“Alive at 25” and Defensive Driving classes have moved from the Personal Enrichment section to their own section. Please refer to that section for complete class listings.

Breathing, Relaxation and Meditation

Learn ancient practices that may help strengthen your respiratory system, soothe your nervous system, and develop a serene state of mind, giving you an improved sense of peace.

**Course #: L-2140, Hours: 6**
**Start • End Date:** 06/06/12 • 07/18/12
**Day:** W **Time:** 7:15P – 8:15P
**Cost:** 29.00 (SS) **Location Code:** WBW
**Building Location:** Main Bldg Rm 214
**Instructor:** Crystal Hetrick

Chinese Food

Learn about Chinese food and how to prepare basic, authentic dishes. The first session will introduce Chinese food and dining as it relates to culture, tradition, environment, health, and history. You will also learn about the various Chinese fruits, vegetables, and meats that are available and about the basic ingredients that are used in many dishes.

**Course #: L-2198, Hours: 8**
**Start • End Date:** 05/22/12 • 06/12/12
**Day:** T **Time:** 6:30P – 8:30P
**Cost:** 49.00 (SS) **Location Code:** LMC
**Building Location:** Science Bldg Rm 9105
**Instructor:** Ling Huang

Concealed Carry Handgun

Learn the textbook and firing range knowledge you need to apply for a concealed weapon permit. This class provides four (4) hours of classroom instruction and four (4) hours on the firing range. You will need to provide your own gun, protective eyewear, and ball cap. Please request specific course instructions and requirements when registering.

**Course #: L-2141, Hours: 8**
**Start • End Date:** 06/02/12 • 06/02/12
**Day:** Sa **Time:** 8:00A – 5:00P
**Cost:** 75.00 (SS) **Location Code:** WFRG
**Instructor:** James Estes

**Course #: L-2142, Hours: 9**
**Start • End Date:** 08/11/12 • 08/11/12
**Day:** Sa **Time:** 8:00A – 5:00P
**Cost:** 75.00 (SS) **Location Code:** WFRG
**Instructor:** James Estes

Dancing – Shag I

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

**Course #: H-2943, Hours: 6**
**Start • End Date:** 06/06/12 • 07/18/12
**Day:** W **Time:** 7:00P – 8:00P
**Cost:** 30.00 (SS) **Location Code:** HMC
**Building Location:** Miriello Rm 135
**Instructor:** James Patterson

Fluency in Social Networking

Students will learn the necessary skills to navigate a bevy of online social networking sites with ease. In addition they will learn tips and tricks about online brand marketing and networking as well as different risks people typically encounter while dealing with social media.

**Course #: C-2771, Hours: 16**
**Start • End Date:** 05/23/12 • 07/18/12
**Day:** W **Time:** 6:00P – 8:00P
**Cost:** 60.00 (SS) **Location Code:** PMC
**Building Location:** Bldg 042 Rm 209
**Instructor:** Andrew Hanner

Guitar Level I

This class is for either the complete beginner or guitar players who would like a refresher in the basics. Students will learn the basic open chords, major and minor, basic ear training, and be introduced to power chords. Students will accompany each other in class and practice the basics of improvisation.

**Course #: C-2739, Hours: 15**
**Start • End Date:** 05/17/12 • 07/26/12
**Day:** Th **Time:** 6:30P – 8:00P
**Cost:** 95.00 (SS) **Location Code:** PMC
**Building Location:** Bldg 041 Rm 224
**Instructor:** John Westmoreland

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-2948, Hours: 7**
**Start • End Date:** 05/22/12 • 07/03/12
**Day:** T **Time:** 8:30P – 9:00P
**Cost:** 40.00 (SS) **Location Code:** HMC
**Building Location:** TBD
**Instructor:** Carmine Colanteuno

For registration information, refer to page 3. For location key, refer to page 6.
Peter-Patron Saint or Chief Sinner
This class addresses the life of Peter from a historical perspective and looks at the successes and failures in the life of Peter and what we can learn to from these success and failures.

Course #: H-2942, Hours: 12
Center for Creative Retirement
Start • End Date: 06/12/12 • 07/17/12
Day: T Time: 9:00A – 11:00A
Cost: 40.00 (SS) Location Code: HMC
Building Location: TBD
Instructor: Mark Bordeaux

Yoga – Beginning Level I
Center for Creative Retirement
You will learn the history of yoga, the lifestyle, diet and breathing techniques, and progress into mastery of various postures and practices. Wear very comfortable clothing and soft soled shoes. Bring your own yoga mat.

Course #: L-2146, Hours: 8
Start • End Date: 06/06/12 • 08/08/12
Day: W Time: 11:00A – 12:00P
Cost: 39.00 (SS) Location Code: WBW
Building Location: Gym
Instructor: Crystal Hetrick

You Are What You Eat
Center for Creative Retirement
Be a mindful eater. Learn information you need to make informed decisions about the food you eat and how to improve overall well-being by making good food choices.

Course #: L-2139, Hours: 8
Start • End Date: 06/06/12 • 08/01/12
Day: W Time: 6:00P – 7:00P
Cost: 39.00 (SS) Location Code: WBW
Building Location: Main Bldg Rm 214
Instructor: Crystal Hetrick

Small Fruit Production
In this course students will learn the basics of planting their own vineyards in preparation of winemaking.

Course #: H-2946, Hours: 16
Start • End Date: 05/24/12 • 07/19/12
Day: Th Time: 6:30P – 8:30P
Cost: 50.00 (SS) Location Code: HMC
Building Location: TBD
Instructor: Mark Bordeaux

Zumba
Enjoy a high energy fitness program inspired by Latin dance. The first week of class, you will learn full routines set to songs between three and five minutes long. Wear comfortable, light clothing and soft soled shoes. Bring water to drink.

Course #: C-2741, Hours: 10
Start • End Date: 05/23/12 • 08/01/12
Day: W Time: 6:30P – 7:30P
Cost: 40.00 (SS) Location Code: PMC
Building Location: Bldg 042 Multipurpose Rm
Instructor: Lee Norris-Bouwman

Sightseeing and Traveling in China
Center for Creative Retirement
Just like the U.S. cannot simply be represented by NYC and DC, China is more than just Beijing and Shanghai. Whether you’re traveling to China for the first time, or going back for more, this course is specially designed to introduce you to magnificent sightseeing spots you might not have heard of. Covering a different Chinese region each session, you will learn about every province’s must-see places and local specialties.

Course #: L-2197, Hours: 9
Start • End Date: 05/16/12 • 06/20/12
Day: W Time: 7:00P – 8:30P
Cost: 49.00 (SS) Location Code: LMC
Building Location: Science Bldg Rm 9105
Instructor: Ling Huang

For registration information, refer to page 3. For location key, refer to page 6.