Check out Feature Five!

Does a baking career interest you? A Cake Decorating certificate will help you build new skills, focus on strengths, and learn tricks of the trade. See page 31.

Careers in health care are thriving. See our Healthcare Occupations training programs on page 11.

Prepare for the NISM Social Media Strategist certification exam. See page 15.

Take your writing to the next level with a Writing certificate. See page 43.

Increase your value in the job market with Project Management Professional certification and Lean Six Sigma Green Belt certification. See page 5.

ST. LOUIS COMMUNITY COLLEGE

Since 1962, more than 1.2 million people have passed through our doors to take a class, earn a degree, upgrade their career skills or enrich their lives. Each year, more than 80,000 students enroll in:

- College transfer and career programs leading to associate degrees
- Job skill and personal development classes
- College preparatory courses
- Specialized performance programs sponsored by local employers
- Associate degrees in Arts, Science, Fine Arts, Applied Science and Teaching, as well as Certificates of Proficiency and Specialization. The college’s Workforce Solutions Group also serves the local business community through assessment, counseling, consulting and training services.

Learning is convenient via:
- Four campuses: Florissant Valley, Forest Park, Meramec and Wildwood
- Three education centers: south and north St. Louis County and north St. Louis City
- Numerous business, industrial and neighborhood sites throughout the metro area
- Online instruction

Governed by a board of six elected trustees and supported by local taxes, state funds and student fees, the college has an annual budget of more than $200 million. The college is accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools. St. Louis Community College focuses its resources on helping students find the right academic and career pathways. Through its alumni and community partnerships, the college is helping St. Louis become the best place to live and work in the 21st century.

Registration begins January 5.

For more information, visit stlcc.edu/ce
St. Louis Community College expands minds and changes lives every day. We create accessible, dynamic learning environments focused on the needs of our diverse communities.

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

### HOW TO READ COURSE LISTINGS

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

- **COURSE CODE:** ABCD:123
- **COURSE FEE:** $15
- **SECTION NUMBER:** 250
- **DAY + TIME:** Th 7pm-8:30pm
- **MEETING DATES:** Feb. 5 - March. 5
- **INSTRUCTOR:** John Smith
- **LOCATION:** FP - G Tower, 113

St. Louis Community College is saving a seat for you beginning January 5. Call 314-984-7777 to register.

Experience STLCC Information Night for High School Students and Parents

Attend a presentation about St. Louis Community College. Get your questions answered. Topics include:

- Admissions and testing process
- Financial Aid and A+ Scholarships
- How to earn college credit while in high school
- Career options and programs

**February 24**  
Meramec Theatre

**March 5**  
Florissant Valley Multipurpose Room

**March 10**  
Forest Park Cafeteria

**March 12**  
Wildwood Multipurpose Room

Get more details and register at: stlcc.edu/visit

START HERE  
START NOW
More than ever, life presents daily challenges to learn more, do more and be more.

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

We’re here to help you create a more rewarding future through lifelong learning.

www.stlcc.edu/ce  314-984-7777
Adult Career Exploration Sessions

Whether you are just starting out or are looking to switch careers- but you aren’t sure about an area of study-a **career exploration session** will help you identify your interests, and learn about career pathways that might be a fit for you!

Complete a **FREE online interest inventory PRIOR to the workshop so you can:**

- Discover how your interests influence career decisions
- Learn how your interests relate to career programs at STLCC
- Hear about payment options
- Find out how to get started STLCC!

- Jan. 6 – Florissant Valley 5:30-7pm, TC 105/107
- Jan. 13 – Forest Park 5:30-7:30pm, Stu. Ctr. Café East
- Feb. 11 – Wildwood 6-7:30pm, Room 223
- March 3 – Meramec 6-7:30pm, BA 105
- April 7 – Meramec 6-7:30pm, BA 105
- April 22 – Wildwood 6-7:30pm, Room 223
- May 14 – Forest Park 5:30-7:30pm, Stu. Ctr. Café East
- May 21 – Florissant Valley 5:30-7pm, TC 105/107

Once your registration is confirmed, you will receive an email with a user name and password to access an online interest inventory. Internet access is needed to complete the interest inventory before the event.

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

Register TODAY at [stlcc.edu/Visit](http://stlcc.edu/Visit) and get started on the New You!

**Register Today** at [stlcc.edu/Visit](http://stlcc.edu/Visit)

### Adult Career Exploration Sessions

**Whether you are just starting out or are looking to switch careers- but you aren’t sure about an area of study-a **career exploration session** will help you identify your interests, and learn about career pathways that might be a fit for you!**

Complete a **FREE online interest inventory PRIOR to the workshop so you can:**

- Discover how your interests influence career decisions
- Learn how your interests relate to career programs at STLCC
- Hear about payment options
- Find out how to get started STLCC!

- Jan. 6 – Florissant Valley 5:30-7pm, TC 105/107
- Jan. 13 – Forest Park 5:30-7:30pm, Stu. Ctr. Café East
- Feb. 11 – Wildwood 6-7:30pm, Room 223
- March 3 – Meramec 6-7:30pm, BA 105
- April 7 – Meramec 6-7:30pm, BA 105
- April 22 – Wildwood 6-7:30pm, Room 223
- May 14 – Forest Park 5:30-7:30pm, Stu. Ctr. Café East
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**For more information call 314-539-5002 or email AskUs@stlcc.edu**

Register TODAY at [stlcc.edu/Visit](http://stlcc.edu/Visit) and get started on the New You!

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

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**Adult Career Exploration Sessions**

**Through **Plus 50**, St. Louis Community College provides a gateway to make it easier than ever for adult learners to earn credit toward a degree or certificate.**

We offer support and flexibility to help you reach your goals, from choosing a course of study and scheduling classes to applying for financial aid.

Email us at [Plus50@stlcc.edu](mailto:Plus50@stlcc.edu) to get started today!

**Well-chosen words add up to great sentences.**

Now your own words can add up to a Writing Certificate from St. Louis Community College.

**For a complete brochure on the Writing Certificate, call 314-984-7777.**
Take charge of your professional development this spring!

Continuing Education has the courses you need to gain knowledge, sharpen your skills and advance your career.

Certified Public Accountant (CPA) Management Breakfast Series
This series of breakfast lectures is designed to assist CPAs who are in private practice as well as those in corporate staff positions. The lectures will help CPAs achieve their required Continuing Professional (CPE) units. Topics will be relative to the need and needs of CPAs and will be bought by recognized experts. Fee includes continental breakfast and materials. Class on 5/21 will be held until 9 am to fulfill Ethics requirement.
BUSH:787 | $249
M01 Th 7:15am-8:45am
March 26 – May 21
Ces & Judy's

CPA Breakfast Ethics Seminar Only
This session is available for participants interested in attaining the required two hour Ethics Continuing Professional (CPE) units. Fee includes continental breakfast and materials.
BUSH:787 | $35
M02 Th 7:15am-9am
May 21
Ces & Judy's

Understanding Patents, Trademarks and Copyrights
If you are a business or creative person selling a product or service, you need to know how to protect your trademark, copyright and patent so that you can profit by their use. In this problem-solving course, you will learn how to protect your trademark, copyright and patent so that you can.
BUSH:729 | $55
C51 W 6:30am-1:30pm
April 11
Morris Turek
MC - SQ, 109

Exclamation Point!
The Lean Six Sigma Green Belt Certification exceeded my expectations. I was very impressed with the content. Pat Dalton the instructor, and the facilities. I will likely recommend this course to others!
Jennifer B., Chesterfield

www.stlcc.edu/ce / 314-984-7777  Spring 2015  Continuing Education | St. Louis Community College  5
Dealing with Difficult People in the Workplace and Managing the Conflicts

Are there co-workers, subordinates or bosses in your office with whom there are conflicts? Would you like to learn how to enhance communication and build a better rapport? The relationships we have with others are important in cooperation, productivity, teamwork and support. Join Dr. Renee Huss and learn processes for interacting clearly with others in order to get what you need and want through negotiating styles, which can result in a win-win outcome.

BUSN:705  |  $35
480  |  Sa 9am-12pm  |  Dr. Renee Huss
   |  Feb. 21   |  FP - G Tower, 113

How to Get More of What You Need and Want in Negotiations

You may not think of yourself as a negotiator, but you are. All of us negotiate every day with family, friends and co-workers, even if we don’t think of what we’re doing as negotiation. Negotiation is getting what we need and want through a process of interacting with others, and some of us are clearly better at it than others. Knowing how to get what you need and want from others in a principled, win-win fashion is a major life skill, and one that anyone can learn. In this class, you will learn how to identify your personal negotiating style, how to get clear on what you actually need and want, and how to use “The Magic Question” for a win-win outcome.

BUSN:702  |  $15
680  |  Sa 9:30am-12:30pm  |  Dr. Renee Huss
   |  March 7   |  MC - SQ, 108

Essentials of Leadership

This foundational course is designed to teach leaders how to get results through people. You’ll learn a set of essential skills to meet both practical business needs and individual personal needs. Discussions will focus on acquiring a set of proven interaction skills, discovering the seven leadership imperatives for meeting today’s challenges, and the role as a catalyst leader—a leader who inspires others to act. Course is approved for HRCI credit. Registration deadline March 18.

BUSN:704  |  $79
C01  |  Tu 8:30am-12:30pm  |  Barry Schapiro
   |  March 31   |  Corp. College, 211

Mastering the Art of Effective Facilitation

You have to pay attention to the process elements of meetings if you want them to be effective. With its focus on asking rather than telling, and listening to build consensus, facilitation is the new leadership idea, the core competency everyone needs. Through interactive activities, you’ll learn common process tools to make meetings easier and more productive, to identify the stages of team development, to identify the competencies linked to effective small group facilitation and more. Lunch on your own.

BUSN:714  |  $79
C01  |  Sa 8:30am-5pm  |  James Lombardo
   |  March 28   |  Corp. College, 209

Small Business Essentials

The Small Business Essentials Certificate is designed to provide a pathway for new and current entrepreneurs interested in exploring the components of small business startup, operations, and to learn business management skills essential for the success of their endeavor.

• Two classes from each of the three core areas of startup, finance, management
• Three marketing classes
• Two classes from designated technology options

Business Start-Up

Starting and Managing a Small Business

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

BUSN:701  |  $59
680  |  Sa 9am-12pm  |  Lynette Watson

Artisans and Crafters: Making Money with Your Business

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

BUSN:701  |  $29
650  |  Tu 6pm-9pm  |  Michelle Ochonicky
   |  March 24   |  MC - BA, 114

New Starting Your Own Business: Legal Issues

As a small business owner, you are subject to some of the laws and regulations that apply to large corporations. This class will help you understand which requirements apply to your business. It will cover establishing a corporation, partnership or LLC, as well as introducing the law of Marketing, Employment, Copyright and Trademark, Privacy, Contracts, Tax and other regulations. Taught by an attorney.

BUSN:701  |  $19
450  |  M 6pm-8pm  |  Amy Hereford
   |  April 20   |  FP - G Tower, 111

S.C.O.R.E. Seminar

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

Fee for class materials payable to SCORE at registration; $50 pre-register and pre-pay; $70 at the door.

BUSN:701  |  $68
681  |  Sa 8:15am-3pm  |  MC - SQ, 108
   |  Jan. 10   |  MC - SQ, 108
682  |  Sa 8:15am-3pm  |  MC - SQ, 108
   |  Feb. 7   |  MC - SQ, 108
683  |  Sa 8:15am-3pm  |  MC - SQ, 108
   |  March 7   |  MC - SQ, 108
684  |  Sa 8:15am-3pm  |  MC - SQ, 108
   |  April 11   |  MC - SQ, 108
685  |  Sa 8:15am-3pm  |  MC - SQ, 108
   |  May 2   |  MC - SQ, 108

Business Plan Development

An intensive, four-session, individually customized course designed to provide new and aspiring entrepreneurs with the tools and resources to create a solid business plan. Experienced business facilitators/ coaches will guide group sessions, and share practical experiences to enhance your business. Participants learn with and from their peers, creating a powerful network that continues well after the program is complete. These sessions are enriched with guest speakers from various disciplines including the legal profession, marketing, human resources, and financing. In addition, each participant will begin by taking the GrowthWheel assessment and receive customized tools based on this assessment to assist as you build your plan. Weekly homework assignments are given and participation is required to be successful in the class. Continued counseling from a business counselor and certified life coach is available after the completion of the class. Program is offered in partnership with the Small Business and Technology Development Center.

BUSN:702  |  $99
650  |  W 6pm-9pm  |  Lynette Watson
   |  April 1 – April 22   |  MC - SQ, 206

Classes must be taken via CE including up to three from AMA or Ed2Go™ online programs. Courses may be taken individually or towards completion of a certificate.
Finance

Keeping Records for a Small Business
As a small business owner, it is important for you to have good record keeping procedures and accurately follow tax guidelines. Taught by small business tax professional, T. Spector, CPA, class topics include internal and external financial records, different forms of business ownership (and their specific record keeping requirements), setting up your own books, management reporting, travel and entertainment expenses, home office expenses, methods for tracking and deducting vehicle expenses. The instructor welcomes a two-way discussion and questions about your specific situation.

BUSS:705 | $79  
650 W 6pm-9:30pm  
T. Spector  
April 29 – May 6  
MC - BA, 124

Small Business Tax Seminar
If you are thinking of starting a small business or have already done so, this program is designed for you. Join small business tax professional, T. Spector, CPA, and learn the essentials of starting a business; business use of the home, record keeping, independent contractor versus employee, hobby versus business, federal income tax and employment tax requirements. This program is designed for sole proprietors, but much of the information relates to all forms of business ownership. The instructor welcomes a two-way discussion and questions about your specific situation.

BUSS:706 | $39  
680 Sa 9am-12:30pm  
T. Spector  
April 25  
MC - SQ, 108

Understanding Accounting: An Introduction
Designed for individuals with non-financial backgrounds who work with budgets or those wanting to enter an office management position, this introductory course provides an overview of accounting terminology and concepts learned in a group setting. You will also learn about interviewing by providing and receiving feedback to fellow participants. In-class practice will allow you to apply the concepts learned and to sharpen your interviewing skills delivery. In-class practice will allow you to apply the concepts learned and to sharpen your interviewing skills.

BUSS:741 | $29  
650 Th 6pm-9pm  
Kimberly Franklin  
March 26  
MC - CN, 203

Check out additional classes that can help support your Small Business in Computers & Technology on page 16.

Marketing & Promotion

Creating a Breakthrough Marketing Program for Your Small Business
Get a hands-on approach to understanding the foundational pieces of a marketing program and how to create a marketing plan that can help your small business move beyond the basics of marketing. Learn to develop objectives and strategies to assist you in meeting your goals. Program is offered in partnership with the Small Business and Technology Development Center.

BUSS:710 | $35  
651 Sa 9am-12pm  
Lynette Watson  
March 14  
MC - SQ, 107

New Generating Buzz Around Your Small Business
Do you need help in taking your business to the next level? Join Sarah Guldalian, veteran media, marketing and mass communications professional to identify and seize opportunities that promote awareness for your small business or product. We’ll discuss the importance and how-to’s of strategic networking and progressive ways to motivate your desired target audience to respond to your call-to-action. You’ll take home a plan with action steps towards your desired results.

BUSS:710 | $25  
652 Tu 6pm-9pm  
Sarah Guldalian  
April 21  
MC - BA, 114

New Establishing a Digital Presence for Your Small Business
Do you know the most lucrative social media platforms vital to your success as a business owner? Learn to create and sustain a relevant digital identity in this new public arena to access your future customers. Bring your laptop or tablet or use our equipment to get started in this digital hands-on lab. Discover where and how to establish your business on specific social media platforms and get a leg up over your competition on expanding your message. Instructor Sarah Guldalian is a media, marketing and mass communications professional with over 15 years of experience working with media agencies.

BUSS:710 | $25  
653 Tu 6pm-9pm  
Sarah Guldalian  
April 14  
MC - BA, 202

Advertising, Marketing and PR on a Dime
Explore some of the best ways to advertise, market and get public relations for your business with little or no money. Learn how to stretch your budget by maximizing the image of your product or service. Learn to take control and know the consumer you want. We’ll discuss tools to create and capture customer value, managing marketing information to assess buyer behavior, communicating your brand, social responsibility and ethics.

BUSS:710 | $39  
650 Tu 6pm-8pm  
Robin Boyce  
March 3 – March 10  
MC - Library, CNFL

Small Business Essentials

Gain the competitive edge to succeed in your business

www.stlcc.edu/ce / 314-984-7777  
Spring 2015  
Continuing Education | St. Louis Community College  

Career Essentials

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

CPDV:705 | $25  
651 Tu 6:30pm-9:30pm  
Laurie Hawkins  
March 3  
MC - SQ, 108

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

CPDV:704 | $49  
550 Tu 6pm-8pm  
Jacqueline Meaders-Booth  
March 31 – April 14  
SCEUC, 207

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

CPDV:705 | $25  
650 Tu 6:30pm-9pm  
Laurie Hawkins  
Feb. 24  
MC - CN, 203

Interviewing Skills 101
Preparing for a job interview is a critical process to securing employment. Designed to develop basic job interviewing techniques, you’ll learn from a college career specialist insight into answer formulation and effective delivery. In-class practice will allow you to apply the concepts learned and to sharpen your interviewing skills by providing and receiving feedback from fellow participants in a group setting. You will also learn about interviewing theory, wardrobe selection, and illegal questioning.

CPDV:703 | $25  
650 Sa 10am-12:30pm  
Sherita Reinhardt  
March 28  
MC - SQ, 108

Strategies for Success: Mastering the Behavioral Based Interview
Behavioral based interviewing is fast becoming the preferred method of recruiters to screen and select top notch candidates. From the initial screening process to building rapport with interviewers, this class will help you gain insight into providing interest, showcasing your accomplishments, highlighting your skill sets and preparing exceptional responses to questions for prospective positions. Through familiarity and preparation of behavioral based interview questioning, you’ll develop the best opportunity for success in securing a job.

CPDV:703 | $19  
651 Th 6pm-8pm  
Sherita Reinhardt  
April 2  
MC - CS, 206
**Establishing and Running a Nonprofit Organization: Part I**

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

**NPAD:703 | $29**

681  Sa  10am-12pm  Amy Hereford  MC - SO, 107  April 11

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**Establishing and Running a Nonprofit Organization: Part II**

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

**NPAD:703 | $29**

682  Sa  1pm-3pm  Amy Hereford  MC - SO, 107  April 11

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**Email us at us at Plus50@stlcc.edu to get started today!**

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**New Event Planning 101**

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

**NPAD:703 | $25**

680  Sa  9am-12pm  Sarah Guldalian  MC - SO, 109  Feb. 21

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**How to Craft Your Elevator Speech: Floor-by-Floor**

Competition for jobs and business opportunities is strong and you need to stand out. Whether you are at a networking event, meeting or called upon to speak at a seminar, you have only a limited amount of time to capture the attention of the listeners, introduce yourself and get noticed. In this class, you'll use a template to develop and refine your "elevator speech" - wow your audience and open up a whole new set of opportunities.

**CPDV:765 | $25**

650  Tu  6pm-9pm  Fred Miller  MC - SC, 205  March 31

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**Changing Career Directions: Find the Passion in Your Career Path**

Rudolph Nureyev said, "Work is sacred!" But do you consider your work a sacred and exciting opportunity to express your true self? We spend a good part of our lives expressing ourselves through work and career, therefore it is important that we experience joy and value in what we do. How you invest your time and energy is up to you. It is not so much what happens to you but how you respond to what happens that makes the difference. Join Jean Walters, Transformational Life Coach and author as she aids you in clarifying a career direction and/or establishing a change in career path to enhance your quality of life and increase your fulfillment. You CAN condition yourself for success and reach your full potential.

**CPDV:702 | $79**

650  M  7pm-9:30pm  Jean Walters  MC - BA, 118  April 6 – April 27
New Sell Your Vision and Mission as a Nonprofit

Have you ever considered utilizing the richness of your history and the expansiveness of your future as a nonprofit organization to convey an engaging picture for your constituents? Join Sarah Guldalian, nonprofit manager and media outreach producer, as she helps you design and unify your message across platforms. You’ll explore methods to most effectively communicate your organization’s vision to engage your prospective constituents towards giving and volunteerism.

NPAD:707 | $35
651 Tu 6pm-8pm
March 3 – March 10
Sarah Guldalian
MC - CS, 209

New Best Practices: Expand Your Following through Social Media

Identify the most lucrative social media platforms to share your mission and expand the vision of your non-profit organization as you examine ways to create and sustain a relevant digital identity with limited budgets and personnel. Get the most up-to-date information on social media platforms from veteran media producer and nonprofit manager Sarah Guldalian. Bring your laptop or tablet or use our equipment to get started in this digital hands on lab. You will identify where and how to establish yourself on specific social media platforms to successfully expand your message to current and future volunteers and donors.

NPAD:707 | $25
680 Sa 9am-12pm
Feb. 28
Sarah Guldalian
MC - BA, 216

New Cultivating Constituent Relations: Broadening Your Reach

Learn to support your organization’s activities and identify effective ways to move your nonprofit forward through the grass-roots help of an active constituent base. Nonprofit manager and coach for a development and leadership organization, Sarah Guldalian will share with you new ways to initiate meaningful conversations with prospective constituents and cultivate relationships that result in more financial and volunteer support.

NPAD:707 | $35
650 Tu 6pm-9pm
March 24 – March 31
Sarah Guldalian
MC - CN, 201

Career Studies

Supporting Quality Outcomes Through the Use of Interact III

Identifying change of condition EARLY and avoiding unnecessary hospitalizations is a goal for every skilled community. It’s not only about meeting the expectations of our hospital partners, but more importantly, it will serve to create a better quality of life for those we care for. Through implementation of the Interact III program, your community can find new ways to identify, assess, communicate and meet the individualized needs of your residents. And the bonus - you will reduce re-hospitalizations and improve professional relationships with physicians.

AHCE:734 | $29
530 W 6pm-8:15pm
April 22
Joan Devine
FY – B, 212

Modalities Update: The Thermal Side of Things and Traction

This course is designed for the PT, PTA, OT and OTA. Take a look at the thermal side of things. What is new with diathermy and why is there a resurgence of popularity with this once archaic modality? Visit ultrasound parameters and uses. Then we will revisit traction parameters and uses. This course will provide a refresher course on the indications, contradictions and parameters of these modalities in current practice.

AHCE:774 | $39
680 Sa 9am-12pm
March 28
Christina Cohoon
MC - AS, 104A

EMT Core Curriculum

This course is held 1/21-5/18. It meets all the current requirements for Missouri EMT-B license renewal. It includes the assessment and care of the sick and injured, pediatric and geriatric emergencies, childbirth, defibrillation, hazardous material situations and the use of adjunctive EMS equipment. Does not include CPR. Attendance at first class is required. A strict attendance policy is enforced. Course is not for initial EMT-Basic training. Registration deadline before class begins on 1/21. No class 2/16, 3/16, 3/18.

EMSS:700 | $270
H50 W 6pm-10pm
Jan. 21 – May 18
Steven Newcomb
Harrison Ed. Ctr., 200

Documentation to Maximize Medicare Reimbursement

This education activity is designed for the Occupational Therapist and Occupational Therapy Assistant. The session will review key components of occupational therapy documentation that help support medical necessity. In addition, this session will discuss the relationship between recent changes in Medicare Reimbursement and their impact on documentation.

AHCE:7731 $25
650 W 6pm-8:15pm
April 29
Cindy Kempf
MC - AS, 102

GENERAL INFORMATION for Nursing and Allied Health Programs

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

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

Unless otherwise announced, contact hours will be awarded to participants who attend the entire educational activity (single session); or 80 percent of an activity that meets multiple sessions; and who complete the education activity evaluation.

St. Louis Community College is an approved provider of continuing nursing education by the Midwest Multistate Division, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. St. Louis Community College believes that all planners, presenters and content experts taking part in continuing education activities must adhere to a fair, unbiased and evidence-based approach in presenting content and declare any relationships with commercial organizations. Any real or apparent conflict of interest will be disclosed to participants.

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

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

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

Clinical and Field Work

Some degree and certificate programs offered by the college require students to obtain clinical or other field experience as part of their course work. Students with criminal convictions or drug use may have difficulty progressing in these programs. Hospitals and facilities may mandate that a criminal background check and/or drug screening check (at the student’s expense) may be conducted prior to placement in a clinical or field setting. Students not passing these checks may be prohibited from participating in the clinical or field experience, thus rendering the student ineligible to satisfactorily meet the course/program requirements. Students should contact an academic advisor or the program coordinator for further details.
Pharmacology Update: Cardiac Medications
The education activity Pharmacology Update: Cardiac Medications is designed to provide the registered nurse with the most current and best available evidence explaining mechanisms of drug action and the appropriate nursing management for the safe administration of cardiac medications. Cardiac anatomy and physiology will be reviewed. Cardiac medications will be presented in terms of classification of action, effect on the cardiac and vascular systems and disorders which they are used to treat. Appropriate nursing assessment and interventions will be discussed in relation to intended response to cardiac medications as well as possible side effects.

NURS:706 | $29
420 W 6pm-8:15pm
April 8
Andrea Weber
FP - G Tower, 117

Medical Terminology for Nursing and Allied Health Occupations
This course will be offered 4/6 - 5/11. Medical terms and language are complex and not often easily understood. Nursing and allied health textbooks are filled with many words that have been derived from the combination of word forms from Latin suffixes and prefixes. Attend this course for a “jumpstart” to learn the meaning of these complex words and to gain the “extra edge” when reading textbooks filled with medical language. Refund/withdrawal deadline date: 3/30. No refunds after that date.

NURS:708 | $89
4D0 M 6:30pm-8:30pm
April 6 – May 11
Alverta Smith
FP - G Tower, 117

Diabetes Update 2015
Management of the client with diabetes is an ever-changing challenge. This workshop will focus on the most recent advances in the care and treatment of clients with diabetes. Topics to be addressed include criteria for diagnosing diabetes, types of diabetes, medications used in the treatment of diabetes, diabetic complications, special issues for the elderly diabetic, new products for the diabetic and recent research about diabetes.

NURS:777 | $49
650 Tu 6pm-9:15pm
April 28
Katie Stewart
MC - CE Classroom

Mental Health First Aid Certification
This certification course is held 4/2 through 4/23. Mental Health First Aid is a certification course designed to assist participants in giving first aid to individuals experiencing a mental health crisis and/or who are in the early stages of a mental health disorder. The course teaches an appropriate response plan and the signs and symptoms of common mental health problems: anxiety, depression, psychosis, eating disorders and substance use disorders. This certification course is also offered for college credit (PRD 128). Textbook is required and available in the Florissant Valley Bookstore.

NSNG:786 | $101
210 Th 5:30pm-8:45pm
April 2 – April 23
Ellen Nickrent
FV – SC, 257

Caregiving at Home Workshop
This workshop will be offered 3/23 through 5/11. Whether you are a family member, a concerned friend, or a community volunteer helping a senior with household tasks, personal and/or health care in the home setting or transportation, this 8-week workshop will provide you with helpful information. Come to the entire workshop or select individual classes that will enable you to ensure the senior continues to thrive during life’s most difficult times of aging. Throughout this workshop resources and support for the caregiver will be addressed. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or close friends. Lead Instructor and Series Facilitator: Cathy Flasar MSN, RN. No class 4/20.

AHCE:701 | $129
650 M 6:30pm-9pm
March 23 – May 11
MC - SS, 108

Caregiving at Home - Getting Started
The need for caregiving in the home may occur suddenly with an illness or injury or, as with chronic illness or frailty due to aging, it may develop over a period of time. There are a variety of factors to be considered when the need for caregiving arises. Join us for the first evening of the workshop to discuss the beginning of caregiving in the home. Instructor: Cathy Flasar MSN, RN.

AHCE:701 | $29
651 M 6:30pm-9pm
March 23
MC - SS, 108

Caregiving at Home - Conditions, Events and the Emotional Experience
This evening’s class will look at conditions and events requiring care in the home and the related stress and emotion experienced by the senior as well as the caregiver. Instructor: Janice Palmer PhD, RN, CNE.

AHCE:701 | $29
652 M 6:30pm-9pm
March 30
MC - SS, 108

Caregiving at Home - Eldercare Law and Order
Join us for an interactive presentation on eldercare law. Some of the topics to be presented include Advanced Directives, Living Wills, Power of Attorney, and Trust Funds. Instructor: Christine Alspor.

AHCE:701 | $29
653 M 6:30pm-9pm
April 6
MC - SS, 108

Caregiving at Home - Medicare: The Basics
This evening’s class will focus on Medicare, the federal health care program for those 65 years and older. Join us for a discussion on Medicare Part A and B, Medicare Part D (Prescription Drugs), Medicare Supplements and Medicare Advantage Plans. Instructor: Shelley Miller.

AHCE:701 | $29
654 M 6:30pm-9pm
April 13
MC - SS, 108

Caregiving at Home - Do No Harm: Proper Body Mechanics
How do you safely move a senior in bed, transfer, and assist with walking? Learn the proper body mechanics that will assure the safety of the person being assisted and the caregiver. Please wear flat shoes and slacks for this session. Please note this session which is part of the 8-week Caregiving at Home Workshop will be offered on a Tuesday evening.

AHCE:701 | $29
655 Tu 6:30pm-9pm
April 21
MC - AS, 104A

Caregiving at Home - Basic Care: Hygiene, Nutrition and Fluid Intake
This evening’s class will turn our attention to the hygiene, nutrition needs and fluid intake of the senior. Instructor: Cathy Flasar MSN, RN.

AHCE:701 | $29
656 M 6:30pm-9pm
April 27
MC - SW, 111

Caregiving at Home - Medications and Pain Management
This week we will discuss medications and current trends in pain management for the senior. Instructor: Cathy Flasar MSN, RN.

AHCE:701 | $29
657 M 6:30pm-9pm
May 4
MC - SS, 108

Caregiving at Home - Putting It All Together
During this final evening of the Caregiving at Home Workshop we will discuss arrangement of household needs such as shopping, cooking, housekeeping, medical supplies and transportation.

AHCE:701 | $29
658 M 6:30pm-9pm
May 11
MC - SS, 108

Exclamation Point!
The Caregiving at Home series was so informative – a wealth of information. The topics covered were thorough – so much the average person would not think of asking. The instructor was personable and used her experiences as examples.

- Mary B., Kirkwood
**Healthcare Occupations**

**Phlebotomy**

This training program is held from 2/10 - 4/30. Register in person only in Continuing Education at Forest Park, G 322/324. This training prepares the student for entry level employment as a phlebotomist. The course provides classroom, lab instruction and clinical experience. 120 hours of clinical experience is in addition to scheduled class time. Course content includes basic anatomy pertinent to blood collection, as well as communication skills, specimen processing, related interdisciplinary tasks, lab experience of blood drawing techniques and practical experience of blood drawing techniques in the clinical setting. A strict attendance policy is enforced throughout this training. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application; Family Care Safety Registry-Worker registration letter. Only original letter will be accepted. Letter cannot be older than six months. Register on online at www.dhss.mo.gov to obtain letter. No class dates: 3/17, 3/19. Refund/withdrawal deadline: 2/3. No refunds after that date.

AHCE:785  |  $1,400
4D0  |  TuTh 4pm-7pm
Feb. 10 – April 30  |  FP - 8 Tower, 417

**Nurse Assistant for Nursing Homes**

Registration begins December 1

This training meets requirements of the Missouri Omnibus Nursing Act. The course exceeds the required 75 hours classroom instruction and 100 hours of supervised on-the-job training. Class meets twice a week for 20 sessions; each four hours in length. The 104 hours of on-the-job training are in addition to the scheduled class time. Course content includes training in basic nursing skills, fire, disaster training, nursing home resident safety and rights, the social and psychological problems of nursing home residents, methods of caring for mentally confused residents such as those with Alzheimer's disease and related disorders, food service, personal care, elimination, restorative nursing, infection control and special procedures. Upon successful completion of the course the student is eligible to take the final exam. A strict attendance policy is enforced throughout this training. Prerequisite: Family Care Safety Registry Worker Registration letter is required at time of registration. Only original letter will be accepted. Letter cannot be older than six months. Register online at www.dhss.mo.gov/ FCSR/ to obtain letter. To enroll in this state approved training program the student must be employable in a skilled nursing facility or intermediate care facility in direct resident care. This will be assured by verification with the criminal background check. Prior drug screen, Family Care Safety Registry Worker Registration, state registry for nurse assistants and the EDL. Intermediate or higher proficiency in English is recommended.

NURS:723  |  $699
4D0  |  TuTh 4:30pm-8:30pm
Jan. 13 – March 12  |  Sa 8am-4:30pm
Jan. 24  |  Refund/withdrawal deadline: 1/6. No refunds after that date.

4D1  |  TuTh 4:30pm-8:30pm
March 24 – May 21  |  Sa 8am-4:30pm
March 28  |  Required Nursing Skills Lab: Saturday, 3/28, 8 am - 4:30 pm. Refund/withdrawal deadline: 3/17. No refunds after that date.

**Pharmacy Technician Certification Training**

Registration begins December 1

This training is held from February 12 through June 29, 2015. Required orientation: Monday, February 9, 6 - 8 p.m. Register in person only in Continuing Education at Forest Park, G 322. This program prepares the student for entry level employment as a pharmacy technician. The course provides 105 hours of class room instruction and 60 hours of externship experience. Course meets twice a week, Monday and Thursday (February 12 - May 21), for 28 sessions; each 3.5 hours in length. The 60 hours of externship experience (May 22 - June 19) follows the classroom experience. Final exam: June 25. Students will learn about the top medications dispensed in the United States and be introduced to the basic concepts of pharmacy calculations for proper medication dispensing. A strict attendance policy is enforced throughout this training. Upon successful completion of the course the student is eligible to take a certification exam. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application. Family Care Safety Registry-Worker registration letter. Register online at www.dhss.mo.gov. Only the original letter will be accepted. Letter cannot be older than six months. No class 2/16. Required orientation: Monday, February 9, 6 - 8 p.m. Refund/withdrawal deadline: 2/2. No refunds after that date.

AHCE:786  |  $2,100
CD0  |  M 6pm-8pm
Feb. 9  |  MTh 6pm-9:30pm
Feb. 12 - June 29  |  Corp. College, 276

**Central Sterile Processing Technician**

Registration begins December 1

Whether starting a career in Central Sterile Processing or already working in the field, this program will help you establish a foundation in:

- Central sterile workflow and concerns
- Basic job knowledge and skills
- Basic job responsibilities

At the end of this program, you’ll be prepared to take a national certification exam as well as for entry-level employment as a Central Sterile Processing Technician.

Tier 1

This class is for the individual working in the field of Central Sterile Processing who only needs the 100 hours of classroom instruction. This training is held from February 23 through June 3. Class meets twice a week, Monday and Wednesday (February 23 - June 3), for 27 sessions; each 3.5 hours in length. Final exam: June 8. Topics presented in the program include anatomy and physiology, medical terminology, infection prevention and control, tools for cleaning, safety and decontamination. This program will prepare successful students to take a national certification exam.

AHCE:788  |  $2,000
4D0  |  MW 6pm-9:30pm
Feb. 23 – June 3  |  Final Exam: M 6pm-9:30pm
June 8  |  FP - G Tower, 121
FP - G Tower, 121  |  FP - G Tower, 121

Tier 2

This section is for the individual entering the field of Central Sterile Processing who needs both the classroom instruction and externship. This training is held from February 23 - September 11. Class meets twice a week Monday and Wednesday (February 23 - June 3), for 27 sessions; each 3.5 hours in length. Final exam: June 8. Externship begins June 9 and ends September 11. This program offers the student a direct pathway to success in Central Sterile Processing. Topics presented in the program include anatomy and physiology, medical terminology, infection prevention and control, tools for cleaning, safety and decontamination. This program will prepare successful students to take a national certification exam.

AHCE:788  |  $2,625
4D1  |  MW 6pm-9:30pm
Feb. 23 – June 3  |  Final Exam: M 6pm-9:30pm
June 8  |  FP - G Tower, 121
FP - G Tower, 121  |  FP - G Tower, 121

Externship:  |  June 9 - Sept. 11
FP - TBA

A payment plan is available for this program. Individuals must contact and have approval from MK Education to register using the payment plan.
Child Care Training

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

CCPR:702 | $15
S50 Tu 7pm-9pm
March 10
Geraldine Jasper
SCEC, 100

Sack lunch is provided.
For complete schedule and registration brochure, call 314-513-4391.

S51 Tu 7pm-9pm
May 12
Geraldine Jasper
May 14

Making Sensory Exploration Materials:
Play Dough, Goop, and More
Come to this hands-on workshop and learn the importance of sensory exploration materials in the classroom. You'll make several “mixtures” and receive recipes for all the creative doughs.

CCPR:703 | $15
S50 Th 7pm-9pm
Holly Aslin
Feb. 12
FV - CDC, DINING RM

Parachutes, Streamers, and More: Fun Movement Activities for Young Children
Experience new, fun movement activities that you can incorporate into your daily schedule as a way to combat weight gain in children.

CCPR:703 | $15
S51 Th 7pm-9pm
Holly Aslin
April 9
FV - CDC, DINING RM

Nurturing Toddlers and Twos - Encouraging Self Help Skills
Bringing those incredible independent toddlers and twos by implementing simple self-help skills in the classroom or home. 18-month olds wiping their own nose? Absolutely! Two-year olds helping make lunch? You bet! By allowing independence you will see less temper tantrums and more smiles!

CCPR:707 | $15
S50 M 7pm-9pm
Lindbergh H.S., 46
Feb. 9

Understanding the Temperatures of Infants and Toddlers
Infants come into the world with different temperaments that influence their behavior and relationships with their caregivers both at home and in child care. This workshop will introduce the key concepts of temperaments and temperament types. Caregivers will gain an understanding of how they can be more responsive to infants and toddlers in their care.

CCPR:707 | $15
S51 M 7pm-9pm
April 11
Lindbergh H.S., 46
SCEC, 100

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

CCPR:702 | $15
S50 Tu 7pm-9pm
Jan. 20
Geraldine Jasper
FV - CDC, 110

Discipline and Guidance of Young Children

CCPR:702 | $30
S50 Sa 9am-1pm
Feb. 7
Geraldine Jasper
FP - G Tower, 119

S51 Sa 9am-1pm
March 28
FV - CDC, 112

April 21
Geraldine Jasper
FP - G Tower, 119

April 22
Geraldine Jasper
FV - CDC, DINING RM

Spring 2015 www.stlcc.edu/ce / 314-984-7777
How to Use Music and Movement
Throughout the Day
Songs and movements make transitions fun and help
children tune in when they appear to be tuned out. Even if
you can’t sing you can make a song out of anything.
CCPR:708 | $15
$50 Th 7pm-9pm Rose Anderson-Rice
March 12 FV - CDC, 110
450 M 7pm-9pm Rose Anderson-Rice
May 4 FP - G Tower, 119

Science Activities for Young Children
Science is all around us! Learn to help children explore
science through a variety of hands-on activities both
inside the classroom and outdoors.
CCPR:710 | $30
480 Sa 9am-1pm Carrie Kinzel
Jan. 24 FP - G Tower, 119

Child Care Provider: Heartsaver Pediatric
First Aid CPR AED
The Heartsaver Pediatric First Aid CPR AED course is
designed to meet the regulatory requirements for child
care workers in all fifty United States. It teaches child care
providers and others to respond to and manage illnesses
and injuries in a child or infant in the first few minutes until
professional help arrives. It covers the four steps of first aid
and first aid skills such as finding the problem, stopping
bleeding, bandaging and using an epinephrine pen, as
well as child CPR AED, infant CPR and optional modules in
adult CPR AED, child mask, infant mask and Asthma Care
Training for Child Care Providers. Registration one week
prior to course start date is required. No transfers between
sessions or refunds given within five business days of class
date. Due to the nature of the course you must arrive on
time. No admittance after stated start time.
CCPR:711 | $97
4D0 Sa 8:30am-4pm Feb. 14 FP - G Tower, 121
4D0 Sa 8:30am-4pm March 7 FV - TC, 105
6D1 Sa 8:30am-4pm April 25 MC - CE Classroom
6D0 Sa 8:30am-4pm Jan. 24 MC - CE Classroom
5D1 Sa 8:30am-4pm May 16 FV - TC, 105

Supporting and Involving Families -
Creating Partnerships for Learning
Families are the most important people in a child’s life.
Learn methods to reach out to parents and families to help
them become partners in their child’s education. How can
you support families? What questions and concerns do
parents have? How can you build and create partnerships
for learning?
CCPR:714 | $15
780 W 7pm-9pm Gina Dattilo
April 1 FV - CDC, DINING RM
770 W 7pm-9pm Gina Dattilo
March 23 Hixson Mid. School, 117
550 W 7pm-9pm Gina Dattilo
March 17 FV - CDC, 110
450 W 7pm-9pm Gina Dattilo
April 27 SCEUC, 100
351 W 7pm-9pm Holly Aslin
May 5 WW, 208

How and When to Talk to Parents
Gain helpful methods for communicating your concerns
with parents about your child’s education. Specific
consultation strategies and techniques are demonstrated.
Discussion of how to talk to parents to build and maintain
positive relationships. Co-Sponsored by Learning
Disabilities Association, Inc.
CCPR:714 | $15
451 M 7pm-9pm Jan. 26 FP - G Tower, 119
781 M 7pm-9pm Feb. 23 Lindbergh H.S., 46

Encouraging the Love of Books for
Preschoolers
Learn how to grow readers by engaging your preschoolers
with stories, books, nursery rhymes and other activities
that help promote the reading readiness skills. Participants
in the workshop will explore high quality children’s books,
discover new ways to make books and stories come alive,
and learn how to make connections between books and
the child’s world. Participants will take home a wealth of
ideas and a variety of books to use with preschoolers.
Presented by Annette Harrison, dynamic educator and
storyteller. This class is designed for preschool teachers
and caregivers. Co-sponsored by the Missouri Humanities
Council.
CCPR:718 | $25
680 Sa 12pm-3pm March Annette Harrison
April 13 MC - Library, CNFL
480 Sa 12pm-3pm April 11 Annette Harrison
FP - SC, 032

The class will be held in the Student Center, Cafe West.

Encouraging the Love of Books for Infants
and Toddlers
Learn how to start growing readers by introducing babies
and toddlers to stories, books, nursery rhymes, and
activities that promote language development. In this
highly interactive workshop you will learn how to connect
very young children’s real life experiences to rhymes and
finger plays and to books and stories. Participants will take
home lots of ideas and even books to use with babies and
toddlers. Presented by Annette Harrison, dynamic
educator and storyteller. This class is designed for infant/
toddler teachers and caregivers. Co-sponsored by the
Missouri Humanities Council.
CCPR:718 | $25
580 Sa 12pm-3pm March Annette Harrison
Jan. 17 FV - CDC, DINING RM

Language Development- Phono logical
Awareness and Alphabetical Knowledge
Discussion of language development in pre-school
years. Provides specific tools to encourage phonological
awareness and alphabetical knowledge. Co-sponsored by
St. Louis Learning Disabilities Association.
CCPR:718 | $15
770 M 7pm-9pm March 23 Hixson Mid. School, 117

Language Development- Birth to Age Five
This workshop discusses brain development, the
importance of reading to language development, age
appropriate books, developmental milestones, and
appropriate activities for each milestone. Co-Sponsored
by St. Louis Learning Disabilities Association.
CCPR:718 | $15
781 M 7pm-9pm March 9 Lindbergh H.S., 46

Emergent Literacy - Helping Children Want
To Become Readers and Writers
What are literacy, emergent literacy, intentional teaching
or Missouri standards? Come explore new ways to think
about literacy and language. You will gain creative ideas
for helping young children want to become readers and
writers. With hands-on activities in the book/library
center, art/writing center, and through-out the classroom
children become engaged in emergent literacy.
CCPR:718 | $15
550 W 7pm-9pm Gina Dattilo
Feb. 18 SCEUC, 100
780 W 7pm-9pm Gina Dattilo
May 13 Lindbergh H.S., 46

Asking Questions: Encouraging Children’s
Thinking
Learn many techniques for asking questions in your
everyday activities with children throughout all the
learning areas: blocks, dramatic play, books, science and
others. Encourage critical thinking, creativity and problem-
solving by asking questions.
CCPR:721 | $15
550 Tu 7pm-9pm Geraldine Jasper
Feb. 3 FV - CDC, 110

Understanding Autism
Characteristics of autism spectrum disorder and how
symptoms can affect each child in a unique way will be
discussed. You will learn of methods for working with
these children and available community resources.
Co-sponsored by St. Louis Learning Disabilities
Association, Inc.
CCPR:723 | $15
551 Th 7pm-9pm April 13 Hixson Mid. School, 117
770 M 7pm-9pm Jan. 22 FV - CDC, 110
950 M 7pm-9pm April 27 MC - BA, 112

Understanding ADHD: Attention Deficit
Hyperactivity Disorder
Characteristics of ADHD and how symptoms can affect
each child in unique ways will be discussed. You will learn
techniques for coping with behavior and receive resources
for additional help. Co-sponsored by St. Louis Learning
Disabilities Association, Inc.
CCPR:723 | $15
550 Th 7pm-9pm April 13 Hixson Mid. School, 117
770 M 7pm-9pm Jan. 22 FV - CDC, 110
950 M 7pm-9pm April 27 MC - BA, 112

Planning Transitions to Prevent
Challenging Behaviors
Transitions are the times in the day when children move or
change from one activity to another. Challenging behavior
is more likely to occur when transitions are not planned
as part of the daily schedule. Through this workshop, you will
gain a “transition tool kit” of ideas to make your transition
times go more smoothly.
CCPR:724 | $15
780 W 7pm-9pm Holly Aslin
May 6 Lindbergh H.S., 46

www.stlcc.edu/ce / 314-984-7777
**Mental Health Interpreter**

This is a 10-week certificate program to train foreign language interpreters for work in the mental health field. Those who complete the course and earn a certificate may receive priority employment by local agencies who provide foreign language translation services. Required: 6 months prior interpreting experience. All course materials included. No class 2/16, 3/16.

**EDUC:765 | $169**
650 M 6:30pm-9:30pm
Feb. 9 – April 27
Eduardo Vera, Kimberly Osmanagic
MC - SO, 107

**CPR and First Aid**

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

**CPRR:707 | $45**
5D0 Th 6:30pm-8:30pm
April 16
Gordon Back
FV - TC, 105

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

**CPRR:706 | $97**
C01 W 8:30am-4:30pm
April 22
Gordon Back
Corp. College, 276

**CPR Instructor Course**
The Instructor Course is designed to prepare American Heart Association (AHA) instructors to disseminate to participants enrolled in AHA courses the science, skills and philosophy of resuscitation programs. The purpose of the AHA BLS/ CPR Instructor Course is to provide instructor candidates the knowledge and skills necessary to reach and teach potential BLS providers. The AHA BLS/CPR Instructor course provides a structured initiation for the instructor candidates and serves as the foundation for their development. It provides instructor candidates the opportunity to develop and refine their presentation skills. Please note there is an extensive self-paced course work. Access to a computer will be necessary for this course work. Prerequisite required at time of registration: Current AHA Healthcare Provider CPR card. Registration three weeks prior to course start date is required to ensure arrival of pre-course materials and completion of extensive pre-course work. Due to the nature of this course, you must arrive on time. No admittance after the stated start time.

**CPRR:708 | $250**
4D0 W 8am-5pm
March 11
Gail Back
FP - G Tower, 121

**CPR Instructor Renewal**
To successfully complete the American Heart Association CPR Instructor renewal course, the instructor must demonstrate acceptable provider skills and successful completion of the provider written examination. The renewal course may include an update addressing new course content or methodology and review of regional and national ECC information. Prerequisite: The instructor must have taught at least four CPR courses and attended updates as required within the previous two years. The instructor must be monitored while teaching before instructor status expiration. Registration is required one week prior to course start date. Due to the nature of this course, you must arrive on time. No admittance after the stated start time.

**CPRR:709 | $65**
4D0 Th 6pm-10pm
April 7
Gordon Back
FP - G Tower, 121

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

**CPRR:707 | $69**
4D0 Th 9am-3:30pm
Jan. 8
Gordon Back
FP - G Tower, 121

**CPR And Professionalism: How to Advance in the Workplace**
"Would you tell me please, which way I ought to go from here?" "That depends a good deal on where you want to get to," said the cat. (Lewis Carroll, Alice's Adventures in Wonderland) Where do you want to get to, “said the cat. Where do you want to get to, “said the cat.

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HeartSaver Pediatric First Aid CPR AED
The HeartSaver Pediatric First Aid CPR AED course is designed to meet the regulatory requirements for child care workers in all fifty United States. It teaches child care providers and others to respond to and manage illnesses and injuries in a child or infant in the first few minutes until professional help arrives. It covers the four-steps of first aid and first aid skills such as finding the problem, stopping bleeding, bandaging and using an epinephrine pen, as well as child CPR AED, infant CPR and optional modules in adult CPR AED, child mask, infant mask and Asthma Care Training for Child Care Providers. Registration one week prior to course start date is required. No transfers between sessions or refunds given within five business days of class date. Due to the nature of the course you must arrive on time. No admittance after stated start time.

CPRR:711 | $97
4D0  Sa 8:30am-4pm  Carol Pikey  FP-G Tower, 121
2D0  Sa 8:30am-4pm  Carol Pikey  FV-TC 105
5D1  Sa 8:30am-4pm  Carol Pikey  FV-TC 105
6D1  Sa 8:30am-4pm  Carol Pikey  FV-TC 105
Jan. 24  MC - CE Classroom
April 25  MC - CE Classroom

Communications
No Sweat Public Speaking
Speaking opportunities are business, career, and leadership opportunities! Are you making the most of those speaking opportunities? Learn how to develop, practice and deliver Knock Your Socks Off presentations with - NO SWEAT! Instructor will present: the components, parts and elements of a presentation; tips for taking a presentation from ‘blah’ to ‘ah’; and the fear of public speaking. Class taught by a local speaker, coach, and author.
COMM:715 | $39
650  W 6:30pm-8:30pm  Fred Miller  MC - AS, 108
Feb. 18 – March 4

Voiceovers: Get Paid to Talk
Have you been told that you have a great voice? Learn how to get started in the voiceover industry! This introductory course will include a real-world overview of the industry, including the good, the bad and the ugly parts, from one of St. Louis’ own voice artists.
PERD:765 | $39
480  Sa 9am-12pm  Mike Doran  April 25  FP - G Tower, 113

Voiceovers II: Making Money With Your Voice
If you enjoyed our introductory course, Voiceovers - Get Paid to Talk, this is your next step! Go through real-life voice training exercises and techniques with a voiceover professional. Arrive with a basic understanding of the voiceover business, because you will dive right into the mechanics of reading copy. At the end of the class, you’ll have a basic grasp of capturing your performance using recording software and be able to take home a copy of your personal session’s voiceover Pre-requisite: Voiceovers - Get Paid to Talk.
Bring 1Gb flashdrive.
PERD:765 | $39
481  Sa 12:30pm-3:30pm  Mike Doran  April 25  FP - G Tower, 113

Real Estate
How to Start a Career in Real Estate
Do you enjoy helping people? Have you considered getting into the business of real estate and wondered what it takes to be successful? The real estate profession offers one of the widest career opportunities in the business world. There is the buying and selling of homes, office buildings, industrial property and corporation farmland; property management, land development, mortgage banking, urban planning, real estate counseling, and appraisal. Come find out about the licensure process to becoming a real estate agent and the starting opportunities. We’ll show you how you can build a new career in real estate.
REAL:701 | $19
350  Th 7pm-9pm  Jill McCoy  WW, 202  Jan. 29

Fitness Training
Explore ACE Fitness Certifications!
ACE Personal Trainer Certification Prep Course
Ready for a career change? Become a CERTIFIED PERSONAL TRAINER! Designed to give you the knowledge and understanding necessary to prepare for the ACE Personal Trainer Certification Exam and become an effective personal trainer, this course presents the ACE Integrated Fitness Training (ACE IFT) Model as a comprehensive system for designing individualized programs based on each client’s unique health, fitness, and goals. The information covered and the ACE IFT Model will help you learn how to facilitate rapport, adherence, self-efficacy and behavior change in clients, as well as design programs that help clients to improve posture, movement, flexibility, balance, core function, cardiorespiratory fitness, and muscular endurance and strength. Due to the specialized nature of this class, NO REFUNDS WILL BE ISSUED ONE WEEK PRIOR TO THE CLASS START DATE. STUDENT MUST BE AT LEAST 18 YEARS OF AGE OR HAVE A HIGH SCHOOL DIPLOMA/GED AND HOLD CPR/AED CERTIFICATION BEFORE TAKING EXAM. Fee includes cost of exam, textbook, study guide, and sample test. Additional fee to retake exam. Voucher for exam must be used within 6 months of date received. Class is not eligible for Senior Scholarship.
PEDU:753 | $695
4D1  Sa 8am-12pm  Andy Hayes  March 21 – May 16  FP - A Tower, 319
Registration/withdrawal deadline: 2/12. No refunds after that date. No class 3/21, 4/4, 4/11.

Fitness Training
Explore ACE Fitness Certifications!
ACE Personal Trainer Certification Prep Course
Ready for a career change? Become a CERTIFIED PERSONAL TRAINER! Designed to give you the knowledge and understanding necessary to prepare for the ACE Personal Trainer Certification Exam and become an effective personal trainer, this course presents the ACE Integrated Fitness Training (ACE IFT) Model as a comprehensive system for designing individualized programs based on each client’s unique health, fitness, and goals. The information covered and the ACE IFT Model will help you learn how to facilitate rapport, adherence, self-efficacy and behavior change in clients, as well as design programs that help clients to improve posture, movement, flexibility, balance, core function, cardiorespiratory fitness, and muscular endurance and strength. Due to the specialized nature of this class, NO REFUNDS WILL BE ISSUED ONE WEEK PRIOR TO THE CLASS START DATE. STUDENT MUST BE AT LEAST 18 YEARS OF AGE OR HAVE A HIGH SCHOOL DIPLOMA/GED AND HOLD CPR/AED CERTIFICATION BEFORE TAKING EXAM. Fee includes cost of exam, textbook, study guide, and sample test. Additional fee to retake exam. Voucher for exam must be used within 6 months of date received. Class is not eligible for Senior Scholarship.
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Registration/withdrawal deadline: 2/12. No refunds after that date. No class 3/21, 4/4, 4/11.

Free Information Session
Ready to take your marketing skills to the next level? Get more information on our new Social Media Strategist Certification prep course through this FREE Information Session! Registration required.
COMM:720 | No Fee
650  Tu 7pm-8pm  Feb. 17  MC - BA, 209

NISM Social Media Strategist Certification
Ready to take your marketing skills to the next level? Get hands-on training in this rapidly evolving industry and increase your employment value through our new Social Media Strategist Certification prep course! Designed to give you the knowledge and skills necessary to be proficient in strategic social media methodologies and prepare for the National Institute for Social Media (NISM) Social Media Strategist certification examination. Fee includes cost of exam voucher, textbook, worksheets, and all other course materials. Additional fee may apply for test proctor or to retake exam. More information on exam and testing sites given during class. Candidates must meet the following requirements and pass the exam to earn the certification: minimum of an Associates Degree or two years of social media experience-related to social media. *Must be at least 18 years of age. Registration/Withdrawal deadline 2/24. No refund after that date. Class no 3/17.
COMM:720 | $1,295
6D1  Tu 6pm-9pm  March 3 – May 12  MC - BA, 209

Free Information Session
Ready to take your marketing skills to the next level? Get more information on our new Social Media Strategist Certification prep course through this FREE Information Session! Registration required.
COMM:720 | No Fee
650  Tu 7pm-8pm  Feb. 17  MC - BA, 114

Exclamation Point!
Ed Back was an overall fantastic instructor. I have taken at least four CPR courses over the years and his enthusiasm and knowledge trumped them all!!

Niki R., St. Louis
### ServSafe Food Safety Certification
ServSafe Food Safety Certification

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

**ServSafe Food Safety Certification Review and Retest**

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

### Computers and Technology

### Applications and Systems

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

**COMP:705 | $99**

C03  Sa 9am-4pm  March 28  Corp. College, 206

#### Transitioning to Windows 8
Where did everything go? Are you missing your Accessories, Desktop and how about the Start Button? Come find out where Microsoft moved all your familiar icons. This two hour session we will break it all down for you. This class will be using Windows 8.1 with a mouse. Prerequisite: Personal Computers Introduction class or equivalent experience and experience with Windows Vista or Windows 7.

**COMP:705 | $59**

C04  W 9am-12pm  April 15 - April 22  Corp. College, 206

#### MS Windows 8 - Introduction
Explore Windows 8 and all its user-friendly features in this course. Topics include using Start Screen, Live tiles, Hot corners, Charm Bar, Sky Drive and many others. This course is not for tablets or touch screen and students will use a mouse to navigate. Prerequisite: Personal Computers Introduction class or equivalent experience.

**COMP:705 | $109**

C02  W 9am-12pm  March 4 – March 11  Corp. College, 206

C01  W 9am-12pm  Feb. 11 – Feb. 18  Corp. College, 206

#### Overview of Microsoft Office 2013: In a Day
Learn the basics of MS Office in one day! In this class you’ll touch on the basics of Word, Excel, Access and PowerPoint spending about 1.5 hours on each application. If you need a crash course or a basic understanding of the applications in Office 2013 then this class is for you! Prerequisite: Windows Introduction class or equivalent experience.

**COMP:713 | $99**

C80  Sa 9am-4pm  March 28  Corp. College, 208

#### Overview of Office 2013 for Business
Learn the basic programs and features of the MS Office Suite. Create and edit Word documents, create formulas in Excel spreadsheets, develop PowerPoint presentations and learn basic database management with Access (about 1 hours spent on each application). Prerequisite: Windows Introduction class or equivalent experience.

**COMP:713 | $129**

C01  F 9am-4pm  Jan. 30  Corp. College, 206

### Introduction to Microsoft Word 2013 for Business
Learn to create professional looking business documents using this powerful word processing software. Discover how editing and formatting tools are at your fingertips as you work with the ribbon and Quick Access Toolbar. Leave with the skills to create a document, format, change styles and fonts, cut/copy/paste, import text, and edit a document with confidence. Prerequisite: Windows Introduction class or equivalent experience. Bring a flash drive.

**COMP:715 | $129**

C01  F 9am-4pm  Feb. 6  Corp. College, 208

#### Microsoft Word 2013: In a Day
Learn the basics of MS Word in one day! You’ll create and save documents, enter and edit text, learn to indent, set tabs, and enhance documents; make block moves, deletes, and copies; use spell checker; find and replace text; use shortcut keys; and print. Prerequisite: Windows Introduction class or equivalent experience.

**COMP:715 | $99**

S01  W 9am-4pm  April 29  SCEUC, 206

C02  S 9am-4pm  April 14  Kevin Ward  Corp. College, 208

#### Intermediate Microsoft Word 2013 for Business
If you are familiar with the basics, here’s your opportunity to learn the more advanced features of Word. Learn to customize the Word environment, use advanced formatting techniques, work with styles, advanced table features, create and manage large documents, and use auto text, macros, and templates. Prerequisite: Microsoft Word Introduction class or equivalent experience. Bring a flash drive.

**COMP:716 | $129**

C01  F 9am-4pm  Feb. 13  Corp. College, 208

#### Introduction to Microsoft Excel 2013 for Business
In this introductory class you will learn the business basics of Excel; including setting up worksheets, entering and editing cells, cut and copy, making your sheets more readable, saving, and printing. You will also learn the basics of building formulas, functions, and charts. Prerequisite: Windows Introduction class or equivalent experience. Bring a flash drive.

**COMP:720 | $129**

C01  F 9am-4pm  March 6  Corp. College, 208

#### Microsoft Excel 2013: Introduction
Create spreadsheets using Microsoft Excel. Learn Excel terminology, to navigate the Excel window, and the basic characteristics of a worksheet and workbook. Enter text values and formulas, move and copy data, format worksheet appearance, and work with charts. Prerequisite: Windows Introduction class or equivalent experience.

**COMP:720 | $149**

750  W 6:30pm-9:40pm  Feb. 11 – March 11  Kirkwood H.S., W 205

#### Microsoft Excel 2013: In a Day
Learn the basics of MS Excel in one day! In this introductory course you’ll learn how to create spreadsheets for all kinds of applications including accounting, expense analysis, budgeting, etc. Topics include setting up worksheets, labeling, entering values, editing cells, copying, saving, and other commands. Prerequisite: Windows Introduction class or equivalent experience.

**COMP:720 | $99**

C80  Sa 9am-4pm  Feb. 7  Corp. College, 208

6W1  Sa 9am-4pm  April 11  MC - BA, 203

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**Exclamation Point!**

Cris Heffernan exceeded my expectations! She’s an amazing instructor and has set a pretty high bar for my expectations when considering future classes I might take through the continuing education program. I will definitely be partial to studying with her again.

- Sharon F., St. Louis
Exclamation Point!

I loved Zak Zych! Wow, what a great teacher. Super-knowledgeable. Obviously experienced in the real-world. Able to answer complicated questions. Able to customize the direction of the course according to students’ needs. GREAT CLASS! I would take ANY class that Zak teaches.

- Carrie W., Manchester

Intermediate Microsoft Excel 2013 for Business
Build on previous knowledge and further your spreadsheet skills by managing multiple workbooks, creating more complex formulas and functions, enhancing the appearance of your reports, using the benefits of Range Names and working with Tables and Structured Referencing. Prerequisite: Microsoft Excel Introduction class or equivalent experience. Bring a flash drive.

COMP:721 | $129
C01  F 9am-4pm  March 13  Cris Heffernan
Corp. College, 208

Microsoft Excel 2013: Intermediate
This course is a continuation of our Introduction to Excel class. Further your spreadsheet skills by managing multiple sheet workbooks, creating more complex formulas and functions, enhancing the appearance of your document, and by creating custom reports with pivot tables and pivot charts. Prerequisite: Microsoft Excel Introduction class or equivalent experience.

COMP:721 | $149
750  W 6:30pm-9:40pm  Roy Lenox
March 25 – April 22  Kirkwood H.S., W 205

Advanced Microsoft Excel 2013 for Business
Continue to expand your Excel expertise as you work with advanced functions (including Lookups, Conditions, Financial and Date functions), create Pivot Tables/Charts, use Data Analysis tools and validation, create and edit macros and explore more of Excel’s advanced features. Prerequisite: Windows Introduction class and Introduction to Excel or equivalent experience. Bring a flash drive.

COMP:722 | $129
C01  F 9am-4pm  March 27  Cris Heffernan
Corp. College, 208

Introduction to Microsoft Access 2013 for Business
Learn the foundations to plan and design a database system. Learn to create and work with tables, forms, and reports; use queries; and create and maintain a database. Prerequisite: Windows Introduction class or equivalent experience. Bring a flash drive.

COMP:725 | $129
C01  F 9am-4pm  April 17  Cris Heffernan
Corp. College, 208

Microsoft Access 2013: In a Day
Learn the basics of Access in one day! In this class you’ll learn how to plan and design a database system, add, change, and delete information as well as how to create simple reports and how to query the database to find display data. Prerequisite: Windows Introduction class or equivalent experience.

COMP:725 | $99
C08  Sa 9am-4pm  April 11  Corp. College, 206

Intermediate Access 2013 for Business
Get the skill you need to enhance your database designs. Learn to query multiple tables for customized forms and reports, create more complex queries, including calculations. Include charts in forms and reports. Prerequisite: Windows Introduction class and Introduction to Access or equivalent experience. Bring a flash drive.

COMP:726 | $129
C01  F 9am-4pm  April 24  Cris Heffernan
Corp. College, 208

Microsoft PowerPoint 2013: In a Day
Learn the basics of MS PowerPoint in one day! This is an introductory course in using Powerpoint. Learn to use word processing and drawing tools to create and edit text, logos, and artwork. Additional topics include importing clip art, using templates, and rearranging your presentation. Prerequisite: Windows Introduction class or equivalent experience.

COMP:730 | $99
C01  Sa 9am-4pm  May 2  Corp. College, 206
C08  Sa 9am-4pm  April 25  Amanda Yancey
Corp. College, 208

QuickBooks Pro 2014
This class introduces students to QuickBooks, an easy to use, complete accounting system for small businesses. Students will create a company and use QuickBooks to maintain financial records. Topics to be covered include: setting up customer and vendor lists, entering sales and invoices, receiving payments, making deposits, handling expenses and bills, working with bank accounts, analyzing financial data, handling sales tax, and managing inventory. This course does not cover the QuickBooks online version. Prerequisite: Windows Introduction class or equivalent experience.

COMP:734 | $149
C51  Tu 6:30pm-9:30pm  Jan. 27 – March 3  Amanda Yancey
No class 2/10
C52  Tu 6:30pm-9:30pm  March 10 – April 14  Amanda Yancey
W 9am-12pm  April 15 – May 20  Amanda Yancey
No class May 6  Amanda Yancey
Corp. College, 208

Desktop Publishing
Microsoft Publisher 2013: In a Day
Learn the basics of MS Publisher in one day! You will learn how to design publications that are ready for printing. Topics include: importing and formatting text, inserting clip art, creating multi-column pages, using page wizard and design galley, and adding type effects. Prerequisite: Windows Introduction class or equivalent experience.

COMP:731 | $99
C08  Sa 9am-4pm  April 11  Corp. College, 208

Adobe Photoshop Creative Cloud (CC): In a Day
Learn the Basics of Adobe Photoshop in a day! You will learn how to manipulate digital images from a digital camera, previously scanned images, or internet graphics. Concepts covered include Selection Tools, Paintbrush Tools, Layers and Masking. Students will work hands-on with a wide variety of images. Prerequisite: Windows Introduction class or equivalent experience.

COMP:755 | $99
680  Sa 9am-4pm  Zak Zych  March 28  MC – BA
C80  Sa 9am-4pm  Zak Zych  April 25  Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Introduction
This course, utilizing Adobe Photoshop Creative Cloud software, shows students how to manipulate digital images from a digital camera, previously scanned images, or internet graphics. Concepts covered include Selection Tools, Paintbrush Tools, Layers and Masking. Students will work hands-on with a wide variety of images. Prerequisite: Windows Introduction class or equivalent experience. This course meets the curriculum requirements of the Digital Photography Certificate.

COMP:755 | $129
C50  Th 6pm-9pm  Feb. 5 – Feb. 26  Zak Zych
Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Intermediate
Adobe Photoshop Intermediate covers advanced techniques of the concepts learned in the introductory class, along with Channels, Sharpening, Actions, Advanced Filters, Color control, and Basic Web Graphics Creation. Students will work hands-on with a wide variety of images. Prerequisite: Adobe Photoshop Introduction class. This course meets the curriculum requirements of the Digital Photography Certificate. No class 3/19.

COMP:755 | $135
C51  Th 6pm-9pm  March 5 – April 2  Zak Zych
Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Advanced
Adobe Photoshop Advanced builds on the skills learned in the beginning and intermediate classes covering subjects including the Brush Engine, Displacement Maps, Channels, Sharpening, Actions and Shadow and Highlight adjustments. Students will work hands-on with a wide variety of images. Prerequisite: Adobe Photoshop Intermediate class. This course meets the curriculum requirements of the Digital Photography Certificate.

COMP:755 | $135
C52  Th 6pm-9pm  April 16 – May 7  Zak Zych
Corp. College, 206

Adobe Photoshop CC for Professionals: The First Step
Through a series lectures and tutorials, this initial introduction to Adobe Photoshop will teach you software fundamentals, such as how to create, copy, transform and manage layers, how to combine layers into groups, transfer content from one document to another, travel backwards and forwards through Photoshop time, control the magnification of your document. You will learn how to craft selections with the marquee tool, use the quick selection tool, the magic wand and the select-color-range feature, making adjustments both destructively and non-destructively, simple color alterations via adjustment layers and an introduction to the power of the clone stamp. This workshop will cover the basic components of this powerful program and prepare you for The Next Step.

CVTW:701 | $129
600  F 8:30am-4:30pm  Jan. 23  Zak Zych
MC - HE, 233

= Digital Arts and Technology Alliance Workshops
Adobe Photoshop CC for Professionals: the Next Step
This workshop will start where The First Step workshop ended. This intermediate Adobe Photoshop class will explore more advanced photo manipulation features such as the spot healing brush tool, the red eye tool, how to control the size of your document via the image size and canvas size dialog boxes, the crop tool, how to save images for the web and include an introduction to using layer masks in concert with adjustment layers as a means of improving the color and contrast of your images.
CVTW:701 | $129
601 | F 8:30am-4:30pm
Feb. 6
MC - HE, 233
Edward Engel

Adobe Illustrator CC for Professionals: the First Step
Is Illustrator still a mystery to you? Enter the world of vector graphics with this introductory workshop. Demystify anchor points, paths, and Bezier curves. You’ll transform shapes into graphic images. Explore the tool box and basic commands to boost your vector confidence. Learn to use gradients, gradient mesh, compound paths, blends, envelopes, live paint, type tools, and more to achieve professional results. Save template and palette libraries to speed your workflow.
CVTW:702 | $129
680 | Sa 8:30am-4:30pm
May 2
MC - HE, 233
John Schmitt

Adobe Illustrator CC for Professionals: the Next Step
You know the tools; now put them to use to create resolution-free vector illustrations. Think like an illustrator to work through trouble spots. Learn to combine live trace, transparency, envelopes and amazing 3D effects with mapping to draw complex images. Demystify the appearance palette, and use layers to create simple Flash animations.
CVTW:702 | $129
683 | Sa 8:30am-4:30pm
Feb. 14
MC - HE, 233
John Schmitt

Adobe InDesign CC for Professionals: the Next Step
Don’t know the best way to set up your brochure or multi-page document? Learn how to optimize your page setup for better productivity. Modern typesetting techniques, including examples from the top magazines, show you how to make your document look great. Introduction to style sheets allows you to keep your working layout consistent and professional.
CVTW:701 | $129
680 | Sa 8:30am-4:30pm
May 2
MC - HE, 233
Edward Engel

Adobe InDesign CC for Professionals: the First Step
Enhance your graphic design skills and productivity with Adobe InDesign. Learn how to import illustrations and photos and set type correctly for flyers, brochures, and other basic publications. Learn key commands and other great tips for making easy work of your layouts.
CVTW:702 | $129
681 | Sa 8:30am-4:30pm
Jan. 31
MC - HE, 233
Edward Engel

Intro to Adobe Photoshop Lightroom 5
This workshop introduces the basics of Lightroom 5. A powerful and comprehensive set of digital photography tools that enable you to organize and bring out the best in your images, achieving amazing image quality. Lightroom 5 is designed as an end-to-end photographic workflow process for both amateur and professional photographers.
CVTW:701 | $129
602 | F 8:30am-4:30pm
April 3
MC - HE, 233
Charles LaGarde

What Is New in the Latest Adobe Creative Cloud Software
Adobe has changed the way it delivers software to users. Learn about the changes to your favorite Adobe software in the new Creative Cloud Suite. Whether you’ve already made the switch, are thinking about upgrading, or are just curious, this workshop will show you the new features and interfaces. Get a taste of new software available only in the Creative Cloud Suite.
CVTW:701 | $129
601 | Sa 8:30am-4:30pm
May 9
MC - HE, 136

Adobe Illustrator CC for Professionals: the Next Step
Discover how to use Illustrator’s capabilities to create designs for web sites. Explore essential tools and techniques for preparing design elements for web sites. No coding or web site building experience needed, this workshop is for those with a good understanding of Adobe Illustrator who want to learn how to best integrate designs for web sites.
CVTW:712 | $139
680 | Sa 8:30am-4:30pm
April 11
MC - HE, 233
John Schmitt

Create, Publish, and Distribute Ebooks with Smashwords
In this workshop, students will learn step-by-step instructions that make it easy for anyone to create, publish, and distribute an eBook. Authors will learn how to format their manuscripts so that the completed Microsoft Word files can be uploaded to Smashwords, a self-serve publishing web service. Smashwords will deliver the files into multiple eBook formats for reading on various eBook reading devices. Once published and approved by Smashwords, the books will be available for sale online at a price set by you the author.
CVTW:712 | $129
601 | F 8:30am-4:30pm
Jan. 30
MC - HE, 233

Pages: Apple’s Layout and Word Processing Application
Apple’s Pages software offers an interesting alternative for publication layout and word processing. With compatibility with iOS platforms, the software offers flexibility and portability with easy to use features to help you develop your publications.
CVTW:712 | $139
680 | F 8:30am-4:30pm
Feb. 27
MC - HE, 136
Edward Engel

Digital Architectural Photography for Professionals
Acclaimed photographer Richard Sprengeler will lead a day-long workshop in creating successful photographs of architecture. Methods for approaching composition, the exposing for varied lighting conditions and raw image processing will be explored. Some experience with Adobe Photoshop and Lightroom is preferred. A tripod and DSLR are recommended, but not required.
CVTW:710 | $129
682 | Sa 8:30am-4:30pm
March 17
MC - HE, 233
Richard Sprengeler

How to Network Computers
Learn how to create a computer network. Prerequisite: Windows Introduction class or equivalent experience.
COMP:792 | $25
580 | Sa 9am-12pm
April 25
Robert Lewis

How to Network Computers
Learn how to create and maintain a local area network (LAN). Prerequisite: Windows Introduction class or equivalent experience.
COMP:794 | $25
590 | Sa 8am-12pm
April 25
Patrick Karl

How to Tune Up a PC
Does your computer need a performance boost? You know you should keep your car in tip-top running shape, so why not do the same for your computer? In this hands-on course, you’ll spend one evening learning a variety of tips and techniques to speed up Windows performance. Our user-friendly computer instructor will teach you how! Just a few examples: add more RAM, optimize your hard drive’s performance with defrag and scandisk, convert to a permanent swap file, reduce the number of fonts in use, convert to FAT32, and many, many more. Prerequisite: Windows Introduction class or equivalent experience.
COMP:793 | $25
680 | Sa 9am-12pm
April 11
Patrick Karl

How to Troubleshoot Your PC
This course will cover the concepts of diagnosing and troubleshooting a PC that isn’t running correctly. Learn the basics of paring down issues to find what a probable cause and subsequent fix may be. Learn the basics of how the computer’s components work together and how you can work with them to discover what may be causing issues that cause poor performance. Topics will include common issues with PC hardware and software and how to resolve them.
Prerequisite: Windows Introduction class or equivalent experience.
COMP:794 | $35
680 | Sa 8am-12pm
April 18
Patrick Karl

= Digital Arts and Technology Alliance Workshops
Personal Computing

Ease Into Personal Computers
Do you have the desire to learn about computers but need extra time to grasp new information? This class will move at a slower pace to allow you to become familiar with computer equipment and concepts. This is an introductory course for people with little or no computer experience.
COMP:701 | $99  
300 F 9am-11:20am  
Feb. 6 – March 6 WW, 206

PCs and Technology: Introduction
Do you call yourself “computer illiterate”? Does current technology boggle your mind? Then this class is for you! Build a strong foundation for your computer skills and get familiar with other digital technologies. This course emphasizes hands-on experience using a PC to teach essential concepts and commands and develop user confidence. Basic terms regarding computer hardware, software and current technology are covered, as are basics regarding the use of computers, printers, and drives. It's a class designed for those with little or no computer skills.
COMP:701 | $99  
501 W 9am-12pm  
Feb. 4 – Feb. 25 SCEUC, 206

PCs and Technology: Introduction In a Day
Learn the basics of using a PC and Technology in a day! Do you call yourself “computer illiterate”? Does current technology boggle your mind? Then this class is for you! Build a strong foundation for your computer skills and get familiar with other digital technologies. This course emphasizes hands-on experience using a PC to teach essential concepts and commands and develop user confidence. Basic terms regarding computer hardware, software and current technology are covered, as are basics regarding the use of computers, printers, and drives. It's a class designed for those with little or no computer skills.
COMP:701 | $99  
502 S 9am-4pm  
Feb. 7 Corp. College, 210
580 S 9am-4pm  
April 11 FV - B, 127

Introduction to eBay: Buying and Selling
Come join the millions buying and selling on eBay. This hands-on course will teach you: to choose a UserID, to bid, win auctions, to sell items—including fees, to add a picture, to complete a sale, ship and what to do if an item doesn't sell. Look at other eBay issues: safety measures, feedback, what to do if you receive "spam" from eBay use and keeping updated on changes. Prerequisite: Windows Introduction class or equivalent experience.
COMP:742 | $49  
652 Tu 6:30pm-9pm  
April 21 – April 28 SCEUC, 207

Google Docs
Have you ever wanted to type up a short document but couldn't because you only had your tablet or smart phone with you? With Google docs you can create a document from nearly any device for free! Google Docs is a comprehensive suite of online productivity software (documents, spreadsheets, presentations, and more) that is the must-use program you've never heard of! Theres no need to download and install software on a particular machine. Any computer, tablet or smart phone connected to the internet can access Google Docs! Because your creations are automatically saved on Google's cloud system you can access the same file from anywhere. Another advantage is that multiple users can make edits to the same file at the same time. Come to this class to find out more about this exciting program. Prerequisite: Windows Introduction class or equivalent experience.
COMP:742 | $75  
C02 Tu 9am-12pm  
April 3 Rachel Bufalo  
Corp. College, 208

Cloudy with a Chance of Confusion
What is this cloud people are talking about? The “cloud” is everywhere and more and more people are using it for their personal computing needs. In fact, there is a good chance you are already using it in many areas. Come to this class to find out more.
COMP:742  
S50 Tu 6pm-9pm  
Rachel Bufalo  
March 24 SCEUC, 207

The Cloud and What You Need to Know
This course goes through the various aspects of using Cloud Storage to organize and store your digital assets. Learn about Cloud Storage services such as Google Drive. Learn where each key is and how to type more efficiently, increase speed and accuracy. You will learn correct hand positions and how to use the alphanumeric, numeric, symbol and shortcut keys. No class 3/16.
COMP:702 | $109  
780 M 7pm-9pm  
Feb. 23 – May 4  
Helen Raistion  
Linbdergh H.S., 108

Photoshop Elements 12: Basic Overview
This entry level course will introduce you to the basics of this incredible program. First we will learn the terminology of the program. Then we will touch on the “organizer” feature of Elements and learn what it does and what it can do for you. Next you will launch into the “editor” section including the tool bar and palette and edit a photo with basic techniques. Finally, we will embark on the “create” section and catch a glimpse of its amazing creativity. This course is designed to prepare you for the specialty classes of Adobe Elements. Prerequisite: Windows Introduction-class and Digital Pictures Introduction class or equivalent experience.
COMP:755 | $59  
S50 Tu 6pm-9pm  
Feb. 24 – March 10  
Rachel Bufalo  
SCEUC, 207

Introduction to Craigslist
Craigslist is a fantastic website and provides a wonderful community service to cities all over the United States. This site is about more than just buying and selling. Come find out what all of the hype is about! Prerequisite: Windows Introduction class or equivalent experience.
COMP:742 | $25  
C04 F 9:30am-12:30pm  
April 17  
Rachel Bufalo  
Corp. College, 206
S51 Tu 6pm-9pm  
Feb. 17  
Rachel Bufalo  
SCEUC, 207

Exclamation Point!
“The training I obtained with STLCC Continuing Education has really paid off. Your staff, instructors and facilities were very nice, and everyone I worked with was very accommodating. If I have the chance to take more classes, I most certainly will pursue it.”
Laura Hg, Chesterfield
Productivity

Internet Research and Investigation: Public Records
Explore a wide range of public records on the internet. We'll look at real estate records, criminal records, court judgments, marriages, births, deaths, etc. Prerequisite: Windows Introduction class or equivalent experience. Some internet experience helpful.

COMP:742 | $59
680 Su 12:30pm-3:30pm  Jean Bradley
Feb. 8  MC - BA, 216
681 Su 12:30pm-3:30pm  Jean Bradley
April 26  MC - BA, 216

Social Networks

Social Media Marketing for Professionals
This social media workshop will cover the concepts and application of social media marketing and will equip you with skills needed to plan and implement a successful social media marketing strategy. Topics will include the use of email marketing, using social media tools such as Twitter, and blogging, and how to use Facebook to create a fan page and increase traffic to your business page.

CVTW:713 | $129
603 F 8:30am-4:30pm  Anthony Carosella
April 17  MC - HE, 233

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

COMP:742 | $25
650 Tu 6pm-9pm  Rachel Bufalo
Feb. 10  MC - BA, 208

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

COMP:742 | $59
553 Tu 6pm-9pm  Rachel Bufalo
Feb. 3  SCEUC, 207
552 Tu 6pm-9pm  Rachel Bufalo
May 5  SCEUC, 207
350 W 6pm-9pm  Erin De Vore
March 25  WW, 209

Facebook for Business: Effective Marketing Techniques for Professionals
In this workshop, students will be introduced to the features and functionality employed to effectively use Facebook to promote your business or even personal pursuits. Students will learn how to set up and create pages and learn the techniques used to customize and brand their pages. Additionally, we will be covering ways to promote your site through organic activities, as well as paid promotions. It is ideal to already have a Facebook account set up before the day of the course. If you have an idea for a page that you want to create, you can do so during this course.

CVTW:713 | $129
681 Sa 8:30am-4:30pm  Kevin Ward
April 25  MC - HE, 233

Check out additional classes on Social Media: NSM Social Media Strategist Certification - page 15; Non-profit Social Media - page 9

Tech Savvy Fridays

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

COMP:765 | $19
C01 F 9am-11am  Patti Bossi
Feb. 27  Corp. College, 206

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

COMP:765 | $19
S01 F 9am-11am  Patti Bossi
March 13  SCEUC, 206

Tech Savvy Friday: What is the Cloud?
If the "cloud" sounds more like a high in the sky idea than a technological term this is the workshop for you! Twitter is all the rage because it is efficient, you can easily keep up with people and events as they are happening. Come learn how to use Twitter, and how to use it as a tool for business, personal use and students should already have a basic knowledge of Facebook prior to class. Prerequisite: Windows Introduction class or equivalent experience.

COMP:765 | $25
S01 F 9am-11am  Patti Bossi
March 13  SCEUC, 206

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

COMP:765 | $25
C03 F 9am-11am  Patti Bossi
April 24  Corp. College, 206

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

COMP:765 | $25
S03 F 9am-11am  April 10  Corp. College, 206

Tech Savvy Friday: Creating Folders and File Management with Windows 8
One of the trickiest concepts for new computer users to master is folders. Come to this workshop and learn how to create them, how to use them, but best of all, where to find them! This two hour class will help you de-clutter your files and folders. Prerequisite: Windows Introduction class or equivalent experience. Class will be using Windows 8.

COMP:765 | $19
S05 F 9am-11am  Patti Bossi
May 1  Corp. College, 206

Twitter
Hash tag? What the heck is a hashtag? If you’ve ever asked this question, then this class is for you! Twitter is all the rage for Gen Y, celebrities and an increasingly important source of information. Come to this class to find out more about one of the most popular social media sites. Prerequisite: Windows Introduction class or equivalent experience.

COMP:742 | $45
SS4 W 6pm-9pm  Rich Vagen
April 15  SCEUC, 206

Video

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

CVTW:704 | $129
600 F 8:30am-4:30pm  Timothy Linder
Feb. 20  MC - HE, 233

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

CVTW:704 | $129
601 F 8:30am-4:30pm  Timothy Linder
March 13  MC - HE, 233

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

CVTW:706 | $129
681 Sa 8:30am-4:30pm  Anthony Carosella
Feb. 14  MC - HE, 136
682 Sa 8:30am-4:30pm  Anthony Carosella
Feb. 21  MC - HE, 136

Creating Animated Film in Photoshop CC: Quickstart for Professionals
Using Adobe Photoshop CC students will learn how to get to the final digital stages of creating an animated film. Learn and experience: film analysis, visual development and research, inspiration, composition, staging and formats, rhythm and style variety, value and color plus a the basics of storyboarding, and then on to a finished computer animation.

CVTW:704 | $129
602 F 8:30am-4:30pm  Anthony Carosella
March 6  MC - HE, 232

GoPro HD Hero Camera for Professionals and Adventurers
Professional photographers and videographers will learn how to use the full range of features offered on the GoPro HD Hero Camera. Focus will be given on learning how to use the GoPro HD Hero Camera’s capabilities in film making in difficult conditions. Students will also learn how to edit photos and videos using GoPro’s software. Action photographers will learn how to attach the GoPro camera to helmets, bikes, surfboards, ski binding and cars. Be prepared for an intense hands-on learning experience.

CVTW:704 | $258
600 F 8:30am-4:30pm  Anthony Carosella
March 27  MC - HE, 232

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

Ease into WordPress

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

COMP:745 | $109
S50 Th 6pm-9pm Feb. 26 – March 12
Jerry Bearden
SCEUC, 207

Create Your Own Website with WordPress

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

COMP:745 | $99
C01 F 9am-4pm Jan. 30
S01 F 9am-4pm April 17
S02 F 9am-4pm May 1
Jerry Bearden
Corp. College, 208
Corp. College, 206
Corp. College, 208

Internet Marketing with WordPress

Internet marketing is a different concept than traditional marketing and employs different techniques. Learn about resources available to you, strategies to get noticed, and ways to measure how your methods are working for you. The class will be focused on WordPress websites, but the techniques learned are equally applicable to any website. Prerequisite: Create Your Own Website with WordPress or equivalent experience.

COMP:745 | $39
S51 Th 6pm-9pm May 7
Jerry Bearden
SCEUC, 207

Drones for Video and Photography

Send your video and photography to new heights by learning about photography with drones. Learn the basic principle of how drones work, the legal regulations that apply, advantages of using drones and the equipment needed to make stunning images with this new technology. Enjoy the demonstrations and see the results first hand!

CVTW:710 | $139
650 Sa 8:30am-4:30pm Anthony Carosella
May 2
MC - HE,136

Adobe Edge Animate CC for Professionals

Edge Animate helps web designers create highly interactive, HTML5 animations. Create custom, moving images for web sites, digital publishing, rich media advertising and more, for desktop and mobile browsers. Learn the basic functions in this new tool and build your own examples in this hands-on workshop.

CVTW 701 | $139
680 Sa 8:30am-4:30pm Mark Pennycuick
March 7
MC - HE,232

Maya for Professionals

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

CVTW 704 $139
681 Sa 8:30am-4:30pm Joseph Rollins
March 28
MC - HE,136

Avid Media Composer 6 Video Editing

This workshop will cover the basics of Avid Media Composer. Avid is a powerful SD and HD professional video editor for Mac or Windows. Media Composer is Avid’s top video editing program, and it offers integrated DVD authoring, surround sound audio processing, and thousands of powerful, real-time effects. Media Composer’s integrated toolset provides all of the components needed to create the highest quality productions and finish to tape, DVD or web streams.

CVTW 706 $139
706 Sa 8:30am-4:30pm April 4
Anthony Carosella
MC - HE,232

EZ Websites for Professionals: The First Step

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

CVTW:750 | $129
681 Sa 8:30am-4:30pm Kevin Ward
Jan. 18
MC - HE,233

Increase Profits with Marketing Techniques Using HTML and CSS

This two day seminar will take you through the basics of HTML and CSS as it is used in online marketing within areas such as email marketing and content management systems. Day 1 covers the basics of HTML and CSS and how they are used to structure graphics, copy and other content. Day 2 covers the practical side of building templates for email and web pages. This is an intensive course and covers a large amount of information.

CVTW:750 | $258
600 F5a 8:30am-4:30pm Kevin Ward
May 8 – May 9
MC - HE,233

Increase Web Activity for Business Using Web Analytics

In this workshop you will learn about website analytics, work basic assumptions, assumed interest, what does a “hit” really mean, measuring accuracy and how to apply this information to improved sales and profits.

CVTW:750 | $139
682 Sa 8:30am-4:30pm Kevin Ward
April 18
MC - HE,233

Exclamation Point!

“STLCC Continuing Education was a great choice for me. I improved my job skills, gaining the potential for advancement, and I did it at my convenience.”

Ryan J., Mehlville

= Digital Arts and Technology Alliance Workshops
Production Technology

Sketch Up for Professionals

Three dimensional models are essential if you’re in the design field. Students will learn the basics of three dimensional modeling with SketchUp. It’s the perfect tool for the beginner as well as professional designers, filmmakers, game developers, architectural, civic, mechanical engineers and related professions. This program is available for anyone designing anything from flying pans to cathedrals. Basic proficiency in Illustrator and Photoshop will be helpful for this workshop.

CVTW:704 | $129
603 F 8:30am-4:30pm
May 13

John Schmitt
MC - HE, 136

3D Printing Workshop for Beginners

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

CVTW:713 | $129
680 Sa 8:30am-4:30pm
Feb 28

Jeffrey Foster
MC - HE, 233

Construction Technologies

Construction

Introduction to AutoCAD I


COMP:770 | $202
230 MW 11am-12:15pm Dale Gerstenecker
Jan. 21 – May 13
FV - E, 278

Introduction to AutoCAD II

Continuation of Introduction to AutoCAD 1. DOS for AutoCAD: Blocks, attributes, symbol libraries, bill of material extraction, screen and tablet menus, digitizing drawings, slides and slide shows, introduction to LISP language. Prerequisites: Introduction to AutoCAD 1. Available for credit as EGR:141. Text required. No class 2/16, 3/16.

COMP:770 | $202
231 M 7pm-9:45pm
Jan. 26 – May 11
FV - E, 278

Sustainable Construction

The emphasis in this class is on the ‘green building’ movement. Its social, economic impact, and how sustainable construction differs from the traditional approach. Students will be introduced to Leadership in Energy and Environmental Design (LEED) and Green Globes rating systems and how these rating systems impact various aspects of a building and its components and systems. Text Required. Available for credit as CE:116. No class 3/18.

CONS:701 | $303
251 Tu 7pm-9:45pm
Jan. 21 – May 13
Dennis Dill
FV - E, 158

Construction Estimating

The total estimating and bidding process. Topics will include: bid form contracts, specifications, overhead, unit costs, quantity surveys, subcontract bids, pricing, checking and alternates. Students should be able to read construction drawings prior to enrolling in this course. Text required. Available for credit as CE:111. No class 3/17.

CONS:702 | $303
251 Tu 7:05pm-9:45pm
Jan. 20 – May 12
Gary Driko
FV - E, 158

Blueprint Reading

The interpretation of construction working drawings and specifications for residential and commercial building projects. Architectural, structural, and utility drawings will be covered. Text Required. Available for credit as CE:116. No class 2/16, 3/16.

CONS:718 | $259
251 M 7:05pm-9:45pm
Jan. 26 – May 11
Richard Unger
FV - E, 158

National Electrical Code and Calculations - Part 2

This course covers specialty areas of articles in the NEC, such as fluorescent lighting, air conditioning, and wiring devices. Students will learn how to perform NEC calculations. Text Required. Available for credit as CE:116. No class 3/17.

ELEC:705 | $269
550 Tu 6pm-9pm
Jan. 20 – April 28
Michael Smith
SCEJUC, 213

Solar Photovoltaics Information Session

Join us for this informational session on how to become a part of the solar field. The application, design, installation and operation of photovoltaic systems will be introduced. Explore the path for certification through the North American Board of Certified Energy Professionals (NABCEP).

CONS:721 | No Fee
SC0 Tu 6pm-7:30pm
Jan. 13

Jeffrey Foster
FV - SS, 155

Solar Basics, Solar Site Survey, Components, and System Build - Part 1

Join the field of solar energy. In this course students will learn about electrical basics, photovoltaics, solar energy fundamentals, photovoltaic sizing, solar energy markets, and safety basics. Students will be introduced to basic photovoltaic equipment and will learn how to assess potential installation sites for their solar energy potential. Students will gain hands on experience with roof layout, shading analysis with Solar Pathfinder, calculation of energy production for specific sites, and calculation of load estimations. In addition students will learn about photovoltaic system components and how they interact with each other. Students will be introduced to solar modules, charge controllers and inverters, batteries, and photovoltaic mounting systems. This workshop will apply all this information to participate in a hands-on photovoltaic system build project. We will build a full string inverter system with modules on a mock roof, and a ballasted racking system with micro-inverters. Students should have fundamental mathematical and mechanical skills. Texts included.

CONS:721 | $299
SC1 TuTh 5pm-8pm
Jan. 20 – Feb. 10
Jeffrey Foster
FV - CWI, 120

Solar Basics, Solar Site Survey, Components, and System Build - Part 2

A continuation of the solar energy studies and hands-on experiences. Prerequisite: Must have attended Solar Basics - Part 1. Texts Included.

CONS:721 | $199
SC2 TuTh 5pm-8pm
Feb. 17 – March 10
Jeffrey Foster
FV - CWI, 120

Advanced NEC for Photovoltaics and Calculations

The basic NEC for photovoltaic systems. Text Required. Available for credit as CE:116. No class 2/16, 3/16.

CONS:718 | $303
251 TuTh 5:05pm-9:45pm
Jan. 20 – May 12
Richard Unger
FV - E, 158

Solar courses - NABCEP Certified Courses

STLCC is now offering North American Board of Certified Energy Practitioners (NABCEP) approved solar training courses, from beginner to advanced levels. Simply curious to know more about solar energy? Register for Solar Basics. Perhaps you require more in-depth knowledge to begin or advance your career in solar. Need training for your current employees, or are looking to expand your business into solar? If this sounds like you, register for the series of solar courses listed here and be eligible to take the NABCEP Photovoltaic Entry Level Exam. If you complete these courses, you will also receive 34 advanced CEUs. Don’t let this moment pass you by. Now is the time to start making a change in the world and yourself.

Solar Basics, Solar Site Survey, Components, and System Build - Part 1

A continuation of the solar energy studies and hands-on experiences. Prerequisite: Must have attended Solar Basics - Part 1. Texts Included.

CONS:721 | $199
SC2 TuTh 5pm-8pm
Feb. 17 – March 10
Jeffrey Foster
FV - CWI, 120

Advanced PV Sizing Electrical Design

In this course students will learn how to equate temperature differences using temp coefficients for string sizing, as required by the National Electric Code. There will be exercises in proper wire sizing, overcurrent protection sizing and system sizing for stand-alone and grid-tied systems. This course will also include basic troubleshooting techniques. This and the previous classes are required to sit for the NABCEP entry level exam.

CONS:721 | $189
SC3 TuTh 5pm-8pm
March 24 – April 7
Jeffrey Foster
FV - CWI, 120

Advanced NEC for Photovoltaics and NABCEP for Installer Exam Prep

In this course students will learn the 2011/2014 requirements for photovoltaic systems. This is an advanced class and an electrical background is needed. This is a continuation education class that is worth 24 advanced hours and is meant to prepare students for the NABCEP installers test. Text Included.

CONS:721 | $259
SC4 TuTh 5pm-8pm
April 14 – May 7
Jeffrey Foster
FV - CWI, 120

= Digital Arts and Technology Alliance Workshops
OSHA Training at STLCC

St. Louis Community College Continuing Education offers courses to deliver occupational safety and health training to public and private sector workers, supervisors and employees.

Call 314-984-7777 to register today!

10 Hour OSHA Construction Health and Safety Training Certification

This course meets the required laws for working on public job sites. Led by an OSHA certified trainer, the course covers the mandated OSHA topics including OSHA regulations, general health and safety, basic electrical safety, fall protection, ladder and scaffold safety, hand and power tools, material handling, etc. Upon successful completion students will receive the 10 hour OSHA course completion card.

CONS:765 | $119
C01 TuTh 4:30pm-10pm Jan. 27 – Jan. 29
C02 Th 5pm-9pm Feb. 6
Sa 8am-3:30pm Feb. 28

10 Hour OSHA General Industry Certification

This 10 hour OSHA course is ideal for supervisors with safety and health responsibilities, and for employees in construction, food service, and health care. Topics covered include OSHA general industry health and safety standards, record keeping, fatalities, and citations. Students, will receive an OSHA general industry card after completion of the course.

CONS:746 | $119
C03 TuTh 4:30pm-10pm Feb. 17 – Feb. 19

OSHA 30 Hour Construction Safety and Health Certification Completion

This is a 20 hour completion course for those who have completed OSHA 10 Hour Construction Health and Safety Certification within the past six months and wish to pursue the OSHA 30 Hour Certification.

CONS:736 | $239
C04 TuTh 4:30pm-10pm March 3 – March 12

ACT Test Preparation

Statistics show that preparation is the key to maximizing ACT scores. All subjects of the ACT exam are covered. This is a complete review for the ACT exam using materials developed by Cambridge Education services. Text and practice test included - bring a calculator to class. No class 3/21.

EDUC:712 | $175
480 Sa 9am-12pm Feb. 14 – April 4
650 M 6pm-9pm Feb. 9 – April 6

Toshi Floyd
FP - G Tower, 111

Math Review for Chemistry Students

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

MATH:752 | $49
600 TuWTh 1pm-5pm Jan. 13 – Jan. 15
500 TuWTh 8:30am-12:30pm Jan. 13 – Jan. 15

The New High School Equivalency: What You Need to Know

HSET is the new word in high school equivalency in Missouri. Like the GED it provides an opportunity to study and earn a high school equivalency certificate. This information session will introduce the new test including: subject areas covered, how it is delivered and registration procedures. Local options for study and review courses will also be presented.

EDUC:765 | No Fee
H01 W 9:30am-11:30am Jan. 14
SC1 Tu 6pm-8pm Jan. 20
SC1 W 6pm-8pm Jan. 21

Language Arts Review for the HiSET Test

Prepare for the Language Arts Reading and Writing portions of the HiSET test during this review workshop. Reading for understanding including using inference, interpretation, analysis and synthesis will be covered. Writing review will focus on sentence structure, usage, and mechanics as well as essay writing and organization. Out of class study is expected. Study materials included.

EDUC:765 | $99
SC2 TuTh 6pm-8pm Feb. 3 – Feb. 26

Science and Social Studies Review for the HiSET Test

Prepare for the Science and Social Studies portions of the HiSET examination during this review workshop. Topics reviewed include Physical, Earth and Life Sciences as well as Civics, Economics, History and Geography. Graphic interpretation and critical thinking exercises will be covered. Out of class study is expected. Study materials included.

EDUC:765 | $99
SC3 TuTh 6pm-8pm March 3 – April 2

Mathematics Review for the HiSET Test

Prepare for the math section of the HiSET during this review workshop. Topics reviewed include Number Operations, Measurement, Geometry, Data Analysis/Statistics, and Algebra. Out of class study is expected. Study materials included.

EDUC:765 | $125
SC4 TuTh 6pm-8pm April 7 – May 7

Spring 2015 Continuing Education | St. Louis Community College
Just for fun...just for You!

Continuing Education has courses to bring color into your life! Discover a new you with classes in the arts, wellness, home maintenance, crafts, photography, culinary arts, personal finance and more.

Ageless Learning

Ageless Learning Seminars

ALS: A Sensory Evaluation of Beer and Wines
After a brief discussion of the human physiology of smell and taste, this presentation will address the sensory techniques used to evaluate beer and wine. Descriptive analysis based on vocabulary development will be discussed. The origin of normal and off flavors in beer and wine will also be covered.

SEN/R:702 | No Fee
300 Th 10am-12pm
Feb. 5

ALS: Mighty Cahokia: America's First City
Cahokia Mounds are a singular site in our immediate environment. Relive the rise, prosperous era and demise of Cahokia from AD 800-1400. Bill Iseminger, site manager, will share significant site features, the results of archaeological research, and current programs at the site.

SEN/R:702 | No Fee
301 Th 10am-12pm
Feb. 19
302 Th 1pm-3pm
Feb. 26

ALS: Harry Truman
The story of Missouri's most famous son includes his difficult early years and rise in politics. His staggering accomplishments include the creation of the Marshall Plan, NATO, the recognition of Israel, and his surprising reelection in 1948.

SEN/R:702 | No Fee
302 Th 10am-12pm
March 5

ALS: History of Scrimshaw
Learn about the American folkart of scrimshaw. Named by Early American Life magazine as one of the "Top 200 Traditional Craftsmen" in the U.S., Michelle "Mike" Ochonicky will present the history of this interesting art and show slides and actual examples of work.

SEN/R:702 | No Fee
303 Th 10am-12pm
March 26

ALS: A French City: the First 50 Years of St. Louis History
In 1764 a young Frenchman and his 14-year old step-son would build a trading post that would become the 4th largest city in the US one hundred years later. For the first 50 years of St. Louis' history this was a French city - settled by French/Canadians; where French was spoken; where the architecture was French colonial and the culture and religion reflected the citizens' French heritage.

SEN/R:702 | No Fee
304 Th 10am-12pm
April 9

ALS: Protect Yourself: Understanding Identity Theft
Don't become a victim! Identity theft has grown more prevalent and sophisticated with advancing technology and new delivery methods. Presented by Pulaski Bank staff, you'll learn different types of identity theft, the effects of identity theft and how to protect yourself. We'll also discuss real life situations and answer questions that you may have. Held in the Library Confluence Room.

SEN/R:702 | No Fee
600 Tu 10am-12pm
Feb. 10

ALS: Thomas Jefferson and the Louisiana Purchase
In 1803 the destiny of North America was decided by men who never set foot in the Mississippi Valley. Thomas Jefferson never traveled west of the Shenandoah Valley. Yet he recognized that control of the Mississippi River was vital to the nation's interests. Held in the Library Confluence Room.

SEN/R:702 | No Fee
601 Tu 10am-12pm
March 3

ALS: A Brief History of the Museum of Transportation
Take a ride through the highlights and history of the National Museum of Transportation, located in Meramec campus' backyard. Join Coby Ellison, Curator of Collections and Restoration Specialist, as he details some of the significant events of the museum from 1948 to the present. Held in the Library Confluence Room.

SEN/R:702 | No Fee
602 Tu 10am-12pm
March 10

ALS: CityArchRiver 2015 Transformation
CityArchRiver 2015 is a transformational renovation of the Gateway Arch grounds and its surroundings. The unique public-private partnership behind the project is helping ensure that the Arch grounds will be a vital, welcoming, and well-supported space for generations to come. Held in the Library Confluence Room.

SEN/R:702 | No Fee
604 Tu 10am-12pm
March 26

ALS: The Basics - Memory Loss, Dementia, and Alzheimer's Disease
Learn about the symptoms, causes, and risk factors of Alzheimer's disease and other types of dementia. Join us for an interactive discussion about how Alzheimer's affects the brain, how to get a thorough diagnosis, the stages of the disease, treatments and resources available to help. Held in the Library Confluence Room.

SEN/R:702 | No Fee
503 Th 1pm-3pm
March 26

William F. Green Library
St. Louis Community College - Florissant Valley

WW, 102B
MC - Library
FV - CWI, 136
MC - Library
MC - Library
FV - CWI, 134
MC - Library
MC - Library

Beverly Schuetz
Michelle Ochonicky
**ALS: Latin American Leftism: the Pink Tide**
Ten of the new 2007-2014 democratically elected presidents in South American nations are liberals or left-leaning liberals. This is being called the Pink Tide. Discuss issues arising from this massive turn to the left in Latin American leadership.

**SENR:702 | No Fee**
500 Th 1pm-3pm Lorenzo Gonzalez
Feb. 12 FV - CWI, 136

**ALS: Yoga**
Yoga is ageless! If you can breathe, you can do yoga. We will focus on prana, which is energy. It comes from various sources in all of our bodies. Breathing can be a major source of energy. We will be doing some belly and thoracic breathing and some easy asanas. These will allow you to engage in some active yoga practice. You will find this very helpful in many ways.

**SENR:702 | No Fee**
501 Th 1pm-3pm Sandra Tricamo
March 12 FV - CWI, 136

**ALS: Titanic**
One of the world’s most famous ocean liners sank in the North Atlantic after hitting an iceberg. Over 1500 lives were lost, many women and children. This presentation examines the times of the Titanic, images of the ship and the memorial service held at the sinking site in the North Atlantic on April 14th, 2012 bring this historical event up to date.

**SENR:702 | No Fee**
504 Th 1pm-3pm April 9 FV - CWI, 134

**ALS: People of Bellefontaine Cemetery**
2/3 St. Louis 250 Birthday: People Who Mattered. 3/18 Notable and Notorious Women. 4/7 People of the 1904 World’s Fair. 5/7 Spies and Traitors. Presented by Richard Lay of Bellefontaine Cemetery.

**SENR:702 | No Fee**
P01 Tu 10:30am-11:30am
Feb. 3 MO Hist Museum, ATT
W 10:30am-11:30am
March 18 MO Hist Museum, ATT
Tu 10:30am-11:30am
April 17 MO Hist Museum, ATT
Th 10:30am-11:30am
May 7 MO Hist Museum, ATT

**ALS: 19th Century America**

**SENR:702 | No Fee**
P02 Tu 10:30am-12:30pm
Feb. 17 MO Hist Museum, ATT
Tu 10:30am-12:30pm
March 17 MO Hist Museum, ATT
Tu 10:30am-12:30pm
April 21 MO Hist Museum, ATT
Tu 10:30am-12:30pm
May 5 MO Hist Museum, ATT

**ALS: Men of Distinction**

**SENR:702 | No Fee**
P03 W 10:30am-12pm
March 11 MO Hist Museum, ATT
W 10:30am-12pm
March 25 MO Hist Museum, ATT
M 10:30am-12pm
April 20 MO Hist Museum, ATT
M 10:30am-12pm
May 11 MO Hist Museum, ATT

**ALS: 20th Century St. Louis**

**SENR:702 | No Fee**
P05 Tu 10:30am-12pm
Feb. 24 MO Hist Museum, ATT
Tu 10:30am-12pm
March 24 MO Hist Museum, ATT
Tu 10:30am-12pm
April 28 MO Hist Museum, ATT
W 10:30am-12pm
May 13 MO Hist Museum, ATT

**ALS: Folklore of St. Louis**
3/2 Introduction to Folklore. 3/9 The Message of Folk Beliefs and the Black Bird. 2/23 Computers, Seniors, Hoosiers and Mom. Dr. John Oldoni.

**SENR:702 | No Fee**
P06 M 10:30am-12pm
March 2 MO Hist Museum, ATT
M 10:30am-12pm
March 9 MO Hist Museum, ATT
M 10:30am-12pm
March 23 MO Hist Museum, ATT

**Enrichment Seminars**

**Enrichment Seminar: A Change is Gonna Come**

**SENR:766 | No Fee**
P05 F 12pm-1:30pm
Jan. 23 FV - IR

**Enrichment Seminar: Stereotypes, Stigma and Stardom**
The role of media in American culture. Presented by Terry Collins.

**SENR:766 | No Fee**
P06 F 12pm-1:30pm
Feb. 20 FV - IR

**Enrichment Seminar: Cupcake Wars**
Presented by Casey Shiller.

**SENR:766 | No Fee**
P07 F 12pm-1:30pm
March 27 FV - IR

**Enrichment Seminars: Healing Is In Your Hands**
A brief energy medicine seminar presented by Sharon Fox.

**SENR:766 | No Fee**
P08 F 12pm-1:30pm
April 10 FV - IR, 112

**Senior Fitness**

**Line Dancing for Older Adults: Beginning**
Come learn fun line dances you can do without a partner. This is a great class if you're single or in a group of friends who want to dance. So put on your dancing shoes and learn the newest line dances as well as the all-time classics. Be prepared for lots of fun, cardiovascular exercise, and meeting good friends. No partner required. No class 3/19.

**SENR:703 | $59**
P05 Th 9am-9:50am Sandra Derickson
Feb. 5 – April 16 FV - PE, 233

**Line Dancing for Older Adults: Easy Intermediate**
Step it up a notch! This class is for those who have mastered the beginning class and want to learn more dances. Come learn fun line dances you can do without a partner. This is a great class if you're single or in a group of friends who want to dance. So put on your dancing shoes and learn the hottest new line dances as well as the all-time classics. Be prepared for lots of fun, cardiovascular exercise, and meeting good friends. Prerequisite: Line Dancing for Older Adults, Beginning. No partner required. No class 3/19.

**SENR:703 | $59**
P01 Th 10am-10:50am Sandra Derickson
Feb. 5 – April 16 FV - PE, 233

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

**SENR:704 | $79**
P01 M 10am-11am Sandra Derickson
Feb. 5 – March 26 Masterpeace Studios
P02 Tu 10am-11am April 9 – May 28 Masterpeace Studios

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

**PEDU:747 | $55**
P01 W 11am-11:50am Theresa Daniels
Feb. 11 – April 11 Adiva Dance Ctr

**Golf for Seniors - 4 Sessions**
Learn the basic fundamentals of golf: grip, set-up, mini-swing, putting and chipping. Class will move at a slower pace.

**PEDU:732 | $45**
P01 Tu 10am-11am April 21 – May 12 Golfport-Maryland Hgts

Get fit in our Senior Fitness classes! More Fitness classes are available on page 59.
**Social Security Benefits America Series**

SSBA Classes are offered by the Social Security Administration.

**Seniors and Caregivers - What You Need to Know**

Who can be a Representative Payee? What effects will a move to a skilled nursing facility have on your loved one’s Social Security benefits? In this session, you will learn the dos and don’ts of being a Representative Payee, and possible entitlements to other benefits for your loved one. Registration required.

SENR:766 | No Fee

- **604** Tu 1pm-3pm
  - **April 21** MC - Library, CNFL Rm.
- **500** Th 1pm-3pm
  - **Feb. 19** FV - CWL, 136

**Disability, Basic Eligibility and Entitlement Factors**

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

SENR:766 | No Fee

- **603** Tu 1pm-3pm
  - **March 5** MC - BA, 105
- **502** Th 1pm-3pm
  - **March 24** FV - CWL, 136
- **503** Th 1pm-3pm
  - **March 26** FV - CWL, 136

**What Every Woman Should Know About Social Security**

As a woman, what challenges will you face in the retirement years? Learn about Spousal Benefits, Widow’s Benefits and Divorced Spouse’s Benefits. Registration required.

SENR:766 | No Fee

- **601** Tu 1pm-3pm
  - **March 3** MC - BA, 105
- **501** Th 1pm-3pm
  - **March 5** MC - BA, 105
- **502** Th 1pm-3pm
  - **March 24** FV - CWL, 136
- **503** Th 1pm-3pm
  - **April 9** FV - CWL, 136

**Medicare and Medicare Drug Programs**

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

SENR:766 | No Fee

- **604** Tu 1pm-3pm
  - **April 23** FV - CWL, 136
- **600** Tu 1pm-3pm
  - **Feb. 17** MC - BA

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**Creative Arts**

**Crafts**

**Stamp A Stack**

Join us once a month to start your spring holiday card crafting. Each month you will create five cards using different stamping techniques. Ending in April, you will have a total of 15 hand-crafted unique cards to use for the spring holidays! Fee includes most materials. Supply list sent. LAST Day to enroll or drop is Friday, 1/23. No refunds after Friday, 1/23.

CRFT:702 | $55

- **MD1** Sa 9am-11am
  - **Feb. 1** Kimberly Hany
  - **March 21** Kimberly Hany
  - **April 18** Kimberly Hany

**Stamping Birthday Cards**

Join us for a Birthday Extravaganza card class! Create some homemade birthday cards for the year to come. You will make five birthday cards using stamping techniques and embellishments. Each card is a pop! Fee includes most materials. Supply list sent. Last day to enroll or drop is Friday, Feb. 13. No refunds after Friday, Feb. 13.

CRFT:762 | $49

- **MD1** Sa 9am-12pm
  - **Feb. 21** Kimberly Hany

**Papercraft: Paper Marbling**

Discover the secrets of paper marbling, an ancient printing technique in which a floating, multicolored design is created on a liquid surface and then transferred onto paper (or any other fiber). Called Ebru by the Turkish and Suminagashi by the Japanese, paper marbling is a mysterious and lovely process! Each marbled print is a monotype as no two are ever the same. A class for beginners to experiment with several different marbling techniques. Supplies included in the cost of class.

CRFT:713 | $35

- **751** W 6pm-9pm
  - **March 25** Kimberly Hany
- **753** W 6pm-9pm
  - **March 4** Kimberly Hany
- **755** W 6pm-9pm
  - **April 1** Kimberly Hany

**PaperCutting: Spring Wreath or Garlands**

In this introduction, you will learn the art of cutting paper designs in which a floating, colored design is created on a liquid surface and then transferred onto paper (or any other fiber). You will explore several techniques. Using procion dyes, discover the fascinating traditional process known as Ice Dyeing. Also explore the exciting and unpredictable process of ice dyeing. Also practice “reverse dyeing” or bleach discharge which allows you to selectively remove color from previously dyed items. You will complete at least six pieces during class. All dyeing materials will be supplied in class, including six scarves per student. Additional scarves will be available for purchase in class for $10 each. Students should bring a lidded 4-6 qt container made of glass or plastic, not metal.

CRFT:713 | $149

- **450** Tu 6pm-9pm
  - **March 24** Jennifer Bradford
- **448** Tu 6pm-9pm
  - **April 14** Jennifer Bradford

**Needlecrafts: From Rags to Rugs**

You don’t need a spacious workshop and expensive equipment to weave. A bit of cardboard, a few old sheets, and before you know it, you’ve got a throw rug. In this introductory weaving class, we will construct a loom of your own design to a scarf and learn the basic techniques for transferring designs that are easy and effective. You will learn many stitches, from basic to advanced. Everyone will work together, but each will have a very personalized end product. All supplies included in the cost of the class and will be yours to take home to use again and again. Please bring a pair of scissors to class. No prior experience necessary.

CRFT:728 | $65

- **550** Tu 6:30pm-8:30pm
  - **Feb. 24 – March 10** Magan Harms
- **551** Tu 6:30pm-8:30pm
  - **April 21 – May 5** Magan Harms

**Tangled Fibers Felting**

Felting is the process of tangling fibers together. In this workshop, we will introduce you to creating a scarf, fiber art, and wool sculptures. Techniques include nuno felting, wet felting with resists, and needle felting. Fiber and needles provided in cost of class. Supply list sent - cost of additional materials from $5 - $22. Registration required.

CRFT:765 | $135

- **652** Tu 6pm-9pm
  - **Feb. 10 – March 3** Nicole O’Toole

**Embroidery: Design & Stitch**

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

CRFT:728 | $49

- **P01** Tu 5:45pm-8:45pm
  - **Feb. 10 – March 3** Jennifer Bradford

**Fibers Arts School: Sashiko Embroidery**

Historically women in Japan collected fabrics and stitched them together to make their family’s clothes and interior decorations. You will create a design and transfer that to a scarf and learn the basic rules of traditional sashiko embroidery. You will work on one scarf during this workshop & may need to complete it at home. Bring a thimble, an embroidery hoop, & any fabric, scraps that you wish to incorporate into your sashiko scarf. Bring your favorite scarf & use it as your project & take away the blank scarf provided for this class.

CRFT:728 | $49

- **P01** Tu 5:45pm-8:45pm
  - **Feb. 10 – March 3** Jennifer Bradford

**Fibers Arts School: Batik / Ice Dyeing / Reverse Dyeing**

You will explore several dye techniques. Using procion Jacquard dyes and wax, discover the fascinating traditional process known as Ice Dyeing. Also practice “reverse dyeing” or bleach discharge which allows you to selectively remove color from previously dyed items. You will complete at least six pieces during class. All dyeing materials will be supplied in class, including six scarves per student. Additional scarves will be available for purchase in class for $10 each. Students should bring a lidded 4-6 qt container made of glass or plastic, not metal.

CRFT:713 | $149

- **450** Tu 6pm-9pm
  - **March 24 – April 7** Jennifer Bradford

**Fibers Arts School: Nuno Felting**

Nuno felting bonds wool into sheer fabric, such as silk gauze or cheesecloth, allowing for elegant decorative contrasts in texture and weight. Design and create a stunning scarf using this method, and leave knowing how to create flat felted scarves at home using readily available tools. Students will create one silk and wool scarf during this workshop. Bring a towel and plastic bags to transport your finished work. All other materials will be supplied. Please note that if you have a particular very lightweight scarf that you would like to use for this, such as one of the scarves you created if you took any of the previous Fibers Art School classes, you may bring it and use it and take away with you the blank scarf the instructor would have provided for this exercise.

CRFT:713 | $49

- **451** Tu 6pm-9pm
  - **April 14** Jennifer Bradford

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St. Louis Community College Continuing Education

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www.stlcc.edu/ce | 314-984-7777
Fiber Arts School: Shibori Dyeing
Shibori is the Japanese art of creating patterns by binding, stitching, folding and twisting fabric during the dyeing process. In this beginning level workshop, learn basic traditional techniques using an indigo dye vat. Experiment on silk and cotton scarves and go home with the skills to dye larger pieces at home. Dress for class expecting to get messy and wet. All dyeing materials will be supplied in class, including two scarves per student. Additional scarves will be available for purchase in class for $10 each.

CRFT:713 | $49
452 Tu 6pm-9pm
March 10
Jen Bradford
FP - G Tower, 409

Shibori Dyed Silk Scarves
Do you love scarves? What could be better than making 4 just the way you want? Learn Shibori techniques to add pattern and color to your scarves. Shibori dyeing is an ancient technique that literally means “shaped-resist dyeing.” The shaping process leaves areas undyed that become patterns when the cloth is dyed. Rather than treating cloth as a two-dimensional flat surface, shibori techniques give it a 3-dimensional form by folding, crumpling, stitching, plaiting, or plucking and twisting. A cloth may be dyed repeatedly using a different shaping method each time. Also learned in the class is dye removal; you will add color, remove color, and add more color. Leave with 8 finished scarves at the end of class. Learn many Shibori techniques as well as dye vatting and dye removal. Supplies included in the cost of the class. Bring ziplock bags, rubber gloves and an old towel to class. Dress to work with dye. No class 3/17.

CRFT:718 | $139
650 Tu 6:30pm-8:30pm
March 10 – April 7
Nicole Ottwell
MC - SS, 206

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

CRFT:765 | $49
650 Tu 6:30pm-8:30pm
April 14
Nicole Ottwell
MC - SS, 206

All Natural Textiles: Dyeing and Printing
Learn how to dye and print on fabric using natural materials you can find outside or inside your pantry! Participants will learn to naturally dye fabrics using turmeric and walnut hulls. Plus, you’ll explore simple techniques to print new designs and patterns with eco-friendly milk paint and a red wine concentrate. Participants will transform old linens into hand-crafted masterpieces. It’s culinary printing at its best! Offered in collaboration with Perennial.org.

CRFT:713 | $35
P06 Th 6:30pm-8:30pm
Feb. 5
Jenny Murphy
Perennial.org

All Natural Textiles: Mordants
Do you love the beautiful, earthy tones of natural dyes? Learn the process of more complicated dyeing using mordants with Perennial’s Director. Participants will take part in the step-by-step process of choosing and preparing fabric for dyeing, learning how to create a dye vat with local materials, as well as how mordants work to fix color and increase lightfastness. The class will cover natural fiber choices, dye equipment, common dye materials you can find on a walk, as well as how different mordants create various results. Offered in collaboration with Perennial.org.

CRFT:713 | $35
P07 Th 6:30pm-8:30pm
March 26
Jenny Murphy
Perennial.org

Ombre: Gradient Dyeing for Crafters
Have you wanted to learn how to dye your own fabrics? Dye several gradients light to dark or one color to another. Experiment with a color transition that moves from grey to yellow or several shades of one color. You will learn about the dye chemistry and how easy it is to continue to dye your own cloth at home using fiber reactive dyes, which are permanent. You will dye 12 yards of fabric in this class in your choice of gradients. Come with an old towel, rubber gloves and old clothes because it can get a bit messy.

CRFT:718 | $65
500 F 9:30am-11:30am
Feb. 13 – Feb. 20
Nicole Ottwell
FV - E, 156

Exclamation Point!
“What a fun ‘Girl’s Night Out’ activity. It was so easy to be creative!” In Nicole Ottwell’s Silk Scarf Dyeing class, we each made two beautiful scarves, and everyone’s was different. We plan to take the class again with more of our friends. Thank you so much STCC Continuing Education for having these classes!”

Marie P., Eureka

Functional Comforts: Rice-filled Heat Pack
You will make one or two reusable, scented rice heating packs in fun shapes. Made of cozy flannel and felt fabric, measuring approximately eight by ten inches. Scented with soothing lavender or rose. Perfect to snuggle up with on a cold night, or add to the foot of your bed. This class is geared for brand new sewers, as the sewing machines can be rigged to go very slow. However, the more experienced and creative stitcher can advance with their design to the next level.

CRFT:713 | $35
P03 Tu 6pm-9pm
Feb. 17
Anne Stirmann
City Sewing Room

Functional Comforts: Fabric Backpacks
Sew a fabric basket that is approximately eight by ten inches. You choose the fabric, and we will provide the interfacing. Fabric baskets are sewn on a machine and can be made just for Easter or to be used throughout the year. This class is geared for brand new sewers, as the sewing machines can be rigged to go very slow. The more experienced and creative stitcher can advance with their design to the next level.

CRFT:713 | $35
P04 Tu 6pm-9pm
April 21
Anne Stirmann
City Sewing Room

Machine Quilting: Twisted Log Cabin
This wall hanging or micro quilt is completed entirely by sewing machine. The twisted log cabin pattern is easy to cut and fast to sew with accuracy for the beginner or advanced quilter. Apply borders, batting, backing, and binding to finish the project. Learn the techniques and be ready to advance to a larger quilt. Sewing machine skills are necessary as you will be making a wall hanging or a table runner. Acquire a new skill, one you can pass on to your children. Basic hand sewing skills necessary. Supply list sent.

CRFT:718 | $105
300 Tu 10am-12pm
Feb. 10 – March 17
Melanie Redler
The Timbers

Art Quilting: Spring Sampler
Discover Art Quilting! A contemporary textile art based on traditional elements, incorporating new techniques, materials and forms - abstracts, crazy quilting and fabric painting. You will design and make a variety of quilt squares that explore non-traditional pairing, fusible products, utilizing photographic images and found objects such as paper fibers, beads, buttons, or yarn. Supply list sent. Prerequisite: must know basic sewing stitches and be comfortable working in a free-form style. This is a hand sewing class.

CRFT:718 | $110
651 W 6:30pm-9:30pm
April 8 – April 29
Melanie Redler
MC - CE Classroom

Basic Building Blocks for New Quilters
Have you always wanted to make a quilt but had no idea how to begin? Step by step, you will learn how to choose and arrange fabrics, cut and fast to sew with accuracy for the beginner or advanced quilter. The first class will focus on with their design to the next level.

CRFT:713 | $35
550 M 6:30pm-9pm
March 23 – April 13
Carolyn Rubsam
FV - SM, 133

Ombre: Gradient Dyeing for Crafters
Do you love the beautiful, earthy tones of natural dyes? Learn the process of more complicated dyeing using mordants with Perennial’s Director. Participants will take part in the step-by-step process of choosing and preparing fabric for dyeing, learning how to create a dye vat with local materials, as well as how mordants work to fix color and increase lightfastness. The class will cover natural fiber choices, dye equipment, common dye materials you can find on a walk, as well as how different mordants create various results. Offered in collaboration with Perennial.org.

CRFT:713 | $35
P07 Th 6:30pm-8:30pm
March 26
Jenny Murphy
Perennial.org

Art Quilting: Spring Sampler
Discover Art Quilting! A contemporary textile art based on traditional elements, incorporating new techniques, materials and forms - abstracts, crazy quilting and fabric painting. You will design and make a variety of quilt squares that explore non-traditional pairing, fusible products, utilizing photographic images and found objects such as paper fibers, beads, buttons, or yarn. Supply list sent. Prerequisite: must know basic sewing stitches and be comfortable working in a free-form style. This is a hand sewing class.

CRFT:718 | $110
651 W 6:30pm-9:30pm
April 8 – April 29
Melanie Redler
MC - CE Classroom
Knitting 101: Beginning Techniques for All Seasons
Knitting isn’t just for making winter garments and accessories. Use linen, silk and lighter threads and yarns to make projects and garments that will be useful all year round. We will still cover the basics—casting on, increasing and decreasing, finishing, a variety of stitches and more. Get lots of information and tips for future projects as well as help reading patterns. Students may bring unfinished projects. All levels welcome. Supply list sent.

CRFT:720 | $49
450 Tu 6pm-8pm
Feb. 3 – Feb. 17
550 Th 6:30pm-8:30pm
Feb. 5 – Feb. 26
P01 W 6:30pm-8:30pm
Thi Miller
Feb. 11 – Feb. 25
Nottingham, 106

Knitting: the Next Step
Broaden your knitting skills beyond basic knitting and purling. Learn about increasing and decreasing techniques, lace, binding, fixing mistakes, and simple pattern reading. Prerequisite: Knitting 101 or equivalent experience.

CRFT:722 | $49
550 Th 6:30pm-8:30pm
March 5 – April 2
No class 3/19
P01 W 6:30pm-8:30pm
March 25 – April 8
Thi Miller
Nottingham, 106

Knit in a Day
A crash course in knitting. Learn the basics in one fell swoop (casting on, knitting, purling, pattern reading, cabling and binding off) and be on your way to impress friends and yourself. It’s such a beautiful form of hand work and so worth the time.

CRFT:720 | $49
480 Sa 9am-3pm
Feb. 21
Thi Miller
FP - G Tower, 119

Knit a Spring Shawl
Experiment with texture and shape. Beginning knitters can choose a mini shawl pattern perfect for showing off your new skills and avoiding spring breezes. The design is simple but the work offers all the elements you'll need to continue to a more intermediate level.

CRFT:720 | $49
451 Tu 6pm-8pm
March 24 – April 7
Thi Miller
FP - G Tower, 119

Colorwork
Simply beautiful. Colorwork knitting not only earns compliments but makes you feel as though you’ve created something absolutely spectacular and you have. It only takes a bit of careful planning and execution, and as a piece so enjoyable and stunning is created. Prerequisite: Knitting 101 or equivalent experience.

CRFT:722 | $49
450 Tu 6pm-8pm
Feb. 24 – March 10
Thi Miller
FP - G Tower, 119

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

CRFT:724 | $49
711 W 6:30pm-8:30pm
Feb. 18 – March 4
Carletta Kemp
Carletta Kemp
Clayton H.S., 124
878 M 6:30pm-8:30pm
March 2 – March 23
Carletta Kemp
Linbergh H.S., 44
No class 3/16
550 Tu 7pm-9pm
April 15 – April 22
Anne Frese
FV - C, 104

Intermediate Crochet - All Around Blanket
Come and learn pattern reading for intermediate crocheters to create a beautiful striped/solid blanket using baby yarn or regular yarn. Warm feet are happy feet.

CRFT:724 | $49
781 M 6:30pm-8:30pm
March 30 – April 13
Carletta Kemp
Linbergh H.S., 44

Crocheting Granny Squares
Learn to make the traditional granny square! This crochet stitch can be made into square that are pieces together to make clothing, pillows or even a big blanket. A versatile form to learn. This class is for people who know basic crochet stitches and are looking to move forward to more exciting projects. Must be comfortable with double crochet stitch or have taken Crocheting 101. Supply list sent.

CRFT:724 | $49
712 W 6:30pm-8:30pm
March 25 – April 8
Carletta Kemp
Clayton H.S., 123

Crocheting With Plan
We all have them, those plastic bags from the grocery store. Making plastic bag yarn, or ‘plarn’ is a great way to repurpose these bags that would otherwise take over 1000 years to decompose in a landfill. Learn to make plarn and then create a quick crocheted cuff or choker with your new material. Students will bring their own bags to work with (at least 20) and a crochet needle. Prerequisite: Crocheting 101 or equivalent experience. Supply list sent.

CRFT:724 | $49
700 W 6:30pm-8:30pm
April 15 – April 22
Carletta Kemp
Clayton H.S., 123

Intro to Stained Glass
Capture the beautiful spring rays with a handmade sun catcher! Participants will use reclaimed bits of glass to compose a custom design. Theresa, community artist and teacher, will demonstrate how to safely use a glass cutter and grinder to create custom shapes from privacy windows, wine bottle bottoms, and colored glass to compose their sun-catcher designs. Participants will learn how to use copper foil, flux, and lead-free solder to assemble their colorful, textured glass pieces. Offered in collaboration with Perennial.org.

CRFT:736 | $45
P01 Sa 10am-1pm
Feb. 28
Perennial.org

UpCycled Mosaics: Table or Terracotta Planter
Learn how to create your own mosaic table-top from beginning to end in this two-day workshop! In our first session, Theresa, community artist and teacher, will teach you how to cut scraps of glass and tile to create a custom colorful design. The class will cover mortars, how to reuse wine bottles, and any necessary preparations to get a piece of furniture ready to hold a mosaic. After giving your designs time to dry, the class will meet again for the second session and participants will learn how to complete their mosaic by applying a grout finish. Bring your own small table (night stand, end table, coffee table) or choose from our selection at the shop of salvaged and found tables! Offered in collaboration with Perennial.org.

CRFT:741 | $55
P01 Tu 6pm-9pm
Feb. 17
Perennial.org

Hand-Painted Martini or Dessert Glasses
Paint four martini or dessert glasses with spring designs. You choose the colors and adds designs for your own personal touch. Pieces will be fired and may be picked up one week after the class ends at the shop. Fee includes materials and firing. Paints are lead free and food-safe.

CRFT:743 | $45
M01 W 7pm-9pm
March 25
Cathy Cody
Painted Zebra - Kkwd

Hand-Painted Glass: Dessert/Appetizer Plates
Paint four, 8” dessert or salad plates with spring designs. You choose the colors and adds designs for your own personal touch. Pieces will be fired and may be picked up at the shop one week after the class. Fee includes materials and firing. Paints are lead free and food-safe.

CRFT:743 | $45
M02 W 7pm-9pm
April 15
Cathy Cody
Painted Zebra - Kkwd

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

CRFT:753 | $219
550 Tu 6pm-9pm
Jan. 27 – March 10
Chih Yu Lin
FV - E, 290
Leia Zumbro
MC - HE, 131

Call 314-984-7777 to register beginning January 5!
Intermediate Metalsmithing Techniques: Rings and Things

Take your sheet metal and wire jewelry skills to the next level with more fun and educational tips and techniques. Rings are the focus here. Different methods of soldering will also be taught. Create a ring band, twisted ring, rolling ring within a ring and bezel settings. Students who have previous experience working with metal may move onto more advanced projects. Tools and metals included in class fee. Prerequisite: Beginning Metalsmithing Techniques for Jewelry or equivalent experience.

CRFT:753 | $219
551 Tu 6pm-9pm
March 24 – May 5
Chih Yu Lin
FV - E, 290
MC - HE, 131

Basic Wire Wrap

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

CRFT:753 | $45
M01 Th 6pm-9pm
February 19
DEEsigns Studio

Advanced Wire Wrap

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

CRFT:753 | $45
M04 Sa 9:30am-12:30pm
March 28
DEEsigns Studio

Resin Cast Jewelry Workshop

Make beautiful jewelry by creating tiny collage assemblages inside metal frames. Cast your creations in a durable, hard-cure resin. You will create 3 finished pieces. Instructor provides pendant frames, scrap papers and resin. Supplies for additional pendants can be purchased for $7 each during class. Bring a flat-bottom box to transport pendants home and anything that you wish to include in your pendants - scraps of fabric, paper, or tiny items such as seeds or tiny stones.

CRFT:753 | $39
P01 W 5:45pm-8:45pm
March 4
Nottingham, 103

Tree of Life Pendant Project

Create jewelry unique to you. Make a free-form Tree of Life beaded pendant using a variety of different sized and colored beads. No experience needed. Perfect for the first-time jewelry maker. Bring pointed pliers and wire clippers to class.

CRFT:753 | $29
580 Sa 9am-12pm
April 18
Carole Weusthoff
FV - E, 160

Gemology 101: Diamond Essentials

Learn about the wide variety of diamonds available, the four “Cs” - cut, color, clarity, and carat and the effect each has on beauty, rarity, and value. This class is for beginners who want to know about diamonds.

CRFT:753 | $55
550 W 7pm-9pm
February 23 – March 11
Stacy Minden
SCEUC, 100

Gemology 102: Colored Stones and Pearls

Learn about the wide variety of diamonds available, the four “Cs” - cut, color, clarity, and carat and the effect each has on beauty, rarity, and value. This class is for beginners who want to know about diamonds.

CRFT:753 | $55
551 W 7pm-9pm
March 25 – April 8
Stacy Minden
SCEUC, 101

Miniature Marvels: Roadside Fruit Stand

Create the perfect world...in miniature. You will craft a roadside fruit and home-made jelly stand (1:12 scale). Bring Tacky glue, sandpaper, an Xacto knife and tweezers to class. All other supplies included.

CRFT:762 | $29
580 Sa 9am-12pm
Carole Weusthoff
March 7
FV - E, 160

Bookmaking and Bookbinding: Basics

Practice the slow art of creating your own books. Basics will teach you to make 4 kinds of hardcover books. Book making is the creative way to personalize your own sketchbook, journals, guest books or scrapbooks. Make a special gift for the holidays or take them all home for yourself. Learn to stitch the pages, cover the books, and glue everything together for a completed book. Supplies included in the cost of the class.

CRFT:765 | $139
651 Tu 6pm-9pm
April 21 – May 12
Nicole Ottwell
MC - SW, 102

Botanical Silhouette Print

Need something to brighten up your walls and put you in the mood for spring? Come and join us in a Pinterest project. We'll be making a set of Botanical Silhouette Canvases that are fun, creative and a great conversational piece. All materials included in the cost of the class. You will leave at the end of the evening with your completed project in hand.

CRFT:765 | $29
350 W 6:30pm-8:30pm
Brenda Cabrera
April 9 – April 30
MC - CE Classroom

Handmade Sketchbook

Are you someone who has never been able to find the perfect sketchbook, you always want to change something about your newest sketchbook, come and design your own. Bring your current or failed attempts at the perfect sketchbooks and we will talk about pros and cons of different designs. We will then design and construct a personal sketchbook to meet your needs. Join us and Learn about basic bookbinding and share ideas about sketchbooks.

CRFT:765 | $109
501 F 9am-12pm
Nicole Ottwell
February 27 – March 13
FV - H, 109

Hypertufa Workshop

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

CRFT:765 | $45
681 Sa 1pm-3pm
Heather Ellison
April 18
MC - SS, 107

Bows Like a Pro

Make perfect bows using florist techniques. Tie a dozen bows in various widths and textures to use for gifts or your own floral arrangements. Fee includes materials.

CRFT:765 | $19
770 W 7pm-9pm
Christine Knipp
March 25
Hixson Mid. School, 122
Dreamcatchers
Dreamcatcher are hand-made charms from the Native American tradition, believed to protect children from nightmares. The web-like patterns help to capture bad dreams and the open circle in the middle allows good dreams to come through. Beads, feathers or fabric scraps can be added to the dreamcatcher, each symbolizing different wishes and hopes. All materials will be provided. Students are encouraged to bring any fabrics, beads, fabric scraps or other items they wish to attach to their dreamcatcher.

CRFT:765 | $39
P02 | Tu 5:45pm-8:45pm
April 28 | Nottingham, 106

Leatherworking Basics
Discover the traditional and fascinating craft of leatherworking. You will be working with a basic belt and project kit that will give you a variety of tools to work on in class and at home afterwards. Most supplies included in the cost of the class. Class is hands on and may be messy. Please dress accordingly.

CRFT:765 | $109
585 | Sa 9am-1pm
March 14-28 | FV-SM, 262
No class 3/21

Candlemaking Techniques: Container Candles
Discover a quick and easy way to make candles! You will understand the different types of materials used in candle making, choosing fragrances and color, and the equipment needed. You will make and take home handmade soy tea lights and a soy container candle. Plan to get messy, you will be working with hot wax, dyes, and fragrances. Please wear close-toed shoes. Course cost includes materials.

CRFT:765 | $39
935 | Sa 12pm-3pm
Holly Schroeder
March 7 | Thomas Dunn Learn. Ctr.
936 | Sa 12pm-3pm
Holly Schroeder
May 9 | Thomas Dunn Learn. Ctr.

All Natural Cold Process Soapmaking
Dispel the mystery of lye and oil in soapmaking! You will create a moisturizing soap that is excellent for sensitive and dry skin, with 99% natural ingredients! Your soap will have a natural scent. Learn how to safely work with lye and what oils are best for making soap. Instructor has been crafting her own body products for over ten years. Class is hands on and demonstration. Plan to get messy, you will be working with hot liquids and fragrances. Please wear close-toed shoes and long sleeves. Course cost includes materials.

CRFT:765 | $55
933 | Sa 12pm-3pm
March 7 | Thomas Dunn Learn. Ctr.
582 | Sa 12pm-3pm
Feb. 21 | FV-SM, 129

Advanced Cold Process Soapmaking: Color Swirls and Scents
Dispel the mystery of lye and oil in soapmaking! You will create a moisturizing soap that is excellent for sensitive and dry skin, with 99% natural ingredients! You will also enjoy adding colored swirls and scents to your soap. Learn how to safely work with lye and what oils are best for making soap. Instructor has been crafting her own body products for over ten years. Class is hands on and demonstration. Plan to get messy, you will be working with hot wax, dyes, and fragrances. Please wear close-toed shoes and long sleeves. Course cost includes materials.

CRFT:765 | $65
583 | Sa 12pm-3pm
March 7 | FV-SM, 129
934 | Sa 12pm-3pm
March 28 | Thomas Dunn Learn. Ctr.

Luscious Lips: Balm and Scrub
The easiest lip balm and lip scrub ever! Great for winter lips and even as a salve or scrub. Softening, all natural ingredients have a pleasant and gentle scent. No artificial anything. Instructor has been crafting her own body products for over ten years. Class is hands on and demonstration. Plan to get messy, you will be working with hot liquids and fragrances. Please wear close-toed shoes and long sleeves. Course cost includes materials.

CRFT:765 | $45
931 | Sa 9am-11am
Feb. 7 | Thomas Dunn Learn. Ctr.
580 | Sa 9am-11am
Feb. 21 | FV-SM, 129

Whipped Body Scrubs
Winter skin feeling dry? Make your own exfoliating body scrubs. Moisturizing and cleansing, these scrubs are great. Softening, all natural ingredients have a pleasant and gentle scent. Instructor has been crafting her own body products for over ten years. Class is hands on and demonstration. Plan to get messy, you will be working with hot liquids and fragrances. Please wear close-toed shoes and long sleeves. Course cost includes materials.

CRFT:765 | $69
581 | Sa 9am-11am
March 7 | FV-SM, 129
932 | Sa 9am-11am
March 28 | Thomas Dunn Learn. Ctr.

DIY Green Cleaning Products for Your Home
In this workshop, students will learn the how and why of green cleaning and use simple DIY formulas to make effective, healthy, and environmentally sustainable cleaning products. These products are fun and easy to make, will save you money and have your house sparkling and smelling terrific. We will use pure essential oils for fragrance. Recipes include powdered laundry soap, surface cleaner, clothing de-wrinkler, a window cleaner and an alternative to cleanser. Instructor supplies all materials and packaging for you to take your products home.

CRFT:765 | $45
680 | Sa 1pm-4pm
March 7 | MC-SW, 102
Last day to enroll/withdraw is Feb. 27, 2015
930 | Sa 1pm-4pm
April 18 | Thomas Dunn Learn. Ctr.
Last day to enroll/withdraw is April 10, 2015

Mom and Me: UpCycled Shrinky Dinks
Come and explore what you can do with clear and colored #6 plastics, you’ll be amazed. We will decorate and draw on the plastics, then shrink them, just like when we were kids (or parents of little ones). We will learn some basic jewelry making skills and make necklaces, pendants, earrings, bracelets, wine glass markers, key chains or buttons. We will have all of the supplies from pens to punches to jewelry findings. Come ready to make some great new accessories or gifts and have a lot of fun. In the class we will have supplies for each student to make two pairs of earrings one bracelet, two pendants and a 6 juice glass charms. Please bring any #6 plastics you can find and a pair of scissors to class. Both parent and child must register and pay.

KIDS:738 | $42
480 | Sa 9am-12pm
May 2 – May 9 | Nicole Ottwell
FV - H, 104

Mom and Me: Stamp Camp
Mom, Dad, Grandmothers or Grandfathers - bring your buddy to this Mommy and Me Stamp Camp to create some fun projects. Each child will be creating two cards, a bookmark and a piggy bank. Each parent will create 4 handmade cards using different stamping techniques. No experience needed to create these one of a kind stamping projects with stamps and punches! Supply list will be sent. Students must be accompanied by a guardian. Registration is in pairs or more. Each participant must register. Last day to enroll or drop is Friday, April 24. No refunds after Friday, April 24.

KIDS:738 | $30
MD1 | Sa 9am-12pm
May 2 | Patti Bossi
MC - CE Classroom

Exclamation Point!
“Patti Bossi is an amazing instructor. I’ve taken several of her classes, always have a good time, do creative things and meet new people in her classes. She’s the best!”

Aaron D., St. Ann
Culinary Arts

The Cake Decorating Certificate with Continuing Education

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

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

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

Cake Decorating for Fun or Profit: Beginning & Intermediate
Unleash your creativity with cake decorating! This combined course begins with instruction and practice in the use of basic tools to torte, fill, and ice your cakes. Decorate them with flowers, writing and borders to make your cakes creative, casual, elegant or romantic. Then you'll enhance your artistic skills and creative abilities with the icing rose, run sugar techniques, figure piping, and basket weave. More as time permits. Join for fun or for the rewards of starting your own business. Supplies extra. No class 3/17.

FOOD:701 | $79
Sa  12pm-5pm  LaTrice Turner
Feb. 3 – March 31  FV - SC, PDR-A

Cake Decorating for Fun or Profit: Beginning
Unleash your creativity with cake decorating! This introductory course includes instruction and practice in the use of basic tools to torte, fill, and ice your cakes. Decorate them with flowers, writing, figure piping and borders to make your cakes creative, casual, elegant or romantic. Join for fun or for the rewards of starting your own business. Supplies extra.

FOOD:701 | $59
770 M  6:30pm-9pm  Cynthia Sciaroni
Jan. 26 – Feb. 23  Hixson Mid. School, 121
No class 2/16
M01 Tu  9:30am-12pm  Carla Soll
March 3 – March 24  Affton White-Rodgers, B

Cake Decorating for Fun or Profit: Intermediate
Enhance your artistic skills and creative abilities in this intermediate level class. Learn the icing rose, run sugar techniques, additional flowers, and basket weave. More as time permits. Basic cake decorating skills required. Supplies extra.

FOOD:702 | $59
770 M  6:30pm-9pm  Cynthia Sciaroni
March 23 – April 13  Hixson Mid. School, 121

Airbrushing Techniques for Cake Decorating
Airbrushing is a unique technique for creatively adding color to special occasion cakes. Liquid food-safe colors are sprayed through a needle tip with compressed air giving the cakes a beautiful “painted” look. In this hands-on class, you’ll get hands-on experience with more advanced airbrushing techniques including making and using multiple stencils to create “layered” finished projects, and more intricate shadowing and shading for amazing dimensional looks. Equipment is provided for use in class and supplies are included. Airbrushing techniques can take your decorated cakes to the next level by giving them a distinctive professional finish. Prerequisite: Airbrushing Techniques for Cake Decorating. Park on Hartford or Hampton. Flaggpole in front.

FOOD:703 | $59
P04 Su  12pm-5pm  Cul. Arts House
May 3

Sculpted Cakes
Do you admire those sculpted cakes you see on TV shows and in high class cake shops? You can learn how to do those yourself in this class, you'll develop the skills to design the desired shape and structure of a sculpted cake, carve, ice and decorate using multiple materials and techniques. Basic cake decorating skills required. You'll make a Mallard duck cake in this class. Supplies included. Park on Hartford or Hampton. Flaggpole in front.

FOOD:703 | $59
P01 Sa  9am-1pm  Cul. Arts House
Jan. 31

Flowers, Borders, & Traditional Techniques with Buttercream
If you’re comfortable with the basics, this class will show you how to make your decorated cakes look extraordinary. Expand your skills with additional icing flowers, embellished borders, and traditional techniques including the icing bow and cornelli lace. More as time permits. Basic cake decorating skills and experience required. Supplies extra, list provided.

FOOD:703 | $39
P02 Sa  9am-1pm  Cul. Arts House
Feb. 7

Cake Decorating: Contemporary Wedding Cakes
What wedding cake styles are modern brides requesting? Come join us to learn contemporary wedding design including Quilling, the Ombre Effect, Lace Embossing, Fondant Appliques, and the easiest way to add shimmer to your cakes. You’ll also learn about support, transportation, and set up. The first class is informational and a supply list will be given. Prerequisite: Beginning Cake Decorating.

FOOD:704 | $59
$50 Tu  6:30pm-9pm  Carla Soll
April 7 – April 21  FV - SC, PDR-A
P01 M  6:30pm-9pm  Cynthia Sciaroni
April 20 – May 4  Cul. Arts House
Food for Thought!

Junior Baker: Cake Decorating
A fun, creative activity for young bakers ages 11-14. This class teaches introductory cake decorating techniques on projects that will be completed for take home after each class. You'll be amazed at the beautiful creations you’ll be able to make for your family and friends! Bring an empty one-quart bowl (with lid) and a box to take home your finished projects. Supplies furnished. Class is a combination of demonstration and hands-on. Park on Hartford or Hampton. Flagpole in front.

KIDS:730 | $49
P01 Su 2pm-4pm April 12 – April 19
Cynthia Sciaroni
Cul. Arts House

Spring “Cupcake Critters”
There's no end to the fun things you can create with cupcakes and icing. In this hands-on class, you’ll make critters and characters that will include: a puppy, a lady bug and an alligator. You'll also make and decorate a cupcake 'cake' by arranging cupcakes and decorating to form a watermelon. No special talent or skills required. All supplies included. Park on Hartford or Hampton. Flagpole in front.

FOOD:705 | $39
P02 Th 6:30pm-9:30pm
Feb. 26
Cul. Arts House

Spring Cupcake Spectacular!
Come join us for a fun morning creating spring theme cupcakes! In this hands-on class, you’ll be introduced to filling and decorating cupcakes using a combination of buttercream and fondant. We’ll transform your ordinary cupcake into spectacular desserts with Easter, Mother’s Day, bridal, and graduation themes. So come tap into your creativity (we’ll provide the ideas and show you how). Your friends and family will be impressed when you serve up a display of delicious and beautiful cupcakes for your special event desserts.

FOOD:705 | $39
M01 Tu 9:30am-12pm
March 31
Affton White-Rodgers, B

Petit Fours for Spring Parties and Teas
Make your next spring party extra special with these delightful petit fours you’ve made yourself. These flavorful, small cakes are beautifully decorated for special events. They're so easy to make and so wonderful to eat! Class is hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:724 | $39
P01 Th 6:30pm-9:30pm
March 12
Cul. Arts House

Taking “Tea”
Rediscover the art of taking Afternoon Tea. A demonstration of how to brew the perfect pot of tea and a bit of insight into the history of afternoon and high teas will be served up with an update of classic favorites: petite tea sandwiches such as curried chicken, bacon olive, blue cheese walnut, savory radish and watercress; cheddar cheese straws, Parmesan thyme shortbread, flake gougères, salmon mousse, lemon pound cake, and chocolate cherry scones with lemon curd and mock Devonshire cream. You'll feel like royalty! Class is hands-on.

FOOD:744 | $39
750 W 6:30pm-9:30pm
April 1
Suzanne Corbett
Kirkwood H.S., C 191

Valentine's Day Cookie Bouquet
Make, decorate and construct a deliciously edible Valentine Cookie Bouquet centerpiece in one easy lesson. It makes a wonderful gift! You’ll leave class with a completed cookie "bouquet" to keep or to give that special someone on your Valentine’s Day list. Class is hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:708 | $39
P02 Th 6:30pm-9:30pm
Feb. 12
Cul. Arts House

Easter Cookie Bouquet
Make, decorate, and construct a deliciously edible Easter Cookie Bouquet centerpiece in one easy lesson. You'll leave with a completed "bouquet" to grace your holiday table or to give someone else's holiday special! Class is hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:708 | $39
P03 M 6:30pm-9:30pm
March 16
Cul. Arts House

Cookie Cactus Garden
Don't have a green thumb? Not to worry! Make, decorate, and construct this fun cactus garden out of cookies. It's as much fun to eat as it is to "grow!" You'll leave class with a completed 'cactus garden' to keep or to give as a very unique gift. All materials included. Park on Hartford or Hampton. Flagpole in front.

FOOD:8 | $39
P01 M 6:30pm-9:30pm
Jan. 26
Cul. Arts House

Valentine's Hand-dipped and Molded Chocolates
There's no better way to say "Be Mine" for Valentine’s Day than with your own hand-dipped and hand-molded chocolates. You'll be making (and tasting) molded and dipped chocolates such as: caramel, peanut butter, mocha, and fruit. Learn easy packaging ideas to get the chocolates ready for gift giving. Class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front.

FOOD:707 | $39
P01 Th 6:30pm-9:30pm
Feb. 5
Dianne Johnson
Cul. Arts House

Impossibly Easy and Simply Elegant Mini Pie Tarts
Do you purchase pie shells from the grocery store because you're terrified that you'll butcher a pie crust from scratch? Well fear no more! In this class, you’ll see just how easy it can be to make simple buttermilk pie crusts while we put together some surprisingly easy, elegant mini tarts. Everyone will get lots of practice making their own mini pie crusts. You’ll also learn to make a several types of pie fillings, such as: homemade vanilla custard, from-scratch cherry pie filling, and chocolate bourbon pecan pie. You’ll take home pie crusts to freeze (imagine the convenience, taste, and homemade quality!) as well as pies that are ready to eat, so bring a take-home container. Class includes demonstration and hands-on practice.

FOOD:705 | $39
751 Tu 6:30pm-9:30pm
March 24
Michelle Melton
Kirkwood H.S., C 191

Delicious Cakes
Come find out how easy it is to bake a cake from scratch. You’ll help make: apple cake, chocolate pound cake, classic sour cream cake, lemon chiffon cake, German Black Forest cake. Come and enjoy a day of baking (and eating)! You may never use a boxed mix again. Class is hands-on.

FOOD:705 | $39
580 Sa 9:30am-12:30pm
March 28
Eileen Fraser
FV - SM, 129

Say “Cheese”cake
Always a favorite, we’ll make mini, savory, traditional and a cheesecake bar to wow your family and friends. Grasshopper, mocha, salted caramel, amaretto and taco cheesecakes. We'll include garnishing, demonstration, hands-on preparation and tasting (of course).

FOOD:705 | $39
750 W 6:30pm-9:30pm
Shirley Rauh
Feb. 18
Kirkwood H.S., C 191

German Pastries
German pastries are individual-sized baked goods. They’re perfect for when a whole cake is too much or you’d like to have a variety of choices on hand for your guests. In this class, we’ll be making Danube Waves cake, Bee Sting cake (with almonds and honey), and traditional apple strudel. Class is part demonstration with some hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:705 | $39
P02 M 6:30pm-9:30pm
March 2
Cul. Arts House

Swedish Sweets
Although Sweden isn’t internationally famous as a culinary hotspot, the country’s dessert scene offers plenty of delicious, culturally classic desserts. We’ll be making Pepparkakor (traditional Scandinavian sugar and spice cookies), Tocskakak (Tosca cake - Swedish almond cake), Kladdkaka (Swedish sticky chocolate cake), and Chockladbullar (No cook cocoa balls). Class is a combination of demonstration and hands-on. There will be plenty of taste-testing plus you can take some home for later. Park on Hartford or Hampton. Flagpole in front.

FOOD:705 | $39
P03 Th 6:30pm-9:30pm
March 19
Cul. Arts House

Classic Greek Pastries
From delicate and fragile to crunchy and chewy, Greece is known for its confections, cakes, and cookies. Made with an abundance of honey, nuts, fruits, and creams, these mouth-watering treats will satisfy anyone’s sweet tooth. We’ll make the ever popular Baklava with our super easy recipe, Melomakarona (honey cookies with walnuts and Kataifi (almond and walnut pastry in syrup), and Melopita (honey pie). Class is a combination of demonstration and hands-on. There will be plenty of taste-testing plus you can take some home for later. Park on Hartford or Hampton. Flagpole in front.

FOOD:705 | $39
P01 M 6:30pm-9:30pm
Feb. 2
Cul. Arts House
Dinner and a Movie: “No Reservations”

Kate lives her life like she runs the kitchen at her upscale restaurant in Manhattan — with a captivating but intimidating intensity. When her only sister dies and her ten-year-old niece comes to live with her, she struggles to be a parent while her formerly well-controlled restaurant kitchen is transformed by a new chef. Kate suspects that the loose, Italian-trained Nick wants to replace her. A buffet featuring movie-inspired foods will be served. Dinner begins at 6:30 pm; film begins at 7:15 pm. Withdrawal deadline for refund: 2/13.

FOOD:747 | $25
P01 | Sa 9am-12pm
Jan. 30
Mark Williams
FP - HSP, ABDR

Dinner and a Movie: “Simply Irresistible”

Chef Amanda Shelton is running the trendy, legendary (and inherited) Southern Cross restaurant into the ground. An intervention by a cab-driving, Cupid-like guardian angel crosses Amanda’s path with Tom Bartlett, who is opening a 4-star restaurant for his boss. Amanda, hopelessly in love with Tom, suddenly has the gift of infusing her dishes with powerful emotions that overwhelm diners with ecstasy. A buffet featuring movie-inspired foods will be served. Dinner begins at 6:30 pm; film begins at 7:15 pm. Withdrawal deadline for refund: 2/13.

FOOD:747 | $25
P02 | Sa 9:30am-12:30pm
Mar. 21
Dianne Johnson
FP - HSP, ABDR

Dinner and a Movie: “Chocolat”

Vianne Rocher and her young daughter are drifters. They move to a conservative town in rural France and open a chocolate shop during Lent. They’re met with suspicion and opposition. Will Vianne begin to work her magic with her culinary art, helping the townspeople through her chocolates. Although the townspeople are won-over by her charm and skill, the mayor is determined to shut her down. A buffet featuring movie-inspired foods will be served. Dinner begins at 6:30 pm; film begins at 7:15 pm. Withdrawal deadline for refund: 3/13.

FOOD:747 | $25
P03 | Sa 9:30am-12:30pm
Mar. 21
Dianne Johnson
FP - HSP, ABDR

Moroccan Sweets

Moroccan sweets are a unique blend of influences including Arab, French and Berber cultures. The instructor worked with a women’s baking association while living in Morocco. The beautifully crafted desserts explore the natural colors and textures of the ingredients. You’ll work with almonds, peanuts, waroga (flio dougou), sesame seeds, honey, dates, orange flower water, and chocolate. Moroccan mint tea will be prepared and served. Come join us in a hands-on class to explore this delicious side to the culture. Park on Hartford or Hampton. Flagpole in front.

FOOD:705 | $39
P04 | Sa 9am-12pm
April 25
Lisa Payne
Cul. Arts House

Basic Home-baked Yeast Breads (and Beyond!)

Imagine filling your home with the delightful aroma of baking bread and sharing warm-from-the-oven home-baked breads with family and friends! Learn about a variety of old-fashion homemade breads made perfect for modern appetites. We’re sure you’ll enjoy our basic white bread, whole wheat bread, easy cinnamon bread, pitas bread, cheese bread and more. Class is hands on.

FOOD:706 | $39
S80 | Sa 9:30am-12:30pm
Jan. 24
Eileen Fraser
FV - SM, 129

Gluten-free Pizza, Breads and Rolls

Are you or family and friends gluten intolerant or are you choosing to restrict gluten in your diet? Are you afraid you’ll have to give up breads and pizza forever? Not to worry! This class will give you the skills to make tasty gluten-free breads, rolls and pizza back into your diet. The class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front. *NOTE: We’ll be working in a facility that may have been cross-contaminated with some gluten-containing ingredients.

FOOD:706 | $39
P04 | Th 6:30pm-9:30pm
April 23
Dianne Johnson
Cul. Arts House

Artisan Breads: Flat Breads

There are hundreds of types of flatbreads that are made worldwide. The textures of flatbreads vary from crispy, puffy, soft, flaky, tender or light. Come learn the variations of pizzas and flatbreads and how to make them turn out perfectly in your home oven. The class will concentrate on pizza, pita, focaccia and lavash. If time allows, we’ll experiment with breadsticks. Class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front.

FOOD:706 | $39
P02 | Sa 9:30am-12:30pm
March 7
Dianne Johnson
Cul. Arts House

Artisan Breads: Sourdough

Learn to make delicious sourdough bread your whole family will enjoy. You’ll learn the many ways you can begin your own starter, from purchasing a starter kit to using your instructor’s own sourdough starter and you’ll get a sample of the starter to take home. Class is a combination of demonstration and hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:706 | $39
P03 | Sa 9:30am-12:30pm
April 18
Dianne Johnson
Cul. Arts House

What’s in Your Spice Cabinet?

Have you ever stared at the hundreds of little bottles in the spice aisle in your grocery store perplexed and thinking “what does THAT smell/taste like and what do you DO with it”? Come find out in this exploratory course, you’ll prepare recipes and experience a wide variety of spices from Anise to Turmeric. You’ll learn what they are, what they taste and smell like, what type of foods or cuisines they are best for and of course how to cook with them (hands-on) to make awesome dishes from curry chicken to Jamaican jerk pasta. Come hungry and bring take home containers. Class is hands on.

FOOD:712 | $39
751 | Tu 6:30pm-9:30pm
March 31
Michelle Melton
Kirkwood H.S., C 191

Girls Night Out: Diva Cupcakes!

Come spend a fun, creative evening with your best girlfriends. Learn how to create pretty cupcakes with a diva theme. You’ll make a high heel shoe, purse, hat, and dress cupcakes. In addition, you’ll see how to make and decorate a cupcake “cake” to go with the theme. There will be plenty of taste-testing plus you can take some home for later (or for the car ride home)! Class is a combination of demonstration and hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:716 | $39
P01 | F 6:30pm-9:30pm
Feb. 20
Eileen Fraser
Cul. Arts House

Girls’ Night Out: Cinco de Mayo

It’s never too early to get ready for one of the biggest party nights of the year. There are endless varieties of easy to make appetizers that keep you munching throughout the afternoon and late into the evening to accompany whatever you’re serving. Join us as we make about a dozen different Cinco de Mayo party foods that are sure to make your celebration a blast! Class is hands on. Bring an apron and hat or hair net and wear closed-toe shoes.

FOOD:724 | $39
480 | F 6:30pm-9:30pm
April 17
Mark Williams
FP - SC, 015

Vegetarian Super Bowl: Small Plates and Appetizers

Everyone knows that Super Bowl Sunday isn’t just about football! Super Bowl Sunday is the second-largest food consumption day, behind Thanksgiving. Come join us for vegetarian small plates and appetizers that are guaranteed to please all your guests. Recipes include mini corn and leek flautas, mini meatless Reubens, zucchini chips and more. Some of the dishes will accommodate a gluten-free diet or can be easily modified. The class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front.

FOOD:752 | $39
P01 | Th 6:30pm-9:30pm
Jan. 29
Dianne Johnson
Cul. Arts House
The Wonderful World of Fermented Vegetables

Come experience the wonderful world of fermented vegetables. We'll have samples of krauts, kimchis, and other fermented vegetables for you to try. These fermented vegetables are rich in nutrients and healthy probiotics. You'll be making your own sauerkraut with cabbage and vegetables, but that's just the start! We'll move on to kimchi, learning what makes those combinations and processes different from sauerkraut. Other vegetables can be fermented, too (without whey) and we'll show you how. Bring a large bowl and several large glass jars with lids for taking home what you've prepared.

FOOD:718  |  $29  
780  W  6:30pm-8:30pm  Jane Campbell  
April 8  Lindbergh H.S., C 191

Irresistible Vegetables: Who Knew?

Are you tired of cooking corn, broccoli, carrots, and peas the same old way every night? Re-discover the wonders of veggies through simple, often quick recipes that will leave your whole family coming back for more. Put excitement and variety back into your mealtimes with over a dozen new recipes that you'll try in this class, like cauliflower au gratin, bacon asparagus, Chinese green beans, Marsala Brussels sprouts, chocolate zucchini bread, celery chestnut casserole, and much more. Come hungry and bring take-home containers. Class is hands on.

FOOD:718  |  $39  
551  Th  7pm-9:30pm  Eileen Fraser  
May 7  FV - SM, 129

Tasty, Easy Vegetable Side Dishes

If you're looking for ways to jazz up vegetables, this class is for you. You'll help make and enjoy these recipes: lemon butter Brussels sprouts, haricots verts (young French green beans) with lemon and apricots, baked apples and squash, Swiss green beans, sweet potatoes with honey cinnamon, and much more. Always something exciting and different from our instructor's recipe box. Class is hands on.

FOOD:742  |  $39  
P01  Th  6:30pm-9:30pm  Dianne Johnson  
Feb. 19  Cul. Arts House

Vegetarian Soups from Around the World

The first day of spring is still a month away but that means there is still plenty of cold weather left for vegetarian and vegan soups that will warm you up as they fill you up. Some of the soups that we'll be making include: French onion, roasted vegetable, sopa de frijol (black bean soup), creamy potato and leek and more. We'll also make croutons and crackers to go with the soups. Some of the dishes will accommodate a gluten-free diet or can be easily modified. The class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front.

FOOD:742  |  $39  
P01  Th  6:30pm-9:30pm  Dianne Johnson  
Feb. 19  Cul. Arts House

MORE Ancient Grains

Join us to learn about the fascinating history of ancient grains and their nutritional benefits. You'll see how to cook these tasty ancient grains and incorporate them into recipes. Cooking with old-world grains adds texture, variety and healthy nutrients to your meals. You'll help prepare and sample several recipes made with teff, millet and wheat berries. Several of the recipes will be suitable for a gluten-free diet. Class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front.

FOOD:718  |  $39  
P01  Th  6:30pm-9:30pm  April 9  
Dianne Johnson  Cul. Arts House

Around the World with Yogurts - DIY

There are many different kinds of yogurts that you can buy in your local grocery store. Come experience several different types from around the world. All yogurts are “fermented;” some are heated, others not, but all are fermented to make delicious products. In addition to tasting themplain, we'll be making several recipes, including a yogurt cheese, a dip, and a yogurt drink. If you love yogurt, come experience different varieties then go home and do-it-yourself! Bring a few glass jars to take home some “mother” cultures.

FOOD:722  |  $39  
570  W  6:30pm-9:30pm  Jane Campbell  
March 11  Lindbergh H.S., C 191

Crazy for Kefir and Kombucha

Did you know you can make wonderful probiotic drinks at home? Come sample kombucha and two different kefirs, then see a demonstration of how to make them. You'll also learn how to second ferment each one. These drinks are good for your health and you'll discover how easy and tasty these probiotic drinks are. Bring 4 glass jars to take home products for home fermentation.

FOOD:722  |  $29  
781  W  6:30pm-9:pm  Jane Campbell  
March 25  Lindbergh H.S., C 191

Holiday Brunch Ideas

What makes a successful brunch? Food that "wows" your guests! We will prepare several recipes that will utilize some easy techniques and creative ideas that can transform "traditional" breakfast and dinner items into top notch offerings. Chef Mark will teach you how to prepare a memorable show-stopping brunch. Class is hands-on. Bring an apron and hat or hair net and wear closed-toe shoes.

FOOD:747 | $39  
483  Sa  9:30am-12:30pm  Mark Williams  
Feb. 28  FP - HSP, 111

Gluten-free Spring Brunch

Spring celebrations include family get-togethers with lots of sweet and savory dishes. Whether you are hosting your own or attending a brunch and bringing a special dish to share, this class can help. We'll be making classic brunch items with a gluten-free twist. Recipes will include: spinach quiche, Mediterranean strata, lemon poppy seed scones, and carrot cake roll to name a few. Class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front. *Note: we will be working in a facility that may have been cross-contaminated with some gluten-containing ingredients.

FOOD:724  |  $39  
P02  Th  6:30pm-9:30pm  Dianne Johnson  
March 26  Cul. Arts House

Gluten-free Desserts

If anyone in your family is gluten intolerant, this class is just in time for spring celebrations. These gluten-free baked treats will satisfy the sweet tooth in you and your family and friends. Recipes include flourless chocolate and vanilla marble cake, chocolate-dipped shortbread cookies, blackberry tarts with vanilla-flavored mascarpone cream and more. Class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front. *Note: we will be working in a facility that may have been cross-contaminated with some gluten-containing ingredients.

FOOD:724  |  $39  
P03  Th  6:30pm-9:30pm  Dianne Johnson  
May 7  Cul. Arts House

Gluten-free Spring Brunch

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FOOD:724  |  $39  
P02  Th  6:30pm-9:30pm  Dianne Johnson  
March 26  Cul. Arts House

Louisiana Mardi Gras Mambo

Forget gumbo with red beans and rice — this class brings a whole different mix of Cajun and Creole recipes sure to make the good times roll. Join us for Louisiana crab-stuffed catfish with Cajun remoulade, crawfish etouffee, corn maque choux, spinach salad with Cajun pecans and poppy seed dressing ending with bananas upside-down cake for dessert. Class is hands-on.

FOOD:728  |  $39  
750  Tu  6:30pm-9:30pm  Suzanne Corbett  
Feb. 3  Kirkwood H.S., C 191

Dining Global: Soups, Salads, and Sandwiches from Around the World

Savor the flavors of global and regional specialties with one-pot wonders from around the world, salads with flair, and delicious soups like Greek lemon chicken orzo, Italian wedding soup, Spanish paella, Brazilian stew, miso soup and egg drop soup. We'll also make a classic Greek salad, a strawberry salad, and a Caesar salad - all with homemade dressings. Finally, we'll revel in the simple joy of a good sandwich as we devour our own New Orleans muffalettas, Mediterranean halibut sandwiches, Monte Cristos and more. Come hungry and leave with your lunch for tomorrow. Bring take home containers. Class is hands on.

FOOD:734  |  $39  
750  Tu  6:30pm-9:30pm  Michelle Melton  
Feb. 17  Kirkwood H.S., C 191

Exclamation Point!

“Jane Campbell is a true gem! I love her classes and am looking forward to taking more with her next semester.”

Margaret W., Florissant
A Taste of India: Vegetarian Meal
If you enjoy dining out in Indian restaurants, come learn how to prepare these delicious vegan dishes yourself at home. It's not difficult once you've been shown how to do it. You'll prepare and enjoy sampling: ven pongal (rice and lentils, seasoned with fragrant spices), samosa (homemade pastry dough filled with spicy potatoes and peas), cabbage (bhaji cabbage, peas and potatoes with spices), chapatli, dal palak (sweet and sour lentils with spinach). Class is hands-on.

FODD:734 | $39
780 M 6:30pm-9:30pm Seema Shintre
March 23 Lindbergh H.S., 31

A Taste of India: Complete Chicken Dinners
If you enjoy the flavors of Indian food, come learn to prepare these dishes for yourself. You'll help prepare and enjoy traditional Indian flavors in: kadhai chicken (boneless chicken with peppers, tomatoes and onions in a fragrant sauce), kheema matar (ground up chicken with peas, cashews and spices), mix dal (two types of lentils with ginger, garlic and spices), kheer (rich and creamy rice pudding flavored with cardamom and nutmeg), pulav (fragrant basmati rice with veggies and spices). Served with naan. Class is hands-on.

FODD:734 | $39
781 M 6:30pm-9:30pm Seema Shintre
April 6 Lindbergh H.S., 31

A Taste of India: Traditional Fish and Chicken Entrees with Side Dishes
If you enjoy the flavors of Indian cuisine, come learn how to prepare these popular dishes. You'll help prepare and enjoy traditional Indian flavors in: fish molee (fish cooked in coconut milk, tomatoes and spices), kheema matar (ground chicken with peas and cashews), dal palak (lentils and spinach with spices), peas pulav (fragrant basmati rice with peas and cumin). Served with naan and raita. Class is hands-on.

FODD:734 | $39
782 M 6:30pm-9:30pm Seema Shintre
April 13 Lindbergh H.S., 31

Sharpen Your Skills!

Fish! What a Catch!
Most of us don't attempt to cook fish at home, either because we always ruin it or because home-cooked fish just seems "boring." Chef Mark will show you that cooking flavorful fish is easy and can provide endless variety. In this class, we'll be steaming, sautéing, baking, browning or grilling, poaching, and frying fish to make appetizers, soups or stews, and main courses. Class is hands-on. Bring an apron and hat or hair net and wear closed-toe shoes.

FODD:736 | $39
480 F 6:30pm-9:30pm Mark Williams
Feb. 13 FP - SC, 015

Meet Meat
Have the many different cuts of beef in the meat department got you confused and bewildered? Come hone your consumer skills in purchasing meat, learn to select the best cooking techniques for each type of cut, and understand how you can enhance flavor and tenderness of the most expensive item on your menu. Then, we'll practice simple and taste: beef stroganoff, vegetable beef soup, pork tenderloin, chilli, brisket (demonstration). Class includes hands-on.

FODD:738 | $39
750 W 6:30pm-9:30pm Shirley Rauh
Feb. 11 Kirkwood H.S., C 191

Kill Ribs
Everyone knows how to make ribs, right?! Just dunk 'em in BBQ sauce and blacken them on a grill. Chef Mark will show you a better technique that will make awesome ribs, from start to finish. You'll learn how to properly trim and prepare ribs for grilling, baking and braising. We'll make dry rubs, basting or mop sauces, glazing sauces and braised skirt sauces. You'll truly be the "Rib King" after this! Class is hands-on. Bring an apron and hat or hair net and wear closed-toe shoes.

FODD:740 | $39
480 Sa 9:00am-12:30pm Mark Williams
March 28 FP - HSP, 111

Down Home Country Fish Fry
Throw your own down-home fish fry — just in time for Lent. We'll prepare classic recipes that are easy to make and promise rave reviews. Southern-fried catfish, beer-battered cod and buttermilk Cajun fried shrimp will star the show, sided with home-style lemon tartar sauce, jalapeno hush puppies, smoky pimiento cheese tricolor slaw with lime dressing, crispy mac and cheese, and finish this scrumptious meal with a caramel sheet cake. Class is hands-on.

FODD:742 | $39
750 W 6:30pm-9:30pm Suzanne Corbett
Feb. 4 Kirkwood H.S., C 191

Comfort Food Classics
We all like foods that make us feel good inside. And knowing we can make them anytime with these recipes is even better! You'll help make and sample these old favorites (some with a new twist): Gouda mac and cheese with bacon, pork chops in sherry mushroom gravy, oven-roasted penne with prosciutto and vodka. Class is hands-on.

FODD:742 | $29
550 Th 7pm-9:30pm Eileen Fraser
April 23 FV - SM, 129

Introductory Knife Skills: With Dinner!
Are you ready to do more cooking at home but unsure of yourself when it comes to techniques for using a chef’s knife safely and effectively? The instructor will discuss knife safety and demonstrate a variety of classic cuts and simple cutting techniques. You’ll learn how to use a knife safely, how to properly care for a knife, and how to recognize dirty or dull knives. Then, you’ll practice simple knife cuts with your very own chef knife that will be yours to keep for attending this class! By the end of class, you’ll be able to safely dice an onion and turn carrots, celery, and potatoes into uniform pieces with confidence. There will be plenty of time for practice, questions, and one-on-one guidance as you practice your new knife skills while making a few soups and salads for a tasty dinner. Class includes a lecture and hands-on cooking. Cost for adults 60 and over $50.50.

FODD:787 | $39
750 Tu 6:30pm-9:30pm Michelle Melton
Feb. 24 Kirkwood H.S., C 191

Cheese-making at Home: DIY for Beginners
Homemade cheeses are delicious and not that difficult to make. In this day-long workshop, our experienced instructor will demonstrate the steps and explain all the important things you need to know to be successful. You'll get an understanding of more advanced cheese-making by learning to make Feta, Mozzarella, and Gouda cheeses. Demonstration with class participation. In addition to tasting them all, you'll get to take home samples along with a simple starter kit for doing it yourself, directions and recipes, and a list of local and online resources for cheese-making supplies. It is recommended (but not required) that you take the basic cheese-making class first. Bring a sack lunch for the noon break. Park on Hartford or Hampton. Flaggpole in front.

FODD:747 | $59
P01 Sa 9am-3pm Lisa Payne
March 28 Cul. Arts House

MOTHERS SAUCES AND THEIR ORIGINS

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Feb. 24 Kirkwood H.S., C 191

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FODD:747 | $59
P01 Sa 9am-3pm Lisa Payne
March 28 Cul. Arts House

MOTHERS SAUCES AND THEIR ORIGINS

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Introductory Knife Skills: Part II

So now that you know the basics of using your chef knife are you ready for more? In this class, we’re going to take your knife skills to the next level. We’ll review the basics of dicing, chopping, and mincing (covered in the introductory class) then the instructor will demonstrate some new techniques that you can practice as we prepare a simple dinner to share. In this class, we’ll learn how to carve a roasted chicken, how to cut some of the odder shaped fruits and vegetables like pineapples and melons, and some surprisingly easy knife cuts that make for beautiful presentations. Class includes a lecture/demonstration and hands-on cooking.

Food:760 | $39
751 | Tu 6:30pm-9:30pm
April 21
Kirkwood H.S.C., C191

Michelle Melton

Advanced Knife Skills

You probably have several good quality knives in your kitchen and know which ones to use for various tasks. But do you know to use them most effectively? Or know how to take care of them properly to protect your investment? And are you well-skilled at knowing how to properly cut meats, fish, vegetables, etc. for most uniform cooking? This class will begin with knife care and safety, and then move on to the classical French cuts of meats and vegetables. Class includes demonstration and practice. Bring an apron and hat or hair net and wear closed-toe shoes.

Food:747 | $39
481 | Sa 9:30am-12:30pm
Jan. 31
FP - HSR 111
Mark Williams

Make Your Own Wine at Home

Would you like to try making your own wine? Home wine-making is an enjoyable and satisfying hobby. The quality of home-made wines can be amazing. Many tips and simple instructions for our experienced home wine-making expert will lead the way to making the process easy and improve your efforts at home. This is a demonstration “show and tell” class (no drinking), with step-by-step instructions that will take you from start to finish. Participants will assist in preparing a batch of wine (unfermented) and take a sample to ferment at home. Must show proof of 21 years or older.

Food:760 | $35
M05 | W 6:30pm-9:30pm
April 22
St Louis Wine & Beermaking
Dave Deaton

Wine and Chocolate Pairing

February is the perfect time to enjoy the mood-lifting endorphins released by eating a good piece of chocolate. Pair that chocolate with a glass of wine and you have a winning combination. Maddie Earnest of Local Harvest Grocery will introduce you to some of the finest Missouri chocolates and let you taste the suggested wine pairing. Come prepared for sampling! Must show proof of 21 years or older.

Food:760 | $29
P01 | W 6pm-8pm
Feb. 18
Local Harvest Cafe

Rhine Around the World

Come experience the influence that France’s Rhine region, where Syrah is king, has had on America, Australia and South Africa. Winers will include G.S.M. Grenache and Viognier. Wine tasting will be accompanied by explanations of the influence of growing environment, and the fermentation, aging, and bottling processes used to produce the wines. $20 material fee payable at class. Must show proof of 21 years or older.

Food:760 | $15
M01 | F 6:30pm-8:30pm
Feb. 13
The Wine Barrel
William Polhemus

Classic Wines of the Old World

France, Italy, Spain and Germany are where it all started. This will be an overview of some of the most influential wine producing areas of the world such as Bordeaux, Burgundy, Chianti and more. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. $20 material fee payable at class. Must show proof of 21 years or older.

Food:760 | $15
M02 | Tu 6:30pm-8:30pm
March 10
The Wine Barrel
William Polhemus

Wines of Spain

Spanish wines are gaining popularity due to their quality and affordability. There is also a transformation in the wines of Spain whereas the benchmark traditional style of wine is being complimented by a growing influence of a more modern style. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. $20 material fee payable at class. Must show proof of 21 years or older.

Food:760 | $15
M03 | Tu 6:30pm-8:30pm
April 7
The Wine Barrel
William Polhemus

Compare and Contrast Different Wine Varietals

What’s the difference between Bordeaux and a Chilean Cabernet Sauvignon or the difference between Sancerre and California Sauvignon Blanc? This will be a side-by-side tasting where we will be comparing the same grape varietals from different regions and identifying their individual characteristics. Included will be sensory components (i.e., apples, gooseberries, eucalyptus, etc.) to better identify the aromatics and flavors found in wine. $20 material fee payable at class. Must show proof of 21 years or older.

Food:760 | $15
M04 | Tu 6:30pm-8:30pm
May 5
The Wine Barrel
William Polhemus

Brew Your Own Beer at Home

Have you ever wanted to make your own beer to match your own taste, but weren’t sure where to start? Come to this one-night class to learn how to prepare a batch of ale from beginning to end. Discussion will include beer styles, preparation steps, equipment, bottling, and resources for the home brewer. This is a demonstration “show and tell” class (no drinking). Participants will assist in preparing a batch of ale (unfermented) and take a sample to ferment at home. Must show proof of 21 years or older.

Food:761 | $35
M01 | W 6pm-9pm
March 25
St Louis Wine & Beermaking
Dave Deaton

Coffee College

Have you wondered what the difference is between cappuccino and latte? Have you wanted to make your own coffee and understand all the different aspects of coffee? Coffee College will explain the characteristics of beans from different growing areas, taste several coffees that will give you a good sample of coffees from all over the world, and learn the different roast levels that impact the flavor, feel and aroma of coffee.

Food:765 | $19
V01 | W 6pm-9pm
March 4
Alaska Klonidike Coffee Co
Steve Richards
Dance

Ballet Tone and Stretch for Beginners
Beginning techniques of classical ballet will be combined with toning and stretching on mat and barre for overall body conditioning. No prior ballet experience required. Wear ballet shoes. Studio is located behind a kitchen and bath design store.
DANC:701 | $69
M01 M 7pm-8pm Feb. 9 – March 30 Adiva Dance Ctr

Ballet: Beginning
This fun class is designed for the student who has never studied ballet before or has not taken a recent class. You’ll learn to utilize your center/core for strong ballet technique. The fun and exciting movement of ballet is a great way to get into shape with music and movement that is as good for the soul as it is for the body! Ballet shoes required.
DANC:701 | $75
920 W 6:30pm-7:55pm Feb. 25 – May 4 U. City H.S., DANCE STUDIO No class 3/18
M01 Tu 7:15pm-8:15pm Feb. 17 – April 28 Studio-Brentwood No class 3/17

Tap Dancing: Beginning
Designed for the beginner as well as someone with limited tap experience. Basic tap steps and tap combinations will be taught as well as a tap routine. Develop your sense of movement while practicing basic rhythm tap techniques. A fun way to exercise!
DANC:707 | $69
M02 M 6pm-9pm Feb. 9 – March 30 Adiva Dance Ctr Do not purchase tap shoes until after first class. Studio is located behind a kitchen & bath design store.
M01 Tu 8:15pm-9pm Feb. 17 – April 28 Studio-Brentwood No class 3/17
Bring shoes to the first class. Call The Studio directly for specific purchasing information: 314-988-4881.

Tap Dancing: Beyond the Basics
Once you’ve thoroughly mastered the basics, take the next steps to advance your dancing technique. You’ll learn and practice new steps, combinations, and a dance that will make you a more proficient tapper. Previous tap experience and tap shoes required.
DANC:708 | $69
M01 Tu 6:30pm-7:30pm Bonnie Kleyboecker Feb. 17 – April 21 St. John’s Ev. UCC, Dining Rm.

Belly Dance for Fun and Fitness
If you’re looking for a fun and entertaining new way to exercise, try belly dancing. This class will teach you to perform various forms in the belly dance genre. It’s a workout to middle eastern music that just might be what you’re looking for, whether your goal is exercise or performance. Wear fitness style clothing for freedom of movement. No baggy sweat clothes. Studio is located behind a kitchen and bath design store.
DANC:745 | $69
M01 Tu 7pm-8pm Feb. 10 – March 31 Adiva Dance Ctr

Hip Hop Dancing
Come try this trendy and energetic dance form for a terrific workout to great dance music. Our experienced instructor will teach all types of hip hop moves, such as popping, locking, freezing and stepping (all styles except breakdancing). You’ll acquire an understanding of rhythm and musicality that will get you opening up and moving in unique ways. Hip hop can be done to all kinds of music, so come learn some new moves that will help you express your own personality through dance.
DANC:751 | $59
780 M 6:30pm-8pm Feb. 23 – April 6 Thembisile Mnyande Sperreng, CAFE No class 3/16
920 W 6:30pm-8pm March 4 – April 15 Thembisile Mnyande U. City H.S., BOYS GYM No class 3/18

Electric Slide: Beginning
If you've never tried slide dancing, or if you haven't danced this style in a while and would like a refresher, this is the class for you. Our instructors will start at the beginning and take you to fantastic! No experience required.
DANC:734 | $49
580 Sa 11am-11:50am Feb. 7 – March 14 Laverne Gee FV - PE, 233
582 Sa 11am-11:50am March 28 – May 9 Eleanor Whitney FV - PE, 233 No class 4/4

Electric Slide Plus
This is a strictly-for-fun course that is designed to teach you the Electric Slide and some of its popular variations. Be on top of the latest steps and routines so you can be confident on the dance floor at the next party or social event. Some experience recommended.
DANC:734 | $49
581 Sa 12pm-12:50pm Feb. 7 – March 14 Laverne Gee FV - PE, 233
583 Sa 12pm-12:50pm March 28 – May 9 Eleanor Whitney FV - PE, 233 No class 4/4

Slide Dancing for Fun and Fitness: Beginning
Come learn the latest party slide dances in the St Louis area and around the nation. This is an introduction to R&B line dance. Imagine yourself joining in the fun at parties and social events when the slide dancers take to the floor. After taking this class you will be able to do just that. Explicit instructions will make slide dancing easy to learn. Slide dancing is a fun way to exercise, reduce stress, and promote social interaction.
DANC:734 | $59
H80 Sa 10am-11:30am Feb. 7 – March 14 Stephanie Cruse Harrison Ed. Ctr., 206

Get on the dance floor with
STLCC Continuing Education!

Line Dancing for Older Adults: Beginning
Learn fun line dances you can do without a partner. This is a great class if you're single or in a group of friends who want to dance. So put on your dancing shoes and learn the hottest new line dances as well as the all-time classics. Be prepared for lots of fun, cardiovascular exercise, and meeting good friends. Prerequisite: Line Dancing for Older Adults, Beginning. No partner required. No class 3/19.
SENR:703 | $59
501 Th 10am-10:50am Sandra Derickson FV – PE, 233

Line Dancing for Older Adults: Easy Intermediate
Step it up a notch! This class is for those who have mastered the beginning class and want to learn more dances. Come learn fun line dances you can do without a partner. This is a great class if you’re single or in a group of friends who want to dance. So put on your dancing shoes and learn the hottest new line dances as well as the all-time classics. Be prepared for lots of fun, cardiovascular exercise, and meeting good friends. Prerequisite: Line Dancing for Older Adults, Beginning. No partner required. No class 3/19.
SENR:703 | $59
500 Th 9am-9:50am Sandra Derickson FV – PE, 233

Western-style Square Dancing: Beginning
This is modern western-style square dancing (not that old-time dance in the barn!) and the fun starts right on the very first night! Meet new people and make new friends. This course provides introductory square dancing lessons. No previous dance experience or special dance attire is needed. Come and join us for fun, fitness, and friendship! Partner preferred but not required. Wear casual clothes and comfortable shoes. View video: www.you2candance.com. Co-sponsored by West County Spinners.
DANC:747 | $39
M01 Tu 7pm-8:30pm Aaron Wells Trinity Luth, Church

Ballroom Dancing: Beginning
In eight short weeks, you can learn to dance with grace and ease. Be comfortable and confident at the next social event you attend! A variety of dance rhythms and steps will be covered. Add a new dimension to your life by learning some of the classic favorites which can provide you with a lifetime of enjoyment. It’s a fun night out and you’ll be amazed at what you can do!
DANC:720 | $69
M01 Th 7pm-8:30pm Charles & Mary Lages Feb. 19 – April 9 St. John’s Ev. UCC, Dining Rm.
Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.
M02 M 6:30pm-7:50pm Karen Merlin Bluebird Park No class 3/16
Partners helpful though not required. Rotation of partners is encouraged but not mandatory. Fee is per person. Dress shoes recommended. No tennis shoes.

Ballroom and Latin Dancing: Beginning
Begin your dance skills with basic ballroom rhythms such as waltz and foxtrot, then learn to dance to Latin rhythms such as rumba and cha cha (other rhythms time permitting). The techniques and dance styles taught in this course will help you look great on the dance floor. This course is designed for those who have no dance experience as well as for those who have done other styles of dance. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes. No class 3/18.
DANC:720 | $69
780 W 6pm-7:15pm Sherry Martin Sperreng, CAFE

www.stlcc.edu/ce / 314-984-7777
Ballroom and Latin Dancing: Intermediate
This class is for those who are ready to move to the next level. Be certain to have a firm grasp of moves learned in the beginning class. Learn more steps to the basic ballroom and Latin rhythms and add tango, salsa, and merengue rhythms. Get an impressive edge that will give you the confidence you're looking for. Prerequisite: Beginning Ballroom and Latin Dancing. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes. No class 3/17.

DANC:721 | $69
780 W 7:30pm-9pm Sherry Martin
March 4 – April 29 Sperreng, CAFE

Latin Dancing: Beginning
Round out your basic ballroom skills and learn to dance to Latin rhythms. Techniques and dance rhythms taught in this course will help you look great on the dance floor. This course is designed for those who have no dance experience as well as for those who have done other styles of dance. Partners helpful though not required. Rotation of partners is encouraged but not mandatory. Fee is per person. Dress shoes recommended. No tennis shoes. No class 3/17.

DANC:746 | $59
M01 Tu 6:30pm-7:30pm Karen Merlin
Feb. 24 – April 21 Bluebird Park

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

DANC:746 | $69
P01 Tu 7pm-8:30pm Carmen Guynn
Feb. 24 – April 14 Almas Del Ritmo Dance Co.

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

DANC:738 | $35
M01 M 6:30pm-7:45pm Gerry & Bob Tevlin
Feb. 9 – Feb. 23 Concordia Luth.-Kirkwd, CAFE

Swing Dancing: Beginning I & II
This class will take you from beginning to amazing! Learn to swing dance in a fun, relaxed atmosphere. This class will start with the basics of swing along with patterns of various swing movements, then move on to more complex combinations and techniques. If you already know the basics, come refine your technique and swing to the next level. By the end of this course, you’ll look great on the dance floor! A fun way to meet new friends and dance to great music. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:738 | $59
M03 M 6:30pm-7:45pm Gerry & Bob Tevlin
March 9 – April 13 Concordia Luth.-Kirkwd, CAFE

Swing Dancing: Beginning II
Learn to swing dance in a fun, relaxed atmosphere. You’ll learn and practice a variety of easily performed swing dance steps that are the basic ingredients of higher level swing dancing. This class will teach the basics of swing along with combinations and patterns of various swing movements. The techniques taught in this course will help you look great on the dance floor after just a few lessons! A fun way to meet new friends and dance to great music.

DANC:738 | $69
780 Tu 7pm-8:30pm Feb. 24 – April 21
William Sevier
Sperreng, CAFE

 Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

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

DANC:750 | $69
M02 M 8pm-9pm March 9 – April 27 Sherry Martin
Karen Merlin
Concordia Luth.-Kirkwd, CAFE

Easy Social Dancing for Special Occasions
Are you attending a cruise, wedding reception, or reunion where you’ll have to dance? Then take our fun course and learn several easy dances that will allow you to dance to anything - fast or slow. You can learn how to look good and move with confidence on the dance floor. It’s fun, it’s social, and you’ll be out in the center of it all when the music starts playing at your next social gathering. You’ll develop the ability to lead (men) or follow (ladies) for a smooth, confident look. If you know what music you’ll be dancing to, feel free to bring it for helpful suggestions. Partners helpful though not required. Rotation of partners is encouraged but not mandatory. Fee is per person. Dress shoes recommended. No tennis shoes. No class 3/17.

DANC:750 | $59
M01 Tu 7:45pm-8:45pm Karen Merlin
Feb. 24 – April 21 Bluebird Park

Let’s Dance, Quick Start! Night Club 2-Step
Night Club 2-Step is a great couple’s dance to learn to dance to slow music. It’s a dance that crosses music types, from country dance to R&B, easy listening, and smooth jazz. Night Club 2-Step can travel around the dance floor, stay as a stationary dance, or a combination. It’s a popular style for many wedding couples because of its smooth, romantic, and relaxed qualities. If you are looking for a great ‘slow dance’, Night Club 2-Step is THE dance to learn and our experienced instructors will have you feeling comfortable on the dance floor in 3 short lessons! Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:751 | $35
M01 M 8pm-9:15pm Feb. 9 – Feb. 23 Concordia Luth.-Kirkwd

Chicago Steppin’
Learn to do “Chicago Stepping” in a fun, relaxed atmosphere. Learn and practice a variety of easily performed dance steps that are the basic ingredients of all higher level dancing. This class will teach the basic 8-count along with turns and dance floor etiquette. The techniques taught in this course will help you look great on the dance floor after just a few lessons! A fun way to move friends and dance to great music. Partners preferred but you don’t need to bring a partner to learn the dance! Fee is per person. Dress shoes recommended. No tennis shoes. No class 3/21, 4/4.

DANC:765 | $69
580 M 1:30pm-3pm Feb. 21 – April 25
Sherman King
FV - PE, 233

Exclamation Point!
“Thank you for offering this class with such a fine instructor - Sherry Martin. She is a dedicated, passionate teacher!”

Kyle F., Olivette

580
Fine Arts

Arts! Saturdays
Enjoy three Saturday mornings exploring museum collections both inside and outside. Tours will be led by Betsy Solomon and will feature a specific theme each time. April 11-Saint Louis Art Museum: A Selection of American Artists, April 18-Laumeier Sculpture Park: A Monumental Experience, April 25-Saint Louis Art Museum: “Isms” of 19th Century Art. Participants must provide their own transportation. Information about where to meet will be provided with registration confirmation.

ARTS:705 | $65
480 Sa 10am-12pm Elizabeth Solomon
April 11 – April 25 FP - Off Campus

Sketching in the Galleries: Museum Visit and Sketch
Add feeling and strength to your drawings by learning to sketch with expression and power. Meeting at St. Louis Art Museum, we will explore different techniques through the medium of drawing. An overview of sculpture, painting and drawing from the works on display in the art galleries. We will meet the first week at the Forest Park campus to cover class objectives and supplies. The next three weeks will start with a visit to the museum to sketch the chosen medium and a follow up discussion of your sketches.

ARTS:721 | $69
P01 Sa 10am-11am Philip Perschbacher
April 25 FP - G Tower, 119
Sa 9am-12pm
May 2 - May 16 FP - Off Campus

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

ARTS:709 | $99
600 Tu 9:30am-12pm
Ruth Kolker
Feb. 3 – March 10
MC - CE Classroom
601 Tu 9:30am-12pm
Ruth Kolker
March 24 – April 28
MC - CE Classroom
P01 W 6:30pm-9pm
Lisa Payne
Feb. 4 – March 11
Nottingham, 107

Drawing: All Media: All Levels
Feel confident drawing any subject matter. Explore this “teachable” skill through principles and tools. Working with a variety of materials and techniques, including charcoal and pencils, students explore the rendering of geometric forms, volume, and perspective, with an emphasis on personal gesture marks.

ARTS:709 | $99
300 Th 6pm-9pm
Lisa Payne
Feb. 5 – March 5
The Timbers
301 Th 6pm-9pm
Lisa Payne
March 19 – April 16
The Timbers

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

ARTS:709 | $99
P02 W 6:30pm-9pm
Lisa Payne
March 25 – April 29
Nottingham, 107

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

ARTS:709 | $99
720 Th 6:30pm-9pm
Philip Perschbacher
Jan. 22 – Feb. 26
Ladue H.S., 135
721 Th 6:30pm-9pm
Philip Perschbacher
March 26 – April 30
Ladue H.S., 135

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

ARTS:709 | $75
680 Sa 12pm-3pm
Sean Long
Feb. 14 – March 7
MC - HE, 125
681 Sa 12pm-3pm
Sean Long
April 11 – May 2
MC - HE, 123

Botanical Illustration: Beginning
Inspired by antique styles, create contemporary pieces with new methods. Try watercolor, pen and ink, and/or colored pencils. Learn composition and color skills with models from dried plants, fruit, and fresh flowers. All levels welcome. Supply list sent.

ARTS:709 | $99
602 Th 12pm-3pm
Maureen Brodsky
Feb. 12 – March 12
MC - CE Classroom

Right Brain Drawing
Learn to tap into the right side of your brain for creative projects! Drawing exercises utilize the more creative, less analytical hemisphere to unleash your potential artist. You’ll make the mental shift to a state where drawing is pleasurable, meditative and frees you from anxiety.


ARTS:721 | $99
750 Tu 6:30pm-8:30pm
Mary Feagan
Kirkwood H.S., SA 1
Feb. 24 – April 21
No class 3/17
480 Sa 9:30am-11:30am
Mary Feagan
Feb. 28 – May 2
FP - F Tower, 410
No class 3/21, 4/4

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

Supply list sent.

ARTS:721 | $75
650 W 6pm-9pm
Sean Long
March 25 – April 15
MC - AS, 202

Cartooning
Explore cartooning and comics with an overview of tools used in an overlooked art form. Investigate comic strip creation, comic book layout, political cartooning, basic character design and hand drawn animation. Gain an understanding of basics, skills and techniques. Prerequisite: Basic Drawing class or equivalent experience. Supply list sent. There will be homework assignments.

ARTS:733 | $75
680 Sa 9:30am-11:30am
Sean Long
Feb. 7 – March 14
MC - HE, 125

Drawing in Color Pencil: Beginning
A professional artist introduces techniques to put realism in drawings with color pencil. Supply list sent. No class 3/17.

ARTS:716 | $149
501 Tu 12:45pm-2:45pm Kristine Scharfenberger
Feb. 10 – May 5
SCEUC, 102

Figure Drawing
Draw with gesture, line, shape and value in relation to a human figure. Sight (measure, take angles, etc.) to determine proportions. Individualized instruction emphasized. Prerequisite: Drawing: Beginning/Intermediate or equivalent experience. Deadline to register is 2/18. Supply list sent. Nude models are used. Classroom only has tables. Bring a tabletop easel if you have one. No class 3/9 and 3/16.

ARTS:718 | $149
601 M 6:30pm-9:30pm
Philip Perschbacher
Feb. 23 – April 27
Clayton H.S., 24

Exclamation Point!
“I loved Artful Saturdays. Betsy Solomon is terrific and has a full and deep knowledge of art. I really enjoyed viewing the art in person at the Art Museum and Laumiere Sculpture Park.”

Joyce K., Affton
### Personal Enrichment

#### Picture Book Illustration
Are you a lover of children's storybooks, with a desire to make your own? Join us to plot out a story into a 6-page counting book starting with thumbnails, then sketches, making a book dummy and painting final artwork. You will leave with your book, ready to keep and share on your own, or take the next step and submit to publishers.

**ARTS:721 | $75**
- **W 6pm-9pm**
- **Feb. 11 – March 4**
  - **MC-AS, 202**

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

**ARTS:722 | $65**
- **F 10am-12pm**
- **Kristine Scharfenberger**
  - **Febr. 13 – March 13**
  - **SCEUC, 102**

#### Mastering Calligraphy
Get an in-depth study of calligraphy's most common form, italic. Learn proper pen angle, letter slant, spacing, size for upper and lower case and numbers. Instructor stresses the use of calligraphy in everything from invitations to fine art.

**ARTS:722 | $119**
- **M 7pm-9:30pm**
- **Leslie Barnes**
  - **March 23 – May 11**
  - **MC-CN, 126**

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

**ARTS:727 | $135**
- **Sa 9:30am-12pm**
- **Show Chang**
  - **Jan. 31 – March 14**
  - **No class 2/21**
- **Sa 9:30am-12pm**
- **Show Chang**
  - **March 28 – May 9**
  - **No class 4/4**
- **M 6:30pm-9pm**
- **Carl Behmer**
  - **Jan. 26 – March 9**
  - **No class 2/16**
- **M 6:30pm-9pm**
  - **Carl Behmer**
  - **March 23 – April 27**

#### Pottery: for the Novice/Beginner
For the person who has never worked in clay or prefers a slower pace. Start with the basics of handbuilding and wheel-throwing while you work your way up to creating a variety of personal projects. Tool supply list sent. Approximate cost of tools is $18. Fee includes most materials.

**ARTS:727 | $135**
- **M 6:30pm-9pm**
  - **Guy Sachs**
  - **Jan. 26 – March 9**
  - **Ladue H.S., 132**
- **M 6:30pm-9pm**
  - **Guy Sachs**
  - **March 23 – April 27**
  - **Ladue H.S., 132**

#### Watercolor: Beginning/Advanced Beginning
Paint with the brilliant color and fluid stroke of watercolor. Acquire and practice various techniques in transparent watercolor and learn the best paint, paper type and preparation for your artworks. Prerequisite: Basic drawing class or equivalent experience. Supply list sent.

**ARTS:735 | $99**
- **Tu 1pm-3:30pm**
  - **Beverly Hoffman**
  - **Feb. 3 – March 10**
- **Tu 12:30pm-3:30pm**
  - **Nancy Muschany**
  - **Feb. 5 – April 23**
  - **St. John’s Ev. UCC**

**Watercolor: Intermediate/Advanced Techniques**
Continue to advance your skills. Bring your painting ideas and your desire to paint in watercolor. You will work on paintings of your choice, with guidance and gentle critique from a master painter. Learn techniques to achieve your goals for your painting. Get suggestions on design, composition and focal point. Discover ways to fix a mistake to save a “ruined” painting. Loosen up and try new methods of painting. Have fun with watercolor! This class will encourage the creative spirit in artists of all skill levels. Prerequisite: Basic drawing class or equivalent experience. Supply list sent.

**ARTS:735 | Six sessions | $99**
- **601 1pm-3:30pm**
  - **Beverly Hoffman**
  - **March 24 – April 28**
- **12 sessions | $185**
  - **M02 M 12pm-3:30pm**
  - **Feb. 2 – April 27**
  - **Nancy Muschany**
  - **No class 2/16**
  - **W01 F 9am-12pm**
  - **Feb. 6 – April 17**
  - **Phyllis Smith Piffel**
  - **Bluebird Park**
  - **No class 3/20**
  - **W02 F 12:30pm-3:30pm**
  - **Feb. 6 – April 17**
  - **Phyllis Smith Piffel**
  - **Bluebird Park**
  - **No class 2/20**
- **M03 W 12pm-2:30pm**
  - **Nancy Muschany**
  - **Febr. 4 – April 22**
  - **St. John’s Ev. UCC**

**Pottery: Intermediate/Advanced**
Explore oil paint's richness or acrylic's speed in a class that covers color theory, artistic perception, composition, and paint mixing/application. Progress at your own rate with individualized instruction as you learn techniques to enhance painting skills. Recommend beginning students attend first three classes. Supply list sent. Bring supplies to first class. Water-based oils are the only type allowed in the classroom. No class 3/17.

**ARTS:740 | $79**
- **M01 Tu 6pm-9pm**
  - **Lisa Payne**
  - **Feb. 10 – April 21**
  - **Nottingham, 103**
  - **No class 3/20**
  - **Tu 1pm-3:30pm**
  - **March 24 – April 28**
  - **Phyllis Smith Piffel**
  - **Bluebird Park**
  - **No class 3/20**
- **M02 W 12pm-2:30pm**
  - **Nancy Muschany**
  - **Febr. 4 – April 22**
  - **St. John’s Ev. UCC**

### Oil or Acrylics: All Levels
Explore oil paint's richness or acrylic’s speed in a class that covers color theory, artistic perception, composition, and paint mixing/application. Progress at your own rate with individualized instruction as you learn techniques to enhance painting skills. Recommend beginning students attend first three classes. Supply list sent. Bring supplies to first class. Water-based oils are the only type allowed in the classroom.

**ARTS:740 | $99**
- **300 Th 2pm-5pm**
  - **Lisa Payne**
  - **Feb. 5 – March 5**
  - **The Timbers**

**Oil or Acrylic: Continuing**
Continue to advance your skills in a relaxed atmosphere. Progress at your own rate with individualized instruction as you learn techniques to enhance painting skills. Supply list sent. Bring supplies to first class. Water-based oils are the only type allowed in the classroom.

**ARTS:740 | $99**
- **301 Th 2pm-5pm**
  - **Lisa Payne**
  - **March 19 – April 16**
  - **The Timbers**

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

**ARTS:748 | $185**
- **M01 Tu 12:30pm-3:30pm**
  - **Phyllis Smith Piffel**
  - **Kirkwood CC**
  - **No class 3/17**
  - **Feb. 3 – April 14**
  - **W 12pm-2:30pm**
  - **Phyllis Smith Piffel**
  - **Kirkwood CC**
  - **March 24 – April 28**
  - **Kirkwood CC**

**Acrylic Impressions: Workshop**
An accelerated workshop to jumpstart your skills. You’ll work in a small size format to quickly complete your own vibrant, light-filled piece. Instructor provides prints and photos. Painting board provided. Supply list sent. All levels welcome. Students are responsible for setting up and taking down classroom tables. Class held in room 300 or 310. Please check at KCC office at first class for room schedule.

**ARTS:748 | $79**
- **M02 Tu 12:30pm-3:30pm**
  - **Phyllis Smith Piffel**
  - **Kirkwood CC**
  - **April 21 – May 12**

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**Exclamation Point!**
“Sean Long is an excellent teacher who takes each student from where they are to their next step.”

Susan I., St. Louis
Painting Plein Air
Paint Forest Park in your favorite medium (watercolor, acrylic or oil) while you explore the language of color. Paint at a variety of locations and discover the intricacies of mixing a limited set of colors each week to make an infinite number of tints and shades. Experience the emotions of color, paint the light and enjoy the park. The first session will meet at Forest Park campus for one hour. We will cover materials needed at this time. All following sessions are for two hours and meet in different locations in Forest Park. Provide your own transportation.

ARTS:748 | $79
400 Tu 1pm-2pm Maureen Brodsky
March 31 FP - G Tower, 115
Tu 1pm-3pm
May 7 - April 12 FP - Off Campus

Portraiture for All Mediums
Combine your enjoyment of drawing and painting! Have you always wanted to capture a person's likeness with a portrait? In this class, you will learn proportions, helpful tips, essential techniques and follow step-by-step demonstrations for portraiture. You will begin with drawing and work into the paint medium of your choice. Water-based oil paints are the only type allowed in the classroom. This class is perfect for all skill levels. No class 3/21, 4/4.

ARTS:748 | $185
580 Sa 1pm-4pm Philip Perschbacher
Feb. 7 – April 25 FP - G Tower, 409

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

ARTS:765 | $30
680 Sa 10am-1pm Deborah Weltman
April 18 MC - S0, 232

Music

Finger Picking for Guitar
Play folk, blues, ragtime and hear general accompaniment patterns using the thumb and fingers of the right hand along with left hand chords to create a complete, solo sound. Course emphasizes alternating bass style. Music in both guitar tablature and traditional notation. If time allows, instructor may discuss open tuning concepts. Prerequisite: Ability to tune the guitar, know first position chords and experience in making basic chord changes with the left hand. Previous students welcome and will be provided new songs. All must bring a six-string acoustic guitar and guitar capo to each class. No class 3/17.

MUSC:705 | $66
750 Tu 7pm-8:30pm James Renz
Feb. 10 – April 7 Kirkwood H.S., W 115

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

MUSC:705 | $98
580 Sa 1pm-2pm Christina Springer
Jan. 31 – May 9
No class 2/15, 2/22, 3/1, 3/8, 3/15

750 Tu 7pm-8:30pm James Renz
Feb. 11 – April 8 Kirkwood H.S., W 115

350 Th 7pm-8:30pm Kelly Quinn
Feb. 26 – April 23 WW, 220
No class 3/19

710 M 7pm-8:30pm James Renz
Feb. 23 – April 27 Clayton H.S., 102
No class 3/9, 3/16

Fun with Ukulele: Part II
Continue to learn about playing the ukulele in a fun and easy way. Prerequisite: Fun with Ukulele - Part I or permission of the instructor. Fee includes music and use of ukulele. No class 3/17.

MUSC:705 | $69
730 Tu 7pm-9pm Karl Markl
Feb. 3 – March 31 Bernard Mid. School, 106

Piano: Beginning
In this enjoyable, relaxed approach to the piano, you will learn: 1) the letter names of notes and where they are on the keyboard, 2) simple chords to accompany melodies, 3) easy rhythm patterns, 4) pedaling. Text and headphones with 1/4 inch adapter required. No class 3/17.

MUSC:710 | $69
600 Tu 12pm-1pm
Jan. 27 – April 21
Cheryl Conley
MC - HE, 112
No class 3/17

650 M 6:01pm-6:59pm
Ronald Krausch
MC - HE, 112
No class 2/16, 3/16

680 Sa 9am-10am
Jan. 31 – May 2
Ronald Krausch
MC - HE, 112
No class 2/21, 4/4

Piano: Beginning and More
In this enjoyable, relaxed approach to the piano, you will learn: 1) the letter names of notes and where they are on the keyboard, 2) simple chords to accompany melodies, 3) easy rhythm patterns, 4) pedaling. Text and headphones with 1/4 inch adapter required. Course is intended for those with little or no piano or music experience. No class 2/21, 3/21, 4/18

MUSC:711 | $89
580 Sa 8am-9:30am Christina Springer
Jan. 31 – May 9
FV - C, 114

Piano: Advanced Beginning
Learn more advanced rhythms - dotted rhythms and triplets, major chords and their functions, staccato playing, major scales and exercises, and expression marks and phrasing. ‘Pop’ music introduced. Songs will be played in major keys. There is a review at course’s beginning if needed. Prerequisite: Basic knowledge of keyboard and letter names of notes recommended. Text and headphones with 1/4 inch adapter required. No class 3/21, 4/18.

MUSC:711 | $89
600 Tu 1:01pm-2pm Cheryl Conley
Jan. 27 – April 21
No class 3/19

680 Sa 10:01am-11am Ronald Krausch
Jan. 31 – May 2
No class 3/21, 4/4

Piano: Advanced Beginning and More
Learn more advanced rhythms - dotted rhythms and triplets, major chords and their functions, staccato playing, major scales and exercises, and expression marks and phrasing. ‘Pop’ music introduced. Songs will be played in major keys. There is a review at course’s beginning if needed. Prerequisite: Basic knowledge of keyboard and letter names of notes recommended. Text and headphones with 1/4 inch adapter required. No class 2/21, 3/21, 4/18

MUSC:711 | $89
580 Sa 9:31am-10:59am Christina Springer
Jan. 31 – May 9
FV - C, 114

Piano: Intermediate
Student must know letter names of notes and where they are located on the keyboard. Covers: minor chords and songs in minor keys, chromatic scales, inverted chords, more advanced pedal study and more “pop” songs. Text required - bring to first class. No class 3/19.

MUSC:712 | $69
600 Th 12pm-1pm Cheryl Conley
Jan. 29 – April 23
No class 3/19

650 M 7pm-8pm Ronald Krausch
Jan. 26 – April 27
No class 2/16, 3/16

Piano: Advanced
For those who enjoy playing all types of music - learn a variety of songs from the classics to jazz to “pop”. Class covers continuation of minor scales and chords, more pieces in minor keys, more difficult rhythm patterns such as trills, turns and tremolos. Many techniques taught through fun songs. Text and 1/4” headphone adapter required. No class 3/19.

MUSC:713 | $69
600 Th 1:01pm-1:59pm Cheryl Conley
Jan. 29 – April 23
MC - HE, 112

Exclamation Point!
“I took the guitar class to learn something new. Not only did I learn how to play the guitar, but I've made some new friends and plan on continuing with more new things!”

Joe S., Affton

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Spring 2015 Continuing Education | St. Louis Community College 41
Piano: Advanced Workshop

For those who enjoy playing all types of music - learn a variety of songs from the classics to jazz to ‘pop.’ Class covers continuation of minor scales and chords, more pieces in minor keys, more difficult rhythm patterns such as triplets, turns and tremolos. Many techniques taught through fun songs. Text and 1/4” headphone adapter required. No class 3/17.

MUSC:713 | $69
601 M 7pm-8pm Jan. 27 – April 21
Cheryl Conley
MC - HE, 112

Harmonica: Beginning

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

MUSC:720 | $39
651 M 7pm-8pm Jan. 26 – Feb. 9
C52 M 7pm-8pm March 23 – April 6
WW, 201

Beginning Harmonica 2 - More Songs, More Fun

A continuation of the “C” diatonic harmonica along with an accompanying CD. Prerequisite: Harmonica: Beginning or equivalent experience. A “C” diatonic harmonica and the Harmonica: Beginning text are required and available for purchase at class if needed.

MUSC:720 | $39
650 M 7pm-8pm April 13 – 27
MC - CE Classroom

Meramec Orchestra

Study and performance of representative chamber and symphonic literature. Additional studio hours required. Available for credit as MUS.132.651 (10731). Auditions for seating only. Contact the conductor at 314-984-7636. No class 2/16, 3/16.

MUSC:714 | $25
220 M 7pm-9:20pm Jan. 26 – May 18
Gary Gackstatter
MC - HW, 102

Digital Photography: Introduction

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

PHOT:704 | $69
650 Th 7pm-9pm Jan. 29 – Feb. 26
Jason Gray
MC - LH, 101A
680 Su 12pm-3:20pm Feb. 1 – Feb. 22
Gary Hesse
MC - SW, 210
C01 Tu 9:30am-12pm Feb. 3 – Feb. 24
Gary Hesse
Corp. College, 208

Digital Photography: Intermediate

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

PHOT:704 | $69
C02 Tu 9:30am-12pm March 5 – March 31
Gary Hesse
Corp. College, 208
651 Th 7pm-9pm March 5 – April 9
Jason Gray
MC - LH, 101A
No class 3/17
681 Su 12pm-3:20pm March 1 – March 29
Gary Hesse
MC - SW, 210
No class 3/22

Digital Photography: Advanced

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

PHOT:704 | $69
C03 Tu 9:30am-12pm April 14 – May 5
Gary Hesse
Corp. College, 208
652 Th 7pm-9pm April 16 – May 14
Jason Gray
MC - LH, 101A
682 Su 12pm-3:20pm April 12 – May 3
Gary Hesse
MC - SW, 210

Nature & Outdoor Photography

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

PHOT:708 | $59
680 Sa 9am-11am April 11 – May 2
Jason Gray
MC - SW, 210

Studio Lighting, Portrait and Indoor Photography

An introduction to the basic techniques of using flash as a primary and secondary light source. Flash and its effects on your imagery will be explored through projects, classroom discussion and image critiques. Bring your digital camera to class. Field trips required. Details to be announced in class. Provide own transportation. Prerequisite: Digital Photography Introduction or Take Better Pictures: Introduction or equivalent experience. Bring digital camera to class. Field trips required. Details to be announced in class. Provide own transportation.

PHOT:711 | $59
680 Sa 9am-11:30am Jan. 31 – Feb. 21
MC - SW, 206

Field Photography:

Sporting Events, Weddings, etc.

A large percentage of professional photography these days is done in the field at events like weddings, plays, award ceremonies and sporting events. Learn how to shoot and pose like a pro! Also covered in this class will be customer service, contracts, album design and much more! Bring digital camera to class. Field trips required. Details to be announced in class. Provide own transportation. Prerequisite: Digital Photography Introduction or Take Better Pictures: Intermediate or equivalent experience. Bring digital camera to class. Field trips required. Details to be announced in class. Provide own transportation.

PHOT:712 | $59
680 Sa 9am-11:30am Feb. 21 – March 14
MC - SW, 210

Digital Photography Essentials Certificate

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

The photography classes meet the curriculum requirements of the Digital Photography Certificate. Additional Photoshop classes are required for this certificate. Classes may be taken individually or as a part of the program.
Photography

Digital Photography - Beginning Portraits
Learn to take portraits with a professional photographer. You'll practice your new photography skill on friends and family and then learn to transfer your pictures from the camera to a computer's editing program and create your finished product. Fee includes all materials. However, students must bring a digital camera to use. May also bring a laptop. IBM and Mac computers at the studio are for demonstration - not for hands-on photo editing. 
PHOT:704 $69
M01 Sa 2pm-5pm
April 4 – April 11
Masterpiece Studios

Darkroom Developing and Printing for B&W Photography
Students will learn to develop and print black and white pictures in a darkroom. Students will learn chemical mixture, exposure time and use of darkroom equipment. Students must provide film and 35 mm camera. Chemicals, developing equipment and some paper will be provided. This is a film developing class, not a photography instruction class. No class 3/20.
PHOT:705 $89
480 F 6:30pm-9pm
Feb. 20 – April 3
Cheryl Petrovic
FP - F Tower, 411

Writing

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

Courses may be taken individually or toward completion of a certificate.

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

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

Theatre Arts

Actor's Workshop: Beginning and Brush-up
Curtain up! A fun workshop for beginning actors and a great brush-up for more-experienced actors. Prepare monologues and develop cold reading techniques while you build your confidence and sharpen your auditioning skills. Have a blast acting out scenes with fellow classmates and enjoy learning more about your talent! No class 3/16.
THTR:701 $59
650 M 7pm-9pm
March 2 – May 11
David Houghton
MC - CN, 225

New Improv Comedy for Beginners
Step out of your comfort zone and explore the creative world of Improv! If you like the show “Whose Line Is It Anyway?” you'll love this class. Learn how to think on your feet and live in the moment while having fun! After taking this class, you will understand the basic structure of improvisation and be able to play improv games with confidence.
THTR:775 $45
C50 M 6:30pm-8:30pm
March 9 – March 30
Bob Baker
Corp. College, 219

Exploring the Creative Process
Unleashing the Writer Within
Every one of us has a special story to tell, but it can be hard in this busy modern world to access that creativity. In this class, we’ll peel away the familiar outer layers of doubt, distraction and writer’s block. We’ll get to the core of what we’re actually trying to say, and we’ll learn to say it with language that is irreplaceably unique to each of us. When the writer within is unleashed, the words will come freely - and the stories we need to tell will finally occur to us. It will not be a class requirement, but those interested in sharing their work will receive the benefit of a thorough, productive critique from the instructor and fellow students. You’ll need to make copies of your work to share.
WRIT:701 $69
652 M 7pm-9:30pm
Feb. 23 – March 23
No class 3/16
Jordan Oakes
MC - CS, 205

Creative Writing Workshop
This class is for beginning or experienced writers. We’ll emphasize self-exploration and experimentation through a variety of activities. This will include reviewing other creative works and engaging in writing exercises that will stimulate your thinking as you learn to convey ideas effectively. Throughout the day, you’ll sharpen your creative voice and discover what works best for you. Bring a sack lunch - you’ll have the opportunity to ask individual questions and share your experiences.
WRIT:701 $59
480 Sa 9am-3pm
March 14
Daphne Rivers
FP - G Tower, 113

So You Want to Be a Writer?
For many, sitting in a chair and typing words is the first step in the journey from writer to Writer. After settling in, a new set of less obvious and less easy to answer questions may arise. What should I write? How can I improve my writing? What do I do after the work is done? This class seeks to answer these questions and others through an introduction to form, hands on exploration, and a discussion of how writers work. Whether for personal expression or to share with others, this class aims to answer your questions on what it takes to become a writer.
WRIT:701 $29
650 M 6:30pm-9:30pm
Feb. 9
Jeff Van Booven
MC - CS, 209

Creative Non-Fiction
Good writing is good writing. Even factual or informative work should be interesting to read — just as a good documentary should be as riveting as a good feature film. This class will help you apply the tools of literary craft to writing about topics that you know well, but might not know the best, most reader-friendly way to present. If you have a work-in-progress, bring copies to share for peer review.
WRIT:701 $69
653 M 7pm-9:30pm
April 6 – April 27
Jordan Oakes
MC - CS, 205

Awaken Your Creative Powers
Are you at that point in your life when you're ready to explore your own creativity? Are you eager to enhance your imaginative powers? Do you want to know if you have what it takes to enter the writing field? This stimulating workshop is an introduction into the fascinating world of creativity. It will awaken your creative potential and skills, spur imaginative talents, and help you appreciate your special creative abilities. In the first class session you'll explore your personal creativity through writing; the second session you'll progress to sensory, description and story expression.
WRIT:701 $29
780 W 7pm-9pm
March 4 – March 11
Beverly Letchworth
Lindbergh H.S., 42

Exclamation Point!
“I took the Writing courses to become a better writer. I found a community of writers in these classes. It has been very helpful!”
Denise L., – Oakville

www.stlcc.edu/ce  /  314-984-7777
Writing Basics Brush-up (What You Should Have Learned in High School!)
Few of us will admit it, but even the best writers can’t always remember the “difference between “correct” and “incorrect” or “then” and “than.” If you sometimes struggle with the basics in your writing, come join us. You’ll brush up on proofreading, grammar, sentence structure, and word usage. Lit agents and magazine editors throw error-filled manuscripts into the rejection pile, no matter how mesmerizing your metaphors. With good copy editors costing around $50 per hour, it pays to write well enough to avoid them as much as possible. Review the basics and you’ll be able to edit your own work like a pro.
No class 17.
WRIT:706 | $69
651 Tu 7pm-9:30pm Jordan Oakes
Febr. 24 – March 24
Social Media for Writers
Facebook, Twitter, Google Plus, Pinterest, Instagram — it seems like they’re all different “must do” social media platforms popping up every week. As a writer, you’re told by agents, publishers, and fellow writers that you need to have a presence, a platform to brand, just what does that mean? Which tools should you use? How much do you have to do? And how do you do it right? In this one-day workshop, you’ll explore the various social media channels available for aspiring and established authors, discuss best practices and do’s and don’ts in particular do’s and get started on setting up your own account. Bring a sack lunch and a laptop or tablet to get the most out of this class.
WRIT:719 | $59
650 W 7pm-9:30pm Charlene Oldham
March 18 – March 19
Freelancing for Fun and Profit
Do you want to get paid for exploring your passions or sharing what you know with others through carefully crafted non-fiction news and feature articles? This four-week course will teach you how to develop ideas and mold them into pieces fit for newspapers, consumer magazines, trade magazines, blogs, online magazines and more by covering some of the basics of reporting, writing and selling stories. No matter what your interests or expertise, you will learn how to identify markets, write query letters, research and interview and write articles that will get you published for profit. Bring recent copies of some of your favorite publications as well as any original story ideas you’d like to see in print.
WRIT:704 | $69
650 W 7pm-9:30pm Jeffrey Ricker
April 11

Publishing
How to Publish Your Own Book: What You Need to Know
Have you been thinking about writing a book (or perhaps you have written one) and are curious about how to publish it yourself? In this four-hour workshop, we’ll cover the realities of independent publishing, how editing and design can make your book look great, options for getting your book into bookstores, sales channels, eBook production and tips for book marketing. Presented by the St. Louis Publishers Association.
WRIT:704 | $39
681 Sa 8am-12pm April 18
MC - SO, 109
How to Write the Perfect Query Letter
Getting the attention of a literary agent in the traditional publishing world seems impossible? Whether you’re working on a fiction manuscript or have a completed novel ready to submit for publication, now’s the time to perfect your query letter. A strong query letter is the first step in getting your manuscript published and without it, your work will be lost in the slush pile. Join writer Heather Lubey, who is represented by the prestigious literary agency Brandt & Hochman in New York City, and learn how to write a compelling and professional query. This two-night class will cover how to draft a killer query letter and synopsis, and then provide feedback on your query letter so you can feel confident it is strong. Students should bring a short summary of their manuscript to class and be prepared to work in small groups.
WRIT:704 | $49
651 Th 7pm-9:30pm Heather Lubey
March 5 – March 12
MC - CS, 209
WordPress for Writers: Easy Website Design and Online Publishing
Looking for a place to share your poetry, essays, short stories and other creative works with the world? Why not design and publish it yourself? In this four-hour workshop, we’ll cover the realities of independent publishing, how editing and design can make your book look great, options for getting your book into bookstores, sales channels, eBook production and tips for book marketing. Presented by the St. Louis Publishers Association.
WRIT:704 | $55
680 Sa 9:30am-4pm Charlene Oldham
Feb. 28
MC - SO, 206
Genre
The Basics of Fiction Writing: A Two Night Primer
Are you eager to write fiction but unsure of where to start? Have you wanted to begin a short story, or novel but require direction and encouragement? Through easy-to-follow lectures, learn the basic elements of the fiction writer’s craft: structure, characterization, plot, dialogue, point of view, style, and voice. Gain experience with each element by engaging in a series of inspiring in-class exercises. You’ll acquire the tools necessary to begin or refine your own works of fiction, generate new story ideas, and gain the inspiration and momentum required to begin writing in earnest.
WRIT:706 | $49
654 Th 7pm-9:30pm Heather Lubey
April 16 – April 23
MC - CS, 209
Flash Fiction: The Art of Writing the Very Short Story
Flash fiction, widely published in print and online journals, is the perfect avenue for writers looking to improve their skills and find publication. Commonly defined as a story less than 1,000 words, flash fiction uses brevity to create a fully immersive experience for your reader. Join Heather Lubey, Managing Editor of The Citron Review, to learn the essential writing techniques of flash fiction and to discover the writing style best suited to your interests, voice and passion. This course is suitable for all writers, including poets, novelists and memoirists. For the second session of the class, students will be given the opportunity to write and receive feedback on their own flash creations.
WRIT:706 | $49
650 Th 7pm-9:30pm Heather Lubey
Feb. 19 – Feb. 26
MC - CS, 209
Focus on Fiction: Art of Writing Love Scenes
Writing passionate, realistic, and authentic love scenes can be challenging. When writing about sex, the writer can be plagued with clichés and euphemisms, both of which can make the writing seem juvenile or worse, funny. By contrast, a great love scene can illuminate character, deepen the reader’s understanding of characters, as well as further the plot and theme of the work. In this one-night course, you will learn the key elements that make a love scene memorable, while also reviewing the writing elements such as dialogue, setting, and point-of-view that are necessary to create an unforgettable scene.
WRIT:706 | $25
652 Th 7pm-9:30pm March 26
MC - CS, 209
Mining Your Soul Story
Our bodies record the sum of our experiences. Writing allows us to make sense out of these memories. It separates what we are experiencing or have experienced from our reaction to it. Focused writing can be used to heal and manage pain, explore the path to self-discovery, and provide a connection to your soul. This class will guide you in writing your own soul story. This workshop is intended for everyone—whether you are new to writing or a long-time journal writer. Bring a sack lunch.
WRIT:710 | $49
680 Sa 9am-3pm Mary Eigel
March 6 – March 27
MC - SO, 109
Writing Your Memoir
Creativity isn’t always required when it comes to good storytelling. When we write about our own lives and experiences, the story within us comes complete with compelling characters you already know and a great plot that’s already been lived. We have everything we need right at our fingertips when we compose a memoir—except, perhaps, the writing techniques that can help us feel confident enough to put it all down on paper. A memoir isn’t necessarily the same as an autobiography. It can focus on just your childhood or your adult years—or simply one particularly life-changing day. Every life is fascinating. Every story deserves to be told—the one you’d most like to write. This class will guide you in writing your own very unique and special memoir.
WRIT:714 | $59
501 F 10am-12pm Jordan Oakes
March 6 – March 27

Writing Your Life Story - Creating a Memoir
Your life story is a unique treasure. Let our experienced writing instructor help guide you in creating the memoir you’ve been wanting to write. During each class session, you’ll write a story based on your memories and life experience. Each story will utilize a different creative writing technique. You’ll develop a plan for expanding the stories written in class into a complete personal or family history.
WRIT:714 | $49
601 W 1pm-3pm Jean Alessi
April 1 – April 15
MC - CE Classroom
Capture the Moment: Writing About Significant Life Events
This short workshop is for those interested in writing an autobiography, family history, short stories and/or anecdotes based on personal experiences and memories. You’ll learn to capture and convey— to picture in writing—specific life events in ways that will be truly memorable. No previous writing experience necessary.
WRIT:714 | $29
600 W 1pm-4pm Jean Alessi
March 25
MC - CE Classroom
Writing Fiction for Young Adults
J.K. Rowling, Susan Collins, John Green, Sherman Alexie—some of the biggest names in fiction today; write for children and young adults. YA fiction covers a variety of genres from the literary realism of “The Absolutely True Diary of a Part-time Indian” to the dark, dystopian fantasy of “The Hunger Games.” YA literature is so compelling that more than a quarter of readers are not teens at all, but rather adults. In this class we’ll explore what makes a novel a YA novel and discuss aspects of character, plot, and voice and how they help shape the YA book. Students will engage in in-class writing exercises, and will finish the course with an outline or specific life events in ways that will be truly memorable. No previous writing experience necessary.
WRIT:719 | $69
650 Tu 7pm-9:30pm Jeffrey Ricker
Feb. 17 – March 10
MC - CN, 230
Writing the Short Story
Short stories are making a comeback in a big way, with the Nobel Prize winning short story writer Alice Munro and George Saunders’ win of the Folio Prize for “Ten Tents of December.” We’ll explore what makes a novel a short story. Using a McKee’s and many other techniques, we’ll focus on the short story, as well as the plot and theme of the work. In this one-night course, you will learn the key elements that make a love scene memorable, while also reviewing the writing elements such as dialogue, setting, and point-of-view that are necessary to create an unforgettable scene.
WRIT:719 | $69
651 Tu 7pm-9:30pm Jeffrey Ricker
March 1 – April 21
MC - CN, 225
Screenwriting: Introduction
Do you ever watch movies and think, “I could write something better than that?” Well, here’s your chance to learn how. Screenwriting is both a craft and an art, and doing it well requires a solid foundation in the fundamentals of good storytelling. In this course, you’ll learn all the key elements of writing a screenplay, including story structure, plot, scene development, characterization, and dialogue. A series of writing assignments will guide you toward mastering the basics of screenwriting and help you begin work on your own script. The course goal is to complete a step outline or beat sheet that prepares you to turn your story idea into a screenplay. This is a great class to get a solid foundation in screenwriting, review fundamentals and craft essentials, finish a first draft, or start your next script. Class is taught by a Writers Guild of America screenwriter whose credits include “The Bold and the Beautiful” and “Touched by an Angel.”
WRIT:719 | $89
550 W 7pm-9:30pm
March 25 – April 29
Rita Russell
FV-SS, 102

Playwriting
Many Hollywood writers get their start as playwriters. In this four-week class, you’ll explore story writing for theatre by applying form and structure that will add visualization and characterization to your creative writing techniques. There will be in-class exercises and you will workshop creative projects. The goal is for you to complete a ten-minute play and learn the art of submitting a script to a theatre company for a potential production. We’ll also discuss short plays by various successful playwrights from around the country. If you have a work-in-progress, bring it to class.
WRIT:719 | $69
653 Tu 7pm-9pm
March 31 – April 21
Caitlin McComnis
MC-CN, 230

Nature, Home and Garden

Animal Care

Pet First Aid
If you own a pet, it’s important to know how to approach an injured animal and how to give basic first aid. Protect yourself and your pet from further harm, injury, or suffering during emergencies by learning prompt, effective actions that will safeguard the life of your injured pet until you can get him/her to professional veterinary care. Taught by a veterinarian. Do not bring your pet to class.
ANIM:702 | $25
680 Sa 9:30am-11:30am
Dr. Teresa Garden
April 18
MC-SQ, 108

Puppy Kindergarten
You can raise a happy, well-adjusted and confident puppy through socialization, along with basic commands and manners training. You’ll also learn leadership, grooming skills, and behavioral problem-solving. Completion of all six classes qualifies you and your puppy to take the AKC STAR. Puppy Test on the sixth week. (STAR: Socialization, Training, Activity, Responsibility). Success completion of the test enables you to send for an AKC STAR Puppy Certificate and Medallion. Puppies must be 9 weeks to 1 year old, have had all their shots, and be vet cleared.
ANIM:703 | $69
M01 Sa 9:30am-11am
Feb. 7 – March 14
Susan Baxter-Carr
RiverChase-Fenton

Fun Tricks to Teach Your Dog
Every dog can do fun tricks. You will learn how to teach your dog standard tricks, such as Shake Hands, Fetch & Release, High 5, Speak, Kiss. Give a Hug. (and our favorite) “Cookie on the Nose,” plus we’ll introduce you to some that are designed to use your dog’s specific abilities, such as Wave, Take a Bow, Figure 8, Take a Nap, and more. Dogs should be at least one year old and well-controlled around other dogs. Previous obedience class or training is preferred, but not required as long as dog obeys: Sit, Down, and Wait or Stay commands. You must be willing to practice at home. Training is by Positive Reinforcement. Bring your dog and required training equipment to class: buckle or training collar, 4-6 ft. leash, yummy dog treat or a favorite toy.
ANIM:704 | $49
M01 Sa 11am-12pm
Feb. 7 – March 14
Susan Baxter-Carr
RiverChase-Fenton

Canine Good Citizen
The Canine Good Citizen Program is designed to reward dogs who have good manners both at home and in the community. Class instruction is for all 10 parts of the CGC Test. A dog must be at least 6 months old and have basic obedience skills. Proof of vaccinations required. Bring dog to first class. Successful completion of the test qualifies dog for a CGC patch (available for purchase separately).
ANIM:706 | $59
M01 Sa 12pm-1pm
Feb. 7 – March 14
Susan Baxter-Carr
RiverChase-Fenton

Dog Training: Basic Skills and Manners for the Family Dog
Do you walk your dog or does your dog walk you? If your time is limited and your budget won’t spare the expense of private lessons, this is the perfect alternative! This course in basic skills and manners will give you and your dog a good introduction to beginning obedience commands over a period of 6 weeks. Accomplish your training goals quickly and start getting those behavior problems under control. Class topics also touch on basic grooming, vaccinations, flea/tick control and traveling in the car. Bring your questions! Dog must be at least 6 months old and proof of vaccinations is required. Bring dog to first class. No class 4/4.
ANIM:706 | $69
M05 Sa 11am-12:30pm
March 21 – May 2
Susan Baxter-Carr
RiverChase-Fenton

Dog Sports: K9 Nose Work
Dogs see the world through their noses. This sport is designed to develop your dog’s remarkable sense of smell and natural scenting abilities by using their desire to hunt and their love of treats, toys, and exercise. It is a great way for your dog to build confidence and burn both mental and physical energy while having fun. If your dog has a nose, it can play this K9 Nose Work game. Bring your dog and learn together how to play this fun, new sport with our certified instructor. It’s fun for both of you! Dogs must be at least 6 months old, with current immunizations. Bring soft treats your dog likes (with a distinct scent), a 6-foot leash (no tangles), plus flat collar (no choke collars) or harness, and crate or kennel for your pet. If you prefer to attend without your dog, see ANIM 706 M04 for a discount.
ANIM:706 | $69
M03 W 7:30pm-8:45pm
March 11 – April 15
Sandra Ellisson
RiverChase-Fenton

Advanced K9 Nose Work: Vehicle Searches and Exterior Hides
If you and your dog loved our DogSports K9 Nosework course, you’ll love the new challenges presented in these follow-up sessions. This advanced course will introduce new elements used in trials, though competition is not the goal or a requirement. Class will be held outdoors (weather permitting) and will include both “exterior” hides and vehicle searches. The trainer will also work on your ability to read your dog. These new search areas will be both challenging and more exciting for the dog and handler. Give your sniff- loving canine new skills. Pre requisite: Dogs must have successfully completed the beginning K9 Nose Work course.
ANIM:706 | $59
M02 W 6pm-7pm
March 11 – April 15
Sandra Ellisson
RiverChase-Fenton

Cats: Understanding Them Better
Does your cat have you curious and wondering? Join us for an informative evening, designed just for cat owners. Our veterinarian will discuss the development, health, and behavior of domestic cats with emphasis on why cats behave as they do, how you might train a cat, and the health care of your pet.
ANIM:706 | $19
750 W 6:30pm-9:30pm
March 25
Dr. Gerald Williams
Kirkwood H.S., W 109

How to Become Part of a Therapy Pet Team
If your pet is obedience trained, has a loving temperament and you want to help others, you and your pet can visit the elderly in nursing homes, children in hospitals or other groups as part of a therapy team. Have you wondered what it takes to become part of a therapy pet team? Explore this wonderful volunteer activity for you and your pet. Even if you don’t have a pet, this class can prepare you to work with a therapy pet team. Do not bring your pet to class.
ANIM:710 | $19
350 Th 7pm-9pm
March 5
Susan Baxter-Carr
WW, 201

PERSONAL ENRICHMENT
Home Improvement

Basic Car Maintenance
This course is designed to help you better understand your cars, the auto repair industry and service problems you may encounter. Combines lecture on specific maintenance problems with laboratory sessions during which you will have the opportunity to inspect and perform minor repairs and maintenance on your own car.

AUTO:701 | $29
P01 Th 6pm-9pm
April 16

Small Engine and Lawn Mower Repair
This course includes operation, maintenance, repair, and storage of small gasoline engines. Topics are: principles of operation, normal maintenance and repair of the air, fuel, ignition, and compression systems. Repair of your own engine is part of the instruction. Bring a small engine or lawnmower to be repaired to the second class session. Prefer a 4-stroke engine needing some repair. No class 3/19.

AUTO:715 | $149
MO1 W 6pm-9pm
Feb. 25 – April 22

Interior Design: Building, Remodeling or Updating Your Home
Building, remodeling or updating your home can be very stressful, but it doesn't have to be a nightmare. In this class you'll learn how to set priorities for your project and stay within your budget. You'll learn how to prevent costly mistakes before they happen. We'll investigate the many affordable choices available in furniture, cabinetry style and wood choices, countertops, flooring, tile, faucets, paint options and hardware. You'll learn what proportionate sizes are best for your space. Whether you're interested in enlarging your home, building a new home or simply making your current space more attractive, this class is for you. An additional class meeting is a 2-hour field trip (TBA). Provide own transportation.

HOME:702 | $69
350 W 6:30pm-8:30pm
Feb. 18 – March 4
SOS M 6:30pm-8:30pm
April 6 – April 20

Kitchen Design for Home Remodeling
Whether you're planning a simple update, completely remodeling, or starting from scratch, your first step should be attending this informative class. Our expert will get you started with the knowledge you need to help you understand your options in cabinetry, countertops and much more. Bring your ideas and questions for this open discussion on how to create a functional, affordable, and beautiful kitchen. One of the best decisions you'll make about your new kitchen starts here!

HOME:703 | $29
650 Th 7pm-9:30pm
March 12
MC - SO, 105

Kitchen Planning for Home Remodeling
Explore the possibilities for your kitchen with this hands-on kitchen design class. Learn the basics of functional appliance and cabinetry placement, the specifics of kitchen cabinet sizes and the many features and options available. Bring a pencil, paper and ruler; we will be drawing floor plans to scale. Measurements and photos of your existing kitchen recommended.

HOME:703 | $29
651 M 7pm-9:30pm
March 9
MC - BA, 112

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

HOME:703 | $29
652 M 7pm-9:30pm
Feb. 9
MC - BA, 112

To request more information on the Animal Welfare Assistant Certificate Program, call 314-984-7777

Animal Welfare Assistant Certificate

The People Ingredient: Working in an Animal Welfare Organization
If you're thinking about working or volunteering in an animal welfare agency, you'll need a variety of important "people" skills. There are so many possibilities: you may be matching pets with new families; working with people surrendering their pets, educating adults and kids in the community or interacting with other agency staff. In this class, you'll gain an overview of many of the skills you'll need to perform a variety of tasks within animal welfare organizations. There are many joys and rewards to working in animal welfare, but some sadness, too, so we'll share with you our ways of coping with the inevitable heart-breaking side of the business.

ANIM:741 | $29
651 Th 7pm-9:30pm
March 12
MC - SO, 105

Animal Care Basics for Animal Welfare Workers
In this class it's all about the animals! We'll cover basic health considerations, including prevention measures and spay/neuter issues. Acquiring some knowledge of animal behavior is a vital key to safe handling for yourself and the animals you work with. You'll learn about caring for and feeding a variety of animals, including what to do in disaster situations to assure their safety and well-being. You'll hear from several shelters, who'll explain their basic animal care-taking operations. If you're interested in working directly with animals, this class is a must!

ANIM:741 | $29
652 Th 7pm-9:30pm
April 16
MC - SO, 105

Animal Welfare Assistant Certificate Program, for initial training and preparation for work in a range of public and private animal welfare agencies and organizations. Presented in partnership with the APA of Missouri, Humane Society of Missouri, and St. Louis County Animal Care & Control.

Career and Volunteer Opportunities in Animal Welfare Agencies
Animals are wonderful. If you agree, you may have thought about working with them (or for their welfare). If you’ve considered the possibility of a career or volunteer position in the wide world of animal welfare but aren’t sure where you fit into the picture, this class can help you sort through the possibilities. You'll learn about the personal rewards and benefits of working directly with animals as well as things you can do indirectly (and locally) for their benefit.

ANIM:741 | $29
650 Th 7pm-9:30pm
Feb. 19
MC - SO, 105

To request more information on the Animal Welfare Assistant Certificate Program, call 314-984-7777

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

HOME:703 | $29
652 M 7pm-9:30pm
Feb. 9
MC - BA, 112
**Refinish, Reface, or Replace?**

Thinking of changing your kitchen cabinetry? Wondering what option is best for you and your kitchen? Join us for an in-depth discussion of the pros and cons of refinishing, refacing, or replacing your kitchen cabinetry. Learn about the processes and products available so you can make an educated decision about which option you choose.

**HOME:703 | $29**

*653* Tu 7pm-9:30pm

April 7

MC - CS, 209

**Interior Design: Color Schemes for Home, Kitchen and Bath**

Give your home a face lift! Whether you prefer a bold or quiet color scheme, our experienced interior designer will show you how to select the best options for your space. You'll learn the secrets of achieving a properly balanced and equally distributed color placement. We'll explore the combination of patterns in fabrics and furniture and how to integrate these patterns into your space. The selection of paint color, the choices of wood tone, countertop cabinets, light fixtures and hardware will be addressed.

Second class is a 2-hour field trip (TBA). Provide own transportation.

**HOME:708 | $39**

350 W 6:30pm-9:30pm

March 11

Kathryn Leinauer

WW, 223

SOS M 6:30pm-9:30pm

April 27

SCEUC, 100

**Interior Design: Accessories for Home, Kitchen and Bath**

Well-chosen accessories are the perfect finishing touch that every room deserves. In this class, you'll learn from a professional interior designer how to select the right shapes and sizes for your accessories and how to place them into the correct proportionate space. Choices of color and the combinations of patterns will be demonstrated. After this class, your rooms will reflect your personality with a professional touch. Second class is a 2-hour field trip (TBA). Provide own transportation.

**HOME:709 | $39**

350 W 6:30pm-9:30pm

March 25

Kathryn Leinauer

WW, 223

**Energize Your Life and Express Your Personality with Feng Shui in Your Home**

Feng Shui design is easy to understand. It can help you create a home that attracts positive energy to your life and empowers you to express your individuality and achieve your goals. You'll learn essential design principles and how focused ‘intention’ helps you achieve significant changes in your life. Discover the influence of your stove, front door, fireplace, windows, and moldings. Learn how to enhance your environment with a healthy combination of patterns in fabrics and furniture and how to integrate these patterns into your space.

**HOME:710 | $25**

750 Tu 6:30pm-9pm

Feb. 24

Kirkwood H.S., E 184

Samantha Shields

**De-clutter the Feng Shui Way: Add Energy, Clarity and Freedom to Your Life**

Clutter is time-consuming, messy, expensive and brings down your energy. The Feng Shui approach to clutter is different from other methods. Our expert instructor will help you respect and understand the accumulation of clutter in your life and then eliminate it for good. We'll discuss different forms of clutter and the conversations we have with ourselves about keeping all our 'stuff.' Then we'll move forward learning effective techniques and a positive, empowered outlook for living clutter-free.

**HOME:710 | $25**

751 Tu 6:30pm-9pm

March 10

Kirkwood H.S., E 184

Samantha Shields

**Do-It-Yourself Ceramic Tiling**

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

**HOME:713 | $19**

550 W 7pm-9pm

April 21

Jean Linton

FV - SC, PDR-B

Jean Linton

Kirkwood H.S., SA 1

**Do-It-Yourself Drywalling**

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

**HOME:713 | $19**

553 W 7pm-9pm

March 11

Jean Linton

FV - SC, PDR-B

Jean Linton

Kirkwood H.S., SA 1

**Do-It-Yourself Painting**

Of course you can paint, but can you paint like a pro? Learn how to properly prepare surfaces - what to use and what not to use. We'll tell you if and what you need to prime with primer vs. stain block or preventing paint from seeping to the floor or wall.

Our experienced handyperson will show you the proper way to paint - starting with proper layout. Instruction will include cut-to-size with minimal drywall seams and cut out for electric boxes. Also how learn to apply seam tape (both paper tape and self-stick mesh tape) and mud (joint compound). If you have a drywall project in your future, get to this class before getting started.

**HOME:713 | $19**

752 Tu 7pm-9pm

March 24

Jean Linton

Kirkwood H.S., SA 1

**Reupholstery for Small Projects**

Give your home a face lift! Whether you prefer a bold or quiet color scheme, our experienced interior designer will show you how to select the best options for your space. You'll learn the secrets of achieving a properly balanced and equally distributed color placement. We'll explore the combination of patterns in fabrics and furniture and how to integrate these patterns into your space. The selection of paint color, the choices of wood tone, countertop cabinets, light fixtures and hardware will be addressed.

Second class is a 2-hour field trip (TBA). Provide own transportation.

**HOME:708 | $39**

350 W 6:30pm-9:30pm

March 11

Kathryn Leinauer

WW, 223

SOS M 6:30pm-9:30pm

April 27

SCEUC, 100

**Fearless Home Repair: Electrical**

When something needs fixing who do you call? Fix it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a “hands-on” focus. We’ll talk about electricity and safety, most people’s #1 concern. If you need a new light fixture, wall switch or outlet, we’ll guide you. We’ll talk about other small electrical problems and the difference between aluminum and copper wiring and how to work with both. We’ll look at how-to, when-to and when it’s safer NOT-to. You won’t need to fear performing your own simple DIY electrical repairs or have to pay someone else do it for you after this class.

**HOME:713 | $19**

551 W 7pm-9pm

Feb. 25

Jean Linton

FV - SC, PDR-B

Jean Linton

Kirkwood H.S., SA 1

**Fearless Home Repair: 5 Repairs Every Homeowner Should Know**

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

**HOME:713 | $19**

751 Tu 7pm-9pm

March 31

Jean Linton

Kirkwood H.S., SA 1

**Fearless Home Repair: Simple Plumbing Repairs for Kitchens and Bathrooms**

When something needs fixing who do you call? Fix it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a “hands-on” focus. If your toilet runs, your drains are slow, you need a new faucet, this course is for you! We’ll look at how-to, when-to and when it’s better NOT-to. We’ll cover common kitchen and bathroom plumbing problems that you can fix yourself, once you know how to do it!

**HOME:713 | $19**

754 Tu 7pm-9pm

April 7

Jean Linton

Kirkwood H.S., SA 1

Jean Linton

FV - SC, PDR-B

**Exclamation Point!**

“Jean Linton was wonderful! I learned all about drywalling and have helped two family members with their homes.”

Jamie R., Maryland Heights

**Like us on Facebook**

St. Louis Community College Continuing Education
The Master Naturalist Certificate Program consists of three components:

- Completion of five biology, geology, physical science or horticulture related college credit courses.
- Attend six Continuing Education Master Naturalist designated noncredit programs offered through St. Louis Community College in the area of Nature, Ecology, or Landscape & Gardening.
- Volunteer 25 hours with a local nature-related organization.

The courses listed in Nature, Landscape & Gardening, and Ecology meet the curriculum requirements for the Master Naturalist Certificate.
Sun and Shade Perennials: What’s Best for the Midwest?

Save time and money by creating or enhancing your yard and garden with easy-to-grow perennial plants that come back year after year. Start your perennial garden with a good understanding of plant selection, care and maintenance based on the shade and sunlight locations in your yard. Join local nursery owner Nancee Kruescheck and discover the most popular varieties of plants and characteristics of each including: size and height; when they bloom; soil requirements and conditions in which they grow best. You’ll be able to take what you learn in this class and plant it in your own home-landscape. Bring your questions to this informational session.

HORT:704 | $19
680 Sa 9am-11:30am Nancee Kruescheck
March 14
MC - SQ, 109

Gardening Under Trees and Other Tough Spaces

Do you have problems successfully growing plants under the trees in your yard? Are you concerned about possibly damaging the tree roots but would really like to add some attractive plantings that would thrive there? Come learn about the art and science of gardening under trees and other tough-to-grow spots to add to the beauty of your yard.

HORT:706 | $19
680 Sa 9am-11:30am Nancee Kruescheck
April 11
MC - SQ, 112

New The “Other” Part of Gardening: Care and Maintenance of Flowers and Shrubs

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

HORT:723 | $19
680 Sa 9am-11:30am Nancee Kruescheck
April 18
MC - SQ, 112

Check out ecology-related craft classes (in the (including upcycling) Crafts section on page 26.

Ecology

New It’s OK to Eat the Weeds-Wild Edible Plants of Spring

The next time you weed your garden, you might find you have the makings for a unique dish! Join Dr. Catrina Adams, PhD, in Paleohortnobotany (how people have used plants in the past) to learn about some of the common edible plants that grow in and around St. Louis in the spring. Discover where to find them, how to identify and collect them, and how to eat them! Then, take a tour of the campus to identify edible and useful plants you probably walk past every day. Some wild edibles are lovely native plants that you may want to cultivate in your own backyard. Others might be growing in your lawn or garden already, for better or for worse.

ECOL:700 | $25
682 Sa 9am-12pm Dr. Catrina Adams
April 18
MC - SO, 111

New Conserve Water with a Rain Barrel

Don’t let your money go down the drain! You can save some cash by capturing rain water off your roof using a Rain Barrel. Capturing rain water not only saves you money, it’s good for the environment! Great for your landscape and helps your garden stay healthy and hydrated. Join Christina Ritter of Respect Earth’s Resources to explore water scarcity, water conservation, and constructing the best rain barrel design for your water needs. In this introductory class, you’ll learn about proper maintenance and how to avoid potential problems like pesky mosquitos. Lots of handouts included.

ECOL:700 | $19
651 W 6:30pm-8pm
April 22
Christina Ritter
MC - BA, 124

New Indoor Composting: Make and Take Home a Bokashi Bucket

Don’t throw away those scraps - up to 20% of household trash can be composted! The bokashi bucket system can be used in the home year round, it’s quick, convenient and has no household smells. In this hands-on session, you will construct and learn to maintain an indoor composting system capable of decomposing food, yard and houseplant trimmings for a family of four. In a space-saving bokashi system, effective microorganisms transform all types of kitchen waste into a nutrient-rich soil amendment. All equipment, materials and handouts provided and included in fee. You’ll leave class with a working indoor composting system in the form of a bokashi bucket. Class offered in partnership with the Missouri Botanical Garden Earthways Center. Registration deadline 3/31.

ECOL:700 | $49
650 Th 7pm-8:30pm
April 9
Kat Golden
MC - SW, 105

New DIY: Making Bran for a Bokashi Bucket Composting System

Bokashi is a great space-saving way to compost at home that uses a bran mixture of carbon-rich materials and effective microorganisms to transform kitchen waste into a great fertilizer for your garden. The bokashi bucket system can be used year round, it’s quick, convenient and produces no household smells with the help of this bran mixture! Designed for individuals who currently have a bokashi bucket, you’ll make a one pound mixture of the bran in class and take home the recipe and know how to make more with just a few easy steps. Don’t have a bokashi bucket yet? Register for the Make and Take Home a Bokashi Bucket class or get an instruction sheet in the DIY Bran class to build your own at home. Class offered in partnership with the Missouri Botanical Garden Earthways Center. Registration deadline is 4/23.

ECOL:700 | $39
652 Th 7pm-8:30pm
May 7
Kat Golden
MC - SW, 105

Climate Change 101

What is climate change? How are rising temperatures impacting the ecosystems, forests, oceans and even the St. Louis area? What is the biggest concern from scientists? What are the best strategies? Why do Americans disagree so strongly about this issue? Join park ranger Brian Etting as he shares the basic science, shows the ‘unusual suspects’ that accept the science, and debunks many of the myths. Learn how to effectively educate others on the topic using humor and optimism to inspire them to take action.

ECOL:700 | $19
680 Sa 9am-12pm
Feb. 28
Brian Etting
MC - SO, 108

Exclamation Point!

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

Jerry M. Clayton

Backyard Chickens for the Beginner

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

ECOL:700 | $35
681 Sa 10am-2pm
April 11
Guy Niere
MC - SW, 105

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

This class is for individuals who have been keeping chickens for a while and are looking for more in-depth information on the following topics: diseases, parasites and treatments; chicken anatomy and egg development; incubation and broody hatching; culling and processing; breed characteristics, showing, and judging for standards of perfection, supporting heritage breeds; and changing ordinances. Bring your questions to class! This is an intermediate level class and will not include introductory information covered in previous class: Backyard Chickens for the Beginner.

ECOL:700 | $25
683 Sa 10am-1pm
April 18
Guy Niere
MC - SW, 105

New Protect your Chickens from Predators: Making Your Coop Secure

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

ECOL:700 | $19
684 Sa 10am-12pm
April 25
Guy Niere
MC - SO, 111
Native plants, or simply “native” are species that have evolved and occur naturally in local geographic areas. In the Midwest region, native plants are adapted to local soil conditions, rainfall and temperature patterns, and generally do not require any special maintenance needs after they are established in the right environment, saving you both time and money. Most importantly, native plants function in the landscape by attracting and furnishing a habitat for a host of wildlife including birds, butterflies and beneficial insects and providing you with a healthy environment in which to live.

Classes are presented by Dave Tylka, biologist, photographer, native landscape and wildlife author of Native Landscaping for Wildlife and People; Mitch Leachman, Executive Director of the St. Louis Audubon Society, Nels Holmberg and Rick Gray, from the Missouri Native Plant Society; and Nancee Kruscheck, gardening expert and local nursery owner. Courses offered in this section focus only on Midwest native species and qualify for the Master Naturalist certification.

**New An Introduction to Native Landscaping**
Bring a bit of nature to your urban or suburban home. Come discover the many benefits of native landscaping, also known as “naturscaping” and enrich your life by bringing low maintenance plants to your yard or workplace and developing a natural ecosystem to attract animals and beneficial insects. Learn why native coneflowers, milkweeds, viburnums and oaks are more beneficial than non-native hostas, daylilies, crape myrtles, and Bradford pears, explore why biodiversity is healthy, and why cultivars should be scrutinized. You’ll also receive information on assistance and resources available through the St. Louis Audubon “Bring Conservation Home” program to help get you started. We face many environmental challenges and this is your opportunity to make a commitment to a difference.

HORT:711 | $25
600 | W 9am-12pm
April 1
450 | Th 6:30pm-8:30pm
April 2
Mitch Leachman
FP - G Tower, 113

**Create a Beautiful Landscape with Native Plants**
Enrich the diversity in your yard by discovering and planting species native to Missouri. You can create a beautiful and interesting landscape with a progression of plants that are perfectly adapted to our unique soil and climate. The natives you’ll learn about will reduce mowing and improve biodiversity while fitting nicely into your home landscape. Some natives are ideal for your perennial gardens and problem areas. You’ll be delighted at how beautiful the native plants are and enjoy learning some plant folklore.

HORT:711 | $19
680 | Sa 9am-11:30am
May 9
Nancee Kruscheck
April 25
MC - SO, 109

**New Identification & Natural History of Common Missouri Insects**
Ever wonder why insects are the most successful and ecologically important class of animals in the world? They form a vital link between plants and vertebrate animals, such as birds and mammals. Although their biodiversity can be overwhelming, after learning some basic anatomy, you’ll be able to identify ten major groups or orders of insects and recognize the most commonly encountered species found in the greater St. Louis area. See close-up images of insects, discuss their natural history and receive identification resources to take home. Students are encouraged to obtain the Golden Guide paperback titled, “Insects” for use in class. Book is available from most area bookstores and libraries.

NATR:715 | $25
600 | W 9am-12pm
April 22
David Tylka
MC - CE Classroom

Also, check out Spring Wildflowers in Missouri in the Nature section.

**New Native Landscaping with Shade-Adapted Plants**
Successfully growing plants under large trees can be challenging. But if you mimic nature by planting ecologically adapted natives, you can enjoy a green, bio diverse landscape throughout the seasons. Several spring native wildflowers bloom also before most large trees leaf out and shade-adapted shrubs can thrive under low-light conditions. Join us and learn how to establish and maintain shade-adapted native landscapes.

HORT:711 | $25
601 | W 9am-12pm
April 8
David Tylka
MC - CE Classroom

**New Native Landscaping with Sun-Adapted Perennials**
Did you know that prairies and glades are the two most diverse and colorful natural communities in Missouri that thrive in the sun? Learn basic characteristics of the soil and moisture conditions of these communities and how they can be emulated in your home landscape. Presentation will focus on native prairie and glade species that can be successfully grown in the St. Louis area. The height and spread of each species and where each species will grow best in your yard.

HORT:704 | $25
600 | F 9am-12pm
April 10
David Tylka
MC - CE Classroom

**New Native Landscaping for Bees, Butterflies and Other Pollinators**
Butterflies go wherever they please and please wherever they go. Along with bees and other insect pollinators, they are environmental barometers. Healthy landscapes have large numbers and a wide diversity of pollinators—contaminated or altered landscapes do not. The best plants lure pollinators to their flowers by offering pollen, nectar, resin and oil, and by evolving visual and olfactory cues such as nectar guides, color and fragrance. Come get practical advice on getting started for selecting the optimal natives to attract various groups of pollinators.

HORT:765 | $25
600 | F 9am-12pm
April 24
David Tylka
MC - Library, CNFL

**New Ways to Attract Songbirds and Hummingbirds through Native Landscaping**
Are you looking to attract more songbirds and hummingbirds to enhance your backyard viewing? Learn the secrets to selecting the best native plants that furnish seeds, flowers and fruits for these birds. To attract the greatest diversity of birds to your property at various seasons, you need to select fruiting shrubs and trees from different categories based upon the season the fruits and seeds are produced, their nutritional make-up and the length of time they remain on the plants. Bring a kaleidoscope of colors and songs to your landscape with your knowledge from this class.

HORT:765 | $25
601 | W 9am-12pm
April 29
David Tylka
MC - CE Classroom

**New Native Landscaping with Shrubs**
Stop spending your time and money trying to maintain shrubs that are not indigenous to the Midwest and have difficulty adapting to local soil and weather conditions. Go native and begin to add more environmentally beneficial shrub species. Native shrubs that have evolved in the Midwest are adapted to local rainfall and temperature patterns and generally do not require any special maintenance needs after they are established. Because of this evolution, these native woody species have produced unique interrelationships with many native species of wildlife. Lots of suggestions will be presented to help you get started.

HORT:711 | $25
602 | F 9am-12pm
May 1
David Tylka
MC - CE Classroom
Real Estate

Home Selling: Your Guide to a Successful Sale

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

REAL:701 | $19
351 Th 7pm-9pm
Feb. 19
Jill McCoy
WW, 202
502 Tu 7pm-9pm
March 10
Christina Filla
SCEUC, 102

Buying a Home? Top Home Buying Mistakes to Avoid

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

REAL:701 | $19
352 Th 7pm-9pm
Feb. 26
Jill McCoy
WW, 202
503 Tu 7pm-9pm
March 31
Christina Filla
SCEUC, 102

First Time Home Buyers: Home Loans and Credit Tips

Before you get serious about buying a home you need to be ready with the information you'll get in this class. Our expert will help you understand your credit score and how to repair it if necessary, how to get pre-approved for a loan (a very important step to bring to purchase negotiations), the types of loan options, and finding current mortgage interest rates. You'll find out about available tax credits and loan programs. We'll help you figure out realistically how much you can afford and all about establishing your down payment. We'll share possible programs that may be of assistance and the rules that apply to receiving the assistance. This class is your first step as a first-time home buyer.

REAL:701 | $19
501 Tu 7pm-9pm
Feb. 17
Christina Filla
SCEUC, 102

Real Estate Investing for Income

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

REAL:712 | $29
350 Th 7pm-9pm
March 26
Jill McCoy
WW, 202

How to Be a Successful Landlord

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

REAL:720 | $69
480 Sa 9am-5pm
April 18
Mary Hankins
FP - G Tower, 115

Estate Planning

Estate Planning: Wills, Trusts and Avoiding Probate

Learn about your planning options, both for property distribution upon death as well as decision-making authority while alive. Class discussion will focus on wills, the probate process and avoiding probate with revocable trusts and beneficiary designations. Powers of attorney for financial and health care purposes will also be discussed. Taught by an attorney.

FINC:710 | $35
720 M 6pm-8pm
Feb. 23
Yvonne Homeyer
Ladue H.S., 145
721 M 6pm-8pm
April 13
Yvonne Homeyer
Ladue H.S., 145

Estate Planning: Living Trusts

Everyone wants to do estate planning for control of your assets and for a legacy to your loved ones. This course covers various ways to do so, including living trusts, to avoid guardianships and to reduce or eliminate estate taxes. Find out why a living trust may be the best solution. Taught by an attorney.

FINC:710 | $35
780 M 7pm-9pm
April 20
Charles Amen
Lindbergh H.S., 53
550 Tu 7pm-9pm
March 3
Jackie Caprano
SCEUC, 104

An Introduction to Estate Planning: Wills

We all know that everyone needs a simple will. In addition to settling your affairs and saving the expense and delay of probate, we can ensure the care of our minor children. But most of us are too busy and this important task falls to the most of our family. Don't do it wrong, and don't spend a lot of time or money to do it right. Taught by an attorney, this class will address the basics of a will.

FINC:710 | $35
450 W 6pm-8pm
April 22
Amy Hereford
FP - G Tower, 115

New Your Responsibilities as an Estate Executor

Serving as an executor of an estate is an honor and a responsibility. Understanding your duties will help you perform the required tasks in an efficient manner and avoid costly mistakes. Particulars of settling the estate such as managing and dispersing stock holdings and business interests, transferring property ownership, and fulfilling bequests to charities can get complicated, and executors can be held liable for their actions. This course is designed to equip both executors with sound legal guidance. Taught by an attorney, this course will prepare you to fulfill your responsibilities.

FINC:710 | $35
451 Tu 6pm-8pm
April 21
Amy Hereford
FP - G Tower, 115

Retirement Planning

Understanding Retirement Healthcare and Social Security

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

FINC:736 | $19
650 W 7pm-9pm
March 11
Steve Glazer
MC - SO, 107
350 W 7pm-9pm
April 8
Steve Glazer
WW, 202

Retirement Income Planning

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

FINC:766 | $19
651 W 7pm-9pm
April 22
Steve Glazer
MC - SO, 107
652 W 7pm-9pm
April 29
Steve Glazer
MC - SO, 107

Paying for Long Term Care, Obtaining Medicaid and Veteran's Benefits

Paying for long term care is a problem facing a lot of senior citizens. This course will cover the benefits available through Medicaid and through the Veterans Administration (for veterans and their spouses). You'll learn about eligibility requirements as well as techniques and strategies to become eligible. Class is designed for seniors who are facing such costs, or worrying about the future costs, as well as family members who are providing care for their parents. Taught by an elder care and accredited VA attorney.

FINC:765 | $19
550 M 7pm-9pm
April 6
Paul Gantner
SCEUC, 104

Exclamation Point!

“Brian Bingham was phenomenal: great people skills, superior subject knowledge, able to relate, engaging, friendly, and very helpful. I highly recommend any of his courses to others, whether they're beginners or experienced investors.”

Gina S., Overland
PERSONAL ENRICHMENT

Finance & Investing

Financial Workshop: Your Source for Financial Education

Financial education is a critical step in helping you achieve your financial goals. This workshop offers a variety of practical investing topics presented in an easy, open format. You will gain a good understanding of the key principles of saving and investing along with strategies to help you reach your long term goals. Topics include the basics of stocks, bonds and mutual funds; the importance of asset allocation, making sense of retirement, preparing for the unexpected, tax-free investing, and managing financial risk. Bring a 2" x 3" ring binder to class.

FINC:701 | $59
650 Tu 7pm-9pm
March 24 – April 14
Margie Bittner
MC - SO, 108

Foundations of Investing

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

FINC:705 | $25
650 Th 6pm-9pm
March 5
Margie Bittner
MC - CS, 104

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

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

FINC:714 | $89
C80 Sa 9am-4pm
Feb. 28 – March 7
Brian Bingham
Corp. College, 208

New Tax Strategies

This workshop addresses basic tax planning information to help individuals plan in a tax-efficient manner. It includes information on record keeping, tax law changes, state and local taxes, tax credits and tax-deferred programs.

FINC:765 | $19
650 W 7pm-9pm
Feb. 25
Steve Glazer
MC - SO, 107

New Annuities Explained: Understanding the Basics

Join Laura J Boedges, Financial Consultant with Rogers & Company, A Wealth Management Firm, Inc. in an enlightening conversation on annuities: What are they? How do they work? When and why would I need one? No one cares more about your money than you do. It’s wise to ask questions in advance of an annuity purchase. This introductory class will give you all the basic information you need you’ll know what questions to ask to be better informed and more comfortable making an annuity investment decision. Securities offered through LPL Financial, Member FINRA/SIPC. Investment advice offered through V Wealth Management, a registered investment advisor. Rogers & Company, A Wealth Management Firm, Inc. and V Wealth Management are separate entities from LPL Financial.

FINC:705 | $19
651 Th 6pm-8pm
March 30
Laura Boedges
MC - CN, 203

New Role Reversal: Your Aging Parents and You

You’ve heard the term “sandwich generation.” You’re taking care of yourself, your children, and now, your parents. If you’re overwhelmed by this prospect, the time and money you will spend and the potential stress it can put on your family you are not alone. Join Laura Boedges of Rogers & Company for this helpful seminar specifically designed to give you tools for managing your new role proactively.

FINC:765 | $19
652 M 6pm-8pm
March 30
Laura Boedges
MC - SO, 204

New Understanding Life Insurance

This workshop addresses the factors to consider in determining how much life insurance employees may need, an overview of the different types to consider, and its multiple uses.

FINC:765 | $19
651 W 7pm-9pm
March 25
Steve Glazer
MC - SO, 107

Fashion and Color Analysis

Master Your Make-up

Get hands-on training to create the looks you love. Get an audit of your makeup bag. Learn techniques to apply flawless foundation, cheeks, eyes, lips, and finishing touches.

FSHN:701 | $25
500 Tu 6pm-8:30pm
Feb. 10
Stephanie Hall
FV - CWI

The Eyes Have It - Lids and Lashes

Do you struggle to find colours that will compliment your eyes and make them pop? Learn the products to use and how to prepare your eyes for contouring and color. In addition learn to make the most of your own lashes or how to apply individual and strip lashes.

FSHN:701 | $25
501 Tu 6:30pm-8:30pm
Feb. 17
Stephanie Hall
FV - CWI

Hot Tools: Hair Styling Secrets

A styling basics class to teach curling, flat ironing, smoothing and other techniques. You will find your hair easier to manage and create a new style.

FSHN:702 | $25
450 M 7pm-9pm
Feb. 23
Ashley Skaggs
FV - CWI

Curling Iron Class

Learn tips and tricks for curling your hair at this workshop whether you are looking for tightly wound ringlets or waves. We will show you how to style your hair and the best irons and products to use for your hair type and texture.

FSHN:702 | $25
501 T 6:30pm-8:30pm
Feb. 24
Stephanie Hall
FV - CWI

Personal Interest

Communication Arts

Nonverbal Communication: How to Speak and Listen Without Words

Avoid miscommunication and become a better communicator overall! Learn about the extraordinary amount of information that can be provided through nonverbal communication and how a simple movement or facial expression can completely contradict what message you are trying to get across. Understand how to identify, interpret and use basic nonverbal cues to improve your communication skills.

COMM:718 | $29
650 W 6:30pm-8:30pm
March 4 – March 11
Erin De Vore
MC - SO, 105

Making Movies With Your Mobile Device!

Are you the next Steven Spielberg or YouTube sensation? Learn to create movie magic entirely on your cell phone or tablet - take any video you shoot to the next level using filmmaking techniques learned in class! Have fun while you learn this new art of filmmaking from an Emmy award-winning producer, whose most recent project is a feature-length movie shot entirely on an iPhone! Projects will be completed outside of class then all will be viewed at the last class. Bring smartphone or tablet with you to class.

COMM:765 | $49
650 Tu 6:30pm-8:30pm
April 21 – May 12
Dale Ward
MC - CN, 201

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www.ed2go.com/stlcc/
**Genealogy**

**Death Has Many Faces**
Death is inevitable! But finding that elusive death certificate sometimes proves difficult. Besides the obvious death certificates this class will look at some of the additional sources of death information.

**GENE:705 | $25**
603 M 3pm-5pm Mary Stamm
April 15 – April 22 MC - SW, 210

**Starting Your Family History**
If you are just starting or need a refresher, this class covers the various American genealogical resources, Information covers resources at libraries, courthouses, churches, and on the Internet. No class 3/18.

**GENE:705 | $25**
602 W 3pm-5pm Mary Stamm
March 4 – April 1 MC - BA, 208

**Free Genealogical Websites**
There are many free websites that can help genealogist located their family. See how you can find and the type of information they contain.

**GENE:705 | $25**
601 W 3pm-5pm Mary Stamm
Feb. 18 – Feb. 25 MC - BA, 208

**Using FamilySearch.org**
If you visited the FamilySearch.org website, you noticed that the site changes. This course covers the resources available from an old favorite.

**GENE:705 | $25**
600 M 3pm-5pm Mary Stamm
April 13 – April 20 MC - BA, 208

**African-American Genealogy**
This course will assist the beginner to intermediate researcher in compiling and furthering the family histories of African-American ancestors. Instructor is a Board-Certified Genealogist (CG).

**GENE:765 | $29**
580 Sa 11am-2pm LaDonna Garner
Feb. 7 – March 14 FV - B, 120

**Strategies in Genealogy: Moving Beyond the Basics**
Finding yourself stumped after launching a family history project? Learn how to plan a research strategy and make use of alternative sources that can move along your genealogy. Attendee must have prior experience in basic genealogy. Instructor is a Board-Certified Genealogist (CG).

**GENE:765 | $39**
581 Sa 11am-2pm LaDonna Garner
April 11 – April 18 FV - B, 120

**History**

**Gunfighters of the Old West**
During this fascinating morning of American history, you’ll hear stories about nineteen of our country’s most prominent gunfighters, including one woman. These are the famous and the infamous of that curious, lawless period in American history — the last two or three decades of the 1800’s. We’ll talk about men like Wyatt Earp, Wild Bill Hickok, Bat Masterson (all lawmen) and outlaws like Jesse James, Bill Longley, and “Curly Bill” Brocious. We’ll be sure to include one of the most famous gunfights: the shootout at the OK Corral in Tombstone, Arizona. Come hear the real account, as related by Wyatt Earp to his deputy.

**HIST:701 | $19**
P01 Th 10am-12pm Wynn Ward
March 19 Thomas Dunn Learn. Ctr.

**Life in Colonial America Before the Revolution**
This class is your passport to pre-revolutionary times in America. Europeans in the 1700s were fascinated with news they heard about newly “discovered” land of America, which lead to the founding of the American colonies in that century. The northern colonies developed differently from the southern colonies as a result of immigration trends, geography, and many local factors, making for diverse lifestyles for the people of the two regions. You’ll enjoy discovering what they wore, the foods they ate, and the activities that dominated their lives before the American Revolution.

**HIST:704 | $19**
650 Th 7pm-9pm Wynn Ward
Feb. 12 MC - SQ, 205

**Lincoln’s Assassination - Sesquicentennial**
Abraham Lincoln was the first American President to be assassinated, 150 years ago this April 14th. He had once said that any man who was willing to risk his own life in the attempt, could kill him. He had been threatened 80 times, shot at once (missed), but few thought it would ever actually happen. We’ll follow through the events up to that Good Friday evening, and all that followed. You’ll hear the arguments about whether John Wilkes Booth planned it on his own, with a few acquaintances, or on orders from Richmond and at least on orders of the Treasurer of the Confederacy.

**HIST:705 | $19**
P02 Tu 10am-12pm Wynn Ward
April 14 Thomas Dunn Learn. Ctr.
654 Th 7pm-9pm Wynn Ward
April 16 MC - SQ, 205

**Civil War: Two Big Confederate Gambles**
Nathan Bedford Forrest’s cavalry made a daring attack in March 1865 against three full divisions of Union Cavalry in Alabama. J.E.B. Stuart’s risk was even greater as he attempted to ride his cavalry around the whole Union army, keeping ahead of pursuers. One failed; one succeeded. You may decide if they were fool hardy actions or not.

**HIST:705 | $19**
651 Th 7pm-9pm Wynn Ward
March 5 MC - SQ, 205

**Civil War: Remarkable Women in Dixie**
Mary Boykin Chestnut, one of the most respected women in Charleston, wrote a diary. It has been read ever since, with a modern edition that won a Pulitzer Prize in 1982. You’ll hear quotes from it in her discussions of prominent people, politics and the war. You’ll also learn of the trials across the South and here in Missouri, with emphasis on the famous General Butler’s Order #28 about women in New Orleans that became news.

**HIST:705 | $19**
652 Th 7pm-9pm Wynn Ward
March 12 MC - SQ, 205

**George Armstrong Custer and J.E.B. Stuart**
George Armstrong Custer in the U.S. Army and “Jeb” Stuart in the Confederate Army were both Major Generals of the Cavalry and strong antagonists. Learn of the lives of each of these two men, their exploits in battle, their friendly animosity for each other, and finally, how they each died with their boots on.

**HIST:705 | $19**
350 M 7pm-9pm Wynn Ward
March 2 WW, 208

**Civil War Spies and Espionage**
Spying in the Civil War was very easy for both sides. Their enemies spoke the same language, had been under the same government, and knew each other’s geography well. However, you had to be brave and intelligent to avoid capture. Hear about the greatest act of espionage in the war which began with a Russian Naval Officer visiting a cannon factory in New York state. There was an ease with which agents for either side moved their various lines and through opposition territory. Spies were active in St. Louis because of it’s strategic location. Spies and espionage on both sides changed the war.

**HIST:705 | $19**
351 M 7pm-9pm Wynn Ward
March 23 WW, 208

**Civil War Battles in Virginia (1865)**
Grant’s Union Army entered the Confederate Capitol the day after the Confederate forces left. Now, it was a race of the two armies on parallel roads, with the Union trying to get ahead of the Confederates to cut them off. All were headed for Appomattox, Virginia, still sixty miles ahead. Hear what happened as Lee’s heroic army began to come apart. You’ll remember several incidents as the war came to a conclusion, 150 years ago this spring.

**HIST:705 | $19**
655 Th 7pm-9pm Wynn Ward
April 23 MC - SQ, 205

**Twelve Steps to the Civil War - Toward a “Tipping Point” Theory**
The start of the Civil War was not the result of a single decision; it was the end product of a series of events starting with the adoption of the Constitution. This class will examine a total of 12 commonly cited contributing causes that occurred in the years 1787 through 1860, which taken together like a row of dominos falling in sequence, created a tipping point that resulted in the War Between the States.

**HIST:705 | $19**
P01 W 10am-11:30am Walter Hall
Feb. 25 Thomas Dunn Learn. Ctr.

**Lincoln Presidency Sesquicentennial-1865**
In 2015, we reach the end of the Lincoln Presidential Sesquicentennial, the year that started in the glow of electoral triumph, was brightened by successful conclusion of the War before the tragedy of assassination and the long funeral train that followed. You’ll hear the arguments about whether John Wilkes Booth planned it on his own, with a few acquaintances, or on orders from Richmond and at least on orders of the Treasurer of the Confederacy.

**HIST:705 | $19**
650 Th 7pm-9pm James Gahlen
Feb. 19 MC - SQ, 205

**Missouri Folklore**
It’s Friday the 13th! What a great day to study Missouri superstitions! We’ll talk about old wives tales, good luck charms and more. And the day before Valentine’s day is the perfect time to learn some new love potions and hear strange love stories. If those don’t work for you, we’ll tell you how to heal with some Granny woman medicine or maybe change the weather.

**HIST:708 | $29**
600 F 9:30am-12:30pm Joan Huisinga
Feb. 13 MC - CE Classroom
Picture Postcard from a Centenarian

What was it like to live to be 100+ years old? This is the story of one woman’s journey. It’s a fascinating tale that begins in Georgia in 1903, in the fictionalized “Tara” region, and traces the long life of one Southern lady who transcended extreme poverty, roadblocks and detours. Join our storyteller (in period dress), reliving this story set in the southern states where Spanish moss and live oaks reign. As you hear her tale, think of how you might also vividly retell your own family’s stories.

**HIST:708 | $19**

560 M 7pm-9:30pm
March 24
Gloria Perry
MC - CN, 228

Cuban Missile Crisis

We’ll spend this evening exploring in detail the events during those fateful 13 days in October. Could a wrong decision or misperceived signal have led to war? Did President Kennedy give in too much? The characters, decisions and events will be analyzed. The crisis has many lessons that can still be applied to our foreign policy today.

**HIST:709 | $19**

560 M 7pm-9:30pm
John Ketcherside
MC - BA, 112

Texan Independence and the Mexican War

About 200 years ago, two very different cultures clashed in North America. From this clash came two very different viewpoints regarding the course of events from the 1820s, when the Mexican government invited Americans to settle in Texas, to 1848 and the Treaty of Guadalupe Hidalgo. We’re left with two perspectives: the loser that never forgot the sorrowful past and the winner that recorded their glorious past. This story has consequences for all of us today in our nation and in our current relationship with Mexico.

**HIST:709 | $59**

P01 M 10am-12pm
April 6 – April 20
Thomas St. John
Thomas Dunn Learn. Ctr.

Old Hickory: The Life of Andrew Jackson

This year is the sesquicentennial of the Battle of New Orleans, Old Hickory’s greatest victory. Spend an evening studying the life and legacy of Andrew Jackson, war hero, Duelist and the President who destroyed the Bank of the United States, preserved the Union and expelled the Indians.

**HIST:709 | $19**

651 Th 7pm-9pm
March 26
James Gallen
MC - SC, 205

The Great War (World War I): Year Two, 1915

The Great War’s Centennial Year of 1915 reflected how everyone was wrong in assuming the war would be short and rewarding for their country. It became apparent that it would be a long and bloody fight. Two trenches faced each other across all France. New weapons had changed warfare: Zeppelins, airplanes, perfected machine guns, cannon, tanks, poison gas. These brought about huge casualty lists. More nations entered the war and no one would give an inch.

**HIST:712 | $19**

350 M 7pm-9pm
March 30
Wynn Ward
WW, 208

World War I: America Goes “Over There”

1917 was the fateful year the U.S. government finally declared war on Germany. Did the U.S. gain insight into how popular the war was in United States. The American general Pershing (Missouri), wanted to keep the U.S. army independent and not allow American soldiers to fight in Europe. This was not what the allies wanted. Discover how these problems were resolved and decide for yourself if the Americans won the war. The Allies were unable to win.

**HIST:712 | $19**

644 Th 7pm-9pm
April 9
Wynn Ward
MC - SO, 205

Easter Rebellion (1916) - “A Terrible Beauty is Born”

Also known as the “Easter Rising” this six-day rebellion in 1916 was an attempt to end British rule in Ireland and establish an Irish Republic during World War I. In this class you’ll learn about such famous figures as Patrick Pearse, Thomas Connolly and Tom Clarke along with such future leaders as Michael Collins and Eamon DeValera. We’ll follow the events leading up to the Easter Rebellion, the organizations involved and the outcome of the rebellion itself.

**HIST:712 | $19**

653 Tu 7pm-9:30pm
March 31
Charles Kikker
MC - CN, 228

The Eastern Front: World War II

The Eastern Front was the largest land campaign ever fought, dwarfing others with its colossal scale in distance and numbers. For every yard gain on the German border, in WW II, three were fought in Russia against overwhelming numbers of Russian soldiers. This was the decisive campaign of the Second World War. This class will cover the opening campaign of the Eastern Front, including the bloodiest battles like Kharakov, Stalingrad, Kurik, Cherkassy, Bagration among others, and culminate with the capture of Berlin. Also, we’ll see how the results of this war still impacts events today.

**HIST:712 | $19**

650 Tu 7pm-9:30pm
Feb. 17
John Ketcherside
MC - CN, 228

Pakistan Series I: Foundations - Pakistan at its Inception

Though they were both formally emancipated from British rule on August 15, 1947, Pakistan celebrates its independence on August 14th, while India recognizes the 15th as Independence Day. By examining the role of the Muslim League, Mahatma Gandhi, geography, religion, resources, and history in the creation of Pakistan, this course will create a foundational framework through which to understand some of the underlying issues that have shaped the Islamic Republic of Pakistan.

**HIST:713 | $19**

650 M 7pm-9:30pm
March 30
Katie Young
MC - BA, 112

Pakistan Series II: Foundations - The Nascent State of Pakistan

India’s first prime minister and, besides Mahatma Gandhi, founding father, Jawaharlal Nehru, had nearly three decades in which to implement the principles he envisioned for the state he helped to create. Pakistan’s founding father, Mohammad Ali Jinnah, died a year after his country was born. A thousand miles of hostile India divided the industrialized “West Pakistan” from the agricultural “East Pakistan.” The only viable organ of state that the allies were unable to win.

**HIST:713 | $19**

651 M 7pm-9:30pm
April 6
Katie Young
MC - BA, 112

Pakistan Series III: The Military State of Pakistan

When asked to name his heroes, American Congressman Charlie Wilson named Winston Churchill, Abraham Lincoln, and General Zia ul-Haq. The third installment of the Pakistan series will introduce the latter, as well as his predecessor, Zulfikar Ali Bhutto, who General Zia ousted in a coup. This was a period of intense international involvement and intrigue, as Pakistan carved out its role in the Soviet incursion into Afghanistan, sought an atomic bomb, and encouraged the burgeoning belief that Pakistani control of Kashmir was a religious, not merely a territorial issue. Engaging in the study of this fascinating period in Pakistan’s history will help to explain its growing current of Islamism, the pattern of military leadership in Pakistan, and its role in both the fall of the Soviet Union and the post-Soviet deterioration of Afghanistan.

**HIST:713 | $19**

652 M 7pm-9:30pm
April 13
Katie Young
MC - BA, 112

Pakistan Series IV: The Challenges of Modern Pakistan

The 2011 capture of Osama bin Laden just 75 miles outside of Pakistan’s capital city, Islamic Republic of Pakistan. This first installment of our new series on Pakistan will discuss the reasons for partition, the war that the allies were unable to win. Discover how these problems were resolved and decide for yourself if the Americans won the war. The Allies were unable to win.

**HIST:713 | $19**

653 M 7pm-9:30pm
April 20
Katie Young
MC - BA, 112
Middle East 101 - Part I: Religious Beliefs
Part one of a three-part series on the Middle East with a focus on Turkish, Arab, and Persian peoples and their religious beliefs - with particular focus on ways in which they are the same and how they differ.

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<th>Date</th>
<th>Time</th>
<th>Instructor</th>
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<tr>
<td>Mar 25</td>
<td>7pm-9pm</td>
<td>Thomas St John</td>
<td>MC - CS, 206</td>
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<td>Apr 1</td>
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<td>Thomas St John</td>
<td>MC - CS, 206</td>
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Middle East 101 - Part II: It's All about Location
Part two of a three-part series on the Middle East with a focus on the impact of their geography, specifically focused on the important factors of oil, land, location, plus the issue of Turkish, British, French and U.S. imperialism in the area.

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Middle East 101 - Part III: Conflict!
The last session in this three-part series will focus on several major issues that keep the area in conflict. We'll also explore the role and style of their leadership and the impact of foreign nations in the Middle East today.

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<td>Apr 14</td>
<td>7pm-9pm</td>
<td>Kenneth Velten</td>
<td>MC - CN, 228</td>
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Politics and Religion
To begin to understand today's hot issues surrounding religion and politics in the U.S., we have to start with what the Constitution and the founding fathers said about the separation of church and state. Using speeches, letters and articles, we'll examine historical issues that have brought politics and religion face-to-face. We'll conclude with a discussion of Senator John Danforth's writing on faith and politics. Join us for a lively, thought-provoking 2-night series.

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<td>Mar 26</td>
<td>7pm-9pm</td>
<td>Kevin Walsh</td>
<td>MC - CN, 228</td>
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US Airline Industry, Post WW II: From Propellers to Jets
After World War II, the airline industry was ready for dramatic expansion. There were lots of planes, pilots, new airfields and new technology available to the airlines. Industry leaders had already run a worldwide airline during the War. Douglas, Lockheed and Boeing developed bigger, more comfortable and safer airliners. Airline service became available to smaller cities. Eventually, the technological development of jet engines allowed even bigger and faster airliners. Come hear how and why the industry grew so significantly during the post war prosperity.

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US Airline Industry Soars into the Jet Age
With the introduction of the Boeing 707 in 1958, the airline industry soared. Airliners were bigger and could fly farther and faster. The industry boomed. Cruise lines evolved because of the availability of air transport to catch the ships. In the 1970’s, wide-body aircraft were introduced. Then in 1978, US government regulation of the industry changed with the termination of the Civil Aeronautics Board. Many familiar airlines are gone but the survivors are much larger. New types of airlines and a whole new industry, the overnight package delivery system, have developed. Join us as we track the amazing transformation of the airline industry from 1958 to today.

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Online learning anytime, anywhere... just a click away!
## Languages

**Arabic Language: Beginning I**
Interested in learning basic skills, including conversation, reading, writing and basic grammar in Arabic? Come meet with others who share a common interest in the Arabic culture and language. Text required - bring to first class. No class 3/16.
FLAR:702 | $99
650 W 6:30pm-8:30pm  Feb. 25 – April 22  Jabr Dumit  MC - LH, 101A

**Bosnian and Croatian Language: Beginning I**
Are you interested in the Bosnian and Croatian language and culture of the region? Learn basic everyday expressions, simple conversational phrases and contemporary culture of this region. No text required. No class 3/19.
FLBO:702 | $99
730 Th 6:30pm-8:30pm  March 5 – April 30  Azim Mujakic  SCEUC, 101

**Chinese for First Timers**
Explore an ancient culture and language with Chinese for First Timers! This is the perfect class for beginners that are ready to start with the basics. You will be introduced to pronunciation, the Pin Yin system, greetings, and basic sentences. No text required.
FLCH:702 | $59
650 W 7pm-9pm  Feb. 11 – March 4  John Yeh  MC - CN, 203

**Chinese (Mandarin) Language: Beginning I**
Great way to gain conversational skills for those who wish to travel or do business in China! Learn practical dialogues for asking directions, using public transportation, making phone calls, and other needs for travel and social life. After completion, you will have a basic knowledge of the Chinese language which will enrich your experiences.
Pre-requisite: Chinese for First Timers or knowledge of the Pin Yin system. Text required-bring to first class.
FLCH:702 | $99
651 W 7pm-9pm  March 25 – May 13  John Yeh  MC - CN, 203

**French for the Traveler**
Enjoy an easy and practical introduction to the French language. Learn survival phrases, how to read signs, menus, transportation schedules, and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Text required - bring to first class.
FLFR:702 | $75
650 W 7pm-9pm  April 22 – May 27  Patricia Adams  MC - CN, 126
550 Tu 7pm-9pm  Feb. 3 – March 10  Eva Enoch  CV - C, 110

**French Language: Beginning I**
Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in French! Text required-bring to first class.
FLFR:702 | $99
920 W 6:30pm-8:30pm  Feb. 18 – April 15  No class 3/18  Jerry Griffith  U. City H.S., 115
720 Th 6:30pm-8:30pm  March 26 – May 21  No class 4/2  Barbara Sandmel  Ladue H.S., 208
750 Tu 7pm-9pm  Feb. 3 – March 31  Marcel Kyle  Kirkwood H.S., W 122  No text required. No class 3/17

**French Language: Beginning II**
Continue to increase your knowledge of the French language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: French-Beginning I or equivalent experience. Text required-bring to first class.
FLFR:704 | $99
650 M 6:30pm-8:30pm  March 23 – May 11  Barbara Sandmel  Ladue H.S., 208
750 W 7pm-9pm  Feb. 4 – April 1  Marcel Kyle  Kirkwood H.S., W 122  No text required. No class 3/18

**German for the Traveler**
Enjoy an easy and practical introduction to the German language. Learn survival phrases, how to read signs, menus, transportation schedules, and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Text required - bring to first class.
FLGE:701 | $75
750 Tu 6:30pm-9:30pm  Mar. 24 – March 30  Bryan Young  Kirkwood H.S., E 182
751 Tu 6:30pm-9:30pm  April 28 – May 12  Bryan Young  Kirkwood H.S., E 182

**Irish (Gaelic) Language: Beginning I**
Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in Irish! Explore and learn about the Irish culture while in this beautiful country. No text required. Bring to first class.
FLIR:702 | $99
480 Sa 9am-11am  March 7 – May 9  Sarah Johnson  FP - F Tower, 213

**Italian for the Traveler**
Enjoy an easy and practical introduction to the Italian language. Learn survival phrases, how to read signs, menus, transportation schedules, and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Text required-bring to first class.
FLIT:701 | $75
650 M 4pm-6pm  Jan. 26 – March 9  Barbara Klein  MC - CN, 203
650 Tu 7pm-9pm  Jan. 20 – Feb. 24  Barbara Klein  MC - CN, 203
651 M 7pm-9pm  April 6 – May 11  Barbara Klein  MC - CN, 203
400 Tu 4pm-6pm  March 24 – April 28  Barbara Klein  MC - CS, 210

**Italian Language: Beginning I**
Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in Italian! Text required-bring to first class.
FLIT:702 | $99
450 Tu 7pm-9pm  March 24 – May 12  Barbara Klein  FP - G Tower, 115
600 Tu 4pm-6pm  Jan. 20 – March 10  Barbara Klein  MC - CN, 203
750 Tu 7pm-9pm  Jan. 20 – March 10  Maria Brandle  Kirkwood H.S., E 183

**Italian Language: Beginning II**
Continue to increase your knowledge of the Italian language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Italian-Beginning I or equivalent experience. Text required - bring to first class.
FLIT:704 | $99
601 M 4pm-6pm  March 23 – May 11  Barbara Klein  MC - CN, 203
750 Tu 7pm-9pm  March 21 – May 19  Maria Brandle  Kirkwood H.S., E 183

**Italian Conversation: Intermediate I**
Improve your conversational skills in Italian through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. Aspects of Italian culture will be introduced and highlighted as topics of conversation throughout the class. Class will be conducted almost exclusively in Italian. Prerequisite: Italian Language: Beginning III or equivalent experience. Text required - bring to first class.
FLIT:705 | $99
650 M 7pm-9pm  Jan. 26 – March 30  Barbara Klein  MC - CN, 203

**Italian Conversation: Advanced**
Continue to review grammar and syntax in conjunction with reading and discussion of articles covering current issues and events in this advanced Italian conversation class. Prerequisite: Conversational Italian-Intermediate level or equivalent experience. Must have a good command of the Italian language, its structure and vocabulary. No text required.
FLIT:765 | $99
710 M 7pm-9pm  March 23 – May 11  M Flynn  Clayton H.S., 124

**Preparing for Your Trip to Italy**
Do you have an upcoming trip to Italy? Well this course is designed specifically for you! Become familiar with practical traveling tips as well as cultural differences that you should be aware of while in Italy. Instructor previously lived in Italy and travels there every year; now she wants to help prepare you so that you can fully enjoy your experience while in this beautiful country. No text required.
FLIT:765 | $25
650 W 7pm-9pm  Jan. 21  Barbara Klein  MC - CS, 210

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**Exclamation Point!**

“When my family went to Italy, we took the Italian language classes with STLCC Continuing Education. It really paid off. We learned the language and had no problems traveling abroad.”

Marcus J., Creve Coeur

Look for Youth and Family Foreign Language classes on page 68.
Japanese Language: Beginning I
Explore a new culture and language in a relaxed and informal atmosphere. Learn the Japanese language and culture through conversation. The goal is mastery of the basic grammatical structures. Cultural aspects of the class include customs, modern topics and traditions. No text required.
FLJP:702 | $99
600 M 7pm-9pm Noriko McLeer
March 24 – May 12 MC - CS, 120

Korean Language: Beginning I
Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in Korean! One class will be held at a local Korean restaurant where students will be able to test their new skills. Text required-bring to first class. No class 3/16.
FLKO:702 | $99
650 M 7pm-9pm Misook Yu
March 2 – April 27 MC - CN, 202

Russian for First Timers
Begin to explore a new culture and language with Russian for First Timers! This is the perfect class for beginners that are ready to start with the basics. You will be introduced to the alphabet, pronunciation, greetings, phrases and present tense verbs. Text required-bring to first class.
FLRU:701 | $59
650 Tu 7pm-9pm Valerie Powers
Feb. 17 – March 10 MC - CN, 202

Spanish Language: Beginning I
Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation, and the basic sentence structure necessary to understand and begin to formulate conversations in Spanish! Text required-bring to first class.
FLSP:702 | $99
650 Tu 7pm-9pm Margaret Poth
Jan. 27 – March 24
MC - CS, 119
No class 3/17.
651 M 7pm-9pm Ann Matthews
Jan. 26 – March 30
MC - CS, 204
No class 2/16, 3/16.
600 Th 4pm-6pm Ann Matthews
Jan. 29 – March 26
MC - CS, 209
No class 3/19.
550 Tu 6:30pm-8:30pm Maria de la Garza
Jan. 20 – March 10
FV - C, 113
450 Tu 7pm-9pm Timothy Neckermann
Jan. 20 – March 10
FP - G Tower, 115
780 W 7pm-9pm Timothy Neckermann
April 1 – May 20
Linbergh H.S., 51

Spanish Language: Beginning II
Continue to increase your knowledge of the Spanish language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Spanish - Beginning I or equivalent experience. Text required-bring to first class.
FLSP:704 | $99
920 Tu 7pm-9pm Margaret Poth
Jan. 27 – March 24
U City H.S., 114
No class 3/18.
652 M 7pm-9pm Margaret Poth
April 7 – May 26
MC - CS, 119
No class 3/19.
600 M 4pm-6pm Ann Matthews
Jan. 26 – March 30
MC - CS, 204
No class 3/16.
650 W 7pm-9pm
April 8 – May 27
Ann Matthews
MC - CS, 209
No class 3/19.
601 Th 4pm-6pm
April 8 – May 27
Ann Matthews
MC - CS, 209
No class 3/19.
550 Tu 6:30pm-8:30pm
March 31 – May 19
Maria de la Garza
FV - C, 113
780 W 7pm-9pm
March 31 – May 19
Timothy Neckermann
Linbergh H.S., 51
450 Th 7pm-9pm
April 2 – May 2
Timothy Neckermann
FP - G Tower, 115
No class 3/19

Spanish Language: Beginning III
Continue to increase your knowledge of the Spanish language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Spanish - Beginning II or equivalent experience. Text required-bring to first class.
FLSP:705 | $99
770 W 7pm-9pm Ann Matthews
Jan. 28 – March 25
Hixson Mid. School, 115
No class 3/18. Class on Weds. 3/11 will be held on Meramec Campus, CN, 226.
300 Th 7pm-9pm Ann Matthews
March 26
WW, 204
No class 3/19
551 Th 6:30pm-8:30pm Maria de la Garza
Jan. 22 – March 12
FV - C, 113
451 Th 7pm-9pm Timothy Neckermann
April 9 – May 28
FP - G Tower, 115

Spanish Practice
Do you need extra tutoring for your Spanish class? Come to these practice sessions and get extra help where you struggle the most. Practice will be held on the computer lab. No text required.
FLSP:751 | $75
350 M 5pm-7pm Burnette McNamne
Jan. 26 – March 9
MC - CS, 210
No class 2/16.
For the following sections, one class will be held at a local restaurant where students will be able to test their new skills by ordering in Spanish!
600 M 4pm-5:30pm Rosario Gasquet
Feb. 23 – April 6
MC - HE, 124
No class 3/16.
650 M 6pm-7:30pm Rosario Gasquet
Feb. 23 – April 6
MC - HE, 124
No class 3/16.

Spanish for the Traveler
Enjoy an easy and practical introduction to the Spanish language. Learn survival phrases, how to read signs, menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Text required - bring to first class.
FLSP:701 | $75
350 M 5pm-7pm Burnette McNamne
Jan. 26 – March 9
MC - CS, 210
No class 2/16.

Spanish Conversation: Intermediate I
Improve your conversational skills in Spanish through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. Aspects of Latino culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Spanish Conversation - Intermediate I or equivalent experience. Text required-bring to first class.
FLSP:706 | $99
450 Tu 7pm-9pm Lorenzo Gonzalez
Jan. 27 – March 24
MC - CN, 226
W 7pm-9pm Maria de la Garza
March 28 – April 15
No class 3/19

Spanish Conversation: Intermediate II
Improve your conversational skills in Spanish through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. Aspects of Latino culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Spanish Conversation - Intermediate I or equivalent experience. Text required-bring to first class.
FLSP:707 | $99
451 Tu 7pm-9pm Lorenzo Gonzalez
April 7 – May 26
FP - G Tower, 111

Spanish Conversation: Advanced
Increase your vocabulary and conversational skills through this advanced level course! Emphasis will be on spoken Spanish by reading and discussing short selections on a variety of topics. Prerequisite: Spanish Conversation - Intermediate III or equivalent experience. Text required - bring to first class.
FLSP:708 | $99
650 Th 7pm-8:55pm Lorenzo Gonzalez
Jan. 29 – March 26
MC - CN, 204
651 Th 7pm-8:55pm
April 9 – May 28
MC - CS, 206
720 W 7pm-9pm Margarita Gunther
March 25 – May 13
Clayton H.S., 124
No text required.
**Personal Enrichment**

### Sign Language

**Getting Started with Sign Language I**

Ready to get started? Join other individuals who would like a basic knowledge and learn common vocabulary (numbers, feelings, opposites, colors, food, etc) to begin communicating in Sign Language! Class does not cover ASL sentence structure. No text required. No class 3/19.

**SIGN:701 | $95**

**S50**  Th  6:30pm-8:30pm  Cynthia Hayes  
Feb. 5 – April 2  SCEUC, 100

**Getting Started with Sign Language II**

Explore even more common words and phrases as you continue learning basic signs and build upon the knowledge you acquired in Getting Started with Sign Language I. Class does not cover ASL sentence structure. No text required. No class 3/17.

**SIGN:702 | $95**

**S50**  Tu  6:30pm-8:30pm  Cynthia Hayes  
Feb. 10 – April 7  SCEUC, 120

**Sign Language: Beginning I**

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

**SIGN:701 | $95**

**S50**  Th  4:00pm-6:00pm  Antonina Wilson  
March 23 – May 11  FV - C, 137

**Sign Language: Beginning II**

Did you enjoy your first Sign Language course? Continue learning additional ASL concepts, finger spelling and hand signs in this advanced beginner course. Prerequisite: Sign Language - Beginning I or equivalent experience. Text required - bring to first class.

**SIGN:702 | $95**

**S50**  W  7:00pm-9:00pm  Antonina Wilson  
March 25 – May 13  FV - C, 133

### Religion

**Religion and Its Role in World History**

Come join us for an exciting journey as we investigate the question: “What is religion?” Our popular instructor will include a brief survey of world history that shows the compelling impact of religion on significant historical events. It is recommended that this course be taken in conjunction with RELG 701, Sect. 351 and 352.

**RELG:701 | $19**

**350**  Tu  7pm-9pm  Jan Worley  
Feb. 24  WW, 202

**Eastern Religions**

Are you intrigued by the major religions of Asia? Begin your search for understanding with this course, which offers an introduction to the teachings, history, development, and current challenges of Hinduism and Buddhism. This course will expand your knowledge of other belief systems and give you an opportunity to discuss the differences and similarities of the major world religions. It is recommended that this course be taken in conjunction with RELG 701, Sect. 350 and 352.

**RELG:701 | $29**

**351**  Tu  7pm-9pm  Jan Worley  
March 3 – March 10  WW, 202

**Western/Monotheistic Religions**

Each week we'll spend the evening talking about the teachings, history, development, and current challenges of one of the following western/monotheistic religions: Judaism, Christianity, and Islam. This course will expand your knowledge of other belief systems and give you an opportunity to discuss the differences and similarities of the major world religions. It is recommended that this course be taken in conjunction with RELG 701, Sect. 350 and 351.

**RELG:701 | $39**

**352**  Tu  7pm-9pm  Jan Worley  
March 24 – April 7  WW, 202

**History of the Bible**

Join us for a look at the history of the world’s most famous, most read, most debated, and most controversial books. Stories within the Bible will not be discussed. Discussions will focus on how, when, and by whom the material was recorded, copied, translated, debated, and eventually selected to be canonized into collections to form first, the Hebrew scriptures, then the Christian Bible, consisting of the Old and New Testaments. We’ll discuss the Protestant Reformation with attention to the implications of printing and translation of the Bible into English, and the recovery of ancient manuscripts, critical editions, and the rise of critical historical scholarship as well as contemporary responses.

**RELG:701 | $29**

**353**  Tu  7pm-9pm  Jan Worley  
April 14 – April 21  WW, 202

**Religious Fundamentalism**

Fundamentalism, regardless of which religion, is a means of dealing with a changing world. This is done through a literal interpretation of a sacred scripture. We’ll explore why people migrate towards a fundamentalist approach to life and what effect this has on society, both locally and globally.

**RELG:701 | $19**

**650**  Th  7pm-9pm  April 2  Kevin Walsh  
MC - CS, 209

### Self-Defense

**Pro-Active Self-Defense**

Easy-to-learn concepts make this a great class for novice students who are interested in practical application of self-defense without countless, complicated techniques. Be proactive and prepare yourself to face stronger, more skilled and even armed opponents through a unique combination of multiple martial arts. Athletic wear required.

**PEDU:743 | $49**

**650**  Tu  7:30pm-8:30pm  Dennis Fonod  
Feb. 24 – April 14  MC - PE, 201  No class 3/17, 3/24

**Krav Maga: Beginner**

Are you prepared to defend yourself in an attack? Krav Maga is an exciting and fast-paced class designed to prepare both the body and mind against violent attacks, utilizing stress drills designed to mimic real life situations. Learn the basics of self-defense and hand-to-hand combat techniques to quickly and effectively finish a fight or attack situation.

**PEDU:743 | $95**

**Co-ed**

**M01**  M  6pm-7pm  
March 2 – May 4  Xtreme Krav Maga

**Women only**

**M02**  Tu  6pm-7pm  
March 3 – May 5  Xtreme Krav Maga

**Systema: Russian Self-Defense**

Learn the innovative and versatile self-defense tactics of Systema, the Russian Martial Art. Systema tactics are time practical, realistic and effective against any type of opponent under any circumstance. Based on instinctive reactions, individual strengths and characteristics, specifically designed for fast learning. In Systema, the synergy of three components creates a TRUE WARRIOR - Combat Skill, Strong Spirit and Healthy Body. Class will push your body and test your spirit.

**PEDU:743 | $95**

**P01**  Tu  6:30pm-7:30pm  
March 3 – May 5  STL Combat Inst.

**Systema: Health and Breathing for Self-Defense**

Breathing is key to controlling emotions and fear. Learn how to defend yourself against all enemies, including the silent killers of stress, tension, pain and fatigue. Through new and advanced breathing techniques, you will learn the capacity to significantly change your quality of life and improve your skills in self-defense as you learn to control your body in all situations.

**HEAL:701 | $59**

**P01**  M  5:45pm-6:45pm  
March 2 – May 4  STL Combat Inst.

**Class Nikita: Covert Self-Defense for Women**

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

**PEDU:743 | $95**

**P02**  Th  5:45pm-6:45pm  
March 5 – May 7  STL Combat Inst.

### Exclamation Point!

“I met a new neighbor and decided to take Sign Language classes to better communicate. Cynthia Hayes is a fantastic instructor and I will continue to take her classes to master sign language!”

Gloria B., Glenwood
Recreation, Fitness and Wellness

Aerobic Exercise

Aerobic Kickboxing
This class begins with a warm-up and stretching followed by an aerobic workout including floor work and self-defense moves. A great workout with an experienced instructor from The Martial Arts Center.
PEDU:744 | $69
780 M 7pm-8pm Timothy Toenskoetter
Feb. 23 – May 4 Spiereng, SM GYM
No class 3/16.
M01 W 7pm-8pm Timothy Toenskoetter
Feb. 18 – April 22 Martial Arts Ctr (Mehl)
Hoop Fit
Learn to use a hula hoop on and off the body to get a great workout! No experience necessary. Hoops provided or you may bring your own. No class 3/18.
PEDU:747 | $79
P01 W 5:30pm-6:15pm Jill Woehrle
Jan. 28 – May 13 Nottingham, GYM
Zumba: Beginning
Dance your way to fitness with Zumba! Let the Latin music take you away with a combination of Salsa, Merengue, Samba, and Cumbia. It’s a great high-energy, low-impact workout that is a fun and effective way to get fit and increase your energy level! Class is designed for the beginning student, but the lower intensity and easy to learn routines are still designed to quickly burn calories.
PEDU:747 | $55
M03 Sa 9am-9:50am Theresa Daniels
Feb. 14 – April 4 Adiva Dance Ctr
Zumba
Dance your way to fitness with Zumba. Let the Latin music take you away with a combination of Salsa, Merengue, Samba, and Cumbia. It’s a great high-energy, low-impact workout that’s fun!
PEDU:747 | $69
550 MW 7pm-7:50pm Paula Taylor
Feb. 2 – March 9 FV - PE, 233
No class 2/16.
551 MW 7pm-7:50pm Paula Taylor
March 30 – April 29 FV - PE, 233
V01 Sa 10am-10:50am Feb. 28 – May 9 Almas Del Ritmo Dance Co.
No class 4/4.
On-street parking: stairs-only access to studio.
Zumba Gold for Seniors
Come join in the fun and get fit with the upbeat tempo of Latin and International music! Zumba Gold takes a lower intensity, gentle approach to Zumba dance, so it’s perfect for older active adults or individuals with limited physical ability. Exercises will include breathing and stretching, and are modified to help you work on your posture, strength, and balance.
PEDU:747 | $55
M01 W 11am-11:50am Feb. 11 – April 1 Theresa Daniels Adiva Dance Ctr
Zumba Toning
Scult your arms, abs, glutes and thighs as you participate in a healthy workout with Latin infused Zumba moves matched to Latin and International music. Using lightweight maraca-like toning sticks, you’ll get a strength-training dance exercise workout like you’ve never done before! Join this new and exciting beginner level class to shape your body naturally into a fit new you!
PEDU:747
8 Sessions | $55
Please bring two 1 lb Zumba toning sticks to class. Available for purchase online.
M02 W 6pm-6:50pm Feb. 11 – April 1 Theresa Daniels Adiva Dance Ctr
M04 Sa 10am-10:50am Feb. 14 – April 4 Theresa Daniels Adiva Dance Ctr
10 Sessions | $69
Zumba Toning sticks available at studio but you are welcome to bring your own. On-street parking: stairs-only access to dance studio.
V03 MW 6pm-6:50pm April 6 – May 6 Almas Del Ritmo Dance Co.
Dance Aerobics
Enjoy a fun, full body workout including cardio and toning set to contemporary music. Bring light weights (1-3 lbs) and a mat. No dance experience required. No class 2/25, 3/18.
PEDU:750 | $75
730 W 6pm-6:50pm Jan. 28 – April 29 Susan Pellegrino Oakville H.S., CAFE

Cards and Games

Bridge: Beginning
This class teaches the bidding, play, defense and etiquette used in contract bridge. It also provides the opportunity to learn the SBC (Standard American bidding). No class 2/16, 3/16.
BRID:701 | $99
650 M 7pm-7pm Phyllis Siegel
Jan. 26 – March 30 MC - SW, 209
651 M 7:01pm-9pm Phyllis Siegel
Jan. 26 – March 30 MC - SW, 209
M01 Tu 2:45pm-4:45pm Phyllis Siegel
Jan. 27 – March 24 Affton White-Roders
Bridge: Supervised Party Bridge with Intermediate Instruction
Practice what you learn in a structured party bridge setting. You will be playing bridge, keeping score, and learning how to play your hand more skillfully. Prerequisite: A firm grasp of Beginning Bridge.
BRID:702 | $59
M01 Tu 2:45pm-4:45pm April 14 – May 11 Affton White-Roders, B
650 M 5:01pm-6:59pm April 13 – May 11 Phyllis Siegel MC - SW, 209
651 M 7pm-9pm April 13 – May 11 Phyllis Siegel MC - SW, 209
V01 Th 7pm-9pm Feb. 12 – March 12 George Hawley Bridge Haven
V02 Th 7pm-9pm April 2 – April 30 George Hawley Bridge Haven
Chess I: Beginning to Intermediate
This class is designed for those who want to learn the basics of chess or who would like to advance their basic skills and improve their tournament play. Beginning skills covered will include moves of the pieces, reading and writing chess notation, move selection principles, middle game tactics, endgame principles and checkmate. More advanced players will learn opening system for white, opening system for black, middle game tactics, endgame studies, and review of masters games. Cost includes chess book provided at first class. Instructor is on the Board of Directors of Missouri Chess Association and has over 30 years of chess coaching experience.
BRID:710 | $59
P01 Tu 7pm-9pm Edward Baur
Feb. 3 – March 3 Chess Club & Scholastic Ctr SL
Aquatics

Attention Water Students:
Due to circumstances related to inclement weather, building and/or equipment malfunctioning or maintenance, the pool facilities used by Continuing Education may have to be closed with little or no advance notice. In these cases, no refunds will be offered, nor will make-ups be available because of tight scheduling of swimming, water exercise and other physical education classes. For additional information regarding the various college pools, please call
• Meramec Pool: 314-894-7172
• Forest Park Pool: 314-644-9717
• Florissant Valley Pool: 314-513-4275

Family Swim
You and your family can have fun as you swim, dive, or lounge in our pool every Sunday. One parent/guardian per non-swimming child. One parent/guardian per 3 children if they can swim. All participants MUST register. Maximum 8 parent/guardian and children for $69 registration. No class 3/22, 4/5.
PEDU:720 | $69
580 Su 5pm-6:50pm Feb. 1 – April 26 FV - PE, POOL
Additional family members of students that have registered and paid for PEDU 720 580 should register for PEDU 720 581. Maximum 8 parent/guardian and children for $69 registration.

Open Lap Swim
The pool is open for lap swimming during this time. Lockers are available however you must provide your own towel and lock for your valuables. No class 2/16, 3/16-3/19.
PEDU:721 | $89
600 M-Th 8am-8:50am Jan. 20 – May 7 MC - PE, POOL

Lap Swim
Come and get a great workout before you start your day! Pool will be set up for students to swim laps during this time. Lockers are available; however you must provide your own towel and lock for your valuables.
PEDU:721
Meramec | $69
601 Tu 7am-7:50am Jan. 20 – May 5 MC - PE, POOL
No class 3/17
No class 2/16
602 Th 7am-7:50am Jan. 22 – May 7 MC - PE, POOL
No class 3/19
Florissant Valley | $79
500 M-F 7am-7:50am March 30 – May 7 FV - PE, POOL

www.stlcc.edu/ce / 314-984-7777
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**Swimming Skills: Beginning/Intermediate**

Not the strongest swimmer? It's time to change that! Acquire basic through intermediate swimming skills, and feel comfortable in the water and around water activities. Emphasis is on the primary strokes, buoyancy techniques, breath control and acquiring endurance. No class 3/17.

**PEDU:729** | $75
---|---
450 | Tu 8pm-9:30pm
Feb. 10 – May 5
Sandi Liming
FP - PE, POOL

**Water Exercise**

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

**PEDU:729**

11 Sessions | $69
---|---
580 | Sa 10am-10:50am
Jan. 31 – April 25
No class 3/21, 4/4
12 Sessions | $75
---|---
450 | Tu 7pm-7:50pm
Feb. 10 – May 5
No class 3/17
14 Sessions | $85
---|---
600 | MW 9am-9:50am
Jan. 21 – March 11
No class 2/16
604 | MW 9am-9:50am
March 23 – May 6
605 | TuTh 9am-9:50am
March 26 – May 7
607 | TuTh 2pm-2:50pm
March 24 – May 7
15 Sessions | $89
---|---
601 | TuTh 9am-9:50am
Jan. 20 – March 10
603 | TuTh 2pm-2:50pm
Jan. 20 – March 10
16 Sessions | $95
---|---
502 | MWF 10am-10:50am
Feb. 2 – March 11
No class 2/16
506 | MWF 10am-10:50am
March 30 – May 4

**Water Exercise: Cardio Fitness**

Increase your energy and physical conditioning in this class using a combination of lap-based aerobic exercises along with strength training using dumbbells and noodles.

**PEDU:729**

14 Sessions | $85
---|---
606 | TuTh 10am-10:50am
March 24 – May 7
15 Sessions | $89
---|---
602 | TuTh 10am-10:50am
Jan. 20 – March 10
16 Sessions | $95
---|---
500 | MWF 8am-8:50am
Feb. 2 – March 11
No class 2/16
504 | MWF 8am-8:50am
March 30 – May 4

**Water Exercise: Shallow/Deep Aerobics Combo - 14 Sessions**

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

**PEDU:729** | $85
---|---
650 | MW 6pm-6:50pm
Jan. 21 – March 11
No class 2/16
651 | MW 6pm-6:50pm
March 23 – May 6
Angelicia Fingers
MC - PE, POOL

**Gentle Aqua Zumba - 12 Sessions**

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

**PEDU:729** | $75
---|---
503 | TuTh 8am-8:50am
Feb. 3 – March 12
507 | TuTh 8am-8:50am
March 31 – May 7
552 | Th 6pm-6:50pm
Feb. 3 – May 7
No class 3/19, 3/26

**Aqua Zumba**

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

**PEDU:729**

11 Sessions | $69
---|---
550 | MW 7:10pm-8pm
Feb. 2 – March 11
No class 2/16
581 | Sa 11am-11:50am
Jan. 31 – April 25
No class 3/21, 4/4
12 Sessions | $75
---|---
553 | MW 7:10pm-8pm
March 30 – May 6
16 Sessions | $95
---|---
501 | MWF 9am-9:50am
Feb. 2 – March 11
No class 2/16
505 | MWF 9am-9:50am
March 30 – May 4
Barbara Harris
FP - PE, POOL

**Bowling**

**Bowl with a Pro!**

Have fun and learn new techniques, whether you are just beginning or looking to bring your game up a notch. Bowl 2 games with a professional bowler while learning proper swing technique, footwork, release points and basic pocket alignment. Extra fees for games and shoe rental each week.

**PEDU:772** | $49
---|---
M01 | Tu 3pm-5pm
March 24 – April 14
Brunswick Zone Chesterfield

**Fencing**

**Fencing: Beginning I**

Learn the basics of swordplay in beginning fencing. Class emphasizes basics of footwork, bladework, and spacing. Equipment provided. No class 3/18.

**PEDU:745** | $59
---|---
920 | W 6:30pm-7:25pm
March 11 – April 29
Patrick Dorsey
U. City H.S., GIRLS GYM

Look for Youth and Family Fencing classes on page 68.

**Fitness**

**Boot Camp with Shark Fitness**

Challenge yourself! Classes consist of resistance training, calisthenics, short runs, and drills designed to work every major muscle group in the 60-minute class. You will learn the correct way to train in terms of form, tempo, and exercise selection. Despite the group setting, this class challenges participants individually to give their best and expect optimal results. Must be able to jog 300 yards without rest. Bring a towel or mat and water.

**PEDU:755**

Nine sessions | $100
---|---
652 | MW 6pm-7pm
Jan. 5 – Feb. 4
No class 1/19
652 | MW 6pm-7pm
Feb. 9 – March 11
No class 1/19
14 sessions | $150
---|---
600 | MWF 5:45am-6:45am
Jan. 3 – Feb. 6
No class 1/19
601 | MWF 5:45am-6:45am
Feb. 9 – March 13
No class 2/16
15 sessions | $160
---|---
602 | MWF 5:45am-6:45am
April 20 – May 22
MC - PE

**Fun with Fitness**

Ready to reduce stress, increase energy and just have FUN? Get a consistent cardiovascular work-out, increase overall strength with resistance training, and improve your balance, agility and flexibility to change your body from head to toe. This class is designed for all levels of fitness.

**PEDU:755** | $79
---|---
604 | MW 4pm-5:55pm
Jan. 26 – March 11
No class 2/16
605 | MW 4pm-5:55pm
March 30 – May 11
MC - PE

**Fitness Flex for Women**

Achieve your fitness goals through low-impact movement using a variety of music and hand weights, concluding with stretching for posture and flexibility. All levels of experience welcome; floor mat and 1-2 lb weights recommended.

**PEDU:755** | $75
---|---
780 | Tu 7pm-7:55pm
Marsha Fey
Feb. 3 – May 5
Sperrung, Fitness Rm. 54
No class 3/17, 4/7
781 | W 7pm-7:55pm
Marsha Fey
Feb. 4 – April 29
Sperrung, Fitness Rm. 54
No class 3/18

**Dynamic Stretch**

Increase the range of motion in your muscles and joints through specialized lengthening and stretching techniques designed to help release muscle tension, decrease stress, and enhance coordination. Bring a towel and mat.

**PEDU:755** | $75
---|---
606 | Tu 8am-8:50am
Gary Ketcherside
Feb. 10 – May 5
MC - PE, GYM
No class 3/17
607 | Th 8am-8:50am
Gary Ketcherside
Feb. 12 – May 7
MC - PE, GYM
No class 3/19

**Total Body Ball Workout**

Get a total body workout using an exercise ball to naturally strengthen, tone and condition your core muscles and back. Exercise movements will also concentrate on stretching, flexibility, balance and posture. Class will end with a relaxing meditation. An effective and non-stressful workout for all ages! Bring a sticky mat, #6 or 8 resistance band and a 65” stability ball. Hand weights are optional. No class 3/17.

**PEDU:755** | $69
---|---
782 | Tu 6pm-6:55pm
Rena Potsos
Feb. 4 – May 5
Sperrung, Fitness Rm. 54
Rise and Shine Senior Workout
Wonderful total body senior workout program for active older individuals! Join this early morning session for a variety of exercises that are designed to increase muscular strength, range of motion, agility, and heart-healthy movement to support the skills required for your daily life. Wake up, work out and feel energized for the rest of the day. No running or jumping in this class. Bring water, towel, small rug or yoga mat and one pair of 2-3lb. weights.

PEDU:755 $69
608 TuTh 5:55am-6:55am
Jan. 27 – Feb. 28
Gail Velten
MC - PE, GYM

609 TuTh 5:55am-6:55am
March 24 – April 23
Dennis Kelly
MC - PE, GYM

Nia: A Combination of Cardio and Strength Training
Enjoy this fun, rocking fitness program that blends the movements of dance, martial arts and healing arts (such as yoga). Learn how to work out without pain and enjoy getting fit with movement set to soul-stirring music. Nia is rooted in sensory awareness, joy, pleasure and love for your body. Join a Nia class and free your spirit! All levels and abilities welcome.

PEDU:755 $59
M01 Sa 8:15am-9:10am
Feb. 14 – March 21
Karol McNutt
Dance- Arts STL

M02 Sa 8:15am-9:10am
March 28 – May 2
Karol McNutt
Dance- Arts STL

New Stretch and Flex
Stretching is the key to flexibility and flexibility is a key pillar to overall well-being, health, body alignment and symmetry. Bring your flexibility to new heights and see how various stretching techniques can make a big difference on how you feel! Bring mat for floorwork. No class 2/16.

PEDU:755 $75
550 MW 6pm-6:50pm
Barbara Harris
Feb. 2 – March 11
FV - PE, 233

New Total Body Strength Training
Get a total body workout in a short period of time with a basic format targeting the entire body - chest, back, shoulders, arms, legs and abs! Exercises who are familiar with basic strength moves can feel comfortable using what they learn for a simple home workout when not in class. Bring mat and a resistance band.

PEDU:755 $75
551 MW 6pm-6:50pm
Barbara Harris
March 30 – May 6
FV - PE, 233

Pilates
Pilates improves core strength and balances the muscles around the joints, improving the way your body functions, looks and feels. It focuses on breathing, pelvic placement, rib-cage placement, scapular movement, and head and cervical spine placement. Available for credit for PED116.

PEDU:756 $101
2W1 MW 5:30pm-6:20am
Christina Gleason
Jan. 21 – May 13
WW, 1028

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

PEDU:756 $10 Sessions $69
M03 Tu 6:30pm-7:25pm
Denise Motta
Feb. 10 – April 28
Garden of Life Spiritual Ctr, MP

No class 3/3, 4/7

13 Sessions $89
650 M 6:30pm-7:20pm
Katherine McMeans
Jan. 26 – May 4
MC – PE, 201

No class 2/16, 3/16

651 W 6:30pm-7:20pm
Katherine McMeans
Jan. 28 – May 13
MC – PE, 201

No class 3/18, 4/15, 4/22

Yogalates
Get the benefits of yoga, pilates and core strengthening as you exercise and stretch. A challenging and relaxing workout in just one class! Bring water, towel and yoga mat.

PEDU:756 7 Sessions $69
M01 Th 5:30pm-7pm
Denise Motta
Jan. 29 – March 12
Affton White-Rodgers, B

M02 Th 5:30pm-7pm
Denise Motta
Jan. 29 – March 12
Affton White-Rodgers, B

13 Sessions $89
P01 M 6:30pm-7:25pm
Jill Woehrle
Jan. 28 – May 13
Nottingham, GYM

No class 2/16, 3/16

New BUTI® Yoga
Are you ready to be empowered and get a great workout? The BUTI® style fuses yoga, tribal-inspired dance with hip spiraling, and plyometrics into an exciting, high-intensity workout that transforms your body from the inside out. Bring a towel and water, mats provided. Class held at Flex Studio (3139A South Grand Blvd, Suite 201, Saint Louis MO 63118).

PEDU:761 $69
P02 Tu 5:30pm-6:15pm
Feb. 10 – April 14
FP - Off Campus

Iyengar Yoga
Well known for its highly developed teaching methodology and rigorous Teacher Training program, Iyengar Yoga’s complete integration of postures and Yoga philosophy brings physical health and vigor, mental clarity, and emotional serenity and poise. Pósteres are taught by certified teachers in a safe orderly progression with emphasis on body alignment, intelligent actions in each posture, observation and correction of the students. Lowest level of Iyengar Yoga certification takes 7-10 years. Taught by one of the few Iyengar certified teachers in the St. Louis area. All levels welcome. Bring a towel and mat. No class 3/18, 4/22.

PEDU:761 $95
351 W 7pm-8:30pm
Robert Gadon
Feb. 11 – April 29
WW, 102A

The Feldenkrais Method™- Healthy Backs
Don’t let your back limit you! Whether you have back pain or just want to prevent it, the key to a healthy back is learning how to sense the coordination between your front and back. Learn how to notice the habits that lead to tension and pain, then experiment with movements to change your habits, reduce pain and increase your strength and flexibility. Lessons are done sitting, standing and lying on the floor. Bring a towel and mat. No class 4/5.

PEDU:761 $59
W01 Su 4:30pm-5:30pm
Kelly Feder
March 8 – April 19
Comp. Chiropractic, STUDIO

Exclamation Point!
“Denise Motta is a great yoga instructor. She kept me motivated, relaxed and in tune with my body. If you can get into one of her classes, go for it!”

Bev W., Affton

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

PEDU:761 $79
10 Sessions $69
M14 Tu 7:30pm-8:25pm
Denise Motta
Feb. 10 – April 28
Garden of Life Spiritual Ctr, MP

No class 3/3, 4/7

600 Tu 4:30pm-5:30pm
Katherine Hanewinkel
Jan. 26 – March 11
Queen City Rec, GYM

W 6:30pm-7:25pm
Robert Gadon
Feb. 11 – April 29
WW, 102A

No class 2/16

F09 M 9am-10am
Louisa Donovan
Feb. 27 – May 15
Bluebird Park

M05 M 9:30am-10:30am
Robert Gadon
Nov. 9 – April 20
Queeny Park Rec

No class 2/16

Also bring a wool-style blanket, yoga block and strap.

M06 W 9:30am-10:30am
Robert Gadon
Feb. 5 – April 15
Queen City Rec

Also bring a wool-style blanket, yoga block and strap.

780 M 6pm-7pm
Rena Potsos
Feb. 23 – May 4
Sperren, Fitness Rm, 54

No class 3/16

Also bring a yoga belt, and #6 or #8 resistance band.

13 Sessions $89
M10 M 6pm-7pm
Sharon Danyluck
Feb. 2 – May 4
Sunset Hills Comm. Ctr

No class 2/16

M11 M 7:30pm-8:30pm
Sharon Danyluck
Feb. 7 – May 4
Sunset Hills Comm. Ctr

No class 2/16

15 Hours $95
P01 W 6:30pm-7:25pm
Jill Woehrle
Jan. 28 – March 11
Nottingham, GYM

No class 3/18

M01 Tu 1pm-2:30pm
Julie Garland
April 9 – May 2
Big Bend Yoga Center

Equipment/mats available or you may bring your own.

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

PEDU:761 $79
10 Sessions $69
M08 M 1:30pm-2:30pm
Kelly Kauffmann
Feb. 5 – April 27
Affton White-Rodgers, GYM

15 Hours $95
M02 Th 9am-10:30am
Melanie Klug
May 2 – April 9
Big Bend Yoga Center

Equipment/mats available or you may bring your own.

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

SEN:704 $79
M01 Th 10am-11am
Matthew Daniel
May 8 – May 29
Masterpeace Studios

M02 Th 10am-11am
April 9 – May 29
Masterpeace Studios

Yoga: Basics - 10 Sessions
New to yoga or desire a slow, gentle pace? Learn standard yoga postures, flexibility, and correct breathing techniques. Bring a towel and mat.

PEDU:761 $69
M07 M 12:15pm-1:15pm
Kelly Kauffmann
Feb. 23 – April 27
Affton White-Rodgers, GYM
Yoga Basics - MSPC
New to yoga or desire a slow, gentle pace? Start with the basics and learn standard yoga postures, flexibility, and correct breathing techniques in this beginner class. Bring a mat, towel and water.
PEDU:761 | $79
M03 W 9am-10am
Feb. 4 – March 25
M04 W 9am-10am
April 8 – May 27
Masterpeace Studios

Gentle Yoga - MSPC
Enjoy a gentle combination of yoga exercises; helping to improve flexibility and core balance. Great for stress relief and relaxation. Individual yoga practice will be encouraged. Bring a mat, towel and water.
PEDU:761 | $79
M12 W 7pm-8pm
Feb. 4 – March 25
M13 W 7pm-8pm
April 8 – May 27
Masterpeace Studios

Golf
Golf: Beginning I
Learn the basic fundamentals of golf: grip, set up, mini-swing, full swing, putting and chipping.
PEDU:730 4 Sessions | $45
801 Th 7pm-8pm
March 26 – April 16 Golfport-Maryland Hgts
803 Th 6pm-7pm
March 28 – April 25 Golfport-Maryland Hgts
820 Sa 10am-11am
April 11 – May 2 Eagle Springs G.C.
810 W 7pm-8pm
April 1 – April 22 Big Bend G.C.
811 M 5pm-6pm
April 13 – May 4 Big Bend G.C.
812 Sa 10am-11am
April 25 – May 16 Big Bend G.C.
813 Su 1pm-2pm
April 26 – May 17 Big Bend G.C.

Golf: Beginning II
Review fundamentals presented in Golf: Beginning I with special emphasis on correcting individual swing faults.
PEDU:731 4 Sessions | $45
820 Sa 10am-11am
April 8 – May 12 Golfport-Maryland Hgts
800 Tu 11am-12pm
May 9 – May 30 Golfport-Maryland Hgts
801 Th 7pm-8pm
April 11 – May 12 Golfport-Maryland Hgts
803 Sa 10am-11am
April 30 – May 21 Golfport-Maryland Hgts
810 W 5pm-6pm
May 2 – May 23 Golfport-Maryland Hgts
811 M 6pm-7pm
April 1 – April 22 Big Bend G.C.
812 M 7pm-8pm
April 13 – May 4 Big Bend G.C.
813 Sa 9am-10am
May 24 – May 26 Big Bend G.C.

Women only
802 Sa 11am-12pm
March 28 – April 25 Golfport-Maryland Hgts
804 Sa 11am-12pm
May 2 – May 23 Golfport-Maryland Hgts

Golf: Playing Lessons
Enjoy this unique opportunity to play with an experienced golf instructor. PGA professional will take you and other students on course to play up to nine holes. Class for golfers who have had prior instruction but have difficulty taking their game to the next level. Be prepared to pay Eagle Springs approximately $15 to play up to nine holes on the course (includes a riding cart). Meet instructor at Eagle Springs Clubhouse. Time is 3pm sharp.
PEDU:732 | $39
820 M 5pm-7:30pm
April 27 Eagle Springs G.C.
821 M 5pm-7:30pm
May 11 Eagle Springs G.C.

Play Better Golf
Play better golf without having to spend time and money at a driving range. Learn in your home and backyard practice drills to help improve your driving, pitching, chipping and putting at the same time! Class meets at Creve Coeur’s Municipal Golf Course (mandatory first class meets Tuesday, 4/21; remainder of classes meet on Sunday, 4/26-5/17). Optional 2-hole round (57) with instructor is available to test what you learn. Golf balls provided for class. Contact instructor (314-434-4715, melkkleaman@att.net) for details.
PEDU:732 | $39
V01 Tu 3:30pm-7pm
April 21 Melvin Klearman
FV - Off Campus
Sa 9am-10am
April 26 - May 17 Creve Coeur Mun. G.C.

Golf: Parent/Child - 4 Sessions
Parent attends class with a child, ages 7-15. Registration required for each participant.
PEDU:732 | $45
810 W 6pm-7pm
April 1 – April 22 Big Bend G.C.
811 Su 12pm-1pm
April 26 – May 17 Big Bend G.C.

Golf: Combo Class - 6 Sessions
Class is a combination of short game, full swing and on course classes. The first few classes will be on the practice range and remaining will be on the course. On course strategy and mental game will be discussed.
PEDU:732 | $59
891 W 7pm-8pm
March 25 – April 29 Tower Tee
893 Sa 10am-11am
Feb. 14 – March 21 Tower Tee
895 Sa 11am-12pm
March 28 – May 9 Tower Tee

No class 4/4
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Motorcycle Rider Training

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

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

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T'ai Chi

T'ai Chi Chih: Beginning
T'ai Chi Chih is a moving meditation consisting of 19 movements and 1 pose. Its purpose is to circulate and balance one's "chi" or vital force life energy. Health benefits include better balance, blood pressure control, and reduction in symptoms associated with stress, shingles, and arthritis.

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Team Sports

Men's Basketball Recreational
Great way to have fun and get exercise! Play half court and three on three. Bring a white and a dark colored T-shirt to class. Do not wear jewelry. No class 3/17/4, 7/7.

Team Sports

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Great way to have fun and get exercise! Play half court and three on three. Bring a white and a dark colored T-shirt to class. Do not wear jewelry. No class 3/17/4, 7/7.

Volleyball: Recreational
Keep fit, have fun and make friends. Just register and come play! All levels welcome. No class 3/20.

Volleyball: Recreational
Keep fit, have fun and make friends. Just register and come play! All levels welcome. No class 3/20.
Tennis

**Tennis: Beginning I (NTRP 1.0-2.0) - Vetta**
See NTRP Rating Box. Tennis balls provided.
PEDU:733 | $69
M01 Tu 1pm-2pm
Feb. 3 – March 17 Vetta-Concord
Feb. 7 – March 21 Vetta-Concord
M02 Sa 2:30pm-3:30pm
Jan. 26 – March 16 Chesterfield Ath. Club
No class 2/16

**Tennis: Beginning II (NTRP 2.5) - CAC**
See NTRP rating Box. Tennis balls provided.
PEDU:734 | $69
M04 Sa 3:30pm-4:30pm
Feb. 7 – March 21 Vetta-Concord
M03 Tu 1pm-2pm
March 31 – May 12 Vetta-Concord
M05 Sa 3:30pm-4:30pm
April 11 – May 30 Vetta-Concord
No class 5/23

**Tennis: Beginning II - Intermediate I (NTRP 2.5-3.0) - CAC**
See NTRP rating Box. Tennis balls provided.
PEDU:735 | $95
M03 Su 7am-8:30am
Jan. 25 – March 8 Chesterfield Ath. Club

**Tennis: Intermediate I - Advanced (NTRP 3.0-4.0)**
See NTRP rating Box. Tennis balls provided.
PEDU:736 | $95
M01 Tu 1pm-3:30pm
Jan. 27 – March 10 Chesterfield Ath. Club
M02 Tu 2pm-3:30pm
March 31 – May 12 Vetta-Concord
M03 Th 2pm-3:30pm
April 11 – May 30 Vetta-Concord
No class 5/23

**Tennis: Intermediate I (NTRP 3.0)**
See NTRP Rating Box. Tennis balls provided.
PEDU:735 | $95
M01 Th 8:30pm-10pm
Feb. 12 – March 19 Woods Mill Racq. Club
M02 Th 8:30pm-10pm
April 2 - May 7 Woods Mill Racq. Club
10.5 hours | $95
M04 Tu 2pm-3:30pm
Feb. 3 – March 17 Vetta-Concord
M05 Th 2pm-3:30pm
April 2 – May 14 Vetta-Concord
M06 Sa 4:30pm-6pm
April 11 – May 30 Vetta-Concord
No class 5/23

**Tennis: Intermediate II (NTRP 4.0)**
See NTRP Rating Box. Tennis balls provided.
PEDU:736 | $95
M01 Tu 1pm-3:30pm
Jan. 27 – March 10 Kennedy Rec. Complex
M02 Th 2pm-3:30pm
March 31 – May 12 Kennedy Rec. Complex
M03 Th 2pm-3:30pm
May 27 – July 12 Kennedy Rec. Complex
M05 Th 2pm-3:30pm
July 27 – Sept. 7 Kennedy Rec. Complex
9 hours | $95
M06 Th 9am-10:30
April 11 – May 30 Kennedy Rec. Complex
No class 5/23

National Tennis Rating Program (NTRP)

1.0 This player is just starting to play tennis.

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

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

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

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

4.0 Dependable with directional control and depth has specialty shots. Needs to play more percentage tennis.

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

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

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

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

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

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

Bring tennis shoes and racket. Tennis balls provided. Facilities may not be air-conditioned. Please dress appropriately. Every effort will be made to schedule a make-up class for outdoor classes missed due to rain-outs. However, no refunds will be given for rained-out classes.

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**The Great Outdoors**

**Pickleball**
Come join the fun! Pickleball is a fast-growing sport for many good reasons: it's easy to learn and play, has simple rules, and is great exercise for all ages and abilities. Learn the basics of Pickleball then enjoy recreational play. Already know how to play Pickleball? Just register and come play! All equipment provided; dress appropriately for outdoor court.
PEDU:739 | $49
M01 M 5pm-5:55pm
April 13 – May 18 Kennedy Rec. Complex
Jay Hubert
April 13 – May 18
Jay Hubert
M02 M 6pm-6:55pm
Kennedy Rec. Complex
Jay Hubert
April 13 – May 18
Jay Hubert
M03 Sa 9am-9:55am
Kennedy Rec. Complex
Jay Hubert
April 11 – May 16
Jay Hubert
M04 Sa 10am-10:55am
Kennedy Rec. Complex
April 11 – May 16
Jay Hubert

**Backpacking and Hiking**
Introduction to outdoor living skills; menu planning, choice of proper hiking-camping apparel, campsite development, safety and sanitation. Practicum includes two one-day trail walks and one weekend camping trip. (Each student is responsible for his/her own equipment). Students are required to attend orientation on 3/25.
PEDU:765 | $121
2W1 W 7pm-8pm
March 25
Timothy Mosby
WW, 202
SaSa 9am-4pm
March 28 – March 29
Off-Campus – TBA

**Skiing**
Skiing is one of the world's most exciting sports! Don't let winter keep you indoors, enjoy a day of downhill excitement skiing at Hidden Valley. Don't know how to ski? Professional ski instructors will help you get where you need and want to be during a scheduled Beginner - Intermediate lesson. Fee includes ski lesson, lift ticket and ski rental for the day. Students will meet at the Group Check In window at 1:30pm; students do not have to stay until 9:30pm but are able to enjoy the resort until then. No refunds after registration/withdrawal deadline
PEDU:769 | $65
WD1 Th 1:30pm-9:30pm
Jan. 27
Hidden Valley
Registration/withdrawal deadline: 1/23
WD2 Th 1:30pm-9:30pm
Feb. 12
Hidden Valley
Registration/withdrawal deadline: 2/9
**Tree Climbing - Level I**
Experience the exhilaration of being in the trees as never before! Access parts of the canopy that you never thought possible and enjoy this new sport using ropes and harnesses just like the professionals. Learn basics about tree biology and procedures for climbing safely before starting your climb. Class ends with a survey of climbing gear and techniques.

PEDI:765 | $39
V01 Sa 9am-12pm
Guy Mott
EarthDance Farms

May 16

**Tree Climbing - Level II**
Build upon what you learned in Tree Climbing - Level I with state-of-the-art climbing methods that allow you to ascend multiple pitches, travel throughout the canopy and reach the very top of the tree. Small class size and one-on-one training from your instructor, who climbs into the canopy with you, makes this a compelling learning experience. Prerequisite: Tree Climbing - Level I or previous introductory climb experience (MOBOT canopy climb, Adventure Tree open climb, etc).

PEDI:765 | $49
V02 Sa 1pm-5pm
Guy Mott
EarthDance Farms

May 16

**Tours and Trips**

**Soulard Stroll: Walking Tour**
As one of the most authentically retained areas in the City, Soulard’s churches, schools, and taverns located the way they did “back in the day.” Home of the famous St. Louis Mardi Gras, Soulard has a story between every pub on each corner. The St. Louis French cultural influence is most evident in Soulard, plus it boasts one of the oldest farmer’s markets in the region. Fascinating historical stories and events abound on this inspiring tour. Lunch included. Tour length: 1.5 miles. Difficulty: low; some uneven pavement. Meet tour bus in Lot E on NW side of the Meramec campus for the drive to walking tour location. Withdrawal deadline for refund: 4/1.

TRIP:701 | $79
MD9 M 9am-1pm
May 18

**Benton Park and Cherokee Street’s Antique Row: Where Hipsters and History Meet**
Tales of Creole mountain men, a glimpse into daily life in a 19th neighborhood filled with immigrants, and the early history of St. Louis’ brewing industry will be featured on this tour of Cherokee Street’s Victorian era antique row. A beautifully crafted street — from its 18th century colonial development to the current boom in restoration of the neighborhood’s 19th century charm. This 1.5 mile walking tour includes Hammond’s Bookshop, Saxquest Saxophone Shop, Casa Loma Ballroom and Cinderella Building Theatre. Lunch included. Voted ‘Best Place to Take a Stroll’ in St. Louis by RFT Tour guide is NNI Harris, for Limitless Planet Tours. Difficulty: Low; some steps. Meet tour bus in Lot E on NW side of the Meramec campus for the drive to walking tour location. Withdrawal deadline for refund: 4/2.

TRIP:701 | $85
MD7 Tu 9am-1pm
May 5

**Heart of the Central West End: Walking Tour**
The glamorous Central West End is unique in the nation for its blocks of elegant mansions standing next to fabulous high rises. At the turn-of-the-century, the community grew as the home of St. Louis’ movers and shakers. Late Victorian era mansions with their ornamental terra cotta, massive townhouses with timber and stucco trim, and impressive apartments and hotels with Art Deco styling line the inviting streets of this neighborhood. This 1.5 mile walking tour will focus on personalities, architecture, and the area’s evolution from the electrification of streetcars to its late 20th century renaissance. Lunch included. Tour guide is NNI Harris, for Limitless Planet Tours. Difficulty: low; some steps. Meet tour bus in Lot E on NW side of the Meramec campus for the drive to walking tour location. Withdrawal deadline for refund: 4/12.

TRIP:701 | $85
MD8 Tu 9am-1pm
May 12

**Lafayette Square Walking Tour: Painted Ladies are Not Just in San Francisco**
Did you know that Lafayette Square, one of the oldest neighborhoods in St. Louis, has a fascinating connection to Mark Twain and James Eads? The answers are on this walking tour. Surprises about Lafayette Square’s history abound around every corner. Known for its beautiful Lafayette Park (the City’s oldest public park), authentically restored 1800s French style houses and unique shops and restaurants, there is so much more to Lafayette Square than meets the eye! Nothing beats a walk amongst the charming streets and natural beauty of this popular upscale area. Experience an authentic flavor of old St. Louis. Lunch included. Meet tour bus in Lot E on NW side of the Meramec campus for the drive to walking tour location. Tour length: 1.9 miles. Difficulty: low; some uneven pavement. Withdrawal deadline for refund: 3/12.

TRIP:701 | $79
MD22 W 9am-1pm
April 15

**St. Louis Gateway to the West: Downtown Architecture Lovers Walking Tour**
History comes to life during this Downtown St. Louis tour that focuses on the unique and beautiful St. Louis City history and architecture. Enjoy the Old Cathedral, the Old Courthouse, and much more through unusual stories and facts delightfully presented by our Limitless Planet Certified Tour Guide. Even natives of St. Louis will come away from this engaging, yet educational tour, surprised by what they did not know. There’s more to Downtown than meets the eye! Lunch included. Tour length: 2.5 miles. Difficulty: low; steps at Old Cathedral and Old Courthouse, and some uneven pavement. Meet tour bus in Lot E on NW side of the Meramec campus for the drive to walking tour location. Withdrawal deadline for refund: 4/1.

TRIP:701 | $85
MD6 F 9am-1pm
May 1

**“The Hill” Walking Tour**
The “The Hill” is one of the most popular neighborhoods in St. Louis. Discover the significant history of the Italian immigration in St. Louis and the region, how The Hill was created, and be intrigued by stories of its colorful famous residents. The stunning St. Ambrose Church and detailed Immigrants Statue are a must-see, as are the numerous authentic Italian restaurants, bakeries, and unique shops that give this neighborhood its delicious reputation. You’ll have opportunity to shop, bring a shopping bag and/or small cooler, if you like. Lunch included. Meet tour bus in Lot E on NW side of the Meramec campus for the drive to walking tour location. Tour length: 1 mile. Difficulty: low; a few steps. No refunds after withdrawal deadline: 3/5.

TRIP:701 | $79
MD1 F 9am-1pm
April 10

**Exclamation Point!**
“Stand Up Paddleboarding was a super-awesome class! We experienced a beautiful day in nature... can’t wait to do it again next semester!”

Mary L., St. Louis

**Stand Up Paddleboarding - Introduction**
Stand Up Paddleboarding is a rapidly growing sport that is suitable for almost anyone! Have fun and soak up the benefits of a great exercise while learning how to SUP! Learn proper paddling instruction and get a brief introduction before you hit the water. Once on the water, you will receive continuous instruction as you practice and get comfortable on your board. Dress appropriately for outdoor water activity. Fee includes all equipment. Classes held at Simpson Lake, 1234 Marshall Road, Valley Park, MO 63088.

PEDI:770 | $59
MO1 W 5pm-7pm
May 6 – May 13
MO2 Sa 10am-12pm
May 2 – May 9

MC - Off Campus

**Stand Up Paddleboarding - River Trip**
Now that you know what you’re doing, join us on a new adventure in Stand Up Paddleboarding! There really is something about paddling our local rivers and being out among nature. Let SUP St. Louis take you on a custom guided river trip. Meet at Greentree Park, 2202 Marshall Rd, Saint Louis, MO 63122 at 10am sharp. Fee includes SUP equipment and transportation up river. Water shoes and sunscreen recommended. Prerequisite: SUP Introduction class.

PEDI:770 | $49
MO3 Sa 10am-12pm
May 30

MC - Off Campus

**About Boating Safely - Adults and Family**
Learn general information concerning boating and maintenance, including how to make your boating experience safer and more comfortable. Review laws and regulations to which you must adhere, and discuss tips on how to be a more courteous boat operator. NSBLA approved course, offered by the Coast Guard Auxiliary. Required materials may be purchased at the class for $35 for the first participant, $15 for each additional family member. Those successfully completing this course will receive the Coast Guard certificate necessary for boating licensure. Lunch not provided. Ages 10-15 allowed to attend with parent. Cost is per participant.

PEDI:781 | $25
680 Sa 8:30am-4:30pm
March 14

MC - BA, 118

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Dog Town Walking Tour
This traditionally Irish neighborhood, known for the annual Hibernian St. Patrick's Day parade, has some of the most surprising and intriguing history in St. Louis. Find out the straight scoop about why this neighborhood is called Dog Town, how the neighborhood was connected to the 1904 World’s Fair and the neighborhood transitions to current day. If you like a party, Dog Town is the place! Lunch included. Meet tour bus in Lot 15 on NW side of the Meramec campus for the drive to walking tour location. Tour length: 1.5 miles. Difficulty: low, a few steps. Withdrawal deadline for refund: 3/15.

TRIP:701 | $75
MD4 F 9am-1pm
April 24 MC - Off Campus

Re-live the 1904 World’s Fair
Join us for an illustrated, narrated tour of the actual fair grounds of the 1904 World’s Fair in and around Forest Park. Travel back in time through a narrated 3-D stereoscopic slide presentation, then travel to the site of the marvels you’ve just seen. Fees include a light lunch of foods made famous at the fair and print materials (including maps). Special 3-D glasses are supplied. Some walking required. Provide own transportation for the tour. Rain date: 4/25.

TRIP:701 | $39
480 Sa 8:30am-1:30pm Charles Koehler
April 18 FF - G Tower, 113

Downton Abbey in St. Louis
Your afternoon will start at the Campbell House Museum for your personal interview with the butler. Next you’ll have a delicious, traditional English High tea. Tours end at the Meramec campus. Withdrawal deadline for refund: 4/1.

TRIP:701 | $90
MD3 Su 11:30am-3:30pm Dea Hoover
April 19 MC - Off Campus

Exploring St. Louis
Discover places you probably haven’t seen before in the St. Louis area. Some are historical and some so new you may be the first of your friends to visit. We carpool but there is always space in a car for a non-driver. Admission fees are extra and bring a lunch the first day. Start exploring with us. Every week is a fun adventure! Walking involved. Each class meets on campus, followed by a tour. Class meets off-campus after first class. Withdrawal deadline for refund: 4/1.

TRIP:701 | $99
MD5 F 9am-3pm Joan Huisenga
April 24 MC - CE Classroom; Off Campus
P F 9am-3pm
May 1 - May 15 MC - Off Campus

Literary St. Louis
We’ll start our day in the fabulous “must see” St. Louis Public Library to “visit” local authors in the St. Louis authors room. Did Patience Worth exist, why did Tennessee Williams hate St. Louis? Solve these mysteries and hear stories of some of the many famous St. Louis authors on our bus tour of homes, neighborhoods and sites they wrote about. We’ll include a quick stop at the Mercantile Library. Lunch will be at a restaurant in the Central West End Writers Corner. Trip includes tour, transportation, admission, lunch, and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 2/12.

TRIP:701 | $59
MD0 Th 9:30am-3:30pm Joan Huisenga
March 5 MC - Off Campus

When Johnny Comes Marching Home Again
Here’s the Civil War like you’ve never experienced it! As we begin our 3-day adventure, the Civil War in Missouri is winding down. Sterling Price makes his last stand. We’ll review the battles but deal with what happened to the people. Did families speak to each other again? See the Generals in Bellefontaine and Calvary cemeteries and the enlisted men Jefferson Barracks. Reconstruction wasn’t easy. As President, to governors to prostitutes, we’ll see how they all turned out. February 3 is a full “classroom” day to recap the Civil War and the beginnings of Reconstruction. Bus tours on February 24 and March 3 begin at 10am, but we begin with an hour in the classroom at 9am. Bring a sack lunch on all days. Tours include admission, bus and gratuities. Call for directions to the Thomas Dunn Learning Center: 314/353-3050. Withdrawal deadline for refund: 2/1.

TRIP:701 | $99
P01 Tu 9am-3pm Joan Huisenga
Feb. 17 – March 3 Thomas Dunn Learn. Ctr.

Beautifully Preserved Nauvoo, Illinois
In 1839, early members of the Church of Jesus Christ of Latter-day Saints (Mormons) established Nauvoo as a place of peace and beauty on a great bend in the Mississippi River. And then they were forced to leave. Today, Nauvoo is one of America’s premier historic communities. Homes, shops, and gardens on picturesque streets are open for tours. Visitors enjoy demonstrations in the blacksmith shop, brickyard, tin shop, bakery and gunsmith shop. Come spend a delightful day! Tour includes transportation, escort, admission, tours, and lunch. Meet tour bus on Lot E on NW side of Meramec campus. Field trip release form required. Withdrawal deadline for refund: 4/10.

TRIP:702 | $99
MD7 F 7am-8:30pm Cindy Fricke
May 1 MC - Off Campus

Illinois Amish Country Tour and Lunch in an Amish Home
Join our group for a delightful day learning about the Amish lifestyle and customs. The day includes a delicious, hearty feast prepared by the Amish hostess in her home near Arthur, Illinois, complete with homemade bread and pie. The afternoon is spent shopping in the Amish-owned stores that sell bakery items, jam, cheese, furniture, quilts and clothing and a mileage card each. Meet tour bus in Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 4/10.

TRIP:702 | $99
MD1 W 8am-7:30pm Cindy Fricke
March 25 FV - Off Campus
Meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus.

TRIP:702 | $99
VD1 W 8am-7:30pm Cindy Fricke
March 25 FV - Off Campus
Meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus.

Mystery Trip!
Join the secretive fun on our spring Mystery Trip as we travel to an unknown destination. The day includes transportation, tour guide, lunch, tax and tips. Meet tour bus in Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 3/12.

TRIP:702 | $99
MD2 Th 8am-6pm Cindy Fricke
April 2 MC - Off Campus

Riverbend Resale: Shop ’Til You Drop!
What a wonderful selection you’ll find on this tour! We’ll have a fun day out visiting several resale shops in the Riverbend area of Alton, Illinois. We’ll shop for clothing and decorating items, jewelry, antiques, handmade pottery, flea market finds and baked goods. Lunch will be enjoyed at Fast Edies (choose and pay for your own meal). Save room for a special stop for a yummy dessert, included on the way home. Trip includes transportation, escort, taxes and tip. Withdrawal deadline for refund: 3/19.

TRIP:702 | $79
VD2 Th 9:30am-5:30pm Cindy Fricke
April 9 FV - Off Campus
Meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus.

MD4 Th 9am-6pm Cindy Fricke
April 9 MC - Off Campus
Meet tour bus in Lot E on NW side of the Meramec campus.

Baby Clydesdales (Warm Springs Ranch) and Historic Rocheport
See the newborns with their mothers and young ones frolicking in the fields at Warm Springs Ranch outside Boonville, then have lunch at a winery overlooking the Missouri River. We’ll also visit historic Rocheport, with its antiques shops and little stores. Trip includes tour, transportation, lunch, and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 4/6.

TRIP:702 | $79
MD6 Th 8am-6pm April 28 Cindy Fricke
MC - Off Campus

Pike County Art Trail
Pike County is a nationally recognized area for the arts. We’ll start in the 20-acre Henry Lay Sculpture Park and Story Woods in their 300-acre setting, then on to architecture, galleries, and shops in Louisiana, MO. Lunch will be a buffet at Overlook Farm with a tour of the gardens and places in Clarksville. Bring snacks for the bus. Trip includes tour, transportation, donations, lunch and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 3/24.

TRIP:702 | $89
MD5 Tu 8am-6pm April 21 Cindy Fricke
MC - Off Campus

Riverlands Flyway
Tour the environmental demonstration center in its unique building outside Alton and the Audubon Riverlands observation building in West Alton to hopefully see white pelicans, trumpeter swans and eagles. We’ll stop for dessert and a hot drink at My Just Desserts. Bring snacks or a sandwich for the bus. Trip will be rescheduled if roads aren’t passable. Trip includes tour, transportation, admissions, dessert, and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 1/16.

TRIP:702 | $49
MD0 M 12pm-5:30pm Joan Huisenga
Feb. 9 MC - Off Campus
Wellness

Discover Your Talents
Have you ever wondered what your true strengths are? Many people find it difficult to identify their own strengths, much less know how to articulate them well. Use the highly acclaimed StrengthsFinder 2.0 assessment to identify your top 5 strengths and uncover your talents! Learn what differentiates you from others and how to create your own unique recipe for success as you design new life directions. First class meets 5/2 in computer lab, BA-216. Second class meets 5/9 in classroom, BA-220. Text required - bring to first class. StrengthsFinder 2.0, ISBN: 9781118952015.

PERD:709 | $49
680 Sa 10am-12pm Carol Watkins
May 2 MC - BA, 216
May 9 MC - BA, 220

Meditation: How and Why
Learn how to quiet your conscious mind (inner chatter), move inward and attune to your Higher Mind. As you shift your attention/awareness within, align with the Subconscious, and then the Super-conscious Mind, you have access to the vast storehouse of Inner Wisdom. In this class you will explore various exercises and methods to deepen your meditation experience. Meditation will be practiced in each class and a meditation CD will be provided. Bring a blanket/pillow.

PERD:732 | $59
720 Th 7pm-9:30pm Jean Walters
April 2 – April 16 Ladue H.S., 131

How to be Happy
Get ready to clap your hands and stomp your feet! Even if you are already “Happy and you know it” learn useful tools to increase your own happiness, build teamwork and improve relationships. You can control your happiness, and overall well-being by identifying your strengths, values, lifestyle and behavior. Bring a notebook and pen.

PERD:739 | $49
650 Tu 6pm-8pm Jenna Mueller
March 24 – April 14 MC - AS, 102

The Science of Handwriting Analysis
What if you could get a glance at a person’s self-esteem, goals, confidence, fears, defenses, and so much more? Handwriting Analysis offers that key. Learn how to use this fascinating tool to quickly and accurately identify conscious and sub-conscious personality traits of yourself and others just by looking at a person’s handwriting! Fee includes most materials, just bring a notebook and pen.

PERD:743 | $59
680 Sa 10am-1pm Deanna Nash
April 11 – April 25 MC – SW, 108

CSi: Distinguishing Between Fact and Fiction
Do you have what it takes to be a detective based on what you have learned from popular crime dramas on television? Learn what is fact and what is Hollywood fiction. Coordinator of the Criminal Justice program at STLCC-Meramec discusses ten of the most prevalent mistakes in forensics-based television shows. Real crime scene photos and cases will be discussed. Participants must be 18 or older.

PERD:765 | $29
650 Th 7pm-9pm Michael Hepner
March 26 MC – CS, 104
April 20 Th 7pm-9pm FP - F Tower, 211

New Year, New You: Setting and Achieving Your Personal Goals
It’s that time of year again! As the world outside begins to transform, so can you! Learn how to simplify your life with great tips from a Professional Organizing Consultant! Improve your time management and learn how to make a big difference in your home with small changes.

PERD:767 | $29
650 Th 7pm-9pm Kimberly Meredith
March 26 – April 2 MC - CN, 202

Lavender Aromatherapy
Enjoy the art of treating body, mind and spirit with aromatic substances harvested from nature’s rich store. The Ironton Historical Society regard the most valuable essence therapeutically. Explore all aspects of lavender used for these purposes. You will even get to take home a bottle of lavender essential oil. Class will be held lakeside in the old red barn (fans but no air conditioning - dress appropriately for the season). For directions to the lavender farm: www.WindingBrookEstate.com. Registration/Withdrawal deadline: 4/29.

HEAL:701 | $29
650 W 6:30pm-8:30pm Donna Werner
Jan. 28 – Feb. 4 MC – CS, 206

All Aboard! Capitol Art and Garden Tour (Amtrak)
We’ll board Amtrak in Kirkwood, arriving in Jefferson City where we’ll visit the Jefferson Landing State Historic Site (a rare Missouri River landing) where there is much to see and experience. The Union Hotel houses a gallery with rotating exhibits emphasizing Missouri’s history, art and culture. Lunch will be in the Capitol Plaza Hotel. In the afternoon we’ll visit Warwick Village to browse the Art Bazaar followed by a narrated driving tour featuring some of the capitol city’s most historic and stately homes. Before heading home, we’ll enjoy a slice of homemade pie with coffee. You must be able to step up (12”) to board the train. Trip home is by motorcoach. Trip includes tour guide, transportation, dinner and gratuities. Meet tour bus in Lot E on NW side of the Meramec campus. Field trip release form required. Withdrawal deadline for refund: 4/1.

TRIP:702 | $85
MD9 Th 9am-7pm May 7
Dea Hoover MC - Off Campus

Great Tips for Traveling Abroad
Planning an international trip this year? Many mistakes can be avoided by tapping the brains and experiences of those who’ve been there. Our instructor has traveled through Italy, Turkey, Austria, England, France, Greece, China and Egypt and has lots of helpful tips for what to bring (and more important: what not to bring!), the best ways to pack, things to do before you leave (home safety) plus lots and lots of tips on traveling internationally. Little things can make a big difference in your experience. If you’re planning to go abroad, make this class your first stop!

TRIP:703 | $19
920 W 7pm-9pm April 8
Fred Miller U. City H.S., 110

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

HEAL:704 | $49
480 Sa 9:30am-3:30pm Alice Sanvito
Feb. 14 FP - HSR, 221
680 Sa 9:30am-3:30pm Alice Sanvito
April 11 MC - SW, 204

Tapping Into the Mind/Body Connection
Meridian Tapping is a great way to improve your health and may ease many forms of discomfort. Clear your self-sabotaging beliefs, integrate mind and body, and feel better as you tap acupressure points while making positive statements. No class 3/16.

HEAL:706 | $49
650 M 7pm-9pm Rhonda Leifheit
March 2 – March 30 MC - CS, 120

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

HEAL:706 | $49
450 W 7pm-9pm Rhonda Leifheit
April 1 – April 22 FP - B Tower, 103

The Magic of Coincidence
Discover how to trust intuition and receive the power of synchronicities. Explore the interconnectedness of all things and find a greater awareness of “meaningful coincidences” in life.

HEAL:765 | $25
680 Sa 10am-12pm Roselyn Mathews
March 28 MC - SQ, 109
PERSONAL ENRICHMENT

Eat Healthy in a Hectic World
Is your life and the lives of your family so busy that you find it difficult to develop and maintain healthy eating habits? Are you getting the proper amount of protein, carbohydrates, and fat to reach your health and fitness goals? A Certified Fitness Nutrition Specialist will look at some of the ‘catch 22’s’ of popular diets, go over the nutritional requirements for busy adults and point out ways to improve your diet or meal plan even in today’s hectic world.
HEAL:713 | $25
330 Tu 6:30pm-8:30pm
April 21
Daniel Nobel
WW, 306

A Bucket of Life
Many adults in the United States are overweight, putting them at risk for high blood pressure, high cholesterol, cardiovascular disease, and diabetes. Learn how to make small changes that produce big results over time. Class will discuss content from ‘A Bucket of Life,’ a medically-based fitness fable designed to educate and engage adult students in reclaining fitness. Students expected to read book before class and be prepared to discuss content. A Bucket of Life, ISBN# 978-0615764146.
HEAL:713 | $39
680 Sa 9am-12pm
James Tombs

Japanese for Youth
Do you enjoy Japanese manga, anime and music? Do you wish your knew what they were saying? Learn the basics of the Japanese language and culture and begin to build your grammar skills through key sentences, dialogs and activities using games, exercises and anime. Introductory Japanese conversation as well as reading and writing Japanese characters will be covered. No text required.
April 1 – May 6
KIDS:719 | $75
300 W 4:30pm-6:30pm
Noriko McLeer
WW, 202

The Truth About Fat Loss
Don’t be fooled by misleading ads and misinformation surrounding fat loss. Learn how the body uses food, what causes the body to store fat, why most diets fail, and why merely cutting calories may have negative consequences with regard to fat loss. Receive assistance from a Certified Fitness Nutrition Specialist in creating a meal plan that will help you reach your goals!
HEAL:713 | $25
650 Tu 6:30pm-8:30pm
Daniel Nobel
March 10
MC - CN, 201

Youth and Family

Foreign Language for the Family: Spanish
Explore a new culture and language in a relaxed and informal atmosphere with your family! Learn practical vocabulary, correct pronunciation, and the basic sentence structures necessary to understand and begin to formulate conversations in Spanish! Ages 8 and up. Students under 16 must be accompanied by parent/guardian. Registration required for each participant; individual enrollment. Text required—bring to first class.
FLSP:702 | $75
652 W 5:30pm-6:35pm
April 8 – May 27
Ann Matthews
MC - CS, 210

Karate for Kids
Karate for Kids is a program designed to build self-confidence, self-esteem, and self-discipline. It teaches the basic concepts of karate as well as self-control, coordination and focus. Safety and fun are the most important elements of this program. Ages 4-10. No class 4/4.
KIDS:707 | $59
M01 Sa 10am-11am
Timothy Toensinkoetter
Feb. 21 – May 2
ArtITALIS Ctr (MeHi)

Golf: Parent/Child - 4 Sessions
Parent attends class with a child, ages 7-15. Registration required for each participant.
PUD:732 | $45
810 W 6pm-7pm
April 1 – April 22
Big Bend G.C.
811 Su 12pm-1pm
April 26 – May 17
Big Bend G.C.

Swimming for Children: Beginning
You’ll learn to swim like a fish—maybe a shark—while practicing beginning swimming strokes and personal water safety skills and overcoming any fear you may have of the water. No class 3/21 and 4/4.
KIDS:720 | $39

Swimming for Children: Beginning I
You’ll learn to swim like a fish—maybe a shark—while practicing beginning swimming strokes and personal water safety skills and overcoming any fear you may have of the water. No class 3/21 and 4/4.
KIDS:720 | $39

Swimming for Children: Beginning II
You’ll learn to swim like a fish—maybe a shark—while practicing beginning swimming strokes and personal water safety skills and overcoming any fear you may have of the water. No class 3/21 and 4/4.
KIDS:720 | $39

Fencing for Youth: Beginning II
KIDS:720 | $59
651 W 5pm-5:55pm
April 2 – May 14
Patrick Dorsey
MC - PE, 201

Mom and Me: UpCycled Shrinky Dinks
Come and explore what you can do with clear and colored # 6 plastics, you’ll be amazed. We will decorate and draw on the plastics, then shrink them, just like when we were kids (or parents of little ones). We will learn some basic jewelry making skills and make necklaces, pendants, earrings, bracelets, glass markers, key chains or buttons. We will have all of the supplies from pens to punches to jewelry findings. Come ready to make some great new accessories or gifts and have a lot of fun. In the class we will have supplies for each student to make two pairs of earrings one bracelet, two pendants and a set 6 juice glass charms. Please bring any #6 plastics you’ll be amazed. We will decorate and draw on the plastics, then shrink them, just like when we were kids (or parents of little ones). We will learn some basic jewelry making skills and make necklaces, pendants, earrings, bracelets, glass markers, key chains or buttons. We will have all of the supplies from pens to punches to jewelry findings. Come ready to make some great new accessories or gifts and have a lot of fun. In the class we will have supplies for each student to make two pairs of earrings one bracelet, two pendants and a set 6 juice glass charms. Please bring any #6 plastics.
KIDS:738 | $42
480 Sa 9am-12pm
May 2 – May 9
Nicole Ottowell
FV, H, 104

Mini Movers: Child Only - Ages 3-5
Jump, swing and roll! Promote motor development for your preschooler by using fun and exciting mat shapes, gymnastics and other play equipment to explore balance, coordination and sensory development. Led by a pediatric physical therapist and gymnastics instructor, class is designed to accommodate children of all abilities and special needs. Registration and signed waiver required for all participants.
KIDS:711 | $79
650 Tu 5:30pm-6:30pm
Sarah Hassler, Laura Legg
March 24 – May 12
MC - PE, 105

Mom and Me: Stamp Camp
Mom, Dad, Grandmothers or Grandfathers - bring your buddy to this Mommy and Me Stamp Camp to create some fun projects. We will be creating two cards, a bookmark and a piggy bank. No experience needed to create these one of a kind stamping projects with stamps and punches! Supply list will be sent. Students must be accompanied by a guardian. Registration is in pairs or more. Each participant must register. Last day to enroll or drop is Friday, April 24. No refunds after Friday, April 24.
KIDS:730 | $30
MD1 Su 9am-12pm
Patti Bossi
May 2
MC - CE Classroom

Mini Movers: Parent/Child - Ages 6 months to 3 years
Come play with us! Promote motor development with fun gymnastics activities that you can enjoy with your child, ages 6 months to 3 years. Children will explore balance, coordination and sensory development using fun and exciting mat shapes, gymnastics and other play equipment. Led by a pediatric physical therapist and gymnastics instructor, class is designed to accommodate children of all abilities and special needs. Registration and signed waiver required for each participant.
KIDS:738 | $79
600 Su 4:30pm-5:15pm
Sarah Hassler, Laura Legg
March 24 – May 12
MC - PE, 105

The following section is for parents/guardians of children that have registered and paid for KIDS:738 600. Maximum 2 parent/guardian for each $79 child registration. Signed waiver required for each participant.

Daniel Nobel’s class, ‘The Truth About Fat Loss’ was informative and thorough. He did a wonderful job providing valuable information. Highly enjoyable!”
Matthew R., Oakville

Junior Baker: Cake Decorating
A fun, creative activity for young bakers ages 11-14. This class teaches introductory cake decorating techniques on projects that will be completed for take home after each class. You’ll be amazed at the beautiful creations you’ll be able to make for your family and friends! Bring an empty one-quart bowl (with lid) and a box to take home your finished projects. Supplies furnished. Class is a combination of demonstration and kids-on. Park on Hartford or Hampton. Flagpole in front.
KIDS:730 | $49
P01 Su 2pm-4pm
Cynthia Sciaroni
April 12 – April 19
Cul. Arts House

Mom and Me: Stamp Camp
Mom, Dad, Grandmothers or Grandfathers - bring your buddy to this Mommy and Me Stamp Camp to create some fun projects. We will be creating two cards, a bookmark and a piggy bank. No experience needed to create these one of a kind stamping projects with stamps and punches! Supply list will be sent. Students must be accompanied by a guardian. Registration is in pairs or more. Each participant must register. Last day to enroll or drop is Friday, April 24. No refunds after Friday, April 24.
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KIDS:711 | $79
650 Tu 5:30pm-6:30pm
Sarah Hassler, Laura Legg
March 24 – May 12
MC - PE, 105

Mini Movers: Parent/Child - Ages 6 months to 3 years
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KIDS:738 | $79
600 Su 4:30pm-5:15pm
Sarah Hassler, Laura Legg
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**STLCC Continuing Education Registration begins January 5**

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<td><strong>AVIS DANCE CENTER</strong></td>
<td>943 S. Kirkwood Rd, 63122</td>
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<td><strong>AFFTON WHITE-RODGERS COMMUNITY CENTER</strong></td>
<td>9801 Mackenzie Road, 63123</td>
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<td><strong>ALASKA KLODENIKE CO.</strong></td>
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<td><strong>ALMAS DEL RITMO DANCE CO.</strong></td>
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<td>1960 Old Woods Mill Rd., 63139</td>
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<td>3712 Lemay Ferry Road, 63125</td>
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</tr>
<tr>
<td><strong>Oakville Sr. High School</strong></td>
<td>5557 Milburn Rd., 63129</td>
</tr>
<tr>
<td><strong>Painted Zebra</strong></td>
<td>10907 Manchester Road, 63122</td>
</tr>
<tr>
<td><strong>Perennial</strong></td>
<td>7413 S. Broadway, 63111</td>
</tr>
<tr>
<td><strong>Queen Park--Greensfelder Recreation Complex</strong></td>
<td>550 Weidman Road, 63110</td>
</tr>
<tr>
<td><strong>RiverChase of Fenton</strong></td>
<td>990 Horan Drive, 63026</td>
</tr>
<tr>
<td><strong>Ruth Park Golf Course</strong></td>
<td>8211 Grosby Road, 63130</td>
</tr>
<tr>
<td><strong>Sperreng Middle School</strong></td>
<td>12111 Tesson Ferry Road, 63128</td>
</tr>
<tr>
<td><strong>St. John’s Evangelical UCC</strong></td>
<td>11333 St. John’s Church Road, 63123</td>
</tr>
<tr>
<td><strong>St. Louis Community College</strong></td>
<td>4115 Meramec Bottom Road, 63129</td>
</tr>
<tr>
<td><strong>St. Louis Community College Corporate College</strong></td>
<td>Corporate College</td>
</tr>
<tr>
<td><strong>St. Louis Community College Center for Workforce Innovation (CWI)</strong></td>
<td>3344 Pershall Rd., 63135</td>
</tr>
<tr>
<td><strong>St. Louis College of Pharmacy</strong></td>
<td>4 Sunnen Drive, 63143</td>
</tr>
<tr>
<td><strong>Sunset Hills Golf Learning Ctr</strong></td>
<td>13550 West Watson Rd, 63127</td>
</tr>
<tr>
<td><strong>Sunset Hills Tennis Center</strong></td>
<td>10911 Gravois Ind’l Court, 63128</td>
</tr>
<tr>
<td><strong>Sunset Hills Golf Trails</strong></td>
<td>12450 W Watson Rd, 63127</td>
</tr>
<tr>
<td><strong>The Studio, Inc.</strong></td>
<td>1332 Strasser Drive, 63144</td>
</tr>
<tr>
<td><strong>The Timbers of Eureka</strong></td>
<td>1 Coffey Park Lane, 63025</td>
</tr>
<tr>
<td><strong>Thomas Dunn Learning Center</strong></td>
<td>3113 Gasconade, 63118</td>
</tr>
<tr>
<td><strong>Thorndill Branch/St. Louis County Library</strong></td>
<td>12863 Willowicks Dr, 63146</td>
</tr>
<tr>
<td><strong>Tower Tee Golf Center</strong></td>
<td>6727 Hegee Road, 63123</td>
</tr>
<tr>
<td><strong>Trinity Lutheran Church</strong></td>
<td>14088 Clayton Road, 63017</td>
</tr>
<tr>
<td><strong>U Can Dance Studio</strong></td>
<td>917 Balson Avenue, 63130</td>
</tr>
<tr>
<td><strong>University City High School (LC. City H.S.)</strong></td>
<td>22327 South Tesson Ferry Road, 63129</td>
</tr>
<tr>
<td><strong>Winding Brook Estate 3 Winding Brook Estate Drive 63025</strong></td>
<td>Wine Barrel 3828 South Lindbergh, Suite 111, 63127</td>
</tr>
<tr>
<td><strong>Woods Mill Racquet Club 910 Old Woods Mill Road, 63017</strong></td>
<td>xtreme Krav Maga/xtreme Tactical 63012 639 Gravois Bluffs Blvd. Suite C, 63026</td>
</tr>
<tr>
<td><strong>WILLOW COVER</strong></td>
<td>3417 Market St., 63108</td>
</tr>
<tr>
<td><strong>EXTENSION CAMPUSES</strong></td>
<td>South County Education and University Center = SCEUC</td>
</tr>
<tr>
<td><strong>William J. Harrison Education Center</strong></td>
<td>Harrison Ed. Ctr</td>
</tr>
<tr>
<td><strong>STLCC Corporate College = Corp. College</strong></td>
<td>1005 pairs Lane, 63131</td>
</tr>
</tbody>
</table>

### CAMPUS LEGEND

- **FLORISSANT VALLEY = FV**  
- **ADMINISTRATION = A**  
- **BUSINESS = B**  
- **CDC = CHILD DEVELOPMENT CENTER**  
- **COMMUNICATIONS = C**  
- **EMERSON CENTER = EC**  
- **ENGINEERING = E**  
- **HUMANITIES = H**  
- **INSTRUCTIONAL RESOURCES = IR**  
- **S = PHYSICAL EDUCATION**  
- **SERVICE BUILDING = SM**  
- **SCIENCE-MATHMATICS = SS**  
- **SOCIAL SCIENCES = SC**  
- **STUDENT CENTER = TC**  
- **THEATER = CT**  
- **TRAINING CENTER = WC**  
- **C TR FOR WORKFORCE INNOVATION = WC**  

### FOREST PARK = FP

- **AFFTON WHITE-RODGERS = AFFTON WHITE-RODGERS**
- **D C TOWER = D**  
- **H C TOWER = T**  
- **B C TOWER = B**  
- **C C TOWER = C**  
- **D C TOWER = D**  
- **F C TOWER = F**  
- **G C TOWER = G**  
- **H S P = HOSPITALITY**  
- **L B = LIBRARY**  
- **P E = PHYSICAL EDUCATION**  
- **S C = STUDENT CENTER**  
- **T = THEATER**  
- **A A = ART ANNEX**  

### MERMACE = MC

- **AC = ASSESSMENT CENTER**  
- **AD = ADMINISTRATION/CLARK HALL**  
- **A S = APPLIED SCIENCE**  
- **B A = BUSINESS ADMINISTRATION**  
- **C E = CONTINUING EDUCATION**  
- **C P = CAMPUS POLICE**  
- **C N = COMMUNICATIONS NORTH**  
- **C S = COMMUNICATIONS SOUTH**  
- **G H = GREENHOUSE**  
- **H E = HUMANITIES EAST**  
- **H W = HUMANITIES WEST**  
- **L H = LECTURE HALLS**  
- **L = LIBRARY**  
- **P E = PHYSICAL EDUCATION**  
- **S C = STUDENT CENTER**  
- **S O = SOCIAL SCIENCE**  
- **S S = SCIENCE SOUTH**  
- **S W = SCIENCE WEST**  
- **T = THEATRE**  

- **W I L D W O O D = WW**  

- **SOUTH COUNTY EDUCATION AND UNIVERSITY CENTER = SCEUC**  
- **WILLIAM J. HARRISON EDUCATION CENTER = HARRISON ED. CTR**  
- **STLCC CORPORATE COLLEGE = CORP. COLLEGE**
Accommodations Statement
St. Louis Community College is committed to providing access and reasonable accommodations for individuals with disabilities. If you have accommodation needs, please contact the Continuing Education Access office at least six weeks prior to the start of class to request accommodations. Event accommodation requests should be made with the event coordinator at least two working days prior to the event. Documentation of disability may be required. Contact Anne Marie Schreiber at 314-984-7704.

Students Rights and Responsibilities
All students are responsible for adhering to college policies and procedures. Please refer to www.stlcc.edu/Document_Library/FactFinder.pdf to review and/or download a copy of the Fact Finder Student Handbook including student rights and responsibilities or call the Continuing Education office.

Postponement/Cancellation Due to Inclement Weather
Occasionally, continuing education classes are cancelled due to inclement weather. Cancellations will be broadcast on KMOX-AM (1120) and on KMOV-TV, KSDK-TV and KTVI/FOX 2. In addition, all location closings will be posted on the college website: stlcc.edu. When St. Louis Community College cancels classes, off-campus classes are also cancelled. In addition, when a particular host school district or institution closes, the continuing education classes at that location will not meet.

Refund of Fees
Since continuing education (non-credit) classes are self-supporting, the decision to run a class is based on the number of people enrolled. The college reserves the right to cancel if sufficient enrollment is not achieved. Registrants will be notified by phone, mail or email if a class is cancelled. Full refunds will be issued for classes cancelled by the college. If you drop a class, you will receive a 100 percent refund for most classes if the class is dropped one business day before the first meeting. A 50 percent refund will be given for most classes dropped between one business day before the first class meeting and prior to the second meeting of the class. See the course schedule for classes (such as daytrips) that require notice beyond one business day for cancellation and eligibility for a refund. Requests of withdrawals should be submitted in writing to the Continuing Education office. Calculation of refunds will be based on the date the written request is received by the office. If you have a situation that warrants an override of the above policy, an explanation of the circumstances should be made in writing to the Continuing Education office. Refunds should be received within 30 days.

Fee Reduction for Older Adults
Older adults (those 60 years and older) may enroll in most courses for a reduced fee. This reduction is half the price of the class fee only, plus whatever material costs are associated with the class. Material costs include fees for expenses such as books and materials, facility usage, tour and travel costs, computer lab usage, online courses, food supplies and other items needed for the class. NOTE: Those wishing to take advantage of this fee reduction must do so at the time of registration. Before registering, please contact the Continuing Education office to see if your course contains a material fee.

Senior Citizen Scholarship
Missouri residents who are at least sixty-five years of age will be awarded a scholarship to be exempt from maintenance fees to enroll in courses on a space available basis. There will be a non-refundable registration fee of $5 per course to a maximum of $25 per semester. Student is responsible for other fees, such as materials, supplies and books. At the earliest, students may enroll in the class two days prior to the first class date. Students may not receive a refund for a paid course in order to enroll for a scholarship space in that same course. PLEASE CALL THE CONTINUING EDUCATION OFFICE TO GET SPECIFICS REGARDING THE SENIOR SCHOLARSHIP. The senior scholarship discount does not apply to online classes.

Safety and Program Guidelines for Youth Classes
All children under the age of 16 who are enrolled in programs through the St. Louis Community College Office of Continuing Education must be accompanied and signed-in by a responsible party at the beginning of each program session. In addition, a responsible party must also meet the participant at the end of the session and sign them out. Appropriate behavior is expected. Students may be disciplined for misbehavior.

Unattended Children
Students are not permitted to bring children to class, nor should children be left unattended in the halls, offices, library or common areas. The college reserves the right to protect the safety and welfare of unattended children. If students leave children unattended, the college will institute disciplinary action.

Textbooks
Textbooks can be purchased at the campus bookstores.

Library and Computer Lab Privileges
If you are registered in continuing education courses, you may enjoy library and computer lab privileges by showing your student ID. To obtain a student ID take your paid fee receipt to the Campus Life office and the personnel there will provide you with an ID.

Firearms on College Property
Except for licensed police officers, no person shall possess or carry any firearm, visible or concealed, on college property (including college buildings and grounds leased or owned by the college-college athletic fields and parking lots) or in any college van or vehicle or at college-sponsored activities. College employees, students and visitors who hold concealed carry endorsements as allowed by Missouri law may not carry or bring any firearms, visible or concealed, on college property, owned or leased or at any college activities.

Notice of Non-Discrimination
Non-discrimination Statement -- St. Louis Community College is committed to non-discrimination and equal opportunities in its admissions, educational programs, activities, and employment regardless of race, color, creed, religion, sex, sexual orientation, national origin, ancestry, age, disability, genetic information, or status as a disabled or Vietnam-era veteran and shall take action necessary to ensure non-discrimination. Sexual harassment, including sexual violence, is also prohibited. For information or concerns related to discrimination or sexual harassment, contact the Associate Vice Chancellor Student Affairs at 314-539-5374.

Corporate College
Lesley English-Abram, Manager, Community Services
STLCC Corporate College, 3221 McKelvey Road, Bridgeton, MO 63044
314-539-5480 labram@stlcc.edu

Cosand Center/Employment
Patricia Henderson, Senior Manager of Employment
300 S. Broadway, St. Louis, MO 63102-2800, 314-539-5214, phenderson@stlcc.edu

Florissant Valley
Joe Worth, Vice President, Student Affairs
3400 Pershing Road, St. Louis, MO 63135-1408, 314-513-4250, jwworth@stlcc.edu

Forest Park
Franklyn Taylor, Vice President, Student Affairs
5600 Oakland Avenue, St. Louis, MO 63110-1316, 314-644-9009, ftaylor65@stlcc.edu

Meramec
Kim Fitzgerald, Vice President, Student Affairs
11333 Big Bend Road, St. Louis, MO 63122-5720, 314-984-7609, kfitzgerald@stlcc.edu

Wildwood
Laura Davidson, Director of Student Affairs
2645 Generations Drive, Wildwood, MO 63040-1168, 636-422-2004, ldavidson@stlcc.edu

Section 504/Title II Coordinator
Dr. Donna Dare, Vice Chancellor of Academic Affairs
300 S. Broadway, St. Louis, MO 63102-2800, 314-539-5285, ddare@stlcc.edu

Title IX Coordinator:
William Woodward, Associate Vice Chancellor, Student Affairs
300 S. Broadway, St. Louis, MO 63102-2800. 314-539-5374, wwoodward5@stlcc.edu

Enrollment in classes within this brochure, except for youth section classes, is limited to persons 16 years or older.
Registration is Easy!!!

Mail
Complete the registration form (below) and mail with check (payable to St. Louis Community College) to:

STLCC Continuing Education, 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044

Students who register by mail should assume they are registered unless otherwise notified. A registration confirmation is mailed to students who register by mail; however, the confirmation may not be received prior to the beginning of the class. If you have enrollment questions, please call Continuing Education: 314-984-7777.

In Person at STLCC Continuing Education Offices M-F 8:30 am - 4 pm

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Telephone: 314-984-7777</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meramec</td>
<td>802 Couch Avenue, St. Louis, MO 63122</td>
<td>Call Center Hours: M-Th 8:30 am - 7:30 pm; Fridays 8:30 am - 4 pm</td>
</tr>
<tr>
<td>Florissant Valley</td>
<td>At the Center for Workforce Innovation, 3344 Pershall Rd., Ferguson, MO 63135</td>
<td></td>
</tr>
<tr>
<td>Forest Park</td>
<td>Forest Park, G Tower-320-322, 5600 Oakland Ave., St. Louis, MO 63110</td>
<td></td>
</tr>
</tbody>
</table>

You may want to first call the Continuing Education office at 314-984-7777, to check that openings exist.

By Phone
Call to complete your registration by charging fees to MasterCard, Visa, American Express or Discover. Before calling to register, have this information ready:

1. Course Title / Course Code (letter prefix with number) / Section Number
2. Student Contact Info (name / address / phone number / email)
3. Student Number or UIN
4. Credit Card Number with Expiration Date

Online: www.stlcc.edu
Visit our website and click on the “Continuing Education” link — where you can view current class offerings and to register for classes.

Enrollment in classes within this brochure, except for youth section classes, is limited to persons 16 years or older, unless otherwise noted.

Registration Deadline – All non-credit courses are limited in enrollment. Advanced registration is required prior to first class meeting. Some classes have additional registration deadline requirements, please check course descriptions.

Automatic Bank Payment (ACH) – All checks will be converted to an electronic Automated Clearing House (ACH) transaction whether the payment was made in person or mailed.

Mail-In Registration form Please print in ink.

Please register me for the following courses:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Section</th>
<th>Course Title</th>
<th>Day/Time</th>
<th>Fees</th>
</tr>
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<tbody>
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</tbody>
</table>

Male □ Female □

Senior Citizen? □ Yes □ No

Check Payment: Please make checks payable to St. Louis Community College, and mail with form (address above).

Credit Card Payment:
Charge fees to:

□ MasterCard □ VISA □ Discover □ American Express

Email Address: ________________________________

UIN or Student#: _____________________________ Birthdate: _____________________________

Name: _____________________________
LAST FIRST MIDDLE INITIAL

Address: _____________________________ STREET OR POST OFFICE BOX _____________________________

CITY _____________________________ STATE _____________________________ ZIP CODE _____________________________

Telephone/Home: _____________________________ Work: _____________________________

Explosion Date: _____________________________

CARD NUMBER _____________________________

Signature: _____________________________

www.stlcc.edu/ce / 314-984-7777
ST. LOUIS COMMUNITY COLLEGE

Since 1962, more than 1.2 million people have passed through our doors to take a class, earn a degree, upgrade their career skills or enrich their lives. Each year, more than 80,000 students enroll in:

• College transfer and career programs leading to associate degrees
• Job skill and personal development classes
• College preparatory courses
• Specialized performance programs sponsored by local employers
• Associate degrees in Arts, Science, Fine Arts, Applied Science and Teaching, as well as Certificates of Proficiency and Specialization. The college's Workforce Solutions Group also serves the local business community through assessment, counseling, consulting and training services.

Learning is convenient via:
• Four campuses—Florissant Valley, Forest Park, Meramec and Wildwood
• Three education centers—south and north St. Louis County and north St. Louis City
• Numerous business, industrial and neighborhood sites throughout the metro area
• Online instruction

Governed by a board of six elected trustees and supported by local taxes, state funds and student fees, the college has an annual budget of more than $200 million. The college is accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools. St. Louis Community College focuses its resources on helping students find the right academic and career pathways. Through its alumni and community partnerships, the college is helping St. Louis become the best place to live and work in the 21st century.