

# Fall 2017- Lifelong Learning Schedule



Class	Course Number	Cost	Date(s)	Location	Day	Time	Instructor	Class Description & Special Instructions
<b>Arts-ART</b>								
Clay Art (Full Semester)	ART099X -57	\$220	Aug. 22-Dec. 5	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>
Clay Art (8 weeks)	ART099X -55	\$110	Aug. 22-Oct. 10	WMC	T	9am -1pm		
	ART099X -56	\$110	Oct. 17-Dec. 5		T			
<b>NEW</b> Watercolor Basics Plus	ART099X-40	\$30	Aug. 24-Dec.7	SCC	R	6pm-7:30pm	Bogdanowicz	Learn the basic skills of watercolor painting as you evolve to the intermediate level. Students will develop painting techniques, color, water control, paper, light, shadows, blending, layering are but a few of the many skills you will acquire in this class. <i>Students required to bring watercolor paints (Basic colors), ruler, pencil, watercolor brushes, and tablet of watercolor paper. Bringing other mediums and small round palette is also encouraged. For ages 11 and up.</i>
<b>Dance-HPE</b>								
Beginning Mexican Folklore Dance	HPE099X-25	\$40^	Aug. 24- Dec. 7	LCC	R	4:30pm-5:30pm	Lewis	An introduction to Mexican Folk Ballet stressing basic principles, steps, sequences, skirt movements, posture, and settings. <i>Students will need to pay an additional \$15 to the instructor for costumes. Females will also need practice skirts.</i>
Intermediate Mexican Folklore Dance	HPE099X-27	\$45^	Aug. 24- Dec. 7	LCC	R	5:30pm-6:30pm		Learn intermediate skirt movements, intricate foot movements and choreographed routines while gaining knowledge of the Mexican culture. <i>Students will need to pay an additional \$15 to the instructor for costumes. Females will need practice skirts. Must have previous Mexican Folklore dance experience.</i>
Advance Mexican Folklore Dance	HPE099X-25	\$50^	Aug. 24- Dec. 7	LCC	R	6:30pm-8pm		An advanced course working on all the basics taught in the previous courses with more intricate Zapateados and difficult rhythms. <i>Students will need to pay an additional \$15 to the instructor for costumes. Females will need practice skirts. Must have previous Mexican Folklore dance experience.</i>
Line Dancing- All Levels	HPE099X-59	\$40	Aug. 28-Oct.2	WMC	M	7pm-8pm	Venancio	Singles and couples learn the basic steps and positions for fun western line dances such as the Cotton Eye Joe 10-step, along with the basic easy steps for Black Velvet, Good Time, Tulsa Time, Chatta-Hoochee and Cha-Cha. <i>Students should wear leather or soft sole shoes. No class Sept.4-College closed for Labor Day.</i>
<b>NEW</b> Fun Women Gypsy Workshop	HPE099X-41	\$15	Sept. 21	SCC	R	6:30pm-8:30pm		Learn to dance a group dance and learn the steps to a fun gypsy choreography. Women will have fun swishing their skirts and improving their balance to the music. <i>Class will be held at Katherine's Dance Studio, 60 S Main St. in Snowflake</i>

Health and Physical Fitness-HPE								
Beginning Yoga (College Credit)	HPE101B-35	\$72	Aug. 22-Oct. 12	PDC	T,R	5:30pm-7:30pm	Schmidt	Introduction to basic yoga poses, breathing techniques, principles of relaxation and body awareness designed to increase flexibility and strength to create better concentration and promote 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.</i>
	HPE101B-36		Oct. 17- Dec. 7					
	HPE101B-25	\$72	Aug.21- Dec.9	LCC	M	6pm-8pm		
	HPE101B-26				S	8:30am-10:30am		
Intermediate Yoga (College Credit)	HPE101C-35	\$72	Aug. 22-Oct. 12	PDC	T,R	5:30pm-7:30pm		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.</i>
	HPE101C-36		Oct. 17- Dec. 7					
	HPE101C-25	\$72	Aug.21- Dec.9	LCC	M	6pm-8pm		
	HPE101C-26				S	8:30am-10:30am		
Hatha Yoga	HPE099X-45	\$72	Aug.22 - Dec.5	SPE	T	5:30pm-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>
Hatha/Vinyasa Yoga	<b>Canceled</b>	\$96	Aug. 21-Oct.16	WMC	M,W	6pm-7pm	Clines	Students will be introduced to yoga postures through step-by-step verbal description and demonstration. Gradually these poses will come together into a flowing sequence. Each class will end with singing bowl meditation that assists in relaxation and meditative states. By the end, students will gain an awareness of subtle energies in the body as well as balance, strength & flexibility. <i>Students need to bring Yoga mat, (block and strap are optional). All levels of experience welcome!</i>
Introduction to Energy Healing	HPE099X-40	\$40	Oct. 14	SCC	S	10am-3pm	Larson	Students will learn what energy healing is and is not. What it's potential is, learn "muscle testing", explore at least five different energy healing modalities. They will be empowered to continue on their own path to healing on mental, emotional, physical and spiritual levels.
	HPE099X-55	\$40	Nov. 11	WMC	S	10am-3pm		
	HPE099X-35	\$40	Sept. 8	PDC	S	10am-3pm		
Self-Defense for Women	<b>Canceled</b>	\$20	Sept. 27	WMC	W	4pm-7pm	Krieser	Students will learn the principles of self-defense, color code of awareness, survival stress management, basic strikes, posture, lecture, demonstration, and physical participation.
	HPE099X-53	\$20	Oct. 20	WMC	F	4pm-7pm		
Tang Soo Do Karate	HPE099X-58	\$40	Sept.6 to Oct. 2	WMC	M,W	6pm-7pm	Accardo/ Ranstrom	This course will consist of training, practicing, and learning the art of Tang Soo Do a self defense base martial art that has a long history of effectiveness and success. Students will develop a increase physically, mentally, and in rank to work towards a better individual and a black belt. <i>Students need to wear workout clothes or comfortable clothing they can move in easily. For student ages 14 and above.</i>
Self-Defense	HPE099X-57	\$30	Aug. 26	WMC	S	10am-12pm		Students will learn simple self-defense techniques to use on attackers. Master Accardo a 6th degree black belt with over 40 years' experience who has been developing the simplest defense to use, you don't have to be big or strong, you just have to know where to touch to put someone down. <i>For student ages 14 and above.</i>
	HPE099X-42	\$30	Sept. 23	SCC	S	10am-12pm		

Crafts & Gardening- HCT & AGR								
<b>Seed to Seed</b>	AGR099X-40	\$68	Oct.6-Oct.27	SCC	F	12pm-4pm	K. Howell-Costion	Explore and learn about the beauty and magic of seeds. The importance of bio-diversity, heirloom/open pollinated seed and sources. Included are techniques to raising your own seed, pollination, flower structure, maintaining purity, seed cleaning, and storage. A review of some examples from easy to more difficult seed to save and hands-on opportunity to work with seeds to take <i>home</i> . <i>First class is at NPC campus; some classes will be held at Kim's garden which will be announced later. Kim's garden is located 10 miles east of Snowflake for hands on activity.</i>
<b>Weaving Practicum</b>	HCT099X-45	\$25^A	Sept. 8- 9	SPE	F,S	9am-4pm	Farnsworth	This informal class brings together weaving students of all levels and provides opportunities to learn from others as well as from the instructor. Bring your weaving projects and problems to receive help and instruction. <i>Students should bring their own loom and supplies. (optional \$15 fee for loom rental)</i>
	HCT099X-46	\$25^A	Oct. 20-21					
<b>Digital Scrapbooking</b>	<b>Canceled</b>	\$25	Aug.23-Dec.6	PDC	W	5:30pm-8:30pm	Nowell	Preserve your memories quickly and easily by creating a digital storybook. Students will use photos and memories to create a storybook. They will learn to use the Heritage Makers program to create their project. * <i>Class held Aug.23, Sept. 6&amp;20, Oct. 11&amp;25, Nov. 8&amp;22, and Dec. 6</i>
Music-MUS								
<b>Instant Piano for Hopelessly Busy People</b>	MUS099X-43	\$25^A	Sept. 9	SCC	Sa	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 practice online. (must be 18 years or older)</i>
<b>Instant Guitar for Hopelessly Busy People</b>	MUS099X-42	\$25^A	Sept. 9			3:45pm-6:15pm		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 practice CD. (must be 13 years or older)</i>
<b>How to Play Piano by Ear</b>	MUS099X-41	\$25^A	Sept. 9			1pm-3:30pm		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. Prior experience with the basic understanding of chords is recommended. <i>There is a required, additional \$29 fee payable to the instructor for the workbook and practice DVD. (must be 18 years or older)</i>
<b>Basic Music &amp; Guitar</b>	MUS099X-56	\$150^A	Aug. 21-Nov. 9	WMC	M,R	4pm-5:30pm	Kemp	Learn music skills needed to play cords, identify notes, read sheet music, play well, harmonize with others, and sing into a microphone while playing the rhythm for songs. <i>Students 6 – 16 years old welcome! The instructor offers an optional guitar rental for a \$35 refundable deposit, plus a weekly charge of \$1.00 pay to instructor at time of class, for more information call (602)295-9977.</i>
<b>White Mountain Symphony Orchestra</b>	MUS099X-40	Free	Aug. 24-Dec. 7	SCC	R	7pm-9pm	TBA	Make beautiful music with a performance-based symphony orchestra that studies and performs music from all genres. You are expected to be in attendance

Music-MUS								
Barbershop Chorus	MUS099X-55	Free	Aug. 22- Dec. 5	WMC	T	6:30pm-9pm	Dockendorf	Experience the joy of four-part a cappella singing in a choral setting. Classes are held at the Show Low Senior Center, 301 E. McNeil in Show Low for ages 12 and older.
Cooking Series-HCT 								
Friday Night Out: Asian Cuisine	HCT099X-40	\$25^	Sept. 15	SCC	F	5pm-7pm	Telford	Whether you're on your first date or your 90th, are enjoying sometimes with a group of your friends or doing a girl's night out- you'll all share in the creating and enjoyment of incredible food. Our instructor will guide and work side-by-side with each group or couple helping to ensure the meal and moments that are being created, are nothing more than amazing. <i>There is an additional \$5 fee per person, payable to instructor for supplies and food. Email the instructor (Lorena@lorenaskitchen.com) for a list of supplies needed for each class.</i>
Friday Night Out: Meal Prep for Individuals	HCT099X-41	\$25^	Oct. 13	SCC	F	5pm-7pm		
Friday Night Out: Gluten Free	HCT099X-42	\$25^	Nov. 3	SCC	F	5pm-7pm		
Personal Development-STC								
Basic NRA Pistol Class for Concealed Weapons Permit	STC099X-02	\$75	Oct. 7	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-01	\$75	Nov. 4	PDC	S	8am-2pm		
Writing: Fiction, Short Story, & Creative Non-Fiction	STC099X-04	\$48	Oct. 5-Nov.9	WMC	R	2pm-4pm	Winskye	If you have an idea for a book, but don't know how to finish it, this course is for you. Learn how to write that book you have always wanted too. This course covers getting started, finding time, stronger writing, dialog, person/point of view, critiquing and publishing. At the second class, students will submit work which they will continue to revise throughout the course. <i>A laptop is recommended for use during class as well as a paper notebook.</i>
Why you must forgive even if you can't!	STC099X-05	\$5	Sept. 6	SCC	W	2:30pm-4:30pm	Corbin	Forgiving someone can be the most difficult thing a person can do in their lifetime. Join us and discover why it must be done and how to overcome limiting beliefs that have prevented you from doing so.
	STC099X-08	\$5		WMC	W	6pm-8pm		
	STC099X-07	\$5	Sept. 8	STJ	R	2:30pm-4:30pm		
	STC099X-06	\$5		SPE	R	6pm-8pm		
iPad/ Tablet: Tips & Tricks	STC099X-03	\$20	Oct. 26	WMC	R	6pm-7pm	Petrancosta	Have some questions on how to use technology? This course will show you how to: navigate, operate and use common terminology with an iPad or tablet. Students by the end of this course will be able to understand frequently used functions & download/use/arrange/delete apps. <i>Students need to bring own device &amp; notebook for notes.</i>