

Summer 2017- Lifelong Learning Schedule

Updated:
5/4/17

| Class | Course Number | Cost | Date(s) | Location | Day | Time | Instructor | Class Description & Special Instructions |
|---|---------------|--------|-------------------|----------|---------|----------------|------------|---|
| Arts-ART | | | | | | | | |
| Clay Art | ART099X -55 | \$220 | Jun. 5 - Jul. 13 | WMC | M,T,W,R | 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 & up)</i> |
| Family Fun: Basic Wood Burning Techniques | ART099X -01 | \$15 | Jun. 22 - Jun. 24 | WMC | R, F, S | 11am-12:30pm | Wolfe | Students will learn how to take an idea or picture and transfer that artistically through wood burning. Learn easy techniques for the beginner or first timer along with safety and precautions with wood burning. Discover the many things that you can wood burn on for your enjoyment, to share and give as gifts. <i>*Students need to bring a wood burning tools and pencil. For ages 10 and up.</i> |
| Mosaic Tile Setting | ART099X -03 | \$125^ | Jul. 17 - Jul. 31 | WMC | M,R | 2pm-4pm | Miners | Learn to create a finished mosaic tile mural using designs only limited by your imagination. Students will receive hands-on instruction in creating a finished piece of tile art which they will take with them for a variety of practical uses from wall hangings, table tops, or shower surrounds. <i>*Additional \$80 fee, payable to instructor for needed supplies, for questions contact instructor at (520)405-7901.</i> |
| | ART099X -02 | \$125^ | Jul. 17 - Jul. 31 | SCC | M,R | 9am-11am | | |
| Dance-HPE | | | | | | | | |
| Beginning Mexican Folklore Dance | HPE099X-01 | \$40^ | Jun. 8 - Jul. 27 | LCC | R | 4pm-5pm | 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-02 | \$45^ | Jun. 8 - Jul. 27 | LCC | R | 5pm-6pm | | 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> |
| Popular Line Dances | HPE099X-05 | \$40 | Jun.5 - Jul. 3 | WMC | M | 7:15pm-8:15pm | Venancio | A fun dance class for the family or friends to learn something new, we'll getting great exercise Students will learn the basic steps and positions for popular line dances from Cowboy, Hustle, Cupid shuffle, and the Tush Push. Learn to strut yourself in style to the beat of the music. <i>* Students should wear leather or soft sole shoes. All levels welcome!</i> |
| Swing Dance Workshop | HPE099X-03 | \$15 | Jul. 20 | SCC | R | 6:45pm-8:45pm | | Time to pull on those dance shoes and swing dance. Learn the basic 50's Bop, 4-count steps, then the triple step swing as well as spins and tucks. Whether it's a girls night or date night come enjoy the fun of swing. <i>* Students should wear leather or soft sole shoes. Class will be held Katherine's Dance Studio at 60 Main Street</i> |
| Waltz II | HPE099X-04 | \$40 | Jun.13 - Jul. 11 | SCC | T | 7pm-8pm | | A continued class in dancing the waltz for a smoother transition as a couple. Perfect your leads and rhythm moves on the dance floor and learn how to lead your partner with cues making you more fluid as a couple. It is fun for dancing at parties, weddings, and evening out. They always play waltzes when you go sooner or later. <i>* Students must know basic Waltz. Students should wear leather or soft sole shoes. Class will be held Katherine's Dance Studio at 60 Main Street</i> |
| Health and Physical Fitness-HPE | | | | | | | | |
| Beginning Yoga (College Credit) | HPE101B-01 | \$70 | Jun. 6 - Jul. 27 | 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-02 | \$70 | Jun. 5 - Jul. 29 | LCC | M | 6pm-8pm | | |
| | | | | | S | 8:30am-10:30am | | |
| Intermediate Yoga (College Credit) | HPE101C-01 | \$70 | Jun. 6 - Jul. 27 | 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-002 | \$70 | Jun. 5 - Jul. 29 | LCC | M | 6pm-8pm | | |
| | | | | | S | 8:30am-10:30am | | |

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|  Introduction to Energy Healing | HPE099X-06 | \$40 | Jun.10 | SCC | S | 10am-3pm | Larson | Students will learn what energy healing is and is not. What its 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-07 | \$40 | Jul.8 | WMC | S | 10am-3pm | | |
| Crafts & Gardening- HCT & AGR | | | | | | | | |
| World of Basil | AGR099X-02 | \$32^A | Jul. 21 - Jul. 22 | SCC | F | 12pm-4pm | K. Howell-Costion | Explore "The World of Basil" and learn how to grow, harvest and make pesto's from this popular culinary herb. Topics include: various varieties and folklore from around the world. Growing, caring for, harvesting and preserving basil, as well as making and tasting different Pesto recipes. <i>There is an additional \$10 fee payable to the instructor for supplies. Friday class will be at NPC and Saturday class will be held at Kim's garden, located 10 miles east of Snowflake. Students will meet at NPC promptly at 9:30am before departure.</i> |
| | | | | | S | 10am-2pm | | |
| World of Garlic | AGR099X-01 | \$32^A | Jun. 16 - Jun. 17 | SCC | F | 12pm-4pm | | |
| | | | | | S | 10am-2pm | | |
| Canning 101 | HCT099X-01 | \$40 | Jun. 10 | STJ | S | 1pm-3:30pm | Skousen | Let's get to canning! Students will learn how to safely preserve the goodies they have grown or purchased. This will eliminate any fear students may have about canning, especially pressure canning. During the class we will discuss how to can high acid fruits, make jelly, and can a low-acid food such as meats. Students will learn how to do this properly and safely. |
| Sculptural Crochet | HCT099X-02 | \$50 | Jun. 26 - Jul. 24 | WMC | M | 6pm-8pm | Croft | If you can crochet some, you're ready to be your own designer. Learn how to make a plan, then put those shapes together. Simply geometry is how to make a pair of form-fitted gloves, a Christmas ornament, hackysack, or a unicorn. Soon you'll find yourself comfortably zooming from imagination to completion! * <i>Students need to bring worsted yarn and a size G hook. Students need some basic crochet skills.</i> |
| Digital Scrapbooking | HCT099X-07 | \$25 | Jun.7 Jul. 26 | 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 help Jun. 7 & 2, Jul. 12 & 26.</i> |
| Music-MUS | | | | | | | | |
| Instant Piano for Hopelessly Busy People | MUS099X-05 | \$30^A | Jun. 13 | WMC | T | 6:40pm-9:40pm | 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 DVD. (must be 18 years or older)</i> |
| | MUS099X-04 | \$30^A | Jun. 14 | PDC | W | | | |
| Instant Guitar for Hopelessly Busy People | MUS099X-03 | \$30^A | Jun. 13 | WMC | T | 4pm-6:30pm | | 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 13 years or older)</i> |
| | MUS099X-02 | \$30^A | Jun. 14 | PDC | W | | | |
| Basic Music & Guitar | MUS099X-01 | \$135^A | Jun. 5 - Jul. 27 | 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> |

| Cooking Series-HCT | | | | | | | | |
|-----------------------------------|------------|-------|---------|-----|---|---------------|---------|---|
| Couples Club: Australian Rissoles | HCT099X-03 | \$25^ | Jul.14 | SCC | F | 5:30pm-7:30pm | Telford | Bring your spouse, friend or significant other to learn new recipes, cooking techniques and skills in a fun, light-hearted social setting. <i>There is an additional \$10 fee per couple, payable to instructor for supplies and food. Email the instructor (Lorena@lorenaskitchen.com) for a list of supplies needed for each class.</i> |
| Couples Club: French Food | HCT099X-04 | \$25^ | Jun. 9 | SCC | F | 5:30pm-7:30pm | | |
| Ladies Time: Nibbles & Nosh | HCT099X-06 | \$20^ | Jun. 29 | SCC | R | 2pm-4pm | | Learn new recipes, techniques and skills while having fun in a social setting with other ladies. Get great ideas for hosting your own get together. <i>There is an additional \$6 fee, payable to instructor for supplies and food. Email the instructor (Lorena@lorenaskitchen.com) for a list of supplies needed for each class.</i> |
| Ladies Time: Dips and Spreads | HCT099X-05 | \$20^ | Jul.27 | SCC | R | 2pm-4pm | | |