost includes materials.

CRFT:765 | \$65

VD2 Sa 9am-12pm
June 10

Brittany Campbell
FV - SM, 262

LAST DAY TO ENROLL OR DROP IS MONDAY, 5/27. NO REFUNDS AFTER MONDAY, 5/27.

MD2 Sa 9am-12pm
July 15

Brittany Campbell
MC - SS, 105

LAST DAY TO ENROLL OR DROP IS MONDAY, 7/3. NO REFUNDS AFTER MONDAY, 7/3.

Soap Making: Beginning and Advanced

A combination of both Soap Making the Herbal Way: Beginning and Advanced Soap Making Techniques: Scents and Swirls. Signing up in this section saves you \$10 in materials by taking both classes. LAST DAY TO ENROLL OR DROP IS MONDAY, 5/22. NO REFUNDS AFTER MONDAY, 5/22.

CRFT:765 | \$115

VD3 Sa 9am-12pm
June 3 - June 10

Brittany Campbell
FV - SM, 262

MD3 Sa 9am-12pm
July 1 - July 15

Brittany Campbell
MC - SS, 105

Introduction to Aromatherapy

Essential oils can enhance so many areas of daily life. They are used for relaxation, stress relief, sleep, immune support, emotional balance, body aches and green cleaning. In class, you'll learn about essential oil safety, production and common methods of use. You will also mix, blend and utilize essential oils to create a more natural, healthy lifestyle. Class is both demonstration and hands on. LAST DAY TO ENROLL OR DROP IS WEDNESDAY, JULY 5. NO REFUNDS AFTER WEDNESDAY, JULY 5.

CRFT:765 | \$49

MD4 W 6pm-8pm
July 19

Brittany Campbell
MC - SS, 105

Holistic Personal Care: Body Butters and Solid Perfumes

Join us for a fun and exciting class creating your very own body butter and solid perfume bars with all natural ingredients. In this class you'll discover the basics of creating your own recipes to fit your style, how to blend essential oils and your favorite moisturizing ingredients into your products. We'll also go over great ideas for packaging your product for personal use or for gift ideas. Instructor has been handcrafting body products for over seven years. Class is hands on and demonstration. Plan to get messy, you will be working with warm oils, and essential oils. Please wear closed-toe shoes and long sleeves. Course cost includes materials. LAST DAY TO ENROLL OR DROP IS MONDAY, 6/12. NO REFUNDS AFTER MONDAY, 6/12.

CRFT:765 | \$49

VD4 Sa 9am-11am
June 24

Brittany Campbell
FV - SM, 262



Cake Decorating for Fun or Profit: Beginning

Unleash your creativity with cake decorating! This introductory course includes instruction and practice in the use of basic tools to torte, fill, and ice your cakes. Decorate with flowers, writing, figure piping and borders to make your cakes creative, casual, elegant or romantic. Join for fun or for the rewards of starting your own business. Supplies extra. This class can be taken by itself or as part of the Cake Decorating Program. No class date 7/4.

FOOD:701 | \$69

550 Tu 6:30pm-9pm
June 20 - July 18

Carla Soll
FV - SC, PDR-A

Cake Decorating: Airbrushing Techniques I

Airbrushing is a unique technique for creatively adding color to special occasion cakes. Liquid food-safe colors are sprayed through a needle tip with compressed air, giving the cakes a beautiful "painted" look. In this hands-on class, you'll get experience using an airbrush like the pros, enabling you to make your creative pictures on cakes. You'll practice using ready-made stencils and learn how to make your own. Create shadowing and shading effects to make things look dimensional, and learn how to layer colors. Airbrushing techniques can take your decorated cakes to the next level, giving them a distinctive, professional finish. This class can be taken by itself or as part of the Cake Decorating Program. Equipment and supplies are provided for use in class. Park on Hartford or Hampton. Flagpole in front.

FOOD:703 | \$59

P01 Su 12pm-4pm
June 11

Debra Hennen
Cul. Arts House

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

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

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



Culinary Arts

International Flavors

Delícias de Brazil: Frango assado com Batatas

Delicias of Brazil presents: Frango assado com Batatas (Rostated Chicken and Potatoes), a traditional Brazilian family full course meal paired with rice, beans, farofa and vinaigrette. A refreshing pineapple and mint juice will be served, followed by a delicious, tropical dessert: passionfruit mousse. This class will make you think you are in Brazil! Come hungry and enjoy learning how to make this freezer-friendly menu. Don't forget your take home containers. Até breve! Park on Hartford or Hampton. Flagpole in front.

FOOD:734 | \$49

P02 F 6pm-9pm
Aug. 4

Ana Carolina McGinn
Cul. Arts House

Delícias of Brazil: Tapioca Crepe Night!

Delicias of Brazil presents: Tapioca Crepe Night! This traditional gluten-free dish was born in the Northern region of Brazil. It is a favorite among Brazilians and it is becoming very popular around the globe. Crunchy or smooth, tapioca crepes are amazing, especially enjoyed with fillings that you can mix and match as you please: go savory with cream cheese, chicken, spinach, mozzarella, tomatoes and herbs. Or make it a dessert with fresh fruits, honey, nut butter or chocolate. Whatever you choose, you can learn the authentic Brazilian secrets behind this amazing dish! The tapioca crepes will be served with a side of fresh collard greens salad and a refreshing Brazilian style lime juice. Make sure you bring your appetite and take home containers. Até breve! Park on Hartford or Hampton. Flagpole in front.

FOOD:734 | \$49

P01 F 6pm-9pm
July 21

Ana Carolina McGinn
Cul. Arts House

Vegetarian Thali

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

FOOD:733 | \$45

P01 M 6pm-9pm
June 12

Prabha Pergadia
Cul. Arts House

The Main Event

Seafood Specialties

Are you tired of the same broiled, grilled or fried fish recipes? Learn some summer, light seafood and fish dishes that are perfect for entertaining or easy weeknight meals! Lighten up your next meal with outstanding and flavorful fish dishes. Create restaurant quality fish and seafood dishes at home! Learn to prepare Seared Ahi Tuna salad with sesame ginger dressing, shrimp Vietnamese rolls with Thai chili dipping sauce, grilled fish tacos with cabbage slaw and cilantro lime crema, and Asian BBQ salmon. Park on Hartford or Hampton. Flagpole in front.

FOOD:736 | \$49

P01 Sa 10am-1pm
July 15

Tiffany Smith
Cul. Arts House

Do-It-Yourself Pizza...from Scratch!

Love pizza and want to delve deeper into every aspect of what makes it great? Join us for Friday night fun as we conquer homemade pizza! We will discuss making light and flavorful dough for the perfect crust as well as prepare quick and delicious sauce from fresh ingredients. We will also make fresh Mozzarella in class! A selection of fresh toppings will be provided to be used at your discretion. The class is hands-on. You may bring-your-own beverage to enjoy along with your own master-pizza. Park on Hartford or Hampton. Flagpole in front.

FOOD:722 | \$49

P01 F 6pm-9pm
June 23

Lisa Payne
Cul. Arts House

Carnival Foods

Why wait to go to the local fair or carnival to enjoy carnival foods? Be inspired by the unique and creative food vendors at today's fairs and carnivals and make them at home for a fun girl's night in or your next carnival-themed event! Learn to make red velvet funnel cake, s'mores soft pretzels, bacon wrapped chicken legs, Mexican street corn and homemade corn dogs! Park on Hartford or Hampton. Flagpole in front.

FOOD:765 | \$49

P01 Sa 10am-1pm
Aug. 5

Tiffany Smith
Cul. Arts House

Tricks and Tips

Edible Fruit Bouquets

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

FOOD:714 | \$49

P01 M 6pm-9pm
July 10

Debra Hennen
Cul. Arts House

So Easy to Preserve: Water Bath Canning Workshop

Preserve the summer's bounty by attending this class. Our instructor uses only USDA tested recipes. She is a Certified Master Food Preservationist with years of experience in home canning and a Missouri State Fair Blue Ribbon Winner. Spend the morning making yellow summer squash relish, blushing peach jam, sriracha peach jam, taco sauce, light apple jam, the ever popular applesauce and...back by popular demand: peach chutney! You are sure to enjoy this class! Bring a box to take home hot jars.

FOOD:754 | \$39

580 Sa 9:30am-1:30pm
July 15

Eileen Fraser
FV - SM, 129

So Easy to Preserve: Pressure Canning Workshop

Preserve the summer's bounty with the skills you'll learn participating in this hands-on class. Our instructor uses only USDA tested recipes. She is a Certified Master Food Preservationist with years of experience in home canning and a Missouri State Fair Blue Ribbon Winner. If you are hesitant to "pressure can," let our instructor show you how. You'll see and learn about the different types of canners and get resources for safe processing along with recipes. We'll prepare basil-garlic tomato sauce, Cajun spice blend tomatoes, canned tomatoes and green beans, to name a few. Our instructor will have an array of recipes for you to learn the technique of pressure canning. You'll enjoy this now and later! Bring a box to take home hot jars. By the time you leave, you'll be comfortable enough to try it at home on your own, with summer's abundant, locally grown veggies!

FOOD:754 | \$39

581 Sa 9:30am-1:30pm
July 29

Eileen Fraser
FV - SM, 129

Couples Cook

Couples Cook: Summertime Favorites

Impress your guests with these delicious summertime favorites: roasted sweet potatoes with Dijon and rosemary, pork tenderloin with chipotle glazed apples, fresh salsa bruschetta, grilled basil chicken and tomatoes, summer salad green with creamy poppy seed raspberry vinaigrette, raspberry, peach cupcakes. As always, our instructor will have an array of delicious recipes for everyone to enjoy!

FOOD:755 | \$39

580 F 7pm-9:30pm
June 9

Eileen Fraser
FV - SM, 129

Couples Date Night: Cooking with Beer

Are you tired of the same old beer chicken recipe? Learn some new beer infused dishes just in time for Father's Day! Start the evening off with a bacon beer cheese fondue, enjoy a tasty appetizer of BBQ Beer meatballs, learn a delectable recipe for beer braised pulled pork sliders, and top of the evening with chocolate Guinness Cake! Park on Hartford or Hampton. Flagpole in front.

FOOD:755 | \$49

P01 F 6pm-9pm
June 9

Tiffany Smith
Cul. Arts House

Father and Child Brunch Celebration

Pamper your dad with some yummy and healthy food that you can prepare together at home. Celebrate Father's Day with a delicious, all natural, gluten-free and low carb brunch. The instructor will show you how to make flavorful and nutritious pancakes, topped with creamy Greek yogurt (optional), fruits and nuts, served with crispy and easy to prepare bacon, fried-scrambled eggs. And to make this brunch even more special, our drinks will be authentic Brazilian coffee and watermelon juice. Gather your family and come have fun with the instructor and her daughter! Park on Hartford or Hampton. Flagpole in front. Fee is per person. Children ages six and up only please. Parent/Guardian must sign participant waiver form for child.

KIDS:738 | \$49

P01 Sa 9am-12pm
June 10

Ana Carolina McGinn
Cul. Arts House

Exclamation Point!

"Couples Cook was the most organized and informative cooking class I have ever attended. Eileen Fraser was wonderful to work with. So much information and great food too! We were so pleased with everything we learned."

Margaret P., St. Louis



Cheers

Compare and Contrast: Different Wine Varietals

What's the difference between Bordeaux and a Chilean Cabernet Sauvignon or the difference between Sancerre and California Sauvignon Blanc? This will be a side by side tasting where we will be comparing the same grape varietals from different regions and identifying their individual characteristics. Included will be sensory components (i.e. apples, gooseberries, eucalyptus, etc.) to better identify the aromatics and flavors found in wine.

FOOD:760 | \$19

M04 Tu 6:30pm-8:30pm **William Polhemus**
June 13 *The Wine Barrel*

Wine 101

This will be a general introduction to wine covering the major varietal types and styles as well as their characteristics. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines.

FOOD:760 | \$19

M05 Tu 6:30pm-8:30pm **William Polhemus**
July 11 *The Wine Barrel*

Experience Wine: Wines of Germany

Come taste and learn why the wines from Germany are among the most unique in the world. Learn about reading labels, how to evaluate wines in general, the geography, history and possible food and wine combinations. Please arrive 15 minutes early for check in.

FOOD:760 | \$19

M01 W 7pm-9pm **Stephanie Thurmer**
May 10 *Garland Wines*

Experience Wine: Wines from California and the West Coast

The wines tasted in this class will be from the West Coast of the United States. This class focuses on what individual varietals (types of grapes) taste like. Learn about how wine laws in the United States differ from other parts of the world as well as receive suggestions for food and pairings. Please arrive 15 minutes early for check in.

FOOD:760 | \$19

M02 W 7pm-9pm **Stephanie Thurmer**
May 17 *Garland Wines*

Experience Wine: Wines of France

Come taste and see why the wines of France are often times the most sought after in the world. Learn what grapes can be grown in what regions by law. You will also be given food and wine pairing suggestions. Please arrive 15 minutes early for check in.

FOOD:760 | \$19

M03 W 7pm-9pm **Stephanie Thurmer**
May 24 *Garland Wines*

Experience Wine: California vs. France

Can you tell the difference between wines made in California from those made in France? Come find out as wines from both areas will be poured side by side. We will only reveal which one is which after the wines are poured. Come join us for a fun evening of wine education! Please arrive 15 minutes early for check in.

FOOD:760 | \$19

M06 W 7pm-9pm **Stephanie Thurmer**
July 12 *Garland Wines*

Experience Wine: Sparkling and Dessert Wines

Join us as we discuss sparkling wines from different countries and what separates those from wines from the Champagne region of France. We will also discuss dessert wines. Come relax and enjoy wine tasting and trivia! Please arrive 15 minutes early for check in.

FOOD:760 | \$19

M07 W 7pm-9pm **Stephanie Thurmer**
July 19 *Garland Wines*

Experience Wine: Premium Wines from Around the World

A premium wine is one which is made by following stricter regulations and/or comes from a certain region. Come join us as our palate travels around the world tasting different premium wines. Reasons why these wines are considered to be premium are explained as each wine is poured. Please arrive 15 minutes early for check in.

FOOD:760 | \$19

M08 W 7pm-9pm **Stephanie Thurmer**
July 26 *Garland Wines*

Exclamation Point!

"My wife and I love taking the wine classes with Continuing Education. Always great wines, always a wonderful experience!"

Don R., Ballwin



Performing Arts

Dance

Ballet Tone and Stretch for Beginners

Beginning techniques of classical ballet will be combined with toning and stretching on center floor and barre for overall body conditioning. No prior ballet experience required. Leotard, leggings or tights and ballet shoes required. Studio is located behind a kitchen and bath design store. No class 7/3.

DANC:701 | \$59

M01 M 7pm-8pm *ADIVA Dance Center*
June 5 - July 17

Ballet: Beginning

This fun class is designed for the student who has never studied ballet before or hasn't taken a recent class. You'll learn to utilize your center/core for strong ballet technique. The fun and exciting movement of ballet is a great way to get into shape with music and movement that is as good for the soul as it is for the body! Ballet shoes required. No class 7/4.

DANC:701 | \$69

M02 Tu 8pm-9pm *Studio-Brentwood*
June 13 - Aug. 8

Ballet: Intermediate

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

DANC:702 | \$69

M01 M 8pm-9pm *Studio-Brentwood*
June 19 - Aug. 7

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! Studio is located behind a kitchen and bath design store..

DANC:707 | \$69

M01 M 8pm-9pm *ADIVA Dance Center*
June 5 - July 17
No Class 7/3

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

M02 Th 7:30pm-8:15pm *Studio-Brentwood*
June 15 - Aug. 3

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

Tap Dancing: Intermediate

This class is designed for students who are familiar with basic tap steps and are ready to combine them in different rhythms and patterns. Must have your own shoes. Shoes should not have metatarsal pads; oxford style is preferred.

DANC:707 | \$69

M03 Th 8:15pm-9pm *Studio-Brentwood*
June 15 - Aug. 3



Registration begins May 1

Salsa!

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

DANC:725 | \$49

580 F 7:30pm-8:20pm
May 19 - June 30
No Class 6/2

Diane Brown
FV - EC, LOBBY

581 F 7:30pm-8:20pm
July 7 - Aug. 11

Diane Brown
FV - EC, LOBBY

The Salsa Experience: Beginning

Learn the authentic Latin culture through the rhythmic sounds of Salsa music and dance. In eight weeks, you will learn the basic salsa steps, musicality skills and styling, technique for men to become the perfect lead and ladies to be a fantastic follow, as well as the history of Salsa and the origin of the dance form. You'll be moving and shaking in time for a class night out at some of the hottest Latin dance spots in town! (Admissions and transportation on your own). Couples are welcome but no partner is required. On-street parking; stairs-only access to dance studio in residential area. No class date: 7/4.

DANC:725 | \$59

P01 Tu 7pm-8:30pm
June 13 - July 25 *Almas Del Ritmo Dance Co.*

Easy Social Dancing I and II

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

DANC:728 | \$69

M01 M 8pm-9:30pm
June 12-July 17 *Concordia Luth.-Krkwd, CAFE*

Sherry Martin

Swing!

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

DANC:738 | \$49

580 F 6:30pm-7:20pm
May 19 - June 30
No Class 6/2

Diane Brown
FV - EC, LOBBY

581 F 6:30pm-7:20pm
July 7 - Aug. 11

Diane Brown
FV - EC, LOBBY

Let's Swing! Quick Start for New Dancers

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

DANC:738 | \$39

M01 M 6:30pm-8pm
July 10-July 24 *Concordia Luth.-Krkwd, CAFE*

Sherry Martin

West Coast Swing Dancing

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

DANC:740 | \$85

M01 Th 7pm-8:30pm
June 8 - July 27 *Aftton White-Rodgers, GYM*

Sherry Martin

East Coast Swing

East Coast Swing is the most popular dance in St. Louis. There are more Swing dance venues here, than any other form of couple dancing. This class is taught by a three-time St. Louis City Jitterbug Champion. You'll learn the basic six count pattern, lots of great combinations, timing, technique, styling and how to spin. We will cover lead and follow patterns, plus lots of tips. Don't miss this!

DANC:740 | \$69

M02 W 6:30pm-8pm
July 12 - Aug. 23

Sherry Martin
Concordia Luth-Krkwd

Slide Dancing for Fun and Fitness: Beginning

Come learn the latest party slide dances in the St. Louis area and around the nation. Imagine yourself joining in the fun at parties and social events when the slide dancers take to the floor. After taking this class, you will be able to do just that! Explicit instructions will make slide dancing easy to learn. Slide dancing is a fun way to exercise, reduce stress, and enjoy friendships.

DANC:749 | \$69

580 Sa 10am-11:30am
June 10 - July 15

Stephanie Crusoe
FV - EC, LOBBY



Music

Piano: Beginning

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

MUSC:710 | \$69

550 Th 5:30pm-7:30pm
June 1 - July 6

Christina Springer
FV - C, 114

Piano: Advanced Beginning

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

MUSC:711 | \$69

550 Tu 5:30pm-7:30pm
May 30 - June 27

Christina Springer
FV - C, 114

Guitar: Beginning

This class is for students who have never played a guitar and have no background in music. The class will cover tuning, string changing, how to select a new guitar and a brief history of the guitar. Students will learn to play first position and open position chords, simple scales, melodies and right hand strumming techniques. We will introduce tablature and guitar notation. Must bring own (acoustic) guitar and an extra set of strings. No text required. No class 7/4.

MUSC:705 | \$69

650 Tu 7pm-9pm
June 6 - July 18

James Renz
MC - SW, 102

Introduction to Guitar Ensemble Music

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

MUSC:705 | \$69

552 Th 7:30pm-9:30pm
June 1 - July 6

Christina Springer
FV - C, 114

Advanced Guitar and Ensemble Music

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

MUSC:707 | \$69

550 Tu 7:31pm-9:29pm
May 30 - June 27

Christina Springer
FV - C, 114

Exclamation Point!

"Jim Renz is top notch - engaging, knowledgeable and very encouraging."

Kyle G., Webster Groves, MO

Harmonica: Beginning

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

MUSC:720 | \$39
650 W 6:30pm-7:30pm
June 14 - June 28

MC - SW, 108

New! Introduction to Choir Music

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

MUSC:717 | \$59
500 Tu 4pm-5:30pm
May 30 - June 27

Christina Springer
FV - C, 114

The Basics of Reading Music

Learn the basics information to understand how to read music. Learn about notes, time signatures, key signatures, rhythms and more. Text required.

MUSC:725 | \$49
500 Th 4pm-5:30pm
June 1 - July 6

Christina Springer
FV - C, 114

Theater

Improv Comedy for Beginners

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

THTR:707 | \$45
650 M 6:30pm-8:30pm
June 5 - June 26

Robert Baker
MC - HW, 102

Photography

Digital Photography Introduction

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

PHOT:720 | \$79
650 Th 6:30pm-9pm
June 1 - June 22
MC - SW, 103
C50 Tu 6:30pm-9pm
May 30 - June 20
Corp. College, 211

Digital Photography: Intermediate

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

PHOT:721 | \$79
C50 Tu 6:30pm-9pm
June 6 - July 7
Corp. College, 207
No Class 7/4
650 Th 6:30pm-9pm
June 29 - July 27
MC - SW, 108

Nature and Outdoor Photography

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

PHOT:708 | \$59
680 Sa 9am-11:30am
June 3 - June 24
MC - SW, 103

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

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

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

Some photography classes may require outside printing at the student's expense.



Field Photography: Sports, Concerts, Weddings and Events

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

PHOT:712 | \$59
680 Sa 9am-11:30am
July 1 - July 22
John Kerans
MC - SW, 108

Adobe Photoshop Creative Cloud (CC): Introduction

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

COMP:755 | \$129
C50 Tu 6pm-9pm
June 6 - June 27
Zak Zych
Corp. College, 206

Literature

Harry Potter and the Women of the Wizarding World

Harry Potter is the chosen one, but there is another 1/3 of the winning equation whom without Harry would have been lost in book one. That 1/3 is Miss Hermione Granger. Author J.K. Rowling's works have been both derided and praised for being sexist and for being beacons. In this course, we will explore the roles, relationships, and representations of women in the series using the book Harry Potter and the Deathly Hallows. While this is one in a series of books, the discussion will focus mainly on the book assigned, so no other reading is required. Students are responsible for bringing novel to class either by purchasing it or renting it through a library, ISBN (ISBN 13:978-0-54-558300-8).

LITR:702 | \$39
650 M 6:30pm-9pm
June 19, July 10

Melody Meiners
MC - BA, 114

Summer Fun: Short Stories Made Into Movies

Join us for summer reading fun! Be cool by the pool while reading! Relax with a story or film after a hot day out! Let's find out from where those great movies many people love came. We will read the short stories that some famous films were based on and then watch them at home and compare and discuss and write about in class. Will we like the story or the movie better? Let's find out! Materials provided the first night of class. No class 8/15.

LITR:701 | \$39
550 Tu 7pm-9pm
Aug. 8 - Aug. 29

Jacqueline Mink
FV - C, 104

Science Fiction Literature

Gaze at the stars and then do some reading this summer! This class will have readings from the different types of science fiction from Frankenstein to Jules Verne to Ray Bradbury to Issac Asimov to the modern writers. Read about monsters, other worlds, aliens, space travel and the future. Find out which stories went to the big screen. Open your mind to the unusual in reading! Materials provided the first night of class. No class 8/17.

LITR:701 | \$39
650 Th 7pm-9pm
Aug. 10 - Aug. 31

Jacqueline Mink
MC - BA, 112

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

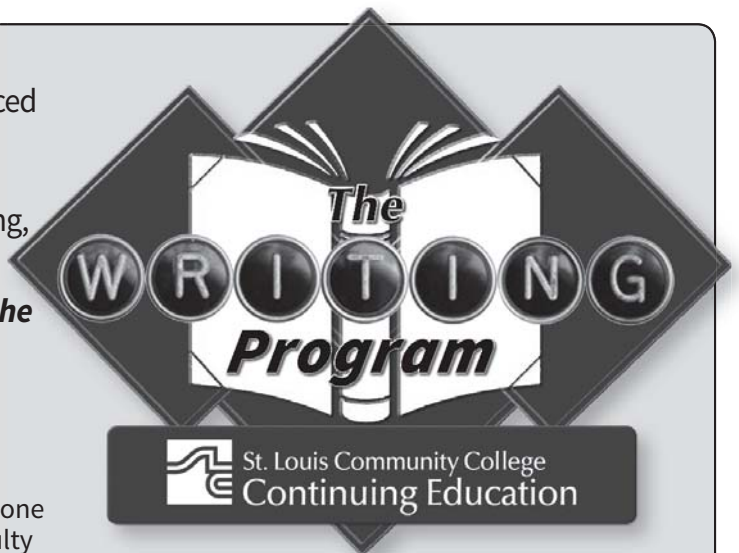
Courses may be taken individually or as a part of the program.

Writing Program Requirements:

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

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

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



Writing

Unleashing the Writer Within

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

WRIT:701 | \$79
650 Tu 6:30pm-9:30pm
June 6 - June 27

Jordan Oakes
MC - BA, 114

Self-Publishing for Writers

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

WRIT:704 | \$29
650 Th 7pm-9pm
June 8

Jill Mettendorf
MC - SO, 206

Introduction to Publishing

Are you interesting in publishing but don't know how to get started? This one-day workshop will demystify the publishing process and help you get your writing out there! Bring your ideas, works-in-progress, your writing tools of choice (pen and paper or laptop) and a sack lunch to class. Writers and writers-to-be of all genres are welcome!

WRIT:704 | \$59
680 Sa 9:30am-3:30pm
Aug. 5

Meredith McDonough
MC - SO, 108

Exclamation Point!

"Melody Meiners is an exceptional communicator. In my workshop, she emphasized constructive criticism and was attuned to the feelings of writers who may be reluctant to share their writing to classroom comments."

David W., St. Louis, MO.

Focus on Fiction: Writer’s Creative Toolbox

Have you ever wondered how fiction writers generate character ideas and plots? Inspiration can strike at any time and in any form. The challenge is recognizing ideas when they come, organizing those ideas, and sticking with them until you meet “The End.” In this course, we will explore the many ways story ideas are born, examine different systems for organizing and developing your creative sparks, and discuss methods for avoiding or overcoming writer’s block. Through lecture, discussion and in-class exercises, you will learn how to find and unleash your many potential muses.

WRIT:706 | \$39

650 M 6:30pm-9pm
June 5 – June 12

Melody Meiners
MC - SO, 206

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

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

WRIT:706 | \$79

651 Th 6:30pm-9:30pm
June 8 – June 29

Jordan Oakes
MC - BA, 120

Writer’s Workshop: Revising and Editing

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

WRIT:706 | \$79

652 Tu 6:30pm-9:30pm
July 11 – Aug. 1

Jordan Oakes
MC - SO, 206

The Art of Reading for Writers

You’ve heard it a million times, if you don’t have time to read then you don’t have time to write. But have you ever wondered how you can get the most out of your reading? In this class, we are going to explore what it means to read as a writer and examine some of the ways you can dissect story structure and technique through the writers’ lens using lecture, discussion, and some in-class reading.

WRIT:706 | \$39

653 M 6:30pm-9pm
July 17 – July 24

Melody Meiners
MC - SO, 206

Write Your Memoir

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

WRIT:714 | \$69

650 W 7pm-9pm
May 31 – June 21

Jordan Oakes
MC - BA, 114

Poetry: How to Read it. How to Write it.

In recent years, poetry has risen from an art form that tended to intimidate the masses to an accessible form of writing enjoyed and practiced-and often performed-by the mainstream. In this class, we will spend time reading and writing poems to understand what the form is all about. Both beginners and more seasoned poets are equally encouraged to sign up.

WRIT:716 | \$79

650 Th 6:30pm-9:30pm
July 13 – Aug. 3

Jordan Oakes
MC - BA, 120

How to Map a Murder

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

WRIT:719 | \$49

680 Sa 9am-1pm
June 3

Jo Hiestand, Pam DeVoe
MC - SO, 109

Bringing Your Characters to Life

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

WRIT:719 | \$49

681 Sa 9am-3:30pm
June 17

Jeffrey Ricker
MC - CN, 204

The Art of Setting

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

WRIT:719 | \$49

682 Sa 9am-3:30pm
July 15

Jeffrey Ricker
MC - CN, 204

Lyricism 101: The Art of Rhyme

This course will take a scholarly approach to in-hip-hop music. Comparisons will be made between other forms of poetry, and various literary techniques found in hip-hop will be discussed and analyzed. Students will be exposed to different sub-genres within hip-hop, and will gain an understanding of its role as social commentary. Students will be guided through writing their own rhymes, and encouraged to perform them for the class. Class materials may contain adult themes and content.

WRIT:719 | \$25

480 Sa 12pm-2pm
July 22 – July 29

Shawn Harrell
FP - Theatre, 203

Finding Writing Jobs Using Online Resources

Online job boards offer thousands of new writing jobs every day, but they’re only starting points for finding work online. Whether you are already an experienced freelancer or you are simply interested in exploring options for earning extra income while working from home, this session will help you identify multiple online job boards to find paid writing work that you will enjoy. Students are advised to bring their laptop or tablet computer to class. Bring a sack lunch.

WRIT:722 | \$49

680 Sa 9am-3:30pm
June 10

Charlene Oldham
MC - SO, 111

Writing for the Internet

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

WRIT:732 | \$49

680 Sa 9am-3:30pm
Aug. 12

Charlene Oldham
MC - SO, 109

Portfolio Review

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

WRIT:740 | \$69

450 TBA 7pm-9pm
May 22 – Sep. 1

Jordan Oakes
FP - TBA



Nature, Home & Garden

Animal Care

Puppy Kindergarten

You can raise a happy, well-adjusted and confident puppy through socialization, along with basic commands and manners training. You'll also learn leadership, grooming skills and behavioral problem-solving. Completion of all six classes qualifies you and your puppy to take the AKC S.T.A.R. Puppy Test on the sixth week. (STAR: Socialization, Training, Activity, Responsibility). Successful completion of the test enables you to send for an AKC STAR Puppy Certificate and Medallion. Puppies must be 9 weeks to 1 year old, have 2 series DHLPP and Bordetella immunizations. Proof of vaccinations required. Bring puppy to first class. Course information will be emailed. No class dates 7/1 and 7/8.

ANIM:703 | \$69

M01 Sa 9:30am-11am
June 3 - July 22

Susan Baxter-Carr
RiverChase-Fenton

Fun Tricks to Teach Your Dog

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

ANIM:704 | \$59

M01 Sa 9:30am-10:30am
July 29 - Aug. 26

Susan Baxter-Carr
RiverChase-Fenton

Dog Training: Basic Skills and Manners for the Family Dog

Do you walk your dog or does your dog walk you? If your time is limited and your budget won't spare the expense of private lessons, this is the perfect alternative! This course in basic skills and manners will give you and your dog a good introduction to beginning obedience commands over a period of six weeks. Accomplish your training goals quickly and start getting those behavior problems under control. Topics also touch on basic grooming, vaccinations, flea/tick control and traveling in the car. Bring your questions! Dog must be at least six months old and proof of vaccinations is required. Bring dog (and water bowl) to first class. Course information will be emailed. No class dates 7/1 and 7/8.

ANIM:706 | \$69

M01 Sa 11am-12:30pm
June 3 - July 22

Susan Baxter-Carr
RiverChase-Fenton

Dog Sports: K9 Nose Work Level I

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

ANIM:706 | \$69

M03 W 7:30pm-8:45pm
June 7 - July 12

Sandra Ellison
RiverChase-Fenton

Dog Sports: K9 Nose Work Level I, Without the Dog

This class is the same as ANIM 706 M03, but without the dog. You are welcome to register to attend for yourself to watch, learn, and do the exercises with your dog at home. Course information will be emailed.

ANIM:706 | \$49

M04 W 7:30pm-8:45pm
June 7 - July 12

Sandra Ellison
RiverChase-Fenton

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

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

ANIM:706 | \$69

M02 W 6pm-7pm
June 7 - July 12

Sandra Ellison
RiverChase-Fenton

Dog Training: Advanced Basics I

Advanced Basics I is a more advanced skills training class for dogs who have already completed basic training in an instruction-based class setting. Through class-work, games, and homework you will train your dog to obey hand signals as well as voice commands, such as: heel without pulling; sit or down stay with you in, then out of the room; off-lead recalls from a distance; and pay attention to you and not distractions. This class uses the Positive Reinforcement and Praise method of dog training. Dogs must have current vaccinations. Pets must have successfully completed prior in-class instruction. Practice at home a must. Course information will be emailed.

ANIM:706 | \$69

M05 Sa 10:30am-12pm
July 29 - Aug. 26

Susan Baxter-Carr
RiverChase-Fenton



Home Improvement and Maintenance

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

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

HOME:701 | \$19

650 Tu 7pm-9:30pm
June 20

Maria Gianino
MC - SO, 206

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

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

HOME:701 | \$15

651 Tu 7pm-8:30pm
June 27

Maria Gianino
MC - SO, 206

Think Like a Decorator

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

HOME:702 | \$69

650 M 7pm-9pm
June 5-June 26

Deborah Weltman
MC - SO, 108

Do-It-Yourself Ceramic Tiling

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

HOME:713 | \$25

650 W 7pm-9pm
June 28

Jean Linton
MC - SW, 106

New Hands-on Home Repair: Electrical

Do you want to change a light fixture or install a dimmer switch, but the price of an electrician deters you? Learn how to do it yourself! In this hands-on class we will first discuss electricity and safety, small electrical problems and upgrades, the proper tools needed and the difference between aluminum and copper wiring and how to work with both. Then you will use your new-found knowledge to practice the techniques in a group setting. You won't need to fear performing your own simple DIY electrical repairs or have to pay someone else to do it for you after this class.

HOME:713 | \$25

550 W 7pm-9pm
July 26

Jean Linton
FV - E, 154

New Hands-on Home Repair: Plumbing

Got a leaky faucet or just want to upgrade to the latest style? Maybe your running toilet has caused your water bill to skyrocket? Don't get sticker shock by calling a plumber! Instead come to this hands-on class and learn how to fix minor plumbing issues yourself! This class is a combination of lecture and hands-on repair for small plumbing problems. We will have faucets, shut-offs, supply lines and complete toilet kits for you to see and practice on. Come have fun while learning how to do it yourself.

HOME:713 | \$25

551 W 7pm-9pm
July 19

Jean Linton
FV - E, 154

Do-It-Yourself Drywalling

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

HOME:713 | \$25

553 W 7pm-9pm
Aug. 2

Jean Linton
FV - E, 154

Give Your Home a Budget-Friendly FaceLift

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

HOME:709 | \$29

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

Kathryn Leinauer
MC - SW, 108



Exclamation Point!

"Jean Linton was engaging! I learned all about drywalling and have helped two family members with their homes."

Jamie R., Bridgeton, MO

Master Naturalist Program

The Master Naturalist Program consists of *three components*:

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

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

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

Ecology

Backyard Chickens for the Beginner

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

ECOL:705 | \$35

680 Sa 10am-2pm
June 3

Guy Niere
MC - SW, 105

Chicken Safety and Trapping Options

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

ECOL:705 | \$19

681 Sa 10am-12pm
June 10

Guy Niere
MC - SW, 105

Indoor Composting: Make and Take Home a Bokashi Bucket

Don't throw away those scraps - up to 20% of household trash can be composted! The bokashi bucket system can be used year-round: it's quick, convenient and has no household smells. In this hands-on session, you will construct and learn to maintain an indoor composting system capable of decomposing food and house plant trimmings for a family of four. In a space-saving bokashi system, effective microorganisms transform all types of kitchen waste into a nutrient-rich soil amendment. All equipment, materials and handouts provided and included in fee. You'll leave class with a working indoor composting system in the form of a bokashi bucket. Class offered in partnership with the Missouri Botanical Garden Earthways Center. Registration deadline 6/19. No refunds after this date.

ECOL:704 | \$49

650 Tu 7pm-8:30pm
June 27

Simon Warren
MC - SS, 105

Landscape and Gardening

All About Herbs

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

HORT:701 | \$25

650 Th 6pm-9pm
June 8

Michelle Ochonicky
MC - SO, 107

Container Gardening

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

HORT:714 | \$25

650 Th 6pm-8pm
June 15

Michelle Ochonicky
MC - SO, 109

Small Yard Landscape and Gardening

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

HORT:711 | \$25

680 Sa 9am-11:30am
June 10

Nancee Kruescheck
MC - SO, 107

New Propagating Missouri Native Plants

Learn how to propagate Missouri native plants through seed, cuttings, division, root cuttings and layering. This course is designed to encourage an interest, understanding, and appreciation of the principles and techniques of plant propagation. Discussion will address collecting, storing and germinating seeds and will demonstrate the various methods for propagating plants through cutting.

HORT:719 | \$19

480 Sa 10am-12pm
June 24

Amy Hereford
FP - C Tower, 219



New Fertilizer and PH ABCs

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

HORT:709 | \$25

680 Sa 9am-11:30am
June 17

Nancee Kruescheck
MC - SO, 107

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

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

HORT:723 | \$25

680 Sa 9am-11:30am
June 24

Nancee Kruescheck
MC - SO, 107

Hot Summer Heat: Keeping Your Yard and Garden Alive

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

HORT:708 | \$25

680 Sa 9am-11:30am
July 8

Nancee Kruescheck
MC - SO, 107

Nature

New Nature Walk - Wildflowers, Woods and Prairies

The learning opportunities derived from a nature walk are endless. Open your senses to the natural world and experience the magnificence and serenity of the environment of Shaw Nature Reserve's wildflowers, woods and prairies. Join our small group tour with Naturalist Nancy for an informative one mile walk to explore, discover and study the summer landscape. Paths are either chipped or gravel and have moderate hills. Wear comfortable shoes and dress appropriately for the weather. In case of rain, class will be rescheduled to June 24. Meet at the picnic tables across from the visitor's center.

NATR:704 | \$19

M01 Sa 10am-12pm
June 17

Nancy Gelb
Shaw Nature Reserve

New Botanical Treasures of Don Robinson State Park

Come explore the many botanical treasures of the new Don Robinson State Park located in the upper watershed of the LaBarque Creek. Join local native plant experts as they guide you through sandstone box canyons, shelter caves, cliffs, glades and upland and bottomland forests. Class presentation will review these geographical treasures and its history. Then, you will use the information learned to explore the park on two field trips on 6/17 and 6/24. Provide own transportation. This class is offered in partnership with the Missouri Native Plant Society.

NATR:723 | \$59

650 Tu 7pm-9pm
June 13

MC - SW, 108

Sa 9am-12pm

June 17

Don Robinson State Park

Sa 9am-12pm

June 24

Don Robinson State Park

Native Tree Identification

This class meets Tuesday and Saturday. Join Tom Ebling of Forest ReLeaf of MO to learn about Missouri tree identification through characteristics and samples such as twigs, leaves, bark, fruit and more. First class is a lecture format on the Wildwood campus followed by a weekend field trip at Rockwoods Reservation (one mile from campus) 2751 Glencoe Rd, Wildwood. Wear comfortable shoes and dress for walking outdoors. Resource booklets provided. Provide own transportation. Offered in partnership with Forest ReLeaf of Missouri.

NATR:722 | \$35

350 Tu 6pm-8pm
July 11

Tom Ebling
WW, 208

Sa 10am-12pm

July 15

Rockwood Reservation

Geology of Missouri

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

NATR:730 | \$29

680 Sa 9am-12pm
June 24

Jeffrey Smith
MC - SW, 106

Looking at Summer Night Skies

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

NATR:732 | \$59

650 M 7pm-9:30pm
June 12 - June 19

Michael Malolepszy
MC - SO, 111

W 7pm-9:30pm

June 14 - June 21

MC - SO, 111

Exclamation Point!

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

Jerry M., Clayton

The Wonders of Weather with TV Meteorologist John Fuller

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

NATR:734 | \$29
680 Sa 9am-12pm
June 17

John Fuller
MC - SO, 109

Dragonflies and Damselflies of the St. Louis Area

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

NATR:715 | \$35
650 Tu 6pm-8pm
June 6
Sa 10am-12pm
June 10

Yvonne Homeyer, Pat Garner
MC - SO, 109
Off Campus

New Insects of Missouri

Join Chris Brown, research entomologist, conservationist and photographer as he shares information on the broad variety of insects with specific habitat associations within Missouri's ecoregions. Through photos, you'll learn about the fantastic diversity, introductory level morphology and taxonomy along with some of the fascinating natural history aspects of Missouri's insects.

NATR:715 | \$25
651 W 6pm-8:30pm
June 14

Chris Brown
MC - SO, 108

New Waders

There are approximately 20 species of long-legged wading birds in North America; 10 of which breed in Missouri. Come learn about the behavior, habitat, and markings unique to this group of birds. Bitterns, egrets, and herons will be covered. Offered in partnership with the St. Louis Audubon Society.

NATR:709 | \$25
650 Tu 7pm-9pm
June 13

MC - SO, 107

Forest Park Owls: Hiding in Plain Sight

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

NATR:709 | \$25
651 Th 6:30pm-8:30pm
July 27

Mark H.X. Glenshaw
MC - SO, 108

Managing Hives for Honey Production, Extracting and Bottling Instruction

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

NATR:733 | \$29
650 Tu 6pm-9pm
June 20

Jane Sueme
MC - SO, 107

Become a
Master Naturalist

Real Estate

Real Estate Investing for Income

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

REAL:712 | \$29
350 Tu 7pm-9pm
June 27

Jill McCoy
WW, 208

Buying a Home? Top Home Buying Mistakes to Avoid

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

REAL:701 | \$19
650 Th 7pm-9pm
June 8

Jill McCoy
MC - CN, 225

Home Selling: Your Guide to a Successful Sale

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

REAL:702 | \$19
650 Th 7pm-9pm
June 22

Jill McCoy
MC - CN, 225



Exclamation Point!

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

Marcy D., St. Louis, MO

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Personal Finance

Finance and Investing

New Identify Theft: Current Scams and How to Avoid Them

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

FINC:765 | \$25

650 Tu 6:30pm-8:30pm
June 13

Cheryl Ring
MC - SO, 109

Bring Balance to Your Budget

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

FINC:735 | \$25

650 Tu 6:30pm-9pm
June 13

Margie Bittner
MC - SO, 206

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

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

FINC:735 | \$35

580 Sa 9am-1pm
June 10
580 Sa 9am-1pm
June 24

Tiffany Smith
STLCC-SC, 102
Tiffany Smith
FV - B, 216

Foundations of Investing

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

FINC:705 | \$39

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

Margie Bittner
MC - SO, 109

Understanding Wall Street

Understanding how stocks, bonds, mutual funds and the various financial vehicles of Wall Street function is essential to a solid financial backbone. Learn what these vehicles are, how they work, and separate "fact from fiction" when it comes to "fueling" your retirement fire. Discussion will include how these items work and how the taxes and fees woven into these vehicles can affect your bottom line. You will get an overview of: Stocks, bonds, and mutual Funds - What's the difference?; Tax considerations - the ultimate loophole; Understanding fees; Common financial myths; Overcoming obstacles to creating wealth; Exit strategies - How these vehicles can affect your legacy.

FINC:765 | \$19

651 W 6:30pm-8pm
June 28
450 W 6:30pm-8pm
July 12

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

Estate Planning

Preparing Your Estate Plan

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

FINC:710 | \$35

650 Tu 6:30pm-9pm
June 20

Margie Bittner, Kathleen Gmelich
MC - SO, 109

New Introduction to Estate Planning

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

FINC:710 | \$25

450 Tu 7pm-8:30pm
June 13

Andrew Hall
FP - G Tower, 115

Retirement Planning

Retirement Income Planning

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

FINC:736 | \$25

651 Tu 7pm-9pm
June 27

Steve Glazer
MC - SO, 204

Understanding Retirement Healthcare and Social Security

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

FINC:736 | \$25

650 Tu 7pm-9pm
June 13
350 Tu 7pm-9pm
June 20

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

Exclamation Point!

"I took an **Estate Planning** class with Margie and Kathleen - It was life-changing! Thank you for providing such a valuable resource to us."

Brian L., Creve Coeur, MO



Language & Communications

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

Chinese

Chinese for First-Timers

Explore an ancient culture and language with Chinese for First-Timers. This is the perfect class for beginners that are ready to start with the basics. You will be introduced to pronunciation, the Pin Yin system, greetings and basic sentences. No text required. No class 7/3.

FLCH:717 | \$59

650 M 7pm-9pm
June 12 - July 10

John Yeh
MC - SO, 105

French

French for the Traveler

Class meets Mondays and Wednesdays. Enjoy an easy and practical introduction to the French language. Learn survival phrases, how to read menus, understand cultural differences, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! No text required. Bring a pocket folder, notebook and pen to class.

FLFR:716 | \$75

600 MW 4:30pm-6:30pm
June 5 - June 21

Marcel Kyle
MC - CN, 228

French Language: Beginning I

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

FLFR:717 | \$99

650 MW 7pm-9pm
June 5 - June 28

Marcel Kyle
MC - CN, 228

French Conversation: Intermediate I

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

FLFR:720 | \$99

650 TuTh 7pm-9pm
June 6 - June 29

Marcel Kyle
MC - CN, 227

German

German for the Traveler

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

FLGE:716 | \$75

650 Th 6:30pm-8:45pm
June 8 - June 29

Dustin Gastetter
MC - CN, 226

651 W 6:30pm-8:45pm

July 5 - July 26

Dustin Gastetter
MC - CN, 226

Japanese

Japanese Language: Beginning I

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

FLJP:717 | \$99

480 Sa 10am-12pm
June 10 - July 29

Nobue Olwig
FP - G Tower, 111

Spanish

Introduction to the Culture of Mexico

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

FLSP:765 | \$19

650 M 6:30pm-8:30pm
June 12

Maria de la Garza
MC - SO, 107

Spanish for the Traveler

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

FLSP:716 | \$75

450 Tu 7pm-9pm
July 11 - Aug. 15

Timothy Neckermann
FP - G Tower, 119

Exclamation Point!

"I love Maria de la Garza- she is a fabulous and engaging teacher. She provides many opportunities to put our skills to practice."

Julie M., St. Louis, MO

Spanish Language: Beginning I

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

FLSP:717 | \$99

350 Tu 7pm-9pm
June 13 - Aug. 15
No Class 7/4, 7/18

Ann Rupert
WW, 202

450 Th 7pm-9pm
July 6 - Aug. 24

Timothy Neckermann
FP - G Tower, 119

Spanish Language: Beginning I - Friends and Family

Explore a new culture and language in a relaxed and informal atmosphere with your friends and/or family! Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in Spanish! Ages 8 and up; students under 16 must be accompanied by parent/guardian. Registration required for each participant; individuals welcome. Text required-bring to first class. No class 7/20.

FLSP:717 | \$99

600 Th 4pm-6pm
June 15 - Aug. 10

Ann Rupert
MC - CS, 206

Spanish Language: Beginning II

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

FLSP:718 | \$99

650 W 7pm-9pm
June 14 - Aug. 9
No Class 7/19

Ann Rupert
MC - CS, 206

450 W 7pm-9pm
July 5 - Aug. 23

Timothy Neckermann
FP - G Tower, 119

Spanish Language: Beginning III

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

FLSP:719 | \$99

650 Th 7pm-9pm
June 15 - Aug. 10
No Class 7/20

Ann Rupert
MC - CS, 209

500 Tu 4pm-6pm
June 13 - Aug. 8
No Class 7/4

Maria de la Garza
FV - C, 104

Spanish Conversation: Intermediate I

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

FLSP:720 | \$99

650 W 6:30pm-8:30pm
June 14 - Aug. 2

Maria de la Garza
MC - CN, 202

Spanish Conversation: Intermediate III

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

FLSP:722 | \$99

650 Th 6:30pm-8:30pm
June 15 - Aug. 3

Maria de la Garza
MC - CN, 202



Spanish Grammar: Level I

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

FLSP:765 | \$99

600 Tu 3:30pm-5:30pm
June 13 - Aug. 15

Ann Rupert
MC - CS, 209

Sign Language

Sign Language: Beginning ASL

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

SIGN:701 | \$99

550 W 6pm-8pm
June 7 - July 26

Steven DeShetler
FV - SS, 101

Sign Language: Intermediate ASL

Continue learning additional ASL concepts, finger spelling and hand signs in this advanced beginner course. Prerequisite: Sign Language - Beginning I or equivalent experience. Text required-bring to first class. No class 7/4.

SIGN:703 | \$99

550 Tu 6pm-8pm
June 6 - Aug. 1

Steven DeShetler
FV - SS, 106

Historical Studies

History

Understanding the Opposition: Viet Cong/North Vietnamese Army

The North Vietnamese Army (People's Army of Vietnam) and Viet Cong (National Liberation Front), both were composed of different types of soldiers, each fighting a very different type of war. This class will examine how they adapted their fighting techniques to an ever evolving American enemy.

HIST:706 | \$25

650 Th 7pm-9:30pm
Aug. 3

Chris Ketcherside
MC - BA, 114

The Trail of Tears in Missouri

The U.S. Government forced the Cherokee to move from their settlements in the Southeastern United States to Oklahoma. The Cherokee were marched along four routes westward, three of which crossed Missouri. They suffered greatly as they crossed Missouri in the winter. Doug Schneider will talk about how the Cherokee lived in the Southeast, what they faced as they went westward, and what exists today in Missouri to mark their travel through the state.

HIST:708 | \$19

650 Tu 7pm-8:30pm
July 18

Douglas Schneider
MC - CS, 104

World Powers in the New Millennium: Russia's Return

In March of 2000, a former KGB Colonel was elected President of the Federation of Russia. Since then, President Vladimir Putin has pursued his mission outlined in his manifesto to restore Russia to its former power and glory. This class will focus on Russia's return to the world stage since the millennium.

HIST:710 | \$25

450 M 6:30pm-9:30pm
July 17

Timothy Neckermann
FP - G Tower, 327

German Way of War

How does the German way of fighting wars develop from Frederick the Great to Hitler? In what crucial ways does it fail to adapt? This class will examine this by using several examples of campaigns the Germans fought as warfare itself evolved.

HIST:714 | \$25

650 Th 7pm-9:30pm
June 22

Chris Ketcherside
MC - SO, 107

Understanding the Opposition: WWII Germans

Who was on the other side of the hill in WWII? What were they like, and why were they fighting? Not all German soldiers were dedicated Nazis. This class will explore the character, motivations, techniques, and weapons of the German soldier in WWII.

HIST:714 | \$25

651 Th 7pm-9:30pm
July 27

Chris Ketcherside
MC - SO, 107

ISIS, Part I

This radical organization has terrorized the Middle East and the world with its tactics, severe ideology and nearly mystical ability to conquer territory and recruit globally. What drives this group's quest to reestablish the caliphate? To what extent is it working? How is it being funded? Join us as we strive to understand the inner workings, objectives, material advantages and platform of the organization known as the Islamic State.

HIST:727 | \$19

S51 Th 7pm-9pm
June 8

Katie Young
STLCC-SC, 101

ISIS, Part II

We have already unpacked the Islamic State in Iraq and al-Sham. We know its motives, practices, and objectives. The next phase of understanding ISIS will require an analysis of its impact on regional politics and alliances. If you have not yet taken the original ISIS course, do not fret. This course will begin with a recap of the most important elements of the self-styled Islamic State. It will incorporate such regional elements as Sunni-Shi'a rivalry, power politics, the Syrian civil war, and the state of modern Iraq. Please join us to place ISIS in regional context.

HIST:727 | \$19

S52 Th 7pm-9pm
July 13

Katie Young
STLCC-SC, 101

Canada: The History of Our Northern Neighbor

July 1, 2017 is the 150th Anniversary of Canada's Confederation. Spend an evening learning and sharing Canada's history from the First Nations, through the arrival of its Founding nations France and Britain, to uniting as a country and taking its place as a middle power on the world stage. In this class, we will learn how Canada is our largest trading partner and why we share the world's longest undefended border.

HIST:765 | \$19

650 Tu 7pm-9pm
June 20

James Gallen
MC - SO, 205

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 special 3-D stereoscopic presentation, and then travel to the sites of the marvels you've just seen. Fee includes a light lunch of foods made famous at the fair and print materials (including maps). Special 3-D glasses are supplied. Some walking required. Provide own transportation for the tour. Rain date: 7/8.

TRIP:701 | \$59

480 Sa 8:30am-1:30pm
June 3

Charles Koehler
FP - G Tower, 115

Route 66 in St. Louis

Get your kicks on the St. Louis portion of Route 66! The bus tour includes frozen custard at Ted Drewes, a peek into a classic Route 66 motel room, the site of a Parkmoor (curious what this is? come find out!), a Route 66 doughnut to take home, and a chance to walk the Chain of Rocks Bridge. And, of course, we will stop to mourn the loss of the Coral Court Motel. You don't want to miss this trip! The tour begins at the Forest Park campus. Meet in the parking lot of the G Tower. The bus will leave promptly at 1pm so plan to arrive 15 minutes early. Withdrawal deadline for refund: 5/17.

TRIP:701 | \$59

PD1 W 1pm-6pm
June 7

Douglas Schneider
FP - G Tower

Flounder Houses in St. Louis

St. Louis has more flounder houses than any other city in the world. These unique structures were built between 1860 and 1890, and we will learn what makes these houses so special. They have a distinctive shape, with one side wall higher than the other side wall. They often have a single window on the top floor, looking like an "eye". Our bus will travel to various neighborhoods of the city to show us these intriguing houses. We will even have lunch in a flounder house, home to a workingman's bar and grill. The tour begins at the Forest Park campus. Meet in the parking lot of the G Tower. Large amounts of walking required for this outing. Withdrawal deadline for refund: 6/6.

TRIP:701 | \$69

PD2 Tu 10am-2pm
June 27

Douglas Schneider
FP - G Tower

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Lewis and Clark: Behind the Scenes

Join us on a journey to re-discover Lewis and Clark! We will learn what went into the preparation for their journey, visit an early stop on their route, and learn what happened after they returned. We will stop in Cahokia, IL to view the official Post Office for the expedition and move along to Hartford, IL for the Number 1 historic site on the Lewis and Clark Trail and Camp du Bois before voyaging up the Confluence Tower in an elevator. After viewing the confluence of the Mississippi and Missouri Rivers, we will head to the Boathouse Museum in St. Charles. While in St. Charles, there will be a brief time for shopping on Main Street or treating yourself to dessert on your own. We will also visit Clark's grave in Bellefontaine Cemetery. The tour includes: bus, admissions, lunch and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refunds: 6/2.

TRIP:702 | \$89

MD1 Sa 8:30am-4:30pm
June 24

Joan Huisinga
MC - Off Campus

Historic Route 66 I: Cuba, MO to Waynesville, MO

Join us for a narrated tour (with stops) along a portion of Route 66 (the Mother Road) in Missouri. Highlights will include lunch at the iconic Elbow Inn, ruins of days-gone-by and a dead-end (almost ghost!) town, a resort that hosted Mae West, the Trail of Tears, the finest pie in Missouri, scenic camera-ready overlook, some of the oldest (still operating) businesses on the route, a huge red rocking chair, and Route 66 murals. Tour includes transportation and tour guide, BBQ lunch with the fixin's, a slice of take-home pie, and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 6/1.

TRIP:702 | \$109

MD2 Th 8:30am-4:30pm
June 15

Douglas Schneider
MC - Off Campus

National Road with Unusual Sights

Join us as we travel east on the old National Road, also known as Highway 40. Our first stop will be at the Marcoat Jersey Creamery in Greenville, IL to observe cheese making and meet calves. Then we're off to Greenup, IL, the town of porches and antiques. Lunch will be in Casey, IL at the Whitting Whimsey next to the world's largest wind chime. Main Street in Casey is lined with the world's largest items: mail box, shoe, golf tee and knitting needles. Who knows, we may see them making more large items! On the way back we will stop at Blue Springs Cafe for Mile High Pie. Trip includes transportation, admissions, lunch, pie and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refunds: 5/31.

TRIP:702 | \$109

MD3 W 8am-6pm
June 21

Joan Huisinga
MC - Off Campus

Historic Route 66 II: Eureka, MO to Cuba, MO

Take a bus ride on the Mother Road. Visit buildings unchanged since the heyday of Route 66, as well as repurposed Route 66 buildings and abandoned Route 66 buildings. Learn the role of the National Park Service in preserving this historic road. See tourist traps, petroliana, a winged moose, open mines, a haunted truck stop, historic neon signs, Civil War sites. Meet people who rehabbed a Route 66 building in Cuba. Lunch will be BBQ with cobbler, and you will get Route 66 baby cakes to take home. Tour includes transportation and tour guide, lunch, dessert and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 6/8.

TRIP:702 | \$109

MD4 Th 8:30am-4:30pm
June 22

Douglas Schneider
MC - Off Campus

Hats Off to Washington, MO Via Amtrak

All aboard for this day-long trip to Washington, MO. Upon arriving at our destination city, we will dine for lunch at Hawthorne Inn, serving award winning food for 20 years and consistently voted the area's favorite restaurant. You'll have your choice of one of three menu items. After lunch, we will visit the home of milliner, Rose Monzyk. Rose designs hats and will give us a millinery demonstration and display her hats. Next, we will have a stopover at Gary Lucy Gallery on historic Main where we will meet the artist himself. Whether working in his floating river studio or in his home studio on the Missouri riverfront in Washington, MO, Gary captures the beauty and ruggedness of nature and river life. Enjoy a private demo by Gary and time to shop in the studio and surrounding nearby stores on Main Street. Tour includes: professional tour guide, motorcoach transportation, all listed attractions, speakers, experiences, inclusive lunch, and all gratuities to driver and guide. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 6/23.

TRIP:702 | \$99

MD6 Sa 9am-5pm
July 8

Dea Hoover
MC - Off Campus

Ragtime Along the Rails Via Amtrak

All aboard for Ragtime Along the Rails, a tour about Scott Joplin! Scott Joplin's Maple Leaf Rag was published by Sedalia's music publisher, John Stark, in 1899. An unprecedented contract between an African-American man, son of a slave, and a white man jump-started Ragtime as America's first truly original music and made Scott Joplin the "King of Ragtime." This contract, which provided royalties instead of a flat fee to a black composer for the first time, set a precedent in the music industry going forward. Upon arrival in Sedalia, MO, we will partake in lunch in the Historic Katy Depot with Nostalgia Vintage Apparel program. After eating, we will enjoy a historical tour at the Sedalia Katy Depot Historical tour and artifacts. Next, we will walk the path of Scott Joplin during a Joplin's Footstep Tour where you will visit 114 E. 5th Street, the location where his historic contract was signed. Tour includes: our includes: professional tour guide, motorcoach transportation, all listed attractions, speakers, experiences, inclusive lunch, and all gratuities to driver and guide. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 6/30.

TRIP:702 | \$129

MD7 Tu 9am-8:30pm
July 25

Dea Hoover
MC - Off Campus



Quincy: See the Unexpected

Board the coach to Quincy (don't worry, we will stop for a break in Bowling Green!) to see the unexpected. We will arrive at the Quincy Convention Center and meet our guide and head over to Underbrink's Bakery for a behind-the-scenes tour and enjoy a Sweet Tray! This authentic German Bakery has been open since 1929. We will explore St. Francis Catholic Church with their stunning interior murals and extensive white marble adornments done in a Gothic Revival Style. Built in 1884, this is a mainstay church in the river town of Quincy. Next, we will depart on a narrated architectural tour of this elite river city. Architectural styles range from an authentic Mediterranean villa built on the Mississippi bluffs in 1900 to the humble shotgun houses in the city's German District, Calftown. Groups are often astonished at the majestic mansions on renowned Maine Street and surrounding the East End Historic District. For lunch, we will dine at Tiramisu. After eating we will meet up with two individual homeowners to tour two private homes in Quincy's renowned East End Historic District. Each property has distinct design elements and has been meticulously restored. Tour includes: our includes: professional tour guide, motorcoach transportation, all listed attractions, speakers, experiences, inclusive lunch, and all gratuities to driver and guide. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 7/1.

TRIP:702 | \$119

MD8 F 7am-5:30pm
July 28

Dea Hoover
MC - Off Campus

Treasures of Osage County Via Amtrak

All aboard to view the Treasures of Osage County! We will dine for lunch at Westphalia Inn. The Inn, built in the 1930s was a 30-room hotel before the owners turned it into a family-style restaurant that serves delicious food. Enjoy spending some time in the gift shop, Everchanging Shop, at the Inn. It is a treasure of antique glassware, china, jewelry, furniture, unique artwork, and creative gifts. After lunch, we will join Terry Neuner, owner of the Westphalia Vineyards, on the upper level of the Inn for a tasting of their award-winning wines. You will delight in hearing Terry tell about the history of the vineyards, stories about the Inn, and quaint histories of the village of Westphalia. Next, we will visit St. Joseph's Catholic Church in Westphalia. Founded in 1838, this is the oldest Catholic Parish in Osage County. This church holds the largest collection of relics in the Diocese of Jefferson City. The building features a unique double choir loft and is listed on the National Register of Historic Places. A member of the parish will be available to visit with you about the history of the church. We will finish our trip with a tour of State Technical College of Missouri. The State Technical College of Missouri, founded in 1961, is located on 360 acres, has nine academic buildings with technical laboratories, and an enrollment of over 1200 students. Tour includes: our includes: professional tour guide, motorcoach transportation, all listed attractions, speakers, experiences, inclusive lunch, and all gratuities to driver and guide. Meet tour bus on Lot E on NW side of Meramec campus. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 7/10.

TRIP:702 | \$109

MD9 Th 9am-6:15pm
Aug. 3

Dea Hoover
MC - Off Campus

Ride the rails this summer with STLC Continuing Education

Games People Play

The adventure begins at Across the Board Games in Crestwood for a behind-the-scenes look at this homespun business created out of the love of old board games. You will meet the owner and hear her story of her passion of wooden board games the family can play together. Next, we will tour the World Chess Hall of Fame, Home to the world's largest chess piece as verified by the Guinness Book of World Records. Our group will enjoy a guided tour and lecture of the Hall of Fame as well as experience the current exhibit and we will venture over to the Chess Club for a Grand Master Lesson. Lunch will be a pleasant experience at the chess-themed Kingside Diner, especially when there is a house-made cinnamon roll for dessert! Next, we will master our escape skills at Mastermind Room Escape-St. Louis. You will work with 10 other people to solve a puzzle that lets you out of the room. But hurry, you only have 60 minutes! We will finish our adventure at Pieces STL, the city's new board game café, and meet the creators. From entrepreneurial incubator to brick and mortar business, Pieces STL stands out among the crowd. Tour includes: our includes: professional tour guide, motorcoach transportation, all listed attractions, speakers, experiences, inclusive lunch, and all gratuities to driver and guide. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 5/30.

TRIP:701 | \$99

VD1 F 8:15am-4:30pm

June 16

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

MD1 F 9am-4pm

June 16

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

Dea Hoover

FV - Off Campus

Dea Hoover

MC - Off Campus

Historic Homes of Springfield, IL

The first stop on this tour is the Floyd Lloyd Wright Dana Thomas House. The home, the 72nd building designed by Wright, contains the largest collection of site-specific, original Wright art glass and furniture. Next, we will visit the Pasfield House Inn to enjoy a tour and lunch. Built in 1896, this Georgian-Revival mansion is a remarkably preserved treasure that has a distinctive antebellum flair. Then we're off to Edward's Place Mansion. This Italianate mansion built in 1833 and remodeled in 1857 and was once a center for social activity in Springfield. Prominent citizens and politicians such as Abraham Lincoln, Stephen Douglas, governors, judges and lawyers were entertained at lavish dinner parties and the grounds played host to many summer picnics and political rallies. Lastly, we will visit the Elijah Iles House--the oldest known residence in Springfield. This Greek revival home is thought to be the only "raised cottage" with a full gallery or porch existing in the Springfield area. Many have called this house "home" including merchants, bankers, soldiers, senators and other politicians, and leaders in women's organizations. Tour includes: professional tour guide, motorcoach transportation, all listed attractions, speakers, experiences, inclusive lunch, and all gratuities to driver and guide. Please arrive 15 minutes prior to departure time. Withdrawal deadline for refund: 6/9.

TRIP:702 | \$99

MD5 F 8:30am-6pm

June 23

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

VD1 F 8:30am-6pm

June 23

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

Dea Hoover

MC - Off Campus

Dea Hoover

FV - Off Campus

Recreation, *Fitness* & Wellness

Recreation and Sports

Cards and Games

Bridge: Supervised Party Bridge with Intermediate Instruction

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

GAME:702 | \$65

550 Th 7pm-9pm

June 1 - July 6

George Hawley

FV - SC, PDR-A

Fencing

Fencing: Beginning I and II

Learn the basics of swordplay in beginning fencing. Class emphasizes basics of footwork, bladework, and bouting and will accommodate returning students as well with instruction to expand technique. Equipment provided. CLASS IS OPEN TO AGES 14 AND OLDER. STUDENTS YOUNGER THAN 16 MUST BE ACCOMPANIED BY PARENT/GUARDIAN.

PEDU:745 | \$59

650 W 5:30pm-6:25pm

June 14 - Aug. 2

Patrick Dorsey

MC - PE, 201

Motorcycle Rider Training

Motorcycle Safety Basic Rider Course (BRC)

The Basic Rider Course (MSF-BRC) is geared toward the novice motorcyclist or scooter operator, but will also provide an excellent skills update for the returning rider or those experienced with no previous formal training. The course consists of classroom and on-bike instruction with furnished motorcycles or scooters (loaner scooters are limited - check availability before registering; however personal scooters are permitted). Those who successfully complete the course will be issued a completion card from the Missouri Motorcycle Safety Program which is a waiver for the road test portion of the Missouri license endorsement. Students must be at least 15-1/2 years old and able to ride a bicycle. Those under 18 years of age must have a release form signed by a legal guardian or parent. Students must bring DOT-approved helmet (loaner helmets available), boots, gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants, bring a photo ID, and show proof of medical insurance. At the discretion of the instructors, students who are unable to safely operate the motorcycles will be dismissed from class for their own protection and the safety of the group. No refunds will be given if you are unable to complete the class for any reason. Class held rain or shine. You must arrive on time for class; late arrivals will not be admitted to class. Call for a detailed brochure: (314) 984-7777. To view a 5-minute video of Basic Rider Course highlights, go to msf-usa.org. Withdrawal deadline for refund: 5/31.

MOTR:701 | \$225

4D1 SaSu 9am-7pm

June 3 - June 4

4D2 SaSu 9am-7pm

June 10 - June 11

4D3 SaSu 9am-7pm

June 17 - June 18

4D4 SaSu 7am-5pm

July 8 - July 9

4D6 SaSu 7am-5pm

July 22 - July 23

FP - D Tower, 215

FP - D Tower, 215

FP - D Tower, 215

FP - D Tower, 215

FP - D Tower, 215

4D5 SaSu 7am-5pm

July 15 - July 16

4D7 SaSu 9am-7pm

July 29 - July 30

4D8 SaSu 7am-5pm

Aug. 12 - Aug. 13

D9 SaSu 7am-5pm

Aug. 19 - Aug. 20

4DA SaSu 7am-5pm

Aug. 26 - Aug. 27

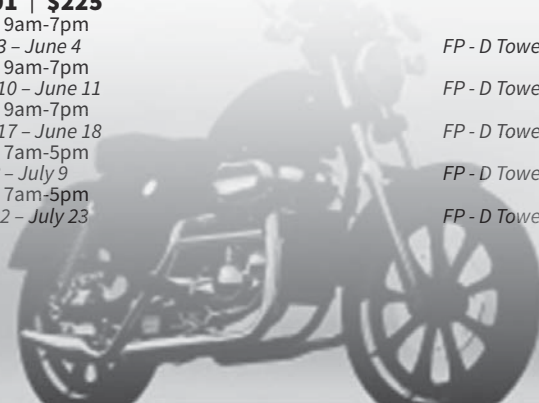
FP - D Tower, 215

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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. Withdrawal deadline for refund: 6/21.

MOTR:703 | \$99

- 4D1 Su 7am-4pm
June 25
- 4D2 Sa 7am-4pm
July 29

FP - D Tower, 215

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. Withdrawal deadline for refund: 6/21.

MOTR:704 | \$99

- 4D1 Sa 7am-4pm
June 24

FP - D Tower, 215

Call 314-984-7777 to register beginning May 1

Golf

Golf: Beginning I

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

PEDU:730

Four Sessions | \$45

- 810 W 7pm-8pm
May 24 - June 14
Big Bend GC
- 811 M 5pm-6pm
June 5 - June 26
Big Bend GC
- 812 M 6pm-7pm
June 5 - June 26
Big Bend GC
- 813 M 7pm-8pm
June 5 - June 26
Big Bend GC
- 814 M 7pm-8pm
July 10 - July 31
Big Bend GC
- 815 Sa 8am-9am
June 3 - June 24
Big Bend GC
- 801 Th 7pm-8pm
June 1 - June 22
Golfport-MH
- 800 Th 6pm-7pm
June 1 - June 22
Golfport-MH
- 802 Sa 10am-11am
July 8 - July 29
Golfport-MH

Six Sessions | \$59

- 880 Tu 7pm-8pm
May 30 - July 11
No Class 7/4
The First Tee
- 873 Sa 9am-10am
June 3 - July 15
No Class 7/1
Ruth Park
- 881 Sa 10am-11am
June 10 - July 22
No Class 7/1
The First Tee
- 890 W 7pm-8pm
May 17 - June 21
Tower Tee
- 891 Th 7pm-8pm
May 25 - June 29
No Class 7/3
Tower Tee
- 892 Th 7pm-8pm
July 13 - Aug. 17
Tower Tee
- 893 Tu 6pm-7pm
July 18 - Aug. 22
No Class 5/27, 7/1
Tower Tee
- 894 Sa 9am-10am
May 20 - July 8
No Class 5/27, 7/1
Tower Tee
- 860 M 6pm-7pm
June 5 - July 17
No Class 7/3
Sunset Hills Golf Ctr
- 861 Th 5pm-6pm
June 8 - July 13
No Class 7/1
Sunset Hills Golf Ctr
- 862 Sa 10am-11am
June 10 - July 22
No Class 7/1
Sunset Hills Golf Ctr

12 Sessions | \$109

- 870 TuTh 10am-11am
May 30 - July 11
No Class 7/4
Ruth Park

Golf: Beginning II

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

PEDU:731

Four Sessions | \$45

- 801 Th 7pm-8pm
July 6 - July 27
Golfport-MH
- 800 Th 6pm-7pm
July 6 - July 27
Golfport-MH
- 802 Sa 10am-11am
June 3 - June 24
Golfport-MH
- 810 W 6pm-7pm
May 24 - June 14
Big Bend GC
- 811 W 6pm-7pm
June 28 - July 19
Big Bend GC
- 812 M 5pm-6pm
July 10 - July 31
Big Bend GC
- 813 M 6pm-7pm
July 10 - July 31
Big Bend GC
- 814 Sa 9am-10am
June 3 - June 24
Big Bend GC

Six Sessions | \$59

- 880 Tu 6pm-7pm
May 30 - July 11
No Class 7/4
The First Tee
- 881 Sa 11am-12pm
June 10 - July 22
No Class 7/1
The First Tee
- 890 Tu 7pm-8pm
May 23 - June 27
Tower Tee
- 891 M 6pm-7pm
June 5 - July 17
No Class 7/3
Tower Tee
- 892 W 7pm-8pm
July 19 - Aug. 23
Tower Tee
- 893 Sa 11am-12pm
May 20 - July 8
No Class 5/27, 7/1
Tower Tee
- 894 Sa 9am-10am
July 15 - Aug. 19
Tower Tee
- 860 M 5pm-6pm
June 5 - July 17
No Class 7/3
Sunset Hills Golf Ctr
- 861 Sa 9am-10am
June 10 - July 22
No Class 7/1
Sunset Hills Golf Ctr

Golf: Basics and Beyond-5 Sessions

Learning to play correctly is key to a great golf game. New golfers get started on the right track and more experienced golfers will get back to basics to help 'unlearn' any bad habits. Class will cover putting, chipping, pitching, rules, etiquette, full swing with iron and full swing with wood. A great mix for beginning students just learning to play and experienced golfers brushing up on skills and rules of play as a refresher course! Extra fee for balls. No class 7/1.

PEDU:730 | \$99

- 820 Sa 10am-11:30am
June 3 - July 8
Eagle Springs

Golf: Short Game Skills

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

PEDU:732 | \$59

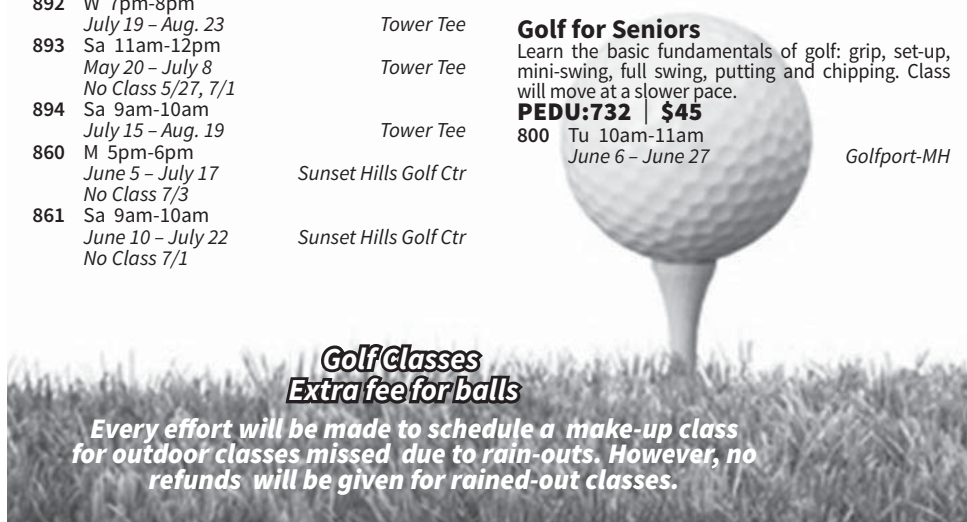
- 880 W 7pm-8pm
June 7 - July 12
The First Tee
- 890 W 6pm-7pm
May 17 - June 21
Tower Tee
- 893 Th 6pm-7pm
July 13 - Aug. 17
Tower Tee
- 897 Sa 10am-11am
May 20 - July 8
No Class 5/27, 7/1
Tower Tee
- 899 Sa 11am-12pm
July 15 - Aug. 19
Tower Tee
- 860 Th 6pm-7pm
June 8 - July 13
Sunset Hills Golf Ctr

Golf for Seniors

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

PEDU:732 | \$45

- 800 Tu 10am-11am
June 6 - June 27
Golfport-MH



Play Better Golf

Become the best golfer you can be! Instruction will focus on putting, short game skills, and learning how to drive the ball further with more accuracy so you can start lowering your scores today. Open for all skill levels and balls will be provided. Class meets at Creve Coeur's Municipal Golf Course.

PEDU:732 | \$39

V01 Tu 5:30pm-7pm **Melvin Klearman**
 May 30 *Creve Coeur Mun. Golf*
 Su 9am-10am
 June 4-June 25 *Creve Coeur Mun. Golf*
 Mandatory first class meets Tuesday 5/30;
 remainder of classes meet on Sunday 6/4-6/25.

V02 Tu 5:30pm-7pm **Melvin Klearman**
 July 18 *The First Tee*
 Su 9am-10am
 July 23-Aug. 13 *The First Tee*
 Mandatory first class meets Tuesday 7/18;
 remainder of classes meet on Sunday, 7/23-8/13

Golf: Playing Lessons

Enjoy this unique opportunity to play with an experienced golf instructor. PGA professional will take you and other students on course to play up to nine holes. Class is for golfers who have had prior instruction but have difficulty taking their game to the next level. Be prepared to pay Eagle Springs approximately \$20 to play up to nine holes on the course (includes a riding cart). Meet instructor at Eagle Springs Clubhouse. Tee time is at the start time so be sure to arrive a few minutes early.

PEDU:732 | \$39

820 M 5pm-7:30pm *Eagle Springs*
 June 19
821 M 5pm-7:30pm *Eagle Springs*
 July 17

Golf: Parent/Child - 4 Sessions

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

PEDU:732 | \$45

801 Th 6pm-7pm *Golfport-MH*
 June 8 - June 29
810 W 7pm-8pm *Big Bend GC*
 June 28 - July 19
811 Sa 10am-11am *Big Bend GC*
 June 3 - June 24

Golf: Combo Class

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

PEDU:732 | \$59

891 Th 6pm-7pm *Tower Tee*
 May 25 - June 29
892 M 7pm-8pm *Tower Tee*
 June 5 - July 17
 No Class 7/3
894 Tu 7pm-8pm *Tower Tee*
 July 18 - Aug. 22
895 W 6pm-7pm *Tower Tee*
 July 19 - Aug. 23
896 M 6pm-7pm *Tower Tee*
 July 24 - Aug. 28
898 Sa 10am-11am *Tower Tee*
 July 15 - Aug. 19

Exclamation Point!

"**Dave at Big Bend Golf Center** is a thorough instructor. He is patient and is able to tailor his message to each student based on their abilities."

Blake E., St. Louis, MO



Tennis

Tennis: Beginning I (NTRP:1.0-2.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:733 | \$69

M03 Tu 1pm-2pm *Vetta*
 June 20 - Aug. 8
 No Class 7/4

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

See NTRP Rating Box. Tennis balls provided.

PEDU:733 | \$55

M02 Th 7pm-8pm *Watson Trails*
 June 8 - June 29
M01 TuTh 5pm-6pm *Lake School Park-Tennis*
 June 20 - June 29

Tennis: Beginning II (NTRP 2.5)

See NTRP Rating Box. Tennis balls provided. No class 7/1.

PEDU:734 | \$69

M01 Sa 3:30pm-4:30pm *Vetta*
 June 17 - Aug. 5

Tennis: Intermediate I (NTRP 3.0)

See NTRP Rating Box. Tennis balls provided.

PEDU:735

Four Sessions | \$55
M01 Sa 4pm-5pm *Forest Lake*
 June 3 - June 24
M02 Sa 4pm-5pm *Forest Lake*
 July 15 - Aug. 5

Seven Sessions | \$95

M03 W 4pm-5:30pm *Vetta*
 June 28 - Aug. 9

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

See NTRP Rating Box. Tennis balls provided.

PEDU:736 | \$95

M03 M 3:30pm-5pm *Vetta*
 June 19 - Aug. 7
 No Class 7/3
M01 Tu 2pm-3:30pm *Vetta*
 June 20 - Aug. 8
 No Class 7/4
M02 Th 2pm-3:30pm *Vetta*
 June 29 - Aug. 10

National Tennis Rating Program (NTRP)

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

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

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

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

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

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

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

Fitness

Aquatics

Attention Water Students:

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

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

Family Swim

You and your family can have fun as you swim, dive, or lounge in our pool. One parent/guardian per 3 children if they can swim. One parent/guardian per non-swimming child. All participants MUST register. Maximum 8 parent/guardian and children per family for \$79 registration.

PEDU:720 | \$79

580 Th 5pm-6:50pm
June 8 - July 27 FV - PE, POOL

Additional family members of students that have registered and paid for PEDU 720 580 should register for PEDU 720 581. All participants MUST register. Maximum 8 parent/guardian and children per family for \$79 registration.

Lap Swim - Florissant Valley

Come and get a great workout before you start your day! Pool will be set up for students to swim laps during this time. Lockers are available, however you must provide your own towel and lock for your valuables. No class 7/3, 7/4.

PEDU:721 | \$79

500 M-Th 7am-7:50am
June 12 - July 25 FV - PE, POOL

Open Lap Swim - Meramec

Pool will be open for credit and non-credit students to swim laps during this time. Lockers are available, however you must provide your own towel and lock for your valuables. No class 7/3, 7/4.

PEDU:721 | \$49

600 M-Th 8am-8:50am
June 5 - July 27 MC - PE, POOL

Swimming Skills: Beginning/Intermediate

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

PEDU:722

Six Sessions | \$49

580 Sa 11am-11:50am
June 10 - July 22 FV - PE, POOL
No Class 7/1

Seven Sessions | \$49

450 Tu 8pm-8:50pm
June 6 - July 25 FP - PE, POOL
No Class 7/4

Exclamation Point!

"Aqua Zumba is a fun exercise class. Barbara Harris works very hard and does a fantastic job. Student interaction is very friendly."

Kathy W., Hazelwood, MO

Water Exercise

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

PEDU:729

Seven Sessions | \$49

400 Tu 7pm-7:50pm
June 6 - July 25 FP - PE, POOL
No Class 7/4

581 Sa 10am-10:50am
June 10 - July 29 Daniel Vogt
No Class 7/1 FV - PE, POOL

12 Sessions | \$75

500 MW 8am-8:50am
June 12 - July 24 Barbara Harris
No Class 7/3 FV - PE, POOL

502 MW 10am-10:50am
June 12 - July 24 Barbara Harris
No Class 7/3 FV - PE, POOL

15 Sessions | \$89

651 MW 7pm-7:50pm
June 5 - July 26 Terri Williams
No Class 7/3 MC - PE, POOL

16 Sessions | \$95

602 TuTh 9am-9:50am
June 6 - Aug. 1 MC - PE, POOL
No Class 7/4

605 TuTh 2pm-2:50pm
June 6 - Aug. 1 MC - PE, POOL
No Class 7/4

Water Exercise: Shallow/Deep Aerobics Combo

Use various resistance equipment (dumbbells and noodles) in this high energy class to build cardio capacity and strengthen main muscle groups. Great exercise to increase your strength and endurance, leaving you feeling great and looking good! No class 7/3.

PEDU:729 | \$89

650 MW 6pm-6:50pm
June 5 - July 26 Terri Williams
MC - PE, POOL

Water Exercise: Deep Water Aerobics

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

PEDU:729

Seven Sessions | \$49

580 Sa 9am-9:50am
June 10 - July 29 Daniel Vogt
No Class 7/1 FV - PE, POOL

15 Sessions | \$89

601 MW 10am-10:50am
June 5 - July 26 MC - PE, POOL
No Class 7/3

Water Exercise: Cardio Fitness

Increase your energy and physical conditioning using a combination of lap-based aerobic exercises along with strength training using dumbbells and noodles. Come ready to work and have fun!. No class 7/4.

PEDU:729 | \$95

603 TuTh 10am-10:50am
June 6 - Aug. 1 MC - PE, POOL

Gentle Aqua Zumba

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

PEDU:729

Seven Sessions | \$49

550 Th 7pm-7:50pm
June 8 - July 20 Neil Skid
FV - PE, POOL

PEDU:729

600 MW 9am-9:50am
June 5 - July 26 Neil Skid
No Class 7/3 MC - PE, POOL

Aqua Zumba

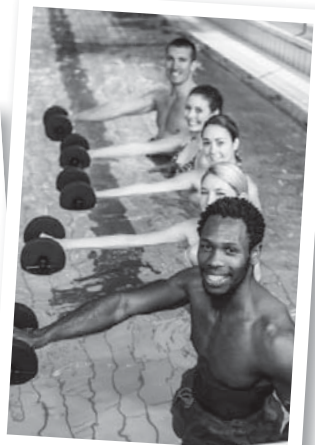
Splash and dance your way to fitness in this fun, low-impact, water-based workout! Aqua Zumba integrates the Latin-inspired, dance-fitness moves of the traditional Zumba class with water-based exercises.

PEDU:729

12 Sessions | \$75

551 MW 6pm-6:50pm
June 12 - July 24 FV - PE, POOL
No Class 7/3

501 MW 9am-9:50am
June 12 - July 24 Barbara Harris
No Class 7/3 FV - PE, POOL



Aerobic Exercise

Cardio Kickboxing

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

PEDU:744 | \$69

M01 W 7pm-8pm
June 7 – Aug. 9

Timothy Toeniskoetter
Martial Arts Ctr (Mhvl)

Zumba Gold

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

PEDU:747 | \$49

M01 W 11am-11:50am
June 7 – July 12

ADIVA Dance Center

Zumba Toning

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

PEDU:747 | \$49

M02 Th 6pm-6:50pm
June 1 – July 6

ADIVA Dance Center

Dance Aerobics

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

PEDU:750 | \$79

550 MTh 6pm-6:50pm
June 5 – July 27

Susan Pellegrino
FV - SC, TBA

Dynamic Stretch

Increase the range of motion in your muscles and joints through specialized lengthening and stretching techniques designed to help release muscle tension, decrease stress and enhance coordination. Bring a towel and mat. No class 7/4.

PEDU:755 | \$45

602 Tu 8am-8:50am
May 30 – July 18

Gary Ketcherside
MC - PE, GYM

Nia: A Combination of Cardio and Strength Training

Enjoy this fun, rocking fitness program that blends the movements of dance, martial arts and healing arts (such as yoga). Learn how to work out without pain and enjoy getting fit with movement set to soul-stirring music. Nia is rooted in sensory awareness, joy, pleasure and love for your body. Join a Nia class and free your spirit! All levels and abilities welcome. No class 7/1.

PEDU:755 | \$59

M01 Sa 8:15am-9:10am
June 17 – July 29

Karol McNutt
MC - PE, 105

Boot Camp

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

PEDU:755

10 Sessions | \$149

605 TuTh 5:45am-6:45am
July 11 – Aug. 10

MC - PE

606 TuTh 9:30am-10:30am
July 11 – Aug. 10

MC - PE

608 TuTh 5:45am-6:45am
Aug. 15 – Sep. 14

MC - PE

609 TuTh 9:30am-10:30am
Aug. 15 – Sep. 14

MC - PE

12 Sessions | \$169

601 TuTh 5:45am-6:45am
May 23 – June 29

MC - PE

603 TuTh 9:30am-10:30am
May 23 – June 29

MC - PE

14 Sessions | \$189

607 MWF 5:45am-6:45am
Aug. 14 – Sept. 15
No Class 9/4

MC - PE

15 Sessions | \$195

604 MWF 5:45am-6:45am
July 10 – Aug. 11

MC - PE

17 Sessions | \$225

600 MWF 5:45am-6:45am
May 22 – June 30
No Class 5/29

MC - PE

Pilates/Yoga

Yogalates

Get the benefits of yoga, pilates and core strengthening as you exercise and stretch. A challenging and relaxing workout in just one class! Bring water, towel and yoga mat. No class 8/10.

PEDU:756 | \$95

M02 Th 5:30pm-7pm
June 22 – Aug. 31

Denise Motta
Affton White-Rodgers, GYM

Pilates

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

PEDU:756

Eight Sessions | \$59

651 W 6:15pm-7:10pm
June 7 – July 26

Katherine McMeans
MC - PE, 105

650 M 6:15pm-7:10pm
June 5 – July 31

Katherine McMeans
MC - PE, 105

10 Sessions | \$69

M01 Th 10:15am-11:15am
June 22 – Aug. 31
No Class 8/10

Denise Motta
Affton White-Rodgers, GYM

Yoga

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

PEDU:761

Eight Sessions | \$59

W01 F 9am-10am
June 9 – July 28

Bluebird Park

M05 M 6pm-7pm
June 12 – Aug. 7

Sharon Danyluck
Sunset Hills CC

No Class 7/3

M06 M 7:15pm-8:15pm
June 12 – Aug. 7

Sharon Danyluck
Sunset Hills CC

No Class 7/3

12 Hours | \$89

M01 Tu 1pm-2:30pm
June 6 – Aug. 1

Julie Garland
Big Bend Yoga Center

No Class 7/4

Yoga: Continuing

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

PEDU:761

10 Sessions | \$69

M04 M 1:30pm-2:30pm
June 5 – Aug. 14

Kelly Kauffmann
Affton White-Rodgers, GYM

No Class 7/3

12 Hours | \$89

M02 Th 9am-10:30am
June 8 – July 27

Karen Martinez
Big Bend Yoga Center

Iyengar Yoga: Beginning

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

PEDU:761 | \$59

350 W 8pm-8:50pm
May 24 – July 12

Robert Gadon
WW, 102B

450 Th 6:30pm-7:50pm
May 25 – July 13

Robert Gadon
FP - PE, EAST RM

Iyengar Yoga: Continuing

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

PEDU:761 | \$85

351 W 6:15pm-7:45pm
May 24 – July 12

Robert Gadon
WW, 102B

Yoga Basics - 10 sessions

New to yoga or desire a slow, gentle pace? Learn standard yoga postures, flexibility and correct breathing techniques. Bring a towel and mat. No class 7/3.

PEDU:761 | \$69

M03 M 12:15pm-1:15pm
June 5 – Aug. 14

Kelly Kauffmann
Affton White-Rodgers, GYM

Exclamation Point!

"Robert Gadon is a superb instructor. He is extremely knowledgeable, enthusiastic and has excellent communication skills. Our class members bonded as a group."

Mark S., Wildwood

Gentle Yoga - MSPC

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

PEDU:761 | \$79

M07 W 7pm-8pm

June 14 - Aug. 2

Masterpeace Studios

BUTI® Yoga: Beginning

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

PEDU:761 | \$69

650 Th 6:30pm-7:25pm

June 1 - Aug. 3

Alexandra Culberson

MC - PE

P01 Tu 5:30pm-6:15pm

June 6 - Aug. 15

Flex Fitness Studio

No Class 7/4

T'ai Chi

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 class 7/4.

PEDU:766 | \$59

P01 Tu 2:30pm-3:30pm

June 6 - July 25

Jeanette Miller

Solar Yoga Center

Chen Tai Chi for Beginners

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

PEDU:766 | \$59

650 Th 6pm-6:50pm

June 22 - Aug. 10

MC - PE, 105

600 W 10am-10:50am

June 21 - Aug. 9

Chaoming Chen

MC - PE, 201

Tai Chi Quan

Practicing Tai Chi has been shown to increase muscle strength, flexibility and balance. Learn the basic form of Yang Style Tai Chi to improve circulation, stability and overall health. Come see how this form of moving meditation can help you reduce stress and live a longer, healthier life. Great exercise for all ages and levels of ability. No class 7/4.

PEDU:766 | \$59

450 Tu 6:30pm-7:25pm

June 13 - Aug. 8

Xinsheng Du

FP - PE, DANCE RM

T'ai Chi Chih: All Levels

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

PEDU:767 | \$59

P01 Tu 1:15pm-2:15pm

June 6 - July 25

Jeanette Miller

Solar Yoga Center

500 Th 4:30pm-5:25pm

June 15 - July 27

Jeanette Miller

FV - EC, LOBBY

No Class 7/4

Self Defense

Pro-Active Personal Security and Self-Defense

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

PEDU:743 | \$25

680 F 5:30pm-8:30pm

June 2

Dennis Fonod

MC - PE, 105

Systema: Russian Self-Defense

Learn the innovative and versatile self-defense tactics of Systema, the Russian Martial Art. Systema tactics are time practical, realistic and effective against any type of opponent under any circumstance. Based on instinctive reactions, individual strengths and characteristics, specifically designed for fast learning. In Systema, the synergy of three components creates a TRUE WARRIOR - Combat Skill, Strong Spirit and Healthy Body. Class will push your body and test your spirit. No class 7/4.

PEDU:743 | \$95

P01 Tu 6:30pm-7:30pm

June 6 - Aug. 15

Systema St. Louis

Class Nikita: Covert Self-Defense for Women

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

PEDU:743 | \$95

P02 Th 5:45pm-6:45pm

June 15 - Aug. 17

Systema St. Louis

Practical Self-Defense for Women

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

PEDU:743 | \$25

681 F 6pm-9pm

July 14

Gina Breadon

MC - PE, 105

580 Sa 9am-12pm

June 17

Gina Breadon

FV - PE, 122

Krav Maga

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

PEDU:743 | \$95

M01 M 6pm-7pm

June 5 - Aug. 14

No Class 7/3

Xtreme Krav Maga

M03 Sa 10am-11am

June 10 - Aug. 19

No Class 7/1

Xtreme Krav Maga

Women Only

M02 Tu 6pm-7pm

June 6 - Aug. 15

No Class 7/4

Xtreme Krav Maga

Health and Wellness

MELT®

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

HEAL:709 | \$75

M01 M 12pm-12:50pm

June 5 - June 26

Body by Pilates

M02 M 12pm-12:50pm

July 10 - July 31

Body by Pilates

Natural Wellness: Overview of Traditional Chinese Medicine

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

HEAL:701 | \$29

650 Th 6pm-9pm

June 15

Chaoming Chen

MC - BA, 122

Healthy Living

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

HEAL:713 | \$26

680 Sa 9:30am-12:30pm

June 24

James Toombs

MC - AS, 108

Couples Massage

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

HEAL:704 | \$49

480 Sa 9:30am-3:30pm

June 17

Alice Sanvito

FP - HSP, 221

680 Sa 9:30am-3:30pm

July 15

Alice Sanvito

MC - SW, 106

Like us on Facebook




STLCC
Continuing Education

Flourishing With Your Strength Blueprint

Do you have the opportunity to do what you do best each day? Discover, develop and deliver on your strengths, those things that you are naturally good at and actually enjoy doing. Positive Psychology research shows that developing your strengths and talents helps to improve confidence, performance and well-being. Whether you are seeking to discover your strengths, design a strengths fueled future or want to deliver on your strengths each day, having a strengths blueprint will help you to flourish in both your work and personal life. There will be an hour lunch break.

PERD:709 | \$49

682 Sa 9am-4pm
July 22

Carol Watkins
MC - BA, 203

The Power of Coincidence

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

PERD:709 | \$25

S01 Th 6:30pm-8:30pm
July 27

Dana West
STLCC-SC

Karma

Explore what karma is and how it is connected to your past lives. Learn how it operates, how to recognize when it is occurring and how you can resolve karma in the most effective way. Acquire skills necessary to identify karmic lessons and move forward in life.

PERD:709 | \$25

680 Sa 10am-12pm
June 17

MC - SO, 105

Facing Your Giants

Explore the continual lessons and obstacles you face in life and the "giant" that are lurking underneath these events. Discover how to recognize dysfunctional giants and how they manifest. Learn strategies to conquer those giants, calm the drama and end self-sabotaging behaviors that result from these overwhelming problems.

PERD:709 | \$25

681 Sa 10am-12pm
July 8

MC - SO, 105

Meditation for Health and Harmony

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

PERD:732 | \$49

450 Tu 7pm-9pm
June 6 - June 27

Rhonda Leifheit
FP - HSP, 215

Developing Intuition

Awaken your intuitive abilities and feel comfortable listening to and trusting your intuition. Discover which of your "psychic senses" is naturally strongest: gut feelings, inner listening, or intuitive seeing. Learn a variety of exercises and practices to help develop your intuition; including sensing auras, psychometry (intuiting information by holding objects) and more.

PERD:735 | \$49

650 W 7pm-9pm
July 12 - Aug. 2

Rhonda Leifheit
MC - CS, 120

Exclamation Point!

"I very much enjoyed **Developing Intuition**. Appreciate having this type of instruction available and feel it is great value in my professional and personal life."

Alexis W., Overland, MO

Basics of Couponing

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

PERD:710 | \$39

S50 M 6:30pm-8pm
June 26
M 8:01pm-9:30pm
June 26

Laura Duffin
STLCC-SC, 120
Off-Campus

Forgiveness: The Key to Happiness

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

RELG:701 | \$19

350 Tu 7pm-9pm
June 13

Jan Worley
WW, 208



Youth and Family

Fencing for Youth: Beginning I and II

Kids will have fun learning the basics of swordplay! Class emphasizes basics of footwork, bladework and bouting, and will accommodate returning students with instruction to expand technique. Equipment provided. Ages 8-15. No class 7/3.

KIDS:720 | \$59

651 M 5:30pm-6:25pm
June 12 - Aug. 7

Patrick Dorsey
MC - PE, 120N

Karate for Kids

Designed to build self-confidence, self-esteem, and self-discipline. Karate for Kids teaches the basic concepts of karate as well as self-control, coordination and focus. Safety and fun are the most important elements of this program. Ages 4-10. No class 7/1.

KIDS:707 | \$59

M01 Sa 10am-11am
June 3 - Aug. 12
V01 Sa 10am-11am
June 10 - Aug. 19

Timothy Toeniskoetter
Martial Arts Ctr (Mhlvl)
Ferguson Martial Arts

Golf for Youth: Beg I - Four Sessions

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

KIDS:710 | \$45

810 Sa 11am-12pm
June 3 - June 24

Big Bend GC

Tennis for Youth: Pee Wee I - Ages 4-6 - 4 Sessions

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

KIDS:709 | \$35

M05 Th 5:30pm-6pm
June 8 - June 29

Watson Trails

M03 TuTh 4:30pm-5pm

June 20 - June 29 Lake School Park-Tennis

Tennis for Youth Beginning I and II - Ages 11-15

Designed for beginners and those who need to brush up on the basics. Techniques covered include forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability. Ages 11-15. Tennis balls provided.

KIDS:709

Four Sessions | \$55

M01 Sa 4pm-5pm
June 3 - June 24

Forest Lake

M02 Sa 4pm-5pm
July 15 - Aug. 5

Forest Lake

M04 TuTh 6pm-7pm
June 20 - June 29

Lake School Park-Tennis

M06 Th 6pm-7pm
June 8 - June 29

Watson Trails

Swimming for Children: Beginning

Get ready to swim like a fish-maybe a shark! Overcome any fear you may have of the water, practice beginning swimming strokes and learn personal water safety skills. Ages 5-8. No class 7/1.

KIDS:720 | \$55

Ages Five to Eight

580 Sa 12pm-12:50pm
June 10 - July 22

Jeanne Hudgens
FV - PE, POOL

581 Sa 1pm-1:50pm
June 10 - July 22

Jeanne Hudgens
FV - PE, POOL

Ages Eight and up

582 Sa 2pm-2:50pm
June 10 - July 22

Jeanne Hudgens
FV - PE, POOL

Mini Movers: Parent/Child

Jump, swing and roll! Promote motor development for your preschooler by using fun and exciting mat shapes, gymnastics and other play equipment to explore balance, coordination and sensory development. \$89 fee covers one child and up to two parents/guardians. All children ages 6 months - 3 years MUST be registered under KIDS 738 600 and parents/guardians MUST register under KIDS 738 601. Signed waiver required for each participant. Parents of children can enjoy activities together and are welcome to stay and watch their child explore and learn. No class 7/4.

KIDS:738 | \$89

Ages Six months to Three years

600 Tu 4:30pm-5:25pm

Laura Legg,
Katherine Van Horn
MC - PE, 105

June 6 - Aug. 1

Ages Two to Six years

650 Tu 5:30pm-6:25pm

Laura Legg,
Katherine Van Horn
MC - PE, 105

June 6 - Aug. 1

The following sections are for parents/guardians of children that have registered and paid for KIDS:738 600/650. Maximum 2 parent/guardian for each \$89 child registration. Signed waiver required for each participant

Ages Six months to Three years

601 Tu 4:30pm-5:25pm

Laura Legg,
Katherine Van Horn
MC - PE, 105

June 6 - Aug. 1

Ages Two to Six years

651 Tu 5:30pm-6:25pm

Laura Legg,
Katherine Van Horn
MC - PE

June 6 - Aug. 1

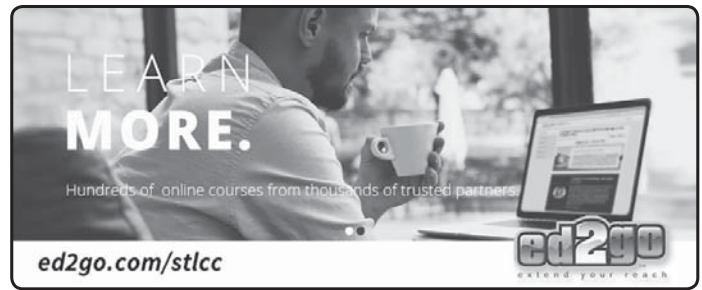
Father and Child Brunch Celebration

Pamper your dad with some yummy and healthy food that you can prepare together at home. Celebrate Father's Day with a delicious, all natural, gluten free and low carb brunch. The instructor will show you how to make flavorful and nutritious pancakes, topped with creamy Greek yogurt (optional), fruits and nuts, served with crispy and easy to prepare bacon, fried-scrambled eggs (a recipe from my nine year old daughter). And to make this brunch even more special, our drinks will be authentic Brazilian coffee and watermelon juice. Gather your family and come have fun with the instructor and her daughter! Park on Hartford or Hampton. Flagpole in front. Price is per person registered. Children ages six and up only please. Parent/Guardian must sign participant waiver form for child.

KIDS: 738 | \$49

P01 Sa 9am-12pm
June 10

Ana Carolina McGinn
Cul. Arts House



The Great Outdoors

Stand Up Paddleboarding - Introduction

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

PEDU:770 | \$59

M01 Sa 10am-12pm
June 3 - June 10

Simpson Lake

Stand Up Paddleboarding - River Trip

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

PEDU:770 | \$49

M02 Sa 10am-12pm
June 24

Simpson Lake

Stand Up Paddleboarding - Yoga

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

PEDU:770 | \$39

M03 Sa 9am-9:50am
July 15 - July 22

Simpson Lake

Stand Up Paddleboarding - Fitness Class

Ready to take your fitness to a whole new level? Get a great, total body workout by combining paddling, plyometrics, strength training and more! Great for all levels of fitness! Some experience with Stand Up Paddleboarding is recommended but not required. Dress appropriately for outdoor water activity. Fee includes all equipment.

PEDU:770 | \$39

M04 Sa 10am-10:50am
July 15 - July 22

Simpson Lake

Tree Climbing classes do not teach how to climb on your own. Basic physical fitness required - able to easily climb a flight of stairs. Ages 7 and up; students under 18 must be accompanied by parent/guardian. Registration required for each participant; individuals welcome. All gear is provided. STUDENTS MUST BE REGISTERED, BRING PHOTO ID, AND SIGN WAIVER TO PARTICIPATE IN CLASS. Supply list and directions will be emailed.

Tree Climbing Fun-Friends and Family!

Looking for something new to do with family and friends? Why not spend time in nature while experiencing the thrill and beauty of being high in a tree? Engage in fun group activities and games as you enjoy learning about trees. Using a rope and harness, you will get to relish in the gorgeous views as you ascend higher and higher in the tree. Class does not teach how to climb on your own. Basic physical fitness required - able to easily climb a flight of stairs. Ages 7 and up; students under 18 must be accompanied by parent/guardian. Registration required for each participant; individuals welcome. All gear is provided. STUDENTS MUST BE REGISTERED, BRING PHOTO ID, AND SIGN WAIVER TO PARTICIPATE IN CLASS. Supply list and directions will be emailed.

PEDU:765 | \$39

M01 Sa 9am-12pm
June 17

Guy Mott
Camp Wyman

MORE Tree Climbing Fun-Friends and Family!

Build upon what you learned in Tree Climbing Fun with state-of-the-art climbing methods that allow you to ascend multiple pitches, travel throughout the canopy and reach the very top of the tree. Small class size and one-on-one training from your instructor, who climbs into the canopy with you, make this a compelling learning experience. Class does not teach how to climb on your own. Basic physical fitness required - able to easily climb a flight of stairs. Ages 7 and up; students under 18 must be accompanied by parent/guardian. Registration required for each participant; individuals welcome. All gear is provided. Prerequisite: Tree Climbing Fun or previous introductory climb experience (MOBOT canopy climb, Adventure Tree open climb, etc). STUDENTS MUST BE REGISTERED, BRING PHOTO ID, AND SIGN WAIVER TO PARTICIPATE IN CLASS. Supply list and directions will be emailed. Sack lunches are recommended for students attending morning and afternoon classes; there will be a short break between classes.

PEDU:765 | \$49

M02 Sa 12:30pm-4:30pm
June 17

Guy Mott
Camp Wyman

Get into the great outdoors this summer with Continuing Education - explore paddleboarding or see the world from the treetops!



Call 314-984-7777 to register beginning May 1

Location Index

STLCC Continuing Education

Registration begins May 1

Advanced Auto Service Inc.
6123 Gravois, 63116

Adiva Dance Center
943 S. Kirkwood Rd, 63122

Affton White-Rodgers
Community Center
9801 Mackenzie Road, 63123

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

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

Babler Memorial State Park
Highway 109, 63005

BARx CrossFit
12309 Old Big Bend Rd, 63122

Bernard Middle School
1054 Forder Road, 63129

Big Bend Golf Center
3390 Quinette Road, 63088

Big Bend Yoga Center
88 North Gore, 63119

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

Bridgeton Trails Library
3455 McKelvey Road, 63044

**STLCC-Center for Workforce
Innovation (CWI)**
3344 Pershall Rd., 63135

Chess Club and Scholastic
Center of St. Louis
4657 Maryland Ave, 63108

Chesterfield Athletic Club
16401 Swingley Ridge Rd.,
63017

City Sewing Room
6700 Arsenal Ave., 63139

Clayton High School
#1 Mark Twain Circle, 63105

CODA Martial Arts
11025 Gravois Ind. Ct. Dr., 63128

Columbia Bottom
Conservation Area
Columbia Bottoms
& Strodman Rds, 63138

Concordia Lutheran Church
505 S. Kirkwood Rd., 63122

Comprehensive Chiropractic
113 West 5th St., 63025

**STLCC-Corporate College
(Corp. College)**
3221 McKelvey Road, 63044

Craft Central
8500 Delmar., 63124

Crestwood Bowl
9822 Watson Rd., 63126

Creve Coeur Municipal Golf
Course
11400 Olde Cabin Rd, 63141

Culinary Arts House
3137 Hampton Avenue,
63139

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

Eagle Springs Golf Course
2575 Redman Rd. 63136

EarthDance Farms
233 S Dade Ave, 63135

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

Endangered Wolf Center
6750 Tyson Valley Road,
63025

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

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

FitChix Fitness Studio
12295 Olive Blvd., 63141

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

STLCC-Florissant Valley (FV)
3400 Pershall Road, 63135

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

STLCC-Forest Park (FP)
5600 Oakland Ave, 63110

Francis Park
Donovan and Eichelberger,
63109

Frontenac Racquet Club
10455 German Blvd., 63131

Garden of Life Spiritual Center
9525 Eddie and Park Rd.,
63126

Garden Villas South
13457 Tesson Ferry Rd., 63128

Garland Wines
11 South Old Orchard, 63119

GolfPort-Maryland Heights
1 GolfPort Drive, 63146

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

Greenscape Gardens
2832 Barrett Station Rd, 63021

Greentree Park
2202 Marshall Rd, 63122

Guided Crafts
313 Gravois Rd., 63026

Hawn State Park
12096 Park Drive
Ste Genevieve MO 63670

Hidden Valley Ski Resort!
17409 Hidden Valley Drive
63025

Hixson Middle School
630 South Elm Ave, 63119

Kaufman Park
8000 Blackberry, 63130

Kennedy Recreation Complex
6050 Wells Road, 63128

Kirkwood Community Center
111 South Geyer Road, 63122

Kirkwood Senior High School
801 West Essex, 63122

Lake School Park Tennis Crts
581 Coeur de Ville Ln, 63141

Ladue Middle School
9701 Conway Road, 63124

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

Lindbergh Senior High School
4900 South Lindbergh, 63126

Little Creek Nature Area
2295 Dunn Road, 63033

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

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

STLCC-Meramec (MC)
11333 Big Bend Road, 63122

Meramec State Park
115 Meramec Park Rd
Sullivan MO, 63080

Missouri History Museum
5700 Lindell Blvd, 63112

Mueller Industries
12951 Maurer Ind. Dr., 63127

Nottingham Elementary
School
4915 Donovan, 63109

Oakville Sr. High School
5557 Milburn Rd., 63129

Painted Zebra (Krkwd)
10907 Manchester Road,
63122

PerennialSTL.org
3762 S. Broadway, 63118

Queeny Park--Greensfelder
Recreation Complex
550 Weidman Road, 63011

RiverChase of Fenton
990 Horan Drive, 63026

Ruth Park Golf Course
8211 Groby Road, 63130

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

Simpson Lake
1234 Marshall Road, 63088

Solar Yoga Center
6002 Pershing at Des Peres,
63112

**STLCC-South County
(STLCC-SC)**
4115 Meramec Bottom Road,
63129

Sperrang Middle School
12111 Tesson Ferry Road,
63128

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

St. Louis Genealogical Society
4 Sunnen Drive, 63143

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

Sunset Hills Community
Center
3915 South Lindbergh, 63127

Sunset Hills Golf Learning Ctr
13550 West Watson Rd, 63127

Sunset Hills Watson Trails
12450 W Watson Rd, 63127

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

Systema St. Louis
4208 Sarpy Avenue, 63110

The Timbers of Eureka
1 Coffey Park Lane, 63025

Thomas Dunn Learning
Center
3113 Gasconade, 63118

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

Tower Tee Golf Center
6727 Heege Road, 63123

Trinity Lutheran Church
14088 Clayton Road, 63017

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

Vetta Sports-Concord
12320 Old Tesson Ferry Road,
63128

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

**STLCC-William J. Harrison
Education Center (Harrison
Ed. Ctr)**
3140 Cass Ave, 63106

STLCC-Wildwood (WW)
2645 Generations Dr.
Wildwood, 63040

Wine Barrel
3828 South Lindbergh,
Suite 111, 63127

Woods Mill Racquet Club
910 Old Woods Mill Road,
63017

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

CAMPUS LEGEND

FLORISSANT VALLEY = FV

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

FOREST PARK = FP

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

MERAMEC = MC

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

WILDWOOD = WW

EXTENSION CAMPUSES

South County Education and
University Center = SCEUC
William J. Harrison Education
Center = Harrison Ed. Ctr
STLCC Corporate College =
Corp. College

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

General Information

STLCC Continuing Education

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

Students Rights and Responsibilities

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

Postponement/Cancellation Due to Inclement Weather

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

Refund of Fees

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

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

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

Fee Reduction for Older Adults

Older adults (those 60 years and older) may enroll in most courses for a reduced fee. **NOTE:** Those wishing to take advantage of this fee reduction must do so at the time of registration. ***Class costs vary, so prior to registering, please contact the Continuing Education office or see the online class schedule for the total cost of the senior reduced rate.***

Senior Citizen Scholarship

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

Safety and Program Guidelines for Youth Classes

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

Unattended Children

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

Textbooks

Textbooks can be purchased at the campus bookstores.

Library and Computer Lab Privileges

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

Firearms on College Property

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

Non-Discrimination/Accommodations Statement

St. Louis Community College is committed to non-discrimination and equal opportunities in its admissions, educational programs, activities, and employment regardless of race, color, creed, religion, sex, sexual orientation, national origin, ancestry, age, disability, genetic information, or status as a disabled or Vietnam-era veteran, and shall take action necessary to ensure non-discrimination. Sexual harassment, including sexual violence, is also prohibited. For information or concerns related to discrimination or sexual harassment, contact Patricia Henderson of Human Resources, 314-539-5214.

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

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

Registration is Easy!



Mail

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

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



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

Meramec

802 Couch Avenue
 St. Louis, MO 63122

Florissant Valley

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

Forest Park

Forest Park, Student Center 125
 5600 Oakland Ave., St. Louis, MO 63110

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



By Phone

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

Telephone: 314-984-7777 Call Center Hours: M-Th 8:30 am - 5 pm; Fridays 8:30 am-4 pm

Before calling to register, have this information ready:

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



Online: www.stlcc.edu

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

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

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

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

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

Please register me for the following courses:

Course Code	Section	Course Title	Day/Time	Fees
Total				

Male Female

Senior Citizen?

Yes No

Please check material fees prior to sending payment.

Check Payment:

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

Credit Card Payment:

Charge fees to:

- MasterCard
 VISA
 Discover
 American Express

Email Address: _____

Student#: _____ Birthdate: _____

Name: _____
LAST FIRST MIDDLE INITIAL

Address: _____
STREET OR POST OFFICE BOX

CITY STATE ZIP CODE

Telephone/Home: _____ Work: _____

CARD NUMBER Expiration Date: _____

Signature: _____

RESIDENTIAL CUSTOMER



Feature Five

Registration begins May 1



Healthcare Occupations

STLCC Continuing Education has a variety of opportunities to enter the healthcare field with our **Healthcare Occupations** training programs. Explore our Pharmacy Technician, Phlebotomy and Nurse Assistant programs starting this summer on **page 9**.



Master Naturalist

The Office of Continuing Education offers students the opportunity to earn a noncredit certificate for completing all components of the Master Naturalist program which includes credit, non-credit classes, and volunteer service. View our Master Naturalist classes on page 30.



Self-Defense

Learn to defend yourself, get a great workout and build your confidence in one of our many Self-Defense classes. Couples Self-Defense, Women Only, Krav Maga and more! See page 42.



Music Classes

Become musically inclined this summer with STLCC Continuing Education's music classes. Learn how to play the piano, guitar, and even the harmonica with us this summer. Discover your talent beginning on page 25.



Home Improvement

There's nothing more rewarding than being able to improve or repair your home on your own. D.I.Y. and learn tips and tricks to save you time and money with St. Louis Community College Continuing Education! Explore Home Improvement classes beginning on page 29.

ST. LOUIS COMMUNITY COLLEGE...

Since 1962, more than 1.2 million people have passed through our doors to take a class, earn a degree, upgrade their career skills or enrich their lives. Each year, more than 80,000 students enroll in:

- College transfer and career programs leading to associate degrees
- Job skill and personal development classes
- College preparatory courses
- Specialized performance programs sponsored by local employers
- Associate degrees in Arts, Science, Fine Arts, Applied Science and Teaching are offered as well as Certificates of Proficiency and Specialization. The college's Workforce Solutions Group also serves the local business community through assessment, counseling, consulting and training services.

Learning is convenient via:

- Four campuses—Florissant Valley, Forest Park, Meramec and Wildwood
- Three education centers—south and north St. Louis County and north St. Louis City
- Numerous business, industrial and neighborhood sites throughout the metro area
- Online instruction

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Governed by a board of six elected trustees and supported by local taxes, state funds and student fees, the college has an annual budget of more than \$200 million. The college is accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools. St. Louis Community College focuses its resources on helping students find the right academic and career pathways. Through its alumni and community partnerships, the college is helping St. Louis become the best place to live and work in the 21st century.