

“Alive at 25” and **Defensive Driving** classes have moved from the Personal Enrichment section. Please refer to the inside front cover for complete class listings.

## American Sign Language 1

This course is designed to help students build their American Sign Language (ASL) vocabulary and understand how a sign is formed. Students will not only learn the language of everyday conversation but also understand how facial expressions and body, head, and eye movement are used to convey messages.

**Course #:** C-3754

**Start • End Date:** 09/28/11 • 11/16/11

**Day:** W **Time:** 6:00P – 8:00P

**Cost:** 65.00 **Location Code:** PMC

**Building Location:** TBD

*Instructor: Rhonda Jones*

## Auto Owners Empowerment

Learn how to take care of your own car or truck and save money – like changing your own oil. Learn how to change a tire so you’re never stuck by the roadside again. You’ll even learn how to really use that owner’s manual.

**Course #:** L-3188

**Start • End Date:** 10/03/11 • 10/24/11

**Day:** M **Time:** 6:00P – 8:00P

**Cost:** 37.75 **Location Code:** LMC

**Building Location:** Joyner 516

*Instructor: Pete Eckley*

## Backyard Chicken Schemes

With limited space and experience plus a sense of humor, raise a small flock of happy chickens – even in the city. Start in the classroom and go to the farm with instructor Judy Hogan as she shares her learning curve on the basics of chicks to healthy eggs and meat.

**Course #:** L-3227

**Start • End Date:** 10/08/11 • 10/08/11

**Day:** Sa **Time:** 9:00A – 4:00P

**Cost:** 29.00 **Location Code:** DAWCC

**Building Location:** Conf Rm

*Instructor: Judy Hogan*

## Basic Dog Obedience

Fun yet intensive beginner obedience/home management class for dogs over 6 mos old. Students will learn to train their dogs, using positive reinforcement, to walk on a loose leash, come when called, and sit, down, and stand, when asked. A “must” for all new dog owners and especially shelter and rescue dogs. No dog is too old to learn. *First class is mandatory orientation (no dogs) – owners only.*

**Course #:** C-3258

**Start • End Date:** 09/30/11 • 11/18/11

**Day:** F **Time:** 6:00P – 7:30P

**Cost:** 61.25 **Location Code:** PMC

**Building Location:** Bldg 042 Rm MPR

*Instructor: Pat Sullivan*

**Course #:** C-3259

**Start • End Date:** 09/30/11 • 11/18/11

**Day:** F **Time:** 7:30P – 9:00P

**Cost:** 61.25 **Location Code:** PMC

**Building Location:** Bldg 042 Rm MPR

*Instructor: Pat Sullivan*

## Basic Electricity for Homeowners

Students will learn to perform basic repairs and troubleshoot common household problems.

**Course #:** C-3288

**Start • End Date:** 09/07/11 • 10/26/11

**Day:** W **Time:** 6:00P – 8:30P

**Cost:** 66.25 **Location Code:** PMC

**Building Location:** Bldg 041 Rm 117

*Instructor: Michael Kreibick*

## Beginning Guitar

Students will learn basic major and minor chords, strumming techniques, and how to read and play simple melodies.

**Course #:** H-3946

**Start • End Date:** 09/19/11 • 11/07/11

**Day:** M **Time:** 6:00P – 9:00P

**Cost:** 60.00 **Location Code:** HMC

**Building Location:** Bob Etheridge Rm 306

*Instructor: Toby Sumner*

## Concealed Carry Handgun

Learn the textbook and firing range knowledge you need to apply for a concealed weapon permit. This class provides 4 hours of classroom instruction and 4 hours on the firing range.

**Course #:** L-3220  
**Start • End Date:** 09/17/11 • 09/17/11  
**Day:** Sa **Time:** 8:00A – 5:00P  
**Cost:** 75.00 **Location Code:** WFRG  
**Building Location:** Wes Farrell Range  
*Instructor: James Estes*

**Course #:** L-3221  
**Start • End Date:** 11/05/11 • 11/05/11  
**Day:** Sa **Time:** 8:00A – 5:00P  
**Cost:** 75.00 **Location Code:** WFRG  
**Building Location:** Wes Farrell Range  
*Instructor: James Estes*

## Dancing – Ballroom I

*Center for Creative Retirement* 

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

**Course #:** C-3253  
**Start • End Date:** 09/09/11 • 10/07/11  
**Day:** F **Time:** 8:00P – 9:00P  
**Cost:** 35.00 **Location Code:** PMC  
**Building Location:** Bldg 042 Rm MPR  
*Instructor: Stephen Nystrom*

## Dancing – Ballroom II

*Center for Creative Retirement* 

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

**Course #:** C-3256  
**Start • End Date:** 10/21/11 • 11/18/11  
**Day:** F **Time:** 8:00P – 9:00P  
**Cost:** 35.00 **Location Code:** PMC  
**Building Location:** Bldg 042 Rm MPR  
*Instructor: Stephen Nystrom*

## Dancing – Mambo/West Coast Swing

*Center for Creative Retirement* 

This course is designed to teach basic fundamentals of Mambo/West Coast Swing.

**Course #:** C-3254  
**Start • End Date:** 09/09/11 • 10/07/11  
**Day:** F **Time:** 9:00P – 10:00P  
**Cost:** 35.00 **Location Code:** PMC  
**Building Location:** Bldg 042 Rm MPR  
*Instructor: Stephen Nystrom*

## Dancing – Mambo/West Coast Swing II

*Center for Creative Retirement* 

This course is designed to continue teaching basic fundamentals of Mambo/West Coast Swing dancing plus introduce more challenging steps.

**Course #:** C-3257  
**Start • End Date:** 10/21/11 • 11/18/11  
**Day:** F **Time:** 9:00P – 10:00P  
**Cost:** 35.00 **Location Code:** PMC  
**Building Location:** Bldg 042 Rm MPR  
*Instructor: Stephen Nystrom*


## Dancing – Shag I

*Center for Creative Retirement* 

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

**Course #:** C-3252  
**Start • End Date:** 09/09/11 • 10/07/11  
**Day:** F **Time:** 7:00P – 8:00P  
**Cost:** 35.00 **Location Code:** PMC  
**Building Location:** Bldg 042 Rm MPR  
*Instructor: Stephen Nystrom*

## Course #:

**Course #:** H-3944   
**Start • End Date:** 09/21/11 • 10/26/11  
**Day:** W **Time:** 7:00P – 8:00P  
**Cost:** 30.00 **Location Code:** HMC  
**Building Location:** Miriello Rm 135  
*Instructor: James Patterson*

## Dancing – Shag II

*Center for Creative Retirement* 

This course teaches a student the advance dance steps of Shagging. This course is a continuation of Shag I.

**Course #:** H-3945

**Start • End Date:** 09/21/11 • 10/26/11

**Day:** W **Time:** 8:00P – 9:00P

**Cost:** 30.00 **Location Code:** HMC

**Building Location:** Miriello Rm 135

*Instructor:* James Patterson

**Course #:** C-3255



**Start • End Date:** 10/21/11 • 11/18/11

**Day:** F **Time:** 7:00P – 8:00P

**Cost:** 35.00 **Location Code:** PMC

**Building Location:** Bldg 042 Rm MPR

*Instructor:* Stephen Nystrom

## Fundamentals of Investing

*Center for Creative Retirement* 

This course educates investors on the basics of investing and financial planning.

**Course #:** C-3286

**Start • End Date:** 09/12/11 • 10/31/11

**Day:** M **Time:** 6:00P – 8:00P

**Cost:** 50.00 **Location Code:** PMC

**Building Location:** Bldg 041 Rm 225

*Instructor:* Chad Virgil

## Genealogy

*Center for Creative Retirement* 

Learn how to discover your family tree and uncover your rich roots.

**Course #:** C-3279

**Start • End Date:** 09/14/11 • 10/26/11

**Day:** W **Time:** 7:00P – 9:00P

**Cost:** 60.00 **Location Code:** PMC

**Building Location:** Bldg 041 Rm 225

*Instructor:* William Dow

## Getting Paid to Talk/Making Money With Your Mouth

Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the Internet in your area. This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally.

**Course #:** H-3942

**Start • End Date:** 10/25/11 • 10/25/11

**Day:** T **Time:** 6:30P – 9:00P

**Cost:** 20.00 **Location Code:** HMC

**Building Location:** TBD

*Instructor:* David Rodwell

## Instant Piano for Hopelessly Busy People

Want to learn the secrets and magical shortcuts how professional piano players embellish songs? Chords not notes? In just one enjoyable evening, you'll learn all cords needed to play any song, any style, and any key. It's not necessary to take years of weekly lessons to learn piano.

**Course #:** H-3954

**Start • End Date:** 11/30/11 • 11/30/11

**Day:** W **Time:** 6:00P – 9:30P

**Cost:** 75.00 **Location Code:** HMC

**Building Location:** Miriello Rm 135

*Instructor:* David Haynes

## Mosaic Workshop

Students will learn the technique of mosaic as well as the proper use of tools and material in order to design and construct a mosaic on the outdoor pizza oven.

**Course #:** C-3300

**Start • End Date:** 10/01/11 • 11/05/11

**Day:** Sa **Time:** 10:00A – 1:00P

**Cost:** 61.25 **Location Code:** PMC

**Building Location:** Land Lab

*Instructor:* Janice Rieves

## Open Water Scuba Diver Pre-Certification

Classroom instruction fee is \$40. For more information on additional required lab fees that are paid directly to the seduction dive services, please contact (910) 892-7878.

**Course #:** H-3947

**Start • End Date:** 09/13/11 • 10/25/11

**Day:** T **Time:** 8:30P – 9:30P

**Cost:** 40.00 **Location Code:** HMC

**Building Location:** TBD

*Instructor: Carmine Colanteuno*

## Tai Chi for Health

*Center for Creative Retirement* 

Class focuses on relaxing the body, deepening the breath, increasing flexibility, and improving muscle strength, balance, and coordination. Anyone, regardless of age or physical ability, can practice Tai Chi.

**Course #:** L-3151

**Start • End Date:** 09/12/11 • 11/16/11

**Day:** MW **Time:** 12:00P – 12:30P

**Cost:** 29.00 **Location Code:** LMC

**Building Location:** Fitness Gym

*Instructor: Jeremy Jackson*

## Yoga – Beginning Level I

*Center for Creative Retirement* 

Begins with the history of yoga, lifestyle, diet, and breathing techniques and progresses into mastery of various of postures and practices.

**Course #:** L-3152


**Start • End Date:** 09/14/11 • 11/16/11

**Day:** W **Time:** 11:00A – 12:00P

**Cost:** 39.00 **Location Code:** LLC

**Building Location:** Gym

*Instructor: Crystal Hetrick*

**Course #:** H-3952 

**Start • End Date:** 10/03/11 • 11/21/11

**Day:** M **Time:** 12:00P – 1:00P

**Cost:** 38.00 **Location Code:** HMC

**Building Location:** Miriello Rm 135

*Instructor: Crystal Hetrick*

## Zumba

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be fun and easy to do allowing Zumba participants to stick to the principles of fitness interval training and resistance training to maximize caloric output, fat burning, and total body toning. It is a mixture of body sculpting movements with easy to follow dance steps.

**Course #:** L-3174

**Start • End Date:** 09/14/11 • 11/16/11

**Day:** W **Time:** 12:30P – 1:30P

**Cost:** 39.00 **Location Code:** LLC

**Building Location:** Gym

*Instructor: Crystal Hetrick*

**Course #:** H-3941

**Start • End Date:** 10/03/11 • 11/21/11

**Day:** M **Time:** 1:30P – 2:30P

**Cost:** 38.00 **Location Code:** HMC

**Building Location:** Miriello Rm 135

*Instructor: Crystal Hetrick*

