

Summer 2017- Lifelong Learning Schedule

Updated:
7/7/17

Class	Course Num	Cost	Date(s)	Location	Day	Time	Instructor	Class Description & Special Instructions
Arts-ART								
Basic Metal Art 	WLD099X-55	\$100	Jul.17-Jul. 26	WMC	M,T,W	12:30pm-4pm	Geisler	Have you ever wanted to learn how to create art with welding? Now is your chance! Students will learn how to use STEM math and basic MIG welding to weld their name and cut silhouette of any image they want. Students need to wear boots, and long sleeve shirts. Held at the Show Low Welding Center at 1380 E. Thornton Rd.
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	Canceled	\$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	Canceled	\$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	Canceled	\$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	Canceled	\$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	Canceled	\$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		
Intermediate Yoga (College Credit)	HPE101C-01	\$70	Jun. 6 - Jul. 27	PDC	T,R	5:30pm-7:30pm		
	HPE101C-002	\$70	Jun. 5 - Jul. 29	LCC	M	6pm-8pm		
 Hatha/Vinyasa Yoga	Canceled	\$96	Jun. 5 - Jul. 26	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>
	Canceled	\$96	Jun. 6 - Aug. 1		T,R	6pm-7pm		
 Introduction to Energy Healing	Canceled	\$40	Jun.10	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.
	Canceled	\$40	Jul.8	WMC	S	10am-3pm		
Crafts & Gardening- HCT & AGR								
World of Basil	AGR099X-02	\$32^	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	Canceled	\$32^	Jun. 16 - Jun. 17	SCC	F	12pm-4pm		
					S	10am-2pm		
Canning 101	Canceled	\$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	Canceled	\$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	Canceled	\$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	Canceled	\$30^	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>	
	Canceled	\$30^	Jun. 14	PDC	W				
Instant Guitar for Hopelessly Busy People	Canceled	\$30^	Jun. 13	WMC	T	4pm-6:30pm		Kemp	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>
	Canceled	\$30^	Jun. 14	PDC	W				
Basic Music & Guitar	Canceled	\$135^	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	Canceled	\$25^	Jun. 9	SCC	F	5:30pm-7:30pm			
Ladies Time: Nibbles & Nosh	Canceled	\$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			