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Chatham County

Agriculture & Natural Resources

Organic Crop Production

This course includes a study of fall organic crop production practices, including vegetables, cut flowers, and culinary and medicinal herbs. Topics include variety selection, production methods, and record keeping procedures for certification. Upon completion, students will be able to demonstrate a knowledge of organic crop production appropriate for the fall season. This is a parallel course completed in a curriculum environment. A textbook is required.

C1101	64 Hrs	1/10 - 4/25	Th	1:00PM - 5:00PM	PMC	Sustainable Technology Bldg, Rm. 0136	C. McNeill	\$180.55
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Animals & Pets

Dog Obedience - Canine Good Citizen

This course will prepare students to take and pass the AKC Canine Good Citizen (CGC) Test given at the last meeting. The purpose of the CGC Test is to ensure that the family dog can be a respected member of the human community. Students will train their respective dogs to act mannerly at home and in public places. Both purebred and mixed breed dogs are welcome. Dogs must be up to date on shots.

C1056	10 Hrs	1/25 - 3/08	F	4:30PM - 6:00PM	PMC	Pittsboro Small Business, Rm. 0102	P. Sullivan	\$70.00
C1058	10 Hrs	3/22 - 5/10	F	4:30PM - 6:00PM	PMC	Pittsboro Small Business, Rm. 0102	P. Sullivan	\$70.00

Dog Obedience (Beginning)

Have fun in this intensive beginner obedience/home management class for dogs over six months old. Students will learn to train their dogs, with positive reinforcement, walk on a loose leash, come when called, sit, down, and stand. First class is mandatory orientation – no dogs – owners only. Dogs must be in good health, at least 6 months old, up to date on shots and not in heat. Students are required to provide information about their dog when registering.

C1055	10 Hrs	1/25 - 3/08	F	3:00PM - 4:30PM	PMC	Pittsboro Small Business, Rm. 0102	P. Sullivan	\$70.00
C1057	10 Hrs	3/22 - 5/10	F	3:00PM - 4:30PM	PMC	Pittsboro Small Business, Rm. 0102	P. Sullivan	\$70.00

Artistry & Craftsmanship

Artistic Welding Work for Beginners

Discover the creative side of the torch! This course is designed to familiarize you with the safe and productive use of the welding shop and equipment as well as a foundation of solid techniques that will also fire up your ability to create three-dimensional pieces of art with metal. Metal fee is \$45.00.

C1232	24 Hrs	1/28 - 3/18	M	6:00PM - 9:00PM	SCMC	Siler City Center, Rm. 0101	K. Kuhnel	\$113.00
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Basics of Art

Learn how to develop core drawing skills and personal style in composition, perspective and design. Work in pencil, pen and ink, charcoal and pastels. Art students critique their own work. Bring out the artist within.

C1098	4 Hrs	2/23 - 2/23	Sa	10:00AM - 2:00PM	PMC	Pittsboro Small Business, Rm. 0205	E. Thompson	\$45.00
C1099	4 Hrs	3/23 - 3/23	Sa	10:00AM - 2:00PM	PMC	Pittsboro Small Business, Rm. 0205	E. Thompson	\$45.00

Pottery - Ceramic Design

This course is open to pottery students of all levels. Individual and group instruction will be given to assure the success of all beginning students and to offer challenges to the advanced student. Instruction will offer an understanding of the pottery making process from beginning to finish. Clay fee is \$24.00 (two bags will be required).

C1051	48 Hrs	1/08 - 4/23	T	6:00PM - 9:00PM	SCMC	Siler City Center, Rm. 0102	D. Englund	\$125.55
C1052	48 Hrs	1/09 - 4/24	W	10:00AM - 1:00PM	SCMC	Siler City Center, Rm. 0102	L. O'Keefe	\$125.55
C1053	48 Hrs	1/10 - 4/25	Th	6:00PM - 9:00PM	SCMC	Siler City Center, Rm. 0102	R. Edwards	\$125.55

Welding-Artistic Twist (Interm. - Adv.)

Create a gallery and sale-ready piece or just a quality gift. In this class you will learn how to twist and spiral metal, adding to your design techniques. We will also show different finishing techniques and patinas to give your sculpture a more polished, professional appearance. Metal fee: \$45.00.

C1231	48 Hrs	1/16 - 4/03	W	6:00PM - 10:00PM	SCMC	Siler City Center, Rm. 0101	K. Kuhnel	\$125.55
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Business & Leadership

Cultural Awareness in the Workplace

This training course focuses on cultural awareness and highlights the issues of stereotyping, discrimination, prejudice, ethnocentrism, and the negative affect it can have on communication and productivity in the workplace.

C1110	20 Hrs	2/05 - 4/09	T	4:00PM - 6:00PM	PMC	Pittsboro Admin/Class, Rm. 0205	A. Priest	\$70.55
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Electronic Notary Public

The Electronic Notary (eNotary) Public course provides instruction for existing N.C. Notaries Public to become commissioned to perform electronic notarial acts. Class content includes applicable laws, ethics and misconduct, electronic notarization processes, best practices and recommendations, and more. Successful completers may obtain a N.C. Electronic Notary Commission, Seal and Signature. A valid Notary Public commission number, with a valid State or Federal issued photo I.D. must be presented the first day of class as proof of qualification. A textbook is required.

C1081	4 Hrs	1/24 - 1/24	Th	9:00AM - 1:00PM	PMC	Pittsboro Admin/Class, Rm. 0223	P. Holloway	\$70.55
C1083	4 Hrs	3/21 - 3/21	Th	9:00AM - 1:00PM	PMC	Pittsboro Admin/Class, Rm. 0223	P. Holloway	\$70.55
C1085	4 Hrs	5/09 - 5/09	Th	9:00AM - 1:00PM	PMC	Pittsboro Admin/Class, Rm. 0223	P. Holloway	\$70.55

Introduction to Podcasting

This course is an introduction to podcasting, inclusive of show formats, distribution methods, best practices, equipment, and use for promoting/marketing organizations. Students will understand how to evaluate the cost/benefit of producing a show, required equipment, and ways to evaluate show performance. Students will also learn how to develop a podcast format that aligns with the goals of an organization. A list of materials will be provided on the first day.

C1103	24 Hrs	1/30 - 4/17	W	5:30PM - 7:30PM	PMC	Pittsboro Small Business, Rm. 0205	.	\$75.00
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Notary Public

The successful completion of the Notary Public class will be the first step toward qualifying for an initial NC Notary Public Commission or for a re-commission. For additional qualification on being commissioned as a Notary, contact the N.C. Department of the Secretary of State. A textbook and official State or Federal photo I.D. will be required for the first class. Applicants must be at least 18 years old, have no criminal background, have a high school diploma or GED, live or work in NC, and read, write and speak English.

C1076	7 Hrs	1/10 - 1/10	Th	9:00AM - 5:00PM	PMC	Pittsboro Small Business, Rm. 103G	P. Holloway	\$70.55
C1077	7 Hrs	2/07 - 2/07	Th	9:00AM - 5:00PM	PMC	Pittsboro Small Business, Rm. 103G	P. Holloway	\$70.55
C1078	7 Hrs	3/07 - 3/07	Th	9:00AM - 5:00PM	PMC	Pittsboro Small Business, Rm. 103G	P. Holloway	\$70.55
C1079	7 Hrs	4/11 - 4/11	Th	9:00AM - 5:00PM	PMC	Pittsboro Small Business, Rm. 103G	P. Holloway	\$70.55
C1080	7 Hrs	5/09 - 5/09	Th	9:00AM - 5:00PM	PMC	Pittsboro Small Business, Rm. 103G	P. Holloway	\$70.55

SHRM Essentials of Human Resources

This course provides the foundational knowledge necessary to help your organization reduce costs, avoid potential lawsuits, and improve your ability to handle challenging HR issues. This program is ideal for an entry level HR professional or someone in a non-HR role who may be responsible for those duties. A textbook is required.

C1120	18 Hrs	3/06 - 4/10	W	6:00PM - 9:00PM	PMC	Pittsboro Small Business, Rm. 0208	G. Brown	\$475.00
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SHRM-CP/SCP Certification Preparation

This 10-week intensive course is limited to HR professionals qualified under SHRM requirements for SHRM-CP and SHRM-SCP. It combines expert instruction with the 2016 SHRM Learning System. The certification preparation program covers four knowledge domains: people, organization, workplace and strategy as well as eight behavioral competencies: leadership & navigation, ethical practice, business acumen, relationship management, consultation, critical Evaluation, global & cultural effectiveness, and communication. For information regarding SHRM, please visit www.SHRMCertification.org.

C1119	38 Hrs	2/07 - 5/02	Th	6:00PM - 9:00PM	PMC	Pittsboro Small Business, Rm. 0208	G. Brown	\$995.00
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Construction

General Contractor License Preparation

This course is designed to prepare individuals for the examination and application process for General Contractors Licensure for the State of North Carolina. Individuals must meet specific requirements for obtaining a General Contractors License.

C1088	48 Hrs	1/23 - 5/08	W	5:30PM - 8:30PM	PMC	Sustainable Technology Bldg, Rm. 0136	L. Caraganis	\$125.55
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Introduction to Basic Plumbing

This course introduces basic plumbing tools, materials, and fixtures. Topics include standard tools, materials, and fixtures to be used in basic plumbing systems and other related topics. Upon completion, students will be able to demonstrate an understanding of basic plumbing. This is a parallel course to PLU-111 - Intro to Basic Plumbing and is completed in a curriculum environment.

C1090	64 Hrs	1/09 - 4/24	W	2:00PM - 6:00PM	PMC	Sustainable Technology Bldg, Rm. 0136	.	\$180.55
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Introduction to Photovoltaic PV Systems

This course introduces the concepts, tools, techniques, and materials needed to understand and install systems that convert solar energy into electricity with photovoltaic (PV) technologies. This course prepares students for certification as a Photovoltaic Installer with the North American Board of Certified Energy Practitioners as well as introductory positions in the solar industry. This is a parallel course completed in a curriculum environment. A textbook is optional.

C1121	80 Hrs	1/08 - 5/02	T	9:00AM - 10:00AM	PMC	Sustainable Technology Bldg, Rm. 0137	A. McMahan	\$180.55
			Th	9:00AM - 12:00PM				

Introduction to Residential Wiring

This course introduces the care/usage of tools and materials used in residential electrical installations and the requirements of the National Electrical Code. Topics include NEC, electrical safety, and electrical print reading; planning, layout; and installation of electrical distribution equipment; lighting; overcurrent protection; conductors; branch circuits; and conduits. Upon completion, students should be able to properly install conduits, wiring, and electrical distribution equipment associated with residential electrical installations. This is a parallel course to ELC-113 and is completed in a curriculum environment.

C1089 128 Hrs 1/08 - 4/25 T Th 8:00AM - 12:00PM PMC Sustainable Technology Bldg, Rm. 0134 D. Alwon \$180.55

Women in Construction II

This course is an extension of Women in Construction I. It covers building methods and materials. Topics include safety, ceiling/roof framing application, and roof finishes. Upon completion, students should be able to safely erect different roof types and related framing projects. A list of materials will be provided at the first class.

C1087 42 Hrs 1/23 - 4/24 W 5:30PM - 8:30PM PMC Sustainable Technology Bldg, Rm. 0136 J. Gannon \$125.55

Creative Writing

Finish Your Novel

Meeting once a month for a semester, students will take a problem-solving approach to finishing their novels. This class is intended for writers with an in-progress novel.

C1230 15 Hrs 1/19 - 5/04 Sa 9:00AM - 12:00PM PMC Pittsboro Small Business, Rm. 103G S. Bryant \$95.00

Flash Fiction Bootcamp II

Think you don't have time to write? Anybody has time for flash fiction, and by the end of this class, you'll have five finished pieces. Bring your favorite writing gear (notebook and pen/pencil or laptop) and get ready for new prompts, new inspiration, and instant feedback. Attention!

C1235 6 Hrs 4/13 - 4/13 Sa 9:00AM - 3:00PM PMC Pittsboro Small Business, Rm. 103G A. Memory \$50.00

Introduction to Grant Writing

Learn the basics of writing a grant in this hands-on, workshop-type setting, including: learning different components of a grant, setting and maintaining grant cycles, identifying grant funding resources, and applying good storytelling to a successful program.

C1226 7 Hrs 4/02 - 4/02 T 9:00AM - 4:30PM PMC Pittsboro Small Business, Rm. 103G D. Sickles \$55.00

Mindfulness and Writing Haiku

This class will focus on the role of mindfulness in haiku by examining Buddhist ideas and their expression in Chinese and Japanese poetry. We will apply these ideas to writing haiku in English. Students will complete classroom exercises derived from traditional and non-traditional sources and will write and discuss their haiku.

C1073 6 Hrs 3/09 - 3/16 Sa 9:00AM - 12:00PM PMC Pittsboro Small Business, Rm. 103G T. Mattimore \$50.00

Moving from Memoir to Poetry

We will study how poets turn their memories and experiences into poetry. Time will be divided between workshopping your poems and discussing poems by a diverse selection of poets. This class is open to all levels.

C1233 20 Hrs 3/07 - 5/09 Th 6:00PM - 8:00PM PMC Pittsboro Admin/Class, Rm. 0226 G. MacNair \$125.00

Performing Poetry

Most poetry sales are made at poetry readings; bad readings damage sales; excellent readings enhance sales. You will learn how to read and recite excellently--so poetry shines and comes alive. You'll also learn why some poetry is read or recited as it is. This'll be fun!

C1229 6 Hrs 1/26 - 1/26 Sa 10:00AM - 4:30PM PMC Pittsboro Small Business, Rm. 103G J. York \$40.00

Playing with Words

This is a class designed for writers to hone their craft creating compelling characters captured in true-to-life dialogue. Through in class writing exercises incorporating successful playwriting and screenwriting techniques, participants will create an original short play inspired by fictional or real life. The final session of the class will include reading of participants' new works!

C1227 12 Hrs 2/05 - 3/12 T 6:00PM - 8:00PM PMC Pittsboro Admin/Class, Rm. 0226 J. Guralnick \$125.00

Social Media for Writers: 7 Strategies

Creating an online presence and managing social media is a must for aspiring and professional writers. Engaging with social media helps writers build relationships with other authors, fans and industry professionals. Find out ways to effectively harness social media to meet your goals and have fun while doing it.

C1228 5 Hrs 3/23 - 3/23 Sa 10:00AM - 3:00PM PMC Pittsboro Small Business, Rm. 103G M. Berger \$50.00

Transform Your Health: Write to Heal

Are secrets hazardous to your health? Can language reduce stress? Is writing a pathway to resilience and optimum well-being? Benefit from the results of research by taking a course in expressive writing. We do all our writing during timed sessions in class. You will take away 21 different writing tools for future use.

C1071 16 Hrs 3/04 - 4/22 M 6:30PM - 8:30PM PMC Pittsboro Admin/Class, Rm. 0226 M. Barnard \$100.00

Write the Poem You Really Want to Write

Write the poem you really want to write. This class will discuss published examples of a range of poetic styles and voices, provide participant critiques, prompt writing, and look at publishing possibilities. Suitable for experienced and beginning poets.

C1070 12 Hrs 1/30 - 3/06 W 6:00PM - 8:00PM PMC Pittsboro Admin/Class, Rm. 0226 T. Dow II \$100.00

Write Your Life Story

Writing your life story can bring enjoyment and satisfaction. It's a priceless gift, a legacy of living history for your family. This class will provide a structured process, prompts for ideas, weekly writing and reading aloud, and suggestions for continuing and publishing.

C1072 20 Hrs 2/20 - 4/24 W 10:00AM - 12:00PM PMC Pittsboro Admin/Class, Rm. 0226 K. Pullen \$160.00

Writing for Young Audiences

If you've dreamed of writing a children's book, this is the course for you! Practice the creative side of the craft while developing your own manuscript, and learn the business side of writing, including how to identify publishers, how to prepare your submission, and how to market your work. There are two suggested texts for this class.

C1237 16 Hrs 3/20 - 5/08 W 6:30PM - 8:30PM PMC Pittsboro Admin/Class, Rm. 0226 D. Sickles \$115.00

Writing the Killer Mystery

The course will cover the elements of the murder mystery, including sub-genre, story premise, development of character and plot. Developing suspense, red herrings, misdirection, backstory and flashbacks will be included. Critiquing, rewriting and publishing will be touched upon.

C1075 8 Hrs 3/02 - 4/06 Sa 9:00AM - 1:00PM PMC Pittsboro Small Business, Rm. 103G R. Voigts \$70.00

Culinary Arts & Hospitality

Butchering Essentials - Pork

In this course students will prepare for introductory skills in butchery and will section and prepare items for use of an entire pig. Students will learn salt curing, cooking, and brining as well as storage and food preservation. Kitchen safe shoes and attire (hat or hair covering, chef's coat, smock or apron and closed-toe shoes).

C1256 24 Hrs 2/13 - 3/20 W 2:30PM - 8:30PM PMC Sustainable Technology Bldg, Rm. 0145 T. Nicholas \$70.55

Culinary Essentials (Garde Manager)

Students will learn basic knife skills, basic cold food preparation techniques, salads, sandwiches, and appetizers. Uniform required: hat or hair covering, chef's coat, smock or apron and closed toe shoes.

C1251 85 Hrs 1/07 - 5/06 M 9:00AM - 2:00PM PMC Sustainable Technology Bldg, Rm. 0133 G. Hamm \$180.55

Further Down the Fermented Trail

In this primarily hands-on class, students will explore more fermented foods such as yogurt, kefir, beans, and grains and have an environment in which to experiment with their own fermented food interests. A uniform is required (hat or hair covering, chef's coat, smock or apron and closed-toe shoes).

C1255 16 Hrs 2/06 - 5/01 W 5:00PM - 9:00PM PMC Sustainable Technology Bldg, Rm. 0133 K. Burton \$70.55

Healthy Cooking Essentials

Students will cover holistic education, whole food culinary techniques, fundamentals of nutrition, and the connection between food, health and sustainability. This is a parallel course completed in a curriculum environment. Uniform required (hat or hair covering, chef's coat, smock or apron and closed-toe shoes).

C1252 94 Hrs 1/08 - 4/30 T 8:30AM - 2:00PM PMC Sustainable Technology Bldg, Rm. 0133 K. Burton \$180.55

How to Cook Locally and Seasonally

Learn how to make food choices that support their local community & our entire food system as a whole. Students will also learn to prepare a variety of dishes using local ingredients for every season. Uniform required (hat or hair covering, chef's coat, smock or apron and closed-toe shoes).

C1254 112 Hrs 1/09 - 5/01 W 8:00AM - 2:00PM PMC Sustainable Technology Bldg, Rm. 0133 K. Burton \$180.55

IDD Culinary Essentials

In this class, students with intellectual disabilities will learn basic knife skills, cooking techniques, cheese making and menu planning focused on local ingredients. A uniform is required (hat or hair covering, chef's coat, smock or apron and closed-toe shoes).

C1253 98 Hrs 1/10 - 5/02 Th 8:30AM - 2:00PM PMC Sustainable Technology Bldg, Rm. 0133 R. Minter \$180.55

Dance

Dance - Ballroom I

This class is designed to introduce students to several ballrooms dances. It will introduce the students to basic steps for leading and following.

C1059 5 Hrs 1/18 - 2/15 F 8:00PM - 9:00PM PMC Pittsboro Small Business, Rm. 0102 S. Nystrom \$35.00

Dance - Ballroom II

This class will continue to expand on the basic skills of leading and following and introduce additional ballroom steps.

C1060 5 Hrs 2/22 - 3/22 F 8:00PM - 9:00PM PMC Pittsboro Small Business, Rm. 0102 S. Nystrom \$35.00

Dance - Shag I

This course is designed to teach basic fundamentals of Shag dancing.

C1061 5 Hrs 1/18 - 2/15 F 7:00PM - 8:00PM PMC Pittsboro Small Business, Rm. 0102 S. Nystrom \$35.00

Dance - Shag II

This course is designed to continue teaching basic fundamentals of Shag dancing plus introduce more challenging steps.

C1062 5 Hrs 2/22 - 3/22 F 7:00PM - 8:00PM PMC Pittsboro Small Business, Rm. 0102 S. Nystrom \$35.00

Hustle and Samba I

This class is designed to teach basic Hustle and Samba dancing which includes basic lead and following skills.

C1063 5 Hrs 1/18 - 2/15 F 9:00PM - 10:00PM PMC Pittsboro Small Business, Rm. 0102 S. Nystrom \$35.00

Hustle and Samba II

This class is an intermediate Hustle and Samba dancing class. It is designed to work with students on leading and following and for students to learn more challenging steps. Dancing is a skill set which is beneficial in all social settings.

C1064 5 Hrs 2/22 - 3/22 F 9:00PM - 10:00PM PMC Pittsboro Small Business, Rm. 0102 S. Nystrom \$35.00

Emergency Medical Services

Airway Module 1

This course meets and/or exceeds the National Continued Competency Program as followed by NCOEMS and NREMT. Topics include: adult and pediatric ventilation, oxygenation and associated EMT skills. This class is for current EMTs.

C1185	3 Hrs	1/01 - 1/01	T	7:00PM - 10:00PM	CFD	Bennett Vfd-Bennett, Rm. 0001	.	\$70.00
C1186	3 Hrs	1/07 - 1/07	M	7:00PM - 10:00PM	CFD	N Chatham Fire Dept, Rm. 0001	.	\$70.00
C1187	3 Hrs	1/08 - 1/08	T	7:00PM - 10:00PM	CFD	Moncure Fire Dept, Rm. 0001	.	\$70.00
C1188	3 Hrs	1/09 - 1/09	W	9:00AM - 12:00PM	CFD	N Chatham Fire Dept, Rm. 0001	.	\$70.00
C1189	3 Hrs	1/10 - 1/10	Th	8:30AM - 11:30AM	CFD	Pittsboro Fire Dept, Rm. 0001	.	\$70.00
C1190	3 Hrs	1/14 - 1/14	M	7:00PM - 10:00PM	CFD	Silk Hope Fire Dept, Rm. 0001	.	\$70.00
C1192	3 Hrs	1/15 - 1/15	T	1:00PM - 4:00PM	CFD	N Chatham Fire Dept, Rm. 0001	.	\$70.00
C1191	3 Hrs	1/15 - 1/15	T	9:00AM - 12:00PM	CFD	N Chatham Fire Dept, Rm. 0001	.	\$70.00
C1193	3 Hrs	1/21 - 1/21	M	7:00PM - 10:00PM	CFD	Bonlee Vfd-Bonlee, Rm. 0001	.	\$70.00
C1194	3 Hrs	1/22 - 1/22	T	7:00PM - 10:00PM	CCMF	Siler City Health Dept, Rm. 0001	.	\$70.00
C1195	3 Hrs	1/23 - 1/23	W	8:30AM - 11:30AM	CFD	Pittsboro Fire Dept, Rm. 0001	.	\$70.00
C1196	3 Hrs	1/24 - 1/24	Th	8:30AM - 11:30AM	CFD	Pittsboro Fire Dept, Rm. 0001	.	\$70.00
C1198	3 Hrs	1/28 - 1/28	M	1:00PM - 4:00PM	CFD	N Chatham Fire Dept, Rm. 0001	.	\$70.00
C1197	3 Hrs	1/28 - 1/28	M	9:00AM - 12:00PM	CFD	N Chatham Fire Dept, Rm. 0001	.	\$70.00

EMT National Registry

This Course prepares students to work in the pre-hospital field as an EMT. Pre-requisites: possession of a high school or GED; placement test, immunizations and background check. Graduates are eligible for the National Registry & North Carolina Emergency Medical Technician credential. There are additional clinical costs. A textbook is required.

C1168 320 Hrs 1/07 - 7/15 M 6:00PM - 10:00PM SCMC Siler City Center, Rm. 0105 M. Braxton \$200.55
Sa 8:00AM - 5:00PM

Finance

Retirement Planning

This course is designed to provide in-depth information on retirement income planning, Social Security, Medicare, and long term care options - big decisions retirees must get right to have the opportunity for a long and meaningful 21st century retirement.

C1104 4 Hrs 3/12 - 3/19 T 6:00PM - 8:00PM PMC Pittsboro Admin/Class, Rm. 0226 A. Broadway \$25.00

Fire & Rescue Services

Fire Officer I

C1030 40 Hrs 1/23 - 2/05 M T W 8:00AM - 5:00PM CFD N Chatham Fire Dept, Rm. 0001 R. Swiger \$125.00
Th F

Fire Officer II

C1031 30 Hrs 2/18 - 2/27 M T 8:00AM - 5:00PM CFD N Chatham Fire Dept, Rm. 0001 R. Swiger \$125.00
W 8:00AM - 3:00PM

Pumps Hydraulics

C1015 16 Hrs 1/21 - 2/04 M Th 6:00PM - 10:00PM CFD Moncure Fire Dept, Rm. 0001 C. Deal \$70.00

Fitness

Mindfulness and Self-Care for Wellness

Come learn and experiment with self-care wellness practices and mindfulness activities that will help you to stay present and to engage the power of your whole being. Practices are grounded in neuroscience, hypnosis, and traditional Eastern medicine; guided visualization and body instruction, stress and anxiety busters, mindfulness and neuro-mindfulness, wellness and vitality boosters, guided relaxation and touch therapy.

C1068 8 Hrs 3/23 - 3/23 Sa 8:30AM - 5:00PM PMC Pittsboro Small Business, Rm. 103G L. Camp \$65.00

Tai Chi for Health

Students will learn the correct form and sequence of beginner and intermediate level of Sun Style Tai Chi movements following a choreographed series. Tai Chi principles of relaxation, slow movement, abdominal breathing, mental clarity and focus will be practiced.

C1069 15 Hrs 1/15 - 4/02 T 6:30PM - 7:45PM PMC Pittsboro Small Business, Rm. 0102 P. White \$70.00

Foreign Languages

Conversational Spanish (Advanced)

This course is designed to teach the student a greater proficiency of the Spanish language and culture. Must have at least 2 years of Spanish or permission of the instructor. A textbook is required.

C1092 24 Hrs 1/22 - 4/09 T 5:30PM - 7:30PM PMC Sustainable Technology Bldg, Rm. 0136 E. Chojnacki \$70.55

German (Beginning)

This introductory course in German will focus on basic language and conversational skills. It will include an overview of German society and culture, as well as its influences on American traditions and vernacular in a relaxed setting.

C1109 20 Hrs 2/07 - 4/11 Th 10:00AM - 12:00PM PMC Pittsboro Admin/Class, Rm. 0224 A. Priest \$70.55

Spanish (Beginning)

This course introduces the student to the fundamentals of speaking and reading Spanish. A textbook is required.

C1094 24 Hrs 2/20 - 5/08 M T W 0:01AM - 11:59PM DEP B Distance P. Mikesell \$70.55

Th F Sa
Su

C1091 24 Hrs 2/21 - 5/09 Th 5:30PM - 7:30PM PMC Sustainable Technology Bldg, Rm. 0135 P. Mikesell \$70.55

Spanish (Intermediate)

This course is designed to continue to build on the students' knowledge of the language so that their communication with Spanish-speaking people will be well-understood. A textbook is required.

C1093 24 Hrs 1/23 - 4/10 W 5:30PM - 7:30PM PMC Sustainable Technology Bldg, Rm. 0134 P. Mikesell \$70.55

Health & Medical Occupations

Cardiovascular Monitor Technician

This course is designed to prepare the student to become a certified EKG Technician and a certified Cardiovascular Monitor Technician. Upon completion of the class, the student will be eligible for the Cardiovascular Monitor Technician Certification Examination through the American Board of Cardiovascular Medicine (ABCM). A high school diploma and textbook are required.

C1554 132 Hrs 4/09 - 8/06 T Th 5:00PM - 9:00PM PMC Pittsboro Small Business, Rm. 0204 L. Yow \$180.55

Central Sterile Processing

This course is designed to introduce the primary responsibilities of a central sterile processing technician. Emphasis is placed on the principles of sterilization and disinfection in the workplace. Graduates are eligible for Certification for Healthcare Sterile Processing and Distribution Technician's exam. A textbook is required.

C1564 96 Hrs 4/16 - 8/08 T Th 6:00PM - 9:00PM SCMC Siler City Center, Rm. 0118 H. Lineberry \$180.55

Nurse Aide I

This course provides the knowledge and skills needed to care for adults. Emphasis is placed on activity of daily living skills and signs and symptoms of disease. Graduates are eligible for the National Nurse Aide Assessment Program (NNAAP) certification. Supplies are required. Criminal background check, immunization records, and drug testing are required before clinical rotation. This class is offered in traditional, hybrid, and accelerated formats.

C1562 184 Hrs 3/12 - 5/28 T Th 8:00AM - 4:30PM SCMC Siler City Center, Rm. 0123 D. McCarty-Kn \$200.55

Pharmacy Technician

This course provides instruction in technical procedures for preparing and dispensing drugs under the supervision of a registered pharmacist. Emphasis is placed on drug packaging/labeling and customer service. Graduates are eligible for the National Health Associations Examination for Certified Pharmacy Technician (ExCPT). A textbook is required. This class has campus specific enrollment requirements and textbooks.

C1563 150 Hrs 5/13 - 10/02 M W 5:30PM - 9:30PM SCMC Siler City Center, Rm. 0118 L. Stanley \$180.55

Phlebotomy Technician

This course provides instruction in blood/specimen collection techniques and handling. Graduates are eligible for the American Society for Clinical Pathology certification. A textbook, supplies, criminal background check, and immunization records are required. Drug test is required at some clinical locations. Clinical hours may vary from scheduled class times.

C1555	200 Hrs	1/22 - 4/10	T W Th	9:00AM - 3:30PM	PMC	Pittsboro Admin/Class, Rm. 0217	M. McGhee	\$200.55
C1557	200 Hrs	1/29 - 5/16	T W Th	5:30PM - 8:30PM	PMC	Pittsboro Admin/Class, Rm. 0217	M. McGhee	\$200.55
C1556	200 Hrs	5/01 - 7/23	T W Th	9:00AM - 3:30PM	PMC	Pittsboro Admin/Class, Rm. 0217	M. McGhee	\$200.55

Human Services

Human Services Exploration: DSS Casework

This course covers skills and strategies designed to provide employability skills training and career exploration for the role of Income Maintenance Caseworker within the Division of Social Services agencies. This course is a pre-requisite to HSE-3220 Income Maintenance Caseworker - NC FAST. If you are unemployed, underemployed or received notification of a pending layoff, you may qualify for a tuition waiver to cover the cost of this class.

C1096	48 Hrs	1/15 - 3/07	T Th	6:00PM - 9:00PM	PMC	Pittsboro Admin/Class, Rm. 0222	M. Johnson	\$125.00
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Income Maintenance Caseworker - NCFast

This course is designed to cover a variety of skills associated with the Income Maintenance Caseworker role to determine service eligibility. Specific focus will include proficiency in the utilization of the NC Fast application. Other topics will include skills in communication, interviewing, time management, data gathering/compiling, and data analysis. Pre-requisite is HRD-4000, Human Services Exploration - DSS Caseworker.

C1097	48 Hrs	3/19 - 5/09	T Th	6:00PM - 9:00PM	PMC	Pittsboro Admin/Class, Rm. 0222	R. Askins	\$125.55
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Nature

Birding (Beginning)

Learn the basics of backyard bird identification and how to attract birds to your home landscape. Topics include choosing binoculars, field guides, seed and feeders, nesting boxes and locations for observation. Classroom video presentations will complement weekly outdoor birding trips to easy access birding sites in Chatham County.

C1065	24 Hrs	3/19 - 5/07	T	9:00AM - 12:00PM	PMC	Pittsboro Small Business, Rm. 103G	A. Upshaw	\$110.00
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Plants, Birds, Rocks and Things

This course will familiarize students with the natural flora, fauna, geology and archaeology of Chatham County. Exposure to the natural world and our history enriches ones' life, enabling the student to appreciate these resources at a personal, informed level and enabling them to share this knowledge with others.

C1234	24 Hrs	3/20 - 5/08	W	9:00AM - 12:00PM	PMC	Pittsboro Small Business, Rm. 103G	A. Upshaw	\$100.00
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Photography

Creating Art-Photography Fundamentals 2

Do you have a digital camera and want to learn how to use it more effectively and artistically? In this class, we will discuss photographic techniques used with macro, documentary, portrait, landscape, wildlife, nature, and event photography. The class will include field work, discussions and review of student images, and career options in photography. Students must have a DSLR or a point & shoot camera.

C1236	16 Hrs	3/19 - 5/07	T	6:30PM - 8:30PM	PMC	Pittsboro Small Business, Rm. 0108	C. Moses	\$70.55
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Religion

Understanding the New Testament

This course will focus on the New Testament with special reference to the historical and literary questions involved in contemporary and historical biblical interpretation.

C1111	36 Hrs	1/14 - 4/08	M	6:00PM - 9:00PM	PMC	Pittsboro Admin/Class, Rm. 0224	J. Pharr	\$125.00
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