



GREAT FALLS
COLLEGE

MONTANA STATE
UNIVERSITY

LIFELONG LEARNING

SPRING 2019 || NON-CREDIT COURSE SCHEDULE

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when registering online



SPRING 2019 COURSE SCHEDULE

Please note: some courses are offered at locations other than GFC MSU. We greatly appreciate our community partners for making it possible to offer such a variety of courses, including Great Falls Public Schools who work with us to bring you affordable and convenient community enrichment opportunities at their facilities. [For more info about classes and syllabi please visit the online catalog.](#)

HOBBIES

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Woodcarving	\$104	none	Mondays 1/28-3/11 (no class 2/18)	6:30-9 pm	Carpentry Bay	Ron Crowder
<i>In this class, you will learn carving techniques, use of hand tools, and start to make fantastic works of art out of wood. No experience is required.</i>						
Wool Spinning Demonstration Workshop	\$44	none	Saturday 2/2	1-4 pm	G122	Denise Jackson
<i>Spinning wool isn't magic. It may look like it but it involves logic, laughter, and love of fiber. In this workshop, you will learn the basics of spinning wool using drop spindles - a functional portable method used around the world.</i>						
NEW! Genealogy: How and Where to Begin	\$39	none	Tuesdays 2/12-2/26	6-7:30 pm	B124	Jeannie Bernstein
<i>You will begin to build your own family tree. You will learn about resources already at your disposal as well as internet researching. The pros and cons of Census data will be explained, as well as the importance of sourcing the data.</i>						
NEW! Intro to MT Master Gardeners	\$19	none	Thursday 2/21	6-7 pm	A124	Master Gardeners
<i>Ever wanted to become a Master Gardener? This course will help you decide if you want to learn more about native plants and soil, or if you want to go further and get certified by MSU.</i>						
Aperture Priority Photography	\$99	none	Saturdays 4/6 & 4/13	10:30 am- 2:30 pm	PGEC The Hub	Curtis Barrow & Doug Zander
<i>Learning to use your Aperture Priority Mode on your camera: what it is for, how it affects the image, what "depth of field is" and how to use it for various types of images. Bring your camera and tripod if you have one - we will be trying it all out!</i>						

METALWORKS

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
NEW! Blacksmithing Basics	\$159	supplies included	Saturday/Sunday 2/23 & 2/24	9 am - 3 pm	Welding Shop	John Stuker
<i>You've seen Forged in Fire or you just think blacksmithing is cool. Now you can learn the basics of blacksmith, forging, and shaping steel.</i>						
NEW! Advanced Creative Welding	\$159	supplies included	Saturday/Sunday 4/13 & 4/14	9 am - 3 pm	Welding Shop	Joel Sims
<i>This course is designed for students who have already completed the Basic Creative Welding course or have a good understanding of welding already.</i>						
Artistic Plasma Cutting	\$139	supplies included	Saturday/Sunday 4/20 & 4/21	12-5 pm (Sat); 12-4 pm (Sun)	Welding Shop	Jason Garneau & Doug Zander
<i>Learn how to use a plasma torch and angle grinder. This class teaches free hand plasma cutting to create artistic burnt metal designs. Leave the class with your own work of art!</i>						
Basic Welding	\$159	supplies included	Saturday/Sunday 4/27 & 4/28	9 am - 2 pm	Welding Shop	Doug Zander & Jeff Quick
<i>Designed for students wanting to learn more about welding or explore a welding career.</i>						

OUTDOORS

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Snowshoeing 101	\$39	none	Tuesday 1/29	5:30-7:30 pm	A124	Katie Kotynski
<i>If you are looking for a way to "survive" a Montana winter, bundle up and have an outdoor adventure! This class will introduce snowshoeing to you. The class will have the opportunity to go to Silver Crest National Trails Day on Saturday, Feb. 2 for a guided beginning snowshoe hike.</i>						
Bugs of the Missouri	\$59	none	Tuesdays/Thursdays 2/19-2/28	5:30-7:30 pm	R168	Kevin Lyons
<i>You see the bugs on the river but have no idea what they are. You can learn about the aquatic insects of the Missouri River and the flies used to imitate them.</i>						
Beginning Fly Tying	\$99	supplies included	Tuesdays/Thursdays 3/5-3/21	5:30-8 pm	R168	Kevin Lyons
<i>Get ready for fly fishing with this beginning class. In this class you will gain the skills required to tie a wide variety of flies.</i>						

OUTDOORS CONT'D

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
NEW! Intro to Hiking!	\$29	none	Monday 4/8	6-8 pm	G122	Roger Pepper

This is an introductory course for those interested in learning about hiking/backpacking. We will discuss equipment, safety, places to go, and local outdoor clubs for outdoor activities.

COOKING & DRINKS

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Wine 101	\$64	includes wine tasting	Wednesdays 2/6-3/13	6-7 pm	Eagle Beverage Warehouse	Cathie Tronson

Impress your friends with basic wine knowledge, how wine is made, different wine countries/regions, and varieties. You will gain the knowledge through sampling different wines. Must be 21+.

NEW! From Grains to Glass	\$49	supplies included	Wednesdays 2/13 & 2/27	6-8 pm	412 Central Ave.	Mighty Mo Brewing Co.
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In this class, we will cover everything from the ingredients used to make beer to the proper way to store. Must be 21+

Instant Pot Meals	\$94	supplies included	Mondays 3/4-3/25	6-8 pm	PGEC 126	Alissa Kline
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Electric Pressure cookers have become very popular and for very good reasons. In this class, you will learn about using the Instant Pot along with several quick, easy and healthy recipes.

NEW! From Grains to Glass	\$49	supplies included	Wednesdays 3/13 & 3/27	6-8 pm	412 Central Ave.	Mighty Mo Brewing Co.
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In this class, we will cover everything from the ingredients used to make beer to the proper way to store. Must be 21+

Basic Mixology	\$49	supplies included	Tuesdays 5/7-5/21	6-7 pm	8 5th Ave. S	Enbar
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Impress your friends by learning how to mix up the perfect drink! Ages 21+

Over the Fire: Cast Iron Cooking	\$59	supplies included	Monday 5/13	5:30-8:30 pm	The Kiln Yard - The Square	Cast Iron Queens
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Get ready for summer and camping trips! This class will teach you how to eat better at camp than most do at home. Learn how to select, season, and use cast iron. Beginners, intermediates, and lawn chairs welcome!

LIFE SKILLS

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Basic Home Repairs for Women: Tool Handling with Safety	\$104	supplies included	Friday/Saturday 1/25 & 1/26	6-8 pm (Fri); 11 am-3 pm (Sat)	Carpentry Bay	Joleen Cordeiro

We will cover how to use basic tools for home use (saws, drills, levels, sanders, etc.). You will be able to make a project in this class by going to the different stations and doing hands-on work experience.

NEW! ADULTING: Odds & Ends	\$39	supplies included	Saturday 2/16	1-3 pm	G45/46	Joleen Cordeiro
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Quick tips to learn how to be an adult! Cooking instead of takeout, how to fold a fitted sheet, how to sew a button and minor repairs, how to iron, make a budget, how to make appointments, repair calls, home repairs, costs when moving out, etc.

KIDS

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
LEGO Mindstorm Robotics	\$69	supplies included	Saturdays 3/2-4/6	10-11 am	B128	Charles Walsh

Come learn about the exciting world of robotics and explore this fascinating field using LEGO Mindstorms. Open to ages 7+

Have a skill you want to share?

We are always looking for new classes and instructors. Let us know if you are interested in teaching for Lifelong Learning. Contact 406.268.3734 or lifelonglearning@gfmsu.edu to let us know.

CULTURE

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
GFC Community Choir	\$25	Cost of perform. attire	Thursdays 1/10-5/2 (no class 3/7)	6-8:30 pm	B101/ Heritage Hall	Cindy Stevens
<i>If you love to sing, this class is for you! The College/Community Choir is a mixed voice (soprano, alto, tenor, bass) vocal ensemble designed for those who wish to expand their musical experience.</i>						
NEW! Descartes: Is This the Real Life; Is This Just Fantasy?	\$59	none	Wednesdays 2/6-2/27	6:30-8 pm	B136	Kristina Hanning
<i>How can you prove you exist? In this class, you will be reading and discussing Descartes' Meditations on First Philosophy, particularly examining his queries on what is real, as well as whether and how we can prove our own existence, and the existence of others.</i>						
NEW! Aristotle: The Golden Mean	\$59	none	Wednesdays 3/6-3/27	6:30-8 pm	B136	Kristina Hanning
<i>The Golden Mean - what is it and how has it shown up in history. You will be reading and discussing Aristotle's Nicomachean Ethics, particularly considering his theory of the Golden Mean, his six types of agents, and the four types of actions.</i>						

WRITING

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Grammar Brush-Up	\$39	none	Thursdays 1/17-1/24	6-8 pm	B124	Denise Jackson
<i>Love writing but hate grammar? Making grammar mistakes that cost you a promotion? Then this class is for you. We review the most common grammar mistakes that are made in the business and writing world and learn how to prevent them. You will sound more intelligent and write better in no time.</i>						
Writing Well & Editing Better	\$99	bring notebook	Saturdays 1/19-2/23	10 am-12 pm	Great Falls Public Library	Lisa Schmidt & Cori Dibiasse
<i>Learn to write your story, in your voice; craft living characters; develop a plot with a story and a theme, and use dialogue, description and action to heighten tension and emotion. Then do it all again, only better.</i>						





GREAT FALLS COLLEGE
MONTANA STATE UNIVERSITY

**LOW PRESSURE
STEAM BOILER &
3RD CLASS BOILER
OPERATOR TRAINING**

April 19-22, 2019
8 am - 5 pm
Great Falls College MSU
* Registration deadline: 3/27

Info & Register:
406.268.3734
gfcmsu.edu/lifelonglearning

\$399
Includes book



BASIC TECH SKILLS

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
NEW! Computer Basics for Beginners	\$29	none	Tuesdays/Wednesdays 2/5-2/13	4-5:30 pm	B128	Priscilla Azure
<i>This computer class is for brand new users with little or no experience. You will learn the very basics from how to start up the computer, find and use programs, explore the Internet, and how to email friends and family.</i>						
NEW! Google Photos Introduction	\$29	none	Monday 2/11	5:30-8 pm	B124	Katie Kotynski
<i>Come learn about Google Photos: how to use on a computer and phone, how to edit pictures, how to organize, how to share, how to access from anywhere as well as security and tagging issues.</i>						
NEW! Managing Storage on Your Phone/Tablet	\$29	none	Wednesday 2/13	5:30-8 pm	B124	Katie Kotynski
<i>Always out of room for apps and photos on your phone or tablet? This class will help you choose a cloud storage solution: iCloud, Amazon Cloud Drive, Google Drive/Photos or Microsoft OneDrive. No more confusion or multiple accounts: choose one and done!</i>						
NEW! Smartphone Basics for Android Users	\$19	Bring Android Phone	Tuesday/Wednesday 3/5 & 3/6	6-7:30 pm	A124	Priscilla Azure
<i>This is a beginner course for "new" Android users. Students will learn the basic functions on how to use and customize their phones.</i>						
NEW! Adobe Acrobat I	\$29	none	Monday 3/11	5:30-7:30 pm	B124	Katie Kotynski
<i>Adobe Acrobat is a powerful editing tool. In this class, you will learn the basics of creating pdfs, editing them, saving them as well as creating Word documents from a pdf. You will learn how to combine documents, add, delete and rotate pages. Bring your login for Adobe Creative Cloud, if you have one.</i>						
NEW! Adobe Acrobat II	\$29	none	Tuesday 3/12	5:30-8 pm	B124	Katie Kotynski
<i>Come learn how to use Comment and Markup for proofing pdfs, as well as how to create fillable forms and save them so that others with only Adobe Reader can proofread and save the forms. You will use custom stamps to add signatures, logos and other items as well. Bring your login for Adobe Creative Cloud, if you have one.</i>						

BASIC TECH SKILLS CONT'D

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Getting to Know Your iPhone/iPad	\$29	none	Monday 3/18	5:30-8 pm	A124	Katie Kotynski
<i>If you are new to the iPhone or iPad or just want some tips on how to get the most mileage from one of these devices, this class will teach you the ins and outs of how to use them. iPhones/iPads only, no Android tablets or phones - if unsure, please call to ask.</i>						
Window 10 Basics	\$29	none	Tuesday 3/19	5:30-8 pm	B124	Katie Kotynski
<i>Learn the tips and tricks and ins and outs of navigating Windows 10. We will take a look at where things are located, how to create folders, shortcuts and pin items to the taskbar as well as explore apps and how they work with the new operating system.</i>						

PROFESSIONAL DEVELOPMENT

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Simplified Graphic Design	\$29	none	Tuesday 1/29	6-8 pm	B124	Megan Sybrant
<i>Learn how to use the free desktop and mobile app Canva while also learning the basics of graphic design and how to create simple but beautiful designs for your marketing, advertising or personal needs. Prior to class, please sign up for Canva using your email address!</i>						
Basic MS Excel	\$79	none	Tuesdays 1/29-2/12	6-8 pm	B124	Joleen Cordeiro
<i>Beginning instruction for Excel. You will work with spreadsheets making a budget, work with formulas, and go over some basic elements from the toolbar.</i>						
Basics of Adobe InDesign and Illustrator	\$39	none	Monday/Tuesday 2/25 & 2/26	6-8 pm	B128	Megan Sybrant
<i>Learn the fundamental knowledge of Adobe InDesign and Adobe Illustrator. Bring your email account info to class.</i>						

LEADERSHIP

Stepping into a leadership position isn't easy. This certificate provides exploration & development into leadership.

The L.E.A.D certificate consists of 8 blocks exploring:

- Leadership v. Management
- Self Improvement
- Human Resources
- Training & Motivating Employees
- Dealing with Differences
- Financial
- Planning
- Sales & Marketing

All classes are taught by local professionals with years of experience in their fields.

EXPLORATION &



INTRODUCING THE

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THE CENTER FOR
LIFELONG LEARNING



GREAT FALLS
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DEVELOPMENT

First Cohort:
February 25-April 22
Mon. & Tues. Nights

COST: \$999

Start the
L.E.A.D Certificate at:
gfcmsu.edu/lifelonglearning
or call 406.268.3734

Why register early you ask?

- Some classes fill quickly
- Fewer classes cancelled
- We can create new sections for high demand classes

PROFESSIONAL DEVELOPMENT CONT'D

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
NEW! Change in the Workplace	\$39	none	Tuesday 3/5	3:30-5 pm	G122	Deborah Jenkins
<i>Do you struggle with adapting to changes in the workplace? Do you have staff that give pushback for any changes you try to implement? This is a common human reaction. Come and learn about the psychological processing curve how to work through the difficult time.</i>						
Human Resource Tools	\$79	none	Tuesdays 3/5-3/26	5:30-7 pm	G122	Deborah Jenkins
<i>Do you need to sharpen your tools in your human resources toolbox? Come join this four-week class for a general and comprehensive review of HR matters of interest to you.</i>						
NEW! Video Storytelling with Your Phone	\$39	Bring device	Tuesdays 3/12-3/19	6-8 pm	509 1st Ave N	Erin Schermele Merchant
<i>Do you want to take your video phone skills to the next level? You can create engaging videos for your family or business without all of the fancy equipment. Learn the basics of video storytelling from award winning producer Erin Schermele Merchant. Bring your smartphone, tablet, or video camera. Apple devices aren't required but are recommended.</i>						
Simplified Graphic Design	\$29	none	Tuesday 4/2	6-8 pm	B124	Megan Sybrant
<i>Learn how to use the free desktop and mobile app Canva while also learning the basics of graphic design and how to create simple but beautiful designs for your marketing, advertising or personal needs. Prior to class, please sign up for Canva using your email address!</i>						
NEW! Keeping Your Information Secure Online	\$39	none	Monday/Wednesday 5/13 & 5/15	5:30-7 pm	B135	Justin Jones
<i>Overview of methods hackers use to steal your information accompanied by best practices to better secure your information against hackers.</i>						
LGBTQ Safe Zone Training	\$29	none	On Demand Call to be placed on list	TBD	TBD	Tim Dallacqua
<i>This class provides participants with a general understanding of lesbian, gay, bisexual, transgender and questioning (LGBTQ) identities. The training encourages dialogue and provides ample time for participants to ask questions and get honest answers. The class gives 3 CEUs per the state of Montana for licensed therapists.</i>						

QUICKBOOKS

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
QuickBooks in a Day	\$79	none	Friday 2/8	9 am - 5 pm	B124	Wendy Weissman
<i>Basic QuickBooks knowledge in one day! This course will cover the basics of QuickBooks including check writing and printing, accounts payable and receivable, invoices and statements, and business reports and graphs.</i>						
Quicbooks in a Day	\$79	none	Thursday 3/7	9 am - 5 pm	B124	Wendy Weissman
<i>Basic QuickBooks knowledge in one day! This course will cover the basics of QuickBooks including check writing and printing, accounts payable and receivable, invoices and statements and business reports and graphs.</i>						

FINANCIAL PLANNING

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Savvy Social Security for Boomers	\$19/single \$34/couple	none	Tuesday 1/29	7-8:30 pm	R170	Keith Duncan
<i>Whether you are already receiving Social Security or just planning to retire, this class will answer many of your Social Security questions and help you.</i>						

FINANCIAL PLANNING CONT'D

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Retirement Planning TODAY	\$49	includes book	Thursdays 2/21 & 2/28	6:30-9:30 pm	R170	Keith Duncan
<i>This comprehensive course helps you to see the "big picture." It examines many aspects of personal finance and explains how they all can work together to create an integrated retirement plan. All ages welcome!</i>						
Retirement Planning TODAY	\$49	includes book	Tuesdays 2/26 & 3/5	6:30-9:30 pm	R170	Keith Duncan
<i>This comprehensive course helps you to see the "big picture." It examines many aspects of personal finance and explains how they all can work together to create an integrated retirement plan. All ages welcome!</i>						

LUNCH AND LEARN

Your day is busy, but these classes fit in your schedule and allows you to learn a new skill or hone the ones you have. Bring your lunch and network with others.

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Social Media Branding	\$19	none	Thursday 2/28	12-1 pm	B139	Megan Sybrant
<i>Learn how to brand yourself on social media! Discover what platforms you should be on and what you should be posting about.</i>						

WELLNESS

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Dr. Lai's Tai Chi Club	\$39	none	Wednesdays 1/2- 5/8	5:30-6:30 pm	Heritage Hall	Richard Lai
<i>Tai Chi is an ancient Chinese martial art know for both its defense techniques and its health benefits and it has evolved over centuries to become a mean of alleviating stress and anxiety, a form of "meditation in motion."</i>						
Tai Chi	\$39	none	Mondays 1/7-5/6 (no class 1/21, 2/18 or 4/22)	5:30-6:30 pm	PGEC The Hub	Kristina Hanning
<i>Returning and new students welcome. You will learn the Guang Ping Yang Tai Chi form.</i>						
Gyrokinesis®	\$69	bring yoga mat	Tuesdays 1/22-3/12	12-1 pm	G121	Wendy Masterson
<i>A unique training method with carefully crafted exercise sequences that use fluid circular motion and breath to achieve core connectivity, articulation of the spine and joints, pliable strength, flexibility, coordination, balance, and endurance.</i>						
The Art of Falling	\$19	bring blanket	Wednesday 1/23	12-1:30 pm	G121	Wendy Masterson
<i>As an infant, we learn to fall. As an adult, we need to re-learn this skill to prevent serious injury. There is an art to falling safely, even when you don't expect to tumble.</i>						
NEW! Ketogenic Diet for Weight Loss & Reduction of Inflammation	\$19	none	Wednesday 1/23	5:30-7 pm	A124	Devorah Werner
<i>Keto is a very popular diet. You may be curious to know if it is a good choice for you.</i>						

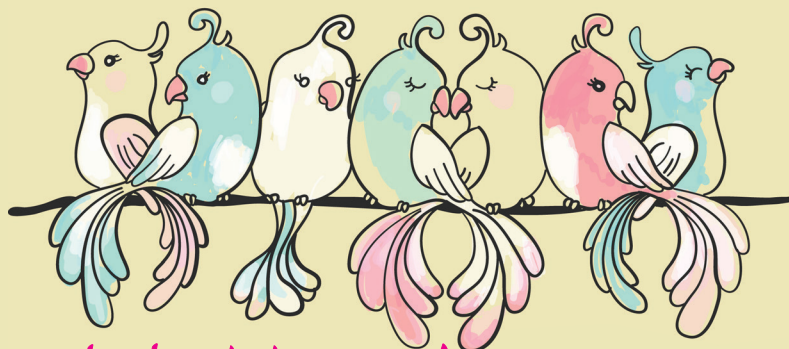
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WELLNESS CONT'D

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Ketogenic Diet for Weight Loss & Reduction of Inflammation <i>Keto is a very popular diet. You may be curious to know if it is a good choice for you.</i>	\$19	none	Saturday 1/26	9-10:30 am	G122	Devorah Werner
Bean Bag Brain <i>Got sore neck or shoulders? Headaches? Learn how to relieve tension through simple hands-on facilitation with a partner.</i>	\$19	hand towel & blanket	Saturday 1/26	9:30-11 am	G121	Wendy Masterson
Essential Oils – Essential for Your Immunity <i>There truly is an essential oil for everything! In this day and age, we are constantly on the go with all kinds of stressors being tossed at us. In this class, we will cover some ways to use oils to help boost your immune system to combat occasional stress.</i>	\$24	supplies included	Tuesday 1/29	6-8 pm	G122	Joan Redeen
NEW! Intuition – Develop & Strengthen <i>With the advancement in technology and social media, we are moving further away from our internal guidance. Not relying on intuition, we fall prey to more anxiety and stress. We all have intuition. Maybe you just need a little help finding it and learning how to reconnect.</i>	\$19	none	Wednesday 2/6	5:30-6:30 pm	A124	Devorah Werner
NEW! Intuition – Develop & Strengthen <i>With the advancement in technology and social media, we are moving further away from our internal guidance. Not relying on intuition, we fall prey to more anxiety and stress. We all have intuition. Maybe you just need a little help finding it and learning how to reconnect.</i>	\$19	none	Saturday 2/9	9-10 am	G122	Devorah Werner
Basic Essential Oiology <i>Essential Oil 101 – Who, What, Where, When, Why & How of Essential Oils.</i>	\$22	supplies included	Tuesday 2/26	6-8 pm	G122	Joan Redeen
NEW! Self Defense <i>An introduction to the basics of self-defense, based upon the internal martial arts approach. Students will study both physical defense and counter-attack options, as well as some de-escalation techniques.</i>	\$69	none	Saturdays 3/9, 3/23, 4/6	1-3 pm	Heritage Hall	Kristina Hanning
Clutter Buster <i>Clutter is everywhere. It causes stress, money, loss of time and so much more. This course will uncover what your clutter is trying to tell you and teach you methods for clearing the clutter in your life. Bring paper and pen for notes.</i>	\$29	none	Saturdays 3/23 & 3/30	9-10 am	G122	Devorah Werner
Cluster Buster <i>Clutter is everywhere. It causes stress, money, loss of time and so much more. This course will uncover what your clutter is trying to tell you and teach you methods for clearing the clutter in your life. Bring paper and pen for notes.</i>	\$29	none	Wednesdays 3/27 & 4/3	5:30-6:30 pm	A124	Devorah Werner



early bird discount * receive \$5 off

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WELLNESS CONT'D

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Basic Essential Oilology	\$22	supplies included	Thursday 4/25	6-8 pm	G122	Joan Redeen

Essential Oil 101 - Who, What, Where, When, Why & How of Essential Oils.

Healthcare Provider CPR	\$75	none	On Demand during the Semester	Call to be placed on list	TBD	Joel Henderson
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Are you a healthcare professional in need of BLS/HCP (CPR)? If so, this class is for you! This is the American Heart Association Basic Life Support for healthcare providers' course.

YOGA These exercises will increase your total body flexibility, balance, and strength while cultivating a sense of well-being through focused breathing and active meditation.

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Yoga	\$99	bring yoga mat	Mondays 1/28-5/6 (no class 2/18)	5:15-6:15 pm	G121	Drew Johnson
Yoga	\$99	bring yoga mat	Tuesdays 1/15-5/7	5:30-6:30 pm	G121	Debra Burns
Yoga	\$99	bring yoga mat	Wednesdays 1/23-5/8	5:15-6:15 pm	G121	Drew Johnson
Yoga	\$99	bring yoga mat	Thursdays 1/17-5/9	5:30-6:30 pm	G121	Debra Burns

YOGA CONT'D

COURSE TITLE	TUITION	SUPPLY FEE	DAYS/DATES	TIMES	ROOM	INSTRUCTOR
Yoga- Any 2 Nights	\$160	bring your mat	Mondays-Thursdays 1/15-5/9	See other Yoga times	G121	See other instructors
<i>Receive a discount for signing up for two evening yoga classes. (Only good for evening yoga)</i>						
Lunchtime Yoga	\$69	bring your mat	Fridays 1/25-5/10	12-12:45 pm	G121	Drew Johnson
<i>End your week with a sense of well-being through focused breathing and active meditation.</i>						

early bird
discount

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VETERAN'S UPWARD BOUND

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- 24-Hour Access
- 6 Weeks of Instruction

Our instructor-facilitated online courses through Ed2Go are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. You can complete any course entirely from your home or office – any time of the day or night.

FEATURES:

- Courses run for six weeks (with a 10-day grace period at the end)
- Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links and more.



CDL TRAINING

Taught by Route 93
Professional Driving School

CLASSROOM TRAINING ONLY:

April 16-20, 2019

COST: \$1400*

FIELD TRAINING ONLY:

Call to Schedule

COST: \$3500**

Info & Register:

406.268.3734

gfcmsu.edu/lifelonglearning

* A non-refundable \$100 deposit required. **Additional fees for drug testing and DOT Physical not included.



WE LISTEN TO YOUR TRAINING GOALS AND CREATE A PROGRAM SPECIFICALLY FOR YOUR ORGANIZATION

500+

PEOPLE SERVED through customized training at their business last year.

20+

BUSINESSES were provided with customized training last year.



ABOUT US

The Center for Lifelong Learning at Great Falls College MSU offers non-credit community classes and customized training for a variety of organizations.

CONTACT

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406.771.2290
heather.palermo@gfcmu.edu



GREAT FALLS COLLEGE
MONTANA STATE UNIVERSITY

CUSTOMIZED TRAINING

DESIGNED TO FIT YOUR TRAINING NEEDS

GFCMSU.EDU/LIFELONGLEARNING



HOW WE CAN HELP

APPRENTICESHIPS

Apprenticeships are a time honored training model. GFC MSU provides the related instruction required and helps navigate the ins and outs of setting up an apprenticeship with the Department of Labor.

CUSTOMIZED

We provide training in a wide range of areas from construction, health care, computer skills, customer service, leadership, professional skills, welding, industrial technology, and so much more. Knowing people who are experienced in a wide range of expertise is one of our skills.

FIT YOUR BUDGET

We know training can be expensive, that is why we work with any budget. You save time and money by training locally instead of sending employees to far off locations or to workshops that are not customized to your needs.

WHAT WE DO

We partner with businesses and organizations to explore and create customized training geared toward the training needs to help the company reach its goals.

No customized training is the same, because no business is the same.

WE PROVIDE TRAINING FOR YOUR EMPLOYEES

LEARNING IS LIFELONG

With effective collaboration, we help you train your employees on what best suits your business.



GREAT FALLS COLLEGE
MONTANA STATE UNIVERSITY



The Center for Lifelong Learning

at Great Falls College MSU is proud to offer affordable and convenient learning opportunities for the community.



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- » Blacksmithing Basics **p.3**
- » Self Defense **p.10**
- » Smartphone Basics for Android Users **p.6**
- » From Grains to Glass **p.4**
- » Video Storytelling with Your Phone **p.8**
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