

# Lifelong Learning Classes from August 10 to December 11, 2018

Class	Course Type	Cost <sup>^</sup>	Date(s) <sup>*</sup>	Loc. <sup>^^</sup>	Day	Time <sup>**</sup>	Instructor	Class Description & <i>Special Instructions</i>
<b>ARTS</b>								
<b>Clay Art</b> (Full Semester)	ART099X	\$220	Aug. 21- Dec. 4	WMC	T	9am-1pm	Sweeney	Beginning students learn the basic knowledge to form and finish ceramic ware while advanced students are provided a relaxed studio environment to advance, innovate and expand their techniques. <i>Students need to bring a basic clay tool kit. (ages 12 &amp; up)</i>
<b>Clay Art</b> (8 weeks)	ART099X	\$110	Aug. 21- Oct. 9	WMC	T	9am-1pm	Sweeney	Beginning students learn the basic knowledge to form and finish ceramic ware while advanced students are provided a relaxed studio environment to advance, innovate and expand their techniques. <i>Students need to bring a basic clay tool kit. (ages 12 &amp; up)</i>
	ART099X	\$110	Oct. 16- Dec. 4	WMC	T	9am-1pm		
<b>CRAFTS</b>								
<b>Beginner Florist</b> <b>"Craft and Business"</b> <b>New!</b>	HCT099X	\$220	Sept. 4-Oct. 9	WMC	T	5-7pm	Proskow	Do you want to start a business? Are you having a wedding? Have a yard sale find that you want to turn into a beautiful center piece? This is the class for you! Learn all there is to know about the floral art. All things created can be taken home at the end of each class. <i>There is an additional \$15-20 fee per class if students would like fresh or silk flowers provided. Students are welcome to bring their own flowers to class at no cost.</i>
<b>Holiday Designs and Décor</b> <b>New!</b>	HCT099X	\$220	Nov. 6- Dec. 11	WMC	T	5-7pm	Proskow	Time to get ready for the holidays! Turn your house into an amazing holiday-themed work of art! Learn the techniques to create wreaths, center pieces, tree trimming and all your holiday needs. All things created can be taken home at the end of each class. <i>There is an additional \$15-20 fee per class if students would like fresh or silk flowers provided. Students are welcome to bring their own flowers to class at no cost.</i>
<b>DANCE</b>								
<b>Country Waltz</b>	HPE099X	\$40	Aug. 27- Sept. 24	WMC	M	7-8pm	Venancio	Come enjoy a night out as you learn a classic country waltz. Singles and couples learn a fun and basic 1-2-3 country waltz with easy turns. <i>Students should wear leather or soft sole shoes. No Class on Monday Sept. 3, College Closed for Labor Day</i>
<b>Fun Line Dance</b> (Variety of Music)	HPE099X	\$40	Oct. 1-29	SCC	M	4:30-5:30pm	Venancio	Singles and couples learn the basic steps and positions for fun western line dances such as the Cotton Eye Joe, 10-step and many more. <i>Students should wear soft sole shoes or shoes with leather soles. Class will be held at Katherine's Dance studio at 83 S. Main St. in Snowflake.</i>
<b>Basic Progressive 2-Step for Beginners</b>	HPE099X	\$40	Oct. 2-30	SCC	T	6-7pm	Venancio	A fun dance class for couples to learn something new. Students will learn the basic 2-step and techniques such as turns, leading and cues. Learn 2-steps that will fit with multiple music styles from western, Latin and contemporary. Grab your partner for a fun night out! <i>Students should wear soft sole shoes or shoes with leather soles. Class will be held at Katherine's Dance studio at 83 S. Main St. in Snowflake.</i>
<b>Intermediate to Advance Progressive 2- Step</b>	HPE099X	\$40	Nov. 6- Dec. 4	SCC	T	7-8:30pm	Venancio	Here's your chance to advance your dance moves! Students will learn the basic 2-step and techniques such as turns, leading and cues. You will be introduced to more turns and traveling turns from 2-step to swing. <i>Students should wear soft sole shoes or shoes with leather soles. Class will be held at Katherine's Dance studio at 83 S. Main St. in Snowflake.</i>
<b>HEALTH AND PHYSICAL FITNESS</b>								
<b>Beginning Yoga</b> (Counts as <i>one</i> college credit) <small>Students must use standard NPC registration process, (not the new online process). Call 928-536-6244 for further instructions.</small>	HPE101B	\$74	Aug. 21- Oct. 11	PDC	T,R	5:30-7:30pm	Schmidt	Introduction to basic yoga poses, breathing techniques, principles of relaxation and body awareness. This class is designed to increase flexibility, strength, concentration levels and feelings of relaxation. Discussion of yoga philosophy will be interwoven with physical practice. <i>Students should bring a yoga "sticky" mat and a firm blanket. No class on Aug. 25, Sept. 22, Oct. 20 and Nov. 17 (Saturdays), makeup classes will be Aug. 23, Sept. 20, Oct. 18, and Nov. 15 (Thursdays).</i>
	HPE101B	\$74	Oct. 16- Dec. 6	PDC	T,R	5:30-7:30pm		
	HPE101B	\$74	Aug. 20- Dec. 10	LCC	M	6-8pm		
	HPE101B	\$74	Aug. 23- Dec. 8	LCC	S	8:30-10:30am		
<b>Intermediate Yoga</b> (Counts as <i>one</i> college credit) <small>Students must use standard NPC registration process, (not the new online process). Call 928-536-6244 for further instructions.</small>	HPE101C	\$74	Aug. 21- Oct. 11	PDC	T,R	5:30-7:30pm	Schmidt	This class will build upon skills learned in beginning yoga, refining postures, breathing and meditation. Pranayama techniques and intermediate level Asanas will be introduced. Discussion of yoga philosophy will be interwoven with physical practice. <i>Students should bring a yoga "sticky" mat and a firm blanket. No class on Aug. 25, Sept. 22, Oct. 20 and Nov. 17 (Saturdays), makeup classes will be Aug. 23, Sept. 20, Oct. 18, and Nov. 15 (Thursdays).</i>
	HPE101C	\$74	Oct. 16- Dec. 6	PDC	T,R	5:30-7:30pm		
	HPE101C	\$74	Aug. 20- Dec. 10	LCC	M	6-8pm		
	HPE101C	\$74	Aug. 23- Dec. 8	LCC	S	8:30-10:30am		
<b>Hatha Yoga</b>	HPE099X	\$72	Aug. 21 - Dec. 4	SPE	T	5:30-6:30pm	Rihs	This multi-level class combines both traditional and flow-style yoga using breathing, yoga poses, relaxation and meditation. Students of any age and physical ability will develop greater balance, strength and flexibility. <i>Students should bring a yoga mat, strap, two blocks and a firm blanket.</i>
<b>Slow Flow Vinyasa Yoga</b> <b>New!</b>	HPE099X	\$85	Aug. 22- Dec. 5	WMC	W	4-5pm	Ramirez	Learn how to calm the mind and build strength by linking breath to movement. Students will learn yoga breath techniques and yoga Asana (positions). Modifications will be given to suit all levels of physical ability. Students will be led through sequenced yoga flows designed to create space and build strength in the physical body while calming the mind. <i>Class requires students that can rise from a seating position. Students can bring a yoga mat, blanket, strap, or block. No class will be held on Oct. 3, 10 and Nov. 21st.</i>
<b>Self-Defense Kickboxing</b> <b>New!</b>	HPE099X	\$50	Nov. 3-17	SPE	S	10-11am	Accardo	This group class combines martial arts techniques with cardio. Taught by Master Accardo, a sixth-degree black belt with over 40 years experience. Students will learn basic kicking and punching techniques and will learn how to generate power. Students will be working on stretching and physical conditioning. Learn to defend yourself while gaining an amazing workout. All levels welcome!

<sup>^</sup> May not be final cost due to additional fees. Please refer to "Class Description and Special Instructions" column for additional fees listed.  
<sup>\*</sup> Dates are as listed in the following format: M-Monday, T-Tuesday, W-Wednesday, R-Thursday, F-Friday, S-Saturday. (There are no classes held on Sundays).  
<sup>^^</sup> Locations are as follows: LCC-Winslow Little Colorado Campus, PDC-Holbrook Painted Desert Campus, SCC-Snowflake Silver Creek Campus, WMC-Show Low White Mountain Campus, SPE-Springerville/Eagar Center  
<sup>\*\*</sup> Be sure to register EARLY, at least 4 days before your class starts to help prevent cancellation.

# For the most up-to-date information, please go to [www.npc.edu/noncredit-classes](http://www.npc.edu/noncredit-classes)

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<b>HEALTH AND PHYSICAL FITNESS (Continued)</b>								
<b>Self-Defense</b>	HPE099X	\$20	Sept. 15	SCC	S	10am-12pm	Accardo	Students will learn simple self-defense techniques to use on attackers. Master Accardo, a sixth-degree black belt with over 40 years' experience, will teach students defense form grabs, chokes, weapon defense, etc. Learn the proper way to strike for increasing results on the attacker. <i>(ages 14 and up)</i>
	HPE099X	\$20	Oct. 13	WMC	S	10am-12pm		
	HPE099X	\$20	Dec. 8	PDC	S	10am-12pm		
<b>POUND</b> <b>New!</b>	HPE099X	\$78	Aug. 22 - Dec. 5	LCC	W	7-8:00pm	Begay	This cardio jam session uses the infectious, energizing and sweat-dripping fun of playing drums. Using Ripstix, lightly-weighted drumsticks engineered specifically for exercise, POUND transforms drumming into an effective workout. POUND will provide the perfect atmosphere for letting loose, getting energized, improving your health, and rocking out! <i>Students need to bring a yoga mat for use in class.</i>
<b>GARDENING</b>								
<b>A Living Soil I</b>	AGR099X	\$68	Aug. 10-31	SCC	F	12-4pm	Howell-Costion	<b>Class I</b> helps students learn to work with the soil and climate challenges of growing in High Desert Regions, including lush gardens starting in the first year. Topics include: importance of humus, soil structure, micro-macro fauna/flora, what harms/nurtures life in the soil and evaluating and assessing your soil. Unique garden designs, explores French intensive, no-till, lasagna, small plot gardening, and bio-dynamic gardening.
<b>A Living Soil II</b>	AGR099X	\$68	Sept. 7-28	SCC	F	12-4pm	Howell-Costion	<b>Class II</b> helps students learn techniques to nurture the life in the soil. Topics include: how to nurture life in soil, methods of making and using compost, benefits and uses of mulching for vegetables and landscaping, methods of raising earthworms, including knowing their classifications, anatomy and lifestyles and uses of their worm castings.
<b>A Living Soil III</b>	AGR099X	\$68	Oct. 5-26	SCC	F	12-4pm	Howell-Costion	<b>Class III</b> helps students learn to create a balanced ecosystem in the garden: Topics include: benefits and uses of cover crops, importance of crop rotation, strategy and practice of rotation plans, creating micro climates, beauty/landscaping, efficient small spaces and compatible combinations.
<b>A Living Soil IV</b>	AGR099X	\$68	Nov. 2-30	SCC	F	12-4pm	Howell-Costion	<b>Class IV</b> helps students to learn how to feed a garden naturally: Topics include: importance of a balanced soil system, rock minerals, seaweed derivatives, natural soil amendments and fertilizers, various liquid nutrients (manure/compost tea, fermented teas, algae water, and foliar feeding), homemade sprays and remedies for garden solutions; inoculants, and beneficial insects in the garden.
<b>MUSIC</b>								
<b>Chord for Key: Instant Piano</b>	MUS099X	\$30	Sept. 8	SCC	S	9am-12pm	Coffman	In just a few hours, you can learn enough secrets of playing the piano to give you years of musical enjoyment. Learn all the chords you'll need to play any song in this one session! <i>There is a required, additional \$29 fee payable to the instructor for the workbook and online videos. (ages 18 and up)</i>
<b>Chords are Key: How to Play Piano by Ear</b>	MUS099X	\$30	Sept. 8	SCC	S	1-3:30pm	Coffman	Learn how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings and transposing – all expressed in everyday language. For more information about the class, and the instructor view his website at <a href="http://chordsarekey.com">chordsarekey.com</a> . Prior experience with the basic understanding of chords is recommended. <i>There is a required, additional \$29 fee payable to the instructor for the book and online audio instruction. (must be 18 years or older)</i>
<b>Chords are Key: Instant Guitar</b>	MUS099X	\$30	Sept. 8	SCC	S	3:45-6:15pm	Coffman	Can't find the time to learn the guitar? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. <i>Bring your acoustic guitar. There is a required, additional \$29 fee payable to the instructor for the workbook and online videos. (ages 13 and up)</i>
<b>For the Love of Pop Music</b> <b>New!</b>	MUS099X	\$35	Sept. 5 - Oct. 10	WMC	W	6:30-8:30pm	Witt	Journey through pop music and explore its history, sub-genres and contribution to American culture. Learn more about the history of pop music from the 1700's, through the rock & roll revolution and up to the 2000's. The class is a mix of lecture, recorded music and critical analysis of selected songs in class.
<b>PERSONAL DEVELOPMENT</b>								
<b>Basic NRA Pistol Class for Concealed Weapons Permit.</b>	STC099X	\$75	Aug. 18	WMC	S	8am-2pm	Harris	Successful completion of this course will qualify the student to apply for a permit to carry a concealed weapon. The NPC instructor will provide fingerprinting. <i>Students must be at least 21 years old. Students should bring their unloaded guns and ammunition but leave them secured in their vehicles.</i>
	STC099X	\$75	Sept. 15	PDC	S	8am-2pm		
	STC099X	\$75	Oct. 6	SCC	S	8am-2pm		
	STC099X	\$75	Nov. 17	SPE	S	8am-2pm		
<b>Estate Planning Seminar</b> <b>New!</b>	STC099X	\$20	Aug. 31	WMC	F	2-3:30pm	Schuerch	Learn how to protect your assets, avoid probate and provide for your loved ones in this estate planning seminar. This class includes a brief lecture about what estate planning is, who needs these services and how to get them. Students will receive explanations of all the documents available for an estate plan and will have access to a question/answer session. <i>Students should bring note-taking materials. There is a required, additional \$5 fee payable to the instructor for course material.</i>
	STC099X	\$20	Sept. 21	WMC	F	2-3:30pm		
	STC099X	\$20	Oct. 19	WMC	F	2-3:30pm		
<b>Basic Self-Defense with a Handgun</b> <b>New!</b>	STC099X	\$75	Oct. 20	SCC	S	8am-2pm	Harris	Self-defense is more than a class, it's a mindset. Students will learn how to think defensively, assess threats and learn avoidance techniques. Learn dynamic shooting techniques and develop defensive marksmanship skills. After action drills will be practiced. Students will learn confidence and how to effectively use a handgun as a defensive tool to protect their lives and the lives of the people they care about. <i>Students must be at least 21 years old. Students should bring their unloaded guns and ammunition but leave them secured in their vehicles.</i>

**There's a new way to register online! See back cover for details ►**