A Step in the Right Direction
St. Louis Community College expands minds and changes lives every day. We create accessible, dynamic learning environments focused on the needs of our diverse communities.

BOARD OF TRUSTEES
Libby Fitzgerald  Craig H. Larson
Doris Graham  Joan McGivney
Hattie R. Jackson  Derek R. Novel

Great care has been taken to provide accurate information about the courses in this schedule. Occasionally, an error may occur. Information is subject to change and/or correction. For more information on Continuing Education programs at St Louis Community College, visit www.stlcc.edu and click on the Continuing Education tab. More details and up-to-date information, including senior fees, can be found online.

MoSTEMWINs
Missouri STEM Workforce Innovation Networks
Science, Technology, Engineering and Math (STEM)

The MoSTEMWINs grant serves unemployed, underemployed, low skill participants, Trade Adjustment Assistance (TAA) eligible participants and Veterans ready to gain new job skills for St. Louis area high-demand job opportunities.

Train today for a new career in these industry pathways:

Patient Care Technician or Community Health Worker  Life Science Lab Assistant  Precision Machining  IT Help Desk

To learn more and complete an online application visit STLCC.edu/MoSTEMWINs

Enrollment is open. Get started today!
Continuing Education is here to help you take your next step in the right direction.

We have classes to help you **advance your career**, **find a creative outlet**, or **acquire new skills**. Whether you’re eager to refresh your knowledge or embark on a new adventure, **Continuing Education** provides access to personal and professional growth in a world that never stops changing.

We’re here to help you create a **more rewarding future** through lifelong learning.

www.stlcc.edu/ce  314-984-7777
St. Louis Community College has Something for Everyone.

Offering more than 100 degree and certificate programs.

▶ Linda, 40
Career & Technical Education
Pursuing a career in Culinary Arts and will be job-ready in two years. STLCC offers 100+ CTE programs that can have you job ready in two years or less.

▶ Brian, 35
Accelerated Job Training
Enrolled in STLCC’s commercial truck driver training program and will be job-ready in six weeks. Our Workforce Solutions Group offers focused job training for in-demand industries.

▶ Kim, 22
Pursuing Associates Degree
Completing a two-year Fine Arts degree at 1/3 the cost before transferring to the Art Institute of Chicago to complete her BA in Photography.

▶ Jordan, 19
A+ Scholarship Recipient
Completing his first two years of college at STLCC and banking the money he saves for graduate school.

▶ Cara, 17
High School Senior
Earning college credit through STLCC’s dual credit program and will graduate high school with a jump start on her college career.

For additional information about programs at St. Louis Community College, please visit: stlcc.edu
LEAN Six Sigma Green Belt
Whether you are a member of a quality team, a quality manager, or desire to obtain a LEAN Six Sigma Green Belt noncredit certification for your own professional development, this course is appropriate for you. We blend classroom instruction and online instructor-led labs. Program highlights include: how to implement the DMAIC process (Define, Measure, Analyze, Improve, Control), how to develop reliable and valid measurements for a system, how to define the cost of poor quality, how to use the correct formula to calculate ROI and more. Materials included in cost of course. Students successfully completing this training will receive their LEAN Six Sigma Green Belt noncredit certification and 45 hours of instruction. This training includes an 18-hour capstone simulation project on the last two Wednesday sessions and 2 consecutive Saturdays. Attendance on these days is mandatory. If one of these days is missed, arrangements may be made with the instructor to complete the project and receive certification. However, should this be necessary, additional instructional costs will be charged to the student above and beyond the cost of the program.

BPCT:701  |  $1799

Tu  6pm-9pm  
Feb. 16 – June 21

Jesse Stevenson  
Corp. College, 209

Project Management Orientation
This free session is designed to provide information to individuals interested in obtaining the Project Management Professional (PMP) certification. You’ll learn about the concepts, test preparation and requirements needed for certification. Presentation includes an overview of the program, a look at class materials, trends in the industry and potential job opportunities for PMPs. The orientation is free but registration is required.

BPCT:703  |  C80  |  $1,899

Sa  9am-12pm  
March 5

Dirk Lupien  
Corp. College, 213

New Flawless Consulting
Flawless consulting affirms the notion that authentic behavior and personal relationships are the key to achieving technical and business success. By demonstrating your ability to be truly authentic at each step in the process, a consultant, you can aim toward creating workplaces that are more collaborative and ultimately more successful. Through interactive discussions, you will learn the elements needed to achieve flawless consulting whether you are an internal or external consultant. One hour lunch on your own.

Topics will include:
- Techniques are not enough
- The agoraphobia of contracting
- Understanding resistance
- Dealing with resistance
- Preparing for feedback
- The elements of engagement
- The heart of the matter
- Getting your expertise used

More.

BUSN:765  |  $79

W  8:30am-5pm  
Feb. 24

James Lombardo  
Corp. College, 209
**NEW! Time Management for Your Best**

Are you stressed with the amount of work you have to complete each day? Do interruptions and small tasks disrupt your work flow? Learn to increase the efficiency and quality of your work through better organization, planning and prioritizing each day’s activities in a more effective, productive manner. With over 20 years’ experience in the corporate workplace, instructor Nancy Schnoebelen Imbs, will share the essential skills necessary to maintain quality work and keep you on track while juggling and prioritizing deadlines.

**BUSN:793 | $25**

**C01** Tu 9am-11am Nancy Schnoebelen Imbs
March 1 Corp. College, 213

---

**New**

**Bringin g Out the Best in People and Managing the Conflicts**

Effectively managing people in an organization leads to outstanding individual performances and great organizational performance. Through interactive activities, you’ll learn how to identify and address behavioral causes of performance challenges, as well as maximize success of current strengths. You’ll discover how to profit from key business results and significant behaviors that impact results. In addition, you’ll be able to provide objective positive and constructive feedback to bring out the best in others.

**BUSN:745 | $79**

**C01** Tu 8:30am-5pm James Lombardo
March 29 Corp. College, 209

---

**New!**

**Dealing with Difficult People in the Workplace and Managing the Conflicts**

Are there co-workers, subordinates or bosses in your office with whom there are conflicts? Would you like to learn how to enhance communication and build a better rapport? The relationships we have with others are important in cooperation, productivity, teamwork and support. Join Dr. Renee Huss and learn processes for interacting clearly with others in order to get what you need and want through negotiating styles, which can result in a win-win outcome.

**BUSN:705 | $35**

**480** Sa 9:30am-12:30pm Dr. Renee Huss
March 5 FP - G Tower, 113

---

**New!**

**How to Get More of What You Need and Want in Negotiations**

You may not think of yourself as a negotiator, but you are. All of us negotiate every day with family, friends and co-workers. Even when you’re not aware, you’re probably having some kind of negotiation going on in your mind. Knowing how to get what you need and want from others in a principled, win-win fashion is a major life skill, and one that anyone can learn. In this class, you will learn how to identify your personal negotiating style, how to get clear on what you actually need and want, and how to use “The Magic Question” for a win-win outcome.

**BUSN:702 | $35**

**680** Sa 9:30am-12:30pm Dr. Renee Huss
Feb. 20 MC - SQ, 108

---

**New!**

**Mastering the Art of Effective Facilitation**

You have to pay attention to the process elements of meetings if you want them to be effective. With its focus on asking rather than telling, and listening to build consensus, facilitation is the new leadership idea, the core competency everyone needs. Through interactive activities, you’ll learn common tools and techniques to make meetings easier and more productive, to identify the stages of team development, to identify the competencies linked to effective small group facilitation and more. Lunch on your own.

**BUSN:714 | $79**

**C01** W 8:30am-5pm James Lombardo
March 2 Corp. College, 207

---

**New**

**Listening Beyond the Words: Building Communication Skills**

Ineffective listening can block the success of any business. Are you hearing your customers’ needs and desires? Are your relationships with colleagues and co-workers harmonious? Learn to build skills that enhance your working and personal relationships. Class will focus on the fundamentals of effective listening and eliminating defensiveness in the communication process. You will discover blocks hindering good listening, build positive interaction, in-depth listening skills and appropriate feedback. Lunch on your own.

**BUSN:713 | $59**

**C01** W 9am-4pm Jean Walters
March 9 Corp. College, 207

---

**New! Present with Poise, Power and Punch**

Want to overcome nervousness and deliver your best presentation ever? In this presentation skills course, leadership coach and professional development expert, Nancy Schnoebelen Imbs, will assist you in gaining techniques to improve your ability to confidently communicate effectively, persuasively and with presence using your own style. You’ll learn how to use body language for impact and discover ways to keep the attention of your audience. You’ll also learn how to develop and organize your presentation in an easy framework and respond to challenging questions.

**BUSN:732 | $25**

**C01** Tu 9am-11:30am Nancy Schnoebelen Imbs
April 5 Corp. College, 213

---

**Small Business Essentials**

**Business Start-Up**

Are you thinking about starting and managing a small business in Missouri? Designed for individuals who are considering starting a business, have made the decision to start or who have been in business for less than two years, this program will discuss: the basics of business ownership, planning for success, organizational forms of business, legal and regulatory environment, record keeping and information management, marketing, financing and resources. Program is offered in partnership with the Small Business and Technology Development Center.

**BUS:701 | $59**

**680** Sa 9am-12pm Lynnette Watson
Feb. 20 - Feb. 27 MC - SQ, 107

**Business Start-Up Skills for Artisans & Crafters: Make Money with Your Business**

You’ve been honing your talent and finding a demand for your handmade craft or artistic products, but how do you navigate the ‘indie’ marketplace? Get ready for the upcoming spring season and learn tips from award winning artist, 35-year veteran in the arts and former Executive Director of Best of Missouri Hands, “Mable Ochonicky as she discusses: effective marketing techniques, outlets to sell online and in-person, balancing creativity with administrative tasks and more. Bring a notebook and get to class.

**BUSS:710 | $29**

**650** Tu 6pm-9pm Michelle Ochonicky
March 22 MC - SQ, 205

---

**Management Skills**

**Exclamation Point!**

The class, Starting and Managing a Small Business made me question a lot more aspects of my thoughts on starting a business, which is exactly what I was looking for.

-Mike W., Florissant, MO
Business Plan Development

An intensive, four-session, individually customized course designed to provide new and aspiring entrepreneurs with the tools and resources to create a solid business plan. Experienced business facilitators/coaches will guide group sessions and share practical experiences to enhance new business. Participants learn with and from their peers, creating a powerful network that continues well after the program is complete. These sessions are enriched with guest speakers from various disciplines including the legal profession, marketing, human resources and financing. In addition, each participant will begin by taking the GrowthWheel assessment and receive customized tools based on this assessment to assist as you build your plan. Weekly homework assignments are given and participation is required to be successful in the class. Continued counseling from a business counselor and certified life coach is available after the completion of the class. Please bring a laptop to class and participate. Program is offered in partnership with the Small Business and Technology Development Center.

BUSS 741 | $99
650 | Tu 6pm-9pm
March 24 – April 14
Lynette Watson
MC - BA, 122

Marketing & Promotion

Developing a Solid Marketing Strategy for Your Business

Every business needs a solid marketing strategy. Learn to stay ahead of the competition and ensure business success. Get a hands-on approach to understanding the foundational pieces of a marketing program and how to create a marketing plan that can help your small business move beyond the basics of marketing. Learn to develop objectives and strategies to assist you in meeting your goals. Program is offered in partnership with the Small Business and Technology Development Center.

BUSS 710 | $59
681 | Sa 9am-12pm
April 9 – April 16
Darlisa Diltz
MC - SO, 109

Establishing a Digital Presence for Your Small Business

Do you know the most lucrative social media platforms vital to your success as a business owner? Learn to create and sustain a relevant digital identity in this new public arena to access your future customers. Bring your laptop or tablet to get started in this digital hands-on lab. Discover where and how to establish your business on specific social media platforms and get a leg up over your competition or expand your marketing. Instructor Sarah Guilds is a media, marketing and mass communications professional with over 15 years of experience working with media agencies.

BUSS 767 | $29
680 | Sa 9am-12pm
April 9
Sarah Guildan
MC - BA, 114

Generating Buzz Around Your Small Business

Do you need help in taking your business to the next level? Join Sarah Guildan, veteran media, marketing and mass communications professional, to identify and seize opportunities that promote awareness for your small business or product. We'll discuss the importance and how-to's of strategic networking and progressive ways to identify and seize opportunities that will open your door to success. You'll take home a plan with action steps towards your desired results.

BUSS 710 | $29
680 | Sa 9am-12pm
February 27
Sarah Guildan
MC - BA, 114

New SWOT - Listening to Your Business

Improve your business's profitability and overall financial performance. Using the SWOT (Strengths, Weaknesses, Opportunities and Threats) analysis, class will go through the process of visualizing the business model with a three year forecast. You will identify interim goals and develop a plan of action to help you make the best business decisions. Program is offered in partnership with the Small Business and Technology Development Center.

BUSS 740 | $33
650 | Tu 6pm-9pm
March 22
Darlisa Diltz
MC - SO, 107

Finance

Understanding Accounting - An Introduction

Designed for individuals with non-financial backgrounds who work with budgets or those wanting to enter an office manager position, this introductory course provides an overview of accounting terminology and processes, analyzing financial activities and statements and applying the fundamentals of accounting. Course will cover debits, credits, general ledgers, assets, liabilities, balance sheets, profit and loss statements and more.

BUSS 741 | $33
650 | Tu 6pm-9pm
March 24
Kimberly Franklin
MC - BA, 112

Keeping Records for a Small Business

As a small business owner, it is important for you to have good records to keep your business on the right track. Follow these simple steps to follow tax guidelines. Taught by small business tax professional, T. Spector, CPA, class topics include internal and external financial records, different forms of business ownership (and their specific record keeping requirements), setting up your own books, management reporting, travel and entertainment expenses, home office expenses, methods for tracking and deducting vehicle expenses. The instructor welcomes a two-way discussion and questions about your specific situation.

BUSS 705 | $75
650 | W 6pm-9:30pm
April 27 – May 4
T. Spector
MC - SO, 107

Small Business Tax Seminar

If you are thinking of starting a small business or have already done so, this program is designed for you. Join small business tax professional, T. Spector, CPA, and learn the essentials of starting a business; business use of the home, recordkeeping, independent contractor versus employee, hobby versus business, federal income tax and employment tax requirements. This program is designed for sole proprietors, but much of the information relates to all forms of business ownership. The instructor welcomes a two-way discussion and questions about your specific situation.

BUSS 706 | $39
680 | Sa 9am-12:30pm
April 23
T. Spector
MC - SO, 109

New SWOT - Listening to Your Business

Improve your business's profitability and overall financial performance. Using the SWOT (Strengths, Weaknesses, Opportunities and Threats) analysis, class will go through the process of visualizing the business model with a three year forecast. You will identify interim goals and develop a plan of action to help you make the best business decisions. Program is offered in partnership with the Small Business and Technology Development Center.

BUSS 740 | $33
650 | Tu 6pm-9pm
March 22
Darlisa Diltz
MC - SO, 107

Marketing & Promotion

Developing a Solid Marketing Strategy for Your Business

Every business needs a solid marketing strategy. Learn to stay ahead of the competition and ensure business success. Get a hands-on approach to understanding the foundational pieces of a marketing program and how to create a marketing plan that can help your small business move beyond the basics of marketing. Learn to develop objectives and strategies to assist you in meeting your goals. Program is offered in partnership with the Small Business and Technology Development Center.

BUSS 710 | $59
681 | Sa 9am-12pm
April 9 – April 16
Darlis Diltz
MC - SO, 109

Establishing a Digital Presence for Your Small Business

Do you know the most lucrative social media platforms vital to your success as a business owner? Learn to create and sustain a relevant digital identity in this new public arena to access your future customers. Bring your laptop or tablet to get started in this digital hands-on lab. Discover where and how to establish your business on specific social media platforms and get a leg up over your competition or expand your marketing. Instructor Sarah Guildan is a media, marketing and mass communications professional with over 15 years of experience working with media agencies.

BUSS 767 | $29
680 | Sa 9am-12pm
April 9
Sarah Guildan
MC - BA, 114

Generating Buzz Around Your Small Business

Do you need help in taking your business to the next level? Join Sarah Guildan, veteran media, marketing and mass communications professional, to identify and seize opportunities that promote awareness for your small business or product. We'll discuss the importance and how-to's of strategic networking and progressive ways to motivate your desired target audience to respond to your call-to-action. You'll take home a plan with action steps towards your desired results.

BUSS 710 | $29
680 | Sa 9am-12pm
February 27
Sarah Guildan
MC - BA, 114

Writing Your Resume to Impress

First impressions are everything. Your resume makes your business or product. We'll discuss the importance and seize opportunities that promote awareness for your small business or product. We'll discuss the importance and how-to's of strategic networking and progressive ways to motivate your desired target audience to respond to your call-to-action. You'll take home a plan with action steps towards your desired results.

BUSS 710 | $29
680 | Sa 9am-12pm
February 27
Sarah Guildan
MC - BA, 114

Creating Your Personal Brand

Write your technical skills may get you in the door, your people skills are what open most of the doors to come. Your work ethic, attitude, communication skills, emotional intelligence and a whole host of other personal attributes are the soft skills that are crucial for career success. What's your personal brand and how do you want people to perceive you? With more than 20 years experience in corporate leadership, instructor Nancy Schnoebelen Imbs, will help you pinpoint the essential skills necessary to develop and sustain a confident, successful and poised personal brand.

CPDV 765 | $25
650 | Tu 6pm-9pm
March 8
Nancy Schnoebelen Imbs
March 8

New Building Business Confidence: Overcoming Personal Rejection

Are you feeling held back by concerns about what other people think of you? Your growth in business, sales, social and family relationships, and interaction with family.

CPDV 765 | $55
650 | Tu 6pm-9pm
March 22 – March 29
Jean Walters
Corp. College, 210

Interviewing Skills 101

Preparing for a job interview is a critical process to securing employment. Designed to develop basic job interviewing techniques, you'll learn from a college career specialist insight into answer formulation and effective delivery. In-class practice will allow you to apply the concepts learned and sharpen your interviewing skills by providing and receiving feedback to fellow participants in a group setting. You will also learn about interviewing theory, wardrobe selection and illegal questioning.

CPDV 703 | $25
650 | Tu 6pm-9pm
February 27
Sherita Reinhart
MC - BA, 114

Spring 2016

Continuing Education | St. Louis Community College

Using LinkedIn for Your Job Search

This introductory session will allow you to start using this powerful tool that should be a part of your professional network. LinkedIn operates the world's largest professional network on the Internet with more than 150 million members in over 200 countries and territories. Learn the basics of using LinkedIn to build your network, make connections (past and present colleagues and classmates), join and get involved in groups, perform job searches and find answers from industry experts.

CPDV 705 | $25
651 | Tu 6:30pm-9pm
February 23
Laurie Hawkins
MC - SO, 107

New Strategies for Success: Mastering the Behavioral Based Interview

Behavioral based interviewing is fast becoming the preferred method of recruiters to screen and select top notch candidates. From the initial screening process to building rapport with interviewers, this class will help you gain insight into providing interest, showcasing your accomplishments, highlighting your skill sets and preparing exceptional responses to questions for prospective positions. Through familiarity and preparation of behavioral based interview questioning, you'll develop the best opportunity for success in securing a job.

CPDV 703 | $25
651 | Tu 6pm-8pm
March 29
Sherita Reinhart
MC - BA, 114

Online learning anytime, anywhere... Just a click away!
Changing Career Directions: Find the Passion in Your Career Path
Rudolph Nureyev said, “Work is sacred.” But do you consider your work a sacred and exciting opportunity to express your true self? We spend a good part of our lives expressing ourselves through work and career, therefore it is important that we experience joy and value in what we do. How you invest your time and energy is up to you. It is not so much what happens to you but how you respond to what happens that makes the difference. Join Jean Walters, Transformational Life Coach and author, as she aids you in clarifying a career direction and/or establishing a change in career path to enhance your quality of life and increase your fulfillment. You can condition yourself for success and reach your full potential.

ACLS: 701 | $79
650 | M 7pm-9:30pm
April 4 – April 25
Jean Walters
MC – BA, 118

Plus 50: Finding Purpose and Passion in the Third Chapter
Are you facing the post-career years and wondering what’s next? Many in the third chapter of life feel unsettled, restless, and adrift. The years between 50 and 75 can be some of the best, but it is difficult to make sense of the changes ahead. If you’re looking for new meaning in work and life, this powerful interactive learning experience will teach you how to tap into the power of purpose. Whether you’re seeking an encore career, looking for an effective volunteer work, or reinventing your sense of identity, knowing your purpose will guide you to increased vitality, creativity, and fulfillment. Bring a sack lunch.

CPDV: 702 | $65
680 | Sa 9am-4pm
February 27
Carol Watkins
MC – SO, 108

681 | Sa 9am-4pm
April 16
Carol Watkins
MC – SO, 112

Plus 50 Employment: Purpose, Process and the Payoff
Is retirement not your immediate plan? Whether by design or a result of the economy, you want to find employment where you can earn a living and perhaps make a difference. Re-inspired? A career counselor will work with you to determine your values and goals. Re-hired? We will explore resumes and interview strategies. Re-wired? By networking, using LinkedIn, Craigslist, submitting online applications and cover letters, you will use new skills to land the next opportunity.

CPDV: 702 | $55
651 | Th 6pm-9pm
March 9 – March 10
Edwin Penfold
MC – BA, 203

651 | Th 6pm-9pm
April 21 – April 28
Edwin Penfold
FV – C, 136

Nonprofit Essentials
Basic Grant Writing for Nonprofit Organizations
This course provides an overall review of the grant writing process offering practical guidelines for identifying and pursuing potential foundations and corporate funders. Students will learn methods to start a grant-making relationship, key elements of proposals and tips for developing a successful grant. Lunch on your own. Bring a 1” inch, 3-ring binder to class.

NPAD: 701 | $59
480 | Sa 9am-4pm
Feb. 20
Barbara Primm
FP – G Tower, 111

680 | Sa 9am-4pm
March 5
Jennifer Bush
MC – SQ, 108

Establishing and Running a Nonprofit Organization: Part 1
This popular seminar provides an overview of the legal basics for establishing and running a nonprofit organization. Presented by Amy Hereford, an attorney and entrepreneur who speaks from her experience in working with nonprofit start-ups. Class includes practical tips, useful resources including the Nonprofit Tax-exempt Corporation Workbook, an e-book (PDF) that presents the process of establishing a nonprofit in a step-by-step format with ample space for notes, charts for gathering necessary information and tables for developing timelines and assigning responsibilities. An excellent tool for assisting in nonprofit formation, orienting new board members and nonprofit directors.

NPAD: 703 | $29
681 | Sa 10am-12pm
April 9
Amy Hereford
MC – SQ, 111

Establishing and Running a Nonprofit Organization: Part 2
This seminar builds on the previous session and provides more information. It will explore the legal requirements of operating a nonprofit business organization, board responsibilities, business law for nonprofits and legal compliance. Never business models for nonprofits including fiscal sponsorship, nonprofit alliances, nonprofit for-profit joint ventures and other collaborative structures will also be discussed.

NPAD: 703 | $29
682 | Sa 1pm-3pm
April 9
Amy Hereford
MC – SQ, 111

Event Planning 101
From the most exciting to the most mundane tasks, you’ll receive the best advice on items to consider and the roles and actions necessary to successfully and enjoyably produce and execute your event. Discussion will also focus on how to avoid potential hurdles by establishing a clearly communicated process and timeline with your team. You’ll also learn to draft an outline and timeline, beginning with concept and ending with effective follow-up, which you can utilize for current or future event planning. Instructor Sarah Guldalian is a producer for an international media outreach organization and former nonprofit manager for over 100 volunteers.

NPAD: 704 | $25
680 | Sa 9am-12pm
March 12
Sarah Guldalian
MC – SO, 108

Maximizing the Volunteer’s Experience
Volunteers are the lifeblood of nonprofits, but if volunteers feel underutilized, unappreciated, or unnecessary they will quickly leave the organization. Join Richard Cohrs, retired District and Congregational Relations Manager for Lutheran Hour Ministries-North America Volunteer Opportunities and learn to maximize the volunteer’s experience and their desire to stay involved in your organization. Topics will include job descriptions, recruitment, orientation, training, supervision, evaluation and recognition.

NPAD: 710 | $25
650 | Th 6:30pm-8:30pm
March 10
Richard Cohrs
MC – SO, 109

Career Studies
Nursing and Allied Health

ACLS
Class will be held on 4/23 and 4/24. This American Heart Association course is designed to review, organize and prioritize the skills and didactic information needed to handle a cardiac arrest, events leading to a cardiac arrest and events that follow a cardiac arrest. Please note that written and practical skills (hands-on manikin simulation) evaluation and testing are required for course completion. Upon successful completion each participant will receive an ACLS course completion card. Intended audience: Personnel staffing emergency, intensive care or critical care departments, emergency medical providers such as physicians, nurses, emergency medical technicians, paramedics, respiratory therapists, and other professionals who may have a need to respond to a cardiovascular emergency. Materials will be mailed prior to the program for extensive self-paced pre-course preparation. Access to a computer will be necessary for pre-course work. Registration three weeks prior to course start date is required to ensure arrival of pre-course material. Registration/refund/withdrawal deadline: 4/1. Due to the nature of the course, you must arrive on time. No admittance after stated start time. No refund for late arrival.

ACLS: 701 | $350
400 | Sa 8am-6pm
April 23
FP – G Tower, 121

400 | Su 8am-5pm
April 24
FP – G Tower, 121

Pharmacology: Drug Interactions in the Elderly
This course addresses drug-related issues common in the elderly population with specific emphasis on adverse drug effects, over-dosage, under-dosage, drug-disease interactions, drug-food interactions, drug-drug interactions, drug-gender interactions, and understanding how many drug interactions are associated with over-the-counter medications including herbal products.

NURS: 706 | $29
450 | W 6:30-8:15pm
April 20
Catherine Kush
FP – G Tower, 119

Diabetes 2016: Medication Update Including Inhaled Insulin
Management of the client with diabetes is an ever-changing challenge. This workshop will focus on the recent advances in medications used in the treatment of diabetes including inhaled insulin.

NURS: 777 | $49
650 | W 6pm-9:15pm
March 23
MC – SW, 111
EMT Core Curriculum
This course is held 1/20 - 5/15. It meets all the current requirements for Missouri EMT-B license renewal. It includes the assessment and care of the sick and injured, pediatric and geriatric emergencies, childbirth, defibrillation, hazardous material situations and the use of adjunctive EMS equipment. Does not include CPR. Attendance at first class is required. A strict attendance policy is enforced. Course is not for initial EMT-Basic training. Initial EMT-Basic training is offered for college credit (EMT 121). Registration deadline before class begins on 1/20. No class 2/15, 3/14, 3/16.
EMSS:700 | $270
H50 | W 3:30pm-5:30pm
Jan. 20 – May 15
MW 6pm-10pm
Jan. 20–May 15
Steven Newcomb
Harrison Ed. Ctr, 200
Harrison Ed. Ctr, 200

Creating a Trauma-Informed St. Louis
This 2-hour session hosted by Alive and Well STL will serve to create a common framework around the definition, impact and prevalence of toxic stress and trauma. The session will pay particular attention to the importance of implementing trauma-informed principles across our community-a priority of the Ferguson Commission Report. Specific areas covered will include the effects of trauma on the developing brain and body, the environmental aspects of trauma and what we can do as individuals and a community to help St. Louis thrive.
PERD:749 | $15
550 | W 6pm-8pm
Feb. 17
FV - TC, 105, 107

Introduction to Soft Tissue Mobilization for the PTA
As a PTA are you looking to improve your manual therapy knowledge and skill set? Do you want to become more independent with the total treatment of your lumbar spine patients? Soft tissue techniques are an essential tool for the PTA working in the outpatient setting. These techniques can have a tremendous positive impact on the patient’s pain, joint mobility and overall level of spine function. Upon successful completion of the course, the PTA will be able to discuss the anatomy and neurophysiology of the connective tissue and muscle function; explain the rationale for implementation of soft tissue techniques; recognize his or her mechanics and the effect on treatment outcome and demonstrate a variety of specific and general techniques to the extremities and the spine. Instructor: Michael Gorman PhD PT DMT FAAOMPT
AHCE:774 | $45
680 | Sa 9am-12pm
Feb. 20
Michael Gorman
MC - AS, 104A

Functional Goals and Treatment Strategies for Occupational Performance
This class is designed for Occupational Therapists and Occupational Therapy Assistants to explore task analysis to find creative treatment options to maximize ADL/IADL performance. Therapists will identify the limiting factors that inhibit occupational performance and expand their repertoire of functional treatment strategies. Clinicians will practice writing measurable goals and brainstorm with other professionals to solve treatment challenges. Instructor: Carolyn Stecher OTR/L
AHCE:773 | $25
650 | W 6pm-8pm
April 6
Carol Stecher
MC - AS, 102

GENERAL INFORMATION for Nursing and Allied Health Programs
Allied Health Continuing Education of St. Louis Community College offers a wide selection of courses and workshops. Please take a few moments to read the course descriptions. There are new offerings that have been developed in response to requests.
Courses are approved or pending approval for continuing education credit as noted. Approval by another accrediting entity or for professional licensure is the sole responsibility of the participant. Occasionally announced, contact hours will be awarded to participants who attend the entire educational activity (single session); or 80 percent of an activity that meets multiple sessions, and who complete the education activity evaluation.
St. Louis Community College is an approved provider of continuing nursing education by the Midwest Multistate Division, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.
St. Louis Community College believes that all planners, presenters and content experts taking part in continuing nursing education learning activities must adhere to a fair, unbiased and evidence-based approach in presenting content and declare any relationships with commercial organizations. Any real or apparent conflict of interest will be disclosed to participants.
When commercial support is received for a continuing nursing education activity, the planning committee will maintain complete control of speaker selection and content.
Allied Health Continuing Education of St. Louis Community College serves as a Community Training Center for the American Heart Association whose mission is to reduce disability and death from cardiovascular disease and stroke and set guidelines for emergency cardiovascular care and training. The American Heart Association strongly promotes knowledge and proficiency in BLS and ACLS and has developed instructional materials for this purpose.
Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fee charged for a course, except for a portion of the fee needed for American Heart Association course material, does not represent income to the Association.
Clinical and Field Work
Some degree and certificate programs offered by the college require students to obtain clinical or other field experience as part of their course work. Students with criminal convictions or drug use may have difficulty progressing in these programs. Hospitals and facilities may mandate that a criminal background check and/or drug screening check (at the student’s expense) may be conducted prior to placement in a clinical or field setting. Students not passing these checks may be prohibited from participating in the clinical or field experience, thus rendering the student ineligible to satisfactorily meet the course/program requirements. Students should contact an academic advisor or the program coordinator for further details.

Learn More.
When and where you want!

Continuing Education registration begins January 4!
Caregiving at Home Workshop
This workshop will be offered 3/21 through 5/9. Whether you are a family member, a concerned friend, or a community volunteer helping a senior with household tasks, personal and/or health care in the home setting or transportation, this 8-week workshop will provide you with helpful information. Come to the entire workshop or select individual classes that will enable you to support the senior to continue living life as difficult times of aging. Throughout this workshop resources and support for the caregiver will be addressed. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or close friends. No class 4/18; instead class will meet on 4/19.

AHCE:701 $129
650 M 6:30pm-9pm
Mar. 21 – May. 9
MC - SS, 108

Caregiving at Home - Which is Best? Care in the Home or in a Facility?
The need for caregiving in the home may occur suddenly with an illness or injury or, as with chronic illness or frailty due to aging, it may develop over a period of time. There are a variety of factors to be considered when the need for caregiving arises. This session will explore and compare home- and facility-based options when individuals need increased assistance with everyday tasks. There will be a discussion as to the range of services provided through home care agencies, including nonmedical support such as housekeeping, shopping and errands, bathing and personal care, medical services such as physical therapy, speech therapy, occupational therapy and wound care. We will explore community services such as adult day care and respite care that may be beneficial to caregivers who wish to continue providing care for their loved one in the community. There will be a discussion about the different levels of facility-based care, including skilled nursing, assisted living and residential care. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends.
Instructor: Katelyn Eichorst MSW
AHCE:701 $29
651 M 6:30pm-9pm
Mar. 21
MC - SS, 108

Caregiving at Home - Medications and Pain Management
This week we will discuss medications and current trends in pain management for the senior. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends.
Instructor: Catherine Kush MSN BSN RN-GNP-BC
AHCE:701 $29
652 M 6:30pm-9pm
Mar. 28
MC - SS, 108

Caregiving at Home - Eldercare Law and Order
Join us for an interactive presentation on eldercare law. Some of the topics to be presented include Advanced Directives, Living Wills, Power of Attorney and Trust Funds. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends.
Instructor: Christine Alsip
AHCE:701 $29
653 M 6:30pm-9pm
Apr. 4
MC - SS, 108

Caregiving at Home - Medicare: The Basics
This evening’s class will focus on Medicare, the federal health care program for those 65 years and older. Join us for a discussion on Medicare Part A and B, Medicare Part D (Prescription Drugs), Medicare Supplements and Medicare Advantage Plans. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends.
Instructor: Shelley Miller
AHCE:701 $29
654 M 6:30pm-9pm
Apr. 11
MC - SS, 108

Caregiving at Home - Do No Harm: Proper Body Mechanics
How do you safely move a senior in bed, transfer, and assist with walking? Learn the proper body mechanics that will assure the safety of the person being assisted and the caregiver. Please wear flat shoes and slacks for this session. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends.
Instructor: Mary Christman PT, MA Ed
AHCE:701 $29
655 Tu 6:30pm-9pm
Apr. 19
MC - SS, 108

Caregiving at Home - Nutrition and Fluid Intake
This evening’s class will look at conditions and events requiring care in the home and the related stress and emotion experienced by the senior as well as the caregiver. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends.
Instructor: Janice Palmer PhD RN CNE
AHCE:701 $29
657 M 6:30pm-9pm
May. 2
MC - SS, 108

Caregiving at Home - Conditions, Events and the Emotional Experience
This evening’s class will look at conditions and events requiring care in the home and the related stress and emotion experienced by the senior as well as the caregiver. While this course is primarily for the nonprofessional caregiver, portions of the course may be very useful to professionals providing care for family or friends.
Instructor: Theresa James BSW, Community Educator, Alzheimer’s Association St. Louis Chapter
AHCE:701 $29
658 M 6:30pm-9pm
May. 9
MC - SS, 108

LaunchCode is a non-profit organization that creates pathways to economic opportunity and upward mobility through apprenticeships and job placement in technology.
PROFESSIONAL DEVELOPMENT

Healthcare Occupations

Registration for Healthcare Occupations programs must be done in person only, at the Forest Park Campus, Continuing Education, Rooms G322-324.

Phlebotomy

This training program is held from 2/9 - 4/28. Register in person only in Continuing Education at Forest Park G 322/324.

This training prepares the student for entry level employment as a phlebotomist. The course provides classroom, lab instruction and clinical experience. 120 hours of clinical experience in addition to scheduled class time. No weekend hours for clinical experience. Time off from work may be required to complete clinical. Course content includes basic anatomy pertinent to blood collection, as well as communication skills, specimen processing, related interdisciplinary tasks, lab experience of blood drawing techniques and practical experience of blood drawing techniques in the clinical setting. A strict attendance policy is enforced throughout this training. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 in Mathematics Concepts and Application; Family Care Safety Registry-Worker registration letter. Only original letter will be accepted. Letter cannot be older than six months. Register online at www.dhss.mo.gov to obtain letter. No class date 3/15, 3/17. Registration/refund/withdrawal deadline: 2/2. No refunds after that date.

AHCE:785 | $1,400
4D0 TuTh 4:30pm-7pm
Joann Devine
Feb. 9 – Apr. 28
FP - B Tower, 417

Nurse Assistant for Nursing Homes

Training is held from 3/22 - 5/19. Register in person only in Continuing Education at Forest Park G 322/324. The course exceeds the required 75 hours classroom instruction and 100 hours of supervised on-the-job training. Class meets twice a week for 20 sessions; each four hours in length. The 104 hours of on-the-job training are in addition to the scheduled class time. No weekend hours for on-the-job training. Time off from work may be required to complete the on-the-job training. Course content includes training in basic nursing skills, fire safety, disaster training, nursing home resident safety and rights, the social and psychological problems of nursing home residents, methods of caring for mentally confused residents such as those with Alzheimer’s disease and related disorders, food service, personal care, elimination, restorative nursing, infection control and special procedures. Upon successful completion of the course the student is eligible for state certification. Strict attendance policy. Any missed class or on-the-job training time will be made up at an additional expense to the student. Prerequisite: Family Care Safety Registry Worker Registration letter is required at time of registration. Only original letter will be accepted. Letter cannot be older than six months. Register online at www.dhss.mo.gov/FCSR/ to obtain letter. To enroll in this state approved training the student must be employable in a skilled nursing facility or intermediate care facility in direct resident care. This is assured by verification with the criminal background check, 5 Panel drug screen, Family Care Safety Registry Worker Registration, state registry for nurse assistants and EDL. Intermediate or higher proficiency in English is recommended.

NURS:723 | $1,099
4D0 TuTh 4:30pm-8:30pm
Alverta Smith
Mar. 22 – May. 19
Sa 8am-4:30pm
March 26
FP - C Tower, 415

Required Nursing Skills Lab: Saturday, 3/26, 8 am - 4:30 pm. Registration/Refund/Withdrawal deadline: 3/15. No refunds after that date.

Medical Terminology for Nursing and Allied Health Occupations

This course will be offered 4/5-4/28. Medical terms and language are complex and not often easily understood. Nursing and allied health textbooks are filled with many words that have been derived from the combination of word forms from Latin suffixes and prefixes. Attend this course for a “jumpstart” to learn the meaning of these complex words and to gain the “extra edge” when reading textbooks filled with medical language. Refund/withdrawal deadline date: 3/29

NURS:708 | $79
4D0 TuTh 1pm-3pm
Alverta Smith
April 5 – April 28
FP - G Tower, 121

ed2go.com/stlcc

Online learning anytime, anywhere... just a click away!
Central Sterile Processing Technician

Refund/withdrawal deadline: 4/6. No refunds after that date.

Whether starting a career in Central Sterile Processing or already working in the field, this program will help you establish a foundation in:

• Central service workflow and concerns
• Basic job knowledge and skills
• Basic job responsibilities

At the end of this program, you’ll be prepared to take a national certification exam as well as for entry-level employment as a Central Sterile Processing Technician.

Tier 1
This training is held from April 18 through August 3, 2016. Required orientation: Wednesday, April 13, 6 - 8 p.m. This class is for the individual working in the field of Central Sterile Processing who only needs the 100 hours of classroom instruction. Register in person only in Continuing Education at Forest Park, G 322. Class meets twice a week, Monday and Wednesday (April 18 - August 3), for 27 sessions; each 3.5 hours in length. Primary text is an E-book. Final exam: Monday, August 8, 2016. A strict attendance policy is enforced throughout this training. Topics presented in the program include anatomy and physiology, medical terminology, infection prevention and control, tools for cleaning, safety and decontamination. This program will prepare successful students to take a national certification exam. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application. Family Care Safety Registry-Worker registration letter: Register online at www.dhss.mo.gov. Only the original letter will be accepted. Letter cannot be older than six months. No class 5/30, 7/4.

AHCE:788 Section 4D0 | $2,000
Orientation:
W  6pm-8pm
April 13
Class:
MW  6pm-9:30pm
April 18-Aug, 3
Final Exam:
M  6pm-9:30pm
Aug, 8
Extensh:
M-F
Aug. 15-Dec.16

Tier 2
This training is held from April 18, 2016 - December 16, 2016. Required orientation: Wednesday, April 13, 6 - 8 p.m. This section is for the individual entering the field of Central Sterile Processing who needs both the classroom instruction and externship. Register in person only in Continuing Education at Forest Park, G 322. Class meets twice a week, Monday and Wednesday (April 18 - August 3), for 27 sessions; each 3.5 hours in length. Primary text is an E-book. Final exam: August 8, 2016. Externship begins August 15, 2016 and ends December 16, 2016. A strict attendance policy is enforced throughout this training. Topics presented in the program include anatomy and physiology, medical terminology, infection prevention and control, tools for cleaning, safety and decontamination. This program will prepare successful students to take a national certification exam. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application. Family Care Safety Registry-Worker registration letter: Register online at www.dhss.mo.gov. Only the original letter will be accepted. Letter cannot be older than six months. No class 5/30, 7/4.

AHCE:788 Section 4D1 | $2,625
Orientation:
W  6pm-8pm
April 13
Class:
MW  6pm-9:30pm
April 18-Aug, 3
Final Exam:
M  6pm-9:30pm
Aug, 8
Extensh:
M-F
Aug. 15-Dec.16

Free Information Session

Central Sterile Processing Technician Information Session
This free session is designed to provide information to individuals interested in the Central Sterile Processing Technician Training. The presentation will include an explanation of the pre-requisites, an overview of the training and requirements needed for certification. The session is free but registration is required.

AHCE:788
450 W 6pm-7pm
Feb. 24
FP - G Tower, 121

Register beginning January 4

Pharmacy Technician Certification Training

Refund/withdrawal deadline: 2/1. No refunds after that date.

This training is held from February 11 through June 20, 2016. Required orientation: Monday, February 8, 6 - 8 p.m. Register in person only in Continuing Education at Forest Park, G 322. This training prepares the student for entry level employment as a pharmacy technician. The course provides 105 hours of class room instruction and 60 hours of externship experience. Class meets twice a week, Monday and Thursday (February 11 - May 18), for 28 sessions. Primary textbook is an E-book. The 60 hours of externship experience (May 17 - June 10, 2016) follows the classroom experience. Class review: June 13, 2016. Final exam: June 16, 2016. Last class day: June 20, 2016. Students will learn about the top medications dispensed in the United States and be introduced to the basic concepts of pharmacy calculations for proper medication dispensing. A strict attendance policy is enforced throughout this training. Upon successful completion of the course the student is eligible to take a certification exam. Prerequisites: Student must be 18 years of age; High school diploma or a High School Equivalency Certificate; Test of Adult Basic Education (TABE) Test Letter stating a minimum score of 8.9 on both Vocabulary and Comprehension tests and a minimum score of 7.0 Mathematics Concepts and Application. Family Care Safety Registry-Worker registration letter: Register online at www.dhss.mo.gov. Only the original letter will be accepted. Letter cannot be older than six months. Class will meet Tuesday, 2/16. No class 2/15, 3/7, 3/10.

Section available for students using payment plan through MK Education. Student must have approval of MK Education to register. Contact MK Education at 630-929-8602 for details.

AHCE:786 Section C00 | $2,100
Orientation:
M  6pm-8pm
Feb. 8
Class:
M-Th  6pm-9:45pm
Feb. 11-May 16
Externship:
M-F
May 17-June 10
Final Exam Review:
M  6pm-9:45pm
June 13
Final Exam:
Th  6pm-9:45pm
June 16
Last Day of Class:
M  6pm-9:45pm
June 20

The Central Sterile Processing Technician and the Pharmacy Technician Certification Training programs are brought to you in partnership with MK Education
CPR and First Aid

Heartsaver CPR AED: Adult

The Heartsaver CPR AED Course teaches lay rescuers when to call 911, how to give CPR, how to use an AED and how to provide relief of choking. The course targets individuals who are expected to respond to cardiovascular emergencies in the workplace and may be used to teach CPR to lay rescuers who are required to obtain a course completion card documenting completion of a CPR course that includes use of an AED for job, regulatory or other requirements. This course is for the learner with limited or no medical training. Registration one week prior to course start date is recommended. Due to the nature of the course, you must arrive on time. No refund for late arrival.

CPRR:701 | $45
6D0 Tu 6:30pm-8:30pm March 8
CDO Tu 10am-6pm April 5

Heartsaver CPR AED: Adult and Pediatric

The Heartsaver CPR AED Course teaches lay rescuers when to call 911, how to give CPR, how to use an AED and how to provide relief of choking. The course targets individuals who are expected to respond to cardiovascular emergencies in the workplace. The course may be used to teach CPR to lay rescuers who are required to obtain a course completion card documenting completion of a CPR course that includes use of an AED for job, regulatory or other requirements. This course is for the learner with limited or no medical training. Registration one week prior to course start date is recommended. Due to the nature of the course, you must arrive on time. No refund for late arrival.

CPRR:701 | $59
SDO M 6pm-9:30pm May 2

Heartsaver First Aid CPR AED

Heartsaver First Aid CPR/AED is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage: a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical service (EMS) arrives. It is designed to meet OSHA requirements. Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR and AED use. Written and practical skills (hands-on manikin simulation) evaluation and testing are required for course completion. Upon successful completion, each participant will receive a course completion card. Registration one week prior to course start date is recommended. Due to the nature of the course, you must arrive on time. No refund for late arrival.

CPRR:706 | $97
CDO W 8:30am-4:30pm April 13

Heartsaver Pediatric First Aid CPR AED

The Heartsaver Pediatric First Aid CPR/AED course is designed to meet the regulatory requirements for child care workers in all fifty United States. It teaches child care providers and others to respond to and manage illnesses and injuries in a child or infant at the first few minutes until professional help arrives. It covers the first aid and first skill as such as finding the problem, stopping bleeding, bandaging, using an epinephrine pen, as well as child CPR AED, infant CPR and optional modules in adult CPR AED, child, infant mask and Asthma Care Training for Child Care Providers. Registration one week prior to course start date is required. No transfers between sessions or refunds given within five business days of class date. Due to the nature of the course, you must arrive on time. No refund for late arrival. Child Care Providers MUST NOT Register in these Sections. Those Needing Approved Clock Hours MUST Enroll in the Specialized Child Care Provider Sessions Listed on pages 14/15.

CPRR:711 | $97
6D0 W 8:30am-4pm Jan. 23
4D0 Sa 8:30am-4pm Feb. 17
SD0 Sa 8:30am-4pm March 12
6D1 Sa 8:30am-4pm April 6
SD1 Sa 8:30am-4pm May 7

DUE TO THE NATURE OF CPR AND FIRST AID COURSES, YOU MUST ARRIVE ON TIME, NO ADMITTANCE AFTER STATED TIME.

Registration is required one week prior to course start date to ensure appropriate student-to-instructor ratios. Late registrations will be considered on a space-available basis only.

Healthcare Provider CPR

This American Heart Association course is designed for the healthcare provider. Each participant must obtain an 84 percent or higher on the written evaluation and demonstrate proficiency in all CPR skills. Skills include adult, child and infant CPR, FBAO management of the conscious victim, adult/infant/child two rescuer CPR, mouth-to-mouth ventilation and automatic external defibrillation (AED). Written and practical skills (handson manikin simulation) evaluation and testing are required for course completion. Students who enroll at least one week in advance and successfully complete the course will receive BLS completion card at the end of the class. No transfers between sessions or refunds given within five business days of class date. Due to the nature of the course, you must arrive on time. No admittance after stated start time. No refund for late arrival. This course meets the STILCC nursing department admission requirements.

CPRR:707 | $60
4D0 F 9am-3:30pm Jan. 8
4D1 Su 9am-3:30pm Jan. 10
5D0 Tu 5pm-10pm Jan. 12
6D0 Th 9am-3:30pm Jan. 14
CDO Th 5pm-10pm Jan. 28
4D2 W 5pm-10pm Feb. 3
6D1 Tu 5pm-10pm Feb. 9
CD1 Sa 9am-3:30pm Feb. 20
4D3 F 9am-3:30pm Feb. 26
4D4 Th 5pm-10pm March 10
3D0 W 5pm-10pm WW, 23
6D2 Tu 9am-3:30pm March 29
HD0 Sa 9am-3:30pm April 2
4D5 M 5pm-10pm April 4
5D0 F 9am-3:30pm April 15
6D3 W 5pm-10pm April 20
4D6 W 5pm-10pm April 27
6D4 Tu 5pm-10pm May 3
5D1 W 9am-3:30pm May 11
4D7 F 9am-3:30pm May 20

CPR Instructor Course

The Instructor Course is designed to prepare American Heart Association (AHA) instructors to disseminate to participants enrolled in AHA courses the science, skills and philosophy of resuscitation programs. The purpose of the AHA BLS/CPR Instructor Course is to provide instructor candidates the knowledge and skills necessary to reach and teach potential BLS providers. The AHA BLS/ CPR Instructor Course provides a structured initiation for the instructor candidate and serves as the foundation for their development. It provides instructor candidates the opportunity to develop and refine their presentation skills. Please note there is extensive self-paced pre-course work. Access to a computer will be necessary for this course work. Prerequisite required at time of registration. Current AHA Healthcare Provider CPR card. Registration three weeks prior to course start date is required to ensure arrival of pre-course materials and completion of extensive pre-course work. Per AHA requirements, within 6 months of the initial CPR Instructor Course, a STLCC TC faculty member must monitor the instructor candidate’s teaching and verify the performance of the candidate’s provider skills. The instructor candidate will pay an additional fee for this monitoring. Due to the nature of this course, you must arrive on time. No admittance after the stated start time. No refund for late arrival.

CPRR:708 | $275
4D0 W 8am-5pm March 2

CPR Instructor Renewal Course

To successfully complete the American Heart Association CPR Instructor Renewal Course, the instructor will demonstrate acceptable provider skills and successful completion of the written examination. The renewal course may include an update addressing new course content or methodology and review TC, regional and national prerequisites. The instructor candidate must have taught at least four CPR courses and attended updates as required within the previous two years and be a current CPR Instructor as evidenced by a current CPR Instructor card. At time of registration the instructor must provide documentation meeting both prerequisites. Registration is required one week prior to course start date. Due to the nature of this course, you must arrive on time. No admittance after the stated start time. No refund for late arrival. Student must contact Diane Sterrett at 314-539-5754 before registering for the CPR Instructor Renewal Course.

CPRR:709 | $58
4D0 Th 6pm-10pm Feb. 18

CPRR 715 | $59
4D1 W 8am-12pm April 6

CPRR 716 | $59
4D1 W 8am-12pm April 6

CPRR 717 | $59
4D1 W 8am-12pm April 6

www.stlcc.edu/ce  |  314-984-7777

PROFESSIONAL DEVELOPMENT

Spring 2016 Continuing Education  |  St. Louis Community College 13
Child Care Providers Saturday Seminars

**Child Care Provider: Heartseaver Pediatric First Aid CPR AED**
The Heartseaver Pediatric First Aid CPR AED course is designed to meet the regulatory requirements for child care workers in all fifty United States. It teaches child care providers and others to respond to and manage illnesses and injuries in a child or infant in the first few minutes until professional help arrives. It covers the four steps of first aid and first aid skills such as finding the problem, stopping bleeding, bandaging and using an epinephrine pen, as well as child CPR AED, infant CPR and optional modules in adult CPR AED, child mask, infant mask and Asthma Care Training for Child Care Providers. Registration one week prior to course start date is required. No transfers between sessions or refunds given within five business days of class date. Due to the nature of the course you must arrive on time. No admittance after stated start time. **Bring a lunch.** No refund for late arrival.

**CCPR:711 | $97**
- **6D0** Sa 8:30am-4pm
- **4D0** Sa 8:30am-4pm
- **5D0** Sa 8:30am-4pm
- **6D1** Sa 8:30am-4pm
- **5D1** Sa 8:30am-4pm
  - Jan, 23
  - Feb, 13
  - March 12
  - April 23
  - May 7
  - MC - CE, CE
  - FP - G Tower, 121
  - FV - TC, 105
  - FV - TC, 105

**CCPR:712 | $45**
- **480** Sa 9am-3:30pm
- **581** Sa 9am-3:30pm
  - Feb, 27
  - Apr, 9
  - MC - SC, 200
  - FV - CDC, 112
  - FV - CDC, 112

**CCPR:718 | $25**
- **480** Sa 12pm-3pm
  - Feb, 13
  - Annette Harrison
  - FP - SC

To register for Childcare Provider classes and programs call 314-984-7777.

**Saturday Full Day Programs**

### Six clock hours for each program

**Sack lunch is provided.**

#### Nature and Young Children Seminar
The morning session: No Child Left Inside- Outdoor Play to Explore Nature and Science! Explore the natural world outside through new fun science activities you can integrate into your daily schedule. Help children wonder, explore, and discover with hands-on activities planned for the outdoors. The afternoon session: Connecting with Nature- Gardening and Cooking with Children! Encourage healthy eating as you help children learn about fruits and vegetables; and take produce from the garden to the table. Hands-on simple recipes, cooking activities and gardening tips will be shared. Our goal is to encourage children to learn to taste, eat and enjoy more fruits and vegetables. You will see new teaching materials- “Early Sprouts Cook Book” and “Lana’s Favorite Recipes.” Box lunch included.

**CCPR:710 | $45**
- **581** Sa 9am-3:30pm
  - March 5
  - Geraldine Jasper
  - FV - CDC, 112
  - MC - SC, 200

**CCPR:712 | $45**
- **480** Sa 9am-3:30pm
  - April 16
  - Geraldine Jasper
  - FV - CDC, 112

### The Beautiful Brain: The First Three Years of Life
Do you know how the infant brain develops? The risk factors to healthy brain development? What caregivers and parents can do to encourage brain development? Examine hot topics in brain research and discover how to establish patterns for early learning. Box lunch included. Class will be held in Cafe East.

**CCPR:712 | $45**
- **480** Sa 9am-3:30pm
  - Jasmin Marshall
  - Jan, 30
  - FP - SC

### Understanding Behavior: Mine and the Children’s
This training will first look at you and how you react and respond through the lens of mindful learning. Next it will explore the reason children behave as they do and employ brain based discipline. Session I: Mindful Learning to Deal with Daily Stress. 9:00-12:00. Do you realize how stressed I am and how difficult it is to find happiness in my life and my job? Learn practices to reduce stress and increase your personal happiness. Session II: Brain Based Discipline. 12:30-3:30. Do you have any idea how difficult it is to discipline children in my classroom? Learn about the brain and use this knowledge in your work with children. Workshop check in begins at 8:30 a.m. Box lunch included.

**CCPR:765 | $45**
- **680** Sa 9am-3:30pm
  - Judith Saurage
  - MC - SC, 200
  - FV - CDC, 112

### Science Activities for Young Children
Science is all around us! Learn to help children explore science through a variety of hands-on activities both inside the classroom and outdoors.

**CCPR:710 | $35**
- **581** Sa 9am-1pm
  - Geraldine Jasper
  - FP - G Tower, 117

**CCPR:712 | $35**
- **480** Sa 9am-1pm
  - Geraldine Jasper
  - FV - CDC, 112

**CCPR:718 | $25**
- **550** Sa 12pm-3pm
  - Jan, 23
  - Annette Harrison
  - FV - CDC, 112

### Supervision and Safety in an Early Childhood Facility
A review of techniques to make supervision and safety a high priority in every childcare facility.

**CCPR:702 | $35**
- **582** Sa 9am-1pm
  - Geraldine Jasper
  - May 7
  - FV - CDC, 112

### Catch the Storytelling Bug!
Have you ever wanted to become a playful storyteller? Annette Harrison, award winning storyteller, educator and author will take you through the storytelling fundamentals. You will experience the joy of closing a children’s picture book and jumping into the telling of the story. Co-sponsored by the Missouri Humanities Council. Please arrive and check in prior to 12:00 pm. No one will be admitted after 12:00 p.m. Class will be held in Cafe East.

**CCPR:718 | $25**
- **480** Sa 12pm-3pm
  - Annette Harrison
  - Feb, 13
  - FP - SC

### Saturday Half Day Programs

#### Discipline and Guidance of Young Children

**CCPR:702 | $35**
- **581** Sa 9am-1pm
  - Geraldine Jasper
  - April 2

**CCPR:712 | $35**
- **480** Sa 9am-1pm
  - Geraldine Jasper
  - Feb, 13
  - FP - G Tower, 117

**CCPR:718 | $25**
- **550** Sa 12pm-3pm
  - Jan, 23
  - Annette Harrison
  - FV - CDC, 112

### Encouraging the Love of Books for Preschoolers
Learn how to grow readers by engaging your preschoolers with stories, books, nursery rhymes and other activities that help promote the reading readiness skills. Participants in the workshop will explore high quality children’s books, discover new ways to make books and stories come alive, and learn how to make connections between books and the child’s world. Participants will take home a wealth of ideas and a variety of books to use with preschoolers. Presented by Annette Harrison, dynamic educator and storyteller. This class is designed for preschool teachers and caregivers. Co-sponsored by the Missouri Humanities Council.

**CCPR:718 | $25**
- **550** Sa 12pm-3pm
  - Jan, 23
  - Annette Harrison
  - FV - CDC, 112

### Provider Potpourri: Brain Injury in Early Childhood and Toddler Transition Tips
This special four hour training will cover two different topics. Session I: Brain Injuries in Early Childhood. This workshop will provide information on preventing, recognizing, and supporting brain injuries in your children ages birth through age five. Session II: Infant Toddler Transition Tips. Are you experiencing challenging behavior in transition times and routine tasks? Come learn new strategies to create teachable moments and plan smooth, meaningful and fun routines as part of your infant/toddler caregiving. Create a hands on transitional tool for your classroom!

**CCPR:765 | $40**
- **580** Sa 9am-1pm
  - Amanda McNutt
  - May 14
  - FV - CDC, 112
Making Sensory Exploration Materials: Play Dough, Goop, and More

Come to this hands-on workshop and learn the importance of sensory exploration materials in the classroom. You’ll make several ‘mixtures’ and will receive recipes for all the creative doughs.

CCPR:703 | $15
550 Th 7pm-9pm Victoria McReynolds April 7
FV - CDC, 112

Understanding the Temperatures of Infants & Toddlers

Infants come into the world with different temperaments that influence their behavior and relationships with their caregivers both at home and in child care. This workshop will introduce the key concepts of temperaments and temperament types. Caregivers will gain an understanding of how they can be more responsive to infants and toddlers in their care.

CCPR:707 | $15
450 Tu 7pm-9pm Gloria Hampton May 10
FP - G Tower, 119

How to Use Music and Movement Throughout the Day

Songs and movements make transitions fun and help children tune in when they appear to be tuned out. Even if you can’t sing you can make a song out of anything.

CCPR:708 | $15
550 Th 7pm-9pm Rose Anderson-Rice March 10
FV - CDC, 112

How and When to Talk to Parents

Gain helpful methods for communicating your concerns with parents about their child’s education. Specific consultation strategies and techniques are demonstrated. Discussion of how to talk to parents to build and maintain positive relationships. Co-sponsored by Learning Disabilities Association, Inc.

CCPR:714 | $15
480 M 7pm-9pm Feb. 22
FP - G Tower, 119

Language Development: Phonological Awareness and Alphabetic Knowledge


CCPR:718 | $15
770 M 7pm-9pm April 4
Hixson Mid. School, 117

Language Development - Birth to Age Five

This workshop discusses brain development, the importance of reading to language development, age appropriate books, developmental milestones, and appropriate activities for each milestone. Co-Sponsored by St. Louis Learning Disabilities Association.

CCPR:718 | $15
780 M 7pm-9pm March 7
Linbergh H.S., 46

Fun with Books: Making a Story Time Bag

Create activities to put into your new, free story time bag. You’ll discuss appropriate expectations for both children and adults. You’ll discuss appropriate expectations.

CCPR:727 | $15
650 W 7pm-9pm April 28
SCEC, 100

Understanding Autism - Birth Through Age Five

Characteristics of autism spectrum disorder and how symptoms can affect each child in a unique way will be discussed. You will learn techniques for coping with behavior and receive resources for additional help. Co-sponsored by St. Louis Learning Disabilities Association, Inc.

CCPR:721 | $15
550 Th 7pm-9pm Feb. 22
FP - CDC, 112

Surviving Naptme

Creative ways to make nap time a pleasant experience. Learn to make nap time a peaceful and relaxing experience for both children and adults. You’ll discuss appropriate expectations.

CCPR:727 | $15
650 W 7pm-9pm Jan. 19
SCEC, 100
COMMUNICATIONS

No Sweat Public Speaking
Speaking opportunities are business, career and leadership opportunities! Are you making the most of those speaking opportunities? Learn how to develop, practice and deliver Knock Your Socks Off presentations with - NO SWEAT! Instructor will present: the components, parts and elements of a presentation; tips for taking a presentation from 'blah' to 'ah'; and the fear of public speaking. Class taught by a local speaker, coach and author.
COMM:715 | $39
650 W 6:30pm-8:30pm April 6 – April 20
Fred Miller
MC - AS, 108

Are You Ready for Radio?
Are you thinking about a career as a radio personality? Get a better understanding of what the radio industry is really like and see whether or not this is the right choice for you. Learn basic announcing skills through reading exercises, ad lib and group critiques. Do you have what it takes? Come find out!
COMM:720 | $29
680 Sa 9am-12pm May 7
Laurie Beakley
MC - CN, 225

Are You Ready for Radio?

Voiceovers: Get Paid to Talk
Have you been told that you have a great voice? Learn how to get started in the voiceover industry! This introductory course will include a real-world overview of the industry, including the good, the bad and the ugly parts, from one of St. Louis' own voice artists.
P&RD:765 | $39
480 Sa 9am-12pm April 23
Michael Doran
FP - G Tower, 111
580 Sa 9am-12pm April 2
Michael Doran
FP - C, 102

Voiceovers: Get Paid to Talk

Real Estate

How to Start a Career in Real Estate
Do you enjoy helping people? Have you considered getting into the business of real estate and wondered what it takes to be successful? The real estate profession offers one of the widest career opportunities in the business world. There is the buying and selling of homes, office buildings, investment properties, property management, land development, mortgage banking, urban planning, real estate counseling and appraisal. Come find out about the licensure process to becoming a real estate agent and the starting opportunities. We'll show you how you can build a new career in real estate.
REAL:715 | $29
650 Th 7pm-9pm April 9
Jill McCoy
MC - CN, 228
350 Tu 7pm-9pm Feb. 16
Jill McCoy
WW, 201

How to Be a Successful Landlord
Increase the income on your real estate investments by improving your skills as a landlord. You can lower property damages and eviction costs by performing effective initial screening of potential tenants. Our experienced instructor will explain how to be creative and to use the telephone, interview, computer, rental application and lease expectations to avoid an undesirable tenant-landlord relationship. Lunch on your own.
REAL:720 | $69
480 Sa 9am-5pm April 16
Mary Hankins
FP - G Tower, 115

Restaurant Management

ServSafe Food Safety Certification
St. Louis City and St. Louis County Health Departments require that at least one person within each food service facility be certified in food safety. This nationally recognized class offers this training to individuals who are employed by, manage or own food service operations in the hospitality industry. The second class concludes with the exam. Fee includes textbook, answer sheet and proctored exam. Those achieving a grade of 75% or higher on the exam will be awarded a ServSafe certificate. Bring a sack lunch to class.
RMGT:701 | $169
480 Sa 8am-3pm
Feb. 10 – March 13
Shirley Raus
FP - HS, 219
No class 2/27
580 Sa 8am-3pm
Feb. 20 – March 5
Almut Stephan Marino
MC - AS, 243
No class 4/9
680 Sa 8am-3pm
April 2 – April 16
Almut Stephan Marino
MC - SQ, 107

ServSafe Food Safety Certification Review and Retest
This class is only for those who were not successful on a recent exam or who took the ServSafe online course and require a proctored exam. It is recommended that you study the text before coming to class. An opportunity to ask review questions will be provided before re-attempting the exam. Fee includes answer sheet and proctored exam. Those achieving a grade of 75% or higher on the exam will be awarded the nationally-recognized ServSafe certificate. Bring a sack lunch to class.
RMGT:702 | $79
480 Sa 8am-3pm
Feb. 13
Shirley Raus
FP - HS, 219
No class 2/27
580 Sa 8am-3pm
March 5
Almut Stephan Marino
MC - AS, 243
680 Sa 8am-3pm
April 16
Almut Stephan Marino
MC - SQ, 107

Fitness Training

ACE Personal Trainer Certification Prep Course
Ready for a career change? Become a CERTIFIED PERSONAL TRAINER! Designed to give you the knowledge and understanding necessary to prepare for the ACE Personal Trainer Certification Exam and become an effective personal trainer, this course presents the ACE Integrated Fitness Training® (ACE IFT®) Model as a comprehensive system for designing individualized programs based on each client's unique health, fitness, and goals. The information covered and the ACE IFT Model will help you learn how to facilitate rapport, adherence, self-efficacy and behavior change in clients, as well as design programs that help clients to improve posture, movement, flexibility, balance, core function, cardiovascular fitness, and muscular endurance and strength. Due to the specialized nature of this class, NO REFUNDS WILL BE ISSUED ONE WEEK PRIOR TO THE CLASS START DATE. STUDENT MUST BE AT LEAST 18 YEARS OF AGE OR HAVE A HIGH SCHOOL DIPLOMA/GED AND HOLD CPR/AED CERTIFICATION BEFORE TAKING EXAM. Background check may be required for certification. Please review the ACE Certification Candidate Handbook at http://www.acefitness.org/fitness-certifications/pdfs/Certification-Exam-Candidate-Handbook.pdf for more information on eligibility. Fee includes cost of exam, textbook, study guide, and sample test. Additional fee to retake exam. Voucher for exam must be used within 6 months of date received. Class is not eligible for Senior Scholarship.
P&DU:753 | $695
6D1 M 5pm-9pm
Feb. 22 – May 2
No class 3/14.
Melissa Baumgartner
MC - SQ, 105
Registration/withdrawal deadline: 2/12. No refunds after that date.

ACE Group Fitness Instructor Certification Prep Course
Group fitness has exploded in the past five years. Attracting more than 22.1 million people annually to indoor cycling, Les Mills BODYPUMP®, Zumba® fitness, CrossFit, boot camp, yoga and more. Our ACE Group Fitness Instructor Certification will give you the knowledge to design and teach any class better, lead all fitness levels more effectively, and deliver experiences your participants will never forget. Don’t position yourself as a performer when you can position yourself as a professional. Earning a certification accredited by the National Commission for Certification Agencies (NCCA) will set you apart as a teacher who leads more than just the front row. Due to the specialized nature of this class, NO REFUNDS WILL BE ISSUED ONE WEEK PRIOR TO THE CLASS START DATE. STUDENT MUST BE AT LEAST 18 YEARS OF AGE OR HAVE A HIGH SCHOOL DIPLOMA/GED AND HOLD CPR/AED CERTIFICATION BEFORE TAKING EXAM. Background check may be required for certification. Please review the ACE Certification Candidate Handbook at http://www.acefitness.org/fitness-certifications/pdfs/Certification-Exam-Candidate-Handbook.pdf for more information on eligibility. Fee includes cost of exam, textbook, study guide, and sample test. Additional fee to retake exam. Voucher for exam must be used within 6 months of date received. Class is not eligible for Senior Scholarship. No class 3/17.
P&DU:753 | $595
6D2 Th 5pm-9pm
Mar. 3 – May 12
Melissa Baumgartner
MC - SQ, 112
Registration/withdrawal deadline: 2/25. No refunds after that date.

Explore ACE Fitness Certifications!
Computers and Technology

Microssoft Windows 10: Introduction: In a Day
Explore Windows 10 in detail and all of its user-friendly features in this course. Topics discussed will include the newly redesigned Start Menu, an introduction to the Windows Store, Cortana and the new Action Center. Many other topics will be discussed and we'll also have some question and answer time for those individual issues that affect everybody! This class will be using Windows 10 with a mouse. Prerequisite: Personal Computers Introduction class or experience using any version of Microsoft Windows.

COMP:705 | $99
C01  Sa 9am-4pm  James Prater  Corp. College, 208
April 16
C81  Sa 9am-4pm  James Prater  Corp. College, 208
Feb. 19

Transiting From Windows 7 to Windows 10
Check out the new changes with Windows 10! This three hour session we will go through the new user-friendly features of Windows 10. This class will be using Windows 10 with a mouse. Prerequisite: Personal Computers Introduction class or equivalent experience and experience with Windows Vista or Windows 7.

COMP:705 | $49
681  Sa 9am-12pm  James Prater  Corp. College, 208
April 2

Microssoft Windows 8: Introduction: In a Day
Explore Windows 8 and all its user-friendly features in this course. Topics include using Start Screen, Live tiles, Hot corners, Charm Bar, One Drive and many others. This course is not for tablets or touch screen and students will use a mouse to navigate. Prerequisite: Personal Computers Introduction class or equivalent experience.

COMP:705 | $99
C02  Sa 9am-4pm  STLCC Staff  Corp. College, 208
March 26

Microssoft Windows 8: Intermediate
Learn to create professional looking business documents using this powerful word processing software. Discover how editing and formatting tools are at your fingertips as you work with the ribbon and Quick Access Toolbar. Leave with the skills to create a document, format, change styles and fonts, cut/copy/paste, insert text, and edit a document with confidence. Windows Introduction class or equivalent experience. Recommended to bring a flash drive.

COMP:715 | $129
C01  F 9am-4pm  Cris Heffernan  Corp. College, 206
Feb. 5

Intermediate Microsoft Word 2013 for Business
Learn to create and design database system. Learn to create, manage, and maintain tables and table relationships. Discover selecting and filtering records within tables. Explore field properties, including Input Masks and Data Validation. Prerequisite: Windows Introduction class or equivalent experience. Recommended to bring a flash drive.

COMP:716 | $129
C01  F 9am-4pm  Cris Heffernan  Corp. College, 206
Feb. 12

Intermediate Microsoft Word 2013 for Business
In this introductory class you will learn the business basics of Excel; including setting up worksheets, entering and editing cells, cut and copy, making your sheets more readable, saving, and printing. You will also learn: the basics of building formulas, functions, and charts. Prerequisite: Windows Introduction class or equivalent experience.Recommended to bring a flash drive.

COMP:720 | $129
C01  F 9am-4pm  Cris Heffernan  Corp. College, 208
Feb. 19

Intermediate Microsoft Word 2013 for Business
Learn the basics of MS Excel in one day! In this introductory course you'll learn how to create spreadsheets for all kinds of applications including accounting, expense analysis, budgeting, etc. Topics include setting up worksheets, labeling, entering values, editing cells, copying, saving, and other commands. Prerequisite: Windows Introduction class or equivalent experience. Recommended to bring a flash drive.

COMP:720 | $99
C80  Sa 9am-4pm  Cris Heffernan  Corp. College, 208
Feb. 6
680  Sa 9am-4pm  Roy Lenox  MC - BA, 203
April 16

Microssoft Excel 2013: In a Day
Learn the basics of MS Excel in one day! In this introductory course you’ll learn how to create spreadsheets for all kinds of applications including accounting, expense analysis, budgeting, etc. Topics include setting up worksheets, labeling, entering values, editing cells, copying, saving, and other commands. Prerequisite: Windows Introduction class or equivalent experience. Recommended to bring a flash drive.

COMP:720 | $99
C80  Sa 9am-4pm  Cris Heffernan  Corp. College, 208
Feb. 6
680  Sa 9am-4pm  Roy Lenox  MC - BA, 203
April 16

Microssoft Excel 2013: Introduction
Create spreadsheets using Microsoft Excel. Learn Excel terminology, to navigate the Excel window, and the basic characteristics of a worksheet and workbook. Enter text values and formulas, move and copy data, format worksheet appearance, and work with charts. Prerequisite: Windows Introduction class or equivalent experience. No class 2/10.

COMP:720 | $149
750  W 6:30pm-9:40pm  Roy Lenox  Kirkwood H.S., W 205
Feb. 3 – March 9

Microssoft Excel 2013: Intermediate
This course is a continuation of our Introduction to Excel class. Further your spreadsheet skills by managing multiple sheet workbooks, creating more complex formulas and functions, enhancing the appearance of your document, and by creating custom reports with pivot charts. Prerequisite: Microsoft Excel Introduction class or equivalent experience.

COMP:721 | $149
750  W 6:30pm-9:40pm  Roy Lenox  Kirkwood H.S., W 205
March 23 – April 20

ADVANCED PROGRAMS

Microsoft Access 2013: In a Day
Learn the basics of Access in one day! In this introductory class you’ll learn how to create tables, enter data, add records, and use basic queries. You will also learn: the benefits of Range Names and working with Tables and Structured Referencing. Prerequisite: Microsoft Excel Introduction class or equivalent experience. Recommended to bring a flash drive.

COMP:725 | $129
C01  F 9am-4pm  Cris Heffernan  Corp. College, 208
March 4

Intermediate Access 2013 for Business
Learn to query multiple tables for customized forms and reports, create more complex queries, and customize forms. Prerequisite: Windows Introduction class or equivalent experience and Introduction to Access or equivalent experience. Recommended to bring a flash drive.

COMP:726 | $129
C01  F 9am-4pm  Cris Heffernan  Corp. College, 208
April 15
Learn the Basics of an iPhone
Did you finally break down and purchase an iPhone only to discover that you can barely use it? Come to this class to learn the basics and functionality of an iPhone. Please note universal functions of the iPhone platform will be taught and that specific "apps" may vary from iPhone to iPhone. Students must bring their own iPhone to the class. This class will only discuss the Apple iPhone. Other tablet devices will not be covered.

COMP/765 | $25
C80 Sa 12:30pm-3:30pm
650 W 6pm-9pm
April 6
MC - BA, 208

PCs & Technology: Introduction In a Day
Learn the basics of using a PC & Technology in a day! Does your Android smart phone make you feel like a technology boggle your mind? Then this class is for you! Build a strong foundation for your computer skills and get familiar with these cool digital technologies. This course emphasizes hands-on experience using a PC to teach essential concepts and commands and develop user confidence. Basic terms regarding computer hardware, software and current technology are covered, as are basics regarding the use of computers, printers, and drives. It's a class designed for those with little or no computer skills.

COMP/701 | $99
C50 Sa 9am-4pm
Feb. 27
300 F 9am-4pm
April 29
580 Sa 9am-4pm
Feb. 6
Corporal, College, 208
Barbara Primm

Google Docs
Interested in making movies with your mobile device? Check out Making Movies With Your Mobile Device on page 51.

Introduction to eBay: Buying and Selling
Come join the millions buying and selling on eBay. This site is about more than just buying and selling. It's a community service to cities all over the United States. This site is about more than just buying and selling. Come find out what all of the hype is about! Prerequisite: Windows Introduction class or equivalent experience.

COMP/742 | $25
SS0 Th 6pm-9pm
April 5
Rachel Bufalo
FV – B, 125

Introduction to Craigslist
Craigslist is a fantastic website and provides a wonderful community service to cities all over the United States. This site is about more than just buying and selling. Come find out what all of the hype is about! Prerequisite: Windows Introduction class or equivalent experience.

COMP/742 | $25
SS0 Th 6pm-9pm
April 5
Rachel Bufalo
FV – B, 125

Mobile Technologies

Android Smart Phones Small Group Workshop
Do you want your Android smart phone to make you feel like a dummy? Or are you still only using it to make phone calls knowing it can do so much more? In this small group workshop you will learn some basics to get you up and running. There are dozens of models of Android phones and operating systems available on the market so this workshop will cover general topics such as app usage, camera, downloading and setting. Class is hands on so bring your Android phone. This class will not cover other types of smart phones.

COMP/765 | $29
680 S 9am-12pm
March 5
Barbara Primm
MC - SW, 210

650 W 6pm-9pm
April 13
Barbara Primm
MC - BA, 208

550 Tu 6pm-9pm
April 5
Barbara Primm
FV – B, 120

580 W 6pm-9pm
March 26
Barbara Primm
Corporal, College, 005

502 F 9am-12pm
May 6
SCEUC, 202

Learn the Basics of an iPhone
Did you finally break down and purchase an iPhone only to discover that you can barely use it? Come to this class to learn the basics and functionality of an iPhone. Please note universal functions of the iPhone platform will be taught and that specific "apps" may vary from phone to phone. Students must bring their own iPhone to the class. This class will only discuss the Apple iPhone. Other smartphone devices will not be covered.

COMP/765 | $25
651 W 6pm-9pm
April 13
Corporal, College, 210

Learn the Basics of an iPad
Did you finally break down and purchase an iPad only to discover that you can barely use it? Come to this class to learn the basics and functionality of an iPad. Please note universal functions of the iPad platform will be taught and that specific "apps" may vary from iPad to iPad. Students must bring their own iPad to the class. This class will only discuss the Apple iPad. Other tablet devices will not be covered.

COMP/765 | $25
650 W 6pm-9pm
April 6
MC - BA, 208

PCs and Technology: Introduction
Do you call yourself "computer illiterate"? Does current technology boggle your mind? Then this class is for you! Build a strong foundation for your computer skills and get familiar with these cool digital technologies. This course emphasizes hands-on experience using a PC to teach essential concepts and commands and develop user confidence. Basic terms regarding computer hardware, software and current technology are covered, as are basics regarding the use of computers, printers, and drives. It’s a class designed for those with little or no computer skills.

COMP/701 | $109
501 Th 9am-12pm
Feb. 4 – Feb. 25
Jerry Bearden
SCEUC, 208

Keyboarding: Learn to Type on the Computer
Do you use the hunt and peck method of typing? Increase speed and confidence. Basic terms regarding computer hardware, drives. It’s a class designed for those with little or no computer skills.

COMP/702 | $109
780 M 7pm-9pm
Feb. 22 – May 9
Helen Ralston
Lindbergh H.S., 108

Microsoft PowerPoint 2013: In a Day
Learn the basics of MS PowerPoint in one day! This is an introductory course in using PowerPoint to create effective graphic presentations. Learn to use word processing and drawing tools to create and edit text, logos, and artwork. Additional topics include importing clip art, using templates, and rearranging your presentation. Prerequisite: Windows Introduction class or equivalent experience.

COMP/730 | $99
C01 Tu 9am-12pm
April 12 – May 10
Patrick Karl
MC – BA, 202

QuickBooks Pro 2015
This class introduces students to QuickBooks, an easy to use, complete accounting system for small businesses. Students will create a company and use QuickBooks to maintain financial records. Topics to be covered include: setting up customer and vendor lists, entering sales and invoices, receiving payments, making deposits, handling expenses and bills, working with bank accounts, analyzing financial data, handling sales tax, and managing inventory. This course does not cover the QuickBooks online version. Prerequisite: Windows Introduction class or equivalent experience.

COMP/734 | $149
C01 Tu 9am-12pm
April 12 – May 10
Barbara Primm
Corporal, College, 208

C52 W 6pm-9pm
March 9 – April 13
Barbara Primm
Corporal, College, 208

C51 Tu 6pm-9pm
Jan. 26 – Feb. 23
Barbara Primm
Corporal, College, 208

Introduction to AutoCAD

COMP/770 | $206
250 W 7pm-9:45pm
Jan. 20 – May 11
FV - E, 278

Personal Computing

Google Docs
Have you ever wanted to type up a short document but couldn’t because you only had your tablet or smartphone with you? With Google Docs you can create a document from nearly any device for free! Google Docs is a comprehensive suite of online productivity software (documents, spreadsheets, presentations, and more) that is the must-use program you’ve never heard of! There is no need to download and install software on a particular machine. Any computer, tablet or smartphone connected to the Internet can access Google Docs! Because your creations are automatically saved on Google’s cloud system you can access the same file from anywhere. Another advantage is that multiple users can make edits to the same file at the same time. Come to this class to find out more about this exciting program. Prerequisite: Windows Introduction class or equivalent experience.

COMP/742 | $25
C01 F 9am-12pm
Feb. 19
Jerry Bearden
Corporal, College, 206

C52 F 9:30am-12:30pm
April 22
Barbara Primm
SCEUC, 208

Introduction to eBay: Buying and Selling
Come join the millions buying and selling on eBay. This hands-on course will teach you: to choose a UserID, to search for items, to bid, win auctions, to sell items—including fees, to add a picture, to complete a sale, ship and what to do if an item doesn’t sell. Look at other eBay issues: safety measures, feedback, what to do if you receive “spam” from eBay use and keeping up to date on changes. Prerequisite: Windows Introduction class or equivalent experience.

COMP/742 | $49
S50 Th 6:30pm-9pm
March 29 – April 5
William Bearden
SCEUC, 207

S52 S 9am-3pm
May 9
Barbara Primm
SCEUC, 207

Strategies for Selling on eBay
Get more out of your listings! This course covers, among other topics, appropriate listing formats, opening an eBay store, effective pricing, marketing your business, managing larger numbers of listings, packing and shipping inventory effectively, and using PayPal for online payments. You will learn how to improve your item descriptions, photography, and pricing. We will also review the Seller’s Dashboard including the feedback, seller rating, resolution center, and more. Prerequisite: Introduction to eBay: Buying and Selling class or equivalent experience and must have previous eBay experience buying or selling.

COMP/742 | $29
C80 S 9am-12pm
April 30
Barbara Primm
Corporal, College, 208
Internet Research and Investigation: Public Records
Explore a wide range of public records on the internet. We’ll look at real estate records, criminal records, court judgements, marriages, births, deaths, etc. Prerequisite: Windows Introduction class or equivalent experience. Some internet experience helpful.
COMP:742 | $29
680 Su 12:30pm-3:30pm Jean Bradley MC - BA, 216
681 Su 12:30pm-3:30pm April 24 Jean Bradley MC - BA, 216

How to Network Computers
Learn how to create a computer network. Prerequisite: Windows Introduction class or equivalent experience.
COMP:792 | $25
680 Sa 9am-12pm March 12 Patrick Karl MC - BA, 202

How to Tune Up a PC
Does your computer need a performance boost? You know you should keep your car in tip-top running shape, so why not do the same for your computer? In this hands-on course, you’ll spend one evening learning a variety of tips and techniques to speed up Windows performance. Our user-friendly computer instructor will teach you how! Just a few examples: add more RAM, optimize your hard drive’s performance with defrag and scandisk, convert to a permanent swap file, reduce the number of fonts in use, convert to FAT32, and many many more. Prerequisite: Windows Introduction class or equivalent experience.
COMP:793 | $25
680 Sa 9am-12pm Feb. 27 Patrick Karl MC - BA, 202

How to Troubleshoot Your PC
This course will cover the concepts of diagnosing and troubleshooting a PC that isn’t running correctly. Learn the basics of panning down issues to find what a probable cause and subsequent fix may be. Learn the basics of how the computer’s components work together and how you can work with them to discover what may be causing issues that cause poor performance. Topics will include common issues with PC hardware and software and how to resolve them. Prerequisite: Windows Introduction class or equivalent experience.
COMP:794 | $35
680 Sa 8am-12pm Feb. 13 Patrick Karl MC - BA, 202

Personal Online Security
Learn to ensure your terrestrial and digital footprints are secure. Learn to exercise the best security practices to protect your personal information, help prevent identity fraud, and preserve data integrity, confidentiality and availability. Conduct your corporal and electronic communications using the most current/efficient techniques/methodologies.
COMP:795 | $35
C80 Sa 9am-1pm April 9 Cortez Tillman Corp. College, 208

Publishing and Media Technologies

Desktop Publishing
Photoshop Elements 12: Basic Overview
This entry level course will introduce you to the basics of this incredible program. First we will learn the terminology of the program. Then we will touch on the “organizer” feature of Elements and learn what it does and what it can do for you. Next you will launch into the “editor” section including the tool bar and palette and edit a photo with basic techniques. Finally, we will embark on the “create” section and catch a glimpse of its amazing creativity. This course is designed to prepare you for the specialty classes of Adobe Elements. Prerequisite: Windows Introduction class and Digital Pictures Introduction class or equivalent experience.
COMP:755 | $59
S50 Tu 6pm-9pm Feb. 16 – March 1 Rachel Bufalo SCEUC, 208

Photoshop Elements 12: Special Techniques and Retouching Faces
Bye-bye crow’s feet! Want whiter teeth? No problem! Look fantastic in every picture from now on. In this course you’ll learn the basics such as removing red-eye and blemishes to more advanced techniques such as making the subject thinner with a smaller nose! Learn to remove unwanted objects, make a photo black and white or sepia and put someone’s head on a different body and more! This course will use the editor portion of Elements 12. Prerequisite: Adobe Elements: Basic Overview class or equivalent experience.
COMP:755 | $59
S51 Tu 6pm-9pm March 22 – March 29 Rachel Bufalo SCEUC, 208

Adobe Photoshop Creative Cloud (CC): In a Day
Learn the Basics of Adobe Photoshop in a day! You will learn how to manipulate digital images from a digital camera, previously scanned images, or internet graphics. Concepts covered include Selection Tools, Paintbrush Tools, Layers and Masking. Students will work hands-on with a wide variety of images. Prerequisite: Windows Introduction class or equivalent experience.
COMP:755 | $99
C80 Sa 9am-4pm April 30 Zak Zych Corp. College, 206
680 Sa 9am-4pm March 26 Zak Zych MC - BA, 212

Adobe Photoshop Creative Cloud (CC): Intermediate
Picking up right where the introductory class left off – topics may include but are not limited to: understanding the histogram and how to adjust exposure, smoothing wrinkles and brightening teeth, changing the size of your image and canvas, the power of crop tool and blending modes. Students will work hands-on with a wide variety of images. Prerequisite: Adobe Photoshop Introduction class. This course meets the curriculum requirements of the Digital Photography Certificate. No class 3/17.
COMP:755 | $129
C51 Th 6pm-9pm March 10 – April 7 Zak Zych Corp. College, 206

Adobe Photoshop Creative Cloud (CC): Advanced
Adobe Photoshop Advanced builds on the skills learned in the beginning and intermediate classes. Topics may include but are not limited to: Coordinating adjustment layers with layer masks, smart objects, blurring and sharpening and shadows and highlights. Students will work hands-on with a wide variety of images. Prerequisite: Adobe Photoshop Intermediate class. This course meets the curriculum requirements of the Digital Photography Certificate.
COMP:755 | $129
C52 Th 6pm-9pm April 14 – May 5 Zak Zych Corp. College, 206

Adobe Photoshop Creative Cloud: The First Step
This workshop introduces practical methods for working with the software. Carefully crafted tutorials provide an overview and reinforce the student’s understanding of Photoshop tools. Topics may include but are not limited to: layers; history; the clone stamp, the spot healing brush tool and content-aware fill, selections, transformations and the difference between destructive and non-destructive editing. Lots of discussion and guided demonstrations by a Photoshop expert will encourage class participation in an atmosphere of mutual support.
CVTW:701 | $139
600 F 8:30am-4:30pm Jan. 22 Zak Zych MC - HE, 233

Adobe Photoshop Creative Cloud: The Next Step
Picking up right where the First Step workshop left off, this workshop presents essential techniques for graphic designers, photographers and digital artists who are already regular users of Photoshop. Topics may include, but are not limited to: understanding the histogram and how to adjust exposure, smoothing wrinkles and brightening teeth, changing the size of your image and canvas, the crop tool and coordinating adjustment layers with layer masks. Be prepared for an intensive hands-on learning experience that will assist you in expanding creativity.
CVTW:701 | $139
601 F 8:30am-4:30pm Feb. 5 Zak Zych MC - HE, 233

Adobe Edge Animate Creative Cloud
Edge Animate helps web designers create highly interactive, HTML5 animations. Create custom, moving images for web sites, digital publishing, rich media advertising and more, for desktop and mobile browsers. Learn the basic functions in this new tool and build your own examples in this hands-on workshop.
CVTW:701 | $139
600 Sa 8:30am-4:30pm March 12 Mark Pennycuick MC - HE, 232

= Digital Arts and Technology Alliance Workshops

Exclamation Point!
I learned a lot more about my computer than I expected, even though I’ve worked on a computer for years. Great information! Great class! Everyone working on computers should take How to Tune Up a PC.
- Rylan K., Oakville, MO

www.stlcc.edu/ce | 314-984-7777
Spring 2016 Continuing Education | St. Louis Community College
Adobe InDesign Creative Cloud: The First Step
Enhance your graphics design skills and productivity with InDesign. Learn how to import illustrations and photos and set type correctly for flyers, brochures, and other basic applications. Learn how to convert Quark documents into Adobe InDesign documents. Learn key commands and other great tips for making easy work of your layouts.
CVTW:702 | $139
680 Sa 8:30am-4:30pm
Sen. 30
MC - HE, 232

Adobe Illustrator Creative Cloud: The First Step
Is Illustrator still a mystery to you? Enter the world of vector graphics with this introductory workshop. Demystify anchor points, paths, and Bezier curves. You'll learn how to transform shapes into graphic images. Explore the toolbox and basic commands to boost your vector confidence. Learn to use gradients, gradient mesh, compound paths, blends, envelopes, live paint, type tools, and more to achieve professional results. Save template and palette libraries to speed your workflow.
CVTW:702 | $139
600 F 8:30am-4:30pm
John Schmitt
MC - HE, 233

Adobe Illustrator Creative Cloud: The First Step
You know the tools; now put them to use to create resolution-free vector illustrations. Think like an illustrator to work through trouble spots. Learn to combine live trace, transparency, envelopes and amazing 3D effects with mapping to draw complex images. Demystify the appearance palette, and use layers to create simple flash animations.
CVTW:702 | $139
681 Sa 8:30am-4:30pm
John Schmitt
MC - HE, 233

Digital Architectural Photography for Professionals
Acclaimed photographer Richard Sprengeler will lead a day-long workshop in creating successful photographs of architecture. Methods for approaching composition, exposure for varied lighting conditions and raw image processing will be explored. Learn how to use Adobe Photoshop and Lightroom is preferred. A tripod and DSLR are recommended, but not required. Students are encouraged to bring samples of their work for critique.
CVTW:710 | $139
680 Sa 8:30am-4:30pm
Richard Sprengeler
Matthew Schmitt
MC - HE, 233

Avid Media Composer 8 Video Editing
This workshop will cover the basics of Avid Media Composer. Avid is a powerful SD and HD professional video editor for Mac or Windows. Media Composer is Avid's top video editing program, and it offers integrated DVD authoring, surround sound audio processing, and thousands of powerful, real-time effects. Media Composer's integrated toolset provides all of the components needed to create the highest quality productions and finish to tape, DVD or web streams.
CVTW:706 | $139
682 Sa 8:30am-4:30pm
Anthony Carosella
MC - HE, 232

GoPro HD Hero Camera for Professionals and Adventurers
Professional photographers and videographers will learn how to use the full range of features offered on the GoPro HD Hero Camera. Focus will be given on learning how to use it as a still camera, a timelapse camera, and as an HD video camera capable of filming in difficult conditions. Students will also learn how to edit photos and videos using GoPro's software. Action photographers will learn how to attach the GoPro camera to helmets, bikes, surfboards, ski binding and cars. Be prepared for an intense learning experience.
CVTW:710 | $139
681 Sa 8:30am-4:30pm
Anthony Carosella
March 26
MC - HE, 233
Restoring and Repairing Old Photos: The First Step
Learn how to professionally repair, preserve, and enhance old photos. Using a variety of techniques, participants in this workshop will correct damaged facial features, removed scratches or surface cracking, repair areas with missing pieces, repair wrinkling, yellowing, and staining. Students will also learn how to remove or combine objects and people from different photos as well as to remove and replace backgrounds.
CVTW:710 | $139
683 Sa 8:30am-4:30pm
Michael Swoboda
MC- HE, 136
Feb. 13

Restoring and Repairing Old Photos: The Next Step
Using a variety of advanced techniques, participants will learn how to restore damage or “abused” images using Photoshop's advanced techniques, from managing the healing brush, custom curves, and channel mixers to creating custom selections. This course will include archiving your images so that the completed Microsoft Word files can be uploaded to SmashingWords, a self-publishing web service. SmashingWords will deliver the files into multiple eBook formats for reading on various eBook reading devices. Once published and approved by SmashingWords, the books will be available for sale online at a price set by you the author.
CVTW:710 | $139
684 Sa 8:30am-4:30pm
Michael Swoboda
MC- HE, 136
Feb. 20

Create, Publish, and Distribute Ebooks with Smashwords
In this workshop, students will learn step-by-step instructions that make it easy for anyone to create, publish, and distribute an ebook. Authors will learn how to format their manuscripts so that the completed Microsoft Word files can be uploaded to Smashwords, a self-publishing web service. Smashwords will deliver the files into multiple eBook formats for reading on various eBook reading devices. Once published and approved by Smashwords, the books will be available for sale online at a price set by you the author.
CVTW:712 | $139
600 F 8:30am-4:30pm
Jenny Gibbons
MC- HE, 233
Jan. 29

3D Printing Workshop for Beginners
Have you ever wished that you had the power to design and then produce an object out of thin air? Now you can. Learn how to design and print objects using software such as TinkerCad, SketchUp, Adobe Illustrator and Photoshop. Explore and extend your thinking and design capabilities and try some of the new ideas for creating and providing fresh inspiration with design. This workshop consists of two parts: an introduction to 3D printing and a demonstration of a desktop 3D printer. Class is designed for beginners and no code writing.
CVTW:713 | $139
680 Sa 8:30am-4:30pm
John Schmitt
MC- HE, 136
Feb. 27

Social Media
Facebook for Business
Facebook is proving to be a powerhouse tool for small and large businesses everywhere. Come to this class to learn how to utilize Facebook to grow and promote your business. This class will not cover the functionality of Facebook for personal use and students should already have a basic understanding of Facebook for personal use prior to class. Prerequisite: Windows Introduction class or equivalent experience.
COMP:742 | $55
C02 F 9:30am-1pm
March 11
Rachel Bufalo
SCEUC, 206
Corp. College, 206

Tech Savvy Friday: What is the Cloud?
If the “cloud” sounds more like a high in the sky idea that a technological term this is the workshop for you.
COMP:765 | $19
501 F 9am-11am
April 15
Rachel Bufalo
SCEUC, 206

Tech Savvy Friday: Flash Drives
Some call it a thumb drive, a memory stick, a jump drive, a USB drive, etc. Regardless of what you call it, Flash Drives have become the most widely used devices in portable data storage. Come find out how to use and love this cool little gadget. Class includes your very own flash drive to use in the class and keep. Prerequisite: Windows Introduction class or equivalent experience.
COMP:765 | $25
501 F 9am-11am
April 29
Barbara Primm
MC- HE, 233

503 F 9am-11am
March 25
Rachel Bufalo
SCEUC, 206

WWW:713 | $139
682 F 8:30am-4:30pm
March 11
David Haley
MC- HE, 233

Facebook has over one billion users! That means one out of every seven people in the WORLD are on Facebook! In a few more years, communicating on this social networking site will be as second nature to you as email was left in the dust. Come and learn how to navigate this fun and exciting site! Class is hands on and will include topics such as posting, basic navigation, tagging, privacy settings, security and notifications. If you do not have an account, please try to create one prior to class or come 10 minutes before class starts so that we can assist you in creating your account. Prerequisite: Windows Introduction class or equivalent experience.
COMP:742 | $25
553 Tu 6pm-9pm
April 19
Rachel Bufalo
SCEUC, 206

551 Tu 6pm-9pm
Jan. 26
Rachel Bufalo
SCEUC, 206

530 W 6pm-9pm
May 4
Erin De Vore
WW, 209

Twitter
Hashtag? What the heck is a hashtag? If you’ve ever asked this question, then this class is for you! Twitter is all the rage for Gen Y, celebrities and an increasingly important source of information. Come to this class to find out more about one of the most popular social media sites. Prerequisite: Windows Introduction class or equivalent experience.
COMP:742 | $29
650 W 6pm-9pm
Feb. 17
Richard Vagen
MC- BA, 208

Instagram
Ask any teen what their social network of choice is and they will likely say Instagram. Instagram is an up and coming social network that is all about visual sharing. Come to this class to learn more. Topics include: An introduction and overview, signing up for an account, posting photos to Instagram, editing and enhancing photos, applying effects, adding captions and locations, tagging photos and sharing photos with social networks. Prerequisite: Windows Introduction class or equivalent experience.
COMP:742 | $25
554 Tu 6pm-9pm
April 19
SCEUC, 208

Social Media Marketing
This social media workshop will cover the concepts and application of social media marketing and will equip you with skills needed to plan and implement a successful social media marketing strategy. Topics will include the use of email marketing, using social media tools such as Twitter, and blogging, and how to use Facebook to create a fan page and increase traffic to your business page.
CVTW:713 | $139
603 Sa 8:30am-4:30pm
Anthony Carosella
MC- HE, 233
April 30

Tech Savvy Friday: Utilizing the Internet
So you can email now and even do a Google search, but are you utilizing everything the Internet has to offer? The world wide web has thousands of everyday tools that can simplify your life that you don’t even know about! Come to this class to discover several different web tools that are fun, interesting and even useful! Prerequisite: Personal Computers Introduction class or equivalent experience.
COMP:765 | $19
504 F 9am-11am
March 11
Rachel Bufalo
SCEUC, 206
Feb. 12

Web Development
Ease into Wordpress
Anyone can learn how to create their own website in just a few hours using Wordpress, the most popular website creator tool on the Internet. Wordpress is used by almost 15% of the top 1 million websites and, as of August 2011, powers 22% of all new websites. Whether you are just a beginner using graphically based templates or want to get down into the nitty-gritty code, Wordpress is your answer and it’s FREE and you don’t have to be a techie! DIY with your creativity and Wordpress. Walk away from this class with a basic website and the skills to go as far as you want. The sky’s the limit! Prerequisite: Wordpress Introduction class or equivalent experience. This class will move at a slow pace. Students must already have a generic email account through gmail, yahoo or hotmail and know this email address and password when coming to class.
COMP:745 | $100
550 Th 6pm-9pm
March 31 – April 14
Jerry Bearden
SCEUC, 208

Create Your Own Website with Wordpress
Anyone can learn how to create their own website in just a few hours using Wordpress, the most popular website creator tool on the Internet. Wordpress is used by almost 15% of the top 1 million websites and, as of August 2011, powers 22% of all new websites. Whether you are just a beginner using graphically based templates or want to get down into the nitty-gritty code, Wordpress is your answer and it’s FREE and you don’t have to be a techie! DIY with your creativity and Wordpress. Walk away from this class with a basic website and the skills to go as far as you want. The sky’s the limit! Prerequisite: Wordpress Introduction class or equivalent experience. This class will move at a fast pace. Students must already have a generic email account through gmail, yahoo or hotmail and know this email address and password when coming to class.
COMP:745 | $99
500 F 9am-4pm
March 6
Jerry Bearden
SCEUC, 206

501 F 9am-4pm
March 4
Jerry Bearden
SCEUC, 206

502 F 9am-4pm
Jan. 29
Jerry Bearden
Corp. College, 208

Internet Marketing with Wordpress
Internet marketing is a different concept than traditional marketing and employs different techniques. Learn about resources available to you, strategies to get noticed, and ways to measure how your methods are working for you. The class will focused on Wordpress websites, but the techniques learned are equally applicable to any website. Prerequisite: Create Your Own Website with Wordpress or equivalent experience.
COMP:745 | $39
503 F 9am-12pm
May 13
Jerry Bearden
Corp. College, 208

Adobe Muse: Web Design for the Graphic Designer
Adobe MUSE: the web design tool for the Graphic Designer. Whether you know html or not this tool gets you up and running in no time, with widgets and tools that let you design responsive sites across multiple devices.
CVTW:702 | $139
603 F 8:30am-4:30pm
March 11
Jerry Bearden
SCEUC, 206
Basic Game and Simulation Design Using Unity
Learn the basics of Unity, the most widely used platform for game and interactive simulation development. This powerful program has become easier to use, and it offers a powerful means to create interactive simulation games and educational programs. Get a start toward creating basic virtual environments, games and simulations with this hands on workshop.
CVTW/713 | $139
600  F  8:30am-4:30pm
April 15
Timothy Linder
MC-HE, 233

EZ Websites: The First Step
Learn to create a professional website using a free platform. Students will learn how to register a domain name and use free website tools and templates to create and maintain a professional website.
CVTW/750 | $139
680  Sa  8:30am-4:30pm
Jan. 23
Benjamin Shasserre
MC-HE, 233

Website Design with Wordpress
This workshop offers students new to Wordpress a quick start, step-by-step plan for learning what Wordpress is all about. With a focus on design, we will cover its features, the importance of web typography, what blogging is about, as well as how to use the Wordpress online blog system to create and manage personal and professional websites.
CVTW/750 | $139
680  Sa  8:30am-4:30pm
March 26
Benjamin Shasserre
MC-HE, 136

Web Development Program
Our exceptional course is intense and comprehensive. You’ll learn how to develop websites using two methods: 1) hand-coding HTML using a text editor and 2) using a powerful design and development tool, Dreamweaver. Within this broad framework you’re going to cover a lot of ground including fonts, lists, links, images, tables, forms, frames, cascading style sheets, page layout, animation, multimedia, good design principles, and World Wide Web Consortium standards. Prerequisite: Windows Introduction class or equivalent experience. Bring a flash drive to the first class. No class 3/16.
COMP/745 | $299

Construction

Sustainable Construction
The emphasis in this class is on the ‘green building’ revolution, its socioeconomic importance and impact, how sustainable construction differs from the traditional approach, the Leadership in Energy and Environmental Design (LEED) and Green Globes rating systems and how these rating systems impact various aspects of a building and its components and systems. Text required. Available for credit as CE.118. No class 3/16.
CONS/701 | $309
251  W  7pm-9:45pm
Jan. 20 – May 11
Dennis Dill
FV - E, 160

Construction Estimate
The total estimating and bidding process. Topics will include: bid form contracts, specifications, overhead, unit costs, quantity surveys, subcontract bids, pricing, checking and alternates. Students should be able to read construction drawing prior to enrolling in this course. Text required. Available for credit as CE.131. No class 3/15.
CONS/702 | $309
251  Tu  7:30pm-9:45pm
Jan. 19 – May 10
Gary Drikow
FV - E, 158

National Electrical Code and Calculations - Part 2
This course covers specialty areas of articles in the N.F.P.A. Division 70 text - the National Electrical Code. Review general definitions as a refresher from Part 1. Chapters 5-8 are covered i.e. hazardous locations, health care facilities, mobile home parks, manufactured wiring, swimming pools, electric welders and fire pumps. These will be discussed in depth along with special occupancies. Calculations are part of the N.E.C., so basic calculations on trailer parks, welders, x-ray units, and short circuit current will be reviewed and discussed. Text required. Prerequisite: Part 1 National Electrical Code and Calculation. No class 2/23, 3/15. Offered through Meramec.
ELEC/705 $299
550  Tu  6pm-9pm
Jan. 19 – May 3
Michael Smith
SCEUC, 213

Industry and Construction Technologies

10 Hour OSHA Construction Health and Safety Training Certification
This course meets the required laws for working on public job sites. Led by an OSHA certified trainer the course covers the mandated OSHA topics including OSHA regulations, general health and safety, basic electrical safety, fall protection, ladder and scaffold safety, hand and power tools, material handling, etc. Upon successful completion students will receive the 10 hour OSHA course completion card.
CONS/736 | $125
C01  Tu  4pm-9:30pm
Feb. 2 – Feb. 9
Patricia Dalton
Corp. College, 211

10 Hour OSHA General Industry Certification
This 10 hour OSHA course is ideal for supervisors with safety and health responsibilities, and for employee safety and health awareness. Students will be introduced to OSHA policies, procedures and standards as well as general industry safety and health principles covered in OSHA Act Part 1910. Special emphasis will be placed on areas most hazardous using OSHA standards as a guide. Students will receive an OSHA card after completion of the course.
CONS/736 | $125
C02  Tu  4:30pm-9:30pm
Feb. 23 – March 1
Patricia Dalton
Corp. College, 211

OSHA Safety Update
What’s new? How compliant are you? How does your company’s Safety Program size up? Are you responsible for overseeing, communicating and upholding OSHA guidelines at your workplace? The goal of this 6 hour class is to provide guidance on:
• OSHA’s HazCom Compliance Directive – required interface between SDS, labels and your company’s hazardous chemical inventory.
• Other new directives coming from OSHA
• Risk-based Management and what is it and why do we keep hearing about it lately?
CONS/736 | $99
5C1  Sa  8:30am-3:30pm
March 5
Patricia Dalton
Corp. College, 211

OSHA Training at STLCC
St. Louis Community College Continuing Education offers courses to deliver occupational safety and health training to public and private sector workers, supervisors and employees.
Call 314-984-7777 to register beginning January 4!
Students may bring snack or sack lunch to class
Solar Photovoltaics Information Session

Join us for this informational session on how to become a part of the solar field. The application, design, installation and operation of photovoltaic systems will be introduced. Explore the path for certification through the North American Board of Certified Energy Professionals (NABCEP).

CONS:721 | No Fee
SCO Tu Th 6pm-7:30pm
Jan. 19
Ryan Chester
FV - CWI, 130

Solar Basics, Solar Site Survey, Components, and System Build - Part 1

Join the field of solar energy. In this course students will learn about electrical basics, photovoltaics, solar energy fundamentals, photovoltaic sizing, solar energy markets, and safety basics. Students will be introduced to basic photovoltaic equipment and will learn how to assess potential installation sites for their solar energy potential. Students will gain hands on experience with roof layout, shading analysis with Solar Pathfinder, calculation of energy production for specific sites, and calculation of load estimations. In addition, students will learn about photovoltaic system components and how they interact with each other. Students will be introduced to solar modules, charge controllers and inverters, batteries, and photovoltaic mounting and racking systems and will apply all this information to participate in a hands-on photovoltaic system build project. We will build a full string inverter system and modules on a mock roof, and a ballasted racking system with micro-inverters. Students should have fundamental mathematical and mechanical skills. Texts included.

CONS:721 | $299
SC1 TuTh 5pm-8pm
Jan. 26 – Feb. 16
Ryan Chester
FV - CWI, 120

Solar Courses

NABCEP Certified Courses

STLCC is now offering North American Board of Certified Energy Practitioners (NABCEP) approved solar training courses, from beginner to advanced levels. Simply curious to know more about solar energy? Register for Solar Basics. Perhaps you require more in-depth knowledge to begin or advance your career in solar. Need training for your current employees, or are looking to expand your business into solar? If this sounds like you, register for the series of solar courses listed here and be eligible to take the NABCEP Photovoltaic Entry Level Exam. If you complete these courses, you will also receive 34 advanced CEUs. Don’t let this moment pass you by. Now is the time to start making a change in the world and yourself.

Solar Basics, Solar Site Survey, Components and System Build - Part 2

A continuation of the solar energy studies and hands-on experiences. Prerequisite: Must have attended Solar Basics - Part 1.

CONS:721 | $199
SC2 TuTh 5pm-8pm
Feb. 18 – March 10
Ryan Chester
FV - CWI, 120

Advanced PV Sizing Electrical Design

In this course students will learn how to equate temperature differences using temp coefficients for string sizing, as required by the National Electric Code. There will be exercises in proper wire sizing, overcurrent protection sizing and system sizing for stand-alone and grid-tied systems. This course will also include basic troubleshooting techniques. This and the previous classes are required to sit for the NABCEP entry level exam.

CONS:721 | $189
SC3 TuTh 5pm-8pm
March 22 – April 5
Ryan Chester
FV - CWI, 120

Advanced NEC for Photovoltaics and NABCEP for Installer Exam Prep

In this course students will learn the 2011/2014 requirements for photovoltaic systems. This is an advanced class and an electrical background is needed. This is a continuation education class that is worth 24 advanced hours and is meant to prepare students for the NABCEP installers test. Text included.

CONS:721 | $259
SC4 TuTh 5pm-8pm
April 12 – May 5
Ryan Chester
FV - CWI, 120

Test Prep

ACT Test Preparation

Statistics show that preparation is the key to maximizing ACT scores. All subjects of the ACT exam are covered. This is a complete review for the ACT exam using materials developed by Cambridge Education services. Test and practice tests included - bring a calculator to class.

EDUC:712 | $179
480 Sa 9am-12pm
Jan. 30 – Mar. 12
120 Toshi Floyd
FP - G Tower, 327
560 M 6pm-9pm
Apr. 4 – May. 16
Toshi Floyd
MC - CS, 206

Math Review for Chemistry Students

Don’t let Chemistry get you down! Get a head start on the materials you will need to succeed in Chemistry (CHM:101 or CHM:105). Topics include algebra review, calculator operations, scientific notation, metric system, dimensional analysis, and study skills. Please bring a TI-30, TI-35, or any scientific calculator to class. Over 80% of the students completing this review went on to pass their Chemistry courses with a grade of “C” or higher.

MATH:752 | $49
600 Tu-Th 1pm-5pm
Jan. 12 – Jan. 14
Suzanne Saum
MC - SO, 108
500 Tu-Th 8:30am-12:30pm
Jan. 12 – Jan. 14
Susan Valley
FV - SS, 105

Education and Test Prep

Adult Basic Education and English as a Second Language

St. Louis Community College at Meramec offers programs in the following school districts:

Afton, Bayless, Kirkwood, Lindbergh, Mehlville, Valley Park and Webster Groves.

Call 314-984-7777 for more information

Please note: Graduates of the STLC-Meramec Adult Education and Literacy program who are also Mehlville School District residents are eligible to receive an honorary degree from Mehlville and participate in their commencement ceremonies at the end of the school year. For more information, contact John DeWalle at dewallej@mehlviilleschooldistrict.net or call 314-467-5267.

City of St. Louis Public Schools - 314-290-4052
Serving the school districts of St. Louis city, Ferguson-Florissant, Hancock Place, Jennings, Normandy, Riverview Gardens and Wellston

Parkway Schools - 314-415-4940
Serving the school districts of Brentwood, Clayton, Hazelwood, Pattonville, Ladue, Maplewood, Richmond Heights and Parkway

Rockwood Schools - 636-733-2161
Serving the school district of Rockwood

Ritenour Schools - 314-426-7900
Serving the school district of Ritenour

University City Schools - 314-290-4052
Serving the school district of University City. (www.unitycaetlprogram.gov)
Continuing Education has courses to bring color into your life! Explore new directions with classes in the arts, wellness, home maintenance, crafts, photography, culinary arts, personal finance and more.

**Seminars**

ALS: Social Networking
Join Rachel, our social media expert, as she demonstrates Facebook, Pinterest, YouTube, and more. This class is a demonstration and not hands on. Come find out what is actually out there! From cute cat videos to your grandkids, social media is another world.

SENR:702
600 Tu 10am-12pm
Feb. 9
MC - 5C, 125
Rachel Bufalo
Th 1pm-3pm
Feb. 11
FV - CWI, 136

ALS: Evolution of Banking in the United States
Banks and banking in 2016 are generic terms that are part of the financial industry that includes brokerage firms, insurance companies, credit unions and former investment banking companies. The mistakes or rules of banking that may have contributed to the severity of the Great Depression in 1928 were eliminated by Congress to protect the citizens, their money and the US economy.

Many of those protections were slowly eliminated or reduced by the beginning of the Great Recession in 2007. Some industry critics say this may have contributed to the severity of the Great Recession. What are the facts for and against this trend and will it be repeated again and again?

SENR:702
300 Th 10am-12pm
Feb. 11
WWW, 102B

ALS: History of Scrimshaw
Learn about the American folk art of scrimshaw. Named by Early American Life magazine as one of the “Top 200 Traditional Craftsmen” in the U.S., Michelle “Mike” Ochonicky will present the history of this interesting art and show slides and actual examples of work.

SENR:702
601 Th 10am-12pm
March 3
Michelle Ochonicky
MC - BA, 105

ALS: Brazilian Language and Culture
Join us to learn about South America’s biggest country; a country of diversity and full of flavors. What makes Brazil interesting? The variety of cultures, the different people that form one nation, the mystery of its economy, the tourism, the exquisite food, and history. We will present you to Brazil’s celebrations, its worldwide relevance, and the challenges Brazil faces. You will get some insights about how to taste the Brazilian culture here in St. Louis, through events, festivals, and the organizations sharing the Brazilian culture in St. Louis.

SENR:702
301 Th 10am-12pm
March 3
Viva Brasil
WWW, 302

501 Th 1pm-3pm
March 10
Viva Brasil
FV - CWI, 136

ALS: Healthy Habits - Healthy You
Explore research in the areas of diet and nutrition, exercise, cognitive activity and social engagement in order to develop a plan for healthy aging. Presented by the Alzheimer’s Association of St. Louis.

SENR:702
502 Th 1pm-3pm
April 14
FV - CWI, 136

ALS: Growing and Using Herbs
Come to our presentation to learn how to grow herbs! Pick up some tips on how to use herbs in cooking and how to preserve them for future use.

SENR:702
302 Th 10am-12pm
Michelle Ochonicky
April 7

ALS: Museum of the Dog
Do you love dogs and fine art museums? Come enjoy a visual presentation about the history and art collection of the AKC Museum of the Dog located in Queens Park’s historic Jarville House. The Museum of the Dog displays original works of art, artifacts, and special exhibits on the dog and the human-canine relationship. This museum is the only one of its kind and the only museum devoted to man’s best friend.

SENR:702
601 Tu 10am-12pm
May 5
Michelle Ochonicky
Feb. 3

602 Tu 10am-12pm
April 12
MC - BA, 105

ALS: Secrets of J. Edgar Hoover and the FBI
Examine the exciting history of America’s most powerful crime fighting agency and the calculating man who ran the bureau with an iron-fist, J. Edgar Hoover. Learn about his wielding of power and behaviors in this exciting overview of the fabled FBI.

SENR:702
601 Tu 10am-12pm
Beverly Schuetz
March 3
MC - BA, 105

ALS: An In-depth Look at American History

SENR:702
P01 W 10:30am-12:30pm
Bonnie Vega
May 11
MO Hist. Museum, LEE

W 10:30am-12:30pm
May 11
MO Hist. Museum, ATT

W 10:30am-12:30pm
March 30
MO Hist. Museum, LEE

W 10:30am-12:30pm
March 16
MO Hist. Museum, ATT

W 10:30am-12:30pm
March 14
MO Hist. Museum, LEE

W 10:30am-12:30pm
MArch 12
MO Hist. Museum, ATT

W 10:30am-12:30pm
FEB 17
MO Hist. Museum, LEE
**Senior Fitness**

**Line Dancing for Older Adults: Easy Intermediate**
Step it up a notch! This class is for those who have mastered the beginning class and want to learn more dance steps. Come learn fun line dances you can do without a partner. This is a great class if you’re single or in a group of friends who want to dance. So put on your dancing shoes and learn the hottest new line dances as well as the all-time classics. Be prepared for lots of fun, cardiovascular exercise and meeting good friends.
Prerequisite: Beginning Line Dancing for Older Adults. No partner required.

<table>
<thead>
<tr>
<th>SENR/703</th>
<th>$69</th>
</tr>
</thead>
<tbody>
<tr>
<td>M01 Th 10am-10:50am</td>
<td>Sandra Derickson</td>
</tr>
<tr>
<td>Feb. 11 – April 21</td>
<td>FV – PE, 233</td>
</tr>
</tbody>
</table>

**Yoga for Seniors**
Open your mind to a new understanding of your body. Gentle, slow-paced combination of stretch and strength work. Breath work and meditation are great for calming and relieving stress. Bring a mat, towel and water. CLASS WILL BE HELD IN ARDEN MEAD YOUTH AND COMMUNITY CENTER, 17 SELMA AVE, 63119.

<table>
<thead>
<tr>
<th>SENR/704</th>
<th>$79</th>
</tr>
</thead>
<tbody>
<tr>
<td>M01 Th 10am-11am</td>
<td>Masterpeace Studios</td>
</tr>
<tr>
<td>Feb. 4 – March 24</td>
<td></td>
</tr>
</tbody>
</table>

**Social Security Benefits America Series**

**SSBA Series: Disability, Basic Eligibility and Entitlement Factors**
What are disability benefits? Who qualifies for disability benefits? What does it mean to be “insured” for Social Security Benefits? Learn about the process of filing for Disability, what happens once you file your application and how to appeal the decision if necessary. Registration required.

<table>
<thead>
<tr>
<th>SENR/766</th>
</tr>
</thead>
<tbody>
<tr>
<td>501 Th 1pm-3pm March 3</td>
</tr>
<tr>
<td>603 Tu 1pm-3pm April 19</td>
</tr>
</tbody>
</table>

**SSBA Series: What Every Woman Should Know About Social Security**
As a woman, what challenges will you face in the retirement years? Learn about Spousal Benefits, Widow’s Benefits and Divorced Spouse’s Benefits. Registration required.

<table>
<thead>
<tr>
<th>SENR/766</th>
</tr>
</thead>
<tbody>
<tr>
<td>601 Tu 1pm-3pm March 22</td>
</tr>
<tr>
<td>503 Th 1pm-3pm April 7</td>
</tr>
</tbody>
</table>

**SSBA Series: Medicare and Medicare Drug Programs**
Are you confused about Medicare? Get your questions answered by a Social Security Representative and a Medicare Expert. In this session you will learn about other health plans and prescription drug companies and find out about Part A, Part B, and Part D of Medicare.

<table>
<thead>
<tr>
<th>SENR/766</th>
</tr>
</thead>
<tbody>
<tr>
<td>504 Th 1pm-3pm April 28</td>
</tr>
<tr>
<td>600 Tu 1pm-3pm Feb. 23</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SENR/765</th>
</tr>
</thead>
<tbody>
<tr>
<td>WW, 309 Thu 9:30am-12pm</td>
</tr>
<tr>
<td>WW, 309 Thu 6pm-9pm</td>
</tr>
<tr>
<td>WW, 309 Thu 9:30am-12pm</td>
</tr>
<tr>
<td>WW, 309 Thu 6pm-9pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SENR/766</th>
</tr>
</thead>
<tbody>
<tr>
<td>502 Th 1pm-3pm March 31</td>
</tr>
<tr>
<td>602 Tu 1pm-3pm April 5</td>
</tr>
</tbody>
</table>

**SSBA Series: Retirement, How Do You Qualify for Benefits?**
How do you qualify for retirement benefits? Learn how to estimate your benefits using the online retirement estimator. You will learn the rules for working and receiving benefits and find out about benefits for family members and Medicare enrollment periods. Registration required.

<table>
<thead>
<tr>
<th>SENR/766</th>
</tr>
</thead>
<tbody>
<tr>
<td>503 Th 1pm-3pm March 31</td>
</tr>
<tr>
<td>602 Tu 1pm-3pm April 5</td>
</tr>
</tbody>
</table>

**Creative Arts**

**Art Series**

**New Images of America: a Selection of African American Artists**
From the 19th century to the present day, artists have shown us many different images of America - portraits, the working class, Native Americans, landscapes and inspiring figures. In celebration of Black History month, this three-part series will feature the work of a selection of African-American artists including Henry Ossawa Tanner, Edmonia Lewis, Edward Mitchell Bannister, Robert S. Duncanson, Augusta Savage, and Jacob Lawrence.

<table>
<thead>
<tr>
<th>ARTS/705</th>
<th>$65</th>
</tr>
</thead>
<tbody>
<tr>
<td>680 Sa 10am-12pm</td>
<td>Elizabeth Solomon</td>
</tr>
<tr>
<td>Wallingford WW, 309 March 12 – Feb. 27</td>
<td></td>
</tr>
</tbody>
</table>

**Drawing: Beginning/Intermediate**
Learn the tools, materials, visual and artistic perception needed for this essential art form. Drawing fundamentals will be covered - line, perspective, value and composition. Advanced students will expand their skills with more sophisticated projects. Students will use pencil, conte, crayon and charcoal. Supply list sent.

<table>
<thead>
<tr>
<th>ARTS/705</th>
<th>$99</th>
</tr>
</thead>
<tbody>
<tr>
<td>600 Tu 9:30am-12pm</td>
<td>Ruth Kolker</td>
</tr>
<tr>
<td>WW, 309 Th 6:15pm-8:45pm</td>
<td>Lisa Payne</td>
</tr>
<tr>
<td>WW, 309 Th 9:30am-12pm</td>
<td>MC – CE</td>
</tr>
<tr>
<td>WW, 309 Thu 6pm-9pm</td>
<td>MC – CE</td>
</tr>
</tbody>
</table>

**Arts and Crafts**

**Fine Arts**

**Personal Enrichment**

www.stlcc.edu/ce  | 314-984-7777  | Spring 2016  | Continuing Education  | St. Louis Community College 25
Drawing: Intermediate/Advanced
Advance your skills through practice. Drawing fundamentals will be reviewed - line, perspective, value and composition. Emphasis will be on practice and technique. Advanced students will expand their skills with more sophisticated projects. Students will use pencil, conte crayon and charcoal. Supply list sent. No class 3/23.
ARTS/709 | $99
P02 W 6:15pm-8:45pm  Lisa Payne  March 23 – May 4  Nottingham, 110

Drawing: Traditional Pencil Basics
Discover the fundamentals of an essential art. Use pencil to create line, perspective, value and composition. No experience necessary and individualized instruction included. Supply list sent. This class is for beginners only.
ARTS/709 | $75
680 Sa 12pm-3pm  Sean Long  February 20 – March 12  MC - HE, 125
681 Sa 12pm-3pm  Sean Long  March 26 – April 16  MC - HE, 125

Perspective Drawing and Still Life
In a relaxed atmosphere, explore drawing fundamentals - line, perspective, value and composition. No experience necessary and much individualized instruction given. Intermediate level students advance with more sophisticated projects. Supply list discussed at first class. Bring pencil and sketch pad to first class.
ARTS/711 | $199
720 Th 6:30pm-9pm  Philip Perschbacher  Feb. 4 – March 31  Ladue H.S., 135
721 6:30pm-9pm  Philip Perschbacher  April 7 – May 19  Ladue H.S., 135
No class 4/14

Drawing in Color Pencil: Beginning
A professional artist introduces techniques to put realism in drawings with color pencil. Supply list sent. No class 3/15.
ARTS/716 | $149
501 Tu 12:45pm-2:45pm  Kristine Scharfenberger  Feb. 9 – May 3  SCEUC, 102

Drawing in Color Pencil: Intermediate
A continuation of the beginner’s class. Further develop your skills in building color and value while still leaving room for the beautiful detail and control of color pencil. Supply list sent. No class 3/17.
ARTS/716 | $149
502 Th 12:45pm-2:45pm  Kristine Scharfenberger  Feb. 11 – May 5  SCEUC, 102

Botanical Illustration: Color Pencil
Inspired by antique styles, create contemporary pieces with new methods. Our subject and inspiration will be the plant kingdom, the medium will be colored pencil. Delve into drawing, texture, color and composition with models from dried plants, fruit, and fresh flowers. All levels welcome. Supply list sent.

Botanical Illustration: Watercolor
Inspired by antique styles, create contemporary pieces with new methods. Our subject and inspiration will be the plant kingdom, the medium will be watercolor. Delve into washes, layering, texture, color and composition with models from dried plants, fruit, and fresh flowers. All levels welcome. Supply list sent. No class 4/14.

Figure Drawing
Draw with gesture, line, shape and value in relation to a human figure. Sight (measure, take angles, etc.) to determine proportions. Individualized instruction emphasized. Prerequisite: Drawing: Beginning/Intermediate or equivalent experience. Supply list sent. Nude models are used. Classroom only has tables. Tabletop easel is recommended. Deadline to register is 2/16. No class 3/14, 3/21.
ARTS/718 | $149
601 M 6:30pm-9:30pm  Philip Perschbacher  Feb. 22 – April 25  Clayton H.S., 24

New Travel Drawing
See St. Louis through the eyes of a traveler, whether a long time resident or a newcomer, this basic drawing class will explore elements of drawing such as sketching, figure gestures, perspective, landscape, value, and composition through on-site drawing experiences at locations around St. Louis City. Exploring materials ranging from pen, ink, watercolor, to pencil, students will learn through demos, hands on experience and daily feedback sessions. The instructor will tailor lessons to the level of the students and a sense of community building is emphasized. By the end of class students should have multiple skills that they can use in their own travels in and outside of St. Louis.

Caricature Drawing
Surprise friends by capturing their quiriness as a cartoon character! This course introduces you to the special art of caricature. Focus on how to draw a portrait of a person involving a degree of graphic exaggeration and distortion of facial and/or body features. The caricature is a time-honored form of illustration. Learn how to observe through the eyes of a caricaturist and how to approach the actual drawing of the subject/model. The desired outcome, through practice, is for you to be able to create a recognizable portrait of a subject/model. Supply list sent.
ARTS/721 | $75
651 W 6pm-9pm  Sean Long  March 23 – April 13  MC - HE, 125

Cartooning
Explore cartooning and comics with an overview of tools used in an overlooked art form. Investigate comic strip creation, comic book layout, political cartooning, basic character design, and hand drawn animation. Gain an understanding of basics, skills and techniques. Prerequisite: Basic Drawing class or equivalent experience. Supply list sent. There will be homework assignments.
ARTS/725 | $119
680 Sa 9:30am-11:30am  Sean Long  Feb. 6 – March 12  MC - HE, 125

Calligraphy Basics
Learn Calligraphy basics for letters and numbers - pen angle, letter slant, size and spacing. Discover how to use this art form in practical ways. Supply list sent.
ARTS/725 | $119
501 F 10am-12pm  Kristine Scharfenberger  Feb. 12 – March 11  SCEUC, 102

Potters: All Levels
Explore projects in which skills in hand-building (for beginners) and wheel throwing (for more advanced students) are investigated and improved. All levels of experience are welcome. Fee includes most materials.
ARTS/727 | $135
550 Tu 7:30pm-9:30pm  Carl Behmer  Feb. 2 – March 8  VC - F, 109
551 Tu 7:30pm-9:30pm  Carl Behmer  March 22 – April 26  VC - F, 109
580 Sa 9:30am-12pm  Sheow Chang  March 6 – March 12  VC - F, 109
581 Sa 9:30am-12pm  Sheow Chang  March 26 – April 30  VC - F, 109

Pottery for the Novice/Beginner
For the person who has never worked in clay or prefers a slower pace. Start with the basics of hand-building and wheel throwing while you work your way up to creating a variety of personal projects. Tool supply list sent. Approximate cost of tools is $18. Fee includes most materials.
ARTS/727 | $135
720 Tu 6:30pm-9pm  Guy Sachs  Feb. 2 – March 8  Ladue H.S., 132
721 Tu 6:30pm-9pm  Guy Sachs  March 22 – April 26  Ladue H.S., 132

Exclamation Point!

Continuing Education at St. Louis Community College is fantastic. Nowhere else in St. Louis can you learn a lot, in a little bit of time.
Emily M., St. Louis, MO
PERSONAL ENRICHMENT

Watercolor: Beginning Techniques
Paint with the brilliant color and fluid stroke of watercolor. Acquire and practice various techniques in transparent watercolor and learn the best paint, paper type and preparation for your artworks. Prerequisite: Basic drawing class or equivalent experience. Supply list sent. No class 3/16. 1/32. /No class 3/3/23.
ARTS:735 | $99
600 Tu 1pm–3:30pm Beverly Hoffman Feb. 2–March 8 –MC-CE

Watercolor: Intermediate/Advanced
Paint with acrylic brilliant color and fluid stroke of watercolor. Acquire and practice various techniques in transparent watercolor and learn the best paint, paper type and preparation for your artworks. Prerequisite: Basic drawing class or equivalent experience. Supply list sent. No class 3/17.
ARTS:735 | $185
M01 Th 12:30pm–3pm Nancy Muschany Feb. 4 –April 28 St John’s Ev. UCC

Watercolor: Oil or Acrylic Painting: Advanced Techniques
Explore projects in which skills in hand-building and wheel-throwing are practiced and improved. Prerequisite — Beginning Pottery or Novice Pottery or equivalent experience. Tool supply list sent. Approximate cost of tools is $18. Fee includes most materials.
ARTS:727 | $135
722 Th 6:30pm–9pm Jan. 21 –Feb. 25 Guy Sachs Ladue HS, 132
723 Th 6:30pm–9pm March 24 – April 28 Guy Sachs Ladue HS, 132

Oil or Acrylic Painting: Advanced Techniques
Only for experienced artists who want to paint for fun, relaxation or have a goal of eventually selling paintings. Get some formal instruction in color, technique and composition. Work at your own pace. Supply list sent. Bring art supplies to first class. Water-based oil paints will be the only type of oil paint accepted in the classroom. No class 3/16, 3/23.
ARTS:746 | $185
710 W 6pm–9pm Feb. 24 – May 11 Brenda Schilling Clayton HS, 24

First Impressions: Monet in a Day-Low Tide at Pourville
Always wanted to try your hand at painting? Explore the basics of art in a slow-paced, easy to follow way! Paint Monet’s famous masterwork Low Tide at Pourville. Instruction will be step by step. Painting will be demonstrated, follow along as the instructor paints. Periodic breaks will be given. This is truly a wonderful way to learn the elements of art and end up with a lovely painting in the process! All supplies included in the cost of this class. LAST day to enroll or drop is Wednesday, 3/2. No refunds after Wednesday, 3/2.
ARTS:748 | $95
MD3 W 3:30pm–9:30pm March 9 – Elizabeth Kern MC-CE

First Impressions: Monet Masterworks-Bridge over Waterlilies
A great way to learn art is by standing on the shoulders of the geniuses who have gone before us! Learn the basic elements of composition, color, drawing, and much more by copying this masterful painting by Monet: Bridge Over Waterlilies. You will be guided step by step through the entire process, and shown how to mix paint, where to apply it, what kind of brushstroke to use, etc. Instruction will be practical and down to earth. Painting will be demonstrated, and as the instructor paints, you will follow along. You will be painting with acrylic on canvas. You will learn a lot and then end this class with a gorgeous painting you will be proud to hang on your wall! All materials included in class costs. LAST day to enroll or drop is Wednesday, 3/9. No refunds after Wednesday, 3/9.
ARTS:748 | $145
MD2 W 6:30pm–8:30pm March 23 – April 27 Elizabeth Kern MC-CE

First Impressions: Monet in a Day: Waterlilies
This four hour class, learn the basics of art in a paced, easy to follow way! You will be painting Monet’s beautiful masterwork: Waterlilies. You will be using acrylic on canvas for this painting. Instruction will be practical and very down to earth. Painting will be demonstrated, and as the instructor paints, you will follow along. Periodic breaks will be given. This is truly a wonderful way to learn the elements of art and end up with a lovely painting in the process! All materials included in the cost of the class. LAST day to enroll or drop is Wednesday, 5/4. No refunds after Wednesday, 5/4.
ARTS:748 | $95
MD1 W 5:30pm–9:30pm May 11 – Elizabeth Kern MC-CE

Oil Acrylic Impressions
Fledgling artists-try painting, those with experience—loosen your style to paint like the Impressionists. You’ll work in a small size to quickly complete your own vibrant, light-filled piece. Instructor provides prints and photos. Painting board provided. Supply list sent. All levels welcome.
ARTS:748 | $199
M01 Tu 12:30pm–3:30pm Phyllis Smith Piffel Feb. 2 – April 5 Kirkwood CC

Acrylic Impressions: Workshop
An accelerated workshop. You’ll work in a small size to quickly complete your own vibrant, light-filled piece. Instructor provides prints and photos. Painting board provided. Supply list sent. All levels welcome.
ARTS:748 | $75
M02 Tu 12:30pm–3:30pm Phyllis Smith Piffel April 12 – May 3 Kirkwood CC

Portraiture for All Mediums
Combine your enjoyment of drawing and painting! Have you always wanted to capture a person’s likeness with a portrait? In this class, you will learn proportions, helpful tips, essential techniques and follow step-by-step demonstrations for portraiture. You will begin with drawing and work into the paint medium of your choice. Water-based oil paints are the only type allowed in the classroom. This class is perfect for all skill levels.
ARTS:7119
480 Sa 1pm–4pm March 24 – April 28 Beverly Hoffman FP-F Tower, 415
480 Sa 1pm–4pm April 2 – May 7 Beverly Hoffman FP-F Tower, 415 No class 4/16

Abstract Painting
Ever wanted to paint like Picasso, Warhol, Pollack, Lee Krasner or the DeKoonings? This is the studio class for you. No representational art. Broom the still lives and puppy dogs to explore the pouring, layering, scraping, tromping, spraying and all the other fun abstract techniques that made mid 20th century art so intriguing. No experience necessary. Supplies will be additional and discussed at the first class. No class 3/20, 3/27.
ARTS:748 | $99
680 Su 1pm–2pm March 23 – April 20 Maureen Brodsky MC-HE, 217
680 Su 1pm–4pm June 6–July 4 Maureen Brodsky MC-HE, 217

Painting Plein Air
Paint Forest Park in your favorite medium (watercolor, acrylic or oil) while you explore the language of color. Paint at a variety of locations and discover the intricacies of mixing a limited set of colors each week to make an infinite number of tints and shades. Experience the emotions of color, paint the light and enjoy the park. The first session will meet at Forest Park campus for one hour. We will cover all materials needed at this time. All following sessions are for two hours and meet in different locations in Forest Park. Provide your own transportation. No class 4/19.
ARTS:748 | $79
400 Tu 1pm–2pm March 22 – April 26 Maureen Brodsky FP-G Tower, 115
400 Tu 1pm–3pm March 29–May 17 Maureen Brodsky FP-Off Campus

All About Framing Artwork
A crash course in what’s new, as well as framing design basics. How do you place artwork to beautify and protect the work? You will discover what is important for your needs - how to best prep your work for a show, how to prep art so it will look good for a long time, how and where to hang art (and where it should never be hung). Some traditional and non-traditional custom framing and DIY ideas will be presented. Bring questions and photos of your rooms and art or bring your art! Students may bring a lunch to eat during the Q&A portion of the class.
ARTS:765 | $30
680 Sa 10am–1pm April 9 Deborah Weltman MC-SO, 232
**NEW Pattern Drafting for Experienced Stitchers**

Acquire basic pattern making techniques, making a pattern from your own measurements. You will make a muslin bodice and sleeves that will be fitted at the second class. Prerequisite must have basic machine sewing skills. LAST DAY TO ENROLL OR DROP IS TUESDAY, 2/9. NO REFUNDS AFTER TUESDAY, 2/9.

**CRFT:713 | $55**
**PD1** Tu 6pm-9pm
**Anne Strineman**
**City Sewing Room**

**NEW Introduction to Upholstery**

Get a hands-on introduction to basic upholstery as you explore the tricks to re-covering the seat of an old dinning chair and learn to create a new seat structure with webbing. Plus, you’ll leave with your own handmade webbing stretcher. With all this knowledge, you won’t be able to stop re-envisioning and reupholstering where you sit when you get home! All materials provided. Questions or more information: www.perenniaSTL.org. LAST DAY TO ENROLL OR DROP IS FRIDAY, 2/19. NO REFUNDS AFTER FRIDAY, 2/19.

**CRFT:713 | $45**
**PD7** Th 6:30pm-8:30pm
**Feb. 25**
**PerenniaSTL.org**

**Exclamation Point!**

“I took the Embroidery: Design & Stitch class with Magan Harris. She was very enthusiastic and approachable. It was a very enjoyable experience.”

Robin M., St. Louis

**NEW EZ Pillows for First Time Stitchers**

Never tried your hand at sewing before? Don’t be intimidated. This is a beginner’s project that you will be able to complete in an afternoon. Come learn sewing machine basics and create a pillow that you will be proud to show off to your friends and family. LAST DAY TO ENROLL OR DROP IS FRIDAY, 4/1. NO REFUNDS AFTER FRIDAY, 4/1.

**CRFT:713 | $35**
**PD3** Sa 1pm-4pm
**Anne Strineman**
**City Sewing Room**

**NEW Vintage UpCycled Garments**

Collect and bring your old and vintage garments to New CRFT:713 TO ENROLL OR DROP IS FRIDAY, 4/1. NO REFUNDS AFTER FRIDAY, 4/1.

**CRFT:713 | $35**
**PD2** Tu 6pm-9pm
**March 8**
**Anne Strineman**
**City Sewing Room**

**NEW Weave & Sew**

This class weaves on a preloaded table loom with multicolored fiber to produce a beautiful woven fabric. Class continues by machine sewing the hand woven fabric into a elegant handbag. All materials included in the cost of the class. LAST DAY TO ENROLL OR DROP IS FRIDAY, 1/22. NO REFUNDS AFTER FRIDAY, 1/22.

**CRFT:713 | $115**
**MD4** Sa 9am-3pm
**Jan. 30**
**Guided Crafts**
Silk Scarf Painting
Learn to make simple and beautiful paintings on silk scarves. Techniques for how to create images and patterns will be taught. Participants will be encouraged to create their own unique pattern and style for this wearable art. Be prepared for working with dyes, bring an apron or an old shirt. Supplies are provided in the cost of the class with the expectation of making 1-2 scarves.

CRFT:714 | $65
M01 M 6pm-9pm Lisa Payne
April 25 Cul. Arts House

Silk Scarf Dyeing
Come and get a bit messy while hand-dyeing three beautiful scarves. We will use quick techniques to bring color to silk and have fun doing it. You will leave with three beautiful scarves that will look amazing for years to come. Supplies included in the cost of the class. Come dressed to work with dyes. Bring rubber gloves, and an old towel and ziplock bags to take home scarves.

CRFT:765 | $49
650 Tu 6:30pm-8:30pm Nicole Ottwell
800 Tu 6:30pm-8:30pm Nicole Ottwell
March 22 FV - SM

Stamp Carving and Printing for Textiles
Create a completely contemporary textile print with an ancient method. From design to carving your own stamps to printing with textile pigments on cloth, you will master the entire process. There are so many digital methods that you can use to print a picture, but they lack the artistic expression in the ancient art of hand printing. You will carve at least three stamps and learn all the ways you can use them. Print on anything, T-shirts, pillowcases, cloth tote bags and kitchen towels. Some cloth will be provided but you will want to bring more items to print, this is discussed in the first night. Additional materials costs are up to you, but could be $15.

CRFT:718 | $79
650 Tu 6:30pm-8:30pm Nicole Ottwell
Feb. 25 – March 10 MC - SS, 107

Introduction to the Spinning Wheel
Interested in making your own novelty yarns? Satisfy your curiosity about the spinning wheel. We’ll discuss the methods that you can use to print a picture, but they lack the artistic expression in the ancient art of hand printing. You will carve at least three stamps and learn all the ways you can use them. Print on anything, T-shirts, pillowcases, cloth tote bags and kitchen towels. Some cloth will be provided but you will want to bring more items to print, this is discussed in the first night. Additional materials costs are up to you, but could be $15.

CRFT:713 | $35
MD1 W 6pm-9pm Jan. 20 Guided Crafts

LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 1/13. NO REFUNDS AFTER WEDNESDAY, 1/13.

MD2 W 6pm-9pm Feb. 24 Guided Crafts

LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 2/17. NO REFUNDS AFTER WEDNESDAY, 2/17.

Knitting 101: Beginning Techniques for All Seasons
Knitting isn’t just for making winter garments and accessories. Use linen, silk and lighter threads and yarn to make projects and garments that will be useful all year round. Cover the basics - casting on, increasing and decreasing, finishing, a variety of stitches and more. Get lots of information and tips for future projects as well as help reading patterns. You may bring unfinished projects. All levels welcome. Supply list sent.

CRFT:720 | $49
450 Tu 6pm-8pm Thi Miller
Feb. 2 – Feb. 16
P01 W 6:30pm-8:30pm Thi Miller
Feb. 24 – March 9 Nottingham, 109
750 Tu 6:30pm-8:30pm Cristin Rae
Feb. 16 – March 1 Kirkwood H.S., C 192

Knitting: the Next Step
Broaden your skills beyond basic knitting and purling. Learn techniques for increasing and decreasing, making lace, cable, fixing mistakes and simple pattern reading. Prerequisite: Knit 101 or equivalent experience. Supply list sent.

CRFT:722 | $49
P01 W 6:30pm-8:30pm Thi Miller
March 30 – April 13 Nottingham, 109
450 Tu 6pm-8pm Thi Miller
Feb. 23 – March 8 FP - G Tower, 117

Knit in a Day
A crash course in knitting. Learn the basics in one fell swoop (casting on, knitting, purling, pattern reading, casting and binding off) and be on your way to impress friends and yourself. It’s such a beautiful form of handwork and so worth the time. You may bring snacks or a sack lunch.

CRFT:720 | $49
481 Sa 9am-3pm Thi Miller
Feb. 27 Nottingham, 109
680 Sa 9am-3pm Thi Miller
April 2 FP - G Tower, 113
480 Sa 9am-3pm Thi Miller
May 7 FP - G Tower, 113

New Knitting Project: Baby Blocks
Baby blocks are great gifts for the little ones. Learn basic knitting, seaming, and pattern reading. In addition, we’ll explore fun and different ways to make these blocks. Once you make one, you’ll be surprised at how quick and easy the rest are. Supply list sent.

CRFT:720 | $49
451 W 6:30pm-8:30pm Thi Miller
April 20 – May 4 Nottingham, 109

New Knitting Know How
Ever wanted to learn how to fix those mistakes or seam that pillow? Perhaps stake a sweater? In this class, you’ll learn those techniques and more. Knitting Know How will cover the techniques not normally covered in class but are essential in a knitter’s repertoire.

CRFT:720 | $49
482 Sa 9am-1pm Thi Miller
Feb. 13 FP - G Tower, 113

New Knitting Project: Magic Loop
In this class, you’ll knit your socks in the round using the Magic Loop. The Magic Loop is a wonderful and fun technique for knitting. It is also a nice alternative to using double-pointed needles. Sock knitting is truly addictive, and the Magic Loop provides one of the many ways to knit them!

CRFT:722 | $59
451 Tu 6pm-8pm Thi Miller
March 29 – April 19 FP - G Tower, 113

Crochet: the Next Step
Go beyond the basics of crochet with this class. Learn the half-double and treble crochet stitches, how to increase and decrease, and practice reading patterns. After this class, you will be an Intermediate Crocheter! You may bring your own projects. Prerequisite: Crocheting 101 or equivalent experience. Supply list sent.

CRFT:726 | $49
550 Tu 7pm-9pm Anne Frese
March 22 – April 5 FV - C, 104
750 Tu 6:30pm-8:30pm Dee Levang
March 22 – April 5 Kirkwood H.S., W 107

Tunisian Crochet Basics
Tunisian Crochet is a type of crochet that uses an elongated hook, often with a stopper on the handle end, called an Tunisian or Afghan hook. It is sometimes considered to be a mixture of crocheting and knitting. Some techniques used in knitting are also applicable in Tunisian crochet. Tunisian crochet has the look of knitting and uses similar stitches to crocheting, so if you can knit or crochet you will pick it up quickly. Learn the Tunisian foundation row, simple stitch, knurl stitch, puri stitch, increasing and decreasing, binding off and joining, reading patterns and charts, color changing all while making a stitch sampler scarf. Supply list sent.

CRFT:724 | $49
680 Sa 9am-12pm Thi Miller
March 5 – March 12 MC - AS, 204

New Tunisian Crochet: the Next Step
Now that you’ve learned the basics of Tunisian Crochet (simple stitch, knurl stitch, puri stitch and reverse stitch) in Tunisian Crochet 101, what’s next? In this three hour lecture/ workshop, you’ll learn several ways to change colors, working in the round with a double ended hook, combination stitches and seaming techniques. Bring a project in progress and get help if needed, too. Supply list sent.

CRFT:726 | $29
680 Sa 9am-12pm Dee Levang
April 16 MC - AS, 204

New Crochet: Beyond the Square
Learn to make the traditional granny square, a triangle, a hexagon and a circle! This versatile crochet stitch can be joined together to form clothing, pillows, or even a big blanket. Combine shapes to make a unique creation. This class is for people who know basic crochet stitches and are looking to move forward to more exciting projects. Must be comfortable with a single crochet or have taken Crochet 101. Supply list sent.

CRFT:726 | $49
650 M 6pm-9pm Dee Levang
April 4 – April 11 MC - CS, 211

New Crochet a Basket
Crochet a simple yet sturdy basket to store your extra yarn, toiletries, or other small items. Basket will have crocheted handles for easy portability. Supply list sent.

CRFT:726 | $39
551 Tu 7pm-9pm Laura Frazier
Feb. 16 – Feb. 23 FV - C, 108

New Crochet a Rug
You can make a rug out of just about any kind of yarn, even upcycled t-shirts! Thick or thin, small enough for a scatter rug or the size of the whole living room. You choose the size and materials. For this class we will start with a simple round rug. Make it as big as you want to suit your project needs. Supply list sent.

CRFT:726 | $39
552 Tu 7pm-9pm Laura Frazier
March 22 – March 29 FV - C, 108

New Crochet a Basket
Crochet a simple yet sturdy basket to store your extra yarn, toiletries, or other small items. Basket will have crocheted handles for easy portability. Supply list sent.

CRFT:726 | $39
551 Tu 7pm-9pm Laura Frazier
Feb. 16 – Feb. 23 FV - C, 108

New Crochet a Rug
You can make a rug out of just about any kind of yarn, even upcycled t-shirts! Thick or thin, small enough for a scatter rug or the size of the whole living room. You choose the size and materials. For this class we will start with a simple round rug. Make it as big as you want to suit your project needs. Supply list sent.

CRFT:726 | $39
552 Tu 7pm-9pm Laura Frazier
March 22 – March 29 FV - C, 108
**New Crochet a Pillow**
Learn how to crochet an attractive pillow that is not only decorative, but is functional as well. Knowledge of single and double crochet stitches is needed to complete this project. Supply list sent.

CRFT:726 | $39
554 Tu 7pm-9pm
April 12 – April 19
Laura Frazier
FV, C, 108

**New Crochet a Market Bag**
For all those times you wish you had a tote bag for the farmer’s market or groceries from the supermarket. Now you’ll have the opportunity to make a sturdy, yet slightly stretchy, shoulder bag to accommodate all of your shopping needs. This market bag is very strong and versatile to boot. Supply list sent.

CRFT:726 | $39
554 Tu 7pm-9pm
May 3 – May 10
Laura Frazier
FV, C, 108

**Beginning Baskets: Market Basket**
Beginners and experienced weavers, join us for a fun and rewarding basketweaving experience. Master the basic techniques in one evening and spend the next making a sturdy Market Basket for all of your food and farmer’s market shopping. All supplies and tools included in the cost of the class.

CRFT:734 | $69
650 Tu 6:30pm-9pm
March 22 – March 29
Laura Klaus
MC - CE

**New Stained Glass Trinket Box**
Explore the medium of stained glass. Build a trinket box that measures, 2 inches x 3 inches x 2 inches high. You will cut and grind the glass, experiment with copper foil, and learn to solder your box together. All materials included in the cost of the class. LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 3/2.

CRFT:740 | $65
MD1 W 6:30pm-9pm
March 9 – March 16
Guided Crafts

**New Stained Glass Night Light**
Create a stained glass night light in two quick classes. Learn to cut and grind glass, work with copper foil, and how to solder your light. You will complete the project by adding an electric plug. All materials included. LAST DAY TO ENROLL OR DROP IS MONDAY, 4/4.

CRFT:740 | $60
MD2 W 6:30pm-9:30pm
April 13 – April 20
Guided Crafts

**Introduction to Ceramics**
A beginning class for those curious about ceramics. Learn techniques to clean greenware, the process of glazing and under glazing, and rub-on staining techniques. Course includes a hands-on flip casting demonstration. Basic ceramic terminology is reviewed. At the end of the 2 session course, you’ll finish at least 2 pieces. All materials included.

CRFT:741 | $45
MD1 W 1pm-3pm
Jan. 20 – Jan. 27
Guided Crafts
LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 1/13. NO REFUNDS AFTER WEDNESDAY, 1/13.

MD2 Sa 1pm-5pm
April 9
Guided Crafts
LAST DAY TO ENROLL OR DROP IS FRIDAY, 4/1. NO REFUNDS AFTER FRIDAY, 4/1.

**Stamp A Stack**
Join us once a month to start your spring holiday crafting of cards. Each month you will create five cards using different stamping techniques. Ending in April, you will have a total of 15 hand-crafted unique cards to use for the spring holidays! fee includes most materials. Supply list sent. LAST DAY TO ENROLL OR DROP IS FRIDAY 2/5.

CRFT:742 | $55
MD1 Sa 9am-11am
Patti Bossi
Feb. 13
MC - CE

Sa 9am-11am
March 5
March 9
April 2

**Stamping Birthday Cards**
Join us for a fun extravaganza card class! Create some handmade birthday cards for the year to come. You will make five birthday cards using stamping techniques and embellishments to make your cards “pop.” Fee includes most materials. Supply list sent. LAST DAY TO ENROLL OR DROP IS FRIDAY, 2/12. NO REFUNDS AFTER FRIDAY, 2/12.

CRFT:742 | $49
MD2 Sa 9:30am-12:30pm
Patti Bossi
Feb. 20
Affton WR Comm Ctr

**Suminagashi: Japanese Paper Marbling**
Learn how to make beautiful marbled paper using the ancient Japanese art of Suminagashi. Discover the secrets to marbling using a simple floating ink process. Take home sheets of marbled paper to turn into cards, book covers, works of art, or anything your heart desires. You’ll also take home your own marbling kit and pan to do hundreds more designs. Supplies included in class costs. Dress appropriately to work with ink and water.

CRFT:742 | $55
PO1 W 5:45pm-8:45pm
Feb. 10
Magan Harms
Nottingham, 113

SS0 Th 6pm-9pm
March 10
Magan Harms
SCCEUG, 201

**Introduction to Bookbinding**
Even in the midst of the digital age, the beauty of handmade books has not been lost. A great place to start is to learn the basic bookmaking techniques and move onto more advanced projects. Tools and metal setting. Acquire the basic building blocks needed for handmade books. Story book, mini sketchbook, journals, guest books or scrapbooks. Make will teach you to make 4 kinds of hardcover books. Book supplies included in the cost of the class.

CRFT:742 | $139
650 Tu 6pm-9pm
April 5 – April 26
Nicole Otwell
MC - SW, 102

**Stamping Birthday Cards**
Join us for a fun extravaganza card class! Create some handmade birthday cards for the year to come. You will make five birthday cards using stamping techniques and embellishments to make your cards “pop.” Fee includes most materials. Supply list sent. LAST DAY TO ENROLL OR DROP IS FRIDAY, 2/12. NO REFUNDS AFTER FRIDAY, 2/12.

CRFT:742 | $49
MD2 Sa 9:30am-12:30pm
Patti Bossi
Feb. 20
Affton WR Comm Ctr

**Making Mandalas and Coloring for Grown Ups**
Create repeating designs that compose a circular pattern. Draw your own mandalas and color them with brilliant Aquarelle pencils. These may be used dry or with a paintbrush and water to create washes. No experience or prior art knowledge necessary. Supplies included in the cost of the class and are yours to take home.

CRFT:742 | $39
651 Th 6pm-9pm
May 5
Nicole Otwell
MC - HE, 134

**New Glass Mosaic Project**
Create a six inch square mosaic on ceramic. When finished, this can be hung on the wall or used as a trivet. A simple design, you choose your color scheme. You’ll create a mosaic pattern during the evening of the class. Instructor will demonstrate the grout technique and provide a grout kit for you to take home to complete the project once the glue adhesive has dried. All materials provided and included in cost of the class. Come prepared to get a bit messy.

CRFT:743 | $45
M01 W 6:30pm-9pm
Feb. 10
Cathy Cody
Painted Zebra - Kirkwood

**New Glass Bowl**
Bring spring into your home by painting this glass bowl. Suitable for fruit, fruit salad or any other spring dish. You needs a little sun in February! You choose the colors and add designs for your own personal touch. Pieces will be fired and may be picked up at the shop one week after the class. fee includes all materials and firing. Paints are lead free and food safe. Come dressed to work with paint.

CRFT:743 | $45
M03 W 7pm-9pm
April 13
Cathy Cody
Painted Zebra - Kirkwood

**Zentangles**
Almost a meditation, you can use it to create beautiful images for cards, scrapbooking and even wall art pieces. Zentangles increase focus and creativity, provide artistic satisfaction and an increased sense of personal well-being. You will learn many tangles and find out creative ways to make beautiful drawings from simple shapes and lines. Students will need to bring a pencil.

CRFT:742 | $59
550 Th 6pm-9pm
Feb. 18
Nicole Otwell
FV, H, 104

M01 M 6pm-9pm
Feb. 29
Lisa Payne
Cul. Arts House

**New Glass Mosaic Project**
Create a six inch square mosaic on ceramic. When finished, this can be hung on the wall or used as a trivet. A simple design, you choose your color scheme. You’ll create a mosaic pattern during the evening of the class. Instructor will demonstrate the grout technique and provide a grout kit for you to take home to complete the project once the glue adhesive has dried. All materials provided and included in cost of the class. Come prepared to get a bit messy.

CRFT:743 | $39
651 Th 6pm-9pm
May 5
Nicole Otwell
MC - HE, 134

**Hand Painted Glass Bowl**
Bring spring into your home by painting this glass bowl. Suitable for fruit, fruit salad or any other spring dish. You choose the colors and add designs for your own personal touch. Pieces will be fired and may be picked up one week after the classes ends at the shop. fee includes all materials and firing. Paints are lead free and food safe. Come dressed to work with paint.

CRFT:743 | $45
M03 W 7pm-9pm
April 13
Cathy Cody
Painted Zebra - Kirkwood

**Metalssmithing: Beginning Techniques for Jewelry**
Learn the fundamental metalsmithing techniques for making jewelry. Basic metal manipulation skills: sawing, forming and shaping, filing, sanding, soldering, and polishing will be taught. You will make two finished pieces - a cuff bracelet and a pendant with a simple stone setting. Acquire the basic building blocks needed for jewelry design. No experience necessary. Students who have had previous experience working with metal may move onto more advanced techniques. Tools and metal supplied in class fee.

CRFT:753 | $219
550 W 6pm-9pm
Feb. 3 – March 23
Chih Yu Lin
FV, E, 290

No class 3/16

M01 W 6:30pm-9pm
Jan. 30 – March 12
Lacey Kirkwood
MC - HE, 131
Basic Wire Wrap
No other jewelry class can match this quick, easy way to wire wrap! Get tons of tips and tricks on how to apply hammered wire to stone and to work with metal. Fee includes use of necessary tools. Supplies for project must be purchased from DEEsigns. Supplies are extra and will cost approximately $25. Students may bring safety and magnifying glasses for personal use.

CRFT:753 | $45
M01 Th 6pm-9pm
Feb. 18
DEEsigns Studio
M02 Sa 9:30am-12:30pm
March 12
DEEsigns Studio

Wire Wrap Amythest Earrings
Supplies are $25 and must be purchased the night at DEEsigns Studio. Stones are AAA quality hand-cut faceted amethyst and metal is sterling silver. Earring retail value $136.00.

CRFT:753 | $45
M04 Sa 9:30am-12:30pm
April 9
DEEsigns Studio

New Jewelry 101: Handmade Necklace and Earrings
Master the basics of jewelry making by creating your own custom handmade earring and necklace set. In this course you will learn how to use jewelry-making tools, design basics, how to select the right materials for a project, the assembly process, and finishing techniques. Most supplies are provided. Students should bring a light-colored hand towel to use as a work surface, a measuring tape, and needle nose pliers.

CRFT:753 | $45
930 Sa 1pm-4pm
Feb. 6
Holly Schroeder
Thomas Dunn LC

Beaded Earrings
Join us for an exciting class on the basics of making your very own earrings. Handcrafted earrings can be made for personal beauty or for a lovely gift. You’ll use your creativity while discovering the basics of beading, wire wrapping, and collaging for one of a kind earrings. Instructor has been handcrafting her own jewelry since 2007. Class is hands on and demonstration. Course cost includes materials. LAST DAY TO ENROLL OR DROP IS WEDNESDAY, 2/17. NO REFUNDS AFTER WEDNESDAY, 2/17.

CRFT:753 | $35
FD1 Sa 10am-12pm
Feb. 27
Brittany Campbell
FV - H, 104

Gemology 101: Diamond Essentials
Learn about the wide variety of diamonds available, the four “Cs”- cut, color, clarity, and carat and the effect each has on beauty, rarity, and value. Class is for beginners who want to know about diamonds.

CRFT:753 | $55
S50 W 7pm-9pm
Feb. 24 – March 9
Stacy Minden
SCEUG, 120

Gemology 102: Colored Stones and Pearls
Learn about the wide variety of precious and semi-precious gemstones, and pearls. Learn about the qualities that determine beauty, rarity, and value. This class is for beginners who want to know about colored gemstones and pearls.

CRFT:753 | $55
SS1 W 7pm-9pm
March 23 – April 6
Stacy Minden
SCEUG, 120

Refunds After FRIDAY, 4/8

Soap Making: Beginning and Advanced
A combination of both Soap Making the Herbal Way: Beginning and Advanced Soap Making Techniques: Scents and Swirls. Signing up in this section saves you $10 in materials by taking both classes.

CRFT/765 | $39
FD3 W 6:30-9pm Brittany Campbell
Feb. 10-April 22
LAST DAY TO ENROLL OR DROP IS MONDAY, 2/22. NO REFUNDS AFTER WEDNESDAY, 2/24.

Soap Making the Herbal Way: Beginning
Dispel the mystery of lye and oil soapmaking! You will create a moisturizing soap that is excellent for sensitive and dry skin, with no artificial ingredients! Your soap will have a natural scent. Learn how to safely work with lye and what oils are best for making soap. Instructor has been handcrafting her own body products for over 7 years. Class is hands on and demonstration. Plan to get messy, you will be working with warm oils, dyes, and essential oils. Please wear close-toed shoes and long sleeves. Course cost includes materials.

CRFT/765 | $39
FD1 W 6:30-9pm Brittany Campbell
Feb. 10-April 22
LAST DAY TO ENROLL OR DROP IS MONDAY, 2/22. NO REFUNDS AFTER WEDNESDAY, 2/24.

Advanced Soap Making Techniques: Scents and Swirls
Get creative with soap making and learn advanced coloring, designing, and scenting techniques! You’ll learn what natural colorants work best with soap, how to mix essential oils for your very own signature blend, and basic ways to take your soap designs to the next level! Instructor has been handcrafting her own body products for over 7 years. Class is hands on and demonstration. Plan to get messy, you will be working with warm oils, dyes, and essential oils. Please wear close-toed shoes and long sleeves. Course cost includes materials.

CRFT/765 | $65
FD2 W 6:30-9pm Brittany Campbell
Feb. 10-April 22
LAST DAY TO ENROLL OR DROP IS FRIDAY, 2/12. NO REFUNDS AFTER FRIDAY, 2/12.

Introduction to Aromatherapy
Essential oils can enhance so many areas of daily life. They are used for relaxation, stress relief, sleep, immune support, emotional balance, body aches, and green cleaning. In class, you’ll learn about essential oil safety, production and common methods of use. You will also mix, blend and utilize essential oils to create a more natural, healthy lifestyle. Class is both demonstration and hands on.

CRFT/765 | $45
MD5 Sa 9am-12pm
April 17
Last Day To Enroll or Drop Is Monday, 2/22. No Refunds After Monday, 2/22.

Exclamation Point!
“Brittany Campbell was a fantastic instructor. I’ve taken several of her classes and always have a great experience, plus I walk away with a completed project and useful skills.”
Jenna R., Ferguson

Culinary Arts

New Donuts! (Homemade)
Everybody loves donuts and homemade are definitely the best! We will make ring doughnuts and filled doughnuts, then creatively finish them with a variety of glazes, icings and toppings. There will be plenty of taste-testing plus you can take some home (bring a container). Class is a combination of demonstration with some hands-on and lots of fun. Park on Hartford or Hampton. Flagpole in front.

FOOD/705 | $39
P02 M 6:30pm-9:30pm March 21
Debra Hennen Cul. Arts House

Italian Sweets and Treats
Italian sweets are as variable as the regions of Italy. We’ll make Cannoli from Sicily, Tiramisu, including Lady Fingers, from Treviso; Double Chocolate Panna Cotta from the northern Italian region of Piedmont; and Torta di Ricotta from the southern regions of Italy. Class is a combination of demonstration with some hands-on. There will be plenty of taste-testing plus you can take some home for later. Park on Hartford or Hampton. Flagpole in front.

FOOD/705 | $39
P01 M 6:30pm-9:30pm March 7
Debra Hennen Cul. Arts House

Classic Greek Pastries
From delicate and fragrant to crunchy and chewy, Greece is known for its confections, cakes and cookies. Made with an abundance of honey, nuts, fruits and creams, these mouth-watering treats will satisfy anyone’s sweet tooth. We’ll make the ever popular Baklava with our super easy recipe, Melomakarona (honey cookies with walnuts), Katallaf (almond and baklava pastry in syrup), and Melopita (honey pie). Class is a combination of demonstration and hands-on. There will be plenty of taste-testing plus you can take some home for later. Park on Hartford or Hampton. Flagpole in front.

FOOD/705 | $39
P03 M 6:30pm-9:30pm April 4
Debra Hennen Cul. Arts House

Hand-held Pies: Sweet and Savory
Delicious individual pastries with sweet and savory fillings in the convenience of a hand held pie! Great for picnics, when you are on the go, and perfect for back to school lunches. We’ll make traditional Cornish pasty, with a hearty combination of steak and veggies for the filling; veggie empanadas, with black bean, corn and portabella filling; fried peach hand pies; and summer fruit galettes. Class is a combination of demonstration and hands-on. There will be plenty of taste-testing plus you can take some home for later. Park on Hartford or Hampton. Flagpole in front.

FOOD/705 | $39
P04 M 6:30pm-9:30pm April 18
Debra Hennen Cul. Arts House

Deliicious Cakes
Come find out how easy it is to bake a cake from scratch. We’ll make Carrot cake, Vermont-maple pecan cake, and chocolate truffle cake, fresh peach cake, Greek lemon cake, supreme carrot cake, and cranberry scones are all called quick breads. They are made from meat baked with baking soda (primarily baking powder and baking soda) properly. We’ll prepare quick breads using the biscuit method, muffin method and creaming method. We’ll use a variety of flours, fruits, nuts, spices and vegetables in our breads. Class is part demonstration, part hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD/706 | $39
P02 Sa 9am-12pm April 9
Dianne Johnson Cul. Arts House

Sweet and Savory Quick Breads
Buttermilk biscuits, blueberry muffins, pumpkin bread, and cranberry scones are all called quick breads. They are often baked because they are quick to mix together and quick to bake. You’ll learn how to use chemical leavening agents (primarily baking powder and baking soda) properly. We’ll prepare quick breads using the biscuit method, muffin method and creaming method. We’ll use a variety of flours, fruits, nuts, spices and vegetables in our breads. Class is part demonstration, part hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD/706 | $39
P01 Sa 9am-12pm Feb. 27
Dianne Johnson Cul. Arts House

Sourdough from Start(er) to Finish
There’s more than one way to catch the sourdough bug and more to make just to share! We’ll discuss how sourdough cultures work and make starters using several methods – quick, wild-caught and traditional. Then, using already-cultured sourdough starters, we’ll explore ways to incorporate that tanginess into dishes beyond bread. We’ll make sourdough pizza crust, cherry-pecan muffins, waffles and noodles. Bring a pint jar to take home a sourdough starter. Class is hands-on.

FOOD/706 | $39
P04 W 6:30pm-9:30pm March 16
Robin Wheeler Lindbergh H.S., 128

Sweet and Savory Quick Breads
Buttermilk biscuits, blueberry muffins, pumpkin bread, and cranberry scones are all called quick breads. They are made from meat baked with baking soda (primarily baking powder and baking soda) properly. We’ll prepare quick breads using the biscuit method, muffin method and creaming method. We’ll use a variety of flours, fruits, nuts, spices and vegetables in our breads. Class is part demonstration, part hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD/706 | $39
P02 Sa 9am-12pm April 9
Dianne Johnson Cul. Arts House

Learn how to make traditional Greek pastries with Continuing Education...
May: Keep the Sweet! Reducing Sugar in Baked Treats
Are you trying to reduce sugar but miss sweet treats? If your answer is “yes” you want to miss this class. We’ll be baking desserts with recipes that reduce and/or replace sugar. Some use of alternative sweeteners and fruit purées will be included. Recipes will include: chocolate chip oatmeal cookies, frozen coconut coffee bites, no-bake oatmeal cookies, orange-pumpkin tart and more. You’ll be able to satisfy your sweet tooth and not miss the sugar. The class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front.

FOOD:708 | $39
P01 Su 9:30am-12:30pm
Tiffany Smith
Cul. Arts House

Brunch @ Tiffany’s
Can’t afford a trip around the world? Have an international brunch that will transport you to another country in your own kitchen! Learn to make and enjoy mini baked German pancakes with fresh berry compote, a Mexican chorizo egg strata, a tropical fruit yogurt parfait with homemade granola and French Croque Monsieur ham and cheese grilled sandwiches. Class is part demonstration with some hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:711 | $39
P02 Sa 9:30am-12:30pm
Tiffany Smith
Cul. Arts House

Spring Appetizers & Mocktails
Spring is here! And invitations to showers and other social events are popping up all over! Whether you are hosting or bringing a dish, come experience some easy recipes with an international flair that will be perfect for all ages. Sip and learn spring-inspired tasty non-alcoholic drinks that are family-friendly and deliciously beautiful using gourmet flowers, fresh fruit, flavored tea and fresh fruit juices to start. Enjoy beef and lamb meatballs with fresh tzatziki sauce, an easy shrimp ceviche, spanakopita, and a show-stopping Italian inspired antipasti tray featuring burrata cheese and easy flatbreads! Class is part demonstration with some hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:714 | $39
P01 Sa 9:30am-12:30pm
Tiffany Smith
May 3
Cul. Arts House

Girls’ Night Out: Dessert Buffet
Bring your BFFs and come prepared to taste-test every one of these surprisingly simple, sweet little treasures. From fresh fruit to chocolate to favorite desserts, we’ll show you how to mini-size them and present them in a way that elicits a resounding “wow!” at your next party. There will be plenty of taste-testing plus you can take some home (bring a container). Class is a combination of demonstration with some hands-on and lots of fun. Park on Hartford or Hampton. Flagpole in front.

FOOD:716 | $39
P01 F 6:30pm-9:30pm
April 1
Debra Hennen
Cul. Arts House

Girls’ Night Out: Appetizer and Mini-Dessert Buffet
Gather your BFFs for a food-filled night where girls have all the fun! You’ll be cooking together and noshing on great appetizers and mini-desserts. We’ll be making and munching down on strawberry rum cupcakes, calzone mini-pinchwheels, almond cheddar cheese wedges, French vanilla puffs, chicken satay with Thai peanut sauce, pepperoni bread and turkey meatballs in peach sauce. Our instructor plans to sneak even more great nibbles onto the menu from her secret recipe file. See you there! Class is hands-on.

FOOD:718 | $39
P02 F 7pm-9:30pm
Jan. 29
Eileen Fraser
FV - SM, 129

Vegetarian Small Plates and Appetizers
Come join us for vegetarian-vegan small plates and appetizers that are guaranteed to please all your guests. Recipes include mini corn and leek flautas, mini meatless Reubens, zucchini chips, buffalo chickpea pits with ranch dressing and more. Some of the dishes will accommodate a gluten-free diet or can be easily modified. The class is a combination of demonstration and hands-on. Bring a take-home container. Park on Hartford or Hampton. Flagpole in front.

FOOD:721 | $39
P01 Th 6:30pm-9:30pm
Feb. 18
Dianne Johnson
Cul. Arts House

Cheese-making at Home - DIY for Beginners
Homemade cheeses are delicious and not that difficult to make. In this day-long workshop, our experienced instructor will demonstrate the steps and explain all the important things you need to know to be successful. In this class, you’ll get an understanding of the basics of cheese-making by learning to make Neufchatel, burrata, yogurt and cheese, and a lemon yogurt cheesecake. Demonstration with class participation. In addition to tasting them all, you’ll get to take home samples along with a simple starter kit for doing it yourself, directions and recipes, and a list of local and online resources for cheese-making supplies. Bring a sack lunch for the noon break. Park on Hartford or Hampton. Flagpole in front. Class is hands-on.

FOOD:722 | $69
P02 Sa 9am-3pm
March 19
Lisa Payne
Cul. Arts House

Cheese-making at Home - DIY (Beyond the Basics)
Homemade cheeses are delicious and not that difficult to make. In this day-long workshop, our experienced instructor will demonstrate the steps and explain all the important things you need to know to be successful. You’ll get an understanding of more advanced cheese-making by learning to make Feta, Mozzarella, and Gouda cheeses. Demonstration with class participation. In addition to tasting them all, you’ll get to take home samples along with a simple starter kit for doing it yourself, directions and recipes, and a list of local and online resources for cheese-making supplies. It is recommended (but not required) that you take the basic cheese-making class first. Bring a sack lunch for the noon break. Park on Hartford or Hampton.

FOOD:723 | $69
P03 Sa 9am-3pm
April 2
Lisa Payne
Cul. Arts House

The Cake Decorating Program with Continuing Education
Do you enjoy creating beautiful food? Would you like to develop your talent and pave the way to extra income? If baking is your passion, and you have artistic flair, a Cake Decorating Certificate of Completion from STLCC will help you build new skills, focus on your strengths and learn the tricks of the trade that you’ll need for a successful future in cake decorating.

Classes may be taken individually or as a part of the Cake Decorating Program.

Call 314-984-7777 for a copy of the Cake Decorating brochure.
Cooking with Ancient Grains: Quinoa, Amaranth and Farro
Join us to learn about fascinating history of ancient grains and their nutritional benefits. Next, learn how to cook and add these ancient grains into your daily diet. Cooking with old-world grains adds texture, variety and healthy nutrients to meals. Participants will prepare and sample a number of recipes made with quinoa, amaranth and farro. Most of the recipes will be suitable for a gluten-free diet. Bring take home containers. Class is part demonstration, part hands-on. Park on Hartford or Hampton. Flagpole in front.

FOOD:722 | $39
P01 Th 6:30pm-9:30pm
Dianne Johnson
Feb. 17
Cul. Arts House

Cooking with Coffee
Love coffee? It’s not just for kick-starting your day! That rich, roastedness works in variety of dishes. We’ll make a coffee-infused rub coupled with little buzzed sliders with red-eye gravy, carrots roasted in coffee beans, and coffee jelly-glazed mocha cookies. Bring an 8-ounce jar and a container to take home spice rub.

FOOD:722 | $39
784 W 6:30pm-9:30pm
Robin Wheeler
March 2
Lindbergh H.S., 128

Fermented Pickles for Your Spring Pantry
The days are getting longer and the greens are sprouting! Capture those fresh flavors with this easy, all-natural preserve technique that’s loaded with probiotics. We’ll pickle asparagus, sweet salad turnips, radishes with honey, and strawberry salsa to welcome the warmer days. Bring 4 wide-mouth pint jars.

FOOD:722 | $39
780 W 6:30pm-9:30pm
March 2
Lindbergh H.S., 128

Crazy for Kefir & Kombucha
Did you know you can make wonderful probiotic drinks at home? Come sample kombucha and two different kefirs, then see a demonstration of how to make them. You’ll also learn how to second ferment the kombucha. These drinks are good for your health and you’ll discover how easy and tasty these probiotic drinks are. Bring 4 glass jars to take home products for future fermentation.

FOOD:722 | $35
781 W 6:30pm-9:30pm
March 9
Jane Campbell
Lindbergh H.S., 128

Making Miso - It’s More Than Soup!
Miso is an amazing superfood. You’ll learn to make a simple miso. You’ll also learn where to purchase your koji, what type of beans can be used to ferment the koji and leaving with recipes and a container to take home spice rub.

FOOD:722 | $35
782 W 6:30pm-9:30pm
March 30
Jane Campbell
Lindbergh H.S., 128

The Wonderful World of Fermented Vegetables
Come experience the wonderful world of fermented vegetables. We’ll have samples of krauts and other fermented vegetables for you to try. These fermented vegetables add acid to the saliva and healthy probiotics. You’ll be making your own sauerkraut with cabbage and vegetables but that’s just the start! We’ll move on to learning what makes those combinations and processes different from sauerkraut. Other vegetables can be fermented, too (without whey) and we’ll show you how. Bring a large bowl and several large glass jars with lids for taking home what you’ve prepared.

FOOD:722 | $35
783 W 6:30pm-9:30pm
April 6
Jane Campbell
Lindbergh H.S., 128

Cooking Techniques Made Easy
With a few easy techniques, you can create delicious “from scratch” meals. You’ll learn to measure, dice, slice, chop, roast, and bake. The helpful hint, guidance in class, and easy to follow recipes will sharpen your culinary skills and have you cooking great meals yourself. At home Tonight’s recipes will include apple coffee cake with streusel topping, tossed salad with homemade classic vinaigrette, oven-roasted potatoes with peppers and onions, simplified homemade tomato soup, creamed spinach, honey glazed carrots, herb-roasted chicken and more. Class is hands-on.

FOOD:723 | $39
550 Th 7pm-9:30pm
Feb. 25
Eileen Fraser
FV - SM, 129

Cooking Basics: A Taste of Paris
Take your taste buds on a culinary trip to France to take on traditional flavors in this fun, fix-and-eat two-session cooking class. Day 1: Quiche with beef, cheddar, bacon, and tomato for dinner. Day 2: French dip sandwiches; pasta salad; strawberry banana crepes for dessert. NOTE: This class teaches very basic food preparation. Taught at a slower pace with assistance for easy level skill development. Bring take home containers.

FOOD:723 | $50
780 Tu 6:30pm-9:30pm
March 7 – March 14
Latoya Chauncey
Lindbergh H.S., 128

Exclamation Point!
“I really appreciated the pace of Cooking with Ancient Grains: Quinoa, Amaranth and Farro - starting with the description of what we would do, dividing up participants to prepare a number of food items, “tasting” throughout the three hours and leaving with recipes and websites for additional ideas.”

Ron T., Olivette

A Taste of India: Vegan Meal
If you enjoy the flavors of Indian food, come learn to prepare this array of delicious non-meat dishes. Participants will prepare these extraordinary Indian chicken meals for themselves and for guests for your beloved. A coconut and dried cherry chutney preserves the flavors of the holiday and goes great with cheese. Pomegranate jelly gets your blood flowing. Fiery candied walnuts give a boost of omega-3’s and heat. The best part: we’ll bring them all together in a gooey, intense chocolate cake that incorporates all three recipes. Bring two 8-ounce jars and a container to take home a slice of cake. Class is hands-on.

FOOD:724 | $39
780 W 6:30pm-9:30pm
Feb. 10
Robin Wheeler
Lindbergh H.S., 128

Gluten-free Spring Brunch
Spring holiday celebrations include family get-togethers with lots of sweet and savory dishes. This class will give you ideas and recipes for your gluten-sensitive guests. We will be making classic brunch items with a gluten-free twist. Recipes will include: caramel-apple bundt cake, pumpkin donuts, ham and cheese strata, strawberry banana crepes for dessert.

FOOD:725 | $39
780 Tu 6:30pm-9:30pm
March 22
Michelle Melton
Kirkwood H.S., C 191

Chinese Take-out (at home)
Addicted to your favorites at your local Chinese restaurant’s take-out menu but looking to save some cash or perhaps eat a little bit healthier? Learn how to make your Chinese favorites at home with fresh vegetables and sometimes, less oil. In this class, you’ll learn how to make crab fanglong, General Tsou’s chicken, sesame chicken, moo goo gai pan, Sechuan beef, pork fried rice, egg drop soup and more. Come hungry and bring take-home containers.

FOOD:732 | $39
780 M 6:30pm-9:30pm
February 22
Dianne Johnson
Cul. Arts House

A Taste of India: Traditional Chicken Dinners
If you enjoy the flavors of Indian food, come learn to prepare these delicious Indian chicken meals yourself at home. You’ll learn to measure, dice, slice, chop, roast, and bake. The helpful hint, guidance in class, and easy to follow recipes will sharpen your culinary skills and have you cooking great meals yourself. At home Tonight’s recipes will include apple coffee cake with streusel topping, tossed salad with homemade classic vinaigrette, oven-roasted potatoes with peppers and onions, simplified homemade tomato soup, creamed spinach, honey glazed carrots, herb-roasted chicken and more. Class is hands-on.

FOOD:724 | $39
782 M 6:30pm-9:30pm
March 28
Seema Shintre
Lindbergh H.S., 128

A Taste of India: Vegetarian Meal
If you enjoy the flavors of Indian food, come learn to prepare this array of delicious non-meat dishes. Participants will prepare these extraordinary Indian chicken meals for themselves and for guests for your beloved. A coconut and dried cherry chutney preserves the flavors of the holiday and goes great with cheese. Pomegranate jelly gets your blood flowing. Fiery candied walnuts give a boost of omega-3’s and heat. The best part: we’ll bring them all together in a gooey, intense chocolate cake that incorporates all three recipes. Bring two 8-ounce jars and a container to take home a slice of cake. Class is hands-on.

FOOD:733 | $39
781 M 6:30pm-9:30pm
February 29
Seema Shintre
Lindbergh H.S., 128

Valentine’s Day Gifts: From the Heart of Your Kitchen
Tired of mass-produced chocolate-covered strawberries and boxes of chocolates? Try these romantic and perhaps aphrodisiac dishes made with good gifts for your beloved. A cocoa and dried cherry chutney preserves the flavors of the holiday and goes great with cheese. Pomegranate jelly gets your blood flowing. Fiery candied walnuts give a boost of omega-3’s and heat. The best part: we’ll bring them all together in a gooey, intense chocolate cake that incorporates all three recipes. Bring two 8-ounce jars and a container to take home a slice of cake. Class is hands-on.

FOOD:734 | $39
780 W 6:30pm-9:30pm
Feb. 7
Seema Shintre
Lindbergh H.S., 128
Food: 735

Irresistible Vegetables: Who Knew?
Are you tired of cooking corn, broccoli, carrots and peas the same way every night? Re-discover the wonders of veggies through simple, often quick recipes that will leave your family coming back for more. Put excitement into your mealtime with a series of old veggie recipes, including pepper cauliflower, bacon wrapped asparagus, Chinese green beans, Marsala Brussels sprouts, chocolate zucchini bread, create carrots and much more! Come hungry and bring take-home containers. Class includes a discussion on best practices for roasted veggies and刺客查询．

Food: 735 | $39
750 | Tu  6:30pm-9:30pm
Michelle Melton
March 29
Kirkwood H.S., C 191

Spring Fling: Soups and Salads
Tired of the heavy stews, chilis and soups of winter? Lighten up the menu and kick in some new flavors! For more. In this class, you will make ribeye steak salad, butternut squash soups, orzo spinach soups, lemon basil chicken salads, Caesar steak salads, Asiago chips, chipped kale salad and smoky ham and corn salad. Class is hands-on.

Food: 742 | $39
750 | W  6:30pm-9:30pm
July 19
Michelle Corbett
Kirkwood H.S., C 191

Homestyle Foods: Comfort Food Classics
We all like foods that make us feel good inside. And knowing we can make them anytime with these recipes is even better! You'll help make and sample these old favorites (some with a new twist): crispy oven chicken, ziti with cream sauce and garlic bread for a tasty dinner. Class is hands-on.

Food: 742 | $39
750 | Th 7pm-9:30pm
April 19
Michelle Melton
Kirkwood H.S., C 191

Introductory Knife Skills (with dinner!)
Are you ready to do more cooking at home but unsure of yourself when it comes to techniques for using a chef’s knife safely and effectively? In this class, the instructor will discuss knife safety and demonstrate a variety of classic cuts and simple cutting techniques. You’ll learn how to use a knife safely, how to properly care for a knife and how to recognize quality when shopping for a knife. Then, you’ll practice simple knife cuts with your own chef knife that will be yours to keep for attending this class! By the end of the class, you’ll be able to safely dice an onion and turn carrots, celery, and potatoes into uniform pieces with confidence. There will be plenty of time for practice, questions and one-on-one guidance as you practice your new knife skills while making soup, salad and garlic bread for a tasty dinner. Class includes a lecture and hands-on practice.

Food: 747 | $55
750 | Tu  6:30pm-9:30pm
March 8
Michelle Melton
Kirkwood H.S., C 191

What’s In Your Spice Cabinet? An Exploration of Cooking Spices
Ever wonder what's in your spice cabinet? Find out what they taste and smell like, what type of foods or cuisines they're used for and how to cook with them (hands-on) to make awesome dishes from curry chicken to Jamaican jerk pasta. If you’re ready to bring some new spice into your life with flavors like paprika, fennel, cardamom, white pepper, cloves, allspice and more, this is the class for you! Come hungry and bring take home containers. Class is hands-on.

Food: 747 | $55
750 | Th 7pm-9:30pm
April 5
Michelle Melton
Kirkwood H.S., C 191

Sunny Winter Citrus Preservation
While the local harvests are long away, take advantage of the beautiful citrus fruits that fill the produce department year-around with canning and curing techniques. Savory and tangy pickled kumquats, wine-infused aigre-doux citrus preserves, easy marmalade, salt-cured and sugared citrus peels will fill your pantry for months to come. We’ll discuss unique varieties of citrus only available in the winter - Meyer lemons, clementines, blood oranges, ruby red grapefruit - and how to use them in their preserved form. Bring three 8-ounce jars with lids. Class is hands-on.

Food: 754 | $39
780 | W  6:30pm-9:30pm
February 24
Robin Wheeler
Linberg H.S., I 128

Tasty, Easy Vegetable Side Dishes
If you’re looking for ways to jazz up vegetables, this class is for you! We’ll be more adventurous and enjoy eating them in a variety of ways. From the classic Tuscan asparagus, balsamic glazed Brussels sprouts, creamy cauliflower, smashed parmesan tomatoes, sunny baby carrots and much more. There’s so much to discover and different from our instructor’s recipe box. Class is hands-on.

Food: 735 | $39
550 | Th 7pm-9:30pm
April 28
Eileen Fraser
FV - SM, 129

Make your vegetables irresistible with our Culinary Arts classes
Rhine Around the World
Come experience the influence that France's Rhone region, where Syrah is king, has had on America, Australia, and South Africa. Wines included will be a G.S.M. Grenache, and Viognier. Wine tasting will be accompanied by explanations of the influence of growing environment, and the fermentation, aging, and bottling processes used to produce the wines. $20 material fee payable at class. Must show proof of age 21 to participate in wine tasting classes.
FOOD:760 | $15
M03 Tu 6:30pm-8:30pm William Polhemus
April 12 The Wine Barrel

Compare and Contrast: Different Wine Varietals
What’s the difference between Bordeaux and a Chilean Cabernet Sauvignon or the difference between Sancerre and California Sauvignon Blanc? This will be a side-by-side tasting where we will be comparing the same grape varietals from different regions and identifying their individual characteristics, included will be sensory components (i.e., apples, gooseberries, eucalyptus, etc.) to better identify the aromatics and flavors found in wine. $20 materials fee payable at class. Must show proof of age 21 to participate.
FOOD:760 | $15
M04 Tu 6:30pm-8:30pm William Polhemus
May 10 The Wine Barrel

Make Your Own Wine at Home
Would you like to try making your own wine? Home wine-making is an enjoyable and satisfying hobby. The quality of home-made wines can be amazing. Many tips and simple instructions from our experienced home wine-making expert will lead the way to making the process easy and improve your efforts at home. This is a demonstration “show and tell” class (no drinking), with step-by-step instructions that will take you from start to finish. Participants will assist in preparing a batch of wine (unfermented) and take a sample to ferment at home. Must show proof of age 21 to participate.
FOOD:760 | $35
M05 W 6pm-9pm Dave Deaton
March 30 StLouis Wine & Beer Making

Wines: The Big 6
An exploration into the six most influential and popular grape varietals in the world. This will be an examination of the style and characteristics of Cabernet Sauvignon, Merlot, Pinot Noir, Chardonnay, Sauvignon Blanc and Riesling. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. $20 materials fee payable at class. Must show proof of age 21 to participate in wine tasting classes.
FOOD:760 | $15
M01 Tu 6:30pm-8:30pm William Polhemus
Feb. 16 The Wine Barrel

California Wines: Beyond Napa Valley
We all know about Napa Valley and its influence, but there are other areas of California that are producing world class wine such as Sonoma, Santa Barbara, Paso Robles and Mendocino. Wine tasting will be accompanied by explanations of the influence of growing environment, fermentation, aging and bottling processes used to produce the wines. $20 material fee payable at class. Must show proof of age 21 to participate in wine tasting classes.
FOOD:760 | $15
M02 Tu 6:30pm-8:30pm William Polhemus
March 15 The Wine Barrel

New Food as Medicine: The Traditional Chinese Medicine Approach to Spring
“Let medicine be thy food and food be thy medicine.” -Hippocrates. What are the best herbs and foods for the spring season to ensure vitality and ward off illness? In Traditional Chinese Medicine (TCM), spring is the Liver/ Gallbladder time of year and is associated with the Wood element. Spring is the time to cleanse the Blood and Liver, and to regulate our habits and activities. We are going to talk about herbs and their use in food and how you can help heal your family and yourself by including herbal medicine in your kitchen recipes, your family meals and your day to day eating activities. You’ll learn about how herbs can be used as food, and food can be used as medicine. Demonstration and all supplies included. Park on Hartford or Hampton. Flagpole in front.
FOOD:765 | $39
P01 Sa 10am-12:30pm Rachel Davis
March 12 Cul. Arts House

New Food as Medicine: The Ayurvedic Approach to Spring
“Let medicine be thy food and food be thy medicine.” -Hippocrates. How does the Ayurvedic system of medicine work and how can you apply it to your daily life? What’s a dosha and how do you find out what your dosha is? This class is an introductory course on this ancient East Indian approach to medicine and how to eat in alignment with your physical constitution. By understanding your constitution, you gain a better understanding of tendencies, strengths and weaknesses. We will talk about foods to incorporate at this time of spring as well as what to avoid. Let every meal be an opportunity to heal. Demonstration and all supplies included. Park on Hartford or Hampton. Flagpole in front.
FOOD:765 | $39
P02 Sa 10am-12:30pm Rachel Davis
April 16 Cul. Arts House

Coffee College
Have you wondered what the difference is between cappuccino and latte? Have you wished you could distinguish between Kenyan or Columbian coffee or even knew the difference between packaged, bagged and fresh coffee? Then come to our Coffee College and learn the characteristics of beans from different growing areas, taste several coffees that will provide you with a good sample of coffees from all over the world and learn the different roast levels that impact the flavor, feel and aroma of coffee.
FOOD:765 | $29
V01 W 6pm-9pm Steve Richards
Feb. 17 Alaska Klondike Coffee Co
Let's Dance, Quick Start! Night Club 2-Step
Night Club 2-Step is a great couple's dance to learn to dance to slow music. It's a dance that crosses music types, from country dance to R&B, easy listening, and smooth jazz. Night Club 2-Step can travel around the dance floor, stay as a stationary dance or a combination. It's a popular style for many wedding couples because of its smooth, romantic, and relaxed qualities. If you are looking for a great ‘slow dance’, Night Club 2-Step is THE dance to learn and our instructors will have you feeling comfortable on the dance floor in 3 short lessons! Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.
DANC:719 | $39
M01 M 8pm-9:15pm
Feb. 8 – Feb. 22
Concordia Luth-KKwd, CAFE
Gerry & Bob Tevlin

Hip Hop Dancing
Come try this trendy and energetic dance form for a terrific workout to great dance music. Our instructor will teach all types of hip hop moves, such as popping, locking, freezing and stepping (all styles except break-dancing). You'll acquire an understanding of rhythm and musicality that will get you opening up and moving in unique ways. Hip hop can be done to all kinds of music, so come learn some new moves that will help you express your own personality through dance. No class 3/21.
DANC:719 | $69
780 M 6:30pm-8pm
Feb. 22 – April 4
Thembisile Mnyande

Ballroom Dancing: Intermediate
This is for those who are ready to move to the next level. Be certain to have a firm grasp of moves learned in the beginning class. Learn more steps to the basic ballroom and Latin rhythms and add tango, salsa, and merengue rhythms. Get an impressive edge that will give you the confidence you're looking for. Prerequisite: Beginning Ballroom and Latin Dancing. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.
DANC:721 | $69
780 W 7:30pm-8:45pm
Feb. 24 – April 20
Sherry Martin

Latin Dancing: Beginning
Round out your basic ballroom skills and learn to dance to Latin rhythms, including cha cha, international style rumba, and the tango. Techniques and dance rhythms taught in this course will help you look great on the dance floor. This course is designed for those who have no dance experience as well as for those who have done other styles of dance. Partners helpful though not required. Rotation of partners is encouraged but not mandatory. Fee is per person. Dance shoes recommended. No tennis shoes. No class 3/15.
DANC:725 | $59
M01 Tu 7pm-8:30pm
Feb. 23 – April 19
Karen Merlin
Bluebird Park

The Salsa Experience: Beginning
Learn the authentic Latin culture through the rhythmic sounds of Salsa music and dance. In eight weeks you will learn the basic Salsa steps, musicality skills and styling technique for men to become the perfect lead and ladies to be a fantastic follow, as well as the history of Salsa and the origin of the dance form. You'll be moving and shaking in time for a class night out at some of the hottest Latin dance spots in town! (Admissions and transportation on your own). Couples are welcome but no partner is required. On-street parking; stairs-only access to dance studio in residential area.
DANC:725 | $59
P01 Tu 7pm-8:30pm
Feb. 23 – April 12
Carmen Guynn
Almas Del Ritmo Dance Co.

Easy Social Dancing I & II
In this fun class you’ll learn how to look good and move with confidence on the dance floor. Start at the beginning or come back for a refresher and add some new moves to what you already know. It’s fun and you'll be out in the center of it all when the music starts playing at your next social gathering. You’ll get help learning how to dance on the beat of the music; the best form for body positioning, posture and balance; how to lead and follow; how to spin (!), plus lots of great tips and ideas geared especially for each individual and couple. You’ll practice forms of Swing, Slow, Latin and even Freestyle, if you like. Great music, lots of fun and all you need to know for your next social event or night on the town. Partners preferred. Fee is per person. Dress shoes recommended. No tennis shoes.
DANC:731 | $59
M03 M 8pm-9:30pm
Feb. 29 – April 18
Concordia Luth-KKwd, CAFE
Charles Lages

Ballroom and Latin Dancing: Special Occasions
Are you attending a cruise, wedding reception, or reunion where you’ll have to dance? Then take our fun course and learn several easy dances that will allow you to dance to anything - fast or slow. You can learn how to look good and move with confidence on the dance floor. It's fun, it's social, and you'll be out in the center of it all when the music starts playing at your next social gathering. You'll develop the ability to lead (men) or follow (ladies) for a smooth, confident look. If you know what music you'll be dancing to, and if you know how to dance it, feel free to bring it for helpful suggestions. Partner helpful though not required. Rotation of partners is encouraged but not mandatory. Fee is per person. Dress shoes recommended. No tennis shoes.
DANC:772 | $59
M01 Tu 6:30pm-7:50pm
Feb. 23 – April 19
Sherry Martin
Bluebird Park

Easy Social Dancing for Special Occasions
Put your dancing shoes on!
PERSONAL ENRICHMENT

Bollywood Dancing for Fun & Fitness
Get in on the latest dance-fitness craze! Bollywood Dancing is a beautiful blend of dance styles — Indian elements blend with Western dance styles (as seen on MTV or in Broadway musicals). Techniques include beautiful hand, feet, and body movements to up-beat music. You do not need to be a dancer to join us, and we promise you a fun time and a great workout. Comfortable workout wear, tennis shoes recommended. Class is held in the Aerobic Studio. For more information and directions visit: www.BollywoodShuffle.com. No class 3/16.

DANC:745 | $69
M02 7m-7:50pm  March 2 – April 20  Chesterfield Ath.

Country Western Line Dancing
Learn the basic dance steps that will give you the confidence to step out on the dance floor and join in on the fun. Line dancing is an enjoyable way to get your exercise. People of all ages can have a lot of fun moving to great music and making new friends, too! If you’ve never tried slide dancing, or you haven’t danced this style in a while, and would like a refresher, this is the class for you. Our instructor will start at the beginning and take you to the next level. No experience required.

DANC:748 | $59
780 Tu 6:15pm-7:15pm  Feb. 23 – April 19  William Sevier  Sperreng, CAFE

Electric Slide: Beginning
Slide dancing is a fun, energetic way to get your exercise. This class will take you from beginning to amazing! Learn the basic dance steps that will give you the confidence to step out on the dance floor and join in on the fun. Line dancing is an enjoyable way to get your exercise. People of all ages can have a lot of fun moving to great music and making new friends, too! If you’ve never tried slide dancing, or you haven’t danced this style in a while, and would like a refresher, this is the class for you. Our instructor will start at the beginning and take you to the next level. No experience required.

DANC:749 | $59
580 Sa 11am-11:50am  Feb. 23 – March 26  Laverne Gee  Sperreng, CAFE
582 Sa 11am-11:50am  April 2 – May 7  Eleanor Whitney  Sperreng, CAFE

Electric Slide: Plus
This is a strictly-for-fun course that is designed to teach you the Electric Slide and many of its popular variations. Be on top of the latest steps and routines so you can be confident on the dance floor at the next party or social event. Some experience recommended.

DANC:749 | $59
581 Sa 12pm-12:50pm  Feb. 6 – March 12  Laverne Gee  Sperreng, CAFE
583 Sa 12pm-12:50pm  April 2 – May 7  Eleanor Whitney  Sperreng, CAFE

Slide Dancing for Fun & Fitness: Beginning
Come learn the latest party slide dances in the St Louis area and around the nation. This is an introduction to R&B line dance. Imagine yourself joining in the fun at parties and social events when the slide dancers take to the floor. After taking this class you will be able to do just that. Explicit instructions will make slide dancing easy to learn. Slide dancing is a fun way to exercise, reduce stress and promote positive social interaction.

DANC:749 | $49
H80 Sa 10am-11:30am  Feb. 6 – March 12  Stephanie Cruseo  Harrison Ed. Ctr, 206

Swing Dancing: Beginning I & II
Swing is one of the most popular dances in St. Louis because it’s lively, fun, easy and the music is great. Three short lessons are all it takes to get you started. Come try it out and see if you like it. If you’re looking for a new leisure-time couple’s activity, enjoyable exercise or just a fun time out with friends, swing dancing has it all. Bring two left feet, two right feet or one of each. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes. No class 3/22.

DANC:738 | $59
M03 M 6:30pm-7:45pm  Gerry & Bob Tevlin  March 14 – April 18  Concordia Luth-Krkwd, CAFE

Swing Dancing: Beginning
Learn to swing dance in a fun, relaxed atmosphere. You’ll learn and practice a variety of easily performed swing dance steps that are the basic ingredients of all higher level swing dancing. This class will teach the basics of swing along with combinations and patterns of various swing movements. The techniques taught in this course will help you look great on the dance floor after just a few lessons! A fun way to meet new friends and dance to great music. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:738 | $59
M01 M 6:30pm-7:45pm  Gerry & Bob Tevlin  Feb. 8 – Feb. 22  Concordia Luth-Krkwd, CAFE

Let's Swing! Quick Start for New Dancers
Swing is one of the most popular dances in St. Louis because it’s lively, fun, easy and the music is great. Three short lessons are all it takes to get you started. Come try it out and see if you like it. If you’re looking for a new leisure-time couple’s activity, enjoyable exercise or just a fun time out with friends, swing dancing has it all. Bring two left feet, two right feet or one of each. Partners only. Fee is per person. Dress shoes recommended. No tennis shoes.

DANC:738 | $59
M01 M 6:30pm-7:45pm  Gerry & Bob Tevlin  Feb. 8 – Feb. 22  Concordia Luth-Krkwd, CAFE

Belly Dance for Fun & Fitness
If you’re looking for a fun and entertaining new way to exercise, try belly dancing. This class will teach you to perform belly dances in the belly dance genre. It's a workout to middle eastern music that just might be what you're looking for, whether your goal is exercise or performance. Wear fitness style clothing for freedom of movement. No baggy sweat clothes. Studio is located behind a kitchen and bath design store.

DANC:745 | $69
M01 Tu 7pm-8pm  Feb. 9 – March 29  ADIVA Dance Center

Music

Guitar: Beginning
This class is for students who have never played a guitar and have no background in music. The class will cover tuning, string changing, how to select a new guitar and a brief history of the guitar. Students will learn to play first position and open position chords, simple scales, melodies and right hand strumming techniques. We will introduce tablature and guitar notation. Must bring own (acoustic) guitar and an extra set of strings. No text required.

MUSC:705 | $69
751 W 7pm-8:30pm  Feb. 17 – April 13  James Renz  Kirkwood H.S., W 115
No class 3/16

710 M 7pm-8:30pm  Feb. 22 – April 18  James Renz  Clayton H.S., 102
No class 3/14

Guitar: Beginning & More
This class is for students who have never played a guitar and have no background in music. The class will cover tuning, string changing, how to select a new guitar and a brief history of the guitar. Students will learn to play first position and open position chords, simple scales, melodies and right hand strumming techniques. We will introduce tablature and guitar notation. Must bring own (acoustic) guitar and an extra set of strings. Text required - available at campus bookstore. Bring to first class.

MUSC:706 | $66
580 Sa 1pm-2pm  Jan. 23 – May 14  Christina Springer  FV - C, 114

Finger Picking for Guitar
Play folk, blues, ragtime and hear general accompaniment patterns using the thumb and fingers of the right hand along with left hand chords to create a complete, solo sound. Course emphasizes alternating bass style. Music in both guitar tablature and traditional notation. If time allows, instructor may discuss open tuning concepts. Prerequisite: Ability to tune the guitar, know first position chords and experience in making basic chord changes with the left hand. Previous students welcome and will be provided new songs. All must bring a six-string acoustic guitar and guitar capo to each class. No class 3/15.

MUSC:707 | $66
730 Tu 7pm-8:30pm  Feb. 9 – April 5  James Renz  Kirkwood H.S., W 115

Fun with Ukulele: Part II
Continue to learn about playing the ukulele in a fun and easy way. Prerequisite: Fun with Ukulele - Part I or permission of the instructor. Fee includes music and use of ukulele. No class 3/22.

MUSC:708 | $76
730 Tu 7pm-9pm  Feb. 2 – March 29  Karl Markl  Bernard Mid. School, 106

Piano: Enjoyable
In this enjoyable, relaxed approach to the piano, you will learn: 1) the letter names of notes and where they are on the keyboard, 2) simple chords to accompany melodies, 3) easy rhythm patterns, 4) pedaling. Text: (available at Campus bookstore) and headphones with 1/4 inch adapter required. No class 3/15.

MUSC:710 | $69
600 Tu 12pm-1pm  Jan. 26 – April 19  Cheryl Conley  MC - HE, 112
Piano: Beginning and More
In this enjoyable, relaxed approach to the piano, you will learn: 1) the letter names of notes and where they are on the keyboard; 2) simple chords to accompany melodies, 3) easy rhythm patterns, 4) pedaling. Text (available at Campus bookstore) and headphones with 1/4 inch adapter required. No class 2/13, 3/19, 4/26.

MUSC:710 | $99
580 Sa 9am-9:30am  Christina Springer
Jan. 23 – May 14  FV - C, 114

Piano: Advanced Beginning
Learn: more advanced rhythms - dotted rhythms and triplets, major chords and their functions, staccato playing, major scales and exercises, and expression marks and phrasing. ‘Pop’ music introduced. Songs will be played in major keys. There is a review at course’s beginning if needed. Pre-requisite: Basic knowledge of keyboard and letter names of notes recommended. Text (available at Campus bookstore) and headphones with 1/4 inch adapter required. No class 3/15.

MUSC:711 | $69
600 Tu 1:00pm-1:59pm  Cheryl Conley
Jan. 26 – April 19  MC - HE, 112

Piano: Advanced Beginning and More
Learn: more advanced rhythms - dotted rhythms and triplets, major chords and their functions, staccato playing, major scales and exercises, and expression marks and phrasing. ‘Pop’ music introduced. Songs will be played in major keys. There is a review at course’s beginning if needed. Pre-requisite: Basic knowledge of keyboard and letter names of notes recommended. Text (available at Campus bookstore) and headphones with 1/4 inch adapter required. No class 2/20, 3/19, 4/26.

MUSC:711 | $99
580 Sa 9:31am-10:59am  Christina Springer
Jan. 23 – May 14  FV - C, 114

Piano: Intermediate
Student must know letter names of notes and where they’re located on the keyboard. Covers: minor chords and songs in minor keys, finishing major scales and starting minor keys, chromatic scales, inverted chords, more advanced pedal study and more “pop” songs. Text required (available at Campus bookstore) - bring to first class. No class 3/17.

MUSC:712 | $69
600 Th 12pm-1pm  Cheryl Conley
Jan. 28 – April 21  MC - HE, 112

Piano: Advanced
For those who enjoy playing all types of music - learn a variety of songs from the classics to jazz to “pop”. Class covers continuation of minor scales and chords, more pieces in minor keys, more difficult rhythm patterns such as trills, turns and tremolos. Many techniques taught through fun songs. Text (available at Campus bookstore) and headphones with 1/4 inch adapter required. No class 3/15.

MUSC:713 | $69
601 Tu 1:01pm-1:59pm  Cheryl Conley
Jan. 26 – April 19  MC - HE, 112

Meramec Orchestra

MUSC:714 | $25
220 M 7:15pm-9:30pm  Gary Gackstatter
Jan. 25 – May 15  MC - HW, 102

Symphonic Band

MUSC:716 | $25
220 Th 7:15pm-9:30pm  Gary Gackstatter
Jan. 21 – May 15  MC - HW, 102

Meramec Choir

MUSC:717 | $25
220 TuTh 12:30pm-1:50pm  Michael Engelhardt
Jan. 19 – May 15  MC - HW, 102

Harmonica: Beginning
The harmonica is a fun and easy musical instrument to learn. In just three sessions you will be able to play dozens of folk and campfire type songs. Fee includes student guide/song-book and a 10-hole, “C” diatonic harmonica. Instructor is a member of the Gateway Harmonica club.

MUSC:720 | $39
650 M 6:30pm-7:30pm  Michael Engelhardt
Jan. 25 – Feb. 8  MC - CE

561 W 6:30pm-7:30pm  Michael Engelhardt
Mar. 23 – April 6  MC - CE

350 M 6:30pm-7:30pm  April 11 – April 25  WW, 201

Bag Pipes
Students will learn the scale, basic note fingering, and some of the building blocks of ornamentation. Initial lesson is done on a practice chanter (about the same size and noise volume as a recorder). This is an introductory course. Practice chanters will be available to use and take home during the session and can be purchased at any time. All other materials are provided. Continued instruction will be available. Instructor is with the St. Louis Caledonian Pipe Band. Registration deadline is 2/9. No class 3/15.

MUSC:720 | $39
652 Tu 7pm-8:30pm  Michael Engelhardt
Feb. 16 – April 12  MC - SW

Improv Comedy for Beginners
Step out of your comfort zone and explore the creative world of Improv! If you like the show “Whose Line Is It Anyway?” you’ll love this class. Learn how to think on your feet and live in the moment while having fun! After taking this class, you will understand the basic structure of improvisation and be able to play improv games with confidence.

THTR:707 | $45
450 M 6:30pm-8:30pm  Bob Baker
March 7 – March 28  FP - Theatre, 169

Clowning for Fun!
Learn the joy of being funny and entertaining others through this fun, interesting class. Explore the history of clowning, character development, magic, face painting, balloon twisting and so much more! Taught by professional, award winning St. Louis Clowns of America. Textbook and materials provided. Additional supplies will be available for purchase.

THTR:765 | $89
650 W 7pm-9pm  March 30 – May 4  MC - LH, 102
Photography Introduction
Come learn the basic skills involved in photography, such as camera skills, and the use of light, exposure, and composition. Understand aperture, shutter speed, ISO, basic composition, depth of field and histograms. You will need a digital camera and memory card. Provide own transportation.

Photography: Intermediate
This class is geared for you to continue and expand on learning about composition and lighting techniques. You will learn how lighting and composition will change the way you take photos and enhance your skills as a photographer.

Digital Photography: Introduction or Take Better Pictures; Introduction or equivalent experience.

Photography: Advanced
This class is geared for you to continue and expand on learning about composition and lighting techniques. You will learn how lighting and composition will change the way you take photos and enhance your skills as a photographer.

Field Photography: Studio Lighting, Portrait & Indoor Photography
A large percentage of professional photography these days is done in the field at events like weddings, plays, award ceremonies and sporting events. Learn how to shoot and pose like a pro! Also covered in this class will be customer service, contracts, album design and much more!

If taking pictures is your passion, and you have artistic flair, the Digital Photography Essentials program from STLCC will help you build new skills, focus on your strengths and learn the tricks of the trade necessary to take your passion to the next level.

The photography classes and additional Photoshop classes meet the curriculum requirements of the program. Upon successful completion of the program requirements, a non-credit certificate of completion will be awarded.

Classes may be taken individually or as a part of the program.
Writing

The St. Louis Community College Continuing Education Writing Program is designed for beginning or experienced writers who are looking for a course of study that will provide them with an opportunity to develop their own writing voice, build expertise in the art and craft of writing, and gain insight into today's publishing environment.

Courses may be taken individually or as a part of the program.

Writing Program Requirements:
- One course from each of the four areas of study
- Two electives from any of the areas of study
- Three years to finish program
- Portfolio review capstone evaluation with a faculty member

For a complete brochure on the Writing Program, call 314-984-7777.

New So You Want to Be a Writer?
What do we mean when we say “I want to be a writer”? For a moment, set aside any popular notions about being a writer and ask yourself, “What do I mean when I say I want to be a writer? What milestones do I want to accomplish? Now that I’ve decided to pursue this as more than just an avocation, how do I structure my day-to-day life in order to make it possible to accomplish that goal? Where do I find the time?” For any important journey, you need a map. In this class, through discussions, examples and exercises, we’ll get started on making just such a map: a plan with concrete steps that we can follow to take some of the mystery out of the process. And we’ll also talk about how we can maintain our sense of optimism when the terrain gets rough. Bring a sack lunch and a laptop/tablet (or pad and pen) to get the most out of this class.

WRIT:722 | S59
680 Sa 9am-3:30pm
March 12

Jeffrey Rickers
MC - SO, 111

Creative Writing: A One-Day Workshop
This class is for beginning or experienced writers. We’ll emphasize self-exploration and experimentation through a variety of activities. This will include reviewing other creative works and engaging in writing exercises that will stimulate your thinking as you learn to convey ideas effectively. Throughout the day, you’ll sharpen your creative voice and discover what works best for you. Bring a sack lunch - you’ll have the opportunity to ask individual questions and share your experiences.

WRIT:701 | S59
480 Sa 9am-3pm
April 2
580 Sa 9am-3pm
March 5

Daphne Rivers
FP - G Tower, 115
Daphne Rivers
FF - S5, 102

Writer’s Workshop: Revising and Editing
One thing most writers can do even better than writing is being a good editor. In this class, we’ll be using what you already do. All genres welcome. If you have a work-in-progress, bring copies to share for peer review. 

WRIT:706 | S59
652 M 7pm-9:30pm
February 22 – March 21

Jordan Oakes
MC - CS, 205

Writing Basics Brush-up (What You Should Have Learned in High School!)
Few of us will admit it, but even the best writers can’t always remember the difference between “affect” and “effect,” or “then” and “than.” If you sometimes struggle with the basics in your writing, come join us. You’ll brush up on proofreading, grammar, sentence structure and word usage. Lit agents and magazine editors throw error-filled manuscripts into the rejection pile, no matter how mesmerizing your metaphors. With good copy editors costing around $40 per hour, it pays to write well enough to avoid them as much as possible. Review the basics and you’ll be able to edit your own work like a pro. No class 3/16.

WRIT:706 | S59
650 W 7pm-9:30pm
February 24 – March 23

Jordan Oakes
MC - CN, 225

Focus on Fiction: The Writer’s Block Toolbox
Do you often start pieces and not finish them? Do you feel inspired to write, but unsure of how to focus and direct your efforts? Are you a seasoned writer that has recently been feeling unmotivated? This course will help you break out of your rut. Join us for a one-night course filled with fun and original writing prompts, in-class writing exercises and real tips and techniques to help you jump start your next writing project. This course will be unlike any other and is guaranteed to help you gain a sense of playfulness and confidence in your creative potential.

WRIT:706 | S52
651 W 7pm-9:30pm
March 9
Heather Luby
MC - CS, 204

Focus on Fiction: Quick Tips for Revision
Smart writers know that the key to crafting memorable fiction is all in the revision process. True revision takes place long before proofreading and encompasses more than just a few red marks on your manuscript. Real writers understand that well executed revision is absolutely necessary if you want to see your work polished and published. But how does a writer know what is (or isn’t) working in a manuscript? What tools can be used to fix problem areas? In this one-night course, you will learn the difference between macro and micro revision, how to plan and organize your revision process and step-by-step guidelines on how to take your manuscript to the next level. Prerequisite: Bring your short story or the first 5 pages of your novel-in-progress to class.

WRIT:706 | S25
654 W 7pm-9:30pm
April 6
Heather Luby
MC - CS, 204

Boot Camp for Writers
Do you have an idea for a fiction or nonfiction story or memoir, but don’t have the discipline to get started? Are you working on a project, but need feedback as you go? With weekly assignments and guided-in-class critiques, this 4-session class will help you get writing, stay writing, and improve the writing you already do. All genres welcome. If you have a work-in-progress, bring copies to share for peer review.

WRIT:706 | S59
653 W 7pm-9:30pm
April 6 – April 27

Jordan Oakes
MC - CN, 225

Exploring the Creative Process
Unleashing the Writer Within
Every one of us has a special story to tell, but it can be hard in this busy modern world to access that creativity. In this class, we’ll peel away the familiar outer layers of doubt, distraction and writer’s block. We’ll get to the core of what we’re actually trying to say, and we’ll learn to say it with language that is irreplaceably unique to each of us. When the writer within is unleashed, the words will come freely - and the stories we need to tell will finally occur to us. It will not be a class requirement, but those interested in sharing their work will receive the benefit of a thorough, productive critique from the instructor and fellow students. You’ll need to make copies of your work to share. No class 3/16.

WRIT:701 | S59
651 M 7pm-9:30pm
February 22 – March 21

Jordan Oakes
MC - CS, 205

New Creative Writing for New Writers
Are you just getting started with writing? Do you want to discover your strengths as a writer? Would you like positive feedback on your writing in a supportive environment? This 4-session workshop will help you create and perfect a short story, essay, or poem. In our first session, we will discuss what genre would best suit the story you want to tell. In subsequent sessions, we will have guided, strength-focused writing workshops. Bring writing tools of your choice (pen, paper or laptop/tablet).

WRIT:701 | S59
650 Th 7pm-9:30pm
February 18 – March 10

Meredith McDonough
MC - CS, 209

The Craft of Writing
The Writing Program

Spring 2016 Continuing Education | St. Louis Community College 41
Screenwriting: Introduction
Do you ever watch movies and think, “I could write something better than that?!” Well, here’s your chance to learn how. Screenwriting is both a craft and an art, and doing it well requires a solid foundation in the fundamentals of good storytelling. In this class, you’ll learn all the key elements of screenwriting, including story structure, plot, scene development, characterization and dialogue. A series of writing assignments will guide you toward the basics of screenwriting, and help you begin work on your own script. The course goal is to complete a step outline or beat sheet that prepares you to turn your story idea into a screenplay. This is a great class to get a solid foundation in screenwriting, review fundamentals and craft essentials, finish a first draft or start your next script. Class is taught by a Writers Guild of America screenwriter whose credits include “The Bold and the Beautiful” and “Touched by an Angel.”

WRIT:728 | $69
550 W 7pm-9:30pm March 23 – April 27 Rita Russell FV - SS, 102

Publishing
Social Media for Writers
Facebook, Twitter, Google Plus, Pinterest, Instagram — it seems like there’s a new ‘must have/must do’ social media platform popping up every week. As a writer, you’re told to learn how to use these tools. But how do you do it right? In this one-day workshop, you’ll explore the various social media channels available for aspiring and established authors, discuss best practices and do’s and don’ts, and get started on setting up your own account. Bring a sack lunch and a laptop or tablet to get the most out of this class.

WRIT:735 | $59
680 Sa 9am-3:30pm Feb. 20 Jeffrey Ricker MC - SO, 111

Self-Publishing for Writers
If you’re writing a book and have been contemplating the daunting task of getting it published, come learn about the process involved in self-publishing your work. This class will give you information you need to know to save yourself a lot of time and money and help you understand all the decisions required to make self-publishing a successful venture. We’ll cover everything from getting copyright registered, applying for an ISBN, good cover design, manuscript editing, print, eBooks and marketing.

WRIT:704 | $39
703 Th 7pm-9pm Feb. 25 – March 3 Jill Mettendorf MC - CN, 225

Finding Your Fiction: The Elements of Fiction
Participate in writing activities designed to develop mastery of plot, character, point of view, dialogue and more. Enjoy learning and practicing the essential elements of fiction through concise presentations and fun activities. Learn the “rules” before you break them. Bring your fears, wants and good humor to this four-session interactive course for beginning and intermediate writers. Bring the writing tools of your choice (pen and paper or laptop/tablet).

WRIT:724 | $69
650 Tu 7pm-9:30pm April 5 – April 26 Jeff May MC - CN, 225

Writing the Short Story
Short stories have to do everything a novel does — deliver a compelling narrative about dynamic characters that the reader cares about — only they have to do it in a tenth of the length (or less). We’ll discuss approaches to pacing, character, dialogue and compression, and use in-class writing exercises, written comments and workshop critiques to develop your understanding of what makes successful short fiction. We’ll also read great stories by some of the masters of the form, including Nobel Prize winner Alice Munro and Folio Prize recipient George Saunders.

WRIT:726 | $69
650 Tu 7pm-9:30pm Feb. 16 – March 8 Jeffrey Ricker MC - CN, 225

Mining Your Soul Story
Our bodies record the sum of our experiences. Writing allows us to make meaning out of these memories, it separates what we are experiencing or have experienced from our reaction to it. Focused writing can be used to heal and manage pain. Using various prompts, reflective journaling time, and shared conversation, you will be given tools for mining and writing your own soul story. This workshop is intended for everyone—whether you are new to writing or a long-time journal writer. Bring a sack lunch.

WRIT:710 | $59
680 Sa 9am-3pm April 9 Mary Eigl MC - SO, 206

Write Your Memoir
Creativity isn’t always required when it comes to good storytelling. When we write about our own lives and experiences, the story within us comes complete with compelling characters you already know and a great plot that’s already been lived. We have everything we need right at our fingertips when we compose a memoir - except, perhaps, the writing techniques that can help us feel confident enough to put it all down on paper. A memoir isn’t necessarily the same as an autobiography. It can focus on just your childhood or your adult years — or simply one particularly life-changing day. Every life is fascinating. Every story deserves to be told — and written. This class will guide you in writing your own very unique and special memoir. No class 3/16.

WRIT:714 | $69
660 W 1pm-3pm Feb. 24 – March 23 Jordan Oakes MC - CE

Finding a Literary Agent
Finding the right literary agent in the traditional publishing world often feels like trying to find true love on an online dating website—the world seems overly competitive and the rules hard to navigate. Whether you’re working on a fiction manuscript or have a completed novel ready to submit for publication, now’s the time to start doing some research and drafting your queries. In this class, you’ll learn about finding the right agent for your book. This class will cover researching agents, how to draft a killer query letter and synopsis, and how to work with an agent once you’ve made the right match. Students should bring a short summary of their manuscript to class.

WRIT:704 | $49
651 Tu 7pm-9:30pm March 22 – March 29 Amanda Stogsdill MC - CN, 225

How to Publish Your Own Book: What You Need to Know
Have you been thinking about writing a book (or perhaps you have written one) and are curious about how to publish it yourself? In this four-hour workshop, we’ll cover the realities of independent publishing, how editing and design can make your book look great, options for getting your book in print, sales channels, eBook production and tips for book marketing. Presented by the St. Louis Publishers Association.

WRIT:704 | $39
680 Sa 8am-12pm April 16 Mary Eigel MC - SO, 111

Wordpress for Writers: Easy Website Design for Online Publishing
Looking for a place to share your poetry, essays, short stories and other creative works with the world? Why not design the perfect online forum yourself with Wordpress, which draws more than 409 million people who view 15.8 billion pages each month! Wordpress is one of the world’s most popular and powerful Web design tools because it’s free, easy to use and produces professional results. In fact, Wordpress sites are so pro that you can even use them as an online hub for marketing your work to journals, magazines and other print or online publications. Prerequisite: Windows Introduction class or equivalent experience. Students must bring their own laptop or tablet computer and already have a generic email account through Gmail, Yahoo or Hotmail and know this email address and password. Bring a sack lunch.

WRIT:704 | $59
681 Sa 9:30am-4pm April 23 Charlene Oldham MC - SO, 111

Exclamation Point!
“Heather Luby is an effective communicator. She invites student participation and answers questions fully. She maintains a positive attitude and reinforces constructive comments. Her generous use of detailed PowerPoint slides is extremely helpful.”

David W., St. Louis, MO
Animal Care

Pet First Aid
If you own a pet, it’s important to know how to approach an injured animal and how to give basic first aid. Protect yourself and your pet from further harm, injury or suffering during emergencies by learning prompt, effective actions that will safeguard the life of your injured pet until you can get him/her to professional veterinary care. Taught by a veterinarian. Do not bring your pet to class.

ANIM:702 | $19
680 Sa 9:30am-11:30am
April 16
Dr. Teresa Garden
MC - SO, 206

Puppy Kindergarten
You can raise a happy, well-adjusted and confident puppy through socialization, along with basic commands and manners training. You’ll also learn leadership, grooming skills and behavioral problem-solving. Completion of all six classes qualifies you and your puppy to take the AKC S.T.A.R. Puppy Test on the sixth week. (STAR: Socialization, Training, Activity, Responsibility). Successful completion of the test enables you to send for an AKC STAR Puppy Certificate and Medallion. Puppies must be 9 weeks to 1 year old, have 2 series DHLP and Bordetella immunizations. Proof of vaccinations required. Bring puppy to first class. Course information will be sent.

ANIM:703 | $69
M01 Sa 9:30am-11am
Feb. 6 – March 12
Susan Baxter-Carr
RiverChase-Fenton
M02 Sa 9:30am-11am
April 2 – May 7

Canine Good Citizen
The Canine Good Citizen Program is designed to reward dogs who have good manners both at home and in the community. Class instruction is for all 10 parts of the CGC Test. Dog must be at least 6 months old and have basic obedience skills. Proof of vaccinations required. Bring dog (and water bowl) to first class. Successful completion of the test qualifies dog for a CGC patch (available for purchase separately). Course information will be sent.

ANIM:706 | $59
M01 Sa 12pm-1pm
Feb. 6 – March 12
Susan Baxter-Carr
RiverChase-Fenton

Dog Training: Basic Skills and Manners for the Family Dog
Do you walk your dog or does your dog walk you? If your time is limited and your budget won’t spare the expense of private lessons, this is the perfect alternative! This course in basic skills and manners will give you and your dog a good introduction to beginning obedience commands over a period of 6 weeks. Accomplish your training goals quickly and start getting those behavior problems under control. Topics also touch on basic grooming, vaccinations, flea/tick control and traveling in the car. Bring your questions! Dog must be at least 6 months old and proof of vaccinations is required. Bring dog (and water bowl) to first class. Course information will be sent.

ANIM:706 | $59
M02 Sa 11am-12:30pm
April 2 – May 7

New Dog Training: Beyond the Basics
Beyond the Basics is a skills training class for dogs who already have an understanding of Heel, Sit, Down, Stay and Come. Through class-work, games and homework you will train your dog to obey hand signals as well as voice commands, such as: heel without pulling; sit or down stay with you in, then out of the room; off-lead recalls from a distance; and pay attention to you and not distractions. This class uses the Positive Reinforcement and Praise method of dog training. Dogs must have current vaccinations. Practice at home a must. Course information will be sent.

ANIM:706 | $59
M02 Sa 11am-12pm
April 2 – May 7

Animal Welfare Assistant Program
Classes may be taken individually, or as part of the Animal Welfare Assistant Program for initial training and preparation for work in a range of public and private animal welfare agencies and organizations.

Career and Volunteer Opportunities in Animal Welfare Agencies
Animals are wonderful. If you agree, you may have thought about working with them (or for their welfare). If you’ve considered the possibility of a career or volunteer position in the wide world of animal welfare but aren’t sure where you fit into the picture, this class can help you sort through the possibilities. You’ll learn about the personal rewards and benefits of working directly with animals as well as things you can do indirectly (and locally) for their benefit. This class can be taken by itself, or as part of the Animal Welfare Assistant Certificate Program for initial training/preparation for work in a range of public and private animal welfare agencies and organizations. Presented in partnership with the APA of Missouri, Humane Society of Missouri, and St. Louis County Animal Care & Control.

ANIM:741 | $29
650 Th 7pm-9:30pm
Feb. 25
MC - SO, 105

The People Ingredient: Working in an Animal Welfare Organization
If you’re thinking about working or volunteering in an animal welfare agency, you’ll need a variety of important “people” skills. There are so many possibilities: you may be matching pets with new families, working with people surrendering their pets, educating adults and kids in the community, or interacting with other agency staff. In this class, you’ll gain an overview of many of the skills you’ll need to perform a variety of tasks within animal welfare organizations. There are many joys and rewards to working in animal welfare, but some sadness, too, so we’ll share with you our ways of coping with the inevitable heart-breaking side of the business. This class can be taken by itself, or as part of the Animal Welfare Assistant Certificate Program for initial training/preparation for work in a range of public and private animal welfare agencies and organizations. Presented in partnership with the APA of Missouri, Humane Society of Missouri, and St. Louis County Animal Care & Control.

ANIM:741 | $29
651 Th 7pm-9:30pm
March 31
MC - SO, 105

Animal Care Basics for Animal Welfare Workers
In this class it’s all about the animals! We’ll cover basic health considerations, including prevention measures and spay/neuter issues. Acquiring some knowledge of animal behavior is a vital key to safe handling for yourself and the animals you work with. You’ll learn about caring for and feeding a variety of animals, behavioral screening techniques and enrichment ideas to enhance quality of life for confined animals. You’ll hear from several shelters, who’ll explain their basic animal care-taking operations. If you’re interested in working directly with animals, this class is a must! This class can be taken by itself, or as part of the Animal Welfare Assistant Certificate Program for initial training/preparation for work in a range of public and private animal welfare agencies and organizations. Presented in partnership with the APA of Missouri, Humane Society of Missouri, and St. Louis County Animal Care & Control.

ANIM:741 | $29
652 Th 7pm-9:30pm
April 14
MC - SO, 105
**Personal Enrichment**

**Dog Sports: K9 Nose Work (Level I)**

Dogs see the world through their noses. This sport is designed to develop your dog's remarkable sense of smell and natural scented abilities by using their desire to hunt and their love of treats, toys, and exercise. It is a great way for your dog to build confidence and burn both mental and physical energy while having fun. If your dog has a nose, it can play this K9 Nose Work game. Bring your dog and learn together how to play this fun, new sport with our certified instructor. It’s fun for both of you! Dogs must be at least 6 months old with current immunizations. Bring soft treats your dog likes (with a distinct scent), a 6-foot leash (no reeves) plus flat collar (no choke collars) or harness, and crate or kennel for your pet. If you prefer to attend without your dog, see ANIM 706 M04 for a discount. Course information will be sent.

**K9 Nosework: An Introduction to Odor (Level III)**

If you and your dog enjoyed our other DogSports K9 Nosework courses, you’ll love the new challenges presented in this “next step up” course. Whether competition is your goal or you’d just like to expand your dog’s skills, come join us. We’ll reinforce earlier basics then transition your dog from hunting for food to hunting for a specific target odor. Training classes will be held indoors. Give your sniff-loving canine new skills! Prerequisite: Dogs must have successfully completed both the Beginning and Advanced K9 Nose Work courses (no exceptions). Course information will be sent.

**Cats: Understanding Them Better**

Does your cat have a curious and wondering? Join us for an informative evening, designed just for cat owners. Our veterinarian will discuss the development, health, and Behavior of domestic cats with emphasis on why cats behave as they do, how you might train a cat, and the health care of your pet. If you have specific cat troubles, whether it involves furniture scratching, conflicts in multi-pet households, feeding concerns or litter box problems, bring your questions. You’ll understand your pet much better after this helpful session.

**Home Improvement and Maintenance**

**Basic Car Maintenance**

This course is designed to help you better understand your cars, the auto repair industry and service problems you may encounter. Combines lecture on specific maintenance problems with laboratory sessions during which you will have the opportunity to inspect and perform minor repairs and maintenance on your own car.

**Small Engine and Lawn Mower Repair**

This course includes operation, maintenance, repair, and storage of small gasoline engines. Topics are: principles of operation, normal maintenance and repair of the air, fuel, ignition, and compression systems. Repair of your own engine is part of the instruction. Bring a small engine or lawn mower to be repaired to the second class session. Prefer a 4-stroke engine needing some repair. No class 3/16.

**Interior Design: Building, Remodeling or Updating Your Home**

Building, remodeling or updating your home can be very stressful, but it doesn’t have to be a nightmare. In this class you’ll learn how to set priorities for your project and stay within your budget. You’ll learn how to prevent costly mistakes before they happen. We’ll investigate the many affordable choices available in furniture, cabinetry style and wood choices, countertops, flooring, tile, faucets, paint options and hardware. You’ll learn what proportionate sizes are best for your space. Whether you’re interested in enlarging your home, building a new home or simply making your current space more attractive, this class is for you. Last class in a 2-hour field trip (TBA). Provide own transportation.

**Kitchen Design for Home Remodeling**

Whether you’re planning a simple update, completely remodeling or starting from scratch, your first step should be attending this informative class. Our expert will get you started with the knowledge you need to create an affordable and beautiful bathroom. She’ll talk about the basics of functional fixture placement and explore the many features and options available in vanities, linen cabinets, vanity tops, etc.

**Bathroom Design for Home Remodeling**

One of the best decisions you’ll make about your new bathroom starts here. Whether you’re planning a simple update, completely remodeling, or starting from scratch, your first step should be attending this informative class. Our expert will get you started with the knowledge you need to create an affordable and beautiful bathroom. She’ll talk about the basics of functional fixture placement and explore the many features and options available in vanities, linen cabinets, vanity tops, etc.

**Kitchen Planning for Home Remodeling**

Explore the possibilities for your kitchen with this hands-on kitchen design class. Learn the basics of functional appliance and cabinetry placement, the specifics of kitchen cabinet sizes and the many features and options available. Bring a pencil, paper and ruler: we will be drawing floor plans to scale. Measurements and photos of your existing kitchen recommended.

**Cabinetry: Refinish, Reface, or Replace?**

Thinking of changing your kitchen cabinetry? Wondering what option is best for you and your kitchen? Join us for an in-depth discussion of the pros and cons of refinishing, refacing or replacing your kitchen cabinetry. Learn about the processes and products available so you can make an educated decision about which option you choose. It is recommended that you bring one of your cabinet doors or drawers to class for discussion.

**Interior Design: Color Schemes for Home, Kitchen and Bath**

Give your home a face lift! Whether you prefer a bold or quiet color scheme, our experienced interior designer will show you how to select the best options for your space. You’ll learn the secret of achieving a properly balanced and equally distributed color placement. We’ll explore the combination of patterns in fabrics and furniture and how to integrate these patterns into your space. The selection of paint color, the color choices of wood tone, counter tops, cabinets, light fixtures and hardware will be addressed. Second class is a 2-hour field trip (TBA). Provide own transportation.

**Kitchen and Bath**

Well-chosen accessories are the perfect finishing touch that every room deserves. In this class, you’ll learn from a professional interior designer how to select the right shapes and sizes for your accessories and how to place them into the correct proportionate space. Choices of color and the combinations of patterns will be demonstrated. After this class, your rooms will reflect your personality with a professional touch. Second class is a 2-hour field trip (TBA). Provide own transportation.

For more information, please visit www.stlcc.edu/ce or call 314-984-7777.
Turn Your House into a Welcoming Home with Proven, Simple Feng Shui Adjustments
Even if you have never heard of Feng Shui you have felt its power in your home every day, either positive or negative. Feng Shui is concerned with energy and how we feel in our surroundings. Energy is everywhere; in our homes it affects everyone’s moods either positively or negatively. Poor placement of your stove and bed as well as an unwelcoming front door can contribute to negative energy and cause stress, money and relationship problems. User-friendly and working with what you have, Feng Shui adjustments help you find more life balance and new solutions to perplexing issues to have more fun, success and satisfaction in life.

HOME:713 | $19
752 W 6:30pm-9pm
March 23
Samantha Shields
Kirkwood H.S., E 184

Reclaim Your Life and Reduce Stress: Release Your Clutter the Feng Shui Way
We all have clutter these days, because we are sooo busy. Feng Shui wisdom knows that clearing your clutter is a truly transformative life process. Since everyone’s clutter situation is unique, Feng Shui has a variety of solutions to help you deal with your clutter once and for all. Clutter is slowing you down, making you confused and hampering your success in every aspect of your life. We start by identifying and understanding your personal style/type of too much “stuff.” Then you learn useful and effective techniques that empower you to unburden yourself from “too much stuff” and learn to focus on everything else of more importance in your newly empowered clutter-free life.

HOME:710 | $25
751 W 6:30pm-9pm
April 6
Samantha Shields
Kirkwood H.S., E 184

Do-It-Yourself Drywalling
Our experienced handyperson will show you how to measure, cut, and hang drywall. You’ll learn how to prep the room prior to installing the 2x4 framing, including proper layout. Instruction will include cut-to-size with minimal drywall seams and cut out for electric boxes. Also learn how to apply seam tape (both paper tape and self-stick mesh tape) and mud (joint compound). If you have a drywall project in your future, get to this class before getting started.

HOME:713 | $19
552 W 7pm-9pm
March 2
Jean Linton
FV - E, 158

Do-It-Yourself Ceramic Tiling
Come learn how to repair, re-grout or install new ceramic tile and grout on floors and walls in your home. Distinguish between the different sizes of tile and why each are used in certain places. You’ll learn how to design, layout, prepare, cut and install ceramic tile and grout. See the tools you’ll need and watch a demonstration of how and why to use them.

HOME:713 | $19
751 Tu 7pm-9pm
March 29
Jean Linton
Kirkwood H.S., SA 1

Fearless Home Repair: Simple Plumbing Repairs for Kitchens and Bathrooms
When something needs fixing who do you call? Fix it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a “hands-on” focus. If your toilet runs, your drains are slow or you need a new faucet, this course is for you! We’ll look at how-to, when-to and when it’s better NOT-to. We’ll cover common kitchen and bathroom plumbing problems that you can fix yourself once you know how to do it!

HOME:713 | $19
752 Tu 7pm-9pm
April 5
Jean Linton
Kirkwood H.S., SA 1

Fearless Home Repair: Electrical
When something needs fixing who do you call? Fix it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a “hands-on” focus. If your toilet runs, your drains are slow or you need a new faucet, this course is for you! We’ll look at how-to, when-to and when it’s safer NOT-to. You won’t need to fear performing your own simple DIY electrical repairs or have to pay someone else do it for you after this class.

HOME:713 | $19
753 Tu 7pm-9pm
April 12
Jean Linton
Kirkwood H.S., SA 1

Fearless Home Repair: Simple Plumbing Repairs for Kitchens and Bathrooms
When something needs fixing who do you call? Fix it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a “hands-on” focus. If your toilet runs, your drains are slow or you need a new faucet, this course is for you! We’ll look at how-to, when-to and when it’s safer NOT-to. We’ll cover common kitchen and bathroom plumbing problems that you can fix yourself once you know how to do it!

HOME:713 | $19
550 W 7pm-9pm
February 17
Jean Linton
FV - E, 158

Fearless Home Repair: Electrical
When something needs fixing who do you call? Fix it yourself and save time, money and hassle! A variety of simple home repairs will be presented with a “hands-on” focus. If your toilet runs, your drains are slow or you need a new faucet, this course is for you! We’ll look at how-to, when-to and when it’s safer NOT-to. We’ll cover common kitchen and bathroom plumbing problems that you can fix yourself once you know how to do it!

HOME:713 | $19
753 W 7pm-9pm
April 19
Jean Linton
Kirkwood H.S., SA 1

Exclamation Point!
“Taking the Kitchen Design for Home Remodeling and the Kitchen Planning for Home Remodeling classes has helped me get my plan of action together in a huge home makeover project.”

Timothy G., Sappington, MO

How to Use Power Tools
Power tools help us perform difficult tasks with less effort and greater accuracy than most of us could accomplish without them. However, in order to use them effectively and without injury, you must know how to operate them correctly and safely. In this class, our home repair expert will demonstrate the operation of several common power tools, including: corded and cordless drill, dremel, reciprocating saw, miter saw and circle saw. If you have a small power tool you’d like to know more about, bring it to class and our instructor may select it for a demonstration. Join us and bring your questions.

HOME:713 | $19
750 Tu 7pm-9pm
March 22
Jean Linton
Kirkwood H.S., SA 1

Fearless Home Repair: 5 Repairs Every Homeowner Should Know
Would you like to be able to do some simple home repairs yourself? There are some household repairs and tasks you can do without using special tools. Come learn to locate utility shut off, re-light a pilot light, fix a faucet, replace a furnace filter and replace electrical outlets and switches. Performing these few tasks yourself can save you a lot of money.

HOME:713 | $19
553 W 7pm-9pm
March 9
Jean Linton
FV - E, 158

Do-It-Yourself Painting
Of course you can paint, but can you paint like a pro? Learn how to prepare surfaces - what to use and what not to use. We’ll tell you if and what you need to prime with primer or stain blockers. Our instructor will talk about techniques for texturing to make your patches not look like a patch. You can mix your own paint or brush do the work - sounds simple but we’ll explain how that makes the job easier. And of course, finishing the job: ways to keep clean-up easy and/or quick.

HOME:713 | $19
754 Tu 7pm-9pm
April 19
Jean Linton
Kirkwood H.S., SA 1
Master Naturalist

The Master Naturalist Program consists of three components:

- Completion of five biology, geology, physical science or horticulture related college credit courses.
- Attend six Continuing Education Master Naturalist designated noncredit programs offered through St. Louis Community College in the area of Nature, Ecology, or Landscape and Gardening.
- Volunteer 25 hours with a local nature-related organization.

The courses listed in Nature, Landscape & Gardening, and Ecology meet the curriculum requirements for the Master Naturalist Program. Classes may be taken individually for your own personal enrichment, or as part of the Master Naturalist program.

For additional information, contact the Office of Continuing Education at 314-984-7777.

Beyond the Coop: Advanced Topics for Experienced Backyard Chicken-Keepers
This class is for individuals who have been keeping chickens for a while and are looking for more in-depth information on the following topics: diseases, parasites and treatments; chicken anatomy and egg development; incubation and broody hatching; culling and processing; breed characteristics, showing, and judging for standards of perfection, supporting heritage breeds, and changing ordinances. Bring your questions to class! This is an intermediate level class and will not include introductory information covered in previous class: Backyard Chickens for the Beginner.
ECOL:705 | $25
681 Sa 10am-1pm
April 16
Guy Niere
MC - SW, 105

Vegetable Gardening
Do you want to “grow your own” this season? For the best selection of seeds and plantings, you need to start planning early. Learn tips for planting, maintaining and harvesting your own fresh veggies. Topics for discussion include raised beds, container gardening and more. Bring your questions for our gardening expert and local nursery owner.
HORT:701 | $25
680 Sa 9am-11:30am
March 5
Nancee Kruescheck
MC - SO, 107
681 Sa 9am-11:30am
March 12
Nancee Kruescheck
MC - SO, 107

All About Herbs
Now is the time to plan for your summer garden! Learn how to get the most for your effort in this one night class. From starting to expanding an herb garden, you’ll learn about soil conditions, fertilizing and the optimal placement for growth. Come hear the best advice from Master Gardener “Mike” on how to plant, maintain and harvest an herb garden. You’ll also get tips on using herbs and around your home as well as the best way to freeze and preserve herbs for future use. Bring a notebook and pen to class.
HORT:701 | $25
450 Tu 6pm-9pm
March 29
Michelle Ochonicky
FP - G Tower, 111
651 Tu 6pm-9pm
April 5
Michelle Ochonicky
MC - SO, 109

Grow Your Own: Mushroom Garden in a Bucket
Wouldn’t you like to pick your own quality mushrooms at the peak of freshness to use in your morning omelet or evening gourmet meal? Come discover how easy it is to “grow your own” in a compact bucket which can be used indoors or out. Class will begin with a short presentation on growing mushrooms and then you’ll get hands-on experience assembling the bucket, growing medium and spawn to get the process started and take home. It’s time to add mushrooms to your food garden list and start discovering the many opportunities that exist in your own home.
HORT:701 | $29
650 Th 6:30pm-9:30pm
March 31
Mark Brown
MC - SS, 108

ECOL:703 | $25
680 Sa 9am-12pm
April 23
Catrina Adams
MC - SQ, 108

DIY: Making Bran for a Bokashi Bucket Composting System
Bokashi is a great space-saving way to compost at home that uses a bran mixture of carbon-rich materials and effective microorganisms to transform kitchen waste into a great fertilizer for your garden. The bokashi bucket system can be used year round, it's quick, convenient and produces no household smells with the help of this bran mixture! Designed for individuals who currently have a bokashi bucket, you'll make a one pound mixture of the bran in class and take home the recipe and know how to make more with just a few easy steps. Don't have a bokashi bucket yet? Register for the Make and Take Home a Bokashi Bucket class or get an instruction sheet in the DIY Bran class to build your own at home. Class offered in partnership with the Missouri Botanical Garden Earthways Center. Registration deadline 4/27. No refunds after this date.
ECOL:704 | $39
651 Th 7pm-8:30pm
May 12
Kat Golden
MC - SW, 105

Backyard Chickens for the Beginner
Have you thought about keeping chickens in your city or suburban backyard? There’s a lot to find out about before you get started. Learn about local ordinances and where to find more information for the area where you live. You’ll also hear about the benefits of keeping chickens, appropriate housing and feeding and different ways of keeping your chicken healthy and happy. Instructor has years of personal and professional experience and is an enthusiastic and knowledgeable, healthy chicken-farmer! Bring a sack lunch to class.
ECOL:705 | $35
680 Sa 10am-2pm
April 9
Guy Niere
MC - SW, 105

ECOL:704 | $49
650 Th 7pm-8:30pm
April 7
Kat Golden
MC - SW, 105

Ecology

It’s OK to Eat the Weeds-Wild Edible Plants of Spring
The next time you weed your garden, you might find you have the makings for a unique dish! Join Dr. Catrina Adams, Ph.D. in Paleoethnobotany (how people have used plants in the past) to learn about some of the common edible plants that grow in and around St. Louis in the spring. Discover where to find them, how to identify and collect them, and how to eat them! Then, take a tour of the campus to identify edible and useful plants you probably walk past every day. Some wild edibles are lovely native plants that you may want to cultivate in your own backyard. Others might be growing in your lawn or garden already, for better or for worse!
ECOL:703 | $25
680 Sa 9am-12pm
April 23
Catrina Adams
MC - SQ, 108

Indoor Composting: Make and Take Home a Bokashi Bucket
Don’t throw away those scraps - up to 20% of household trash can be composted! The bokashi bucket system can be used year-round; it’s quick, convenient and no household smells. In this hands-on session, you will construct and learn to maintain an indoor composting system capable of decomposing food and house plant trimmings for a family of four. In a space-saving bokashi system, effective microorganisms transform all types of kitchen waste into a nutrient-rich soil amendment. All equipment, materials and handouts provided and included in fee. You’ll leave class with a working indoor composting system in the form of a bokashi bucket. Class offered in partnership with the Missouri Botanical Garden Earthways Center. Registration deadline 3/23. No refunds after this date.
ECOL:704 | $49
650 Th 7pm-8:30pm
April 7
Kat Golden
MC - SW, 105
Native plants, or simply “native” are species that have evolved and occur naturally in local geographic areas. In the Midwest region, native plants are adapted to local soil conditions, rainfall and temperature patterns, and generally do not require any special maintenance needs after they are established in the right environment, saving you both time and money. Most importantly, native plants function in the landscape by attracting and furnishing a habitat for a host of wildlife including birds, butterflies and beneficial insects and providing you with a healthy environment in which to live.

Classes are presented by Dave Tylka, biologist, photographer, native landscape and wildlife author of Native Landscaping for Wildlife and People; and Nancee Kruescheck, gardening expert and local nursery owner. Courses offered in this section focus only on Midwest native species and qualify for the Master Naturalist program.

An Introduction to Native Landscaping
Bring a bit of nature to your urban or suburban home. Come discover the many benefits of native landscaping, also known as “naturescaping”, and enrich your life by bringing low maintenance plants to your yard or workplace and developing a natural ecosystem to attract animals and beneficial insects. Learn why native coneflowers, milkweeds, viburnums and oaks are more beneficial than non-native hostas, daylilies, crape myrtles, and Bradford pears, explore why biodiversity is healthy, and why cultivars should be scrutinized. You’ll also receive information on assistance and resources available through the St. Louis Audubon “Bring Conservation Home” program to help get you started. We face many environmental challenges and this is your opportunity to extend your commitment to make a difference.

HORT:713 | $25
600  F  9am-12pm  David Tylka
April 1  MC - CE

The ‘Other’ Part of Gardening: Care and Maintenance of Flowers and Shrubs
Powdery mildew taking over your plants? Are your roses in need of deadheading? What’s “bugging” your greenery and shrubs? Why are your plants not flowering? Learn how to maintain vigorous plants that continue to thrive throughout the season. With regular maintenance, you can keep your plants looking their best. Nursery owner Nancee Kruescheck will teach you “tips and tricks” on feeding, pruning and dealing with common pests and diseases. Bring your questions to class for this informative session.

HORT:723 | $25
680  Sa  9am-11:30am  Nancee Kruescheck
April 16  MC - SO, 108

New The “Deer Free” Zone
In the local deer population feasting upon the ornamental plants in your yard? Are you tired of investing time, money and hard work into your landscaping only to have it eaten away? Join Jennifer at Greenscape Gardens to identify deer-resistant plants, flowers and methods to deter deer from ruining the landscaping delights in your gardens and yard.

HORT:712 | $15
680  Sa  10am-11:30am  Jennifer Schamber
March 19  Greenscape Gardens

Go Native!
Creating an environment with nature in mind.

Soil and Composting: Get the ‘Dirt’ on Successful Gardening
The first step in successful gardening is working from the ground up. Learn the ‘dirt’ on successful gardening as we’ll discuss easy to understand information on soil types, practical tips on preparation and the ‘how to’ and benefits of composting for your home garden. A beneficial class for both beginning and experienced homeowners.

HORT:709 | $25
650  Th  7pm-9pm  Michelle Ochonicky
April 7  MC - SO, 108

Really Green Thumbs
Improve your ‘eco-green’ garden materials and your ‘green thumb’ gardening practices and learn how an organic sustainable approach can benefit your home or community garden. Join Master Gardener, Mike Ochonicky, as she teaches you simple ways to incorporate natural techniques to improve your garden soil, plant nutrition, and pest control. Make your garden environmentally friendly and improve your gardening skills, your health and the world in which we all live.

HORT:713 | $25
650  Tu  7pm-9pm  Michelle Ochonicky
April 12  MC - SO, 107

Create a Beautiful Landscape with Native Plants
Enrich the diversity in your yard by discovering and planting species native to Missouri. You can create a beautiful and interesting landscape with a progression of plants that are perfectly adapted to our unique soil and climate. The natives you’ll learn about will reduce mowing and improve biodiversity while fitting nicely into your home landscape. Some natives are ideal for your perennial gardens and problem areas. You’ll be delighted at how beautiful the native plants are and enjoy learning some plant folklore.

HORT:713 | $25
680  Sa  9am-11:30am  Nancee Kruescheck
April 23  MC - SO, 107

Sun and Shade Perennials: What’s Best for the Midwest?
Save time and money by creating or enhancing your yard and garden with easy-to-grow perennial plants that come back year after year. Start your perennial garden with a good understanding of plant selection, and care and maintenance based on the shade and sunlight locations in your yard. Join local nursery owner Nancee Kruescheck and discover the most popular varieties of plants and characteristics of each including: size and height; when they bloom; soil requirements and conditions in which they grow best. You’ll be able to take what you learn in this class and create a perennial garden that is not only beautiful but easier to maintain throughout the season.

HORT:704 | $25
680  Sa  9am-11:30am  Nancee Kruescheck
March 26  MC - SO, 107

Gardening Under Trees and Other Tough Spaces
Do you have problems successfully growing plants under the trees in your yard? Are you concerned about possibly damaging the tree roots but would really like to add some attractive plantings that would thrive? Come learn about the art and science of gardening under trees and other tough-to-grow spots to add to the beauty of your yard.

HORT:708 | $25
680  Sa  9am-11:30am  Nancee Kruescheck
April 9  MC - SO, 108

Wildflowers (6th Ed.) published by the MO Conservation Department
You are encouraged to bring a copy of Denison’s Missouri Wildflowers across the Midwest and supports a wide array of native wildflowers. You’ll explore basic flower identification and ecology of common species organized by color and chronology. Have you ever wanted to explore the scientific approach to identifying wildflowers? This is your chance to get an introduction into flora classification. Missouri is a crossroads of several different natural communities across the Midwest and supports a wide array of native and non-native wildflowers. You’ll explore basic flower parts and leaf arrangements and then determine the characteristics of each species organized by color and chronology. You are encouraged to bring a copy of Denison’s Missouri Wildflowers (6th Ed.) published by the MO Conservation Dept. for use in the class. Book is available at most area bookstores, nature centers and libraries.

HORT:713 | $25
601  W  9am-12pm  David Tylka
April 6  MC - CE

Identification and Ecology of Common Missouri Wildflowers
Have you ever wanted to explore the scientific approach to identifying wildflowers? This is your chance to get an introduction into flora classification. Missouri is a crossroads of several different natural communities across the Midwest and supports a wide array of native and non-native wildflowers. You’ll explore basic flower parts and leaf arrangements and then determine the distinguishing and unique characteristics of over 60 common species organized by color and chronology. You are encouraged to bring a copy of Denison’s Missouri Wildflowers (6th Ed.) published by the MO Conservation Dept. for use in the class. Book is available at most area bookstores, nature centers and libraries.

HORT:713 | $25
601  W  9am-12pm  David Tylka
April 6  MC - CE

www.stlcc.edu/ce  |  314-984-7777
Spring 2016  Continuing Education  |  St. Louis Community College  47
Native Landscaping with Shade-Adapted Plants
Successfully growing plants under large trees can be challenging, but if you mimic nature by planting ecologically adapted natives, you can enjoy a green, biodiverse landscape throughout the seasons. Several spring native wildflowers bloom before most large trees leaf out and shade-adapted shrubs can thrive under low-light conditions. Join us and learn how to establish and maintain shade-adapted native landscapes.
HORT:713 | $25
602 W 9am-12pm
April 8
David Tylka
MC - CE

Native Landscaping with Sun-Adapted Perennials
Did you know that prairies and glades are the two most diverse and colorful natural communities in Missouri that thrive in the sun? Learn basic characteristics of the soil and moisture conditions of these communities and how they can be emulated in your home landscape. Presentation will focus on native prairie and glade species that can be successfully grown in the St. Louis area, the height and spread of each species and where each species will grow best in your yard.
HORT:713 | $25
603 W 9am-12pm
April 13
David Tylka
MC - CE

Native Landscaping with Bees, Butterflies and Other Pollinators
Butterflies go wherever they please and please wherever they go. Along with bees and other insect pollinators, they are environmental barometers. Healthy landscapes have large numbers and a wide diversity of pollinators—contaminated or altered landscapes do not. The best plants lure pollinators to their flowers by offering pollen, nectar, resin and oil, and by evolving visual and olfactory cues such as nectar guides, color and fragrance. Come get practical advice on getting started for selecting the optimal natives to attract various groups of pollinators.
HORT:713 | $25
604 W 9am-12pm
April 20
David Tylka
MC - CE

Ways to Attract Songbirds and Hummingbirds through Native Landscaping
Are you looking to attract more songbirds and hummingbirds to enhance your backyard viewing? Learn the secrets to selecting the best native plants that furnish seeds, flowers and fruits for these birds. To attract the greatest diversity of birds to your yard at various seasons, you need to select fruiting shrubs and trees from different categories based upon the season the fruits and seeds are produced, their nutritional make-up and the length of time they remain on the plants. Bring a kaleidoscope of colors and songs to your landscape with your knowledge from this class.
HORT:713 | $25
605 F 9am-12pm
April 22
David Tylka
MC - CE

Native Landscaping with Shrubs
Stop spending your time and money trying to maintain shrubs that are not indigenous to the Midwest and have difficulty adapting to local soil and weather conditions. Go native and begin to add more environmentally beneficial shrub species. Native shrubs that have evolved in the Midwest are adapted to local rainfall and temperature patterns and generally do not require any special maintenance needs after they are established. Because of this evolution, these native woody species have produced unique interrelationships with many native species of wildlife. Lots of suggestions will be presented to help you get started.
HORT:713 | $25
606 W 9am-12pm
April 27
David Tylka
MC - CE

Identification and Natural History of Common Missouri Insects
Ever wonder why insects are the most successful and ecologically important class of animals in the world? They form a vital link between plants and vertebrate animals, such as birds and mammals. Although their biodiversity can be overwhelming, after learning some basic anatomy, you’ll be able to identify ten major groups or orders of insects and recognize the most commonly encountered species found in the greater St. Louis area. See close-up images of insects, discuss their natural history and receive identification resources to take home. Students are encouraged to obtain the Golden Guide paperback titled, “Insects” for use in class. Book is available from most area bookstores and libraries.
NATR:715 | $25
600 F 9am-12pm
April 15
David Tylka
MC - CE

Nature Walk
With the warm weather upon us, it’s time to get outside and see what’s blooming on our small group tour to explore, discover and study the spring landscape observing the splendor of the environment of Shaw Nature Reserve. Naturalist Nancy will guide you along a 2-3 mile walk on well-maintained, mostly level paths through the Whitmire Wildflower Garden and on the Brush Creek Trail. Wear comfortable shoes and dress appropriately for the weather. In case of rain, class will be rescheduled to April 23. Meet at the picnic tables across from the visitor’s center.
NATR:704 | $19
M01 Sa 10am-12pm
April 9
Nancy Gelb
Shaw Nature Reserve

Monarchs and Milkweed
Monarch biologist Dave Tylka to learn the plight of these beautiful animal ambassadors of the air, how you can help monarchs by planting different milkweed species around your home, and where milkweed seeds and seedlings may be obtained.
NATR:720 | $25
680 Tu 7pm-9pm
March 22
David Tylka
MC - SO, 108

Spring Warblers
Known for their bright colors and sweet whistled song, the spring warbler is a fascinating bird. Discover facts about their size and shape, color patterns, behavior and habitat. With over 40 varieties of the species, you’ll learn which are native to our area, which breed in our area and which just are passing through in the spring and fall. Offered in partnership with the St. Louis Audubon Society.
NATR:709 | $25
654 Tu 7pm-9pm
April 12
Bill Salsgiver
MC - SO, 232

New Spring Flowering Weeds in Missouri
Thistles and thorns, native, non-native, invasive, aggressive, exotic, noxious, not noxious, persistent and pernicious, oh my! Learn to identify those weeds covering our lawns, roadsides and waste places in the spring. Emphasis will be placed on the mustards, chickweed and speedwells. Following class discussions, the group will venture out on two field trips (4/16 and 4/23), where members of the Missouri Plant Society will help you create a personal herbarium notebook of species found. Provide own transportation. Offered in partnership with the Missouri Native Plant Society.
NATR:722
650 Tu 6:30pm-8:30pm
April 12 – April 19
Sa 9am-12pm
April 16 – April 23
MC - SW, 106
MC - Off Campus TBA

Woodpeckers
With the exception of Australia, almost every place in the world has woodpeckers. Closer to home, and depending on the season, Missouri is home to seven species. Join Vicki Flier of the St. Louis Audubon Society and take an in-depth look at our local woodpecker species including adaptations compared to perching birds, facts about physical features, communication, habitats, sources of food, lifecycle, how they help trees and forests stay healthier and more. You’ll also learn how you can attract woodpeckers and provide places for woodpeckers to feed and nest. Offered in partnership with St. Louis Audubon Society.
NATR:709 | $25
650 Tu 7pm-9pm
February 16
Vicki Flier
MC - SO, 109

Introduction to Bird Watching
According to the U.S. Fish & Wildlife Service, more than 45 million Americans identify birding as one of their favorite pastimes. Whether you are an amateur bird enthusiast or are interested in learning more about bird identification, migratory patterns, and wildlife in your own backyard, this class is for you! Join educators from the St. Louis Audubon Society to discover how to identify bird species by sight, song, physical attributes, and behaviors. You’ll also learn how to research your findings in guidebooks and how to attract more birds to your backyard through feeding and landscaping. Field trip on Saturday will allow you to practice your newly acquired skills and learn about the best places to view a variety of birds in the St. Louis area. Field trip details to be discussed in class. Provide own transportation. Class is offered in partnership with the St. Louis Audubon Society.
NATR:709 | $35
652 Tu 7pm-9pm
March 8
Bill Salsgiver
MC - SO, 232
Sa 9am-12pm
March 12
MC - Off Campus TBA

Forest Park Owls: Hiding in Plain Sight
Join award-winning, amateur naturalist and speaker Mark H.X. Glesnashaw and discover details into the lives of a local mated pair of Great Horned Owls in Forest Park. Mark has been closely observing and documenting the owls since 2005. You’ll learn how he found the owls, basic facts about the species, and the different behaviors he observes and documents with photos and videos to illustrate these behaviors. Don’t be surprised if you find yourself looking for owls after this course in a follow up instructor led Owl Prowl!
NATR:709 | $25
651 Tu 6:30pm-8:30pm
February 25
Mark H.X. Glesnashaw
MC - SO, 108
Dealing and How to Safeguard Yourself in Any Market.

Mistakes to Avoid Buying a Home? Top Home Buying

Take control of your finances and bring balance to your budget. Taught by CFP, you’ll get the tools to learn step-by-step processes to creating budgets, lowering your debt, and starting on the path to accumulating wealth through saving and investing for your future use. The course will help provide a framework and process to creating budgets, lowering expenses, and doing outreach in Forest Park since December 2005. Learn what Mark has been able to observe and document including mating, nest selection, feeding of the owls, fledging and gradual maturation of owlets, and the dispersal of the owlets with photos and videos to illustrate these behaviors. You will be amazed at the delights and challenges these owls have when they raise their families.

NATR:727 | $29
650 Th 7pm-9pm
March 5
Endangered Wolf Center

Introduction to Beekeeping
Of the 4,000 native species of bees that live in North America, only about 400 bee species—including 10 bumblebees. Honey bees are an exotic species first introduced into the New World in 1622. Bees play an important role in agriculture as pollinators of flowering plants that provide food, fiber, spices, medicines and animal forage. Beekeeping can be a hobby, a secondary business, or a full-time vocation. It is a relatively inexpensive hobby that provides a sweet bonus each year. Is beekeeping right for you? Come and learn how to attract native pollinators and honey bees by planting a pollinator-friendly garden and constructing nesting habitats for native pollinators. We will also present introductory information on getting started with beekeeping and honey bee products of the hive.

NATR:733 | $29
680 Sa 9am-12pm
Feb. 13
Yvonne Von Der Ahe
MC - SO, 107

Home Selling: Your Guide to a Successful Sale
If you’ve never sold a home before (or even if you have, but it’s been a while), it’s important to know your marketing options. You need to know what to expect from the home selling process, how to add impact and value to your home that will get you top dollar (staging without breaking the budget), how to use knowledge of the competition in your area to determine a realistic selling price, the pros and cons of “for sale by owner” and how to find the right agent to sell your house. Come spend a short evening learning the inside track that will get you the best deal for your home.

REAL:701 | $19
650 Th 7pm-9pm
March 31
Jill McCoy
MC - CN, 228
350 Tu 7pm-9pm
April 12
Jill McCoy
WW, 201
580 Sa 9:30am-11:30am
April 23
Janelle Stowers
FV - SS, 102

Real Estate Investing for Income
True financial wealth is about having the earned income to finance your life goals without having to work. Private market commercial real estate returned an average of 8.4% over the 10-year period from 2000 to 2010. The key is to understand what you are buying: a solid knowledge and a good plan. Come find out how to plan your investment strategies to lead to true financial wealth.

REAL:712 | $29
650 Tu 7pm-9pm
March 3
Jill McCoy
MC - CN, 228

Tax Strategies: Tax-Smart Planning for Every Stage of Life
This workshop addresses basic tax planning information to help individuals plan in a tax-efficient manner. It includes information on record keeping, tax law changes, state and local taxes, tax credits and tax-deferred programs.

FINC:734 | $25
650 W 7pm-9pm
March 9
Steve Glazer
MC - SO, 107

Protect What You’ve Worked For
This presentation covers the risks that could impact your financial strategies and will cover possible insurance solutions to protect against these risks. Topics include term insurance, permanent life insurance including variable universal life (VUL), long term care insurance and hybrid policies. You will get answers to all of your protection questions. What type is the best fit for you? How much can you afford? Should you even have it? What are the differences between them? What costs do they cover? How difficult is it to get coverage?

FINC:745 | $25
650 Tu 6:30pm-8:30pm
April 5
Marge Bittner
MC - SO, 107

Annuities Explained: Understanding the Basics
Join Laura J. Boedjes, Financial Consultant with Rogers & Company, a Wealth Management Firm, Inc. in an enlightening conversation on annuities: What are they? How do they work? When and why would I need one? No one cares more about your money than you do. It’s wise to ask questions in advance of an annuity purchase. This introductory class will give you all the basic information you need to know what questions to ask to be better informed and more comfortable making an annuity investment decision. Securities offered through LPL Financial, Member FINRA/SIPC. Investment advice offered through V Wealth Management, a registered investment advisor. Rogers & Company, A Wealth Management Firm, Inc. and V Wealth Management are separate entities from LPL Financial.

FINC:705 | $25
651 Th 6pm-8pm
March 31
Laura Boedjes
MC - SO, 109

Geology of Missouri
 Spend a few hours learning about the geology and geography of Missouri in an informal atmosphere. We will discuss how our state has been shaped by glaciations, earthquakes, uplift, and warm, and shallow seas. Learn about the processes that gave us the nickname “The Cave State.” We will also take a look at the economic impact rocks and minerals have had on our state’s economy.

NATR:730 | $25
680 Sa 9am-12pm
April 9
Jeffrey Smith
MC - SW, 106

Thunderstorms and Tornadoes
St. Louis is in a prime location for severe spring weather conditions. The combination of fronts from cool dry air and warm moist air create an unstable environment for the possible formation of thunderstorms and tornadoes. Are you fascinated with these weather conditions and want to learn more of the scientific meteorology including how they form, where they are likely to occur, how weather forecasting and warning process and how to predict if they might occur? Join meteorologist Joe Schneider as he discusses these concepts, weather indicators to look for and safety measures to implement to help keep you safe in case of a weather emergency. Be prepared for the upcoming season’s weather and after severe weather occurs as it can strike with little or no warning.

NATR:734 | $25
650 Tu 6pm-9pm
March 29
Joseph Schneider
MC - SO, 107

Spring 2016 Continuing Education | St. Louis Community College 49
Foundations of Investing
Are you just getting started with personal investing or want to learn more so that you can better communicate with your current financial advisor? Come learn about the basics of investing including the key features of bonds, stocks and mutual funds; the investment pyramid and the importance of asset allocation; how to set SMART financial goals; risk tolerance and the portfolio objective that is right for you; and the impact of inflation and tax diversity on your long-term goals.
FINC:705 | $39
650 Th 6:30pm-9pm Margie Bittner
March 3 – March 10 MC - SO, 108

Preserving Capital and Making it Grow: A Winning Strategy for Good Times and Bad
This class is designed to empower the individual investor with strategies for stock market success as used by successful investors of our time. We'll discuss: historical precedent and how it applies today, selecting and purchasing the best investments, determining when to protect yourself by selling investments and minimizing potential risk while maximizing potential gain. Instructor will relate first-hand experience in the oil market the last time oil collapsed in 1986, similar to the recent decline - and the similar opportunities this may present based on the 18-year cycle (oil bottomed in 1998) and a large shift in investment dollars currently underway. A discussion of the crash of 1987, 2008, and others, and the warning signs ahead of time will also be discussed. Lunch on your own.
FINC:705 | $89
CB0 Sa 9am-4pm Brian Bingham
Corp. College, 206
March 5 – March 12

Mastering Investing Psychology: Understanding Why You Will Succeed Where Others Fail
Proper psychology and mental preparedness can help you better understand how the investing business and news flow works against you, and how to succeed where countless others fail. This course will provide timeless examples of how proper investing knowledge and mindset kept great investors in the game. Specific examples from investment history, and what it took to succeed then, and how it applies to today will be discussed. Simply put, applying theory to the real world, explained by someone who does it every day. This class will add deeper understanding to the forces at work while applying the knowledge from the required prerequisite class, Preserving Capital and Making it Grow. One hour lunch on your own.
FINC:705 | $35
CB1 Sa 9am-4pm
May 7
Brian Bingham
Corp. College, 208

Estate Planning
General Estate Planning: Wills, Trusts and Avoiding Probate
Learn about your planning options, both for property distribution upon death as well as decision-making authority while alive. Class discussion will focus on wills, the probate process and avoiding probate with revocable trusts and beneficiary designations. Powers of attorney for financial and health care purposes will also be discussed. Taught by an attorney.
FINC:710 | $35
720 M 6pm-8pm Yvonne Homeyer
Feb. 29
721 M 6pm-8pm Yvonne Homeyer
April 4

Estate Planning: Living Trusts
Everyone wants to do estate planning for control of your assets and for a legacy to your loved ones. This course covers various ways to estate plan, to avoid probate, to avoid guardianships and to reduce or eliminate estate taxes. Find out why a living trust may be the best solution. Taught by an attorney.
FINC:710 | $35
550 M 7pm-9pm Jacquelyn Captano
March 7
780 M 7pm-9pm Charles Amen
April 18

Retirement Planning
Retirement by Design
This course will help you translate your vision for retirement into tangible goals. Whether you are close to retirement or forty years from retirement, you will learn investment strategies you can use now to help design the retirement you want tomorrow. Specific topics include employer-sponsored retirement plans (e.g. 401Ks), traditional and Roth IRAs, the impact of taxes and inflation, factoring in social security and pensions and your asset reliance rate.
FINC:736 | $25
650 Tu 6:30pm-9pm Margie Bittner
March 22

Retirement Income Planning
Make the most out of your retirement savings. During this workshop you will learn the steps you need to take to create an income strategy and how to manage five common retirement risks. You will also get information on how to make your savings last and to help ensure a comfortable retirement by covering both your “needs” and “wants.”
FINC:736 | $25
652 W 7pm-9pm Steve Glazer
March 30

Exclamation Point!
“I heard about Brian Bingham’s class (Preserving Capital and Making it Grow: A Winning Strategy for Good Times and Bad) from one of my friends. After attending the class I am going to recommend this class to my friends. This is the best. Period. Brian is very knowledgeable. He is keen in sharing the very basics as well as daily routines that one can incorporate into their lives to make use of the time to have a financial freedom. He is also willing to share the mistakes he made during the tradiings so we can learn from it. The best class relating to investing.”
Santhosh N., Wildwood, MO

Retirement Roadblocks: Mistakes Retirees Often Make
Understand common mistakes that retirees can make over and over again – and how you can overcome them! This class will explore being too conservative, having an unsuitable asset allocation strategy, paying too much in taxes and helping out the kids...how much is too much?
FINC:736 | $25
653 W 7pm-9pm Steve Glazer
April 13

Understanding Retirement Healthcare and Social Security
As people approach retirement, a common concern is the answer to the question, “What if I get sick?” This class will prepare you to make important decisions about your healthcare by helping you to understand your health insurance options. You will learn about healthcare decisions to be made before and at retirement including what Medicare does and does not offer in plain English. You will also learn about Social Security, the original source of guaranteed income for life, including how it can pay to delay, how your Social Security income will be taxed and the little-understood effect of earned income on Social Security benefits.
FINC:736 | $25
600 W 10am-12pm Steve Glazer
Feb. 24
651 W 7pm-9pm Steve Glazer
March 23
350 W 7pm-9pm Steve Glazer
April 6

New Medicare Essentials
Are you getting close to being eligible for Medicare? In a small class setting in order to allow for questions from participants, Shelly Miller, will be providing information about enrolling in Medicare, understanding the difference between Medicare Advantage and Medigaps, how to choose a Part D plan, and how to protect your benefits. Class is presented by CLAIM a nonprofit organization providing free, unbiased information about Medicare to Missourians. All of CLAIM’s services are free, unbiased and confidential.
FINC:746 | $19
600 F 10am-12pm Shelly Miller
Feb. 26
601 M 10am-12pm Shelly Miller
April 11

Paying for Long Term Care, Obtaining Medicaid and Veteran’s Benefits
Paying for long term care is a problem facing a lot of senior citizens. This course will cover the benefits available through Medicaid and through the Veterans Administration (for veterans and their spouses). You’ll learn about eligibility requirements as well as techniques and strategies to become eligible. Class is designed for seniors who are facing such costs, or worrying about the future costs, as well as family members who are providing care for their parents. Taught by an elder care and accredited VA attorney.
FINC:746 | $25
550 M 7pm-9pm Paul Gantner
April 4

50 St. Louis Community College | Continuing Education  Spring 2016 www.stlcc.edu/ce | 314-984-7777
Communications

Nonverbal Communication: How to Speak and Listen Without Words
Avoid miscommunication and become a better communicator overall! Learn about the extraordinary amount of information that can be provided through nonverbal communication and how a simple movement or facial expression can completely contradict what message you are trying to get across. Understand how to identify, interpret and use basic nonverbal cues to improve your communication skills.
COMM:711 $29
650 W 6:30pm-8:30pm Erin De Vore
March 23 – March 30 MC - SQ, 105

Making Movies With Your Mobile Device!
Are you the next Steven Spielberg or YouTube sensation? Learn to create movie magic entirely on your cell phone or tablet - take any video you shoot to the next level while you learn this new art of filmmaking from an Emmy award-winning producer, whose most recent project is a feature-length movie shot entirely on an iPhone! Projects will be completed outside of class then all will be viewed at the last class. Bring smartphone or tablet with you to class.
COMM:765 $49
650 Tu 6:30pm-8:30pm Dale Ward
April 19 – May 10 MC - CN, 201

Languages

For textbook information, view the Explore Our Classes page online.

Arabic Language: Beginning I
Interested in learning basic skills, including conversation, reading, writing and basic grammar in Arabic? Come meet with others who share a common interest in the Arabic culture and language. Text required - bring to first class. No class 3/16.
FLAR:717 $99
650 W 6:30pm-8:30pm Jabr Dumit
Feb. 24 – April 20 MC - SW, 108

Bosnian and Croatian Language: Beginning I
Are you interested in the Bosnian and Croatian language and culture of the region? Learn basic everyday expressions, simple conversational phrases and contemporary culture of this region. No text required.
No class 3/17.
FLBO:717 $99
550 Th 6:30pm-8:30pm Aziz Mujakic
March 3 – April 28 SCEU, 101

Chinese for First Timers
Explore an ancient culture and language with Chinese for First Timers! This is the perfect class for beginners that are ready to start with the basics. You will be introduced to pronounciation, the Pin Yin system, greetings and basic sentences. No text required.
FLCH:717 $59
650 Tu 7pm-9pm John Yeh
Feb. 3 – Feb. 24 MC - CN, 203

Chinese (Mandarin) Language: Beginning I
Great way to gain conversational skills for those who wish to travel or do business in China! Learn practical dialogues for asking directions, using public transportation, making phone calls, and other needs for travel and social life. After completion, you will have a basic knowledge of the Chinese language which will enrich your experiences. Prerequisite: Chinese for First Timers or knowledge of the Pin Yin system. Text required - bring to first class. No class 3/16.
FLCH:717 $99
651 Tu 7pm-9pm John Yeh
March 2 – April 27 MC - CN, 203

French for the Traveler
Enjoy an easy and practical introduction to the French language. Learn survival phrases, how to read menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Text required - bring to first class.
FLFR:716 $75
650 Tu 7pm-9pm April 20 – May 25
Patricia Adams MC - CN, 126
550 Tu 7pm-9pm Feb. 2 – March 8
Evia Enoch FY - C, 110
920 W 6:30pm-8:30pm March 2 – April 13
Manuela Bonnet U. City H.S., 115
No class 3/16

German for the Traveler
Explore an easy and practical introduction to the German language. Learn survival phrases, how to read signs, menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Text required - bring to first class.
FLGE:716 $75
650 Th 6:30pm-8:45pm April 21 – May 12
Dustin Glastetter MC - CN, 201
750 W 6:30pm-8:45pm Feb. 17 – March 9
Dustin Glastetter Kirkwood H.S., E 182

German Language: Beginning I
Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations in German! No text required.
FLGE:717 $99
750 W 6:30pm-8:30pm March 30 – May 18
Dustin Glastetter Kirkwood H.S., E 182

German Language: Beginning II
Continue to increase your knowledge of the German language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: German-Beginning I or equivalent experience. No text required. No class 3/17.
FLGE:718 $99
650 Th 6:30pm-9pm Feb. 18 – March 31
Dustin Glastetter MC - CN, 201

Irish (Gaelic) Language: Beginning I
Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations in Gaelic! Feel comfortable conversing with others in Gaelic. No text required. No class 3/19, 4/2.
FLIR:717 $99
480 Sa 9am-11am Feb. 27 – April 30
Sarah Johnson FP - F Tower, 213

Irish (Gaelic) Language: Beginning II
Continue to increase your knowledge of Gaelic including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Irish-Beginning I or equivalent experience. No text required. No class 3/19, 4/2.
FLIR:718 $99
480 Sa 11:30am-1:30pm Feb. 27 – April 30
Sarah Johnson FP - F Tower, 213

www.stlcc.edu/ce | 314-984-7777
Spring 2016 Continuing Education | St. Louis Community College 51
Exclamation Point!

“I loved Maria de la Garza’s teaching style! Great teacher. Challenging class!”

Sarah S., Clayton, MO

Italian for the Traveler

Enjoy an easy and practical introduction to the Italian language. Learn survival phrases, how to read signs, menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Text required-bring to first class.

FLIT:716 | $75
600 M 4pm-5pm
Jan. 25 – March 7
Barbara Klein
MC - CN, 203

400 Tu 1pm-6pm
March 22 – April 26
Barbara Klein
FP - G Tower, 115

651 M 7pm-9pm
April 4 – May 9
Barbara Klein
MC - CN, 203

Italian Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations in Italian! Text required-bring to first class.

FLIT:717 | $99
750 Tu 6:30pm-8:30pm
Jan. 19 – March 8
Maria Brandle
Kirkwood H.S., E 183

450 Tu 7pm-9pm
March 22 – May 10
Barbara Klein
FP - G Tower, 115

600 Tu 4pm-6pm
Jan. 19 – March 8
Barbara Klein
MC - CN, 203

Italian Language: Beginning II

Continue to increase your knowledge of the Italian language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Conversation with cultural elements will be emphasized. Class will be conducted almost exclusively in Italian. Prerequisite: Italian - Beginning I or equivalent experience. Text required-bring to first class.

FLIT:718 | $99
650 M 7pm-9pm
Jan. 19 – March 8
Barbara Klein
MC - CN, 203

750 Tu 6:30pm-8:30pm
March 29 – May 17
Maria Brandle
Kirkwood H.S., E 183

600 M 4pm-6pm
March 21 – May 9
Barbara Klein
MC - CN, 203

Italian Conversation: Intermediate I

Improve your conversational skills in Italian through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. Aspects of Italian culture will be introduced and highlighted as topics of conversation throughout the class. Class will be conducted almost exclusively in Italian. Prerequisite: Italian Language: Beginning III or equivalent experience. Text required - bring to first class. No class 2/15, 3/14.

FLIT:720 | $99
650 M 7pm-9pm
Jan. 25 – March 28
Barbara Klein
MC - CN, 203

Italian Conversation: Advanced

Continue to review grammar and syntax in conjunction with reading and discussion of articles covering current issues and events in this advanced Italian conversation class. Prerequisite: Conversational Italian-Intermediate level or equivalent experience. Must have a good command of the Italian language, its structure and vocabulary. No text required.

FLIT:723 | $99
710 M 7pm-9pm
March 28 – May 16
M Flynn
Clayton H.S., 124

Preparing for Your Trip to Italy

Do you have an upcoming trip to Italy? Well this course is designed specifically for you! Become familiar with practical traveling tips as well as cultural differences that you should be aware of while in Italy. Instructor previously lived in Italy and travels there every year; now she wants to help prepare you so that you can fully enjoy your experience while in this beautiful country. No text required.

FLIT:725 | $25
650 W 7pm-9pm
Jan. 20
Barbara Klein
MC - CN, 203

450 W 7pm-9pm
Jan. 27
Barbara Klein
FP - G Tower, 115

Korean Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations in Korean! One class will be held at a local Korean restaurant where students will be able to test their new skills! Text required-bring to first class. No class 3/14.

FLKO:717 | $99
650 M 7pm-9pm
March 7 – May 2
Misook Yu
MC - CN, 201

Korean Language: Beginning II

Continue to increase your knowledge of the Korean language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Conversation with cultural elements will be emphasized. Prerequisite: Korean - Beginning I or equivalent experience. One class will be held at a local Korean restaurant where students will be able to test their skills! Text required-bring to first class. No class 3/19, 3/26.

FLKO:718 | $99
680 Sa 9:30am-11:30am
March 5 – May 7
Misook Yu
MC - CN, 201

Portuguese for the Traveler

Enjoy an easy and practical introduction to the Portuguese language. Learn survival phrases, how to read signs, menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Taught by a native-fluent speaker. No text required. Bring a pocket folder, notebook and pen.

FLPG:716 | $75
650 M 7pm-9pm
Feb. 22 – April 4
No class 3/14

651 M 7pm-9pm
April 18 – May 23
Viva Brasil STL
MC - CN, 230

Portuguese Language: Beginning I

Explore the Brazilian culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to form greetings, introductions and daily expressions in basic Portuguese! Taught by a native-fluent speaker. No text required. Bring a pocket folder, notebook and pen.

FLPG:717 | $99
650 W 7pm-9pm
Jan. 20 – March 9
Viva Brasil STL
MC - CN, 224

680 Sa 10am-12pm
Jan. 23 – March 12
Viva Brasil STL
MC - CN, 230

681 Sa 10am-12pm
April 2 – May 21
Viva Brasil STL
MC - CN, 230

Portuguese Language: Beginning II

Continue to increase your knowledge of the Portuguese language by introducing simple conversation, grammar and vocabulary! Improve your basic understanding of Portuguese and communicate better in common everyday situations. Prerequisite: Portuguese - Beginning I or equivalent experience. Taught by a native-fluent speaker. No text required. Bring a pocket folder, notebook and pen.

FLPG:718 | $99
650 W 7pm-9pm
March 30 – May 18
Viva Brasil STL
MC - CN, 224

680 Sa 10am-12pm
Jan. 23 – March 12
Viva Brasil STL
MC - CN, 224

681 Sa 10am-12pm
April 2 – May 21
Viva Brasil STL
MC - CN, 224

Portuguese Conversation: Intermediate I

Improve your conversational skills in Portuguese through focus on everyday vocabulary and situations. Examine and review basic grammar and sentence structure. Aspects of Brazilian culture will be introduced and highlighted as topics of conversation throughout the class. Prerequisite: Portuguese Language - Beginning III or equivalent experience. Taught by a native-fluent speaker. No text required. Bring a pocket folder, notebook and pen.

FLPG:720 | $99
680 Sa 10am-12pm
Jan. 23 – March 12
Viva Brasil STL
MC - CN, 228

681 Sa 10am-12pm
April 2 – May 21
Viva Brasil STL
MC - CN, 228

Russian for First Timers

Begin to explore a new culture and language with Russian for First Timers! This is the perfect class for beginners that are ready to start with the basics. You will be introduced to the alphabet, pronunciation, greetings, phrases and present tense verbs. Text required-bring to first class.

FLRU:717 | $59
650 Th 7pm-9pm
Feb. 4 – Feb. 25
Valerie Powers
MC - CN, 202

Russian Language: Beginning I

Explore a new culture and language in a relaxed and informal atmosphere. While covering all four aspects of study (reading, writing, understanding and speaking), this course will primarily focus on oral proficiency. Prerequisite: Russian for First Timers or a good understanding of the Russian alphabet. Text required-bring to first class. No class 3/17.

FLRU:717 | $59
651 Th 7pm-9pm
March 3 – April 28
Valerie Powers
MC - CN, 202

Russian Language: Beginning II

Explore a new culture and language in a relaxed and informal atmosphere. While covering all four aspects of study (reading, writing, understanding and speaking), this course will primarily focus on oral proficiency. Prerequisite: Russian for First Timers or a good understanding of the Russian alphabet. Text required-bring to first class. No class 3/17.

FLRU:717 | $59
651 Th 7pm-9pm
March 3 – April 28
Valerie Powers
MC - CN, 202
Russian Language: Beginning II
Continue to increase your knowledge of the Russian language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Russian - Beginning I or equivalent experience. Text required-bring to first class. No class 3/14.
FLRU:719 | $99
650 M 7pm-9pm
Valerie Powers
Feb. 22 – April 18
MC – CN, 202

Russian Language: Beginning III
Continue to increase your knowledge of the Russian language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Russian - Beginning II or equivalent experience. Text required-bring to first class. No class 3/15.
FLRU:719 | $99
650 Tu 7pm-9pm
Valerie Powers
Feb. 23 – April 19
MC – CN, 202

Spanish for the Traveler
Enjoy an easy and practical introduction to the Spanish language. Learn survival phrases, how to read signs, menus, transportation schedules and more. Explore cultural differences and be prepared to enjoy your adventure. A jump-start course for smart travelers! Text required - bring to first class.
FLSP:716 | $575
350 Tu 5:30pm-7:30pm
Burnette McNamie
Feb. 2 – March 8
WW – 220
600 M 5pm-7pm
Rosario Gasquet
Feb. 22 – April 4
MC – HE, 124
No class 3/14
650 M 6pm-7:30pm
Rosario Gasquet
Feb. 22 – April 4
MC – HE, 124
No class 3/14

Spanish Language: Beginning I
Explore a new culture and language in a relaxed and informal atmosphere. Learn practical vocabulary, correct pronunciation and the basic sentence structure necessary to understand and begin to formulate conversations in Spanish! Text required-bring to first class.
FLSP:717 | $99
450 Tu 7pm-9pm
Timothy Neckermann
Jan. 19 – March 8
FP – G Tower, 115
650 M 7pm-9pm
Jan. 25 – March 28
Ann Matthews
MC – CS, 209
651 Tu 7pm-9pm
Jan. 26 – March 22
No class 2/15, 3/14
600 Th 4pm-6pm
Jan. 28 – March 24
Ann Matthews
MC – CS, 209
No class 3/17
550 Th 6:30pm-8:30pm
María de la Garza
Mar. 24 – May 12
No text required
780 W 7pm-9pm
Timothy Neckermann
March 30 – May 18
Lindbergh H.S., 51

Friends and Family Ages 8 and up
350 Tu 6pm-8pm
Ann Matthews
Feb. 23 – April 19
WW – 220
No class 3/15
Students under 16 must be accompanied by parent/guardian. Registration required for each participant; individuals welcome.

Spanish Language: Beginning II
Continue to increase your knowledge of the Spanish language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Spanish - Beginning I or equivalent experience. Text required-bring to first class.
FLSP:718 | $99
450 Tu 7pm-9pm
Timothy Neckermann
Jan. 19 – March 8
FP – G Tower, 115
650 M 7pm-9pm
Jan. 25 – March 28
Ann Matthews
MC – CS, 209
651 Tu 7pm-9pm
Jan. 26 – March 22
No class 2/15, 3/14
600 Th 4pm-6pm
Jan. 28 – March 24
Ann Matthews
MC – CS, 209
No class 3/17
550 Th 6:30pm-8:30pm
María de la Garza
Mar. 24 – May 12
No text required
780 W 7pm-9pm
Timothy Neckermann
March 30 – May 18
Lindbergh H.S., 51

Spanish Language: Beginning III
Continue to increase your knowledge of the Spanish language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Spanish - Beginning II or equivalent experience. Text required-bring to first class.
FLSP:719 | $99
770 W 7pm-9pm
Jan. 20 – March 2
Hixson Mid. School, 115
650 W 7pm-9pm
March 9
Ann Matthews
MC – CS, 210
550 Tu 6:30pm-8:30pm
March 29 – May 17
María de la Garza
FV – C, 106

Spanish Conversation: Intermediate I
Improve your conversational skills in Spanish through focus on everyday vocabulary and situations. Examine and practice speaking as you master the Spanish language including speaking, grammar and vocabulary! Continue to increase your knowledge of the Spanish language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Spanish - Beginning II or equivalent experience. Text required-bring to first class. No class 2/15, 3/14.
FLSP:720 | $99
650 M 7pm-9pm
Jan. 25 – March 28
María de la Garza
MC – CN, 226

Spanish Conversation: Intermediate II
Improve your conversational skills in Spanish through focus on everyday vocabulary and situations. Examine and practice speaking as you master the Spanish language including speaking, grammar and vocabulary! Continue to increase your knowledge of the Spanish language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Spanish - Beginning II or equivalent experience. Text required-bring to first class. No class 2/15, 3/14.
FLSP:721 | $99
450 Tu 7pm-9pm
Jan. 26 – March 22
Lorenzo Gonzalez
FP – G Tower, 323
650 M 7pm-9pm
April 4 – May 23
María de la Garza
MC – CN, 226

Spanish Conversation: Intermediate III
Improve your conversational skills in Spanish through focus on everyday vocabulary and situations. Examine and practice speaking as you master the Spanish language including speaking, grammar and vocabulary! Continue to increase your knowledge of the Spanish language including speaking, grammar and vocabulary! Concentration will be on oral use of the language in dealing with everyday situations. Prerequisite: Spanish - Beginning II or equivalent experience. Text required-bring to first class. No class 3/15.
FLSP:722 | $99
650 W 7pm-9pm
Jan. 27 – March 23
María de la Garza
MC – CN, 226

Spanish Conversation: Advanced
Increase your vocabulary and conversational skills through this advanced level course! Emphasis will be on spoken Spanish by reading and discussing short selections on a variety of topics. Prerequisite: Spanish Conversation - Intermediate III or equivalent experience. Text required - will be discussed at first class.
FLSP:723 | $99
Text required - will be discussed at first class.
450 Tu 7pm-9pm
April 5 – May 24
Lorenzo Gonzalez
FP – G Tower, 323
650 Th 7pm-9pm
Jan. 28 – March 24
Lorenzo Gonzalez
MC – CS, 206
651 Th 7pm-9pm
April 7 – May 26
Lorenzo Gonzalez
MC – CS, 206
No text required.
720 W 7pm-9pm
March 30 – May 18
Margarita Gunther
Clayton H.S., 124

Spanish Grammar: Level I
Become proficient in conjugating verbs! Gain an in-depth understanding of the present tense through written and practice speaking as you master the Spanish language. Prerequisite: Spanish Language - Beginning I or equivalent experience. Text required - bring to first class. No class 3/12, 3/19.
FLSP:765 | $99
680 Sa 10am-12pm
Jan. 23 – March 26
Ann Matthews
MC – CS, 209

Spanish Grammar: Level II
Continue to increase your proficiency in conjugating verbs and understanding of the present tense through more writing and more practice speaking as you master the Spanish language. Prerequisite: Spanish Grammar Level I or equivalent experience. Text required - bring to first class.
FLSP:765 | $99
681 Sa 10am-12pm
April 2 – May 21
Ann Matthews
MC – CS, 209

Sign Language
Getting Started with Sign Language I
Ready to get started? Join other individuals who would like to learn basic signs and build upon the knowledge you acquired in Getting Started with Sign Language I. Class does not cover ASL sentence structure. No text required. No class 3/15.
SIGN:701 | $99
550 Th 6:30pm-8:30pm
Feb. 18 – April 14
Cynthia Hayes
SCEUC, 122

Getting Started with Sign Language II
Explore even more common words and phrases as you continue learning basic signs and build upon the knowledge you acquired in Getting Started with Sign Language I. Class does not cover ASL sentence structure. No text required. No class 3/15.
SIGN:702 | $99
550 Tu 6:30pm-8:30pm
Feb. 16 – April 12
Cynthia Hayes
SCEUC, 122

Sign Language: Beginning ASL
Learn the fundamentals of American Sign Language (ASL), including finger spelling and hand signs in this advanced beginner course. Prerequisite: Sign Language - Beginning I or equivalent experience. Text required-bring to first class.
SIGN:703 | $99
550 W 7pm-9pm
March 23 – May 11
Antonia Wilson
FV – C, 133

Sign Language: Intermediate ASL
Did you enjoy your first Sign Language course? Continue learning additional ASL concepts, finger spelling and hand signs in this advanced beginner course. Prerequisite: Sign Language - Beginning I or equivalent experience. Text required-bring to first class.
SIGN:703 | $99
550 M 7pm-9pm
March 21 – May 9
Antonia Wilson
FV – C, 133

By taking our courses you’ll learn about the rich tapestry that is the deaf community: its language and its culture.

www.stlcc.edu/ce | 314-984-7777
Spring 2016 Continuing Education | St. Louis Community College

PERSONAL ENRICHMENT
Using FamilySearch.org
If you visited the FamilySearch.org website, you noticed that the site changes. This course covers the resources available from an old favorite.  
**GENE:765 $25**

600 W 3pm-5pm Mary Stamm  
Feb. 17 – Feb. 24  
MC - BA, 208

**GENE:705 $25**

601 W 3pm-5pm Mary Stamm  
March 23 – March 30  
MC - BA, 208

Using Google for Genealogy
Genecologists have long used the Googles search engine. This overview will highlight other facets of Google that may assist genealogists expand their family tree.  
**GENE:705 $49**

602 W 3pm-5pm Mary Stamm  
April 6 – April 27  
MC - BA, 208

Starting Your Family History
If you are just starting or need a refresher, this class covers the various American genealogical resources. Information covers resources at libraries, courthouses, churches, and on the Internet.  
**GENE:705 $49**

580 Sa 11am-2pm LaDonna Garner  
Feb. 13 – Feb. 20  
FV - 8, 120

African-American Genealogy
This course will assist the beginner to intermediate researcher in compiling and furthering the family histories of African-American ancestors. Instructor is a Board-Certified Genealogist (CG).  
**GENE:765 $29**

581 Sa 11am-2pm LaDonna Garner  
April 9 – April 16  
FV - 8, 120

Strategies in Genealogy: Moving Beyond the Basics
Finding yourself stumped after launching a family history project? Learn how to plan a research strategy and make use of alternative sources that can move along your genealogy. Attendee must have prior experience in basic genealogy. Instructor is a Board-Certified Genealogist (CG).  
**GENE:765 $39**

Yankee Bride in the Heart of Richmond
This story begins in 1849, with a Philadelphia orphan who was transported to a Richmond orphanage for the duration of the Civil War. It was there that she became the wife of a former Confederate-soldier who made a life for them as they traveled in service with the U.S. Calvary. The story line is filled with the strong, enduring nature of many women of that era. Come hear the adventurous tale of her life as told by her great-grand-daughter costumed in period dress. As you hear this tale, be inspired to consider how you also might vividly retell your own family's stories.  
**HIST:701 $19**

650 Th 7pm-8:30pm Gloria Perry  
March 31  
MC - SO, 206

America's First Political Dynasty: The Adams Family - John Adams
The Adams family played a prominent role in American government and culture for a century and a half. Spend an evening studying the life of the patriarch of the Dynasty: John Adams - Lawyer, Promoter of Independence, Diplomat, Legal Draftsman, Vice-President, President and Senior Statesman who died in a good old age, full of days, riches, and honor: and Solomon his son reigned in his stead.  
**HIST:703 $19**

652 Tu 7pm-9pm James Gallen  
March 29  
MC - SO, 206

America's First Political Dynasty: The Adams Family - John Quincy Adams and Posterity
The tradition of service begun by John Adams was continued by his son John Quincy Adams - Diplomat, Senator, Secretary of State, Representative, Abolitionist and Old Man eloquent. Reflect on his contributions to our developing nation as well as that of his sons, Charles Francis Adams, Ambassador to the Court of St. James during the Civil War and historian and confidant Henry Adams.  
**HIST:703 $19**

653 Tu 7pm-9pm James Gallen  
April 5  
MC - SO, 206

George Armstrong Custer: A Conflicted Legend
George Armstrong Custer is probably the most controversial military figure in American history, particularly due to his untimely defeat at the Little Bighorn. This class will focus upon how the conflicted life and death of Custer moved from history to myth due especially to the efforts of his widow, Elizabeth Custer. We will also explore the myth through examples of art, poetry, film and even music.  
**HIST:703 $19**

650 Tu 7pm-9pm Vincent Heier  
March 8  
MC - SO, 206

Life in Colonial America Before the Revolution
This class is your passport to pre-revolutionary times in America. Europeans in the 1700s were fascinated with news they kept hearing about newly “discovered” land of America, which lead to the founding of the American colonies in that century. The northern colonies developed differently from the southern colonies as a result of immigration trends, geography and many local factors, making for diverse lifestyles for the people of the two regions. You’ll enjoy discovering the foods they ate and the activities that dominated their lives before the American Revolution. Although slavery also existed in the North at this time, there were many other differences that may have made the Civil War inevitable.  
**HIST:703 $19**

PO1 W 10am-12pm Wyann Ward  
March 9  
Thomas Dunn LC

The Reformation and Counter-Reformation Come to America (from 16th Century Europe)
We’ll begin with a brief review of the Reformation period of the 16th Century in Europe. Then, we will turn our attention to America, looking at this Reformation from both the Protestant and Catholic perspectives and how very different they were. We will take this review from the start of the 13 colonies in the 17th century to immigration in the 18th century and end with the early 19th century.  
**HIST:703 $49**

P02 Tu 10am-12pm Thomas St John  
April 12 – April 26  
Thomas Dunn LC

Warfare in the Horse and Musket Era
Come spend an evening learning about the armies, weapons and tactics that dominated the 17th, 18th and early 19th centuries. We will discuss how kings and generals used tactics and technology of horse, foot and gun to build empires. Discussions of weapons, tactics and armatures will include illustrative battles of the period. We will explore the tactics of Gustavus Adolphus, Frederick the Great and Napoleon Bonaparte as we travel through this period of military history.  
**HIST:703 $19**

651 W 7pm-9:30pm Craig Ackerman  
March 9  
MC - SO, 206

Revolution
This class is your passport to pre-revolutionary times in America. Europeans in the 1700s were fascinated with news they kept hearing about newly “discovered” land of America, which lead to the founding of the American colonies in that century. The northern colonies developed differently from the southern colonies as a result of immigration trends, geography and many local factors, making for diverse lifestyles for the people of the two regions. You’ll enjoy discovering the foods they ate and the activities that dominated their lives before the American Revolution. Although slavery also existed in the North at this time, there were many other differences that may have made the Civil War inevitable.  
**HIST:703 $19**

650 Tu 7pm-9pm Wyann Ward  
March 8  
MC - SO, 206

Civil War in Missouri (1861-1864)
There were more battles and engagements in Missouri than any other Union state. We will see how the war began in Missouri and how it progressed, including the definitive battle for control of Missouri that was fought in a neighboring state. In addition to the major battles, there was guerilla warfare in the Ozarks and other areas. You’ll hear about the home front in Missouri which was likely a more dangerous place to be than any other Union state.  
**HIST:705 $19**

651 W 7pm-9pm Wyann Ward  
March 2  
MC - SO, 206

Fill in your family tree with Genealogy classes at STLCC.
War Within a War: Native American Uprising in Minnesota (1862)

Treaty violations in the late 1850s had left the Dakota-Sioux in Minnesota hungry and discouraged. Then a hunting party of young braves murdered five settlers on their farm in Minnesota. A Native American uprising of peaceful Sioux (who were mainly farmers) followed. Hundreds of settlers and Native Americans were killed. Come hear about the causes, adventures and the conclusion of this great tragedy and the role President Lincoln played in it.

HIST:705 | $19
650 Tu 7pm-9pm Feb. 23
Wynn Ward
MC - SO, 206

Medicine in the Civil War

Medical treatment was still very crude at the time of the Civil War and medicines sometimes did more harm than good. The high percentage of deaths among the wounded wasn’t because of lack of care, as you’ll see, but because of the few and overcrowded hospitals and medical personnel. You’ll hear about the amazing efforts of many famous individuals, such as Clara Barton, Dorothea Dix, Louisa May Alcott, Walt Whitman and Phoebe Pember. Come hear how they all coped.

HIST:702 | $19
P01 Tu 10am-12pm April 5
Wynn Ward
Thomas Dunn LC

The “Other” Vietnam War

From 1945 through 1954 the French fought a war in Vietnam that saw the collapse of her empire in Asia. It laid the groundwork for the war we fought in the 1960s and 70s, but better understanding of this war is needed to properly view our war in Vietnam. The class will focus on military difficulties faced by the French Union as well as the post-war history of Vietnam.

HIST:706 | $19
650 Tu 7pm-9pm April 19
Thomas Hoff
MC - SO, 206

The Waterloo Campaign of 1815

The last four days of Napoleon’s “100 Days” is often viewed through English eyes, but the campaign was fought by the French, the Prussians, the Dutch-Belgians and soldiers from many minor German states. In this class, we will look at the events of June 1815 from a variety of viewpoints, giving a picture that strays from popular perceptions, but is closer to the truth of Napoleon’s last campaign.

HIST:712 | $19
651 Th 7pm-9pm April 14
Thomas Hoff
MC - SO, 206

Irish Witches & Wise Women

Come spend a fascinating evening hearing about the history of witches and witchcraft and how these women were persecuted due to their knowledge of herbs and healing along with prejudice by male physicians and church leaders. Then we will examine, in particular, the history of witches in Ireland and how witch persecution differed in that country.

HIST:712 | $19
650 Tu 7pm-9:30pm March 22
Charles Kikker
MC - SO, 206

Guadalcanal

Operation Shoestring was a battle the United States was not prepared to fight, but was compelled to fight. This class will look at both the land campaign and the naval combat around the island that led to so many ships being sunk that it is now called Iron Bottom Sound. The plans and reactions of both sides are discussed, as they continually poured reinforcements into a battle that neither side expected to be so fierce and costly.

HIST:714 | $19
650 Th 7pm-9:30pm March 3
Chris Ketcherside
MC - SO, 206

Stalingrad

This class will discuss the German offensive into the southern Soviet Union in 1942 and how Stalingrad became an objective. We will look at how the battle was fought from the perspective of both sides along with the details of the Soviet counter-offensive. Was this a turning point in WW II? If not, it was a tremendous loss from which the Wehrmacht would never recover.

HIST:714 | $19
651 Th 7pm-9:30pm March 10
Chris Ketcherside
MC - CN, 225

They Shall Not Pass! World War I in France

If we passeront pas, “They shall not pass” is a phrase used to express determination to defend a position against an enemy. It was most famously used during the Battle of Verdun in the First World War. The impact of the First World War on France was overwhelming, with 1.6 million young Frenchmen dying. This class will examine that war and how it shaped French attitudes during the Second World War and the withdrawal from empire.

HIST:714 | $19
652 W 7pm-9pm March 23
Thomas Hoff
MC - CS, 204

Air Campaign Over Germany (WW II)

With over 30,000 aircraft in over 30,000 Allied airmen in over 33,000 aircraft were lost and the Luftwaffe was completely destroyed in the ferocious battles against German industry. In this class, we will look at the beginnings of the campaign by British forces, the expansion with the entry of the U.S. 8th Air Force among others, and the counter offensive by the Luftwaffe. This will include examinations of significant missions, types of aircraft, effect on civilians and personal anecdotes. Lastly, we will discuss its controversial results.

HIST:714 | $19
PO2 W 10am-12:30pm March 23
Chris Ketcherside
Thomas Dunn LC

Eastern Front: World War II

The Eastern Front was the largest land campaign ever fought, dwarfing others with its colossal scale in distance and numbers. For every German the GIs faced in WWII, three sides believed in and worked toward the establishment of their national survival. This period saw four major wars, their meaning to their people and neighbors. The 1970s, 80s, 90s and the first decade of the 21st century brought important changes for Israel, its neighbors and especially the displaced Palestinians who continued to champion a return to the land that is crucial to their national identity. Please join us to discuss the Camp David Accords, Israel’s war with Lebanon, the Palestinian uprising and other moments of heartbreak and hope in this epic struggle for national survival.

HIST:727 | $19
602 Tu 1pm-3pm March 8
Katie Young
MC - SO, 205

The Arab-Israeli Conflict: Before 1948

To say that the conflict between Arab (mostly Muslim) and Israeli (mostly Jewish) is as old as Abraham is hardly a stretch. This course will highlight major developments in the history of the land that is now the state of Israel prior to its inception in 1948. We will discuss key empires and leaders that governed this important territory, its religious significance and the conflicting claims that groups have made regarding its rightful rule. This class will illustrate the significance of the Zionist movement, the World Wars and the United Nations in the creation of an independent homeland for the millions of formerly diaspora Jews.

HIST:727 | $19
600 Tu 1pm-3pm Feb. 23
Katie Young
MC - SO, 205

The Arab- Israeli Conflict: The Intifada (1973)

In recent months, pundits, journalists and politicians have had much to say regarding the continued extension of American aid to Egypt. This course will discuss the birth of this strategic aid package and its connection to Israel. It will bring into focus the cast of characters in Israeli politics and their meaning to their people and neighbors. The 1970s, 80s, 90s and the first decade of the 21st century brought important changes for Israel, its neighbors and especially the displaced Palestinians who continued to champion a return to the land that is crucial to their national identity. Please join us to discuss the Camp David Accords, Israel’s war with Lebanon, the Palestinian uprising and other moments of heartbreak and hope in this epic struggle for national survival.

HIST:727 | $19
602 Tu 1pm-3pm March 8
Katie Young
MC - SO, 205

The Arab-Israeli Conflict: The Post-Intifada Spring of Hope and its Aftermath

The iconic photo of President Clinton standing between Israeli Prime Minister Yitzhak Rabin and PLO chairman Yasser Arafat on the White House lawn in 1993 represents the hope for peace that followed the end of the First Intifada. This course will study that optimistic period, in which it appeared that continued violence, key figures on both sides believed in and worked toward the establishment of a Palestinian state in exchange for peace. It will examine the roles of the United States, internal Israeli politics, a divided Palestinian people, regional strife and international forces in the pursuit and devastating collapse of peace. The series will conclude with an overview of the key issues that continue to thwart a comprehensive Arab-Israeli settlement.

HIST:727 | $19
603 Tu 1pm-3pm March 22
Katie Young
MC - SO, 205

Exclamation Point!

“I love the History classes with STLCC Continuing Education. I’ve found that they have great instructors that are enthusiastic about history, and share everything from the general facts to little-known tidbits of information.”

Marcus J., Creve Coeur
Religion in St. Louis

Religion has always played a major role in our local culture. In the earliest days, Catholicism dominated the St. Louis area. Today we have grown to many denominations and faiths. Join us in the classroom as we take a look at traditions and personalities that built the religious history of the St. Louis area. This class is not a prayer meeting, but dovetails beautifully with several local tours that follow (see TRIP 701-MD2, TRIP 701-MD3 and TRIP 702-MD3) when we will visit some of the buildings and hear the stories from the congregations.

Religion and Its Role in World History

Come join us for an exciting journey as we investigate the question: "What is religion?" Our popular instructor will include a brief survey of world religions that shows the compelling impact of religion on significant historical events. This class is a recommended prerequisite for the Introduction to Eastern Religions and an Introduction to Western Religions which will discuss five major world religions.

New Oil: The Fuel That Drives U.S. Foreign Policy

in the past decade, the United States has reduced its petroleum imports by 20%. Though foreign oil now fuels less than half of our daily habit, Americans’ disparate use of global oil will continue to drive foreign policy. This course will examine how the oil that has taintalized and entangled our nation has played a role in nearly every major U.S. military engagement since World War II. It will reveal the patterns, decisions and partnerships that have directed and resulted from the substance that President Jimmy Carter deemed a national security imperative. Please join us to explore the history of America’s relationship with its favorite non-renewable resource.

New Capitalism vs “The Golden Rule”

There is an ongoing debate and concern about the widening gap in wealth and the disappearing middle class. In this evening session, we will examine the possibility of building a partnership between capitalism’s credo to maximize profit and religion’s credo of “The Golden Rule.” Are there truly workable solutions or is this a naive question? We’ll find the answers between rigid political rhetoric and being politically correct. Come join the conversation and rethink the rules of America’s economic model, redefining social justice.

Does God Really Exist?

People through the centuries have pondered the question: “Does God Really Exist?” In this class, we’ll explore the arguments for and against God’s existence, from Aristotle to Aquinas to Richard Dawkins. We’ll consider all views, from the rational to the emotional, and discuss those we feel have merit. Be prepared to examine for yourself where your own thoughts and feelings about God’s existence match up with those of some of the most brilliant minds in history.

Religion and Society

This class defines religion broadly. We will examine the role religion plays in creating society’s standards and rules. What is the purpose of community creeds, rites and beliefs? How do we define what is different between sacred and profane? Where do we draw the line between ‘us’ and ‘them’? We will use the classic works of sociologists to answer the fascinating questions regarding the role religion plays in society, both positive and negative. Come join the conversation and share insights.

Politics and Religion

To begin to understand today’s hot issues surrounding religion and politics in the U.S., we have to start with the Constitution and the founding fathers said about the separation of church and state. Using speeches, letters and articles, we’ll examine historical issues that have brought politics and religion face-to-face. We’ll conclude with a discussion of Senator John Danforth’s writing on faith and politics. Join us for a lively, thought-provoking evening.

Catholic Church Crisis: From Local Tragedy to World-wide Scandal

In this class, we’ll explore some of the root causes of the sex abuse scandal and the cover-up. What was the psychological profile of the abusers? What was the church document called “Crimen Solomonis”? How did vows of silence and obedience affect the scandal? We will use the works of journalists David France (Our Fathers) and Michael D’Antonio (Mortal Sins) in our exploration and discussion, as we learn how and why the scandal was able to grow into a world event.

Religion and Its Role in Western History

Come join us for an exciting journey as we investigate the question: “What is religion?” Our popular instructor will include a brief survey of world religions that shows the compelling impact of religion on significant historical events. This class is a recommended prerequisite for the Introduction to Eastern Religions and Introduction to Western Religions which will discuss five major world religions.

New Capitalism vs “The Golden Rule”

There is an ongoing debate and concern about the widening gap in wealth and the disappearing middle class. In this evening session, we will examine the possibility of building a partnership between capitalism’s credo to maximize profit and religion’s credo of “The Golden Rule.” Are there truly workable solutions or is this a naive question? We’ll find the answers between rigid political rhetoric and being politically correct. Come join the conversation and rethink the rules of America’s economic model, redefining social justice.

Does God Really Exist?

People through the centuries have pondered the question: “Does God Really Exist?” In this class, we’ll explore the arguments for and against God’s existence, from Aristotle to Aquinas to Richard Dawkins. We’ll consider all views, from the rational to the emotional, and discuss those we feel have merit. Be prepared to examine for yourself where your own thoughts and feelings about God’s existence match up with those of some of the most brilliant minds in history.

Religion and Society

This class defines religion broadly. We will examine the role religion plays in creating society’s standards and rules. What is the purpose of community creeds, rites and beliefs? How do we define what is different between sacred and profane? Where do we draw the line between ‘us’ and ‘them’? We will use the classic works of sociologists to answer the fascinating questions regarding the role religion plays in society, both positive and negative. Come join the conversation and share insights.

Politics and Religion

To begin to understand today’s hot issues surrounding religion and politics in the U.S., we have to start with the Constitution and the founding fathers said about the separation of church and state. Using speeches, letters and articles, we’ll examine historical issues that have brought politics and religion face-to-face. We’ll conclude with a discussion of Senator John Danforth’s writing on faith and politics. Join us for a lively, thought-provoking evening.

Catholic Church Crisis: From Local Tragedy to World-wide Scandal

In this class, we’ll explore some of the root causes of the sex abuse scandal and the cover-up. What was the psychological profile of the abusers? What was the church document called “Crimen Solomonis”? How did vows of silence and obedience affect the scandal? We will use the works of journalists David France (Our Fathers) and Michael D’Antonio (Mortal Sins) in our exploration and discussion, as we learn how and why the scandal was able to grow into a world event.

Religion and Its Role in World History

Come join us for an exciting journey as we investigate the question: “What is religion?” Our popular instructor will include a brief survey of world religions that shows the compelling impact of religion on significant historical events. This class is a recommended prerequisite for the Introduction to Eastern Religions and Introduction to Western Religions which will discuss five major world religions.

Religion and Its Role In World History

Come join us for an exciting journey as we investigate the question: “What is religion?” Our popular instructor will include a brief survey of world religions that shows the compelling impact of religion on significant historical events. This class is a recommended prerequisite for the Introduction to Eastern Religions and Introduction to Western Religions which will discuss five major world religions.

**Exclamation Point!**

“Religion classes that I have attended with Continuing Education have been deep, captivating, and thought provoking.”

Steve B., Ballwin, MO
Tours and Trips

Exploring St. Louis
Discover places you probably haven't seen before in the St. Louis area. Some are historical and some so new you may be the first of your friends to visit. We carpool but there is always space in a car for a non-driver. Admission fees are extra and bring a lunch the first day. Start exploring with us. Every week is a fun adventure! Walking involved. First class meets on campus, followed by a tour. Class meets off-campus after first class. Withdrawal deadline for refund: 4/8.

TRIP:701 | $99
MD5 F 9am-10:30am  Joan Huisenga
April 29  MC - CE
F 10:45am-3pm
April 29  MC - Off Campus
F 9am-3pm
May 6-20  MC - Off Campus

Re-live the 1904 World's Fair
Join us for an illustrated, narrated tour of the actual fair grounds of the 1904 World's Fair in and around Forest Park. Travel back in time through a narrated 3-D stereoscopic slide presentation, then travel to the sites of the marvels you've just seen. Fee includes a light lunch of foods made famous at the fair and print materials (including maps). Special 3-D glasses are supplied. Some walking required. Provide your own transportation for the tour. Rain date: 4/23.

TRIP:701 | $45
480 Sa 8:30am-1:30pm
Doug Schneider
April 16  Charles Koehler
FP - G Tower, 113

Behind the Scenes (A Mystery Tour)
Prepare to be amazed as we go behind the scenes to a place you probably haven't been (or if you have, you'll see it in a whole new way)! You'll see things you don't ever see as we explore exciting places in St. Louis. Trip includes transportation, tour guide, lunch, admissions, and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 3/4.

TRIP:701 | $99
MD1 Th 9am-3pm  Joan Huisenga
March 24  MC - Off Campus

Angeles, Miracles and Stained Glass Windows
Steeples in the sky proclaim some of our earliest religious history as we visit several of St. Louis' downtown and midtown churches. Although we can't reveal which churches we'll be visiting that day, we guarantee you'll see magnificent structures along with beautiful and inspiring stained glass windows. Lunch will be out of pocket at St. Raymond's. Trip includes transportation, tour guide, donations and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 3/11.

TRIP:701 | $99
MD2 W 9am-3pm  Joan Huisenga
March 30  MC - Off Campus

World Religions
St. Louis has always been an immigrant city. These settlers brought their religious traditions and denominations with them from many countries. You'll get a global perspective without leaving the Saint Louis area. Come along with us as we take our inspiring tour of the sanctuaries of different world religions. This year, we will tour two locations and bring more of their religious traditions and denominations with us. Trip includes transportation, tour guide, donations, lunch and donations. Meet tour bus in Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 3/16.

TRIP:701 | $99
MD3 W 9am-3pm  Joan Huisenga
April 6  MC - Off Campus

Jewish in St. Louis
Your day will begin at the Holocaust Museum and Learning Center for a thorough exploration of the exhibits and audio-visual presentations. You'll learn a delish local Jewish deli lunch before our visit to the Central Reform Congregation for a tour and lecture by the rabbi who will speak of the Jewish faith, worship practices and history. Our final stop will be a Jewish cemetery to learn about the beautiful, unique graves associated with Jewish law. Tour includes transportation, tour guide, admission, lunch and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 3/30.

TRIP:701 | $99
MD4 Th 10am-3:30pm  Dea Hoover
April 21  MC - Off Campus

Money$: Inside the Economy
Money, money, money! We know how to spend it, but have you wondered how prices and our spending are influenced by U.S. monetary policy? Inside the Economy Museum at the historic Federal Reserve Bank of St. Louis, you'll immerse yourself in a one-of-a-kind experience that explains the economy and your role in it. **PLEASE NOTE: every participant will need to bring a government issued photo ID and must clear through security through a metal detector. Enjoy lunch in at Mike Shannon's Restaurant A former bank, its vaults in the basement act as a wine cellar. We'll stop for dessert at Shaw Coffee on our way to visiting the Newman Money Museum at Washington University. The museum houses exhibitions and audiovisual displays relating to the history of coin and currency. You'll leave understanding your money in ways you never imagined! Tour includes transportation, admissions, lunch, dessert and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 4/8.

TRIP:701 | $99
MD6 F 9:30am-4pm  Dea Hoover
May 6  MC - Off Campus

Homes of the Captains of Industry
Your tour will begin at the Latzer Homestead, built by the founder of Pet Milk, where you'll enjoy a guided tour of the home and a visit to the Pet Museum. Enjoy an authentic German lunch at the renown Roemer Topf restaurant in Mascoutah. Next stop is a guided tour of the Magic Chef Mansion, one of St. Louis' premiere old-world estates. Tour includes transportation, tour guide, admissions, lunch and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 4/8.

TRIP:702 | $99
MD7 M 9am-4:45pm  May 23  MC - Off Campus
Meet tour bus in Lot E on NW side of the Meramec campus.

VD2 M 8:30am-5:30pm  May 23  FV - Off Campus
Meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus.

Amish Experience in Arthur, Illinois
Step back in time to see a simpler religious lifestyle as we visit the hard-working Amish in their homes and businesses. We'll stop at an auction, visit a buggy shop, grocery store and quilt shop, have a delicious, hearty feast in an Amish home and pick up a treat at a candy shop as we tour the countryside. We'll spend a delightful day learning about the Amish lifestyle and customs. (NOTES: Credit cards are not usually accepted for purchases. Also, due to road construction, return time may be delayed). Trip includes transportation, tour guide, lunch, admissions and gratuities. Meet tour bus in Lot E on NW side of Meramec campus. Withdrawal deadline for refunds: 3/11.

TRIP:702 | $99
MD2 Sa 8am-6pm  April 2  Joan Huisenga  MC - Off Campus

German Lutherans
Lutherans were the only religious sect ever to come to St. Louis as a group. They ended up sending part of their population to Perry County, where many of the ways that became the Missouri Synod Lutherans were established. Join us as we tour these historic sites in Altenburg and Frohna and enjoy a delicious German-inspired lunch. Trip includes transportation, tour guide, gratuities, lunch and admissions. Meet tour bus in Lot E on NW side of the Meramec campus. Withdrawal deadline for refund: 3/22.

TRIP:702 | $79
MD3 W 8:30am-5pm  April 13  Joan Huisenga  MC - Off Campus

National Churchill Museum and Crane's Country Store
Travel to Fulton for a tour to remember. Lunch will be at Bek’s historic downtown, then over to St. Mary the Virgin, Aldermanbury Church and Churchill Museum in Fulton, MO, the site of Churchill’s famous “Iron Curtain” speech. The museum is filled with a priceless treasury of artifacts and information relating to the life and times of Sir Winston Churchill. The Church which houses the museum is a 12th century British church, redesigned in 1677 and relocated to Fulton. We’ll stop on the way home for ice cream and a tour of Crane’s Country Store and Museum, founded in 1899, taking you back to a simpler way of life and country living. Tour includes transportation, tour guide, admissions, lunch, ice cream and gratuities. Withdrawal deadline for refund: 4/25.

TRIP:702 | $99
MD7 M 9am-4:45pm  May 23  MC - Off Campus
Meet tour bus in Lot E on NW side of the Meramec campus.

VD2 M 8:30am-5:30pm  May 23  FV - Off Campus
Meet tour bus at the top of the circular driveway between the Administration and Social Science buildings at the Florissant Valley campus.

Personal Enrichment

Convenient, Affordable, and Effective.
Take ed2go courses anywhere and anytime! When it’s most convenient for you.
We offer you hundreds of engaging online courses for adults, covering every topic from SAT Test Preparation to Web Design. Each ed2go course comes equipped with a patient and caring instructor, lively discussions with your fellow students, and plenty of practical information that you can put to immediate use.

Visit our site to learn more...
www.ed2go.com/stlcc/
Route 66, Illinois Part I: Mitchell to Litchfield
Doug Schneider will be leading Route 66 tours this spring; it’s your chance to cross the Mississippi and explore the Mother Road in Illinois. There’s a lot to see, including the Rabbit Ranch (VW rabbits and bunny rabbits), remains of the Interurban, Mother Jones’ grave and a Route 66 gas filling station turned into a dentist’s tooth filling office. We’ll also see where Al Capone liked to hang out, visit a mustang corral and a Route 66 museum, have lunch at an iconic Route 66 restaurant, visit a preserved 1926 Shell station, see the late Joe Williams’ favorite drive-in movie theater and more. It’s Route 66-Illinois at its finest! Tour includes transportation, admissions, lunch, a souvenir Rabbit Ranch matchbook and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 3/21.
TRIP:702 | $89
MD4 Th 8:30am-4:30pm
April 14
Douglas Schneider
MC - Off Campus

Route 66, Illinois Part 2: Springfield to Carlinville
Doug Schneider will be leading Route 66 tours this spring; it’s your chance to cross the Mississippi and explore the Mother Road in Illinois. There’s a lot to see, including: a motorcycle club’s Route 66 mural, visit the home of the corn dog for a morning corn dog or doughnut, see a patriotic muffler man and get photographed by the turkey tracks. Lunch will be in a well-preserved 1929 soda fountain, with a chance to visit a 19th century pharmacy. We will drop in at Becky’s Barn, visit a neon museum and meet the man who did all the draperies for the Abraham Lincoln Presidential Library. We will see the Battle of Virden monument and drive a unique stretch of brick Route 66 pavement. Tour includes transportation, corn dog/doughnut, buffet lunch and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refund: 3/25.
TRIP:702 | $89
MD5 Th 8:30am-4:30pm
April 21
Douglas Schneider
MC - Off Campus

New Harmony, Indiana: Land of Utopias
Did Utopia really work...? Come explore New Harmony, a quiet Indiana river town that tried communal living and experimented with scientific living experiences. Today it is a living history area. We’ll start our day at the architectural gem, the Antheneum, for a video presentation and see the famous roofless church. Lunch will be at the renowned Red Geranium. A tram tour of the town will follow, allowing for short walking tours of many of the historical buildings. There will be a bit of free time for shopping or walking around this beautifully preserved community. Trip includes all transportation, tour guide, lunch, admissions and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refunds: 4/26.
TRIP:702 | $99
MD6 Th 7:45am-6pm
April 21
Joan Huisinga
MC - Off Campus

Spring Fling! A Day in the Countryside
May is the perfect time of year to spend a day in the countryside and pay a visit to the old historic stone village of Mayestown. Among our many stops, we’ll include a winery, an old stage coach stop and a country museum. You can be sure there are special plans for a delightful lunch. Trip includes transportation, tour guide, lunch, and gratuities. Meet tour bus on Lot E on NW side of Meramec campus. Withdrawal deadline for refunds: 5/6.
TRIP:702 | $79
MD8 Th 9am-4pm
May 26
Joan Huisinga
MC - Off Campus

Great Tips for Traveling Abroad
Planning an international trip this year? Many mistakes can be avoided by tapping the brains and experiences of those who’ve been there. Our instructor has traveled through Italy, Turkey, Austria, England, France, Greece, China and Egypt and has lots of helpful tips for what to bring (and more important: what not to bring!), the best ways to pack, things to do before you leave (home safety) plus lots and lots of tips on traveling internationally. Little things can make a big difference in your experience. If you’re planning to go abroad, make this class your first stop!
TRIP:703 | $25
920 W 6:30pm-8:30pm
March 2
Fred Miller
U. City H.S., 110
Recreation, Fitness and Wellness

Recreation and Sports

Bowling

Bowl with a Pro
Have fun and learn new techniques, whether you are just beginning or looking to bring your game up a notch. Bowl 2 games with a professional bowler while learning proper swing technique, footwork, release points and basic pocket alignment. Extra fees for games and shoe rental each week.

PEDU:772 | $49
M01 Tu 3pm-5pm Charles Kelly
March 8 – March 29 Crestwood Bowl
M02 Tu 2pm-4pm Charles Kelly
April 12 – May 3 Crestwood Bowl

Cards and Games

Bridge: Beginning
This class teaches the bidding, play, defense and etiquette used in contract bridge. It also provides the opportunity to learn the SAYC (Standard American bidding.) No class 3/15.

GAME:701 | $99
M01 Tu 2:45pm-4:45pm Phyllis Siegel
Feb. 2 – March 29 Affton WR Comm Ctr
No class 3/15
650 M 5pm-7pm Phyllis Siegel
Feb. 1 – April 4 MC - SW, 209
No class 2/15, 3/14
651 M 7pm-8pm Phyllis Siegel
Feb. 1 – April 4 MC - SW, 209
No class 2/15, 3/14

Bridge: Supervised Party Bridge with Intermediate Instruction
Practice what you learn in a structured party bridge setting. You will be playing bridge, keeping score, and learning how to play your hand more skillfully. Prerequisite: A firm grasp of beginning Bridge.

GAME:702 | $49
M01 Tu 2:45pm-4:45pm Phyllis Siegel
April 12 – May 10 Affton WR Comm Ctr, B
No class 4/26
650 M 5:01pm-6:59pm Phyllis Siegel
April 11 – May 9 MC - SW, 209
No class 4/25
651 M 7pm-9pm Phyllis Siegel
April 11 – May 9 MC - SW, 209
No class 4/25
550 Th 7pm-9pm George Hawley
March 31 – April 28 FV - SC, PDR-A

Chess: Beginning to Intermediate
This class is designed for those who want to learn the basics of chess or who would like to advance their basic skills and improve their tournament play. Beginning skills covered will include moves of the pieces, reading and writing chess notation, move selection principles, middle game tactics, endgame principles and checkmate. More advanced players will learn opening system for white, opening system for black, middle game tactics, endgame studies, and review of masters games. Cost includes chess book provided at first class. Instructor is on the Board of Directors of Missouri Chess Association and has over 30 years of chess coaching experience.

GAME:710 | $59
P01 Tu 7pm-9pm Edward Baur
Feb. 2 – March 1 Chess Club & Scholastic Ctr SL

Fencing

Fencing: Beginning I & II
Learn the basics of swordplay in beginning fencing. Class emphasizes basics of footwork, bladework, and boutting and will accommodate returning students as well with instruction to expand technique. Equipment provided. No class 3/16.

PEDU:745 | $59
920 W 6pm-6:55pm Phyllis Siegel
Feb. 24 – April 20 U. City H.S., GIRLS GYM

Motorcycle Rider Training

Motorcycle Safety Basic Rider Course (BRC)
The Basic Rider Course (MSF-BRC) is geared toward the novice motorcyclist or scooter operator, but will also provide an excellent skills update for the returning rider or those experienced with no previous formal training. The course consists of classroom and on-bike instruction with furnished motorcycles or scooters (loaner scooters are limited - check availability before registering; however personal scooters are permitted). Those who successfully complete the course will be issued a completion card from the Missouri Motorcycle Safety Program which is a waiver for the road test portion of the Missouri license endorsement. Students must be at least 15-1/2 years old and able to ride a bicycle. Those under 18 years of age must have a release form signed by a legal guardian or parent. Students must bring DOT-approved helmet (loaner helmets available), boots, gloves, long-sleeved jacket or heavy shirt, eye protection, sturdy pants, bring a photo ID, and show proof of medical insurance. At the discretion of the instructors, students who are unable to safely operate the motorcycles will be dismissed from class for their own protection and the safety of the group. No refunds will be given if you are unable to complete the class for any reason. Class held rain or shine. Call for a detailed brochure: (314) 984-7777. To view a 5-minute video of Basic Rider Course highlights, go to msf-usa.org.

MOTR:701 | $225
481 SaSu 9am-7pm March 12 – March 13 FP - D Tower, 215
482 SaSu 7am-5pm April 2 – April 3 FP - D Tower, 215
483 SaSu 9am-7pm April 2 – April 3 FP - D Tower, 215
484 SaSu 7am-5pm April 9 – April 10 FP - D Tower, 215
485 SaSu 9am-7pm April 9 – April 10 FP - D Tower, 215
486 SaSu 7am-5pm April 16 – April 17 FP - D Tower, 215
487 SaSu 9am-7pm April 16 – April 17 FP - D Tower, 215
488 SaSu 7am-5pm April 23 – April 24 FP - D Tower, 215
489 SaSu 9am-7pm April 23 – April 24 FP - D Tower, 215
490 SaSu 7am-5pm April 30 – May 1 FP - D Tower, 215
491 SaSu 9am-7pm April 30 – May 1 FP - D Tower, 215
492 SaSu 7am-5pm May 21 – May 22 FP - D Tower, 215
493 SaSu 9am-7pm May 21 – May 22 FP - D Tower, 215

Basic Bike Bonding Rider Course (BBBRC)
Bike Bonding refers to the connection and interaction of the rider and motorcycle. Good bike bonding helps riders automate their physical skills so they can devote more attention to road and traffic conditions (searching and evaluating). The objective of the Basic Bike Bonding Course is to develop and practice basic skills beyond those acquired in the Basic Rider Course. The course is designed to provide sufficient control skills to handle a motorcycle in more challenging street situations in a low risk, effective, and enjoyable training environment. The BBBRC is also an excellent refresher course for those that may not have ridden for a period of time since their Basic Rider Course or desire additional practice time. You must have completed the BRC or have sufficient riding skills and experience to operate a motorcycle with basic proficiency. Students must have a motorcycle endorsement or motorcycle permit. There is no classroom portion to this course. Training motorcycles are provided. The BRC or Returning Rider BBBRC are recommended prerequisites for the novice rider; however, not required. Must have motorcycle permit or an endorsement. Be 18 years of age or older. This is not a MO State waiver class.

MOTR:703 | $59
480 Sa 7am-12pm May 14 FP - D Tower, 215
Golf: Beginning I
Learn the basic fundamentals of golf: grip, set up, mini-swing, full swing, putting and chipping.
PEDU:730
Four Sessions | $45
801  Th 7pm-8pm  Golfport-MH
March 24 – April 14
802  Th 6pm-7pm  Golfport-MH
April 28 – May 19
803  Sa 9am-10am  Golfport-MH
April 2 – April 23
810  W 7pm-8pm  Golfport-MH
March 30 – April 20
501  M 6pm-7pm  Golfport-MH
April 30 – May 21

Women Only
800  Th 6pm-7pm  Golfport-MH
March 24 – April 14
804  Sa 11am-12pm  Golfport-MH
April 30 – May 21

Six Sessions  |  $59
880  Tu 7pm-8pm  The First Tee
April 5 – May 10
881  W 6pm-7pm  The First Tee
April 6 – May 11
882  Sa 10am-11am  The First Tee
March 29 – May 3
890  Tu 9am-10am  Tower Tee
March 21 – April 25
891  M 7pm-8pm  Tower Tee
April 7 – May 12
892  Th 6pm-7pm  Tower Tee
April 7 – May 12

Golf: Beginning II
Review fundamentals presented in Golf: Beginning I with special emphasis on correcting individual swing faults.
PEDU:731
Four Sessions | $45
800  Tu 11am-12pm  Golfport-MH
April 26 – May 17
801  Th 7pm-8pm  Golfport-MH
April 28 – May 19
803  Sa 10am-11am  Golfport-MH
April 30 – May 21
810  W 5pm-6pm  Big Bend GC
March 30 – April 20
811  M 5pm-6pm  Big Bend GC
April 11 – May 2
813  Su 1pm-2pm  Big Bend GC
April 24 – May 15
820  Sa 10am-11am  Eagle Springs
April 2 – April 23

Women Only
802  Sa 11am-12pm  Golfport-MH
April 2 – April 23

Six Sessions  |  $59
880  Tu 6pm-7pm  The First Tee
April 5 – May 10
881  W 7pm-8pm  The First Tee
April 6 – May 11
890  Tu 10am-11am  The First Tee
March 29 – May 3
891  Th 5pm-6pm  Tower Tee
March 21 – April 25
892  M 6pm-7pm  Tower Tee
April 2 – April 23

Golf: Short Game Skills
Whether you are a beginning student or just wanting to improve your golf game, this class will cater to you. Class will cover putting, chipping and pitching.
PEDU:732
Four Sessions | $45
820  M 6pm-7pm  Eagle Springs
March 28 – April 18
891  Th 10am-11am  Tower Tee
Feb. 18 – March 24
892  W 6pm-7pm  Tower Tee
March 30 – May 4
894  Th 7pm-8pm  Tower Tee
April 7 – May 12
897  Sa 10am-11am  Tower Tee
April 2 – May 7
882  Sa 11am-12pm  The First Tee
April 2 – May 7

Golf: Combo Class
Class is a combination of short game, full swing and on course lessons. The first few classes will be on the practice range and remaining will be on the course. On course strategy and mental game will be discussed.
PEDU:732 | $59
890  Th 9am-10am  Tower Tee
Feb. 18 – March 24
893  W 7pm-8pm  Tower Tee
March 30 – May 4
895  Sa 10am-11am  Tower Tee
Feb. 13 – March 19
896  Sa 8am-9am  Tower Tee
April 2 – May 7
898  Sa 11am-12pm  Tower Tee
April 2 – May 7

Play Better Golf
Become the best golfer you can be! Instruction will focus on putting, short game skills, and learning how to drive the ball further with more accuracy so you can start lowering your scores today. Open for all skill levels and balls will be provided. Class meets at Creve Coeur Municipal Golf Course (mandatory first class meets Tuesday, 4/19; remainder of classes meet on Sunday, 4/24-5/15). For details contact instructor (314-434-4715, melvinkeelman@att.net).
PEDU:732 | $39
V01  Tu 5:30pm-7pm  Creve Coeur Mun. Golf
April 19
Su 9am-10am  Creve Coeur Mun. Golf
April 24-May 15

Golf: Parent/Child - 4 Sessions
Attend class with your child, ages 7-15, and have fun learning the basics of golf together! Registration required for each participant.
PEDU:732 | $45
810  W 6pm-7pm  Big Bend GC
March 30 – April 20
811  Su 12pm-1pm  Big Bend GC
April 24 – May 15

Golf: Playing Lessons
Enjoy this unique opportunity to play with an experienced golf instructor. PGA professional will take you and other students on course to play up to nine holes. Class is for golfers who have had prior instruction but have difficulty taking their game to the next level. Be prepared to pay $15 to play up to nine holes on the course includes a riding cart. Meet instructor at Eagle Springs Clubhouse. Tee time is 5pm sharp.
PEDU:732 | $39
821  M 5pm-7:30pm  Eagle Springs
May 2
822  M 5pm-7:30pm  Eagle Springs
May 16

Golf: Parent/Child - 4 Sessions
Attend class with your child, ages 7-15, and have fun learning the basics of golf together! Registration required for each participant.
Tennis

Tennis: Beginning I (NTRP 1.0-2.0)
See NTRP Rating Box.
PEDU:733 | $69
M02 Tu 1pm-2pm
Feb. 2 – March 15 Vetta
M04 Sa 3:30pm-4:30pm
Feb. 6 – March 19 Vetta

Tennis: Beginning I & II (NTRP 1.0-2.5)
See NTRP Rating Box.
PEDIU:733
Four Sessions | $55
April 28 – May 19 Sunset Hills Watson Trails

Tennis: Intermediate I (NTRP 3.0)
See NTRP Rating Box.
PEDIU:735
Four Hours | $55
M05 Th 5pm-6pm
April 28 – May 19 Sunset Hills Watson Trails

Six Hours | $85
M06 Sa 4pm-5pm
Jan. 30 – March 5 Forest Lake TC
M07 Sa 4pm-5pm
April 2 – May 7 Forest Lake TC
M09 Sa 10am-11am
April 9 – May 14 Queeny Park Rec
720 MW 7pm-8pm
May 2 – May 18 Ladue Mid. School

Tennis: Intermediate I - Advanced (NTRP 3.0-4.0)
See NTRP Rating Box.
PEDIU:736 | $95
M03 Th 8:30pm-10pm
Feb. 11 – March 17 Vetta
M04 Th 8:30pm-10pm
March 31 – May 3 Vetta

10.5 hours | $95
M01 Tu 2pm-3:30pm
March 29 – May 10 Vetta
M02 Th 2pm-3:30pm
March 31 – May 12 Vetta
M08 Sa 4:30pm-6pm
April 2 – May 14 Vetta

Tennis: Intermediate II (NTRP 3.5-4.0)
See NTRP Rating Box.
PEDIU:737 | $85
Four Sessions | $69

Tennis: Intermediate II to Advanced (NTRP 3.5-4.0)
See NTRP Rating Box.
PEDIU:738 | $95
Two Sessions | $69

Helpful Information

April 2 – May 14 Chesterfield Ath.

Team Sports

Men’s Basketball: Recreational
Tired of “riding the pine?” Get up and play! A great way to have fun and get exercise. All levels welcome; just register and come play! Bring a white and a dark colored t-shirt to class. Do not wear jewelry. No class 3/15, 3/22.
PEDIU:701 | $59
730 Tu 7pm-8:30pm Richard Bannecker
Feb. 9 – May 10 Oakville Sr. H.S., GYMB

Volleyball: Recreational
Keep fit, have fun and make friends. Just register and come play! All levels welcome. No class 3/18.
PEDIU:704 | $69
580 F 7pm-8:30pm Jason Guss
March 4 – May 13 FV-PE, GYM

New Human Foosball League
Taking the classic game of table Foosball to the max! Human Foosball is the newest game picking up popularity that literally puts YOU in the game! Players are attached to beams that slide side to side and fight to score a goal against the other team. Grab some friends and have fun playing games for 6 weeks, then end with a tournament for all teams on the 7th week. Participants must wear rubber soled tennis shoes and sign waiver. Withdrawal deadline: 3/17.
PEDIU:765 | $49
MD2 Th 6pm-9pm G.A.H.F-STL
March 24 – May 5

Do you enjoy tennis? You’ll love pickleball! Check out our classes on page 64.

National Tennis Rating Program (NTRP)

1.0 This player is just starting to play tennis.
2.0 May have had some lessons; needs on-court experience.
2.5 Can sustain a short rally of slow pace; needs to develop form.
3.0 Consistent on medium-paced shots; needs work on form and strategy.
3.5 Consistent with directional control; needs to work on specialty shots.
4.0 Dependable with directional control and depth of play; needs to play more percentage tennis.

Designations used as a tool to assist students when registering for tennis classes:

Beginning I (1.0-2.0): Designed for beginners and those with limited experience with basic tennis strokes. Proper techniques of all strokes will be covered. This class will be self-paced and skills and rules will be discussed. Players will be grouped according to ability.

Beginning I and II (1.0-2.5): Designed for beginners and those who need to brush up on the basics. Techniques covered are forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability.

Beginning II (2.5): Further emphasized is proper stroke development and footwork through the use of drills. Tennis etiquette and rules will be reviewed. Constancy of stroke production is a major goal.

Intermediate I (3.0-3.5): A refresher on proper stroke execution. Drills are used and emphasis is on improved consistency and directional control. Strategy and some match play are covered.

Intermediate II to Advanced (3.5-4.0): This course includes more advanced drills, work on strategy and match play, with a goal of playing better percentage tennis.

Bring tennis shoes and racket. Tennis balls provided. Facilities may not be air-conditioned. Please dress appropriately. Every effort will be made to schedule a make-up class for outdoor classes missed due to rain-outs. However, no refunds will be given for rained-out classes.
Fitness

Aquatics

Attention Water Students: Due to circumstances related to inclement weather, building and/or equipment malfunctioning or maintenance, the pool facilities used by Continuing Education may have to be closed with little or no advance notice. In these cases, no refunds will be offered, nor will make-ups be available because of tight scheduling of swimming, water exercise and other physical education classes. For additional information regarding the various college pools, please call:
- Meramec Pool: 314-984-7172
- Forest Park Pool: 314-644-9717
- Florissant Valley Pool: 314-513-4275

Family Swim
You and your family can have fun as you swim, dive, or lounge in our pool every Sunday. One parent/guardian per 3 children if they can swim. One parent/guardian per non-swimming child. All participants MUST register. Maximum 8 parent/guardian and children per family for $75 registration. No class 2/15, 3/14, 3/15, 3/16, 3/17.
PEDU:720 | $75
580 | Tu 8pm-9:50pm
Jan. 9 – March 3 No class 2/15

Water Exercise: Deep Water Aerobics
Go off the deep end! Exercising in deep water is the perfect way to get a non-impact, full body workout. See and feel the benefits of a great aerobic workout without putting stress on your joints. Safety belts required in deep water. Life jackets NOT recommended.
PEDU:729
12 Sessions | $75
580 | Sa 9am-9:50am
Jan. 30 – April 30 No class 3/19, 3/26
Sandra Liming
FP - PE, POOL

14 Sessions | $85
604 | MW 1pm-1:50pm
Jan. 20 – March 9 No class 2/15
Sandra Liming
MC - PE, POOL

15 Sessions | $89
606 | MW 1pm-1:50pm
March 21 – May 9
Sandra Liming
MC - PE, POOL

Water Exercise: Shallow/Deep Aerobics Combo
Challenge your body and mind with this intense workout in both shallow and deep water. Great exercise for toning as well as increasing strength and endurance. Safety belts required in deep water. Life jackets NOT recommended.
PEDU:729
14 Sessions | $85
650 | MW 6pm-6:50pm
Jan. 20 – March 9 No class 2/15
Terri Williams
MC - PE, POOL

15 Sessions | $89
651 | MW 6pm-6:50pm
March 21 – May 9
Terri Williams
MC - PE, POOL

Aqua Zumba
Splash and dance your way to fitness in this fun, low-impact, water-based workout! Aqua Zumba integrates the Latin-inspired, dance-fitness moves of the traditional Zumba class with water-based exercises.
PEDU:729
12 Sessions | $75
550 | MW 6pm-6:50pm
Jan. 25 – March 7 No class 2/15
Barbara Harris
FP - PE, POOL

553 | MW 6pm-6:50pm
March 28 – May 4
Barbara Harris
FP - PE, POOL

Gentle Aqua Zumba
Splash and dance your way to fitness in this fun, easy to follow, low-impact, water-based workout! Gentle Aqua Zumba integrates the Latin-inspired, dance-fitness moves of the traditional Zumba class with water-based exercises, just at a slower pace. No class 3/17, 3/24.
PEDU:729 | $75
552 | Th 6pm-6:50pm
Feb. 4 – May 3
Neil Skidmore
FP - PE, POOL

Swimming Skills: Beginning/Intermediate
Not the strongest swimmer? It’s time to change that! Acquire basic through intermediate swimming skills, and feel confident in the water and around water activities. Emphasis on the primary strokes, buoyancy techniques, breath control and acquiring endurance.
PEDU:722
12 Sessions | $75
450 | Tu 8pm-8:50pm
Feb. 9 – May 3 No class 2/15
Sandra Liming
FP - PE, POOL

15 Sessions | $89
600 | TuTh 11am-11:50am
March 22 – May 10
Sandra Liming
MC - PE, POOL

Lifeguard Training
Course provides students with the opportunity to complete American Red Cross Lifeguard Certification. Gain the knowledge and skills necessary to keep the patrons of aquatic facilities safe in and around the water. First Aid/ CPR is included. Additional hours required. Prerequisites: Swimming proficiency in an endurance swim and student must be at least 15 years of age. Prerequisite: Endurance Swim - 300 yard swim (100 yards front crawl with rotary breathing and 100 yards breast stroke. Then swim 20 yards to retrieve a 10 lb brick, swim back to start and exit pool in 1 min 40 sec). Available for credit as PE 142 550. Text required - available at Florissant Valley Bookstore.
PEDU:725 | $101
210 | F 4pm-8pm
March 25 – May 13
Stephanie Puricelli
FP - PE, POOL

Water Exercise
Get a total body workout! Tone, strengthen, and achieve flexibility and circulatory endurance while exercising in the water. No more stiff and sore muscles! All skill levels are welcome as you will work at your own pace.
PEDU:729
12 Sessions | $75
450 | Tu 7pm-7:50pm
Feb. 9 – May 3 No class 2/15
Sandra Liming
FP - PE, POOL

15 Sessions | $89
600 | TuTh 11am-11:50am
March 22 – May 10
Sandra Liming
MC - PE, POOL

Family Swim
You and your family can have fun as you swim, dive, or lounge in our pool every Sunday. One parent/guardian per 3 children if they can swim. One parent/guardian per non-swimming child. All participants MUST register. Maximum 8 parent/guardian and children per family for $75 registration. No class 2/15, 3/20, 3/27.

Lap Swim - Meramec
The pool is open for lap swimming during this time. Lockers are available, however, you must provide your own towel and lock for your valuables. No class 2/15, 3/14, 3/15, 3/16, 3/17.
PEDU:721 | $89
600 | M-Th 8am-8:50am
Jan. 19 – May 5 MC - PE, POOL

Lap Swim - Meramec
Come and get a great workout before you start your day! Pool will be set up for students to swim laps during this time. Lockers are available, however you must provide your own towel and lock for your valuables.
PEDU:721 | $89
601 | Tu 7am-7:50am
Jan. 19 – May 3 MC - PE, POOL
No class 3/15

602 | Th 7am-7:50am
Jan. 21 – May 5 MC - PE, POOL
No class 3/17

Lap Swim - Florissant Valley
Come and get a great workout before you start your day! Pool will be set up for students to swim laps during this time. Lockers are available; however you must provide your own towel and lock for your valuables.
PEDU:721 | $79
500 | M-Th 7am-7:50am
Jan. 25 – March 9 FV - PE, POOL
No class 2/15

501 | M-Th 7am-7:50am
March 28 – May 4 FV - PE, POOL

Aquatics Instructor

Barbara Harris
MC - PE, POOL

Gary Ketcherside
MC - PE, POOL

Lisa Huseman
MC - PE, POOL

Sandra Liming
FP - PE, POOL

Stephanie Puricelli
FP - PE, POOL

Gary Ketcherside
MC - PE, POOL

Lisa Huseman
MC - PE, POOL

Sandra Liming
MC - PE, POOL

Sandra Liming
MC - PE, POOL

Exclamation Point!
“I really enjoyed the water exercise class and the exercises. I always feel very good after class for the rest of the day. It certainly helps me to attain my goals of getting my body into shape and feeling good.”
Carolyn P., St. Louis, MO
** PERSONAL ENRICHMENT **

**Aerobic Exercise**

**Aerobic Kickboxing**
Begin class with a warm-up and stretching followed by an aerobic workout including floor work and self-defense moves. A great workout with an experienced instructor from The Martial Arts Center!

PEDU:744 | $69
780 M 7pm-8pm Timothy Toeniskoetter Sperrng, LG GYM
Feb. 1 – April 18
No class 2/15, 3/21
M01 W 7pm-8pm Timothy Toeniskoetter
March 2 – May 4
(Mehlvl)

**Zumba**
Dance your way to fitness with Zumba. Let the Latin music take you away with a combination of Salsa, Merengue, Samba and Zumba. It’s a great high-energy, low-impact workout that’s fun!

PEDU:747 | $69
480 5a 10am-10:50am Eileen Franco
Feb. 20 – May 7 FP – PE, DANCE RM
No class 3/19, 3/26
550 MW 7pm-7:50pm Paula Taylor
Feb. 1 – March 9 FV – PE, 233
No class 2/15
551 MW 7pm-7:50pm Paula Taylor
March 28 – May 2

**Zumba Gold**
Come join the fun and get fit with the upbeat tempo of Latin and International music! Zumba Gold takes a lower intensity approach to Zumba dance, so it’s perfect for older active adults or individuals with limited physical ability. Exercises will include proper breathing and gentle stretching, and are modified to help work on your posture, strength, and balance.

PEDU:747 | $55
M01 W 11am-11:50am
Feb. 10 – March 30 ADIVA Dance Center

**Zumba Toning**
Sculpt your arms, abs, glutes and thighs as you participate in a healthy workout with Latin infused Zumba moves matched to Latin and International music. Using lightweight maraca-like toning sticks, you’ll get a strength-training dance exercise workout like you’ve never done before! Join this exciting class to shape your body naturally into a fit new you! Please bring two 1 lb Zumba toning sticks to class. Available for purchase online.

PEDU:747 | $55
M02 Th 6pm-6:50pm
Feb. 11 – March 31 ADIVA Dance Center

**Dance Aerobics**
Enjoy a fun, full body workout including cardio and toning set to contemporary music. Bring light weights (1-3 lbs) and a mat. No dance experience required. No class 3/23.

PEDU:750 | $75
730 W 6pm-6:50pm Susan Pellegrino
Feb. 3 – April 27 Oakville H.S., CAFE

**Feldenkrais® for Healthy Backs**
Don’t let your back limit you! Whether you have back pain or just want to prevent it, the key to a healthy back is learning how to sense the coordination between your front and back. Learn how to notice the habits that lead to tension and pain, then experiment with movements to change your habits, reduce pain and increase your strength and flexibility. Lessons are done sitting, standing and lying on the floor. Bring a towel and mat. No class 3/23.

PEDU:761 | $59
730 W 7pm-7:50pm
March 18 - April 27
Joanie French
Oakville H.S., CAFE

**Boot Camp with Sharkfitness**
Challenge yourself! Classes consist of resistance training, calisthenics, short runs, and drills designed to work every major muscle group in the 60-minute class. You will learn the correct way to train in terms of form, tempo, and exercise selection. Despite the group setting, this class challenges participants individually to give their best and expect optimal results. Must be able to jog 300 yards without rest. Bring a towel or mat and water.

PEDU:755

**Mornings**
14 Sessions | $180
600 MWF 5:45am-6:45am
Jan. 4 – Feb. 5
No class 1/18
601 MWF 5:45am-6:45am
Feb. 8 – March 11
No class 2/15
15 Sessions | $192
602 MWF 5:45am-6:45am
March 11 – April 22
MC – PE, GYM
603 MWF 5:45am-6:45am
April 25 – May 27
MC – PE

**10 Sessions | $130**
604 TuTh 5:45am-6:45am
Jan. 5 – Feb. 4
MC – PE, GYM
605 TuTh 5:45am-6:45am
Feb. 9 – March 10
MC – PE, GYM
607 TuTh 5:45am-6:45am
March 22 – April 21
MC – PE
608 TuTh 9:30am-10:30am
April 26 – May 26
MC – PE, GYM
610 TuTh 9:30am-10:30am
Feb. 9 – March 10
MC – PE, GYM
611 TuTh 9:30am-10:30am
April 26 – May 26
MC – PE

**Evenings**
Nine Sessions | $120
650 MW 7pm-8pm
Jan. 4 – Feb. 3
No class 1/18
651 MW 7pm-8pm
Feb. 8 – March 9
No class 2/15

**Fun with Fitness**
Ready to reduce stress, increase energy and just have FUN? Get a consistent cardiovascular work-out, increase overall strength with resistance training, and improve your balance, agility and flexibility to change your body from head to toe. This class is designed for all levels of fitness.

PEDU:755 | $59
612 MW 4pm-4:55pm
Jan. 23 – March 9
MC – PE, 201
613 MW 4pm-4:55pm
March 28 – May 9
MC – PE, 201

**Rise and Shine: Senior Workout**
Wonderful total body senior workout program for active older individuals! Join this early morning session for a variety of exercises that are designed to increase muscular strength, range of motion, agility and heart-healthy movement to support the skills required for your daily life. Wake up, work out and feel energized for the rest of the day. No running or jumping in this class. Bring water, towel, small rug or yoga mat and one pair of 2-3lb. weights.

PEDU:755 | $75
614 TuTh 5:55am-6:55am
Jan. 26 – March 3
Gail Velten
MC – PE, GYM
615 TuTh 5:55am-6:55am
March 29 – May 5
Gail Velten
MC – PE, GYM

**Qi Gong - Chair Exercise for Health**
Learn to relax and get energized with this gentle, ancient Chinese form of healing exercise. Qi Gong will increase your flexibility and body strength through deep breathing and meditative movements. Seated stretching from a chair makes this a perfect class for all levels of physical ability!

PEDU:755 | $39
M01 F 8am-9:45am
March 25 – April 22
Kathleen Schabelski
Affton WR Comm Ctr, A

**Dynamic Stretch**
Increase the range of motion in your muscles and joints through specialized lengthening and stretching techniques designed to help release muscle tension, decrease stress and enhance coordination. Bring a towel and mat.

PEDU:755 | $75
616 Tu 8am-8:50am
Feb. 9 – March 3
Gary Ketcherside
MC – PE, GYM
617 Th 8am-8:50am
Feb. 17 – May 12
Gary Ketcherside
No class 3/10, 3/17

**Fitness Flex for Women**
Achieve your fitness goals through low-impact movement using a variety of music and hand weights, concluding with stretching for posture and flexibility. All levels of experience welcome; floor mat and 1-2 lb weights recommended.

PEDU:755 | $75
780 Tu 7pm-7:55pm
Feb. 2 – May 10
No class 3/15, 3/22, 4/5
781 W 7pm-7:55pm
Feb. 10 – May 4
No class 3/23

www.stlcc.edu/ce | 314-984-7777
Spring 2016 Continuing Education | St. Louis Community College 63
Total Body Workout
Get a total body workout using an exercise ball to naturally strengthen, tone and condition your core muscles and back. Exercise movements will also concentrate on stretching, flexibility, balance and posture. Class will end with a relaxing meditation. An effective and non-stressful workout for all ages! Bring a sticky mat, 60 or #8 resistance band and a 65” stability ball. Dumbbells and hand weights are optional. No class 3/21.
PEDU:755 | $59
M03 Tu 1:30pm-2:55pm
Sa 1:30pm-2:55pm
Jan 29 – April 2
July 10 – August 21
Rena Potos
Sperreng, FitRm 54

Nia: A Combination of Cardio and Strength Training
Enjoy this fun, rocking fitness program that blends the movements of dance, martial arts and healing arts (such as yoga). Learn how to work out without pain and enjoy getting fit with movement set to soul-stirring music. Nia is rooted in sensory awareness, joy, pleasure and love for your body. Join a Nia class and free your spirit! All levels and abilities welcome.
PEDU:755 | $59
M03 Sa 8:15am-9:10am
Tu 1:15pm-2:45pm
Karlo McNutt
Dance Arts of St. Louis
M04 Sa 8:15am-9:10am
April 9 – May 14
Karlo McNutt
Dance Arts of St. Louis

Introduction to CrossFit for Masters - Ages 50+
Learn the basic fundamentals of CrossFit, a highly effective strength-and-conditioning system that will help restore and improve mobility utilizing functional movements in a constant varied format. Focus will be on movement mechanics, proper technique, and safety. All fitness levels welcome - ages 50 plus. Bring water.
PEDU:755 | $75
M02 W 10am-11am
March 23 – April 27
BARx CrossFit

Tai Chi
Tai Chi Chih: Beginning
Tai Chi Chih is a moving meditation consisting of 19 movements and 1 pose. Its purpose is to circulate and balance one’s “chi” or vital force life energy. Health benefits include better balance, blood pressure control, and reduction in symptoms associated with stress, shingles, and arthritis.
PEDU:760 | $69
500 Th 4:30pm-5:25pm
Jeanette Miller
Feb. 25 – May 5
FC - CWI, 134
No class 3/17
P01 Tu 2:30pm-3:55pm
Jeannette Miller
Feb. 16 – April 19
Solar Yoga Center

Tai Chi Chih: Continuing
Ready to enhance your Tai Chi Chih practice? Complete a practice of all 19 movements and the final pose each week, explore key principles of the form, and refine individual movements. Prerequisite: Tai Chi Chih Beginning class or equivalent experience.
PEDU:767 | $69
P01 Tu 1:15pm-2:15pm
Feb. 16 – April 19
Jeanette Miller
Solar Yoga Center
P02 Tu 1:15pm-2:15pm
March 3 – May 31
Jeanette Miller
Solar Yoga Center

Tai Chi Chih: Continuing - Mini Session
Ready to enhance your Tai Chi Chih practice? Complete a practice of all 19 movements and the final pose each week, explore key principles of the form, and refine individual movements. Prerequisite: Tai Chi Chih Beginning class or equivalent experience.
PEDU:767 | $39
P01 Tu 1:15pm-2:15pm
March 3 – May 31
Jeanette Miller
Solar Yoga Center

The Great Outdoors

Pickleball: Basics and Continuing
Come join the fun! Pickleball is a fast-growing sport for good reason: it’s easy to learn, easy to play and is great exercise for all ages and abilities. Beginners will learn the basics of Pickleball while Continuing students enjoy recreational play at a more advanced level. All equipment provided, Dress appropriately for outdoor court.
PEDU:739 | $45
M01 M 5pm-5:55pm
April 11 – May 16
Allyson Duffin
Kennedy Rec
M02 M 6pm-6:55pm
April 11 – May 16
Frank Dalton
Kennedy Rec
M03 Sa 9am-9:55am
April 9 – May 14
Allyson Duffin
Kennedy Rec
M04 Sa 10am-10:55am
April 9 – May 14
Frank Dalton
Kennedy Rec

Tree Climbing - Level I
Experience the exhilaration of being in the trees never before! Access parts of the canopy that you never thought possible and enjoy this new sport using ropes and harnesses just like the professionals. Learn basics about tree biology and procedures for climbing safely before starting your climb. Class ends with a survey of climbing gear and techniques. Class does not teach how to climb on your own. Basic physical fitness required - able to easily climb a flight of stairs. All gear is provided. STUDENTS MUST BE REGISTERED, BRING PHOTO ID, AND SIGN WAIVER TO PARTICIPATE IN CLASS. Supply list and directions will be emailed.
PEDU:765 | $49
V01 Sa 9am-12pm
Guy Mott
May 28
EarthDance Farms

Tree Climbing - Level II
Build upon what you learned in Tree Climbing - Level I with state-of-the-art climbing methods that allow you to ascend multiple pitches, travel throughout the canopy and reach the very top of the tree. Small class size and one-on-one training from your instructor, who climbs into the canopy with you, make this a compelling learning experience. Class does not teach how to climb on your own. Basic physical fitness required - able to easily climb a flight of stairs. All gear is provided. Prerequisite: Tree Climbing - Level I or previous introductory climb experience (MOBOT canopy climb, Adventure Tree Open Climb, etc.). STUDENTS MUST BE REGISTERED, BRING PHOTO ID, AND SIGN WAIVER TO PARTICIPATE IN CLASS. Supply list and directions will be emailed.
PEDU:765 | $49
V02 Sa 1pm-5pm
Guy Mott
May 28
EarthDance Farms

Skiing for Beginners
Learn how to use your equipment and basic techniques for gliding and stopping. Safety is the primary focus and fun comes next! Extra clothing (hat, gloves, coat, sunglasses, waterproof pants) recommended. Fee includes the use of skis, boots and poles during class. Students will go through the Group Check In window. Registration/withdrawal deadline: 1/25. No refunds after that date.
PEDU:769 | $45
W01 Th 6:30pm-7:30pm
Jan. 28 – Feb. 11
Hidden Valley
W02 Th 6:30pm-7:30pm
March 12
Hidden Valley

SUP: Stand Up Paddleboarding - Introduction
Stand Up Paddleboarding is a rapidly growing sport that is suitable for almost anyone! Have fun and soak up the benefits of a great exercise while learning how to SUP! Learn proper paddling instruction and get a brief introduction before you hit the water. Once on the water, you will receive continuous instruction as you practice and get comfortable on your board. Dress appropriately for outdoor water activity. Fee includes all equipment.
PEDU:770 | $59
M01 W 5pm-7pm
May 4 – May 11
Water’s Edge
M02 Sa 12pm-2pm
May 7 – May 14
Simpson Lake

SUP: Stand Up Paddleboarding - River Trip
Now that you know what you’re doing, join us on a new adventure in Stand Up Paddleboarding! There really is something about paddling our local rivers and being out among nature. Let SUP St. Louis take you there on a custom guided river trip. Meet at GreenTree Park, 2202 Marshall Rd. Saint Louis, MO 63122 at 10am sharp. Fee includes SUP equipment and transportation up river. Water shoes and sunscreen recommended. Prerequisite: SUP Introduction class.
PEDU:770 | $49
M03 Sa 12pm-2pm
May 21
GreenTree Park

SUP: Stand Up Paddleboarding - Yoga
Leaf the yoga mat behind and enjoy a challenging, core-strengthening exercise on the water! Learn to use breathing, stretching and relaxation techniques as you balance mind and body on a paddle board. All levels welcome; must know how to swim. Dress appropriately for outdoor water activity. Fee includes all equipment.
PEDU:770 | $53
M04 Sa 11am-11:45am
May 7 – May 14
Simpson Lake

About Boating Safety - Adults and Family
Learn general information concerning boats and maintenance, including how to make your boating experience safer and more comfortable. Review laws and regulations to which you must adhere, and discuss tips on how to be a more courteous boat operator. NSBLA approved course, offered by the Coast Guard Auxiliary. Required materials may be purchased at the class for $35 for the first participant, $15 for each additional family member. Those successfully completing this course will receive the Coast Guard certificate necessary for boating license. Lunch not provided. Ages 10-15 allowed to attend with parent. Cost is per participant.
PEDU:781 | $25
480 Sa 8:30am-4:30pm
March 12
FP - G Tower, 111
680 Sa 8:30am-4:30pm
March 5
MC - BA, 118
**Health and Wellness**

**Self Defense**

**Krav Maga**
Are you prepared to defend yourself in an attack? Krav Maga, the preferred system for U.S. military units and law enforcement agencies, is an exciting, aggressive and fast-paced class designed to prepare both the body and mind for violent attacks. Utilizing stress drills designed to mimic real life situations, new students and repeat beginners will practice self-defense and hand-to-hand combat techniques to quickly and effectively finish a fight or attack situation. Class is hands-on and fully interactive. No shoes on mats; athletic wear required.

PEDU:743 | $55
M01 M 6pm-7pm Feb. 29 – May 2 Xtreme Krav Maga
M03 Sa 9am-11:17am March 5 – May 7 Xtreme Krav Maga

**Systema: Health and Breathing for Self-Defense**

Breathing is key to controlling emotions and fear. Learn how to defend yourself against all enemies, including the silent killers of stress, tension, pain and fatigue. Through new and advanced breathing techniques, you will learn the capacity to significantly change your quality of life and improve your skills in self-defense as you learn to control your body in all situations.

PEDU:743 | $59
P01 M 5:45pm-6:45pm March 7 – May 9 Systema St. Louis

**Class Nikita: Covert Self-Defense for Women**

Arm yourself with the skills necessary to handle any violent or confrontational situation with this highly individualized and practical training. Learn hand-to-hand self-defense, situational awareness, armed/unarmed tactical training, child protection, improvised weapons, weapon recognition, realignment, vehicle and home defense, defense against multiple attackers, and psychological manipulation of attackers.

PEDU:743 | $59
P02 Tu 6:30pm-7:30pm March 8 – May 10 Systema St. Louis

**Pro-Active Personal Security and Self-Defense**

Easy-to-learn concepts make this a great seminar for novice students that are interested in practical application of self-defense without countless, complicated techniques. Be pro-active and prepare yourself to face stronger, more skilled, armed and unarmed opponents through a unique combination of demonstrations and hands-on tactics. Athletic wear required.

PEDU:743 | $25
680 Sa 9am-12pm Apr. 2 Dennis Fonod MC - PE, 105
681 Sa 9am-12pm Apr. 30 Dennis Fonod MC - PE, 105

**Wellness**

**Couples Massage**

Enjoy spending time together as you learn gentle ways to comfort and relax your partner. Methods based on Swedish, Russian Massage and Trigger Point Therapy. Partner required. Fee is per couple. Supply list will be emailed.

HEAL:704 | $49
680 Sa 9:30am-3:30pm Alice Sanvito MC - SW, 106
480 Sa 9:30am-3:30pm Alice Sanvito FP - HSP, 221

**MELT®**

Do you suffer from chronic pain? The MELT® Method is a great way to alleviate chronic pain and re-balance the neural core. MELT® is changing the way people care for their bodies. This simple, proactive self-help approach to maintaining a healthy, pain-free, active lifestyle is the best first step for anyone looking to feel better. Regardless of your age, gender, or current activity level, anyone can learn to MELT®! All tools will be provided. Bring plenty of water to drink.

HEAL:709 | $75
M02 Tu 4pm-4:50pm Body by Pilates, April 17 – May 10
M01 Tu 4pm-4:50pm Body by Pilates, March 1 – March 22

**Your Path to Healthy Living**

Start the new year off right! Learn to develop new and natural strategies for better nutrition, exercise, coping skills and sleep. Lifestyle changes are essential to prevent, control and sometimes even improve chronic diseases. Now is the time to balance your life and achieve your goals! Bring a notebook and pen.

HEAL:712 | $25
450 W 7pm-9pm Jan. 20 – Jan. 27
Jane Kaiser FP – G Tower, 321

**Healthy Living**

Are you ready for a healthier you? Living an unhealthy lifestyle increases your risk for high blood pressure, high cholesterol, cardiovascular disease, and diabetes. Learn how to make small changes that produce big results over time. Class will discuss content from “A Bucket of Life,” a medically-based fitness fable designed to educate and motivate students in reclaiming healthy habits. Book recommended but not required. A Bucket of Life, ISBN 978-0615764146.

HEAL:713 | $29
680 Sa 9:30am-12:30pm March 5
James Toombs MC - SO, 112

**The Magic of Coincidence**

Discover how to trust intuition and receive the power of “meaningful coincidences” in life!

PERD:709 | $25
680 Sa 10am-12pm April 2
Roselyn Mathews MC - SO, 109

**Treasure Journaling**

Uncover your personal treasure: your areas of giftedness and genius! Create a ‘treasure journal’ in class to record everyday life experiences, reflect the positive qualities others see in you and become aware of those qualities in yourself. Collage, guided meditation, journaling, and class interaction exercises provide new insights into the amazing person you really are! Supply list will be emailed.

PERD:709 | $49
682 Sa 10am-4pm Feb. 6
Deborah Weltman MC - CE

**“The Artist’s Way” - Overview**

Explore your creative desires and discover how “The Artist’s Way” can help you find trust and joy in your creative self! Learn about the techniques covered in Julia Cameron’s book, “The Artist’s Way: A Spiritual Path to Higher Creativity,” and what to expect in the full 12-week course. Book is not required.

PERD:709 | $25
650 Tu 6:30pm-8:30pm Jan. 28
Deborah Weltman MC - CE

**“The Artist’s Way” - A Spiritual Path to Higher Creativity**


PERD:709 | $125
651 Th 6:30pm-8:30pm Feb. 11 – May 5
Deborah Weltman MC - CE

**Discover Your Talents**

Have you ever wondered what your true strengths are? Many people find it difficult to identify their own strengths, much less know how to articulate them well. Use the highly acclaimed Strengths Finder 2.0 assessment to identify your top 5 strengths and uncover your talents! Learn what differentiates you from others and how to create your own unique recipe for success as you design new life directions. First class meets 4/30 in computer lab, BA-216. Second class meets 5/7 in classroom, BA-203. Text required – bring to first class. Strengths Finder 2.0, ISBN 97819359620156.

PERD:709 | $49
681 Sa 9am-12pm April 30
Carol Watkins MC - BA, 216
Sa 9am-12pm May 7
MC - BA, 203

**Practicing Happiness**

Would you like to feel happier? Positive psychology research is revealing simple but powerful techniques for increasing one’s happiness. Explore a new happiness boosting theme each week and learn several related happiness techniques from a licensed psychologist. Between classes, you will apply the new techniques in real life then share your experiences at the next class. Happiness themes include gratitude, mindfulness, kindness, compassion, social connections, and more. Know how to effectively influence your own happiness and which practices work best for you.

PERD:709 | $49
450 W 7pm-8:30pm Tawni Hoeglund Apr. 10 – March 9
FP – G Tower, 115
600 Tu 10am-11:30am Tawni Hoeglund Apr. 5 – May 3
MC - CS, 104
Basics of Couponing
Are you ready to save money but not sure where to start? Get the coupon basics, tips, and tricks in this 3 hour class. After learning all about how to coupon, put your new skills to the test at a nearby store where the instructor will help walk you through the entire process! Students to provide own transportation and should bring notebook/pen.
PERD:710 | $39
550 M 6:30pm-8pm
March 7
M 8:00pm-9:30pm
March 7
MC - Off Campus

Simplify Life: Spring Cleaning Edition
It's that time of year again! As the world outside begins to transform, so can you! Learn how to simplify your life with great tips from a Professional Organizing Consultant! Improve your time management and learn how to make a big difference in your home with small changes.
PERD:711 | $25
650 Sa 9am-12pm
April 2
Kimberly Meredith
MC - CS, 296

Less Stress, More Energy!
Overcome stress and increase your energy! Recognize how eating and sleeping habits can affect your stress and energy levels. Learn the tools necessary to better manage your stress, sleep, energy, and cravings! Bring notebook and pen.
PERD:712 | $29
450 Tu 6pm-8pm
Feb. 9 – Feb. 16
Hester Owens
FP - G Tower, 111

Meditation for Health and Harmony
Meditation brings relaxation, mental clarity, emotional balance and spirituality. Discover meditation techniques and find the one that's best for you.
PERD:732 | $49
450 W 7pm-9pm
March 30 – April 20
Rhonda Leifheit
FP - B Tower, 013

The Intersection of Business and Spirituality
Enjoy a spirited and respectful conversation with other students who may hold differing opinions. Class dialog will be open-minded discussions, not debates, on various topics including consciously matching your workplace values to your personal values, economic systems, non-traditional business models and cross-cultural concepts. Bring notebook and pen.
PERD:734 | $49
650 Tu 6:30pm-8:30pm
April 5 – April 19
Deborah Weltman
MC - CE

Developing Intuition
Awaken your intuitive abilities and feel comfortable listening to and trusting your intuition. Discover which of your “psychic senses” is naturally strongest: gut feelings, inner listening, or intuitive seeing. Learn a variety of exercises and practices to help develop your intuition; including sensing auras, psychometry (intuiting information by holding objects) and more.
PERD:735 | $49
650 Tu 7pm-9pm
April 12 – May 3
Rhonda Leifheit
MC - CS, 120

Yoga Basics
New to yoga or desire a slow, gentle pace? Learn standard yoga postures, flexibility and correct breathing techniques. Bring a towel and mat. No class 3/21.
PERD:761 | $69
351 W 6:15pm-7:45pm
March 30 – May 11
Robert Gadon
WW, 102B

Gentle Yoga
Enjoy a gentle combination of yoga exercises; helping to improve flexibility and core balance. Great for stress relief and relaxation. Individual yoga practice will be encouraged. Bring a mat, towel and water. CLASS WILL BE HELD IN ARDEN HEAD YOUTH AND COMMUNITY CENTER, 17 SELMA AVE, 63119.
PERD:761 | $79
M10 W 7pm-8pm
February 3 – March 23
Masterpeace Studios

Celebrate the Mind, Body and Spirit!

Lyengar Yoga: Beginning
Well known for its highly developed teaching methodology and rigorous Teacher Training program, Iyengar Yoga's complete integration of postures and Yoga philosophy brings physical health and vigor, mental clarity, emotional serenity and poise. Postures are taught by certified teachers in a safe orderly progression with emphasis on body alignment, intelligent actions in each posture, observation and correction of the students. Lowest level of Iyengar Yoga certification takes 7-10 years. Taught by one of the few Iyengar certified teachers in the St. Louis area. Bring a yoga mat.
PERD:761 | $69
351 W 6:15pm-7:45pm
January 27 – March 9
Robert Gadon
WW, 102B

Lyengar Yoga: Continuing
Well known for its highly developed teaching methodology, and rigorous Teacher Training program, Iyengar Yoga's complete integration of postures and Yoga philosophy brings physical health and vigor, mental clarity, emotional serenity and poise. Postures are taught by certified teachers in a safe orderly progression with emphasis on body alignment, intelligent actions in each posture, observation and correction of the students. Lowest level of Iyengar Yoga certification takes 7-10 years. Taught by one of the few Iyengar certified teachers in the St. Louis area. Prerequisite: Iyengar Beginning or prior yoga experience. Bring a yoga mat.
PERD:761 | $69
351 W 6:15pm-7:45pm
March 30 – May 11
Robert Gadon
WW, 102B

Yogalates
Get the benefits of yoga, pilates and core strengthening as you exercise and stretch. A challenging and relaxing workout in just one class! Bring water, towel and yoga mat.
PERD:756 | $69
10 Sessions | $69
M01 Tu 10:15am-11:15am
March 1 – May 10
Affton WR Comm Ctr, GYM
No class 3/15

13 Sessions | $89
650 M 6:30pm-7:40pm
March 7 – April 27
Katherine McMeans
MC - PE, 105

10.5 Hours | $69
450 Th 6:30pm-7:30pm
March 31 – May 12
Robert Gadon
FP - B Tower, 013

CSI: Distinguishing Between Fact and Fiction
Do you have what it takes to be a detective based on what you have learned from popular crime dramas on television? Learn what is fact and what is Hollywood fiction. Coordinator of the Criminal Justice program at STLCC-Meramec discusses ten of the most prevalent mistakes in forensics-based television shows. Real crime scene photos and cases will be discussed. Participants must be 18 or older.
PERD:756 | $29
550 Th 7pm-9pm
April 21
Michael Hepner
MC - CS, 120

Pilates
Strength, lengthen and tone muscle as well as increase your flexibility. You'll learn how to execute the movements while focusing on breathing, allowing the mind and body to unite. Bring a towel and mat.
PERD:756 | $10 Sessions | $69
M01 Tu 10:15am-11:15am
March 1 – May 10
Affton WR Comm Ctr, GYM
No class 3/15

13 Sessions | $89
650 M 6:30pm-7:40pm
March 7 – April 27
Katherine McMeans
MC - PE, 105

Yoga Philosophy
Yoga philosophy brings physical health and vigor, mental clarity, emotional serenity and poise. Postures are taught by certified teachers in a safe orderly progression with emphasis on body alignment, intelligent actions in each posture, observation and correction of the students. Lowest level of Iyengar Yoga certification takes 7-10 years. Taught by one of the few Iyengar certified teachers in the St. Louis area. Bring a towel and mat.
PERD:761 | $69
351 W 6:15pm-7:45pm
March 30 – May 11
Robert Gadon
WW, 102B

Listening to the Voice of Intuition
Identify, explore and learn how to use your Intuition daily. Everyone has Intuition, but you may not understand how to actually listen to your gut feelings. Meditation exercises, visualization and in-class discussions will enhance your ability to communicate with the universe and listen to your “Inner Voice.” Fee includes textbook.
PERD:735 | $69
550 M 7pm-9:30pm
February 22 – March 7
Jean Walters
PF - C, 113

Lyengar Yoga's complete integration of postures and Yoga philosophy brings physical health and vigor, mental clarity, emotional serenity and poise. Postures are taught by certified teachers in a safe orderly progression with emphasis on body alignment, intelligent actions in each posture, observation and correction of the students. Lowest level of Iyengar Yoga certification takes 7-10 years. Taught by one of the few Iyengar certified teachers in the St. Louis area. Bring a yoga mat.
PERD:761 | Seven Hours | $49
352 W 8pm-8:30pm
March 30 – May 11
Robert Gadon
WW, 102B

Seven Hours | $49
350 W 8pm-8:30pm
January 27 – March 9
Robert Gadon
WW, 102B

10.5 Hours | $69
450 Th 6:30pm-7:30pm
March 31 – May 12
Robert Gadon
FP - B Tower, 013

iyengar Yoga: Beginning
Well known for its highly developed teaching methodology and rigorous Teacher Training program, Iyengar Yoga's complete integration of postures and Yoga philosophy brings physical health and vigor, mental clarity, emotional serenity and poise. Postures are taught by certified teachers in a safe orderly progression with emphasis on body alignment, intelligent actions in each posture, observation and correction of the students. Lowest level of Iyengar Yoga certification takes 7-10 years. Taught by one of the few Iyengar certified teachers in the St. Louis area. Bring a yoga mat.

Celebrate the Mind, Body and Spirit!
Yoga
Relax, calm your mind and experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well-being and integration of mind and body. All levels welcome. Bring a towel and mat.

PEDU 761
Eight Sessions | $59
M07 F 9am-10am Louisa Donovan
March 25 – April 15
Blairwood Park
M11 Tu 6:30pm-7:25pm Louisa Donovan
Feb. 16 – April 19
Garden of Life Spirit. Ctr, MP
No class 3/1, 4/5

10 Sessions | $69
M06 W 9:30am-10:30am Feb. 24 – April 27
Reshma Danan
Queenly Park Rec
M03 M 9:30am-10:30am Feb. 22 – April 25
Reshma Danan
Queenly Park Rec
550 Tu 7:30pm-8:30pm Jan. 1 – May 10
LJ Woolchle
FV-PE, 233
780 M 6:30pm-7:25pm Feb. 22 – May 2
Rena Potos
Sperreg, Fit Rm 54
No class 3/21

13 Sessions | $89
M08 M 6pm-7pm Feb. 1 – May 2
No class 2/15
M09 M 7:30pm-8:30pm Feb. 1 – May 2
No class 2/15

15 Hours | $95
M01 Tu 1pm-2:30pm Julie Garland
February 9 – April 12
Big Bend Yoga
P01 W 6:30pm-7:25pm Jan. 27 – May 11
Nottingham, GYM
No class 3/23

15 Hours | $95
M12 Tu 7:30pm-8:25pm Louisa Donovan
Feb. 16 – April 19
Garden of Life Spirit. Ctr, MP

Yoga: Continuing
Continue to build your yoga skills while learning to relax, calm your mind and experience vibrant healing energy. Learn to use breathing, stretching and relaxation techniques to bring a total sense of well-being and integration of mind and body. Prerequisite: Prior yoga experience. Equipment and mats available for use or you may bring your own.

PEDU 761
10 Sessions | $69
M05 M 1:30pm-2:30pm Kelly Kauffmann
Feb. 22 – May 2
Affton WR Comm Ctr, GYM
No class 3/21

15 Hours | $95
M02 Th 9am-10:30am Melanie Klug
Feb. 11 – April 14
Big Bend Yoga

Yoga Relax and Restore
Let your tensions melt away. Feel yourself become more relaxed and restore your body through gentle stretching, deep breathing and stillness. Learn poses that can be used in your daily routine to help relieve stress. All levels are welcome. No class 3/1, 4/5.

PEDU 761 | $59
M12 Tu 7:30pm-8:25pm Louisa Donovan
Feb. 16 – April 19
Garden of Life Spirit. Ctr, MP

Youth and Family
Jr. Docs & Vets: Dissection
Put on your aprons and gloves and get ready to explore the inside structures found in different specimens such as a pig, frog, shark, and snake. You’ll learn to use dissection equipment properly and to identify the organs in these animals. Ages 8-15. Specimens may vary based on availability.

KIDS:705 | $35
480 Sa 9:30am-12pm March 5
Jeanne Schulte
FP–G Tower, 225
580 Sa 9:30am-12pm Feb. 27
Jeanne Schulte
FP–E, 156
680 Sa 9:30am-12pm Feb. 13
Jeanne Schulte
MC–S, 105

Karate for Kids
Karate for Kids is a program designed to build self-confidence, self-esteem, and self-discipline. It teaches the basic concepts of karate as well as self-control, coordination and focus. Safety and fun are the most important elements of this program. Ages 4-10. No class 3/26.

KIDS:707 | $59
M01 Sa 10am-11am Timothy Toensinkoetter
February 20 – April 30
The Martial Arts Ctr (Mehvil)
V01 Sa 10am-11am May 20 – May 30
Ferguson Martial Arts Center

Tennis for Youth Workshop: Beginning I & II
Learn to play and love tennis in this FREE workshop with Mark Plaat! Registration required for all participants. Tennis balls provided.

KIDS:709
Ages 7-10 | No Fee
S08 Sa 9am-9:55am April 16 – May 7
Frontenan RC

Tennis for Youth Workshop: Beginning I & II
Learn to play and love tennis in this FREE workshop with Mark Plaat! Registration required for all participants. Tennis balls provided.

KIDS:709
Ages 7-10 | No Fee
S08 Sa 9am-9:55am April 16 – May 7
Frontenan RC

Tennis for Youth: Beginning I & II
Designed for beginners and those who need to brush up on the basics. Techniques covered include forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability. Tennis balls provided.

KIDS:709 | $85
Ages 7-10
M04 Su 6pm-7pm Feb. 14 – March 20
Frontenan RC
720 MW 6pm-7pm May 22 – May 28
Ladue Mid. School
M07 Th 4pm-5pm April 28 – May 19
Sunset Hills Watson Trails

Tennis for Youth: Beginning I & II
Designed for beginners and those who need to brush up on the basics. Techniques covered include forehand, backhand, serve, volley, basic strategy as well as drill exercises. Players will be grouped according to ability. Tennis balls provided.

KIDS:709 | $85
Ages 7-10
M04 Su 6pm-7pm Feb. 14 – March 20
Frontenan RC
720 MW 6pm-7pm May 22 – May 28
Ladue Mid. School
M07 Th 4pm-5pm April 28 – May 19
Sunset Hills Watson Trails

Golf for Youth: Beginning I & 4 Sessions

KIDS:710 | $55
810 Sa 11am-12pm April 23 – May 14
Big Bend GC

Home Alone (Ages 9-14)
This 6.5-hour course teaches children, ages 9-14, to be more aware of potential dangers they could face when home alone, as well as teaching responsibility for personal safety and well-being. Topics include: keeping your house key safe, door safety, dealing with fires and gas leaks, phone and internet safety, how to get help, general first-aid and other safety related topics. Guest speakers include a police officer and an EMT. Students should bring a list of several personal emergency contact phone numbers for a project. There will be a 30-minute lunch break from 12:00-12:30pm. Students must bring their own lunch. Fee includes materials. Call 314-984-7777 for more information.

KIDS:714 | $49
680 Sa 9am-4pm Feb. 6
MC – SW, 108

Portuguese Language for Kids
Learn Portuguese language and Brazilian culture while having fun! Energy classes will include games, basic concepts and skills, conversation, texts/translation, movies, etc. Taught by native-fluent speaker. Ages 5-11. No text required. Bring a pocket folder, notebook and pen.

KIDS:719 | $99
652 W 6:30pm-8:30pm Jan. 20 – March 9
Basil STL
Sa 10am-12pm Jan. 23 – March 12
Vasil Basil STL
MC – CS, 211

653 W 6:30pm-8:30pm March 30 – May 18
Basil STL
Sa 10am-12pm April 2 – May 21
Vasil Basil STL
MC – CS, 211

Portuguese Language for Youth
Discover the Portuguese language and explore the Brazilian culture in a relaxed environment. Explore Brazilian costumes, dialogs, grammar, and vocabulary using a conversational approach and age-appropriate materials to engage and motivate. Taught by native-fluent speaker. Ages 12-18. No text required. Bring a pocket folder, notebook and pen.

KIDS:719 | $99
650 W 6:30pm-8:30pm Jan. 20 – March 9
Basil STL
MC – CN, 230
651 W 6:30pm-8:30pm March 30 – May 18
Basil STL
MC – CN, 230

Fencing for Youth: Beginning I

KIDS:720 | $59
670 Th 5pm-5:55pm Jan. 21 – March 10
Patrick Dorsey
MC – PE, 201

Fencing for Youth: Beginning II
Ready to Learn more? The Fencing fun continues in this level II course for beginners. Review basics covered in Beginning I and improve footwork, bladework and bouting tactics. Prerequisite: Fencing for Youth - Beginning I or equivalent experience. Equipment provided. Ages 8-15.

KIDS:720 | $59
651 Th 5pm-5:55pm March 31 – May 19
Patrick Dorsey
MC – PE, 201
Swimming for Children: Beginning
You'll learn to swim like a fish—maybe a shark—while practicing beginning swimming strokes and personal water safety skills and overcoming any fear you may have of the water. No class 3/19, 3/26.
KIDS:720 | $39

Ages 5-8
580  Sa 12pm-12:50pm  March 12 – April 30  Jeanne Schulte  FV - PE, POOL
581  Sa 1pm-1:50pm  March 12 – April 30  Jeanne Schulte  FV - PE, POOL

Ages 8 & Up
582  Sa 2pm-2:50pm  March 12 – April 30  Jeanne Schulte  FV - PE, POOL

Junior Baker: Cookies!
A fun activity for young bakers ages 9-14. Come spend a fun afternoon learning to make, bake and decorate your very own special cookie creations. You'll develop your baking skills and knowledge in this class as we make a variety of rolled, drop and bar-type cookies. After this experience, you'll be able to go home and be the family cookie-baker. Class is a combination of demonstration, hands-on and taste-testing. Bring containers to take home your finished cookies. Park on Hartford or Hampton.
Flagpole in front.
KIDS:730 | $39
P01  Su 1pm-4pm  March 13  Cul. Arts House

Mommy & Me: Stamp Camp
Mom, Dad, Grandmothers or Grandfathers bring your buddy to this Mommy and Me Stamp Camp to create some fun projects. We will be creating two cards, a bookmark and a piggy bank. No experience needed to create these. One of a kind stamping projects with stamps and punches! Supply list will be sent. Students must be accompanied by a guardian. Registration is in pairs or more. Each participant must register. LAST DAY TO ENROLL OR DROP IS FRIDAY 4/15, NO REFUNDS AFTER FRIDAY 4/15.
KIDS:738 | $30
MD1  Sa 9am-12pm  April 23  Patti Bossi  MC - CE

Mini Movers: Parent/Child - Ages 6 months to 3.5 years
Come play with us! Promote motor development with fun gymnastics activities that you can enjoy with your child, ages 6 months to 2.5 years. Children will explore balance, coordination and sensory development using fun and exciting mat shapes, gymnastics and other play equipment. Led by a pediatric physical therapist and gymnastics instructors, this class is designed to accommodate children of all abilities and special needs. $79 fee covers one child and up to two parents/guardians. All children MUST be registered under KIDS 738 600 and parents/guardians MUST register under KIDS 738 651. Signed waiver required for each participant. No class 3/15.
KIDS:738 | $79
600  Tu 4:30pm-5:15pm  March 1 – April 26  Laura Legg  Sarah Hasser  MC - PE, 105

Mini Movers: Parent/Child - Ages 2-6
Jump, swing and roll! Promote motor development for your preschooler by using fun and exciting mat shapes, gymnastics and other play equipment to explore balance, coordination and sensory development. Led by a pediatric physical therapist and gymnastics instructors, class is designed to accommodate children of all abilities and special needs. $79 fee covers one child and up to two parents/guardians. All children ages 2-6 MUST be registered under KIDS 738 600. Maximum 2 parent/guardian for each $79 child registration. Signed waiver required for each participant.
KIDS:738 | $79
600  Tu 4:30pm-5:15pm  March 1 – April 26  Laura Legg  Sarah Hasser  MC - PE

Exploring the Possibilities...

Call 314-984-7777 to register beginning January 4
Students Rights and Responsibilities
All students are responsible for adhering to college policies and procedures. Please refer to stlcc.edu/need2know.

Postponement/Cancellation Due to Inclement Weather
Occasionally, continuing education classes are cancelled due to inclement weather. Cancellations will be broadcast on KMOX-AM (1120) and on KMOV-TV, KSDK-TV and KTVI/Fox 2. In addition, all location closings will be posted on the college website, stlcc.edu. When St. Louis Community College cancels classes, off-campus classes are also cancelled. In addition, when a particular host school district or institution closes, the continuing education classes at that location will not meet.

Refund of Fees
Since continuing education (non-credit) classes are self-supporting, the decision to run a class is based on the number of people enrolled. The college reserves the right to cancel if sufficient enrollment is not achieved. Registrants will be notified by phone, mail or email if a class is cancelled. Full refunds will be issued for classes cancelled by the college.

If you drop a class, you will receive a 100 percent refund for most classes if the class is dropped one business day before the first meeting. A 50 percent refund will be given for most classes dropped between one business day before the first class meeting and prior to the second meeting of the class. See the course schedule for classes (such as daytrips) that require notice beyond one business day for cancellation and eligibility for a refund.

Requests of withdrawals should be submitted in writing to the Continuing Education office. Calculation of refunds will be based on the date the written request is received by the office. If you have a situation that warrants an override of the above policy, an explanation of the circumstances should be made in writing to the Continuing Education office. Refunds should be received within 30 days.

Fee Reduction for Older Adults
Older adults (those 60 years and older) may enroll in most courses for a reduced fee. This reduction is half the price of the class fee only, plus whatever material costs are associated with the class. Material costs include fees for expenses such as books and materials, facility usage, tour and travel costs, computer lab usage, online courses, food supplies and other items needed for the class. NOTE: Those wishing to take advantage of this fee reduction must do so at the time of registration. Before registering, please contact the Continuing Education office to see if your course contains a material fee.

Senior Citizen Scholarship
Missouri residents who are at least sixty-five years of age will be awarded a scholarship to be exempt from maintenance fees to enroll in courses on a space available basis. There will be a non-refundable registration fee of $5 per course to a maximum of $25 per semester. Student is responsible for other fees, such as materials, supplies and books. At the earliest, students may enroll in the class two days prior to the first class date. Students may not receive a refund for a paid course in order to enroll for a scholarship space in that same course. PLEASE CALL THE CONTINUING EDUCATION OFFICE TO GET SPECIFICS REGARDING THE SENIOR SCHOLARSHIP. The senior scholarship discount does not apply to online classes.

Safety and Program Guidelines for Youth Classes
All children under the age of 16 who are enrolled in programs through the St. Louis Community College Office of Continuing Education must be accompanied and signed-in by a responsible party at the beginning of each program session. In addition, a responsible party must also meet the participant at the end of the session and sign them out. Appropriate behavior is expected. Students may be disenrolled for misbehavior.

Unattended Children
Students are not permitted to bring children to class, nor should children be left unattended in the halls, offices, library or common areas. The college reserves the right to protect the safety and welfare of unattended children. If students leave children unattended, the college will institute disciplinary action.

Textbooks
Textbooks can be purchased at the campus bookstores.

Library and Computer Lab Privileges
If you are registered in continuing education courses, you may enjoy library and computer lab privileges by showing your student ID. To obtain a student ID take your paid fee receipt to the Campus Life office and the personnel there will provide you with an ID.

Firearms on College Property
Except for licensed police officers, no person shall possess or carry any firearm, visible or concealed, on college property (including college buildings and grounds leased or owned by the college-college athletic fields and parking lots) or in any college van or vehicle or at college-sponsored activities. College employees, students and visitors who hold concealed carry endorsements as allowed by Missouri law may not carry or bring any firearms, visible or concealed, on college property, owned or leased or at any college activities.

Non-Discrimination/Accommodations Statement
St. Louis Community College is committed to non-discrimination and equal opportunities in its admissions, educational programs, activities, and employment regardless of race, color, creed, religion, sex, sexual orientation, national origin, ancestry, age, disability, genetic information, or status as a disabled or Vietnam-era veteran, and shall take action necessary to ensure non-discrimination. Sexual harassment, including sexual violence, is also prohibited. For information or concerns related to discrimination or sexual harassment, contact William Woodward, associate vice chancellor for student affairs, 314-539-5374.

If you have accommodation needs, please contact Ann Marie Schreiber, 314-984-7704, at least six weeks prior to the class or event.

For more information call 314-984-7777.
Registration is Easy!

Mail
Complete the registration form (below) and mail with check (payable to St. Louis Community College) to:
STLCC Continuing Education, 3221 McKelvey Road, Suite 250, Bridgeton, MO 63044
Students who register by mail should assume they are registered unless otherwise notified. A registration confirmation is mailed to
students who register by mail; however, the confirmation may not be received prior to the beginning of the class. If you have enrollment
questions, please call Continuing Education: 314-984-7777.

In Person at STLCC Continuing Education Offices M-F 8:30 am - 4 pm
Meramec Florissant Valley Forest Park
802 Couch Avenue At the Center for Workforce Innovation Forest Park, G Tower 320-322
St. Louis, MO 63122 3344 Pershall Rd., Ferguson, MO 63135 5600 Oakland Ave., St. Louis, MO 63110
You may want to first call the Continuing Education office at 314-984-7777, to check that openings exist.

By Phone
Call to complete your registration by charging fees to MasterCard,
Visa, American Express or Discover.
Telephone: 314-984-7777 Call Center Hours: M-Th 8:30 am - 7:30 pm; Fridays 8:30 am-4 pm
Before calling to register, have this information ready:
1. Course Title / Course Code (letter prefix with number) / Section Number
2. Student Contact Info (name / address / phone number / email)
3. Student Number or UIN
4. Credit Card Number with Expiration Date

Online: www.stlcc.edu
Visit our website and click on the “Continuing Education” link — where you can view current class offerings and to register for classes.

Enrollment in classes within this brochure, except for youth section classes, is limited to persons 16 years or older, unless otherwise noted.

Registration Deadline – All non-credit courses are limited in enrollment. Advanced registration is required prior to first class meeting. Some classes have
additional registration deadline requirements, please check course descriptions.

Automatic Bank Payment (ACH) – All checks will be converted to an electronic Automated Clearing House (ACH) transaction whether the payment was
made in person or mailed.

Mail-In Registration Form Please print in ink.

Please register me for the following courses:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Section</th>
<th>Course Title</th>
<th>Day/Time</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total

☐ Male ☐ Female

Senior Citizen?
☐ Yes ☐ No

Check Payment:
Please make checks payable to St. Louis Community College, and mail with form (address above).

Credit Card Payment:
Charge fees to:
☐ MasterCard
☐ Visa
☐ Discover
☐ American Express

Email Address: __________________________________________

Student#: _______________ Birthdate: _______________

Name: ___________________ ___________________ ___________________
LAST FIRST MIDDLE INITIAL

Address: ____________________________________________

STREET OR POST OFFICE BOX

CITY STATE ZIP CODE

Telephone/Home: ___________________ Work: ___________________

Card Number: ___________________ Expiration Date: _______________

Signature: ____________________________________________
The Great Outdoors
Get into the Great Outdoors this spring with Continuing Education. We’ve got paddleboarding, pickleball, skiing, and more. See page 64.

Lean Six Sigma
Continuing Education provides opportunities to further your career plan with Lean Six Sigma Green Belt, and the new Lean Six Sigma Green Belt to Black Belt. See page 5.

Go Native!
Join Continuing Education this spring for Go Native! - a special edition of the Master Naturalist Program featuring landscaping with native plants. See page 47.

NABCEP Certified Solar Courses
STLCC offers North American Board of Certified Energy Practitioners (NABCEP) approved solar training, from beginner to advanced levels. See page 23.

Wine Classes
Elevate your status to “wine geek” with Continuing Education’s wine classes. We’ll teach you to swirl, sniff and sip just like the pros as you build your wine knowledge. See page 36.

ST. LOUIS COMMUNITY COLLEGE...
Since 1962, more than 1.2 million people have passed through our doors to take a class, earn a degree, upgrade their career skills or enrich their lives. Each year, more than 80,000 students enroll in:

- College transfer and career programs leading to associate degrees
- Job skill and personal development classes
- College preparatory courses
- Specialized performance programs sponsored by local employers
- Associate degrees in Arts, Science, Fine Arts, Applied Science and Teaching are offered as well as Certificates of Proficiency and Specialization. The college’s Workforce Solutions Group also serves the local business community through assessment, counseling, consulting and training services.

Learning is convenient via:
- Four campuses-Florissant Valley, Forest Park, Meramec and Wildwood
- Three education centers–south and north St. Louis County and north St. Louis City
- Numerous business, industrial and neighborhood sites throughout the metro area
- Online instruction

Governed by a board of six elected trustees and supported by local taxes, state funds and student fees, the college has an annual budget of more than $200 million. The college is accredited by the Higher Learning Commission of the North Central Association of Colleges and Schools. St. Louis Community College focuses its resources on helping students find the right academic and career pathways. Through its alumni and community partnerships, the college is helping St. Louis become the best place to live and work in the 21st century.