

*Join the Fun!*  
COMMUNITY LEARNING CENTER  
**SPRING**  
**2014 SCHEDULE**

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**Enrollment begins December 2, 2013**



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Community  
LEARNING CENTER  
ROSE STATE COLLEGE

ROSE STATE **KIDS**  
COLLEGE

# MEET THE STAFF



**Mr. Joey DaVault** - Director

**Ms. L. Taylor Crosser** - Coordinator

**Ms. Katie Opalka** - Administrative Assistant III

**Ms. Meghan Yarbrough** - Conference Site Assistant

**Mrs. Paige Mohr Henry** - Customer Service Representative

**Ms. Paige Jacobsen** - Kids College Assistant

**Mr. Peter Wolbach** - Kids College Assistant

**Ms. Kris Chavis** - Evening Coordinator

**Mr. Jon Fredericksen** - Evening Coordinator

**Mr. Brandon Mansur** - Office Assistant (Work Study)

**Ms. Dovie Bowles** - Office Assistant (Work Study)

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Don't forget to check out page 8 for our ed2go courses that take place online. Ed2go courses are educational, but we also have certifications and enrichment courses too.



# Join the Fun!



## CRAFT

### **NEW! ART STUDIO – JUST THE TWO OF US**

Would you like to introduce your child to the wonderful world of art? Bring your daughter, son, or grandchild, and spread the joys of art! Ages 7 and up.

<b>Tuesdays</b>	<b>January 21 – May 13</b>
<b>C. Martin</b>	<b>4:30 pm – 5:30 pm</b>
<b>CLC 103</b>	<b>#3630 \$55 \$47E</b>

### **BASIC OIL PAINTING**

Work at your own pace and learn the basics of oil painting. This class will include a study of basic fine art principles and procedures including composition, color mixing, and different painting techniques. Each person selects his/her own project according to level of expertise. All skill levels from beginners to experts are welcome to enroll in this class.

<b>Thursdays</b>	<b>January 23 – May 15</b>
<b>M. Martin</b>	<b>10:00 am – 12:00 pm</b>
<b>CLC 103</b>	<b>#3631 \$69 \$59E</b>

### **COLOR MIXING & DESIGN**

This class introduces color mixing for all artistic media. Students will work with three warm and three primary colors. Students will develop a color notebook and paint using these colors. All skill levels are welcome.

<b>Tuesdays</b>	<b>January 21 – May 13</b>
<b>C. Martin</b>	<b>1:00 pm – 3:00 pm</b>
<b>CLC 103</b>	<b>#3632 \$69 \$59E</b>

### **FREEHAND DRAWING**

This course will teach fundamental skills in freehand drawing, and teach students how to take artistic visions from conceptual ideas to finished projects. Students will learn to draw textures, glass, weathered wood, and work with still life subjects. Basic and negative shapes, shadows, highlights, and adding color to black and white drawings will also be covered in this course. Students of all skill levels are invited to enroll.

<b>Wednesdays</b>	<b>January 22 – May 14</b>
<b>C. Martin</b>	<b>10:00 am – 12:00 pm</b>
<b>CLC 103</b>	<b>#3633 \$69 \$59E</b>

### **PAINTING**

This course will teach fundamental skills in color mixing with oil or acrylics. Students will be able to paint something of their choice. Students of all skill levels are invited to enroll.

<b>Tuesdays</b>	<b>January 21 – May 13</b>
<b>C. Martin</b>	<b>6:30 pm – 8:30 pm</b>
<b>CLC 103</b>	<b>#3634 \$69 \$59E</b>

## PENCIL PORTRAITS

This course teaches how to draw the human form. Students will begin with a study of proportions, learn to separately draw facial parts and hair, and will work on a project of their own choice. The course will feature a live model during one session. All skill levels are welcome.

**Thursdays**      **January 23 – May 15**  
**C. Martin**      **1:00 pm – 3:00 pm**  
**CLC 103**      **#3635 \$69 \$59E**

## NEW! PINTEREST CRAFTS

Grab your friends and family and let's have a craft night! Spend the evening with us and you will get to make popular crafts found on Pinterest. We will supply the materials. Note: Lesson plans for each class will be available for inquiries, one month before the class date. Students may bring some of their own fabric, jewels, and other items to make the crafts if they wish. There is an additional \$10 fee for art supplies, per person. Additional Class Fee Numbers: Jan. 3859, Feb. 3860, Mar. 3861, Apr. 3862, and May 3863.

**Thursday**      **January 23**  
**K. Scott**      **6:00 pm – 9:00 pm**  
**CLC 103**      **#3864 \$19 \$16E**

**Thursday**      **February 6**  
**K. Scott**      **6:00 pm – 9:00 pm**  
**CLC 103**      **#3865 \$19 \$16E**

**Thursday**      **March 6**  
**K. Scott**      **6:00 pm – 9:00 pm**  
**CLC 103**      **#3866 \$19 \$16E**

**Thursday**      **April 3**  
**K. Scott**      **6:00 pm – 9:00 pm**  
**CLC 103**      **#3867 \$19 \$16E**

**Thursday**      **May 1**  
**K. Scott**      **6:00 pm – 9:00 pm**  
**CLC 103**      **#3868 \$19 \$16E**

## WATERCOLOR

This course provides demonstrations and videos to present different watercolor techniques. Various landscapes, still life, and other subjects will be used to develop techniques. The goal of this course is to aid students in developing skills and their own personal style in watercolor painting. Students may use this course as an open studio too. All skill levels are welcome.

**Wednesdays**      **January 22 – May 14**  
**B. Shaw**      **1:00 pm – 3:00 pm**  
**CLC 103**      **#3636 \$69 \$59E**

**Fridays**      **January 24 – May 16**  
**B. Shaw**      **10:00 am – 12:00 pm**  
**CLC 103**      **#3637 \$69 \$59E**

**Fridays**      **January 24 – May 16**  
**B. Shaw**      **1:00 pm – 3:00 pm**  
**CLC 103**      **#3638 \$69 \$59E**

## QUILTS & MORE

The goal of this class is to have fun while learning all aspects of quilt making. There will be a new technique or design challenge presented in each class. A variety of projects will be offered for students of all skill levels from beginner to expert.

**Tuesdays**      **January 21 – May 13**  
**T. Dean**      **2:15pm – 4:15pm**  
**CLC 114**      **#3639 \$69 \$59E**

**Wednesdays**      **January 22 – May 14**  
**T. Dean**      **2:15pm – 4:15pm**  
**CLC 114**      **#3640 \$69 \$59E**

## NEW! SEWING 101

Learn to sew by completing projects put together by the instructor. Sample sewing projects include scarves, bags, and lounge pants. Sewists will learn basic stitching, pivoting, and make a casing for elastic.

**Tuesdays**      **January 21 – March 11**  
**Y. Sieber**      **6:00 pm – 8:00 pm**  
**CLC 114**      **#3757 \$59 \$50E**

# CULINARY

## NEW! COOKING 101

Do you know how to cook? If you don't or if you want to refine the basics then join this class. Our instructor will help you learn how to be a great chef! There is an additional \$20 fee for food, per person. Additional Class Fee Numbers: Jan. 3848 and Mar. 3849.

**Mondays**      **January 27 – March 10**  
**C. Wickline**      **6:00 pm – 8:00 pm**  
**SS 137**      **#3753 \$59 \$50E**

**Mondays**      **March 24 – May 12**  
**C. Wickline**      **6:00 pm – 8:00 pm**  
**SS 137**      **#3754 \$59 \$50E**



## NEW! GRILLING

Impress your friends and family as you become a Grill Master. We'll cook steaks, chicken, burgers, and veggies. There is an additional \$20 fee for food, per person. Additional Class Fee Number: Mar. 3850.

**Thursdays**      **March 27 – May 15**  
**C. Wickline**      **6:00 pm – 8:00 pm**  
**SS 137**            **#3755 \$59 \$50E**

## NEW! SUSHI

Learn how to make yummy sushi for yourself, friends, and family. We'll make the California Roll, Philadelphia Roll, Rainbow Roll, and more. There is an additional \$20 fee for food, per person. Additional Class Fee Number: Jan. 3851.

**Thursdays**      **January 23 – March 13**  
**C. Wickline**      **6:00 pm – 8:00 pm**  
**SS 137**            **#3756 \$59 \$50E**

# DANCE

## BALLROOM & LATIN DANCE

This class will show you the six most popular social dances giving you a variety of dance moves to dance anywhere. You will learn the Foxtrot, Waltz, Tango, Rumba, Cha-Cha, and Swing. No partner required to enroll.

**Fridays**            **January 24 – March 14**  
**L. Hommel**      **8:00 pm – 8:50 pm**  
**FA 108**            **#3641 \$39 \$33E**

**Fridays**            **March 28 – May 16**  
**L. Hommel**      **8:00 pm – 8:50 pm**  
**FA 108**            **#3642 \$39 \$33E**

## COUNTRY & WESTERN DANCE

Join others as you learn the Cotton-Eyed Joe, Two-Step, Bus Stop, Southside Shuffle, Waltz, 10-Step, Texas-Two-Step, Electric Slide, Cowboy Cha-Cha, Reggae Cowboy, and more. If you like good exercise, good music, and making new friends, you will love this class. No partner required to enroll.

**Fridays**            **January 24 – March 14**  
**L. Hommel**      **7:00 pm – 7:50 pm**  
**FA 108**            **#3643 \$39 \$33E**

**Fridays**            **March 28 – May 16**  
**L. Hommel**      **7:00 pm – 7:50 pm**  
**FA 108**            **#3644 \$39 \$33E**

## SALSA DANCE

This popular Latin American dance has been sweeping the country. This class will include several step patterns in the Mambo, Cha-Cha, Samba, and Merengue. No partner required to enroll.

**Fridays**            **January 24 – March 14**  
**L. Hommel**      **6:00 pm – 6:50 pm**  
**FA 108**            **#3645 \$39 \$33E**

## SWING DANCE

Come learn to swing dance. You'll learn the basic swing dance moves from the Glen Miller, Tommy Dorsey era, to the West Coast Swing. Fun is required! No partner required to enroll.

**Fridays**            **March 28 – May 16**  
**L. Hommel**      **6:00 pm – 6:50 pm**  
**FA 108**            **#3646 \$39 \$33E**





# LANGUAGE

## GERMAN LANGUAGE

Students will learn to speak conversational German and practice the correct pronunciation of common German phrases and words.

**Tuesdays**      **January 21 – March 11**  
**H. Chan**      **6:00 pm – 7:15 pm**  
**CLC 102**      **#3647 \$49 \$42E**

**Tuesdays**      **March 25 – May 13**  
**H. Chan**      **6:00 pm – 7:15 pm**  
**CLC 102**      **#3648 \$49 \$42E**

## **NEW!** SPANISH-CONVERSATIONAL, TRAVEL, & WORK

In Conversational Spanish, the goal is to develop oral communication skills through intensive practice in Spanish. The focus will be on listening and speaking about everyday topics. This class is taught in both English and Spanish.

**Mondays**      **January 27 – March 10**  
**L. Lyon**      **6:00 pm – 7:15 pm**  
**CLC 102**      **#3767 \$49 \$42E**

**Mondays**      **March 24 – May 12**  
**L. Lyon**      **6:00 pm – 7:15 pm**  
**CLC 102**      **#3768 \$49 \$42E**



# MUSIC

## PIANO LEVEL 1

Learn to play your favorite tunes in this fun piano class. We'll start with the basics and continue to progress. Classes are held in a Piano Lab in a group situation. However, with the use of earphones, individuals hear only themselves. The teacher is able to monitor the class individually or as a group.

**Mondays**      **January 27 – March 10**  
**N. Twyman**      **6:00 pm – 7:00 pm**  
**CC 127**      **#3649 \$45 \$38E**

**Mondays**      **March 24 – May 12**  
**N. Twyman**      **6:00 pm – 7:00 pm**  
**CC 127**      **#3650 \$45 \$38E**

**Wednesdays**      **January 22 – March 12**  
**N. Twyman**      **1:00 pm – 2:00 pm**  
**CC 127**      **#3651 \$45 \$38E**

**Wednesdays**      **March 26 – May 14**  
**N. Twyman**      **1:00 pm – 2:00 pm**  
**CC 127**      **#3652 \$45 \$38E**

## PIANO LEVEL 2&3

It's time to improve your piano playing skills. Piano classes will continue the process of developing piano playing through solo and ensemble literature. We will practice and learn many different works of music that you will enjoy playing for yourself, friends, and family.

**Wednesdays**      **January 22 – March 12**  
**N. Twyman**      **12:00 pm – 1:00 pm**  
**CC 127**      **#3653 \$45 \$38E**

**Wednesdays**      **March 26 – May 14**  
**N. Twyman**      **12:00 pm – 1:00 pm**  
**CC 127**      **#3654 \$45 \$38E**

## VOICE LESSONS

Have you always wanted to take voice lessons? Well, now is your chance! We'll work on many variations of music from classics to contemporaries. Learn different notes and how to sing as a group in unison as well as solos. All skill levels are welcome.

**Mondays**      **January 27 – March 10**  
**N. Twyman**      **7:00 pm – 8:00 pm**  
**CC 127**      **#3655 \$45 \$38E**

**Mondays**      **March 24 – May 12**  
**N. Twyman**      **7:00 pm – 8:00 pm**  
**CC 127**      **#3656 \$45 \$38E**

# VISUAL

## PHOTOGRAPHY

If you have a passion for photography and need to better understand the basics, then this course is for you. Shutter speed, aperture (f-Stops) and ISO (film speed), what they are and how all three are interrelated to get a quality image is the basis for this class. Weekly hands-on photo assignments and critiques will be an important part of this class. Instruction/demonstration of basic Photoshop principles will be discussed. Emphasis on obtaining the correct exposure and composition when posing the male and female, landscape, and still life photography will be discussed and demonstrated. A Digital Camera with manual adjustments is highly desired to get the most benefit from the instruction.

**Thursdays**      **January 23 – May 15**  
**V. Vitale**      **6:30 pm – 8:00 pm**  
**CLC 205**      **#3657 \$65 \$55E**

# WRITING

## NEW! ASPIRING WRITERS

This is an introductory fiction writing class that concentrates on the elements, tools, and skills needed to write novels and short stories. By the end of the class, students will have produced a short story manuscript or three chapters of a novel, in one of the following genres: mystery, romance, horror, science fiction, or fantasy. All levels of writers are welcome!

**Tuesdays**      **January 21 – March 11**  
**J. Hall**      **5:30 pm – 7:00 pm**  
**CLC 108**      **#3660 \$55 \$47E**

## NEW! CREATIVE WRITING FOR AUTHORS

This is a course for beginners as well as advanced writers. While the primary emphasis is on writing poetry, this class can also benefit those interested in writing prose. Writing assignments can be for prose as well as poetry. All work will be reviewed weekly with helpful comments designed to aid students to mature as writers.

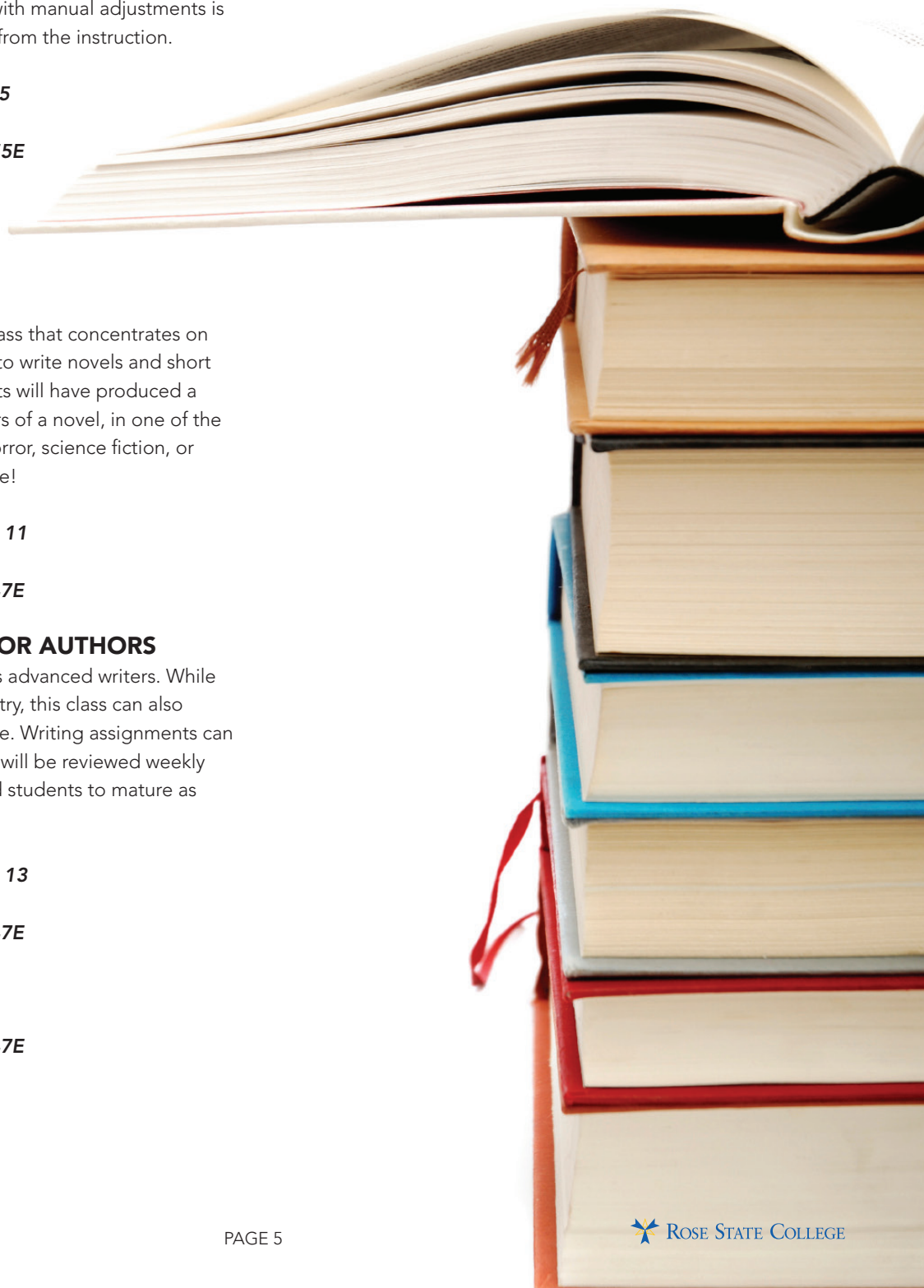
**Thursdays**      **January 23 – March 13**  
**C. Sennhenn**      **2:00 pm – 3:30 pm**  
**CLC 108**      **#3658 \$55 \$47E**

**Thursdays**      **March 27 – May 15**  
**C. Sennhenn**      **2:00 pm – 3:30 pm**  
**CLC 108**      **#3659 \$55 \$47E**

## NEW! YOUR LIFE STORY

This class offers you time and guidance in writing your life's story to share with loved ones. Different ages and aspects of life will be the focus each week, and students often work at their own pace.

**Tuesdays**      **March 25 – May 13**  
**J. Hall**      **3:00 pm – 4:30 pm**  
**CLC 108**      **#3661 \$55 \$47E**



# Join the Fun!



## AQUATIC FITNESS

### AQUA ZUMBA®

Do you love Zumba and the water? Then try our Aqua Zumba class that is easier on your feet and joints. Feel the resistance in the water as you shake and move to the Latin Zumba music.

**Mon & Wed**      **January 22 – May 7**  
**C. Chiemelu**      **6:40 pm – 7:30 pm**  
**POOL\***      **#3662 \$65 \$55E**

**Tues & Thurs**      **January 21 – May 8**  
**C. Chiemelu**      **10:00 am – 10:50 am**  
**POOL**      **#3663 \$65 \$55E**

### BEGINNER/INTERMEDIATE SWIMMING

Need to learn how to swim? Well, it is not too late! Join us in this warm, safe, and fun learning environment that integrates the basics of floating, movement, and breathing.

**Mon & Wed**      **January 22 – May 7**  
**J. Latham**      **11:00 am – 11:50 am**  
**POOL\***      **#3664 \$65 \$55E**

### H2O STRENGTH TRAINING

Aquatic Strength Training is a form of isometric aqua exercising which uses the resistance of the water to work the body. Actual weight lifting moves are done in the pool during this workout. Resistance equipment will be used, and the format will include a

warm-up, muscle conditioning of all major muscle groups, and a final stretch.

**Tues & Thurs**      **January 21 – May 8**  
**P. Walker**      **11:00 am – 11:50 am**  
**POOL\***      **#3666 \$65 \$55E**

### LEARN TO SWIM

This class is designed for the adult who has very little or no swimming experience. Students are taught relaxation skills, beginning strokes, floating, and kicking. Fitness workouts are developed for those students who possess more advanced skills.

**Mon & Wed**      **January 22 – May 7**  
**Doyle Orrell**      **11:00 am – 11:50 am**  
**POOL**      **#3667 \$65 \$55E**

### LOW INTENSITY WATER AEROBICS

This course is a therapeutic water exercise program. It is applicable for persons with a variety of physical challenges. Class size is reduced for more individual attention.

**Mon & Wed**      **January 22 – May 7**  
**C. Kelly**      **10:00 am – 10:50 am**  
**POOL**      **#3668 \$65 \$55E**

**Tues & Thurs**      **January 21 – May 8**  
**C. Kelly**      **1:00 pm – 1:50 pm**  
**POOL**      **#3669 \$65 \$55E**



## MASTER SWIM

This is an adult aquatic fitness program for adults who have chosen aquatics as a means of exercise for a healthier lifestyle. Learn the techniques to improve your strokes and how to breathe efficiently. This class is for swimmers, tri-athletes, and anyone wanting to improve their swimming ability and efficiency. All four strokes will be covered: freestyle, backstroke, breaststroke, and butterfly, or just come and workout with other master swimmers.

**Mon & Wed**      **January 22 – May 7**  
**J. Latham**      **7:30 pm – 8:20 pm**  
**POOL**      **#3670 \$65 \$55E**

## WATER AEROBICS

Students will participate in water exercise in both shallow and deep water. The latest in buoyancy and resistance equipment will be utilized. Exercising in the water is less stressful on the joints and one of the best ways to get in shape quickly.

**Mon & Wed**      **January 22 – May 7**  
**P. Walker**      **8:00 am – 8:50 am**  
**POOL**      **#3671 \$65 \$55E**

**Mon & Wed**      **January 22 – May 7**  
**P. Walker**      **9:00 am – 9:50 am**  
**POOL**      **#3672 \$65 \$55E**

**Mon & Wed**      **January 22 – May 7**  
**J. Buckmaster**      **1:00 pm – 1:50 pm**  
**POOL\***      **#3673 \$65 \$55E**

**Mon & Wed**      **January 22 – May 7**  
**C. Kelly**      **2:00 pm – 2:50 pm**  
**POOL**      **#3674 \$65 \$55E**

**Mon & Wed**      **January 22 – May 7**  
**C. Chiemelu**      **5:40 pm – 6:30 pm**  
**POOL\***      **#3675 \$65 \$55E**

**Tues & Thurs**      **January 21 – May 8**  
**C. Chiemelu**      **8:00 am – 8:50 am**  
**POOL**      **#3676 \$65 \$55E**

**Tues & Thurs**      **January 21 – May 8**  
**C. Chiemelu**      **9:00 am – 9:50 am**  
**POOL**      **#3677 \$65 \$55E**

**Tues & Thurs**      **January 21 – May 8**  
**P. Walker**      **2:00 pm – 2:50 pm**  
**POOL**      **#3678 \$65 \$55E**

**Tues & Thurs**      **January 21 – May 8**  
**Devin Orrell**      **5:40 pm – 6:30 pm**  
**POOL\***      **#3679 \$65 \$55E**

# EDUCATION

## A.C.T. PREP

This prep course provides students with the opportunity to practice taking a standardized test. The workshop covers a different area of the A.C.T. exam each night and focuses on strategies, tactics, and timing relevant to that section of the test. The workshop will also give students time to focus on the accuracy of their answers and will provide them with online resources.

**Tues-Thurs**      **February 4 – 6**  
**J. Brown**      **6:00 pm – 9:00 pm**  
**CLC 112**      **#3680 \$49 \$42E**

**Tues-Thurs**      **April 8 – 10**  
**J. Brown**      **6:00 pm – 9:00 pm**  
**CLC 112**      **#3681 \$49 \$42E**

## A.C.T. SUPER SATURDAY – CRAM SESSION

This one-day workshop includes sessions covering each subject area of the A.C.T. and is designed to give students more confidence when taking the A.C.T. Instructors will focus specifically on test-taking strategies relevant to each subject area and will use example questions from A.C.T. practice exams to demonstrate the application of strategies. Shortened practice exams will be used to work on timing. Full-length practice tests and other preparatory materials will be sent home with the student for further practice during the week.

**Saturday**      **February 1**  
**J. Brown**      **9:00 am – 12:00 pm**  
**CLC 112**      **#3682 \$19 \$16E**

**Saturday**      **April 5**  
**J. Brown**      **9:00 am – 12:00 pm**  
**CLC 112**      **#3683 \$19 \$16E**

Note: ACT Test Dates are: February 8 and April 12. Visit [www.actstudent.org](http://www.actstudent.org) for registration information.



## ED2GO

Ed2Go offers a wide range of highly interactive courses that you can take entirely over the Internet. All of the courses are led by expert instructors, many of whom are nationally known authors. The online courses are affordable, fun, fast, convenient, and geared just for you. Some of our most popular classes include:

A to Z Grant writing, Speed Spanish, Human Anatomy and Physiology, Project Management Fundamentals, Medical Coding, Grammar Refresher, Creating Web Pages, Medical Terminology, Accounting Fundamentals, Secrets of Better Photography, Create Mobile Apps, Start Your Own Small Business, Introduction to

Natural Health and Healing, Fundamentals of Supervision and Management, Become a Veterinary Assistant, GED Preparation, Navigating Divorce, Managing Life as a Single Parent, Mac, iPhone, and iPad Programming, Introduction to Biology, Introduction to Screenwriting, Everyday Math, SAT/ACT Preparation, LSAT Preparation, GRE Preparation, and More!!!

### How To Get Started – Most Classes are \$75

1. Enroll at [www.ed2go.com/rose](http://www.ed2go.com/rose)
2. First time users will need to click on the Orientation link and follow the instructions to enroll. After you have enrolled online, you will need to pay with cash, check, or credit card by coming into the Community Learning Center office. You may also pay by phone with your credit card.
3. During the orientation, you will learn important information about your course. You will also be provided with an opportunity to choose the name and password you will use to access your course.
4. When your course starts, return to [www.ed2go.com/rose](http://www.ed2go.com/rose) and click on the Classroom link. To begin your studies, log in with the name and password you selected.

### Course Start Dates

<b>January 15</b>	<b>#3684</b>
<b>February 19</b>	<b>#3685</b>
<b>March 19</b>	<b>#3686</b>
<b>April 16</b>	<b>#3687</b>
<b>May 21</b>	<b>#3688</b>

### Requirements

All courses require Internet access and e-mail. Some courses may have additional requirements. Please visit our Online Instruction Center for more information at [www.ed2go.com/rose](http://www.ed2go.com/rose). Note: Most ed2go courses are \$75, however, cost may vary.

## LAND FITNESS

### AEROBIC KICKBOXING

We combine martial arts and group exercise in a way that provides an optimal workout for participants of all skill and fitness levels.

<b>Mon &amp; Wed</b>	<b>January 22 – May 7</b>
<b>F. Mechian</b>	<b>4:30 pm – 5:20 pm</b>
<b>HPE 112*</b>	<b>#3689 \$65 \$55E</b>

### BOOTCAMP

You will be put through a physical training program that will have a military boot camp atmosphere. Various skills will be taught to improve muscle, tone your body, and lose weight. Boot Camp activities will be both outside and inside our beautiful fitness center, depending on weather.

### NEW! BRIDAL – GET FIT

<b>Mon &amp; Wed</b>	<b>January 22 – March 12</b>
<b>J. Rubalcava</b>	<b>6:40 pm – 7:30 pm</b>
<b>GYM</b>	<b>#3690 \$55 \$47E</b>

<b>Mon &amp; Wed</b>	<b>March 24 – May 7</b>
<b>J. Rubalcava</b>	<b>6:40 pm – 7:30 pm</b>
<b>HPE 112</b>	<b>#3691 \$55 \$47E</b>

### NEW! LOW INTENSITY

<b>Mon &amp; Wed</b>	<b>January 22 – May 7</b>
<b>J. Rubalcava</b>	<b>6:30 am – 7:20 am</b>
<b>HPE 112</b>	<b>#3692 \$65 \$55E</b>

### REGULAR

<b>Tues &amp; Thurs</b>	<b>January 21 – May 8</b>
<b>I. Billen</b>	<b>6:40 am – 7:30 am</b>
<b>HPE 112*</b>	<b>#3693 \$65 \$55E</b>

### CARDIO/YOGA/STRENGTH

This class is divided into three phases: high intensity cardio, strength training for muscle building and toning, and Yoga for muscle elongation and flexibility.

<b>Fridays</b>	<b>January 24 – May 9</b>
<b>Staff</b>	<b>9:00 am – 10:40 am</b>
<b>HPE 112*</b>	<b>#3694 \$65 \$55E</b>

### CHAIR AEROBICS

This class features low-impact exercise designed for those who want or need to improve their cardiovascular system, muscle strength, flexibility, and endurance. This class is perfect for people who cannot stand on their feet for long periods of time.

<b>Mon &amp; Wed</b>	<b>January 22 – May 7</b>
<b>C. Kelly</b>	<b>11:00 am – 11:50 am</b>
<b>FA 108</b>	<b>#3695 \$65 \$55E</b>

## GROUP/CARDIO FITNESS

Group/Cardio Fitness classes combine a variety of movement choreographed into a set of routines that improve cardiovascular endurance, coordination, and rhythm.

**Mon & Wed**      **January 22 – May 7**  
**K. Keller**      **6:40 pm – 7:30 pm**  
**HPE 112\***      **#3696 \$65 \$55E**

**Tues & Thurs**      **January 21 – May 8**  
**Staff**      **4:30 pm – 5:20 pm**  
**HPE 112\***      **#3697 \$65 \$55E**

## GROUP FITNESS

This class features low-impact dance aerobics designed to improve cardiovascular fitness, increase muscular strength and endurance, improve balance and coordination, and increase flexibility.

**Tues & Thurs**      **January 21 – May 8**  
**P. Walker**      **8:20 am – 9:10 am**  
**HPE 112**      **#3698 \$65 \$55E**

## PILATES

This mind-body exercise focuses on strengthening the core postural muscles through breathing and a series of floor exercises; balancing exercises and resistive equipment will also be added.

**Mon & Wed**      **January 22 – May 7**  
**Staff**      **9:50 am – 10:40 am**  
**HPE 112\***      **#3699 \$65 \$55E**

**Tues & Thurs**      **January 21 – May 8**  
**P. Walker**      **1:00 pm – 1:50 pm**  
**HPE 112\***      **#3700 \$65 \$55E**

**Mon & Wed**      **January 22 – May 7**  
**K. Keller**      **5:40 pm – 6:30 pm**  
**HPE 102\***      **#3701 \$65 \$55E**

## **NEW!** PILATES/YOGA (INSIDE/OUTSIDE)

Focus on strengthening the core postural muscles through a series of floor exercises as well as physical postures, integrated with breathing techniques to release tension and promote strength and flexibility of body, mind, and emotions. This simple practice is accessible to everyone in any physical condition. This class will meet in the classroom and outside when weather permits.

**Mon & Wed**      **January 22 – May 7**  
**K. Keller**      **11:00 am – 11:50 am**  
**HPE 102**      **#3702 \$65 \$55E**

## PILATES/YOGA/STRENGTH

Students will build muscle while burning fat, starting with strength training to improve and tone the muscles. Then, slowly moving into Pilates and finishing with Yoga, which elongates the body to improve balance and coordination.

**Tues & Thurs**      **January 21 – May 8**  
**C. Kelly**      **9:00 am – 10:30 am**  
**FA 108**      **#3703 \$79 \$67E**

## RUNNING 13.1

Love running? Run with us as we prepare to run for a half marathon. Strengthen your muscles, build endurance, and achieve success. You will feel amazing after this class!

**Mon & Wed**      **January 22 – May 7**  
**Staff**      **4:30 pm – 5:20 pm**  
**HPE 114\***      **#3704 \$65 \$55E**

## STRENGTH TRAINING

This class will include a warm-up, strength training using dumbbells, and a cool-down session, which will include flexibility exercises. Proper forms for both strength training and for flexibility will be stressed. Perfect for the beginner to advanced individual who wants to build bone density as well as muscle strength and endurance.

**Mon & Wed**      **January 22 – May 7**  
**C. Kelly**      **8:50 am – 9:40 am**  
**HPE 112**      **#3705 \$65 \$55E**





## STRETCH & RELAX

Reduce stiffness, stress, and anxiety by stretching in comfortable positions for the student. Most stretching will not require the floor, but a chair instead. Various stretches will allow the student to focus on their breathing and relaxation.

**Friday**                      **January 24 – May 9**  
**C. Kelly**                      **9:30 am – 10:20 am**  
**FA 108**                      **#3706 \$49 \$39E**

## T'AI CHI FOR BETTER BALANCE

When practiced on a regular basis, T'ai Chi can improve one's balance, thereby reducing the risk of falling. Based on the traditional 24 Short-Form Yang Style, this 8-form community program coordinates breath with movement, involves both weight- and non-weight-bearing stances, progresses from easy to more difficult and promotes overall well-being.

**Mon & Wed**                      **January 22 – May 7**  
**P. Walker**                      **12:00 pm – 12:50 pm**  
**HPE 112**                      **#3707 \$65 \$55E**

## TURBOKICK®/ABS

The fat-blasting, ab-defining cardio workout of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout.

**Mon & Wed**                      **January 22 – May 7**  
**Staff**                      **2:00 pm – 2:50 pm**  
**HPE 112\***                      **#3708 \$65 \$55E**

**Fridays**                      **January 24 – May 9**  
**Staff**                      **3:00 pm – 4:40 pm**  
**HPE 112\***                      **#3709 \$65 \$55E**

## WEIGHT/RESISTANCE

Students will learn how to improve their muscular endurance and strength, and the proper lifting technique of each machine. Learn more about different weight lifting programs, number of sets, repetitions, and the amount of weight to lift.

**Mon & Wed**                      **January 22 – May 7**  
**Staff**                      **11:00 am – 11:50 am**  
**HPE 114\***                      **#3710 \$65 \$55E**

**Mon & Wed**                      **January 22 – May 7**  
**T. Hill**                      **3:00 pm – 3:50 pm**  
**HPE 114\***                      **#3711 \$65 \$55E**

**Tues & Thurs**                      **January 21 – May 8**  
**Staff**                      **8:30 am – 9:20 am**  
**HPE 114\***                      **#3712 \$65 \$55E**

**Tues & Thurs**                      **January 21 – May 8**  
**Staff**                      **2:00 pm – 2:50 pm**  
**HPE 114\***                      **#3713 \$65 \$55E**

**Tues & Thurs**                      **January 21 – May 8**  
**Staff**                      **5:40 pm – 6:30 pm**  
**HPE 114\***                      **#3714 \$65 \$55E**



## YOGA

Yoga is the practice of physical postures, integrated with breathing techniques to release tension and promote strength and flexibility of body, mind, and emotions. This simple practice is accessible to everyone in any physical condition.

**Tues & Thurs**     **January 21 – May 8**  
**D. McCauley**     **6:05 pm – 6:55 pm**  
**FA 108\***     **#3899 \$65 \$55E**

**Tues & Thurs**     **January 21 – May 8**  
**D. McCauley**     **7:05 pm – 7:55 pm**  
**FA 108\***     **#3715 \$65 \$55E**

## ZUMBA® FITNESS

Zumba® consists of a variety of Latin, Hip Hop, Belly Dance, and many other international dance moves. Students will learn how to sculpt and tone their bodies while they lose weight. This is a fun calorie-burning and energizing class atmosphere that will leave students wanting more!

**Mon & Wed**     **January 22 – May 7**  
**Staff**     **1:00 pm – 1:50 pm**  
**HPE 112\***     **#3716 \$65 \$55E**

**Mon & Wed**     **January 22 – May 7**  
**R. Schultz**     **5:40 pm – 6:30 pm**  
**HPE 112\***     **#3717 \$65 \$55E**

**Tues & Thurs**     **January 21 – May 8**  
**P. Walker**     **9:30 am – 10:20 am**  
**HPE 112\***     **#3718 \$65 \$55E**

**Tues & Thurs**     **January 21 – May 8**  
**Staff**     **12:00 pm – 12:50 pm**  
**HPE 112**     **#3719 \$65 \$55E**

**Tues & Thurs**     **January 21 – May 8**  
**F. Mechian**     **5:40 pm – 6:30 pm**  
**HPE 112\***     **#3720 \$65 \$55E**

## ZUMBA® FITNESS & TONING

Can't get enough of Zumba®? Then take Zumba® Fitness & Toning which will consist of a variety of calorie-burning Latin, Hip Hop, Belly Dance, and many other International dance moves. Weights, stretching, and other various strength and muscle-toning exercises will take place during this class, to maximize your workout. So let's shed those pounds and sculpt our bodies together!

**Fridays**     **January 24 – May 9**  
**R. Schultz**     **1:00 pm – 2:40 pm**  
**HPE 112\***     **#3721 \$65 \$55E**

## ZUMBA® SENTAO

Zumba® Sentao™ is a new way to enhance your fitness party!! This dynamic cardio, toning, and core workout has students dancing to chair-based choreography and, with their "partner"/ chair, using their own body weight to strengthen, define, tone, and improve endurance and balance.

**Mon & Wed**     **January 22 – May 7**  
**P. Walker**     **11:00 am – 11:50 am**  
**HPE 112\***     **#3722 \$65 \$55E**

# WELLNESS

## OPEN SWIM MEMBERSHIP

This membership allows students the use of the Rose State College Aquatics Center pool. Some students will swim as part of an exercise regimen and others for fun and relaxation. Several swim times are scheduled throughout the week to accommodate almost any schedule.

**January 21 – May 9**  
**#3758 \$45 +60 Emeritus**  
**#3723 \$65 Adult**

**March 24 – May 9**  
**#3759 \$22.50 +60 Emeritus**  
**#3724 \$32.50 Adult**

## WELLNESS CENTER & OPEN SWIM MEMBERSHIP

This membership includes unlimited use of Rose State Wellness facilities. The Wellness Center is open six days a week, and is closed when the college is closed. Cardio machines, free weights, and a multi-purpose gym floor are available for community use. This membership also includes Open Swim.

**January 2 – May 31**  
**#3725 \$57 +60 Emeritus**  
**#3727 \$85 Adult**

**March 24 – May 31**  
**#3726 \$28.50 +60 Emeritus**  
**#3728 \$42.50 Adult**

**Open Swim Hours**  
**Monday-Thursday**     **Fridays**  
**7:00 am – 8:00 am**     **7:00 am – 1:00 pm**  
**12:00 pm – 1:00 pm**  
**4:30 pm – 5:30 pm**

**Wellness Center Hours**  
**Monday-Friday**     **Saturdays**  
**6:00 am – 8:00 pm**     **8:00 am – 4:00 pm**

**MILITARY SWIM PASSES**

The Military Swim Pass is intended as a short-term pass for Military personnel to utilize the Aquatic Center during Open Swim times, to practice for Military Physical Readiness Testing. In order to purchase a Military Swim Pass, the patron must be an active member of the military and show their Military ID. For those patrons who intend to use the Aquatic Center for more than ten visits, they will need to purchase an open swim membership.

**10 Passes            #3729   \$10**

**PERSONAL TRAINING**

Do you want to work out one-on-one or with a partner? A personal trainer can do just that. A personal training session is an individual exercise session with a certified personal trainer. Special attention is given to exercise technique, including teaching approaches involving free-weight and machine exercises, cardiovascular activities, flexibility, and speed training. Your personal trainer will help motivate you to obtain goals and help you develop a workout plan that fits you. Sessions will be scheduled during Wellness Center hours of operation. An assessment will take place for the first session, followed by four workout sessions with the personal trainer. Note: There will be no refunds for missed sessions. To reschedule a session, you must call 24 hours prior to your session. To make schedule changes please contact your personal trainer.

<b>#3730   \$199</b>	<b>#3732   \$199</b>	<b>#3734   \$199</b>
<b>#3731   \$199</b>	<b>#3733   \$199</b>	





# Join the Fun!



## EVENTS

### FINDING THE WRITER'S PATH

Rose State College presents a two-day writing workshop for aspiring authors. Organized by New York Times-bestselling author William Bernhardt, this conference will bring some of the nation's most successful writers, editors, and literary agents to Oklahoma to share their knowledge and expertise. The authors will share their secrets and techniques on the art and craft of writing, while the editors and agents address the business side of writing, providing invaluable information to anyone who ever nurtured the dream of seeing his/her name on the spine of a book. The workshop will be held at the Community Learning Center, September 19-21. For more information about the Writers Path Workshop, go to: [www.rose.edu/writing-short-course](http://www.rose.edu/writing-short-course) or for questions contact William Bernhardt at [willbern@gmail.com](mailto:willbern@gmail.com) or (405) 203-8641. Registration will begin May 5 and the cost of the course is \$129.

### MS. OKLAHOMA SENIOR PAGEANT

The Ms. Oklahoma Senior Pageant is the world's first pageant to emphasize and honor women who have reached the "Age of Elegance." It is a search for the gracious lady who best exemplifies the dignity, maturity and inner beauty of all Senior Americans. The Ms. Senior America philosophy is based upon the belief that seniors are the foundation of America, and our most valuable treasure. It is upon their knowledge, experience and resources that the younger generation has the opportunity to build a better society. Sign up to be a contestant or join us for a day of fun! Contestants must be 60 or more years young and

be interested in promoting both the Pageant and the awareness of the vital role of seniors in today's society over the coming years. In addition, our winner will also represent Oklahoma at the Senior America Pageant.

The pageant will be held on Saturday, July 19, 2:00 pm – 4:00 pm, at the Rose State College Performing Arts Center. Entry fee to become a contestant is \$100. Anyone is welcome to attend this exciting event at the Performing Arts Center with free admission.

For questions, please contact Cynthia Judd at (405) 413-0908 and visit [www.mssenioroklahoma.org](http://www.mssenioroklahoma.org).

## OUTDOOR COLLEGE SPORTS & GAMES

### BASS FISHING TECHNIQUES, THE CUTTING EDGE

Bass Fishing Techniques, America's original and premier fishing education program. This four-night workshop will feature Two-Time Bassmaster Classic Champion and FLW Champion, Larry Nixon. Each instructor will share his bass fishing expertise with the participant and will concentrate on the cutting-edge techniques that will help you catch more bass.

**Thursdays**  
**Staff**  
**CLC Aud.**

**Feb 6, 13, 20, and 27**  
**7:30 pm – 9:30 pm**  
**#3739 \$99**

## SKI TRIP - WOLFCREEK, CO

Anyone can attend! This trip includes the cost of travel, lodge, lift tickets, ski's or snowboard rental, and three dinners. For more information or questions about this trip, call Kim Queri at 733-7398 or to register call 733-7392. The payment for this trip must be paid in full at the time of enrollment. Enrollment for this trip will begin on November 4. The last day to enroll for this trip and to request a refund will be December 13. Space is limited!

**January 8-12**

**\$310 NO EQUIPMENT**

**Non Credit #3740 – Undergrad #3741**

**\$355 SKI EQUIPMENT**

**Non Credit #3742 – Undergrad #3743**

**\$400 SNOWBOARD EQUIPMENT**

**Non Credit #3744 – Undergrad #3745**

## BOWLING

Bowling activity improves the bowlers individual skills and aspect of fitness. Class will be held at the Planet Bowl in Midwest City.

Note: Additional costs will be due at Planet Bowl.

**Tuesdays**      **January 21 – May 6**  
**J. Nivison**      **2:00 pm – 3:40 pm**  
**Planet Bowl\***      **#3746 \$65 \$55E**

**Wednesdays**      **January 22 – May 7**  
**J. Nivison**      **2:00 pm – 3:40 pm**  
**Planet Bowl\***      **#3747 \$65 \$55E**

## BRIDGE

Calling all experienced bridge players! Come have fun and play with us. We will learn/review basic bidding and play of the hand. This course will expand beyond the basics of bridge playing. Learn how to strategize and enhance your bridge playing abilities. Don't forget, it's a great way to keep your mind healthy and active!

**Mondays**      **January 27 – May 12**  
**J. Thompson**      **1:00 pm – 3:00 pm**  
**AHC Pony Barn**      **#3748 \$69 \$59E**

## TENNIS

This course will emphasize the development of the fundamental skills of tennis. Rules, terminology, and etiquette will also be discussed. Students should bring their own racket.

**Tues & Thurs**      **March 25 – May 8**  
**C. Burton**      **5:40 pm – 7:20 pm**  
**Tennis Court\***      **#3749 \$69 \$59E**

**Saturdays**      **March 29 – May 10**  
**T. Diedrick**      **10:00 am – 11:00 am**  
**Tennis Court**      **#3750 \$45 \$33E**

# TRAVEL & TOURING

--17 and under must be accompanied by an adult.

## NEW! Abilene, KS – Presidential Trip Series

Travel with us to Abilene, Kansas to visit the Dwight D. Eisenhower Library & Museum. Before visiting the museum, we'll enjoy some of the small town charm and have lunch at the Hitching Post, in Abilene. On the way home, we will stop by Wyldewood Cellars for wine tasting.

**Friday**      **March 28, 2014**  
**Check-in 6:00 am**      **Departs 6:30 am**  
**Return 8:30 pm**      **#3760 \$119**

## NEW! Bartlesville, OK

Join us as we take a tour through Woolaroc & the Frank Phillip's home. Named for the indigenous woods, lakes, and rocks, this was once a one-of-a-kind entertainment venue for Frank Phillips, oil baron & founder of Phillips Petroleum Company. Take part as we learn about western artifacts, Native American material, and one of the finest collections of Colt firearms. Lunch will be at Golden Corral. Note: We will not stop on the way to Bartlesville.

**Friday**      **April 18, 2014**  
**Check-in 8:15 am**      **Departs 8:45 am**  
**Return 7:30 pm**      **#3761 \$87**





## **NEW! Chouteau, OK**

We will take an exhilarating trip to the Amish Community in Chouteau, OK. We'll make our first stop at Cherry's Chouteau Mall. Then, it's off to the Miller Farm for a real Amish family style lunch. From there, we will make our way over to the Amish Bakery and Cheese house with a selection of over 40 varieties of cheese.

**Friday**

**May 9, 2014**

**Check-in 6:30 am**

**Departs 7:00 am**

**Returns 5:00 pm**

**#3762 \$75**

Note: To receive a full refund for trips, students must come into the Community Learning Center office to fill out a refund form, 1 WEEK PRIOR to trip date.

## **NEW! GLOBAL STUDY ABROAD GREECE & TURKEY**

**May 17-28, 2014**

**\$3,870.00 + \$50 Class #3751**

Monthly payment plan available through the Explorica tour company.

Go to: [www.explorica.com](http://www.explorica.com)

Log in with tour: Mussatto-498

Or call Explorica at: 1-888-310-7121

Trip Fee Includes:

Transportation – Round-trip flights and bus transfers.

Accommodations –Hotels with private bathrooms.

Meals – Breakfast daily and dinners daily.

Tour Director – Full-time CST Tour Director.

Sightseeing – Select guides and entrances to special attractions as per itinerary.

\*Private Tour & Bus Pricing – Less than 30 travelers, price could increase, but more than 30 travelers, price could decrease, so invite your friends. We will have a private bus for Rose State College travelers only!!!

For more information contact:

Sherri Mussatto: 733-7503 or [smussatto@rose.edu](mailto:smussatto@rose.edu);

Lori Morrow: 733-7507 or [lmorrow@rose.edu](mailto:lmorrow@rose.edu)

Payment plans are available for each trip. Online/In-Class optional class participation is available for each tour on D2L, prior to departure.







## AFTERSCHOOL PROGRAM

### **NEW! ART STUDIO – JUST THE TWO OF US**

Would you like to introduce your child to the wonderful world of art? Bring your daughter, son, or grandchild, and spread the joys of art! Ages 7 and up.

**Tuesdays** January 21 – May 13  
**C. Martin** 4:30 pm – 5:30 pm  
**CLC 103** #3630 \$55 \$47E

### **NEW! JR. CHEFS**

Kids, have you watched Master Chef Junior or Rachael vs. Guy Kids Cook-Off? If you've watched those shows or just have a passion for cooking, then join us for our new Jr. Chef's afterschool program. Learn how to become a chef and make meals for family and friends. You'll become Rose State's next Great Chef! There is an additional \$20 fee for food, per person. Additional Class Fee Numbers: Jan. 3852 and Mar. 3853.

**Tuesdays** January 28 – March 11  
**C. Wickline** 6:00 pm – 8:00 pm  
**SS 137** #3854 \$59

**Tuesdays** March 25 – May 13  
**C. Wickline** 6:00 pm – 8:00 pm  
**SS 137** #3855 \$59

### **KIDS ART STUDIO**

Kids will work on various art projects throughout the class. Freehand Drawing and more basics will be incorporated in this fun new class for kids. Ages 7 and up.

**Thursdays** January 23 – May 15  
**C. Martin** 4:30 pm – 5:30 pm  
**CLC 103** #3858 \$55

### **NEW! KIDS PIANO**

Learn to play your favorite tunes in this fun piano class. We'll start with the basics and continue to progress. Classes are held in a Piano Lab in a group situation. However, with the use of earphones, individuals hear only themselves. The teacher is able to monitor the class individually or as a group. Practice instrument recommended. Ages 10-13

**Mondays** January 27 – May 12  
**N. Twyman** 4:00 pm – 4:50 pm  
**CC 127** #3763 \$49

### **NEW! KIDS CHOIR**

Join us and learn how to sing! All skill levels are welcome. We'll work on many variations of music from classics to contemporaries. Learn different notes and how to sing as a group in unison as well as solos. Ages 10-13

**Mondays** January 27 – May 12  
**N. Twyman** 5:00 pm – 5:50 pm  
**CC 127** #3765 \$49

# LEARN TO SWIM

## CHOOSING THE CORRECT LEVEL

To ensure your child's proper placement, please carefully review the class levels. If you are unsure about the placement, enroll your child in the lower level. Children who have had more than a three-month break from swimming should repeat the previous level as a refresher course. Children registered for an inappropriate class level are not guaranteed a transfer because the correct level may be full. Children will be tested on the first day of class.

## PARENT/TOT

Parent/guardian accompanies children 9 months to 3 years old in the water and receives feedback and guidance from an instructor. Class emphasis is on fun and safety as well as establishing comfort in the water. Children develop water entry, bubble blowing, rudimentary arm and leg action, back floating, underwater exploration and more.

## PRE-SCHOOL

Class is for children ages 3 to 5 years of age at any swimming level. Class is tailored to the needs of younger swimmers. Children should be willing to participate in a group setting without parent/guardian. Fun and safety are emphasized while children are learning swimming skills. Time will be spent working on water orientation and exploration, floating, kicking, arm and hand movements, opening eyes and exhaling under water, and floating comfortably. Front and back crawl skills will be introduced.

## INTRODUCTORY

Must be at least 5 years old to enroll. Class is designed for the swimmer who feels comfortable in the water but may need support from noodles or kickboards. This class promotes independent swimming skills in a structured class setting. Class is designed to give the student success with fundamental skills while focusing on proper techniques for front and back crawl. Students will be introduced to other skills such as turning over while swimming and entry into deeper water.

## BEGINNER

Must be at least 5 years old to enroll. Students should feel comfortable in the water and be able to swim 5 yards independently with supervision. Concentration is on building confidence and the refinement of the front crawl and back crawl using rotary breathing. Students will be introduced to butterfly and elementary back stroke kick, deep water entry, and safety skills.

## INTERMEDIATE

Must be at least 5 years old to enroll. Children must be able to swim 15 yards front and back crawl. Concentration is placed on the coordination, refinement and endurance of previously learned strokes. Students will be introduced to breaststroke, elementary backstroke, and sidestroke.

## ADVANCED/INTRO. TO SWIM TEAM

Primary objective is the refinement of all strokes so students swim with ease, efficiency, power, and smoothness over greater distances. Students in this class must be able to swim at least one continuous length of the pool in front crawl and back stroke and be prepared to swim several lengths of the pool each class meeting.

## TUESDAY/THURSDAY PROGRAM

### SESSION 1 \$35

January 21 – February 13

<i>Swim Levels</i>	<i>6:40 pm – 7:20 pm</i>	<i>7:30 pm – 8:10 pm</i>
Parent Tot	3769	
Pre-School	3776	
Introductory		3783
Beginner		3790
Intermediate	3797	
Advanced/Intro to Swim		3804

### SESSION 2 \$35

February 18 – March 13

<i>Swim Levels</i>	<i>6:40 pm – 7:20 pm</i>	<i>7:30 pm – 8:10 pm</i>
Parent Tot	3770	
Pre-School	3777	
Introductory		3784
Beginner		3791
Intermediate	3798	
Advanced/Intro to Swim		3805

### SESSION 3 \$35

March 25 – April 17

<i>Swim Levels</i>	<i>6:40 pm – 7:20 pm</i>	<i>7:30 pm – 8:10 pm</i>
Parent Tot	3771	
Pre-School	3778	
Introductory		3785
Beginner		3792
Intermediate	3799	
Advanced/Intro to Swim		3806

### SESSION 4 \$35

April 22 – May 15

<i>Swim Levels</i>	<i>6:40 pm – 7:20 pm</i>	<i>7:30 pm – 8:10 pm</i>
Parent Tot	3772	
Pre-School	3779	
Introductory		3786
Beginner		3793
Intermediate	3800	
Advanced/Intro to Swim		3807

## SATURDAY PROGRAM

### SESSION 1 \$30

January 25 – February 22

<b>Swim Levels</b>	<b>9:00am – 9:40am</b>	<b>9:50am – 10:30am</b>
Parent/Tot	3773	
Pre-School	3780	
Introductory		3787
Beginner		3794
Intermediate	3801	
Advanced/Intro to Swim		3808

### SESSION 2 \$30

March 1 – April 5

(No class March 22 – Spring Break)

<b>Swim Levels</b>	<b>9:00am – 9:40am</b>	<b>9:50am – 10:30am</b>
Parent/Tot	3774	
Pre-School	3781	
Introductory		3788
Beginner		3795
Intermediate	3802	
Advanced/Intro to Swim		3809

### SESSION 3 \$30

April 12 – May 10

<b>Swim Levels</b>	<b>9:00am – 9:40am</b>	<b>9:50am – 10:30am</b>
Parent/Tot	3775	
Pre-School	3782	
Introductory		3789
Beginner		3796
Intermediate	3803	
Advanced/Intro to Swim		3810

## RAIDER SWIM TEAM

### SWIM TEAM

Children will participate in a structured workout. They will refine their strokes and learn flip turns, starts, and finishes. Team members will participate in swim meets with other area swim clubs. Novice and Advanced Swim Team is \$40 per month, May is \$20 for the month, and Swim Meets are \$15 per month (Ages 6 – 15).

### NOVICE LEVEL

Children must be able to swim 50 meters of the following Strokes; Front Crawl, Back Stroke, and Breast Stroke.

### ADVANCED LEVEL

Children must have coach's approval and able to swim 100 meters of the following Strokes: Front Crawl, Back Stroke, and Breast Stroke.

\*Must have coach's approval to sign up for Swim Meet Only.

### Novice Team

Tues/Thurs 6:30 pm – 7:30 pm Friday 4:30 pm – 6:30 pm

### Advanced Team

Tues/Thurs 7:30 pm – 8:30 pm Friday 4:30 pm – 6:30 pm

(No class March 17-22 – Spring Break)

<b>Dates</b>	<b>Novice</b>	<b>Advanced</b>	<b>Swim Meets</b>
JAN	3811	3816	3821
FEB	3812	3817	3822
MAR	3813	3818	3823
APR	3814	3819	3824
MAY	3815	3820	3825





# Join the Fun!



## CERTIFICATIONS

### LIFEGUARDING AND CPR/AED FOR THE PROFESSIONAL RESCUERS RENEWAL

The purpose of this review course is to give individuals the opportunity to review the course content within a formal course setting. Successful completion of this course will recertify individuals in Lifeguarding/First Aid/CPR/AED. Note: Individuals with a current Lifeguarding/First Aid/CPR/AED certificate may participate in a review course. Students must show valid certification first day of class. Note: Must be at least 15 years of age.

**Saturday/Sunday**      **March 1 – 2**  
**Staff**      **8:00 am – 6:00 pm**  
**HPE 111**      **#3826 \$59**

**Saturday/Sunday**      **May 17 – 18**  
**Staff**      **8:00 am – 6:00 pm**  
**HPE 111**      **#3827 \$59**

### LIFEGUARDING

Instruction and certification in American Red Cross Lifeguarding, Oxygen Administration, and CPR/AED for the Professional Rescuer will be taught. The lifeguarding provides entry-level lifeguard participants with the knowledge and skills needed to prevent and respond to aquatic emergencies. The course

content and activities prepare lifeguard candidates to recognize emergencies, prevent drowning, and other incidents. The course also teaches other skills an individual needs to become a professional lifeguard. Prerequisite: Must be at least 15 years of age, before the final scheduled session of this course. Each class is \$135.

**#3828\***      **March 28 – April 6**      **B. Shawn**  
**Fri**      **6pm-10pm**      **Sat/Sun 9am-5pm**

**#3829**      **April 15 – 20**      **Staff**  
**Tues/Thurs/Fri**      **5pm-9pm**      **Sat/Sun 8am-6pm**

**#3830**      **April 29 – May 4**      **Staff**  
**Tues/Thurs/Fri**      **5pm-9pm**      **Sat/Sun 8am-6pm**

**#3831**      **May 6 – 11**      **Staff**  
**Tues/Thurs/Fri**      **5pm-9pm**      **Sat/Sun 8am-6pm**

**#3832**      **May 13 – 18**      **Staff**  
**Tues/Thurs/Fri**      **5pm-9pm**      **Sat/Sun 8am-6pm**

**#3833**      **May 27 – 29**      **Staff**  
**Tues/Wed/Thurs**      **8am-5pm**

**#3834**      **June 10 – 15**      **Staff**  
**Tues/Thurs/Fri**      **5pm-9pm**      **Sat/Sun 8am-6pm**

## WATER SAFETY INSTRUCTOR

This course will certify participants to teach American Red Cross swimming lessons and the Community Water Safety course.

Prerequisite: must be 17 years old and able to swim at Level 4 skills. The class is \$160.

#3835

April 11 – 20

K. Moses

Fri

6pm-10pm

Sat/Sun 9am-5pm

# PROFESSIONAL CERTIFICATIONS

**HEALTHCARE, INFORMATION  
TECHNOLOGY, LEAN SIX SIGMA, OSHA,  
MANAGEMENT, AND MORE...**

*Top Ten Reasons to earn a certification  
from Rose State College.*

1. Improves career opportunities and advancement.
2. Prepares you for greater on-the-job responsibilities.
3. Provides for greater earnings potential.
4. Demonstrates your commitment to the profession.
5. Enhances the profession's image.
6. Offers greater professional recognition from peers.
7. Reflects achievement.
8. Builds self-esteem.
9. Establishes professional credentials.
10. Improves skills and knowledge.

Source: Adapted from Association News, Michigan Society of Association Executives

Details at:

**[www.rose.edu/certifications](http://www.rose.edu/certifications)**



# TECHNOLOGY

## COMPUTER FUNDAMENTALS 1

This four-hour class will cover the basics of using a computer. Material covered includes: the mouse and keyboard, desktop, use of Windows Explorer and file organization, file types, customizing settings (desktop, screen saver, mouse, and more), do's and don'ts, security, the proper way to shut down your computer, force a restart, and more. (2 Classes)

**Monday & Tuesday**

**K. Roper**

**CLC 112**

**February 10 – 11**

**5:30 pm – 7:30 pm**

**#3836 \$25 \$21E**

## COMPUTER FUNDAMENTALS 2

A continuation of computer fundamentals 1, we will explore creating shortcuts on the desktop, the task bar, how to back up data, how to get a great free anti-virus program, the basics of using Internet Explorer to surf the web, creating an email account, and more. (2 Classes)

**Monday & Tuesday**

**K. Roper**

**CLC 112**

**February 17 – 18**

**5:30 pm – 7:30 pm**

**#3837 \$25 \$21E**

## EXCEL

Excel will make your life so much easier! We will learn about cells, columns, worksheets, formatting data, the Ribbon, basics formulas, conditional formatting, and charts/graphs. (2 Classes)

**Monday & Tuesday**

**K. Roper**

**CLC 112**

**March 24 – 25**

**5:30 pm – 7:30 pm**

**#3838 \$25 \$21E**

## FACEBOOK

This social media class will help you connect with people all around the world. Find family and friends, Instant Message long lost pals, and follow celebrities or world news. Note: Make sure you have an e-mail and password before attending this class. (1 Class)

**Monday**

**K. Roper**

**CLC 112**

**March 10**

**5:30 pm – 7:30 pm**

**#3839 \$15 \$13E**

## **NEW!** LEARN HOW TO NAVIGATE YOUR IPAD

Learn how to use all of the other nifty things your iPad can do. We'll explore the basics and help you leave the class feeling confident about how to use your new device. (1 Class)

**Monday**

**K. Roper**

**CLC 112**

**March 31**

**5:30 pm – 7:30 pm**

**#3844 \$15 \$13E**



## NEW! LEARN HOW TO NAVIGATE YOUR TABLET

Learn how to use Windows 8 and all of the other cool things your tablet can do. We'll explore the basics and help you leave the class feeling confident about how to use your new device. (1 Class)

**Tuesday** **April 1**  
**K. Roper** **5:30 pm – 7:30 pm**  
**CLC 112** **#3845 \$15 \$13E**

## PHOTOSHOP ELEMENTS 10 INTRODUCTION, TOOLS, CREATE A POSTER, AND ORGANIZER

This class will explore the guided edit, quick edit fix, and an overview of the tools in full edit mode. Learn how to use the organizer to keep track and find your photos when you need them. We will also create a poster. (3 Classes)

**Mondays & Tuesday** **April 28 – May 5**  
**P. Fordenbacher** **5:30 pm – 7:30 pm**  
**CLC 112** **#3840 \$35 \$30E**

## PINTEREST

Pinterest lets you organize and share beautiful treasures you can find on the web or make yourself. Create a pinboard to plan a wedding, decorate your home, find recipes, fitness information and more! (1 Class) Note: Make sure you have an e-mail and password before attending this class.

**Tuesday** **March 11**  
**P. Fordenbacher** **5:30 pm – 7:30 pm**  
**CLC 112** **#3841 \$15 \$13E**

## PUBLISHER, POWERPOINT, & PREZI

Brush up on your skills or learn something new! We'll start in Publisher where we will learn how to make a publication design, do basic text insertion, formatting, and work with text flowing between text frames. In addition, you will learn to create business cards, greeting cards, flyers, newsletters, and menus. Next, we will learn how to make presentations with PowerPoint and Prezi. (4 Classes)

**Mondays & Tuesdays** **April 14 – 22**  
**K. Roper** **5:30 pm – 7:30 pm**  
**CLC 112** **#3842 \$45 \$38E**

## WORD

Everyone uses Microsoft Word and so should you! This introductory session will cover the basics, including the ribbon/menus, mail merge, tables, and graphics. (3 Classes)

**Mondays & Tuesday** **February 24 – March 3**  
**K. Roper** **5:30 pm – 7:30 pm**  
**CLC 112** **#3843 \$35 \$30E**

# TRAINING

**OKLAHOMA**  
**SMALL BUSINESS**  
**DEVELOPMENT CENTERS**  
**AT ROSE STATE COLLEGE**

## SMALL BUSINESS DEVELOPMENT CENTER (SBDC)

SBDC provides confidential, high-quality, no-cost, one-to-one business management advising. We provide up-to-date and practical information by using skills, knowledge, and tools to help existing business owners grow and reach the next levels of success. We work with aspiring entrepreneurs from idea to first sales and beyond to ensure they have realistic plans for their future. We support our core business advising mission by providing small business management training on a variety of topics. Please call the SBDC office at 405-733-7488 for information on courses or to set up an appointment with a counselor.





# Professional TRAINING CENTER

## ROSE STATE COLLEGE

### CAREER SERVICES

These important resources are offered to students and the community.  
Individual twenty-minutes appointments to discuss:

- Career guidance and assessment
- Resume writing and interview assistance  
*Discover what employers are looking for on a Resume.*
- Developing job skills
- Job search assistance

Organizations and clubs can request a guest speaker to present on topics related to careers and occupations.

Career Services resources available at  
<http://www.rose.edu/careerservices>

#### OKJOBMATCH.COM

The latest about job searching in Oklahoma. Matching the right people with the right jobs.

#### RESUME TIPS FOR VETERANS

Discover how you can develop your resume.

#### JOB SEARCHING TIPS FOR VETERANS

The latest tools to research jobs.

To set up a visit with a career coach, contact (405) 733-7488 or email [careercoach@rose.edu](mailto:careercoach@rose.edu).

# FREE



## OK Job Match.com



ROSE STATE COLLEGE

733.7488



## OKLAHOMA ENVIRONMENTAL TRAINING CENTER

### WATER AND WASTEWATER TREATMENT SYSTEM OPERATOR CLASSES

- All Levels of State Certification Training
- On-Line State Testing at the End of Each Class

### ONLINE CLASSES

D-WATER AND D-WASTEWATER  
16 hour classes can be taken online.

### OSHA SAFETY CLASSES AVAILABLE

- Blood Borne Pathogens
- Lock-out Tag-out
- Confined Space Entry
- Hazardous Communication Training (Refresher)
- Trenching & Shoring



# ENROLL TODAY!

TO ENROLL OR TO REQUEST  
ADDITIONAL INFORMATION CALL:  
Bill Clark, Environmental Coordinator  
405-733-7488 Email: [bclark@rose.edu](mailto:bclark@rose.edu)





## TRAINING

We offer customized training, both credit and non-credit, to groups of any size on any topic. We will find the right trainer to meet your specific training needs. Recent courses have included:

- Change Management and Succession Planning
- Customer Service Training – Industry and Department Specific
- Dealing with Difficult Customers – Internal and External
- English Refresher - For non-native English speakers
- Lean & Six Sigma Training - Green Belt & Black Belt
- Microsoft Office® Products – 2007 & 2010
- Supervisor Development - Beginning, Intermediate and Advanced



Professional  
TRAINING CENTER  
ROSE STATE COLLEGE

## FACILITIES

We offer conference site facilities at affordable rates for groups up to 200. Each of our 11 meeting rooms is equipped with current technology, no need to bring your projector, laptop, or microphone, we have it all set up and ready to go.

# WE'RE ALL ABOUT BUSINESS

Total Customer Satisfaction  
is not only our goal, it is  
our way of doing business.

Small Business Coaching  
Customized Training  
Staffing Solutions



FOR MORE INFORMATION  
PLEASE CONTACT:  
Brian Perryman  
Director of Sales,  
Workforce Development  
Rose State College  
bperryman@rose.edu  
405-733-7488

<http://business.rose.edu>



# HOW TO ENROLL

## IN PERSON

Mon – Thurs 8:00 am – 7:30 pm

Fridays 8:00 am – 5:00 pm

Cash, check, or credit card enrollments accepted.

The Community Learning Center office is located on the first floor of the Tom Steed Community Learning Center.

## TELEPHONE

405.733.7392

Credit card enrollments only.

## PARKING DECAL #3846/\$5

Students taking classes on the Rose State College Campus are required to have an official parking decal for their car. Decals may be purchased at the time of enrollment. Decals may be transferred from car to car. Note: Decals are not required for courses held in the Community Learning Center.

## STUDENT ID #3847/\$2

Students enrolling in courses that are held in the Health & Physical Education building should plan to obtain an official Rose State College student ID card prior to the beginning of class. Student ID cards are necessary only for courses held in the HPE building, including the swimming pool and Wellness Center. Student ID cards may also be necessary to access certain campus services such as the library. ID cards may be purchased at the Community Learning Center office. A receipt will then be given out, and the student will be sent to the Student Services Building to have their picture taken. Remember, name changes for an ID card must be handled through the Admissions office.

Note: Student ID Cards and Parking Decals are required for all Aquatics, Fitness, and Wellness classes. Student ID cards will need to be used for access to locker/bathrooms in the Health & Physical Education Building. The usage of the Wellness Center equipment is only available to those Community Learning Center students who enroll in the Wellness Center Membership. Failure to comply with campus policy may result in an automatic withdrawal from the student's fitness class without a refund.

## ACADEMIC & COMMUNITY LEARNING CENTER CLASSES

All classes shared with an academic course will be represented with a star next to the class information. Ex. \*

## ROSE STATE COLLEGE DATES CLOSED

December 21 – January 1	Christmas Break
January 20	Martin Luther King Jr. Day Holiday
March 17	Spring Break Holiday
May 26	Memorial Day Holiday

## ENROLLMENT BEGINS

Kids College	April 7
Summer/Fall	May 5

## ROSE STATE COLLEGE EMERGENCY & WEATHER CLOSING NOTIFICATIONS

Text the word "rose" to 288411 and reply to the text you receive. This service will only be used for emergency messages. You can opt out at any time by texting the word "stop" to 288411.

# FAQS

## CLOSURE OF CAMPUS

In the event Rose State College closes for any reason, classes will be cancelled and not made up. No refunds will be given.

## CANCELLED CLASSES

Rose State College reserves the right to change any schedule or cancel any course that does not meet minimum enrollment requirements. If a cancellation or change occurs, our staff will contact you via the telephone number you provided at the time of registration. **Please be sure to provide us with your current phone number, e-mail, and mailing address.**

## DROPPING A COURSE

To withdraw from a course and receive a full refund, you must complete a withdrawal form, in person, at the Community Learning Center office before the start of the second class. **No refunds will be issued after the second class meeting. Your social security number is required.**

## RECEIVING YOUR REFUND

Credit card refunds post back to your card within 4-6 weeks. Please also allow 4-6 weeks for reimbursements of payments made by cash or check. If you have an outstanding balance on your account, the refund amount will automatically apply to the unpaid balance. **To receive a refund from the State of Oklahoma, your Social Security Number is required.**

