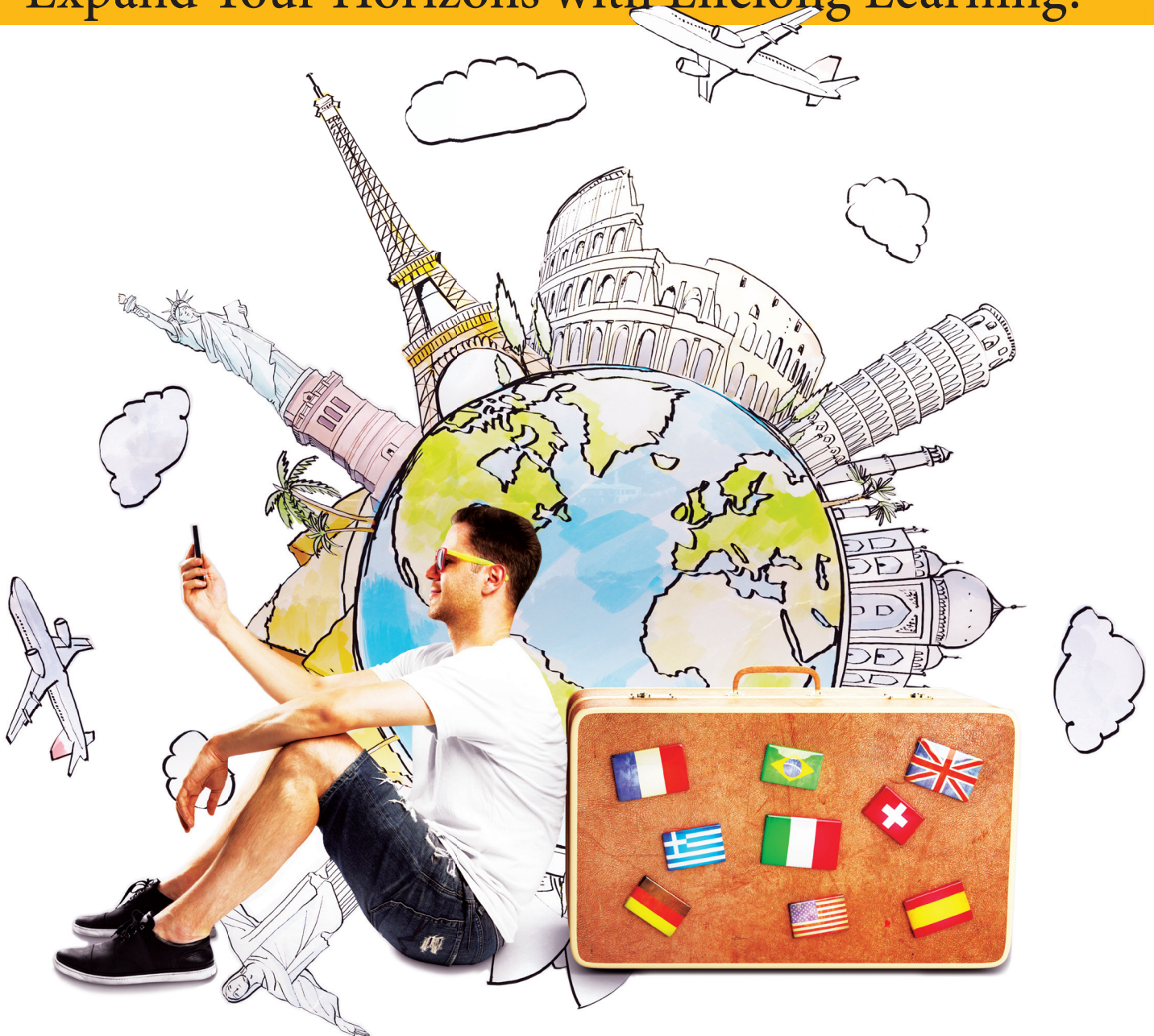


Continuing Education

Expand Your Horizons with Lifelong Learning!




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Register Now!

Computers page 7

Wine & Cider page 11

Travel page 14

Welcome to South Seattle College!

Lifelong Learning • Building Skills • Making Connections



Food/Wine/Cider page 8



Languages page 13



Online Learning page 16

Dear Friends,

The beginning of your next globetrotting adventure starts here!

We offer Thai, Italian, Spanish, French and German language classes that will enhance your travels as you learn key phrases and conversation tips to converse with locals.

For those traveling on their own, consider a travel class to gain insider's knowledge that will save you hassles, time and dollars. (See page 14 for details.)

Take a photography class so you'll be prepared to capture those breathtaking moments (and how about a class in easy photo albums – create a treasure to cherish for years!)

Gain a taste of places you plan to visit through regional cooking classes taught by instructors eager to share their homelands' cuisine. Leave with recipes and knowledge to recreate the dishes at home, and better appreciate those meals abroad.

Or treat yourself and a companion to an adventurous wine-tasting class, experiencing varieties from regions bordering the Mediterranean Sea - from Spain to Lebanon, Turkey to Morocco.

Expand your horizons with Lifelong Learning at South Seattle College!

Luisa Motten

Director of Continuing Education

Table of contents:

Registration Information, Inside Back Cover

Arts – Visual, 1

Arts – Performance, 4

Business, 5

Computer Skills, 7

Food/Wine/Cider, 8

Chocolate Showpiece, 11

Electric Vehicles, 11

Home and Garden, 12

Languages, 13

Travel, 14

Mind/Body, 15

Online Learning, 16

Featured Class:

Mediterranean Wine Tour

Schafer

Join Sommelier Dieter Schafer and taste your way through wine regions bordering the Mediterranean Sea, from Spain to Lebanon, Turkey to Morocco. Sample interesting wines not often available for tasting. Class includes effective tasting techniques, wine vocabulary, a bit of history and geography of the regions, best wine-buying strategies, wine-and-food pairing guidelines, correct serving techniques and temperature, and hints for proper storing and aging.

Tu (2 Sessions) 10/20 - 10/27

6:00 PM - 9:00 PM

JMB 140

\$59 + \$18 materials fee



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ARTS & CARAFES

*Must be at least 21 years of age to attend Arts & Carafes classes.
Wine served in class.*

Watercolor & Wine

Howell

Create a stunning watercolor painting worthy of framing! Learn to duplicate a featured design through step-by-step instruction in a fun, social environment co-hosted by South's Northwest Wine Academy. No experience required - all levels welcome! (Class fee includes tasting of three different wines. Additional wine available for purchase.) Register early, space is limited and class fills quickly.

F	10/9	6:00 pm - 8:30 pm	NWWA 109	\$49 + \$10 materials fee
F	11/13	6:00 PM - 8:30 PM	NWWA 109	\$49 + \$10 materials fee

Wine & Words - Creative Calligraphy

Dundon

Have fun and get creative with modern calligraphy! Learn how to use pointed pens to create elegant letters working with lower- and upper-case alphabets, and practice fanciful flourishing of words in a fun, social atmosphere co-hosted by South's Northwest Wine Academy. No experience required - all levels welcome! (Class fee includes tasting of three different wines. Additional wine available for purchase.)

F	10/16	6:30 PM - 8:30 PM	NWWA 109	\$49 + \$10 materials fee
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BUSINESS OF ART

Optional: You are encouraged to bring 5 samples of your work (originals, reproductions, or scans on a DVD or flash drive) to share. Classes for all visual artists working in any media.

Making a Business Out of Your Art - Series

Pfortner

Get your art business up and running with this Series, whether your art is a part- or full-time vocation. For visual artists working in any media. Take all five classes and save! See website for skip dates.

M (5 Sessions)	10/12 - 12/14	6:00 PM - 9:00 PM	On campus	\$180
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Turning Your Art into Greeting Cards

Pfortner

Explore how to manufacture greeting cards using your art (any medium) and how to turn those cards into cash through direct sales and selling partnerships. Learn about available opportunities to license your art for cards.

M	10/12	6:00 PM - 9:00 PM	On campus	\$45
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Exhibiting Your Art

Pfortner

The key to selling your art is getting it seen! Explore the what, where, when, why, and how of getting your art exhibited. This class provides invaluable information for visual artists working in all media.

M	11/9	6:00 PM - 9:00 PM	On campus	\$45
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20 Key Steps to Making Your Art More of a Business

Pfortner

Explore realistic, simple steps that you as an artist can take to do more with your art. The goal is to get your art seen and to make a return on your investment of time and money.

M	11/16	6:00 PM - 9:00 PM	On Campus	\$45
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Merchandising Your Art

Pfortner

Explore the fundamentals of pricing and licensing your work to commercial partners like card, calendar, and magazine companies.

M	12/7	6:00 PM - 9:00 PM	On campus	\$45
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Artists + Non-Profits = Opportunities (for both!)

Pfortner

Explore the available opportunities and potential pitfalls of advancing your career working with non-profit organizations.

M	12/14	6:00 PM - 9:00 PM	On campus	\$45
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Ice Dyeing Example

CRAFTS

New! Introduction to Ice Dyeing

Taylor

Ice dyeing is a fun and easy method of dyeing fabric. Ice and powdered dye are combine to create fabulously unpredictable results. Learn the basics of this unique technique by ice dyeing either a cotton drawstring bag or a silk scarf. In the second session, learn to finish your first project and dye an additional item (t-shirt, fabric, pair of socks) of your choosing.

Sa (2 Sessions)	10/3 - 10/10	10:00 AM - 12:00 PM	On Campus	\$39 + \$10 materials fee
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Upholstery Beginning

Gregory

Take home a new footstool you upholstered using the tricks and techniques taught in this class. Learn the basics of upholstery which can be used on many projects. These skills can be applied to any type of seating such as a dining room chair, bench or ottoman. Bring 5/8 yard of medium weight fabric. You will be provided with supplies and a footstool frame. All required tools needed will be available for use during the class.

Sa	11/7	10:00 AM - 1:00 PM	CEC 102	\$49 + \$50 materials fee
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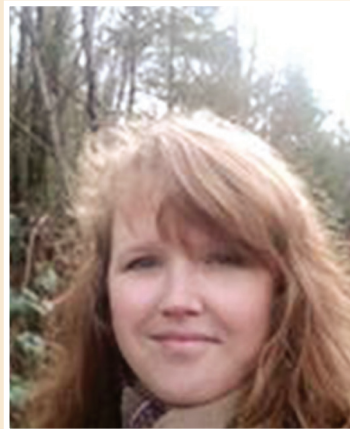
Making Homemade Soap to Keep or Give

Baerg

Tired of paying top dollar for expensive, artisanal soap? Discover how to craft luscious soaps the old-fashioned way using lye, fats and oils. Learn about ingredient options and various soapmaking techniques. Create your own soaps to take home, along with recipes and instructions. Homemade soap makes a perfect holiday gift.

Sa	10/17	9:00 AM - 12:30 PM	CAB - Main	\$49 + \$10 materials fee
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Kristin Baerg is a graduate of South's Culinary Arts program, and has been in the food industry for over twenty years. She passionately studies food and gains inspiration from her farm where she grows vegetables, raises livestock, keeps bees, and makes cheese.



DRAWING & PAINTING

Drawing 1

Ready to explore your inner artist? This course offers an easy introduction to the fundamentals of drawing in a fun, relaxed environment. All levels welcome!

Tu (4 Sessions) 10/6 - 10/27 5:30 PM - 8:00 PM On Campus \$99 + \$10 materials fee

Howell



Encaustic Wax Artwork

New! Encaustic Wax Prints for the Holidays

Encaustic wax and printmaking? Yes! Spend the day creating beautiful, luminous prints for friends and family. Discover the spontaneity of working with encaustic wax on a warm printing plate. Use encaustic monoprinting, mixed media techniques, and various printmaking papers to create lovely images for gifts or cards.

Sa 11/14 12:00 PM - 5:00 PM LHO 3 \$75 + \$25 materials fee

JonesMoore

Sumi Painting

Explore creative self-expression through the flowing techniques of sumi painting in this class for beginning and continuing students. Class content is designed to suit each student's level of experience. Sumi (black ink) will be the primary medium used, with opportunities to work in color. Learn to work with traditional tools, materials, brush methods, and approaches to subject matter, simplifying visual elements with minimal brush strokes to express your individual interpretation of the subjects presented.

Tu (6 Sessions) 9/29 - 11/3 6:00 PM - 8:30 PM CEC 102 \$99 + \$10 materials fee

Yoshida

New! Sumi Holiday Greeting Cards

Create unique greeting cards using beautiful sumi painting. Each original card makes a wonderful artistic statement to share with friends and family. No experience necessary.

Tu 12/8 6:00 PM - 9:00 PM On campus \$29 + \$10 materials fee

Yoshida

New! Calligraphy Greeting Cards

Spend the afternoon writing with pen and ink and create some beautiful calligraphic greeting cards for the holidays. Create beautiful letterforms using pointed pens which are the style used to create Copperplate and Spencerian calligraphy and are being used today by many calligraphers particularly for wedding calligraphy. Cards and envelopes as well as practice paper provided. Each student's fee includes a Calligraphy Starter Kit (2 pen nibs, 1 pen holder and a supply of ink as well as calligraphy instruction booklet with sample alphabet guides). All papers and inks (black, colors and metallics) will be provided. Great class for beginners who have never picked up a calligraphy pen, but also great for all levels to have fun making holiday greeting cards.

Su 10/18 12:00 PM - 3:00 PM On Campus \$59 + \$10 materials fee

Dundon

Making Natural Body Care Products

Discover the joy of crafting your own lotions, scrubs, and salves using herbs and other natural ingredients. Learn to make affordable, nourishing, and personalized products to pamper from head to toe! Class covers information on ingredient properties, techniques, and crafting a few products. Leave with lots of samples with recipes.

Sa 10/17 1:00 PM - 3:30 PM CAB - Main \$39 + \$15 materials fee

Baerg

New! SoulCollage® Introduction

SoulCollage® is an accessible art therapy technique requiring no previous art training or experience. It consists of making and using a deck of SoulCollage® cards which are made by combining images into a collage with each card depicting an aspect of the student: personality traits, relationships, physical energies, and archetypes. The results are spectacular!

Sa 10/24 1:00 PM - 4:30 PM LHO 3 \$45 + \$10 materials fee

Reavy

New! Introduction to Magic

Explore the art of magic for fun and entertainment. Learn to use your creativity and imagination to amaze friends and family with basic tricks utilizing simple everyday objects such as coins, cards, rope, rubber bands, and paper. This beginning course is designed to make you look like a pro with new skills sure to liven up a classroom or business meeting, be the life of the party, and entertain children of all ages. Alakazam!

F (5 Sessions) 10/16 - 11/13 6:00 PM - 8:00 PM On Campus \$99

Thyagarajan

“ I can draw now better than I ever thought I could. What a great class! I can't wait to take more classes with Jenna. It was such an excellent experience from start to finish. ”

Lani Savage

PHOTOGRAPHY

Bring a digital camera, instruction manual, charged battery, extra batteries, power cable, and extra memory cards.



Street Life Photography by student Janet Trares

New! Travel Photography - Series

The lure of travel is surpassed only by the inevitable desire to take photos to share your adventures. Learn to see the world through a photographer's eyes and practice evening photography in South's Chinese Garden.

W 11/4 & 11/18 6:00 PM - 9:00 PM CEC \$75 Pfortner

New! Travel Photography – Tips and Tricks

Discover how to see the world through a photographer's eye as you learn techniques for capturing scenes from your travels.

W 11/4 6:00 PM - 9:00 PM CEC \$45 Pfortner

New! Travel Photography – Chinese Garden

Learn to capture travel memories with an onsite shooting session in South's Chinese Garden

W 11/18 6:00 PM - 9:00 PM CEC \$45 Pfortner

Digital Camera - Intro Series

Significantly improve your digital camera photography with instruction from our expert. Series includes: Get to Know Your Camera, Take Great Photos, and Getting Out of Auto Mode. For the best value and learning, take all three classes at a savings.

Sa (3 Sessions) 10/10 - 10/24 9:00 AM - 1:00 PM OLY 102 \$175 Blache

Digital Camera - Intro 1 - Get to Know Your Camera

If you are struggling to figure out how to use the many settings on your digital camera, you are not alone. Increase your enjoyment of photography by learning to efficiently use the full range of your camera's settings and menus.

Sa 10/10 9:00 AM - 1:00 PM OLY 102 \$65 Blache

Digital Camera - Intro 2 - Take Great Photos

With the ability to see your photos instantly comes the opportunity to quickly improve your photographic skills. This hands-on class provides tips on composition, lighting, and posing subjects. Learn to see the world through the lens like a pro.

Sa 10/17 9:00 AM - 1:00 PM OLY 102 \$65 Blache

Digital Camera - Intro 3 - Getting Out of Auto Mode

Learn to use your digital camera to its fullest potential by mastering its multiple modes, allowing you to capture the best images possible.

Sa 10/24 9:00 AM - 1:00 PM OLY 102 \$65 Blache

Digital Camera - Intermediate Series

Take your photography skills to a new level in this intermediate level digital photography Series: All about Posing, All about Lighting, and Flash Photography. Prerequisites: Digital Camera Intro Series or instructor permission.

Su (3 Sessions) 11/8 - 11/22 9:00 AM - 12:00 PM OLY 102 \$175 Blache

Digital Camera - Intermediate 1 - All About Posing

Learn how to pose your subjects to get the most flattering images. Prerequisite: Digital Camera Intro Series or instructor permission.

Su 11/8 9:00 AM - 12:00 PM OLY 102 \$65 Blache

Digital Camera - Intermediate 2 - All About Lighting

Learn how to improve the lighting of your images using your camera's settings, as well as simple techniques for adjusting external lighting. Prerequisite: Digital Camera Intro Series or instructor permission.

Su 11/15 9:00 AM - 12:00 PM OLY 102 \$65 Blache

Digital Camera - Intermediate 3 - Flash Photography

Get the most out of the flash on your DSLR camera. Learn how to bounce the flash, and how to adjust the amount of flash your camera uses. Prerequisite: Digital Camera Intro Series or instructor permission.

Su 11/22 9:00 AM - 12:00 PM OLY 102 \$65 Blache

New! Photo Albums Made Easy

Learn to easily create a wonderful Holiday, Family or Celebration photo album using online print services. Bring a USB drive with your favorite photos or learn how to select images straight from your web photo albums (such as Facebook). Be sure to bring full-size images for best quality printing. You will be able to save your work and decide later if you want to actually purchase your photo album.

Sa 12/5 9:00 AM - 1:00 PM On Campus \$39 Blache

Photography - Street Life - Seattle's Holiday Lights

Master the challenges of low-light and night photography by improving your digital camera skills. The class will meet in downtown Seattle to photograph vibrant holiday season displays.

Th 12/17 6:00 PM - 9:00 PM Off Campus \$59 Blache



ONLINE PHOTOGRAPHY CLASSES

www.Ed2Go.com/southsea

Photographing People with Your Digital Camera
Photographing Nature with Your Digital Camera

POTTERY

Materials fee paid at registration for all pottery classes.

Beginning Wheel Throwing and Handbuilding Pottery

Learn basic wheel throwing techniques in this fun class which will cover the fundamentals of wedging, centering, throwing and glazing. If you have ever wanted to "throw a pot," this is the class for you. Students will also learn basic hand-building techniques. No class 11/26/2015

Th (10 Sessions) 10/1 - 12/10 6:00 PM - 9:00 PM RAH 111 \$165 + \$45 materials fee Willis

Daytime Daytime Pottery & Handbuilding

Learn the basics from handbuilding to beginning wheel. Gain hands-on experience with basic construction methods. Returning students will explore and further develop their skills. Experiment with a variety of glazing and surface techniques. Class is open to all skill levels.

Tu (10 Sessions) 10/6 - 12/8 10:00 AM - 1:00 PM RAH 111 \$165 + \$45 materials fee Woll

Intermediate Wheel Throwing Pottery

This intermediate class is for students with an understanding of basic wheel throwing techniques. Weekly demos will introduce a collection of new forms and techniques to expand throwing expertise.

Tu (10 Sessions) 10/6 - 12/8 6:00 PM - 9:00 PM RAH 111 \$165 + \$45 materials fee Willis

Saturday Pottery Studio

Geared to students with advanced pottery skills, this continuing course covers construction and decoration techniques needed to create a wide variety of projects in clay. Prerequisite: Any beginning pottery class.

Sa (10 Sessions) 10/3 - 12/12 10:00 AM - 1:00 PM RAH 111 \$165 + \$45 materials fee Willis

New! Introduction to Glaze Color Formation

Willis

Students will learn how to create a personal color palette for their pottery. We will test ceramic stains and oxides in a basic slip and cone six glaze bases. Students will be shown how to prepare test tiles, use the triple beam scale and program a digital kiln. All skill levels welcome. Class meets ever other week.

Sa (5 Sessions) 10/10 - 12/5 2:00 PM - 4:30 PM RAH 111 \$79 + \$20 materials fee

SEWING

Free! How to Buy a Sewing Machine or Serger

Johnson

Whether you're a first-time sewing machine buyer or just want to upgrade, how do you know which machine is best for you? Attend this workshop to learn what you need to know before purchasing a new sewing machine or serger. Reference materials provided.

W 10/7 6:30 PM - 8:30 PM On Campus Free!

Bring a sewing machine, owner's manual and basic sewing tools to all sewing classes.

Sewing Basics

Johnson

Learn the language of sewing. Discover how to read a commercial pattern, lay out fabric, transfer pattern markings, cut out a printed pattern, and sew projects using a variety of techniques and applications. Select a project from apparel, home decor, or craft items. Fabrics and patterns provided.

Sa (4 Sessions) 10/10 - 10/31 9:00 AM - 2:00 PM OLY 103 \$125 + \$15 materials fee

Sewing Beyond the Basics

Johnson

Sew fashionable apparel and home decor items featuring buttonholes, trim, zippers and more. Project patterns and fabrics provided.

Sa (2 Sessions) 11/7 - 11/14 9:00 AM - 2:00 PM On Campus \$59 + \$20 materials fee

Sew a Festive Table Runner

Johnson

Use your design creativity and sewing skills to make a great table runner just in time for the holidays. Keep the pattern and create new looks year round!

Sa 11/21 9:00 AM - 2:00 PM On campus \$59 + \$15 materials fee

Serging Made Simple

Johnson

Discover how to use your serger to create professional finishes for your projects. Learn the basic techniques for creating seams used in garment construction and craft projects. A reference notebook and project fabric will be provided.

Sa 12/5 9:00 AM - 2:00 PM OLY 103 \$55 + \$15 materials fee

Serging With Knits

Johnson

Put your serging know-how to use completing a comfy sweatshirt in class! Personalize it using stitches from your very own serger. Fabric and pattern kit provided.

Sa 12/12 9:00 AM - 3:00 PM OLY 103 \$65 + \$20 materials fee

New! Alter a Pattern and Create a New Look

Johnson

Want to change the look of a garment? Learn to change the neckline of a blouse or alter a fitted garment with just a few basic pattern changes. Bring your favorite pattern and we'll create a new look! Patternmaking experience not required but helpful.

Sa 10/3 9:00 AM - 4:00 PM OLY 206 \$75 + \$10 materials fee

WELDING & GLASS

Stained Glass

Nicholas

Design, cut and fabricate glass with lead and/or copper foil techniques. Create your own design with assistance from the instructor. Supply and tool costs will vary with each project. Each student is asked to contact the instructor prior to the first class regarding supplies, tools, and cost of materials. (Contact information will be provided upon registration.)

Tu (8 Sessions) 10/5 - 12/7 7:00 PM - 9:30 PM CEC 102 \$130

Welding classes are limited to 6 students to ensure personal instruction. Register early.

Welding: Beginning Ornamental Steel

Riley

Create and take home your own steel sculpture or small project. Learn basic fabrication and hand bending techniques used to make wrought iron elements while focusing on low-tech processes and simple tools.

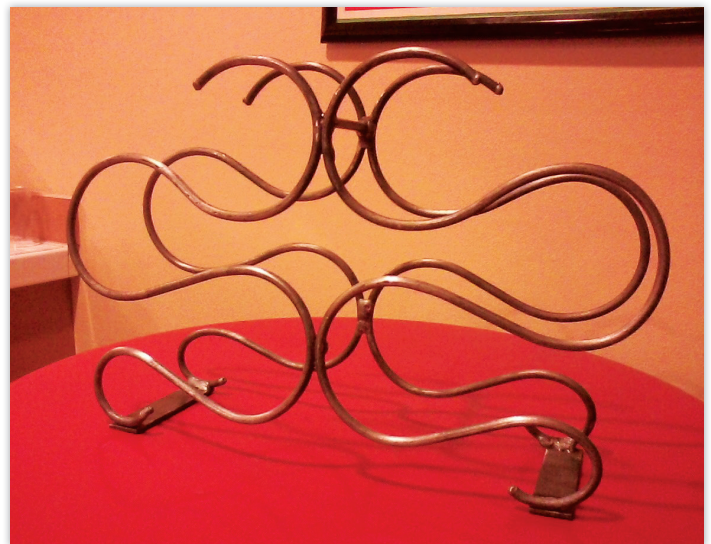
M, W (2 Sessions) 9/28 - 9/30 5:00 PM - 9:00 PM Off Campus \$155 + \$70 materials fee
Sa, Su (2 Sessions) 10/10 - 10/11 10:00 AM - 2:00 PM Off Campus \$155 + \$70 materials fee

Welding: Project - Candelabra or Sconce

Riley

Create a stunning candelabra or chandelier using beginning welding skills. Select a design from several options or customize your own. Your instructor guides you through the project step-by-step to complete an original piece. It's easier than you think! Prerequisite: Beginning Ornamental Steel Welding

Su (2 Sessions) 11/7 - 11/8 10:00 AM - 2:00 PM Off Campus \$155 + \$90 materials fee



Wine rack created by welding student Stefanie Brendler.

Welding: Beginning Project - Wine Rack

Riley

Deepen your welding skills by creating a spectacular wine rack. After reviewing basic techniques and safety procedures, select a wine rack design from several options or customize your own. Your instructor guides you through the project step by step. Prerequisite: Beginning Ornamental Welding.

W (2 Sessions) 12/7 - 12/9 5:00 PM - 9:00 PM Off Campus \$155 + \$90 materials fee

DANCE/MUSIC

Ballroom Dancing I

LaFranchi

Glide across the dance floor with the greatest of ease as you learn the basics of three classic ballroom dances: Foxtrot, Waltz, and Tango. Dance is an excellent way to promote better heart health and meet new friends. Beginners, singles and couples welcome. No experience necessary.

Tu (6 Sessions) 9/29 - 11/3 6:30 PM - 7:30 PM CAB - Cafeteria \$75

Ballroom Dancing II

LaFranchi

Tu (4 Sessions) 11/10 - 12/1 6:30 PM - 7:30 PM CAB - Cafeteria \$55

Jitterbug Swing Dancing I

Jitterbug is a uniquely American dance form sure to make you smile. Dance to Big Band, Swing, Rock 'n Roll, Country, New Wave, Blues, and Jazz. No dance experience needed--just come prepared to have fun. Add the spice of Charleston and street dance moves into this mix and you will be able to dance to an even wider variety of music. Beginners, singles and couples welcome.

Tu (6 Sessions) 9/29 - 11/3 7:35 PM - 8:35 PM CAB - Cafeteria \$75

LaFranchi

Jitterbug Swing Dancing II

Tu (4 Sessions) 11/10 - 12/1 7:35 PM - 8:35 PM CAB - Cafeteria \$55

LaFranchi

Salsa Dancing I

Seattle's Salsa scene is popping with clubs, events and activities celebrating different Salsa moves from around the world. Learn Salsa the way it is danced by people of all ages, from the smallest Latin towns to the most exciting nightclub scenes. No partner necessary.

Th (6 Sessions) 10/15 - 11/19 6:30 PM - 7:30 PM CAB - Cafeteria \$65

Nunez-Lira

Salsa Dancing II

Th (6 Sessions) 10/15 - 11/19 7:45 PM - 8:45 PM CAB - Cafeteria \$65

Nunez-Lira

Guitar - Beginning

Learn basic guitar technique and the fundamentals of music notation. Whether you want to play guitar favorites or have aspirations to play in a band, this class will get you started!

Th (8 Sessions) 10/1 - 11/19 6:00 PM - 8:00 PM On Campus \$129 + \$10 materials fee

Lucero

New! Kids Rock Music

Rock out performing popular songs as you learn to play two or more instruments. Designed for kids 10 to 18 years old, instruction will include music theory, guitar, ukulele, and piano.

Th (6 Sessions) 10/15 - 11/19 4:30 PM - 5:30 PM On Campus \$85

Lucero

New! Songwriting

Discover your talent for songwriting! Designed for those who know how to play an instrument. Learn basic music theory and song structure and leave class with your own original composition. Enjoy creating music in a relaxed, fun environment!

Th (4 Sessions) 10/29 - 11/19 8:10 PM - 9:40 PM On Campus \$55

Lucero

Ukulele Fun!-damentals - Beginning

Learn to play the ukulele in a supportive and fun group environment. Explore melody, rhythm and music theory. Develop your skills in the areas of singing, picking, strumming, ear training and sight-reading. Learn to read basic music notation and play melodies and harmonies. We'll use the James Hill *Ukulele in the Classroom* book.

Th (8 Sessions) 10/1 - 11/19 6:00 PM - 7:30 PM RSB 80 \$149 + \$16 materials fee

Rose

Strum Fun for Ukulele

Are you ready to move beyond your basic strums? Wondering how to change things up to suit different songs and styles of music? We'll work on a few simple strumming and picking patterns you can apply to a variety of tunes. This class is aimed at beginners who are comfortable with open chords and able to change chords smoothly.

Sa 10/10 11:00 AM - 1:00 PM RSB 80 \$35

Rose

Ukulele Ensemble

Learn different instrumental parts of songs, then play them together as an ensemble. Explore strumming, picking, singing, and chord melody. Students should be comfortable strumming and singing while changing chords smoothly. We'll showcase what we've learned at a class party.

Th (8 Sessions) 10/1 - 11/19 7:35 PM - 9:05 PM RSB 80 \$149

Rose

Community Choir

Perform the finest music from a variety of styles for large choral ensemble. The choir meets one evening weekly with concert performance opportunities. No audition required. Register early, class size limited.

M (10 Sessions) 10/7 - 12/7 7:00 PM - 9:00 PM RSB 80 \$95

Edwards



Daytime Business Writing Essentials

This course offers practical tips for producing professional-looking business documents. Learn the importance of writing for a specific audience, making the purpose, and call to action clear. Review writing strategies for routine, persuasive, negative news, and personal messages.

Tu 10/27 9:00 AM - 12:00 PM On Campus \$49

Staples

Daytime How to Run an Effective Meeting

How many hours a week do you spend in meetings? How often do you leave a meeting thinking "That was a great use of my time"? The sad truth is most of us waste many hours every week in meetings. Learn the secrets of how to plan and lead well-focused and productive meetings.

Tu 10/6 9:00 AM - 12:00 PM On Campus \$49

Gering

Daytime Improving Email Effectiveness

Learn to use email as an effective business communication tool that builds relationships and gets results. Email is still the primary channel for business messaging, and the need for efficiency, clarity, and conciseness is critical. In this informative, interactive workshop, examine the do's and don'ts experts use to organize and write effective email messages.

F 10/16 9:00 AM - 12:00 PM On Campus \$49

Staples

Daytime Team Communication Styles

How might you uncover more resources with the same team you have today? How might your team meetings yield exciting new results? The secret may be hidden in the ways you routinely communicate -- or prevent -- communication. Learn how to turn your team experience from boring to exciting. Uncover and explore your communication style, learning how it affects the way you work and communicate with others.

Th 9/17 9:00 AM - 12:00 PM On Campus \$49

Gering

MARKETING

New! Market Your Business Online - Series

Learn to promote your business on the internet. This Series includes: Overview, Website & Search Engines, Lead Generation, Newsletters & Blogging, and Social Media & Video.

M (5 Sessions) 10/5 - 11/2 6:00 PM - 8:00 PM On Campus \$99

Sloneker

New! Market Your Business Online - Overview

This course offers a vital first step to understanding the key components of online marketing. Leave with a clear understanding of how the web marketplace works and how customers use it.

M 10/5 6:00 PM - 8:00 PM On Campus \$25

Sloneker

New! Market Your Business Online - Website & Search Engines

Improve your business website by learning how to quickly and easily analyze, evaluate, and improve content, marketing strategies, and overall customer experience. Discover ways to fine tune your website for search engines (Google, Yahoo, Bing).

M 10/12 6:00 PM - 8:00 PM On Campus \$25

Sloneker

New! Market Your Business Online - Lead Generation **Sloneker**
Generate new business by learning to build customer lists and manage email marketing. Come away with new tools for creating an essential description of your business and its services to increase your credibility and attract more customers.
M 10/19 6:00 PM - 8:00 PM On Campus \$25

New! Market Your Business Online - Newsletters & Blogging **Sloneker**
Discover how to effectively use blogging and newsletters for your business by mastering these tools to increase customer traffic on your website.
M 10/26 6:00 PM - 8:00 PM On Campus \$25

New! Market Your Business Online - Social Media & Video **Sloneker**
Discover how to successfully promote your business using videos in your social media campaigns. Learn to write engaging, meaningful content as well as when and how to incorporate video clips to increase marketing effectiveness.
M 11/2 6:00 PM - 8:00 PM On Campus \$25

QUICKBOOKS

Classes use QuickBooks Desktop 2014 for PC but most principles apply to online and Mac versions as well. Materials fee includes textbook. A full-featured 140-day trial copy of QuickBooks (PC) is included in Level 1.

QuickBooks Fundamentals - Series **Dunnington**
Are you a small business owner, bookkeeper, or office manager? Are you looking to upgrade your accounting and computer skills for a competitive edge in the job market? Learn basic accounting principles, QuickBooks fundamentals, and advanced applications. Basic computer skills are required. Classes can be taken individually or as a series for a savings.
Tu (10 Sessions) 10/13 - 12/15 6:00 PM - 9:00 PM OLY 204 \$329 + \$80 materials fee

QuickBooks 2014 Fundamentals - Basic Accounting **Dunnington**
Learn basic accounting terms and procedures necessary to use QuickBooks effectively. This course is a good introduction if you have never taken accounting, and can be a good refresher if you're out of practice. You need this knowledge for any financial software you use.
Tu (2 Sessions) 10/13 - 10/20 6:00 PM - 9:00 PM OLY 204 \$79

QuickBooks 2014 Fundamentals - Level 1 **Dunnington**
Learn to create and back-up important records for any company, how to work with vendors, customers, banks, print checks, and how to generate monthly reports. Prerequisite: Basic Accounting (see above), familiarity with basic computer operations, and Windows.
Tu (4 Sessions) 10/27 - 11/17 6:00 PM - 9:00 PM OLY 203 \$155 + \$45 materials fee

QuickBooks 2014 Fundamentals - Level 2 **Dunnington**
Learn additional features such as working with inventory, payroll, sales tax, balance sheet accounts/ fixed assets, and budgets as well as customizing forms. Class is appropriate for users of both QuickBooks Premier and QuickBooks Pro. Windows experience and basic accounting skills required.
Tu (4 Sessions) 11/24 - 12/15 6:00 PM - 9:00 PM OLY 203 \$155 + \$35 materials fee



For Online QuickBooks Classes
Visit: www.Ed2Go.com/southsea

SOCIAL MEDIA

New! Social Media for Business - Series **Sloneker**
Learn how to harness the power of social media for your business. This Series includes: Overview, Facebook, YouTube & Vimeo, LinkedIn, Google+ & Twitter, Instagram & Pinterest, Writing a Plan.
Th (5 Sessions) 10/8 - 11/5 6:00 PM - 9:00 PM On Campus \$145

New! Social Media for Business - Overview **Sloneker**
This class offers an introduction to the basics of using social media for marketing your business. Discover how to develop a social media plan to grow your business.
Th 10/8 6:00 PM - 9:00 PM On Campus \$45

New! Social Media for Business - Facebook, YouTube & Vimeo **Sloneker**
Discover how to use Facebook, YouTube and Vimeo to promote your business. Learn how each program works and the criteria for using or not using each.
Th 10/15 6:00 PM - 9:00 PM On Campus \$45

New! Social Media for Business - LinkedIn, Google+ & Twitter **Sloneker**
From a business standpoint, all three of these platforms deserve serious consideration. Discover top tips and secrets for using LinkedIn, Google+, and Twitter to more effectively promote your business, and how to evaluate whether or not to utilize each platform for your specific marketing purposes.
Th 10/22 6:00 PM - 9:00 PM On Campus \$45

New! Social Media for Business - Instagram & Pinterest **Sloneker**
Learn to use image-driven platforms such as Pinterest, Instagram, and others. Find out how to tell whether your customer base is using these platforms and whether or not your business should be too. Learn the basics of creating effective graphics with the best tools available, best practices, and sourcing copyright-free images for commercial use.
Th 10/29 6:00 PM - 9:00 PM On Campus \$45

New! Social Media for Business - Writing a Plan **Sloneker**
Having chosen the media platforms best suited to your business along with ideas about what to post on each one, the next step is to generate a content plan incorporating sustainable posting practices, best tools and resources, and how to monitor quality control, customer service and brand use. Leave class with the beginnings of a content plan and a list of your next steps.
Th 11/5 6:00 PM - 9:00 PM On Campus \$45

New! Website Development (alternative to WordPress) **Sloneker**
Discover ways to set up a website or blog without confusion, risk, or advanced technical skills. Learn a variety of content ideas for different local industries, and examine the pros and cons of blogging for business.
Tu 10/20 6:30 PM - 8:00 PM On Campus \$35

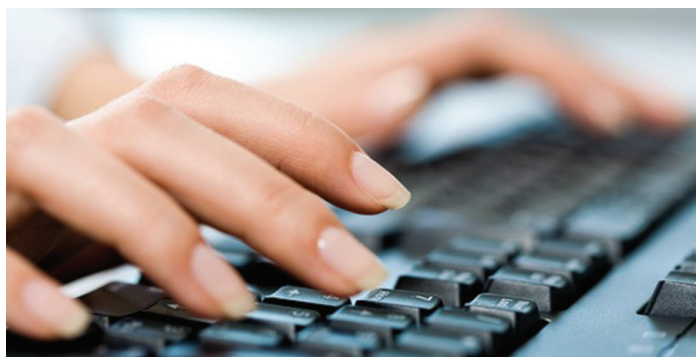


For more Social Media and Website Development classes
Visit: www.Ed2Go.com/southsea

WORK FROM HOME

Work-at-Home Jobs for Real People! **Mooradian**
Learn legitimate ways to supplement your income. Discover marketing tricks of scammers and leave with more than 170 resources on how to make extra income from home as well as over 140 legitimate companies that hire at-home workers. Basic Internet and email skills required. Course fee includes book with listings (a \$25 value).
Tu 10/13 6:30 PM - 9:30 PM On Campus \$49

Get Paid to Shop: Be a Mystery Shopper! **Mooradian**
Yes, there is a free lunch! Companies hire people to make observations about their stores and employees to help them improve customer service. Become a Mystery Shopper and earn money while you shop and eat. Learn who is hiring, what companies expect, writing a great evaluation, tax reporting, common scams, and how to get started. Basic Internet skills required. Class fee includes a comprehensive resource book (a \$25 value).
M 10/26 6:30 PM - 9:30 PM On Campus \$49



South Seattle College Advantage

- Classes taught using Windows 7 Operating System
- Most onsite Microsoft application classes will be taught using Office 2013.
- Books for Microsoft Office 2013 classes included.
- Clock hours and CEUs are available for all computer classes



Additional Computer Classes available Online including MS Office 2010

Visit: www.ed2go.com/southsea

Free! Computer Training Preview

Come to this free Preview of South's computer classes. Staff will help you determine which classes best meet your needs through one-on-one advising. Registration for future computer classes and workshops will be available at the Preview.

Tu	9/22	6:15 PM - 7:15 PM	OLY 104	Free
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Braswell

LEVEL 1 COMPUTER

Computer Series 2013 - Level 1

This Series gives you all you need to get started with your computer and includes the following three classes: Windows Fundamentals, Beginning Word, and Beginning Excel. NO EXPERIENCE NECESSARY. Take the Series for a savings.

Tu, Th (7 Sessions)	9/29 - 10/20	6:15 PM - 9:15 PM	OLY 104	\$325
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Braswell

Windows Fundamentals

Learn to use Windows with ease as you master its basic tools and functions. NO EXPERIENCE NECESSARY.

Th, Tu (2 Sessions)	9/29 - 10/1	6:15 PM - 9:15 PM	OLY 104	\$135
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Braswell

Excel 2013 - Level 1

Learn Excel spreadsheet basics, formulas, functions, and shortcuts. Basic PC and typing skills helpful, but this class is for Excel beginners.

Tu, Th (3 Sessions)	10/6 - 10/13	6:15 PM - 9:15 PM	OLY 104	\$135
Sa	11/7	9:00 AM - 4:30 PM	OLY 104	\$135

Braswell

Word 2013 - Level 1

Learn to use the fundamental features necessary for creating Word documents. Basic PC and typing skills helpful, but this class is for Word beginners.

Tu, Th (2 Sessions)	10/15 - 10/20	6:15 PM - 9:15 PM	OLY 104	\$135
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Braswell

LEVEL 2 COMPUTER

Computer Series 2013 - Level 2

Are you a working professional or looking for work? Designed to keep your computer skills competitive, this Series includes Word, Excel and PowerPoint modules. For the best deal, take the Saturday or weeknight Series for only \$325, a \$110 savings. Basic computer experience needed.

Tu, Th (7 Sessions)	10/22 - 11/12	6:15 PM - 9:15 PM	OLY 104	\$325
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Braswell

Excel 2013 - Level 2

Improve your Excel 2013 skills. Simplify number crunching, data input, and formatting.

Tu, Th (3 Sessions)	10/22 - 10/29	6:15 PM - 9:15 PM	OLY 104	\$145
Sa	11/14	9:00 AM - 4:30 PM	OLY 104	\$145

Braswell

Word 2013 - Level 2

Make your job easier! Master the tools needed to move quickly through word processing projects and resolve troubleshooting issues. Learn how to create professional looking letters and reports.

Tu, Th (2 Sessions)	11/3 - 11/5	6:15 PM - 9:15 PM	OLY 104	\$135
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Braswell

Basic PowerPoint 2013

Effective PowerPoint presentations are easy to create. Learn how to add organizational charts, animated features, and other graphics, along with the basic techniques of creating and producing slides, overhead projections, and speaker's notes.

Tu, Th (2 Sessions)	11/10 - 11/12	6:15 PM - 9:15 PM	OLY 104	\$135
Sa	10/17	9:00 AM - 2:30 PM	OLY 104	\$135

Braswell

“Wow! I gained a lot in my Advanced Excel class. Macro rocks! I can use this knowledge with my everyday work. Thank you, Jesse Braswell and South!”

Teresa Brown

LEVEL 3 COMPUTER

Computer Series 2013 - Level 3

Complete your computer training with this Series which includes Advanced Word, Advanced Excel, and Advanced PowerPoint. No class 11/25/2015

M, W (7 Sessions)	11/16 - 12/9	6:15 PM - 9:15 PM	OLY 104	\$325
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Braswell

Excel 2013 - Level 3

Harness the power of Excel by learning to develop and manage automated procedures, formulas, Pivot Tables, Macros, and other advanced formatting features to produce the high-quality reports needed to guide data-driven decision making. Discover easy shortcuts to help minimize your time and maximize your results.

M, W (3 Sessions)	11/16 - 11/23	6:15 PM - 9:15 PM	OLY 104	\$145
Sa	11/21	9:00 AM - 4:30 PM	OLY 104	\$145

Braswell

Word 2013 - Level 3

Improve and hone your Word skills by learning to organize long documents, track changes, personalize your Word options, and integrate Word with other programs like PowerPoint, Excel, Mail Merge, and Outlines.

M, W (2 Sessions)	11/30 - 12/2	6:15 PM - 9:15 PM	OLY 104	\$135
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Braswell

Advanced PowerPoint 2013

Add effectiveness to your PowerPoint presentations with multimedia features including tables, audio, transitions, animation, slides, videos, and more. Learn to customize your themes, add texture, include hyperlinks, and speaker's notes.

M, W (2 Sessions)	12/7 - 12/9	6:15 PM - 9:15 PM	OLY 104	\$135
Sa	10/24	9:00 AM - 2:30 PM	OLY 104	\$135

Braswell

EXCEL SPREADSHEETS

New! Excel 2013 - Immersion Series

Here is your chance to learn hands-on about virtually every aspect of Microsoft's ubiquitous spreadsheet program EXCEL. On three consecutive Saturday mornings you will progress through Excel Level 1, Level 2, and Level 3 under the skillful guidance of MS expert Jesse Braswell.

Sa (3 Sessions)	11/7 - 11/21	9:00 AM - 4:30 PM	OLY 104	\$375
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Braswell

Daytime Excel 2010: Going Beyond the Basics

Expand your Excel skills by learning features including filtering, summarizing data, and pivot tables. Book and handouts included.

W 10/21 9:00 AM - 4:00 PM Georgetown, Building A, Room 120 \$125

Braswell

Daytime Productivity in Excel 2010: Tips and Tricks

Learn Microsoft Excel spreadsheet basics, formulas, functions, and shortcuts. Basic PC and typing skills helpful, but this class is for Excel beginners. Book and handouts included.

W 9/30 9:00 AM - 4:00 PM Georgetown Building A, Room 120 \$125

Braswell

POWERPOINT

New! PowerPoint 2013 Immersion Series

Want to learn how to easily create highly effective PowerPoint presentations? This Series will give you plenty of hands-on experience with the versatility of PowerPoint 2013. On two consecutive Saturday afternoons you will progress through Basic PowerPoint and Advanced PowerPoint under the skillful guidance of MS expert Jesse Braswell.

Sa (2 Sessions) 10/17 - 10/24 9:00 AM - 2:30 PM OLY 104 \$245

Braswell

WINDOWS

New! Windows 10 Update

Have you received your free Windows upgrade from 8.1 to 10? Whether you're new to computers or have years of experience, learn to command Windows 10 interface while creating documents, sending email, browsing the Internet, and sharing information between applications and with other users. And, learn special shortcuts to increase productivity. Bring a laptop upgraded to Windows 10.

W 10/21 6:15 PM - 9:15 PM OLY 104 \$29

Braswell

PHOTO EDITING

Adobe Photoshop - Series

Harness the power of Adobe Photoshop by learning the skills taught in this Series: Intro to Adobe Photoshop 1, Intro to Adobe Photoshop 2, and Intro to Adobe Photoshop 3. Images provided. For the best value, take all three classes for a savings.

Sa (3 Sessions) 11/7 - 11/21 9:00 AM - 1:00 PM OLY 102 \$175

Blache

Adobe Photoshop 1 - Learning the Basics

This class is an excellent introduction to Adobe Photoshop. Learn the basics, from how each tool works to what layers are, gaining confidence with Photoshop as you create and complete several projects. Images will be provided.

Sa 11/7 9:00 AM - 12:00 PM OLY 102 \$65

Blache

Adobe Photoshop 2 - Adjusting Images

Learn how to use Photoshop to fix and adjust images, how to use advanced retouching techniques, how to create compilations, and how to work non-destructively on an image. Images will be provided.

Sa 11/14 9:00 AM - 12:00 PM OLY 102 \$65

Blache

Adobe Photoshop 3 - Graphic Design for Print and Web

Learn to use Photoshop for print, graphic design and online graphics creation. You will learn how to use various text tools including the path tool, how to create new images using multiple images, how to create a quick animation for use on the web, and much more. Images will be provided.

Sa 11/21 9:00 AM - 12:00 PM OLY 102 \$65

Blache

Adobe Lightroom - Series

Get amazing results learning to quickly adjust and organize images using Adobe Lightroom. Learn about publishing options. Bring your own photos or use the images provided. Series includes: All About Develop and All About the Library. Take the Series for a savings.

Su (2 Sessions) 10/25 - 11/1 9:00 AM - 12:00 PM OLY 102 \$115

Blache

Adobe Lightroom - All About the Library

Learn to use Adobe Library to organize your catalog, create collections, use key words, and filter your images. Bring your own photos or use the images provided.

Su 10/25 9:00 AM - 12:00 PM OLY 102 \$65

Blache

Adobe Lightroom - All About Develop

Learn to use the full range of adjustment features in Adobe Lightroom and how to make corrections to multiple images. Bring your own photos or use the images provided.

Su 11/1 9:00 AM - 12:00 PM OLY 102 \$65

Blache



BAKING/DESSERTS

New! Artisan Bread Making Workshop

Learn to bake artisanal breads at home with a professional pastry chef! Whether you're a novice or a serious home baker, this intensive three-day bread making class will help you bake like a pro. You will get a hands-on learning experience with a deeper understanding of bread making so you can bake from baguettes to pizza. Class size is limited to assure personal interaction with instructor.

F, Sa & Su (3 sessions) 9/11 - 9/13 9:00 am - 2:00 pm PBA \$225 + \$50 materials fee

Park

New! Breads for the Holidays: Series

Join our professional baker, Chef Park, and discover her creative approach to superior bread making. Learn to create dinner rolls and pull-apart cinnamon bread. Create holiday favorites like Banana Bread, Zucchini Bread, a variety Corn Breads, and a holiday centerpiece of Stollen, a traditional German holiday bread. Classes can be taken individually or, for a savings, take the Series.

Tu (3 sessions) 10/20-11/13 6:00 pm - 9:00pm PBA \$99 + \$30 materials fee

Park

New! Breads for the Holidays: Dinner Rolls & Cinnamon Bread

For your next gathering, wow your family and friends with easy-to-make and tasty pull apart bread and dinner rolls! Learn to bake bread layered with cinnamon sugar that pulls apart in delicious pieces.

Tu 10/20 6:00 PM - 9:00 PM PBA \$35 + \$10 materials fee

Park

New! Breads for the Holidays: Bannana, Zucchini & Corn Breads

Do you have a memory of sharing yummy corn bread at your family gathering? How about having that piece of sweet banana bread in the afternoon with some tea? Or buying some beautiful green zucchini from the farmers market to turn it into zucchini bread for your family and friends? Whether you're a novice or a serious home baker, this fun class will help you to bring these memories to life!

Tu 10/27 6:00 PM - 9:00 PM PBA \$35 + \$10 materials fee

Park

New! Breads for the Holidays: Stollen

Stollen is a traditional German bread for the Christmas season which is often baked with dried fruit, marzipan and covered with powdered sugar. This beautiful, snowy looking bread is a perfect gift for the holiday season and a great dessert for any holiday meal.

Tu 11/3 6:00 PM - 9:00 PM PBA \$35 + \$10 materials fee

Park

New! Authentic Italian Dessert - Series

Learn to create three authentic and spectacular Italian desserts the traditional way. Make Pear Strudel, Rustic Apple Cake, and Ricotta cake. Take all three classes for a savings.

M (3 Sessions) 11/16 - 11/30 6:00 PM - 8:30 PM PBA 106 \$99 + \$30 materials fee

Querzoli

New! Authentic Italian Dessert - Pear Strudel

A delicious and light dessert from the Northern Italian tradition. It is usually served warm in the cold season sure to warm every heart.

M 11/16 6:00 PM - 8:30 PM PBA \$39 + \$10 materials fee

Querzoli

New! Authentic Italian Rustic Apple Cake

Create this traditional Italian cake.

M 11/23 6:00 PM - 8:30 PM PBA \$39 + \$10 materials fee

Querzoli

New! Authentic Italian Dessert Ricotta Cake

Learn to make this delicious cheesecake the authentic Italian way.

M 11/30 6:00 PM - 8:30 PM PBA \$39 + \$10 materials fee

Querzoli



New! Challah Bread, Lentil Soup, and Salad

Live up a cold night with freshly baked, warm Challah bread. Challah dough is enriched with eggs and oil, a few tablespoons of sugar, and can be made from start to finish in the space of a few hours. During the first rising of the dough, students will learn to make a delicious curried lentil soup. During the second rising, a crisp autumn salad will be prepared. Once the finished bread comes out of the oven, sit down to a delicious meal of warm Challah, curried lentil soup, and fresh salad.

Sa 10/24 9:00 AM - 2:00 PM On Campus \$65 + \$15 materials fee

Baumgarten

New! Parisian Macarons

Create your own beautiful, delicious Parisian Macarons! Learn to make three or more different fillings for these baked cookies as you learn to work with food coloring, pastry bags and pastry tips. Leave class with a variety of samples you baked in class plus additional recipes to try at home.

Tu 10/20 6:00 PM - 9:00 PM On Campus \$45 + \$10 materials fee

Baumgarten

CHOCOLATE & CANDY

Holiday Confections

Creamy caramels, dark chocolate fudge, chocolate barks, and cherry cordials. Have you ever wanted to learn how to make the holiday season's favorite confections from scratch? Learn to make them all, including fondant for the cordials. Emphasis will be on explaining the how and why of each step in the confectionary process. Learn how not to make the most common mistakes. Bring home a big box of delicious hand-made candies. No experience necessary.

Sa 11/21 1:00 PM - 5:00 PM PBA 103 \$65 + \$10 materials fee

Fredericks

Chocolate Truffle Workshop

Learn to temper chocolate, hand dip centers, and use several different kinds of molds. Make eight different truffles using methods to flavor the ganaches utilizing fresh fruits, nuts, essential oils, herbs and spices, and liqueurs. Learn about the importance of chocolate quality. Leave class with a box full of incredible truffles.

Sa 11/7 10:00 AM - 4:00 PM PBA 103 & 113 \$95 + \$12 materials fee

Fredericks



Chocolate Truffles Workshop with Bill Fredericks

Confections: Making Pâte de Fruit

Learn the principles and techniques to successfully create scrumptious fruit and wine gel confections, Pâte Fruits. Class will be hands on making 3 different gels. Process and percentages are critical but it is simple and straightforward process once you understand the requirements. Take home a box full of wonderful fruit gels.

Su 11/1 12:30 PM - 4:30 PM On Campus \$59 + \$10 materials fee

Fredericks

FOODS/COOKING

New! Cut Like A Chef

Tired of spending so much of your cooking time chopping? With practice, you will be cutting like a pro! This hands-on class covers the techniques used in restaurants to quickly and safely chop vegetables, slice fruits and much more. Bring the knives you currently use and learn the basics of knife choice and maintenance.

Th 10/22 6:00 PM - 9:00 PM CAB Main Kitchen \$39 + \$10 materials fee

Th 12/3 6:00 PM - 9:00 PM CAB Main Kitchen \$39 + \$10 materials fee

Brendlinger

New! Cut Like a Chef - Advanced

Enhance your kitchen confidence with this advanced cutting class. Learn to fillet fish, cut chicken, slice meat, and more as well as practical applications of professional cutting techniques.

Th 11/12 6:00 PM - 9:00 PM CAB Main Kitchen \$39 + \$15 materials fee

Brendlinger

Cheese Making at Home: The Basics

Making cheese at home is fun, easy, and affordable! Try your hand at making fresh chevre, paneer, and ricotta. Discover how to use cultured milk products like piima, kefir, yogurt, and butter. Leave with recipes, easy-to-follow instructions, and a culture to get you started on your "whey."

Su 10/18 9:00 AM - 12:30 PM CAB - Main \$59 + \$15 materials fee

Baerg

Steve Brendlinger is the owner of Seattle's Control Burn catering company. He began his restaurant career in the San Francisco Bay area thirteen years ago at the Bay Wolf. He migrated to Seattle as Salty's Executive Chef before starting his own business.



“ I love taking classes at South.
Everyone is so helpful. ”

Linda Kaye

Home Cheese Making at Home: Mozzarella

Baerg

Want to learn the basics of homemade Mozzarella? Discover the ways to make this popular and delicious cheese, both traditional and quick varieties of this cheese in a fun, fast-paced class. Leave with your own fresh Mozzarella!

Su 10/18 1:00 PM - 3:30 PM CAB - Main \$39 + \$10 materials fee

Home Cheese Making at Home: Hard Cheeses

Baerg

Delicious homemade feta, gouda, and cheddar can be yours! Gain more skills as a home cheesemaker with this hands-on class. Learn the techniques necessary to craft hard cheeses, including curd-cutting, pressing, and aging, as well as how to make a home “cheese cave.” Create several cheeses while participating in discussion and tasting delicious samples.

Su 11/15 10:00 AM - 3:00 PM CAB - Main \$75 + \$15 materials fee

Wild and Wonderful Mushrooms

Baerg

Wonder what to do with all those Fall mushrooms at local farmers markets? Treat your palate to a sampling experience while learning about the virtues of several varieties of tasty fungi, as well as exploring various techniques to fully capture the essence of these nourishing and delicious edibles. Samples and recipes provided.

Su 11/8 10:00 AM - 12:30 PM CAB - Main \$39 + \$10 materials fee

Fermentation for Flavor and Health

Baerg

Discover the health benefits and delicious flavors of fermented foods. Learn to create Sauerkraut, Kimchi, Miso, and receive a “starter” to take home. Samples and recipes provided.

Su 11/8 1:00 PM - 3:30 PM CAB - Main \$39 + \$10 materials fee

New! Shop and Cook Like a Chef

Brendlinger

Spend Sunday morning shopping the West Seattle Farmers Market with Chef Steve Brendlinger and then learn to cook a delicious meal using seasonally fresh ingredients.

Su 10/25 9:00 AM - 2:00 PM CAB \$45 + \$10 materials fee

New! Classic Cooking Techniques

Brendlinger

Get hands-on experience learning essential classic cooking techniques. Learn to prepare Mixed Greens with French Vinaigrette and Perfectly Poached Egg, Stuffed Flank Steak with Caramelized Onions, Smashed Potatoes, Blanched Asparagus with Béarnaise Sauce, and Profiteroles with Chocolate Sauce.

Th 10/29 6:00 PM - 9:00 PM CAB \$45 + \$15 materials fee

New! Cooking Fundamentals: Chicken

Brendlinger

Add pizzazz to your chicken entrees using a variety of easy cooking methods as well as learning how to cut up a whole bird and de-bone chicken breasts. You will learn how to prepare Roasted Rosemary Game Hens with Pan Sauce and Mashed Potatoes, Braised Chicken with Two Kinds of Lemon, Sautéed Chicken Cutlets with Kentucky Bourbon, and Grilled Chicken with Red Pepper Butter.

Th 11/5 6:00 PM - 9:00 PM CAB Main \$45 + \$15 materials fee

Healing Your Metabolism Through the Food You Eat

Nichols

Have you tried multiple diet programs only to regain any weight you lost? Then this class is just what you've been waiting for! Learn how to heal your body and your metabolism with easy-to-prepare foods and snacks. The class will include cutting-edge nutrition strategies for weight loss and an interactive food demonstration. (Gluten and dairy-free)

Sa 10/3 2:00 PM - 4:00 PM CAB - FSA \$35 + \$10 materials fee

New! Holiday Cooking: Vegetable Side Dishes to be Thankful For

Nichols

Thanksgiving doesn't need to be all about rich foods and overeating. Fill your table with delectable side dishes that celebrate the season. In this interactive nutrition and cooking class, you'll learn strategies for healthy holiday eating. Surprise your family and friends with the gift of new, delicious dishes sure to become a family tradition.

Sa 11/7 2:00 PM - 4:00 PM CAB \$35 + \$10 materials fee

REGIONAL COOKING

New! Thai Curries Made Easy

Phonsanam

Make Thai red curry paste from scratch in this hands-on class, then use it to prepare several Thai curries from Panang to red and green curries. Learn to create a chicken and a vegetarian Thai curry dish. Learn which Thai brands to look for when shopping and other essential pantry items needed to create delicious Thai curries in your own kitchen.

Tu 10/20 6:00 PM - 9:00 PM CAB FSA \$45 + \$15 materials fee

New! Authentic Italian Soup - Series

Querzoli

Learn to prepare three traditional Italian soups sure to warm any heart. Prepare Pea & Basil, Bean & Pasta, and Butternut Squash soups the way Italians make them. Take all three classes for the best experience and a cost savings.

M (3 Sessions) 10/12 - 10/26 6:00 PM - 9:00 PM CAB - Main \$99 + \$30 materials fee

New! Authentic Italian Pea and Basil Soup

Querzoli

The perfect first course or light meal which is so simple, so fresh and so good for your health.

M 10/12 6:00 PM - 9:00 PM CAB Main \$39 + \$10 materials fee

New! Authentic Italian Bean and Pasta Soup (Pasta e Fagioli)

Querzoli

A complete meal in a bowl, this is a version of a classic Italian soup made with borlotti beans and pasta.

M 10/19 6:00 PM - 9:00 PM CAB Main \$39 + \$10 materials fee

New! Authentic Italian Butternut Squash Soup

with Pancetta & Sage

Querzoli

Butternut Squash Soup is a tasty, light Italian soup garnished with crispy pancetta, perfect for your Thanksgiving table.

M 10/26 6:00 PM - 9:00 PM CAB Main \$39 + \$10 materials fee

Authentic Italian Dinner - Series

Querzoli

Create these rich and delectable dishes of Northern Italy! Learn to prepare Pasta with Mushrooms, Italian Meatballs & Peas, and Pear Strudel the authentic Italian way. Take all three classes and save.

M (3 Sessions) 11/2 - 11/16 6:00 PM - 9:00 PM CAB - Main \$99 + \$30 materials fee

New! Authentic Italian Dinner - Pasta with

Mushrooms (Maltagliati ai Funghi)

Querzoli

Maltagliati is a kind of fresh pasta from Italy's Emilia-Romagna region.

M 11/2 6:00 PM - 8:30 PM CAB Main \$39 + \$10 materials fee

New! Authentic Italian Dinner - Italian Meatballs and Peas

Querzoli

This Italian comfort food dish combines special meatballs flavored with peas and vegetables.

M 11/9 6:00 PM - 8:30 PM CAB Main \$39 + \$10 materials fee

New! Authentic Italian Dinner - Pear Strudel

Querzoli

This dish is a delicious and light dessert from the Northern Italian tradition. It is usually served warm in the cold season sure to warm every heart.

M 11/16 6:00 PM - 8:30 PM PBA \$39 + \$10 materials fee



Ting Phonsanam has combined his passion for Thai cooking and foods from the Pacific Northwest cuisine to create a unique culinary experience. He graduated from Cornell University's Hotel School and graduated from UNLV's Master in Hospitality program. His signature dishes are Thai curries: fresh, spicy, and complex ingredients ground with a mortar and pestle into culinary magic!

WINE & HARD CIDER

Must be at least 21 years of age to attend wine or cider tasting classes. Tasting in each session.

New! From Vine to Wine

Hosted by the South's renowned teaching winery, the North West Wine Academy, this class offers an introduction to the art of winemaking, from selection of the grapes to bottling of the finished product. Come join us for an eye-opening (and palette-expanding) exploration of regional winemaking at its finest, featuring multiple tastings. As a special bonus, you will have an opportunity to witness the actual process of winemaking.

M 10/12 6:30 PM - 9:00 PM NWWA \$35 + \$8 materials fee

Daigneault

Mediterranean Wine Tour

Join Sommelier Dieter Schafer and taste your way through wine regions bordering the Mediterranean Sea, from Spain to Lebanon, Turkey to Morocco. Sample interesting wines not often available for tasting. Class includes effective tasting techniques, wine vocabulary, a bit of history and geography of the regions, best wine-buying strategies, wine-and-food pairing guidelines, correct serving techniques and temperature, and hints for proper storing and aging.

Tu (2 Sessions) 10/20 - 10/27 6:00 PM - 9:00 PM JMB 140 \$59 + \$18 materials fee

Schafer

Wine Tasting Primer: Sight, Smell, Taste

Learn how to taste wine knowledgeably and accurately describe what you are tasting. Explore wine types, grapes, varietals, and wine regions of the world, as you learn the basics of reading a wine label. Gain hints for smart buying, proper storing and aging. The course will also include a discussion of wine-and-food pairing, what matches well, what doesn't, and why. Tastings at each session.

Th (3 sessions) 10/29 - 11/12 6:00 PM - 9:00 PM JMB 140 \$85 + \$18 materials fee

Schafer

New! Choosing Champagnes for the Holidays

Planning to serve Champagne this holiday season? Taste Champagne and Crémant from France, Sparkling Wine from Washington, California and New Mexico, Spanish Cava, and Italian Prosecco. Learn from Sommelier Dieter Schafer about styles, what the label tells you, how Méthode Champenoise wines are produced, buying strategies, proper service, etiquette, and how to match these wines with your holiday dinners. Take advantage of this unique opportunity to sample a variety of "bubbly" not often available for tasting.

Tu (2 Sessions) 11/10 - 11/17 6:00 PM - 9:00 PM JMB 140 \$59 + \$18 materials fee

Schafer

Chocolate Showpiece Techniques

Chef Ewald Notter will conduct a 2½ hour demonstration of the steps and techniques to create a chocolate showpiece. This is a rare chance to watch a renowned confectionery expert in action. Chef Notter, author of *The Art of The Chocolatier*, has worked and competed in more than 15 countries, winning numerous awards including 15 gold medals, as well as National and World Pastry Team Champion, and Pastry Chef of the Year. This demo is open to the public, pre-registration is required.

Class is co-sponsored by South's Continuing Education Department, NW Chocolatier's Guild, and Guittard Chocolate.

Saturday, September 19, 8:30 – 11:00 A.M.

Demo class fee: \$15

South Seattle College, 6000 16th Ave. SW, Seattle, WA 98106

Seating is limited, you must pre-register

Register at South Seattle College Continuing Education

- www.LearnatSouth.org
- 206-934-5339
- Continuing Education Office, Olympic Hall Room 130

Renowned Sommelier **Dieter Schafer** has worked in 12 countries on 4 continents, and brings more than 40 years of restaurant experience to his classes. He has taught at the Gambia Hotel School in West Africa, The Alpine Hotel Management School in Athens, Greece, at Bilkent University in Ankara, Turkey, and has taught wine classes at South Seattle College since 2004.



Chocolate & Wine Pairing

Spend an evening with a chocolatier and a wine aficionado exploring the pairings of fantastic wines with incredible chocolates. These are marriages made in heaven and you are invited to the reception! We will briefly review the process of making both the chocolate and the different wines.

F 10/30 7:00 PM - 9:00 PM NWWA 109 \$39 + \$10 materials fee

Fredericks/Franklin

Hard Cider Sampling and Pairing

Cider comes in a fascinating array of styles with widely varying levels of complexity, and pairs successfully with many foods: grilled fish or chicken, BBQ of all stripes, hearty stews, strong ripe cheeses, spicy Asian dishes, as well as simple desserts like pound cake or lace cookies. Spend an evening with a professional hard cider maker and taste a wide variety of available ciders. Learn to pair ciders and food and how to use cider in cooking.

F 11/13 6:00 PM - 9:00 PM NWWA 109 \$35 + \$10 materials fee

Schilling

Considered a leading expert and renowned master of modern day confectionery arts, **Chef Ewald Notter** is also well known as a competitor and teacher. He has won numerous awards, including National and World Pastry Team Champion and Pastry Chef of the Year. In 2001, he won the gold medal with the US Team at the Coupe du Monde in Lyon, France, receiving the highest score ever recorded in sugar work. In 2003, Ewald was honored by the American Academy of Hospitality Sciences with the 5 Star Diamond award as "One of the Finest Confectionery Chefs of the World." He was also the first pastry professional inducted into the Pastry Art and Design Hall of Fame. Ewald continues to teach and coach internationally, and publish highly respected books on his craft.





PERSONAL FINANCE

New! Building a Financial Foundation Including Debt Management **Le**
Make a positive change in your financial life and develop a plan for managing your finances. The topics covered in the class will help lay the groundwork for a more financially secure future. The class is interactive with time to apply your new knowledge. Class topics: Basic Financial Concepts, Budgeting and Managing Your Debt, and Building Your Emergency Fund. Register with a partner for the special rate of \$39 by calling us at 206-934-5339.

Tu	9/22	9:00 AM - 12:00 PM	On Campus	\$25
Th	10/22	9:00 AM - 12:00 PM	On Campus	\$25
Tu	11/17	9:00 AM - 12:00 PM	On Campus	\$25

New! Healthcare Reform **Le**
Join us for an overview of the Affordable Care Act (ACA), and how it affects you. Topics include an introduction to the changes and new healthcare regulations in the industry, subsidy qualifications, and other important aspects of the law. Register with a partner for the special rate of \$39 by calling us at 206-934-5339.

M	10/26	6:00 PM - 8:00 PM	On Campus	\$25
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New! Taxes & Retirement **Le**
Join us for an introduction to Federal income taxation, the role of tax codes, and how they affect retirement planning for individuals and small business owners. Topics include measurement of taxable income, individual income taxation, tax implications on retirement plans, and more. Register with a partner for the special rate of \$39 by calling us at 206-934-5339.

M	11/9	6:00 PM - 8:00 PM	On Campus	\$25
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So Much Clutter, So Little Time

Marsh

How did it get this way? Sound like a familiar question? Clutter not only takes up space, it also takes up time and energy. Get the training you need to take charge of your space and create the environment you deserve. A professional organizer will lead the class through several fundamental tasks, giving hands-on tips for de-cluttering and setting up systems designed to make your changes sustainable.

W (2 Sessions) 10/21 - 10/28 7:00 PM - 9:00 PM OLY 206 \$45

New! Hiring and Working with a Home Remodeling Contractor

Marx

Planning a remodeling project and don't know where to start? Discover the world of remodeling from both homeowner and contractor perspectives. Learn to prioritize, how to establish a project budget, get bids based on plans, and specifications. By learning how a house is built you will learn how to effectively communicate with your contractor.

M 10/12 7:00 PM - 9:00 PM On Campus \$29

Basic Carpentry and Woodworking

Marx

Do you have power tools and want to learn how to use them safely and effectively? Learn the basics of joinery, jigs, materials, methods, and project design in a woodshop. After selecting your materials, you will apply your newly-acquired skills to construct your own toolbox.

Th (3 Sessions) 10/15 - 10/29 6:00 PM - 9:30 PM Off Campus \$125 + \$35 materials fee

New! Introduction to Landscape Design

Constantine

Why come home to a barren lawn and drab plantings when you could be greeted by your own beautiful oasis? Learn the secrets professionals use to create landscapes that are functional, ecologically beneficial, and aesthetically pleasing. Employing slides, lecture and handout materials, you'll learn both design theory and practical tips for transforming your yard and garden.

Th 10/15 6:30 PM - 9:30 PM On Campus \$25

TEACHING A CLASS

Do you want to share your skill and experience in a given field by teaching a class at South?

We are always on the lookout for inspiring teachers with a passion for teaching. If you are interested in joining our staff, please contact Laura Matson, Manager of Lifelong Learning, in South's Continuing Education Department, at 206-934-6895.

Reserve Your Spot Now!

ELECTRIC VEHICLE CONVERSION WORKSHOP

Join us for an intensive 8-day Electric Vehicle Conversion Workshop. In this workshop, we will be converting a Class 6 truck to AC drive with regenerative braking and a target range of 200 miles on a single charge. Space is limited and class fills quickly so register early.

(8 Sessions) 9/12 - 9/19 Tue, Wed, Thu, Fri, Sat 8:30 AM - 5:30 PM AUT 106 \$975

To sign up for the class or receive additional information, please contact Luisa Motten at 206-934-6782 or email at luisa.motten@seattlecolleges.edu



Required text books are available at the South Seattle College bookstore. Please call for hours and to check availability at [206-934-5338](tel:206-934-5338).

AMERICAN ENGLISH

American English - Building a Powerful Vocabulary Whelan

Do you sometimes have difficulty finding the right words to clearly express your ideas? Do you have difficulty reading efficiently because there are too many words you don't know? Learn to use the power of words to become a more effective speaker, reader and writer.

W (4 Sessions) 10/14 - 11/4 6:15 PM - 8:45 PM On Campus \$85

American English Idioms – Letting the Cat out of the Bag Whelan

"Letting the cat out of the bag" has nothing to do with cats, "Ships that pass in the night" has nothing to do with ships, and "Casting pearls before swine" has nothing to do with pigs or pearls! These are just a few examples of commonly used American English idioms. Gain a working knowledge of over 100 useful English idioms plus a list of references for continued learning.

Tu (4 sessions) 11/10 – 12/1 6:00 pm – 8:30 pm On Campus \$85

AMERICAN SIGN LANGUAGE

American Sign Language (ASL) – Level 1 Staff

An introductory course in American Sign Language (ASL) and deaf culture in the US. Learn the manual communication alphabet for fingerspelling words and names, basic signs for simple communication, appropriate cultural norms, and experiential signs from class interactions.

M (5 Sessions) 10/5 - 11/2 6:15 PM - 7:45 PM OLY 103 \$69

American Sign Language – Level 2 Staff

Continue to develop vocabulary, facial expressions, and receptive skills to increase your communication. Additional cultural information will be supplied. Prerequisite: ASL Level 1.

M (5 Sessions) 11/9 - 12/7 6:15 PM - 7:45 PM OLY 105 \$69

American Sign Language – Level 3 Staff

Learn the elements of gesturing, grammar, non-verbal communication, and additional cultural information. Prerequisite: ASL Level 2. No class on 11/11 and 11/25.

W (7 Sessions) 10/14 - 12/9 6:15 PM - 7:45 PM OLY 111 \$145



Over the past 16 years, **Linda Renee Huang** has spent much time living and teaching English in Germany and Austria, and considers Klagenfurt, Austria to be her second home. She has a Master of Arts degree

in Teaching English as a Second Language and has taught language courses at the University of Washington and Green River College. For her, Austrian and German language and culture are not only a passion, but a way of life, and she looks forward to sharing her love and enthusiasm of these cultures with her students.

FRENCH

French 1 Fournier

Learn pronunciation, basic expressions, simple conversations, elementary grammar, and cultural readings. Ideal for students with little or no previous knowledge of French.

Tu (8 Sessions) 10/13 – 12/1 6:00 PM - 8:00 PM OLY 204 \$145

French 3 Fournier

Continue to increase your French vocabulary and expand your conversation skills. Prerequisite: French 2 or equivalent.

M (8 Sessions) 10/5 - 11/23 3:30 PM - 5:30 PM OLY 204 \$145

GERMAN

New! German for Fun and Traveler Huang

Do you have plans to visit Oktoberfest, explore stunning castles, or the hike the majestic Alps? Have you always been interested in learning more about German language and culture? This fun and engaging class will teach you helpful vocabulary, useful phrases, and pronunciation tools to give you a great start on your journey. Austrian and German customs, food, and travel tips will also be discussed.

Th (8 Sessions) 10/15 - 12/10 6:00 PM - 8:00 PM On Campus \$145

ITALIAN

Italian for Fun and Travel Staff

Taking a trip to Italy? Do you want to converse in Italian with relatives and friends? Learn basic grammar, pronunciation and vocabulary to help you navigate a variety of daily situations. Gain an introduction to Italian culture and food, along with helpful travel tips.

Tu (8 Sessions) 9/29 - 11/17 6:40 PM - 8:40 PM OLY 105 \$145

Italian 1 Moschella

This beginning class includes essential grammar, pronunciation and modern practical vocabulary as well as an introduction to Italian culture. No class 11/11.

W (8 Sessions) 9/23 - 11/18 6:10 PM - 8:10 PM OLY 111 \$145

Italian 4

For students who have had three quarters of Italian or equivalent experience.

Tu (8 Sessions) 9/29 - 11/17 6:40 PM - 8:40 PM OLY 111

\$145

Italian 6

Advanced Italian for students who have had 5 quarters of Italian or equivalent experience.

Tu (8 Sessions) 9/29 - 11/17 4:30 PM - 6:30 PM OLY 111

\$145

Italian Parliamo

Class is conducted in Italian by a native speaker and is designed for those with a good command of the language. Enhance your conversation and aural comprehension skills. No class 11/11.

W (8 Sessions) 9/23 - 11/18 4:00 PM - 6:00 PM OLY 111

\$145

Moschella

Moschella

Moschella

THAI

Thai Language for Fun and Travel

Planning a trip to Thailand? Enjoy Thai culture and food? This fun-filled class will give you an introduction to the language and culture of this fascinating country.

M (8 Sessions) 10/12 - 11/30 6:00 PM - 8:00 PM OLY 111

\$145

Maksirisombat

TRAVEL

Travel the World Volunteering

Interested in learning about another country by working with local communities in need of your skills or support with existing projects? Want to teach English, work with children, help wildlife, support conservation or share your expertise? Learn to combine inexpensive travel with life-changing experiences traveling the world as a volunteer.

Tu (4 Sessions) 10/20 - 11/10 6:30 PM - 8:30 PM OLY 204

\$75

Major

New! Travel to Asia:

From Myanmar to Bhutan and Nepal

Planning a trip to Asia? Learn the ins and outs of independent travel and get help sorting out the details, saving you headaches and dollars before you leave home. Time spent in this class will pay off with an insider's guide to cultures, airline logistics, money topics, visas, and weather conditions for your destination. Learn to stay healthy and safe. Bring questions and let's travel!

Sa 10/17 10:00 AM - 1:00 PM OLY 206

\$25

BrennanDubb

New! Travel to South America: Machu Picchu, Ecuador and the Amazon

Visiting Ecuador or Peru or both? Visit Machu Picchu by train or hike the Inca Trail? Get off the beaten path and learn about the Mountain Lodges Trail and the Weavers Trail. Discover the beauty of Lake Titicaca. Visit the spectacular Galapagos Islands by boat or land-based lodges. Learn to save time and money now with the best insider travel tips. Let's travel!

Sa 10/30 10:00 AM - 1:00 PM OLY 206

\$25

BrennanDubbs

SPANISH

Spanish 1

This beginning class includes pronunciation, basic expressions, cultural readings, elementary grammar, and an emphasis on modern, practical vocabulary.

M (8 Sessions) 10/5 - 11/23 6:00 PM - 8:00 PM OLY 204

\$145

Judge

Spanish 2

This course focuses on additional Spanish grammatical principles, continuation of vocabulary building, and cultural readings. No class 11/11 & 11/25.

W (8 Sessions) 10/7 - 12/9 6:00 PM - 8:00 PM OLY 204

\$145

Prieto

Spanish 3

Further your Spanish conversation skills in an informal, supportive setting. Class includes an opportunity for Spanish conversation and time to watch and discuss Spanish-language movies. Prerequisite: Spanish 2 or equivalent experience.

Tu (8 Sessions) 10/6 - 11/24 6:00 PM - 8:00 PM OLY 105

\$145

Judge



For Online Language classes in Fresh, Italian, Spanish and Japanese

Visit: www.ed2go.com/southsea



Meet our Spanish instructors **Ester Prieto** and **Ryan Judge**.

Ester was born in Mexico and studied business and finance. She held positions in manufacturing companies in planning, imports, exports, and purchasing. In addition to language, Ester shares her understanding of people, costumes, music and folklore.

Ryan brings a wealth of Spanish language and cultural experience to South. Ryan earned his Master of Arts in Latin American Studies at the University of New Mexico and has taught around the world. He spent extensive time in Oaxaca, Mexico, teaching English and studying Latin American culture.



Free! Tai Chi & QiGong Demonstration

What is the difference between Tai Chi & QiGong? What are the benefits of these exercises? Reduce stress, increase cardiovascular health, strength and flexibility. Come watch a demonstration or try it out.

W 9/23 6:00 pm – 7:00 pm On Campus Free!

QiGong - Spiral Energy Intensive

Ba Fa Pan Gen QiGong comes from Chinese martial arts. You will learn the 8 animal movements designed to spiral the body in all directions, harmonizing inside and outside, strengthening your legs and core, and developing internal power while cleansing your body of stale energy and toxins. No previous experience necessary. All are welcome.

W (5 Sessions) 10/7 - 11/4 6:00 PM - 7:15 PM On Campus \$90

New! Eight Section Brocade QiGong

Eight Section Brocade QiGong promotes health and longevity for young and old alike. An excellent addition to your daily regimen. No class on 11/25.

W (4 Sessions) 11/18 - 12/16 6:30 PM - 7:15 PM MPB 5 \$69

Tai Chi

This ancient martial art is practiced daily by millions worldwide to improve balance, strength, flexibility, and promote overall health. Through structural improvement, relaxation, and flow, learn to gently exercise the entire body inside and out, harmonizing mind, body and spirit. No class on 11/25.

W (4 Sessions) 11/18 - 12/16 5:30 PM - 6:15 PM CEC 101 \$69

Meditation for a Healthy Mind and Body

Learn simple and effective meditation methods to release stress, calm your mind, improve mood, and increase energy. This engaging class provides you with an opportunity to experience classical yogic techniques of meditation and weekly practice in a structured environment.

Th (6 Sessions) 10/15 - 11/19 6:00 PM - 7:15 PM On Campus \$125

Brumbaugh

Brumbaugh

Brumbaugh

Brumbaugh

Saks

Self-Defense 101 for Women

Be prepared for any situation with Self-Defense 101 for Women. This unique class is designed to provide women with skills that will increase safety and confidence on a daily basis. Whether you have limited or increased exposure to potentially dangerous situations, it is always important to be prepared. Taught by experienced instructor, Joanne Factor, students will learn how to assess and defend themselves when faced with an unsafe encounter. If you have ever considered taking a self-defense class, now is the time to do it. Gain new skills, friends, and the confidence to protect yourself in any situation.

Th (6 Sessions) 10/8 - 11/12 7:00 PM - 9:00 PM MPB 5 \$159

Factor

Feldenkrais® - Awareness Through Movement

The gentle, playful movement explorations of the Feldenkrais Method® are designed to improve your self-organization, expand your self-image, and fan your creative spark. Whether you're sitting at the computer, working in your garden, learning how to tango, or preparing for ski season, the Feldenkrais Method® can help decrease pain while increasing agility, balance, and energy. These lessons are for everyone, regardless of your movement skill and experience. No class on 11/28.

Sa (8 Sessions) 10/17 - 12/12 9:00 AM - 10:00 AM MPB 5 \$99

Cooper

New! Create Your Spiritual Legacy

Celebrate your life by recording your values, wisdom, and cherished memories in a document you can share with family, friends, and community. This hands-on class will guide you through the process of writing an Ethical Will (also known as "life legacy" or "spiritual legacy"). By documenting your hopes, dreams, guiding principles, stories, and life lessons, you can capture and share your life the way you want to be remembered.

Sa 10/24 9:30 AM - 12:00 PM On Campus \$29

Monahan

SENIOR CLASSES

Genealogy

Learn research methods, sources of information, terminology, and practical guidelines for compiling your family history and genealogy. The instructor is a past president of the Seattle Genealogical Society. No class on 11/27.

F (10 Sessions) 10/2 - 12/11 9:30 AM - 11:30 AM CEC 102 \$61.66

Little

The Industrial Revolutions, 1750 - 1917 Part II

What were the accomplishments and failures of the progressive movement in the US from 1898 -- 1917? What brought colonists to the Pacific Northwest in the 19th and early 20th centuries? What was their relationship with the native peoples? What were the colonists' successes and failures? We will explore answers to these questions through lectures, discussions, and motion pictures. No class on 11/27.

F (9 Sessions) 10/2 - 12/4 10:00 AM - 12:15 PM Off campus \$61.66

Lockerbie



Visit www.learnatsouth.org for a complete list of Yoga classes.

LOOKING FOR A CLASS

Are you looking for a specific class but don't find it in this schedule? We're always interested in hearing from the community about classes you would like, so please don't hesitate to contact us with your suggestions. Please contact Laura Matson, Manager of Lifelong Learning, in South's Continuing Education Department, at 206-934-6895.



Back to School — Online!

Study anywhere, anytime
All you need is access to the Internet

We have 3 options for you to choose from:

1. **Personal Enrichment and Growth:**

www.ed2go.com/southsea/

These courses are ideal for personal enrichment:

- Accounting & Finance • Business • College Readiness • Computer Applications • Design & Composition • Health Care & Medical • Language & Arts • Law & Legal • Personal Development • Teaching & Education • Technology • Writing & Publishing

Start every month, 6-week courses with a lesson released each Wednesday and Friday. Fall classes start September 16, October 14, November 11, December 9

24 hours of comprehensive study (teachers can earn 24 clock hours).

Certificate of Completion or Clock Hours upon successful completion and your request.

2. **Better your Skills for the 21st Century**

<http://yougotclass.org/catalog.cfm/Southsea/>

These courses will help you hone your skills in the professional world:

- Business • Business Communication • Health, Human Resources • LEED Green Workplace • New Media Marketing • Social Media for Business • Training & Education • Training for K-12 Teachers

See website for start dates.

Exceptional instructor-led courses.

Certificate of Completion or Clock Hours upon successful completion and your request.

3. **Changing Careers? Long term career training programs**

<http://careertraining.ed2go.com/southced/>

Thinking of starting a new career? These courses are for you:

- Healthcare & Fitness • Business & Professional • IT & Software Development • Management & Corporate • Media & Design • Hospitality & Service Industry • Skilled Trades & Industrial • Sustainable Energy & Going Green • Career Online High School

Start anytime.

Work one-to-one with an expert working in the field.

Workforce Investment Act (WIA) approved.

Certificate of Completion upon successful completion.

Registration is Easy!

five WAYS TO REGISTER

- 1 ONLINE**
www.LearnatSouth.org
- 2 PHONE**
(206) 934-5339
- 3 IN PERSON**
OLY 130
- 4 MAIL**
Continuing Education
South Seattle College
Olympic Hall, Room 130
6000 - 16th Avenue SW
Seattle, WA 98106-1499
- 5 FAX**
(206) 934-6699

Office Hours & Location

8:30am – 6:00pm, Monday-Thursday
8:30am – 4:30am, Friday
Holidays: 11/11, 11/26 and 11/27

Continuing Education Refund Policy

- 100% refund if a class is cancelled by South Seattle College.
- To cancel a registration, please contact the Continuing Education office at least two business days prior to the start of the class.
- You will be refunded 100% of the class fee minus a \$6 processing fee.
- The processing fee will be waived if you transfer to another Continuing Education class.

Cancellation of Classes

Classes may need to be canceled if enrollment is low, due to an emergency, or if the college is officially closed due to bad weather. You may want to check www.schoolreport.org for bad weather, school closure messages. If a class is cancelled, we will make every effort to call and email you in advance. If a class is cancelled, you will receive a full refund."

Continuing Education Staff

Luisa Motten
Director of Continuing Education

Laura Matson
Manager Lifelong Learning

Kathleen Kent
Program Coordinator

Continuing Education Non-credit Registration

Name: _____
Street: _____
City/State/Zip: _____
Phone: _____
Email: _____
Gender: _____ Birthdate: _____
(Required to verify your I.D.)

Class Title	Start Date	Fee
Total		

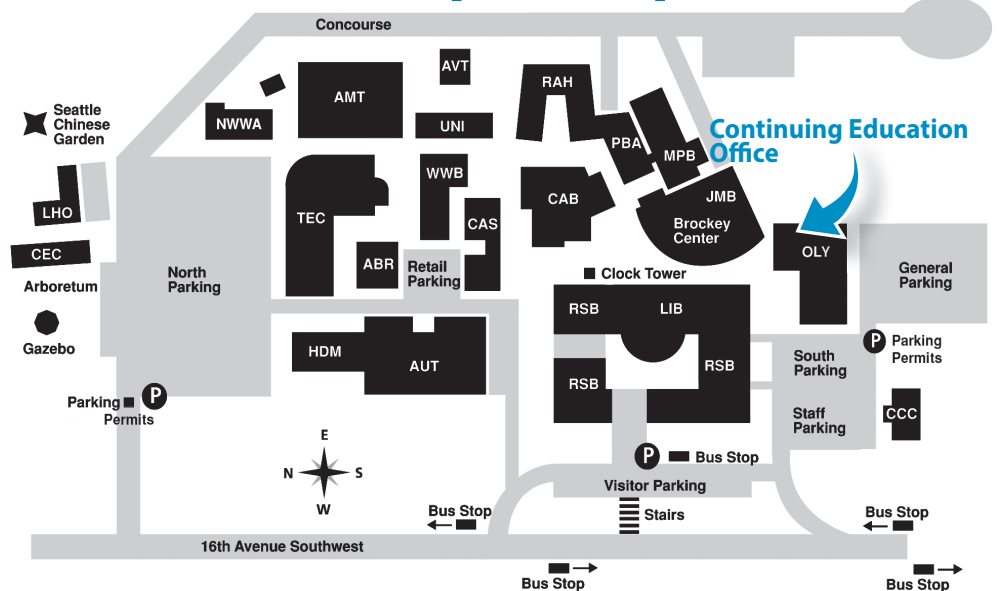
Payment Method (check one)

- VISA
 Master Card
 Discover
 AmEx
 Personal check payable to South Seattle College

Credit Card Information

Name on Card: _____
Account No.: _____ Expiration Date: _____

Campus Map



Directions

Go to LearnAtSouth.org or call (206) 934-5399.

Parking Permits

Parking permits are required to park on campus. Cost is \$3.00.



ECRWSS CAR-RT PRESORT
POSTAL CUSTOMER

Continuing Education

Here's what Francine McCaffray has to say about Continuing Education at South Seattle College:



South CED: Why do you take classes at South Continuing Education?

McCaffray: The school offers such a great variety of classes that it's easy to find ones that meet my needs. They are scheduled at convenient times and the prices are so reasonable.

South CED: What classes have you taken?

McCaffray: I've taken a variety of classes including painting, QiGong, cooking, Italian, photography and more. It's been fun to take a variety of classes to help me find my passion. And, I've discovered I have so many!

South CED: What do you like about taking classes at South?

McCaffray: They are fun and encouraging. I've taken some classes that I know nothing about the subject and have found the instructors passionate about what they teach and willing to go the extra mile to help me learn. When I took Italian, it was a comfortable, supportive environment and I was never put on the spot. The college hires top-caliber instructors.

South CED: What advice would you give to someone thinking about taking a Continuing Education class at South?

McCaffray: Just do it! Sometimes, it's hard to do something out of your routine or comfort zone, but I've found that when I learn new things, I feel so alive. My advice? Take a class with a friend. Get to know others in the class. Get to know your instructor. Everyone has a story and it's fun to learn something and meet others. Taking these classes makes me happy! We are fortunate to have this resource in our neighborhood. Take advantage of it!

Register Now for Fall Quarter!

www.LearnAtSouth.org • SouthCed@seattlecolleges.edu
(206) 934-5339 • FAX (206) 934-6699