

Discover

Continuing education and Seniors Program noncredit classes

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Go online
for additional
class information
and registration.

www.ccs.spokane.edu/ContinuingEd

Spring registration
is now open.



Arts

Crafts & Hobbies

Carve Your Own Rubber Stamps **New!**

Create your own rubber stamps! Stamp templates are provided, but feel free to use your own ideas. A list of supplies (approximately \$12) is sent after registration. Class is open to youth 16 and older who register and attend with an adult.

Vicki Hall

L125 4/30 M 7-9PM \$17
CenterPlace, 2426 N Discovery Pl, Rm 205, 279-6030

Knit One, Purl Two!

Relax! Knit and purl your way to a matching set of four projects: hat, scarf, fingerless gloves and mittens. They make perfect gifts for someone special or keep them for yourself. Class is open to youth 13 and older who register and attend with an adult.

Renee Schneider

L118 4/25-5/16 W 6-8PM \$49

North Central High School, 1600 N Howard St, Rm 237, 279-6030

Picture Framing and Matting

Learn to mat, glass and frame treasured photos, small memorabilia and artwork with guidance from Anita Royce, professional artist and gallery owner. Bring a tape measure, pen, pencil and notepad to class. Materials may cost \$40 or more, depending on project(s) chosen. For more information, call 922-5692.

Anita Royce

Class L108 will not meet May 28.

L108 5/7-6/11 M 7-9:30PM \$69

Artistic Framing and Whistle Stop Gallery, 3007 N Park Rd, 279-6030

Shielded Arc Welding — Design and Create

Interested in making a fire pit, a work bench, or another small project? Explore this 54-hour beginning course in stick arc welding which includes arc theory and application, oxy-acetylene cutting and welding safety procedures. Student must furnish hood, goggles/safety glasses, chipping hammer, gloves, strikers and materials for project.

Staff TBA

Register and pay fee no later than 4PM, Apr. 3.

6585 4/10-6/7 TTh 5:30-8:30PM \$354

Spokane Community College, Bldg 28, Rm 121, 533-8010

Whimsical Lettering

Here is a fun way to use the alphabet by learning several forms of lettering. This class is great for anyone who does journaling or makes personalized cards and invitations. Bring a pencil, at least two different colored pointed-tip markers and white 8-1/2 by 11 inch paper that can be put in the copier.

Vicki Hall

L126 5/7 M 6:30-9PM \$21

CenterPlace, 2426 N Discovery Pl, Rm 205, 279-6030

Woodshop

Discover trade secrets, learn basic woodworking principles, safety and tool operation, and practice working with power tools. A required project for beginners is an Adirondack chair. After that, the difficulty of the plan and the student's skill level determine the choice of the next project, subject to the instructor's approval. Bring a tape measure, pencil and safety goggles to class.

Tommy John

Class will not meet May 28.

L103 4/9-6/4 M 6:30-9:30PM \$160

Ferris High School, 3020 E 37th Ave, Woodshop, 279-6030

Yard Art Welding

Shape new, used or recycled metal into yard art by using basic welding techniques, brazing and cutting material to a shape you desire in this 20-hour class. Instructor will choose and provide materials for the first project; students will design and provide materials for additional projects. Students must furnish some supplies, clothing and safety equipment. Visit www.ccs.spokane.edu/ContinuingEd for details.

LeRoy Fautch

Register and pay fee no later than 4PM, Apr. 4.

6384 4/11-5/14 MW 5-7PM \$130

Spokane Community College, Bldg 8, Rm 124, 533-8010

Dance

Ballroom — Beginning **New!**

Join Paul Tapp for an introduction to East Coast swing, fox trot and waltz, and dance to music of the '40s, '50s and '60s. Wear smooth-soled shoes that won't mark the floor. Partner required. Cost is per person.

Paul Tapp

L626 4/10-5/29 T 6:30-8PM \$69

IEL Hillyard Center, 4410 N Market St, Rm 108, 279-6030

Belly Dancing — Beginning

Practice choreographed movements of the ancient and beautiful art of Middle Eastern style dances that develop body awareness and coordination. Wear comfortable clothes, preferably dance clothing like a leotard, sarong or jazz pants, and something like a scarf to wrap around your hips.

Melinda McCormick

L618 4/12-5/31 Th 6:15-7:45PM \$69

Shadle Park High School, 4327 N Ash St, Rm A107, 279-6030

Belly Dancing — Fusion **New!**

Use those basic belly dance moves you have learned and see where they can take you! Learn new styles, rhythms and movements to stretch your mind and body. Wear comfortable clothes, preferably dance clothing like a leotard, sarong or jazz pants, and something like a scarf to wrap around your hips.

Melinda McCormick

L619 4/12-5/31 Th 8-9:30PM \$69

Shadle Park High School, 4327 N Ash St, A107, 279-6030

Hula

Aloha! Hula dancing is an easy and fun form of expression hailing from the exotic islands of Hawaii. Learn the basic steps and traditional technique for two beautiful dances and explore the cultures of Polynesia from experienced instructors. Class is open to youth 16 and older who register and attend with an adult.

Pam Smith, Amanda Smith

Class will not meet May 28.

L650 5/14-6/11 M 6:15-7:15PM \$29

CenterPlace, 2426 N Discovery Pl, Rm 205, 279-6030



Yard Art Welding.
Our classes will keep your hands busy.
www.ccs.spokane.edu/ContinuingEd

Polynesian Dance

New!

Travel with us through dance to the exotic islands of Tahiti, New Zealand and Samoa and explore their rich cultures as we go. Learn the famous fast hip-shake dance of Tahiti, the poi ball dance of New Zealand, and a dance representing the culture of Samoa.

Pam Smith, Amanda Smith

L651 4/6-5/11 F 6:15-7:15PM \$39

Corbin Activity Center, 827 W Cleveland Ave, Rm HR, 279-6030

Social Dance

Learn dances, including the fox trot, waltz, swing and salsa, that allow you to feel comfortable in any social situation. Get ready to have fun. Wear smooth-soled shoes. Partners required. Cost is per person.

Amber Wilkenloh

L629 4/2-5/21 M 6-7:30PM \$69

Ferris High School, 3020 E 37th Ave, Admin Bldg Cafeteria, 279-6030

Social Dance

The following social dance classes are offered. People under the age of 21 are allowed to attend all out of class activities with the exception of "nightclub dancing." All students are required to change partners in classes. No partner required! \$55 per person. All dance classes are taught in "American Style." Glenn Braunstein has 25 years' experience teaching dance. He is also currently teaching at Gonzaga University, Eastern Washington University, Spokane Parks and Recreation and owns and operates Spokane Dance Company. All classes held at Spokane Falls Community College, Bldg 13, Rm 104, 533-3140.

Glenn Braunstein

Ballroom

New!

From first steps in ballroom to bronze "smooth dance" patterns. Learn waltz, foxtrot, tango and enjoy ballroom dancing. Understand the "why" of dancing and not just "steps." A section on rhythm training and how to find the rhythm in the music is included. Designed for the beginning dancer, but even more "experienced" dancers learn more about the basics and how to effectively dance with a partner. See introductory paragraph.

8900 4/4-6/6 W 6:45-8:15PM \$55

Beyond Basics

New!

After studying the basics of dance, some dancers wish to increase their knowledge and skills. This class is specifically designed for those dancers. Caution: This is not a beginning class. Each quarter, students vote on one or two dances to concentrate on for the whole quarter. While the other classes focus on "getting new students dancing," this class focuses on the technical aspects of proper connections, leading/following techniques, advanced rhythm changes, choreographical intent in a lead/follow dance, and higher skill levels and patterns in the selected dances. This class is meant to be a little more challenging than the basic classes and promises to deliver exactly that. Students in this class should be able to demonstrate quality dance skills and a good positive mental attitude to succeed. See introductory paragraph. Prerequisite: Previous dance training and instructor approval.

8901 4/4-6/6 W 8:15-9:45PM \$55

Latin

New!

From hot and spicy salsa, to slow and romantic rumba! Latin dances are fun and exciting for both social enjoyment and physical exercise. The "Inter-relational Step Method" style of teaching is utilized, enabling students to learn the skills needed for dancing (not just steps). Enhance your salsa, cha-cha, rumba, and merengue with ease and style. Rhythm training and how to find the rhythm in the music included. Designed for the beginning dancer, but even more "experienced" dancers learn more about the basics and how to effectively dance with a partner and make it an enjoyable experience for both. No prerequisite. See introductory paragraph.

8902 4/5-6/7 Th 6:45-8:15PM \$55

Swing

New!

It's swing time! East coast swing and west coast swing are all you need to enjoy, big band music, blues, country western or top 40 music. Swing is the most versatile form of dance for young and old. Explore the history, style, and variations of these two forms of swing and learn to dance them for your own enjoyment as well as the enjoyment of those who are just watching. If you have ever been confused by dance lessons, come and explore with us. Rhythm training and how to find the rhythm in the music included. Designed for the beginning dancer, but even more "experienced" dancers learn more about the basics and how to effectively dance with a partner and make it an enjoyable experience for both. No prerequisite. See introductory paragraph.

8903 4/5-6/7 Th 8:15-9:45PM \$55

Swing Dancing — Beginning

Yes, you can learn to dance! Long-time dance instructor, performer and choreographer Paul Tapp includes beginning country swing and East Coast single-time swing in this class. Have fun dancing to a variety of music from country to '50s to big band. Wear smooth-soled shoes. Partners required. Cost is per person.

Paul Tapp

L625 4/9-5/21 M 6:30-8PM \$62

Sons of Norway, 6710 N Country Homes Blvd, 279-6030



Get 'in the
Swing of
Things

www.ccs.spokane.edu/ContinuingEd

Fine Arts

Acrylics

New!

Express your creative self and enjoy learning different techniques for painting with acrylics. Whether you are an experienced artist or beginner, enjoy these leisurely, creative workshops.

Kévin Bowers

Class will not meet Mar. 29 or Apr. 5.

L121 3/15-5/17 Th 6-8PM \$82

Shadle Park High School, 4327 N Ash St, Rm B125, 279-6030

Book Illustration and Drawing

New!

Using various illustration and drawing mediums, long-time artist and illustrator Jack Rogers teaches you how to illustrate books. Follow the illustration process from start to finish including collaborating with the author, building your illustration idea, and choosing the most effective artistic medium.

Jack Rogers

L130 3/26-5/14 M 6-8:30PM \$89

Magnuson Building, 2917 W Fort George Wright Dr, Rm 205, 279-6030

Bookhand Calligraphy

New!

Characterized by round arches and a strong yet simple form, Bookhand is extremely legible. Practice exercises develop your skill in making well-designed calligraphic letterforms. Explore simple ways to use handmade tools and color with step-by-step instructions on creative layout and design. Bring a pencil, at least two different colored pointed-tip markers and white 8-1/2 by 11-inch paper that can be put in the copier.

Vicki Hall

L127 4/2-4/23 M 6:30-9PM \$59

CenterPlace, 2426 N Discovery Pl, Rm 205, 279-6030

Business of Fine Art

New!

Are you struggling to make a living in the art world? Learn what it takes to be successful in the business of fine art: getting into galleries and shows and selling your work. Kévin Bowers, who has owned and operated galleries and studios, frame shops and print shops for more than 20 years, can help you overcome problems in the field of fine art and the business world in general.

Kévin Bowers

Class L122 will not meet May 28.

L122 5/14-6/25 M 6:30-8:30PM \$69

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 121, 279-6030

Sketches, Portraits & Landscapes Unleash your inner artist



www.ccs.spokane.edu/ContinuingEd

Pastels

New!

Experience the vibrancy of this great medium. Learn to use color, composition and values to make paintings that are both interesting and enjoyable to look at. This fun, fast-paced class includes demonstrations and hands-on painting, and concludes with a daily critique.

Kévin Bowers

Class will not meet Mar. 26 or Apr. 2.

L120 3/5-5/7 M 6-8PM \$82

Ferris High School, 3020 E 37th Ave, Rm F117, 279-6030

Pottery

The class fee includes two additional hours of open studio time each week of the session. A lab fee of \$15 collected at class covers the first 25 lb. bag of clay, glazes and firing costs. Oxidation, reduction and raku methods of firing are explored. For ages 18 and older. Class size limited to eight students. All classes held at Spokane Potters' Guild, 1404 N Fiske St, 279-6030.

Faculty, Spokane Potters' Guild

Hand-Building — All Levels

Learn or review the basics of hand-building techniques: wedging, pinching, coil, slab and extruding clay. Surface treatments and glazing are presented. A slab roller, extruder and some tools and forms are available for use in the studio.

L113 3/22-5/10 Th 6-8PM \$110

L115 3/24-5/12 Sa 10AM-12PM \$110

Wheel Throwing — All Levels

Learn or review the basics, refining techniques and individual development. Explore oxidation, reduction and raku methods of firing.

L112 3/19-5/7 M 3:30-5:30PM \$110

L114 3/22-5/10 Th 3:30-5:30PM \$110

Wheel Throwing — Beginning Only

Learn the basics of throwing on the wheel. Explore oxidation, reduction and raku methods of firing.

L110 3/19-5/7 M 6:30-8:30PM \$110

L116 3/24-5/12 Sa 10AM-12PM \$110

Wheel Throwing — Intermediate/Advanced

Review the basics and refine your techniques. Explore oxidation, reduction and raku methods of firing. Prerequisite: beginning class.

L111 3/21-5/9 W 6:30-8:30PM \$110

Printmaking

Learn the basics in this introduction to printmaking, which includes linocut, monoprint and silkscreen printing. Learn the processes to create your own prints and enjoy a brief history of the various approaches to printmaking. Call 279-6030 for supply list (up to \$100 to include silkscreen printing).

Benjamin Brobst-Renaud

Class will not meet May 28.

L101 4/23-6/11 M 6:30-9:30PM \$92

Ferris High School, 3020 E 37th Ave, Rm E105, 279-6030

Watercolor

Beginning and intermediate students learn basic techniques and principles of watercolor painting. Demonstrations by award winner Stan Miller include portraits, landscapes and still life. A list of supplies is given at the first class (approximately \$65). View some of Stan's paintings at www.stanmiller.net.

Stan Miller

Class will not meet May 28.

L104 4/16-6/4 M 6:30-9PM \$85

Ferris High School, 3020 E 37th Ave, Rm E103, 279-6030

Watercolor — Paint Free and Easy

Build strong landscape paintings with painterly brushstrokes, powerful contrasting values and big shapes. Use wet-into-wet washes and varied edges. Bring out your idea for your painting by working loosely and intuitively, responding to your image without having to follow a predetermined traced pattern. All levels of experience welcome. A list of supplies (approximately \$30) is given at the first class. View some of Fabian's vivid paintings at www.artbyFabian.net.

Fabian Napolsky

L105 3/28-5/16 W 6:30-9PM \$89

North Central High School, 1600 N Howard St, Rm 29, 279-6030

Languages

Italian 1 — Conversational

Planning a trip to Italy? Enrich your experience by speaking grammatically correct sentences in the native tongue. Learn this beautiful language, practice by conversing with others, and pack your bags for an ultimate adventure. Come learn from a person who can share not only the language but also the culture of Italy. Required text: "Italian: A Self-Teaching Guide" by Edoardo A. Lebano.

Tullia Barbanti

Class will not meet May 28.

8056 4/9-6/11 M 6-8PM \$85

Spokane Falls Community College, Bldg 2, Rm 212, 533-3140

Russian — Beginners

Expand your horizons! Learn the basics of Russian in this beginning class with native speaker Liuba Luton. Focus on common phrases, vocabulary, conversation, reading, games and some grammar. Learn to communicate more naturally in Russian. Textbook required for first night of class: "Russian in 10 Minutes a Day" by Kristine Kershul, available online or in local bookstores.

Liuba Luton

L503 4/12-5/31 Th 6:30-8:30PM \$82

Shadle Park High School, 4327 N Ash St, Rm C103, 279-6030

Spanish 1

Hola! Venture south of the border or visit Spain and speak the native language. Ignite your knowledge of Spanish with the help of a native speaking instructor. Grasp the culture, basic conversational skills, vocabulary, grammar rules and pronunciation.

Carmen Felice

Class will not meet May 28.

8062 4/9-6/11 M 6-8PM \$85

Spokane Falls Community College, Bldg 2, Rm 215, 533-3140

Spanish — Beginning, Including Travelers

Whether you're planning to travel or just brushing up on the fundamentals, have fun while developing your skills in grammar and practical conversation. Handouts provided; no book required. Questions? Send e-mail to johnandmarybenham@gmail.com.

Mary Benham

L501 4/12-5/31 Th 6:30-8:30PM \$82

IEL Magnuson Building, 2927 W Fort George Wright Dr, Rm 205, 279-6030

Spanish Continuation — Beyond Beginners

Do you have a basic knowledge of Spanish? Refine your speaking skills with interactive practice in a lively and friendly setting as you discuss your own language and travel experiences. Handouts provided; no book required. Questions? Send e-mail to johnandmarybenham@gmail.com

Mary Benham

L502 4/10-5/29 T 6:30-8:30PM \$82

IEL Magnuson Building, 2927 W Fort George Wright Dr, Rm 205, 279-6030

Здравствуй! ;Hola!
Guten Tag! Greetings!
Ahlan Salut! Ciao!

Language classes
www.ccs.spokane.edu/ContinuingEd

Music

Acoustic Guitar — Beginning

Do you have an acoustic guitar but don't know how to play it? If so, this class is for you. Learn to play chords and melodies and read music. Gain an understanding of basic music theory in this enjoyable class.

Drew Stern

L360 4/11-5/30 W 6:30-8:30PM \$82

Spokane Falls Community College, Bldg 15, Band Room, 279-6030

Concert Band

Shostakovich to Sousa! Unleash your musical inhibitions and perform a variety of band literature from new symphonies and band compositions to the old standards.

Denise Snider

Class will not meet May 28.

8121 4/2-6/11 M 7-9PM \$37

Spokane Falls Community College, Bldg 15, Rm 113, 533-3140

Music Appreciation

Have you ever heard a piece of classical music and wondered who wrote it? Are you curious about what a conductor is doing on stage? Join Drew Stern, local singer, songwriter and music historian, to experience music from various eras ranging from the Renaissance to modern times. Learn more about the music and its composers, as well as terms and tools to understand music and communicate with musicians. All are welcome; only a love of music is required.

Drew Stern

L361 4/12-5/31 Th 6:30-8:30PM \$82

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 103, 279-6030

Music Theory for Guitarists **New!**

Ever wanted to understand the theory behind the music you play or wondered why certain things work so well on the guitar? Learn the basics of music theory and how it applies to the guitar, and become a better musician.

Drew Stern

L362 4/2-5/21 M 6:30-8:30PM \$82

Spokane Falls Community College, Bldg 15, Rm 225, 279-6030

Photography

Digital Camera — Getting Started

Can't figure out your digital camera? Learn basic skills like zoom and flash settings; framing; shooting angles; storing and transferring your images; e-mailing photos; and using Windows applications like Adobe Photoshop Elements and Picasa. Join experienced film and digital photographer William Holcomb for three fun and informative sessions. Bring your digital camera, with fully charged battery and memory card installed, and instruction manual to class. Extra fully charged batteries are also recommended.

William Holcomb

L211 5/16-5/30 W 6-9PM \$89

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 148, 279-6030

Digital Camera — Beyond the Basics

Advance your digital camera skills with veteran film and digital photographer Timothy Halloran. Examine composition, lighting, camera settings and various techniques to create better portraits, as well as sports, landscape and nature photos. Prerequisite: A beginning level digital camera class or equivalent knowledge, a photo editing program like Photoshop Elements, and picture file downloading and storage. Bring your digital camera with memory card, charger and USB cable to class.

Timothy Halloran

L210 6/6-6/13 MW 6-9PM \$89

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6030

Writing

Bring Your Characters to Life

Are your characters flat? Add emotional depth, motivation, growth and flaws by utilizing character profiles and interviews. Engage your reader with relatable characters. Your story will come to life when your characters do.

Jessica Titchenal

L300 4/9 M 6-9PM \$29

Ferris High School, 3020 E 37th Ave, Rm F126, 279-6030

Business and Marketing Writing — Online

This course teaches you to write or identify copy that achieves business and marketing goals. Learn how business and marketing objectives affect writing choices and get practical instruction in grammar, clarity, structure and more.

Lisa Adams

7416 3/21-4/27 Arr Arr \$99

7417 4/18-5/25 Arr Arr \$99

7418 5/16-6/22 Arr Arr \$99

Spokane Community College, Ed2Go, 533-8010

Craft of Magazine Writing — Online

Have you ever thought about writing for magazines? Turn your dreams into bylines. You'll learn powerful brainstorming techniques designed to practically write every article for you.

Eva Shaw

7420 3/21-4/27 Arr Arr \$99

7421 4/18-5/25 Arr Arr \$99

7422 5/16-6/22 Arr Arr \$99

Spokane Community College, Ed2Go, 533-8010

Grammar Refresher — Online

Gain confidence in your ability to produce grammatically correct writing. Interactive exercises give you ample opportunity to practice everything you learn. (This course is not designed for ESL students.)

Ellen Feld

7432 3/21-4/27 Arr Arr \$99

7433 4/18-5/25 Arr Arr \$99

7434 5/16-6/22 Arr Arr \$99

Spokane Community College, Ed2Go, 533-8010

Introduction to Internet Writing Markets — Online **New!**

Make the Internet work for you from a writer who has spent a decade discovering its potential. The Internet offers unlimited opportunities for writers to publish and create content.

Linda Aksomitis

7024 3/21-4/27 Arr Arr \$99

7025 4/18-5/25 Arr Arr \$99

7026 5/16-6/22 Arr Arr \$99

Spokane Community College, Ed2Go, 533-8010

Keys to Effective Editing — Online

Brush up on your skills and learn essential tools to give manuscripts the professional look publishers like to see. Course teaches fundamentals of top-notch editing for fiction and nonfiction.

Jacquelyn Landis

7436 3/21-4/27 Arr Arr \$99

7437 4/18-5/25 Arr Arr \$99

7438 5/16-6/22 Arr Arr \$99

Spokane Community College, Ed2Go, 533-8010

Master Your Plot

Move beyond the basics for outlining your plot. By identifying your writing style, you can create a better writing foundation. Explore different techniques to build your story arc, and integrate plot twists, character motivation and consequences.

Jessica Titchenal

L301 5/16 W 6-9PM \$29

North Central High School, 1600 N Howard St, Rm 233, 279-6030

Mystery Writing — Online

Using vivid examples from bestselling mystery novels, this course teaches techniques needed to become a successful mystery author. Topics include three-act structure, the difference between plot and story, theme, premise, characters and viewpoint.

Steve Alcorn

7440 3/21-4/27 Arr Arr \$99

7441 4/18-5/25 Arr Arr \$99

7442 5/16-6/22 Arr Arr \$99

Spokane Community College, Ed2Go, 533-8010

Pick Up the Pace **New!**

It's easy for your story to lose momentum. Learn tips and tricks to build tension, resolve conflicts and find balance between the two. Create the perfect rhythm for your story with ideas for accelerating and slowing the pace.

Jessica Titchenal

L302 5/14 M 6-9PM \$29

Ferris High School, 3020 E 37th Ave, Rm F118, 279-6030

Research Methods for Writers — Online

Research has progressed far beyond a visit to the library. Learn to efficiently and effectively conduct research for any writing project: fiction, nonfiction, business, term papers and dissertations by identifying and accessing every information source imaginable.

Jacquelyn Landis

7444 3/21-4/27 Arr Arr \$99

7445 4/18-5/25 Arr Arr \$99

7446 5/16-6/22 Arr Arr \$99

Spokane Community College, Ed2Go, 533-8010

Self-Publishing — Write and Publish Your Own Book **New!**

Have you already written a book? Would you love to see your words published? Wait no longer! The world of self-publishing is easy once you learn the tools and shortcuts to get your book printed and available for your fans to purchase and enjoy.

Esta Rosevear

L303 4/16-5/7 M 6-8PM \$69

Ferris High School, 3020 E 37th Ave, Rm F126, 279-6030

Travel Writing — Online

Have a desire to write and travel? Topics include popular styles and types of travel writing, how to write query letters, produce articles, essays and books, trends in articles and books, grammar and writing skills refreshers, and marketing information.

Eva Shaw

7448 3/21-4/27 Arr Arr \$99

7449 4/18-5/25 Arr Arr \$99

7450 5/16-6/22 Arr Arr \$99

Spokane Community College, Ed2Go, 533-8010

Photography
Gone digital? Sharpen
your pixels.

www.ccs.spokane.edu/ContinuingEd

Writer's Guide to Descriptive Settings — Online

Create believable characters, memorable settings and vivid descriptions for fiction or nonfiction. Become skilled at gathering and organizing important facts, and find out how to incorporate physical, historical, spiritual and other characteristics into your writing to give it a realistic sense of place.

Eva Shaw

7424	3/21-4/27	Arr	Arr	\$99
7425	4/18-5/25	Arr	Arr	\$99
7426	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Writing Books for Children *New!*

Do you have a fabulous, creative idea for a children's book but don't know where to begin? Move those ideas and words from your head to the page in just a few hours of class time. Writing for children is fun!

Esta Rosevear

L304	6/4-6/11	M	6-8:30PM	\$45
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Ferris High School, 3020 E 37th Ave, Rm F126, 279-6030

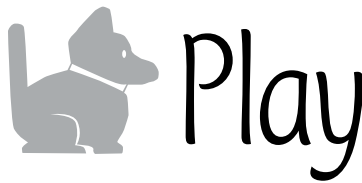
Writing for Children — Online

In this highly interactive and hands-on course, explore the changing world of children's literature, understand various formats, get insights from guest authors and gain an understanding of today's market.

Eileen Robinson

7452	3/21-4/27	Arr	Arr	\$99
7453	4/18-5/25	Arr	Arr	\$99
7454	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

**Food & Wine**

Cooking classes close three days prior to the start of class, so register early! Ed2Go classes can register anytime.

The Atypical Vegetarian

Do you want to eliminate or drastically reduce the amount of animal protein and fat to improve your health? Come and help prepare delicious low-fat, high-fiber dishes with common foods available in every grocery store, while learning the nutritional aspects and advantages of a vegetarian diet. If you are interested in permanent weight loss or maintenance but want to enjoy home-style comfort foods, this is a great class for you! No special "health foods" are used. Bring your apron (and a container for leftovers).

Yvonne Payne

L734	3/12	M	6-9PM	\$49
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Ferris High School, 3020 E 37th Ave, Rm B108, 279-6030

Art of Wine Making *New!*

Designed especially for the home wine maker. Discuss all aspects of home wine making, from pressing fruit to bottling wine, as you learn to produce quality wine at a reasonable price. Make wine that will ultimately be bottled and distributed to members of the class. Students must be 21 or older. Picture ID required.

Robert Ketcham

L795	6/6	W	6-8PM	\$25
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Jim's Home Brew, 2619 N Division, 279-6030

Authentic Southern Fried Chicken Dinner

Offered by popular demand! The South is famous for its fried chicken and there's a reason why. You'll never be happy with a fast-food chicken dinner again. In addition to the scrumptious entrée, make cream gravy from roux and all the trimmings for this delightful meal. All recipes provided by Yvonne, a caterer with 30 years of experience. Bring your apron (and a container for leftovers) and come hungry!

Yvonne Payne

L731	4/9	M	6-9PM	\$49
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Ferris High School, 3020 E 37th Ave, Rm B108, 279-6030

Barrel Tasting at Barrister's Winery — Setting the Bar High

Most wine enthusiasts remain tourists of the grape: they drink and enjoy without ever knowing the greater joys hidden just below the surface. Greg Lipsker, co-owner of Barrister's Winery, guides you through a fun evening sure to enlighten your mind and tickle your taste buds. Tour a production facility and learn how wine travels from grape to glass. Compare wines aging in French and American oak, old barrels and new, and discover the difference a vineyard makes. Conclude with a tasting of Barrister's current releases. Pay a \$10 fee for supplies at class. Students must be 21 or older. Picture ID required.

Greg Lipsker

L793	4/18	W	6-8PM	\$25
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Barrister Winery, 1213 W Railroad Ave, 279-6030

Bars — Bar None! *New!*

Enjoy a fun evening with Eva Roberts, owner of Just American Desserts. This class features preparing and sampling many different bar cookies and great ways to display them.

Eva Roberts

L765	3/27	T	6:30-9:30PM	\$57
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L766	3/28	W	6:30-9:30PM	\$57
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Just American Desserts, 213 S University Rd, 279-6030



**Put something new
on the table!**

Let our cooking classes
inspire you.

[www.ccs.spokane.edu/
ContinuingEd](http://www.ccs.spokane.edu/ContinuingEd)

Cooking Small

Tired of cooking too much food? Want meals that are easy on your budget? Get shopping tips and delicious recipes for one or two people that make it more enjoyable to prepare meals. The first night focuses on soups and main dishes: cashew stir fry, fettuccine with bacon clam sauce, maple sausage skillet, clam chowder and black bean soup; and the second night, some wonderful mini pie recipes and healthy salads and sides. Bring a container for leftovers.

Patti Kearsley
L760 3/20-3/22 TTh 6-8PM \$38
CenterPlace, 2426 N Discovery Pl, Rm 205, 279-6030

Flavors of East India

Join Sree to experience the authentic foods of traditional East Indian cuisine. Simple is the key word for food of this region; preparation is not elaborate and neither are most of the ingredients. Enjoy the dramatic and delicious results as you eat what you prepare. Sree helps take the mystery out of ethnic cooking and takes you on a culinary adventure to East India. All new recipes are prepared for every class and copies of the recipes are available. Pay a \$5 food fee at class.

Sree Nandagopal
L722 4/16 M 6:30-9:30PM \$39
Ferris High School, 3020 E 37th Ave, Rm B108, 279-6030

L721 5/16 W 6:30-9:30PM \$39
North Central High School, 1600 N Howard St, Rm 118, 279-6030
L720 6/7 Th 6:30-9:30PM \$39
Shadle Park High School, 4327 N Ash St, Rm B110, 279-6030

Home Beer Brewing

Love beer? Want to learn more about the brewing process? Then this class is for you! Get an introduction to how beer is made, major beer styles, and brewing history. This is a great class for beer enthusiasts and budding home brewers alike. Receive one bottle of beer at the end of class. Students must be 21 or older. Picture ID required.

Robert Ketcham
L792 5/9-5/23 W 6-8PM \$35
Jim's Home Brew, 2619 N Division, 279-6030

Luscious, Low-Fat, Lightning-Quick Meals — Online

Find out how easy it is to prepare delicious, nutritious and lower-fat recipes! Discover exciting and easy lowered-fat recipes for tasty entrees, side dishes, desserts and garnishes.

Donna Acosta
7064 3/21-4/27 Arr Arr \$99
7065 4/18-5/25 Arr Arr \$99
7066 5/16-6/22 Arr Arr \$99
Spokane Community College, Ed2Go, 533-8010

Oil and Vinegar

Excite your mind and palate while you take time to appreciate two of nature's treasures and find out how they went from the apothecary's shelf to the cook's pot. Join Chef Anderson at Oil & Vinegar to take a journey through the ages and learn about olive oil and balsamic vinegar from the birth and cultivation of the first grapes and olives to present day uses for both.

Chef Anderson
L791 5/6-5/13 Su 9-11AM \$39
Oil & Vinegar, River Park Square, 808 W Main St, #201, 279-6030

Pies and Cobblers

Want to increase your repertoire of desserts? Learn easy ways to make them in this fun hands-on class. Make and/or sample an easy fruit cobbler, key lime pie, Southern lemon chess pie, a "not too sweet" pecan pie and the ultimate black bottom pie. Learn three different types of pie crust and Yvonne's favorite cobbler pastry. All recipes provided. For beginning and advanced cooks. Bring your apron (and a container for leftovers).

Yvonne Payne
L732 4/23 M 6-9PM \$49
Ferris High School, 3020 E 37th Ave, Rm B108, 279-6030

Sourdough Cookery 101

What could be better than homemade bread? Sourdough is the oldest and most original form of leavened bread, with records dating back to the ancient Egyptian civilizations. Enjoy preparing your own sourdough in these two-day classes. Bring a one-quart wide-mouth Mason jar to class. Basic cooking knowledge and experience preparing yeasted breads are helpful. Suggested reading "Classic Sourdoughs: A Home Baker's Handbook" by Ed Woods. All classes are held at North Central High School, 1600 N Howard St, Rm 118, 279-6030.

Don Burge

Basic Sourdough

Curious about the history and production of sourdough? Learn the basics of preparing and baking with sourdough in this fun and delicious class!

Class L740 or equivalent experience is the prerequisite for classes L741 and L742.
L740 4/11-4/18 W 6-8PM \$55

English Muffins and Cinnamon Rolls

Can anyone resist fragrant cinnamon rolls? Get ready to sample your own fresh English muffins and cinnamon rolls!

Basic class required.
L741 5/2-5/9 W 6-8PM \$55

Bagels

New!

There's nothing like fresh, homemade bagels. Try making and sampling several types of bagels, including cinnamon raisin and spelt. Yum!

Basic class required.
L742 5/23-5/30 W 6-8PM \$55

Southern Vegetables

Learn to make fried green tomatoes, stuffed zucchini, yellow squash casserole, corn pudding and corn fritters, stuffed green bell peppers, "pot likker" greens, field peas with low-country (Carolina Gold) rice, and southern-style green beans with potatoes and onions. Vegetables subject to availability, but we will probably have to use less-ripe red tomatoes instead of green for fried green tomatoes (you'll learn the technique anyway). Bring your apron (and a container for leftovers) and come hungry!

Yvonne Payne
L733 5/7 M 6-9PM \$49
Ferris High School, 3020 E 37th Ave, Rm B108, 279-6030

Thai Cuisine

Delight in treats from Thailand. Learn the secrets of Thai cooking and balancing the sweet, sour, salty and spicy tastes. Enjoy these contrasts as you sample the delicious food prepared during class. Join native Thai culinary artist and instructor Somkhit Buerger and discover Thai culture and how food fits into the way of life in Thailand.

Somkhit Buerger
L706 4/12 Th 6:30-9:30PM \$47
Shadle Park High School, 4327 N Ash St, Rm B110, 279-6030
L705 5/14 M 6:30-9:30PM \$47
Ferris High School, 3020 E 37th Ave, Rm B108, 279-6030
L704 6/6 W 6:30-9:30PM \$47
North Central High School, 1600 N Howard St, Rm 118, 279-6030

Fun & Games

Casinos Unmasked

New!

Explore the secretive world of casino surveillance as we examine the myths and true capabilities of the "Eye in the Sky." Go behind the cameras and into the access-restricted monitor rooms where the instructor shares his unique experiences from the past four decades. Discover what has really happened in Vegas and learn to protect your assets and perhaps even turn the tables on the casinos.

Forrest Nelson
L805 5/2-5/9 W 6-9PM \$39
IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 121, 279-6030

Intro to Cigar Tasting **New!**

Choosing a fine cigar is much like selecting a fine wine. Intended for those new to cigar tasting, discuss the influences of growing region, fermentation process, color and size, etiquette for being a respectful cigar smoker, and advice on selecting a cigar, given your wallet and tastes. Class includes product tasting. Nonalcoholic beverages are provided, but alcoholic pairings are available for an additional charge. Students must be 21 or older. Picture ID required.

Blake Crossley

L890 3/26 M 6-8PM \$49

Northern Quest Resort & Casino, 100 N Hayford Rd, 279-6030

First Shots — Basic Shooting

Want to learn about competitive target shooting or explore the fun of range shooting? Take your first shots in this introductory class! Learn about purchasing and licensing firearms, background checks, firearm safety and more, then shoot 22-caliber pistols during range time. Supplies included in cost.

Robin Ball

L802 3/17 Sa 9:30-11:30AM \$17

L800 4/10 T 6-8PM \$17

L801 5/5 Sa 9:30-11:30AM \$17

Sharp Shooting Indoor Range, 1200 N Freya Way, 279-6030

Trends in Modern Films **New!**

Take a look at modern cinema, 1900 to the present, from the United States to Iran and Romania and back again. View clips and discuss films as diverse as "Fargo," "Children of Heaven," "Shall We Dance," "Persepolis," "Burnt by the Sun," and "Raise the Red Lantern." Class handouts included. Join film expert Vaughn Overlie for an entertaining evening!

Vaughn Overlie

L450 3/27 T 6-9PM \$25

CenterPlace, 2426 N Discovery Pl, Rm 205, 279-6030

Home & Garden

Annuals or Perennials? **New!**

Do you know the differences between annuals and perennials? Learn basic biology that will lead to appropriate plant choices for your home and yard. Discuss the care and feeding of all of these beautiful plants as well as the relative merits of each in the landscape.

Kris Moberg-Hendron

L419 4/26 Th 6-9PM \$25

Shadle Park High School, 4327 N Ash St, Rm C101, 279-6030

Attracting Wildlife to Your Yard **New!**

Would you like to find more butterflies and birds in your yard? Plant choices, pest control measures and basic biology all add to the attractiveness of our yard to these beautiful creatures. Explore ways to attract the wildlife you desire.

Kris Moberg-Hendron

L425 5/21 M 6-9PM \$25

Ferris High School, 3020 E 37th Ave, F126, 279-6030

Basic Urban Beekeeping

Join Master Beekeeper Jim Miller and other West Plains Beekeepers Association instructors for this introduction to natural beekeeping. Gain an understanding of the honeybee, hive, flower, pollen, nectar, and bee pests and diseases.

Explore seasonal bee management and honey extraction. We have become so dependent on honeybees that the quality and abundance of fruits and vegetables would see a disastrous decline without them. Class includes book for students registered in class L900. Optional: For students who want to pursue the apprentice certificate issued by the Washington State Beekeepers Association, contact the instructor at jim@millershomestead.com for details and costs.

James Miller

For detailed driving instructions, go to www.millershomestead.com.

L900 3/9-3/30 F 6-9PM \$20

Class L901 is for additional family members of those registered in class L900. They will not receive the book. Students must be registered under their own name. For detailed driving instructions, go to www.millershomestead.com.

L901 3/9-3/30 F 6-9PM \$10

Millers Homestead, 14606 S Stangland Rd, Cheney, 279-6030

Container Gardening With Confidence

You can grow just about anything in a container! Gain confidence as you learn to choose appropriate containers and explore plant preferences, watering schedules, planting techniques, container maintenance, and even vegetable production in a pot. Extra tips from a variety of experts are included.

Kris Moberg-Hendron

L426 5/23 W 6-9PM \$25

North Central High School, 1600 N Howard St, Rm 254, 279-6030

Decorating by Instinct **New!**

Stuck on your decorating project and don't know how to move forward? Let one of Spokane's leading redesign experts, Susan Jane Hall, show you a simple five-step process that will help you decorate your home with confidence and create a look that says "you." Once you learn to locate your inner decorator, there's no mystery to having a great looking space. Come find out how easy it is to get decorating smarts by just following your instincts!

Susan Hall

L700 5/10 Th 6-9PM \$25

Shadle Park High School, 4327 N Ash St, Rm TBA, 279-6030

Dream Garden in the Making **New!**

Be inspired to create your dream garden and solve your gardening problems! Exploring the origins of plants and the history of gardening, including famous landscape designs, gives you the practical help you need in your own gardening. With his degree and experience in landscape management, Brian Engstrom provides valuable insights into designing your garden and effectively choosing plants to reduce water use and control weeds.

Brian Engstrom

Class will not meet Apr. 5.

L449 3/22-4/19 Th 6-8PM \$49

Shadle Park High School, 4327 N Ash St, Rm B116, 279-6030

Floral Design — Intermediate and Advanced

Advance your floral arranging skills in this intermediate — advanced class by practicing the principles of design. Tools are available for purchase, but not required. For students 18 and older.

Loretta Etchison

Register and pay fee no later than 4PM, Mar. 27.

6370 4/3-4/24 T 6-8PM \$80

Spokane Community College, Bldg 10, Rm 105, 533-8010

Floral Design — Weddings

Is there a wedding in your future? Explore an introductory course in floral design using tools of the trade to wire and tape your way through this basic floral arranging course making corsages, bouquets and nosegays that can be taken home. The instructor demonstrates how to make large urn arrangements and candelabra pieces. For students 18 and older.

Loretta Etchison

Register and pay fee no later than 4PM, Apr. 24.

6369 5/1-5/22 T 6-8PM \$70

Spokane Community College, Bldg 10, Rm 105, 533-8010



Home and Garden

www.ccs.spokane.edu/ContinuingEd



Low-Maintenance Gardening *New!*

Would you like a gorgeous yard that also leaves you with time to play on the weekends? Learn to reduce your energy input to the yard through plant choices, pest control measures, watering choices and timing of activities.

Kris Moberg-Hendron

L424 3/26 M 6-9PM \$25

CenterPlace, 2426 N Discovery Pl, Rm 205, 279-6030

Ornamental Grasses

There are so many reasons to love these plants! They are very low maintenance, deer resistant and always interesting in landscapes. Examine basic grass biology, proper care of different grasses, and how to tell grasses from sedges or reeds. View pictures of a wide variety of grasses that grow well in Spokane.

Kris Moberg-Hendron

L420 5/3 Th 6-9PM \$25

Shadle Park High School, 4327 N Ash St, Rm C101, 279-6030

Pesky Pests and Dastardly Diseases *New!*

There is always something wanting to eat your beautiful plants. Learn about the most common mammal, bird, mollusk, insect, bacteria and virus pests with whom we share the garden. Marvel at their adaptability and discuss how to keep them to a minimum without damaging the environment.

Kris Moberg-Hendron

L423 6/7 Th 6-9PM \$25

CenterPlace, 2426 N Discovery Pl, Rm 205, 279-6030

Principles of Landscape Design

Take a look at the principles of landscape design to start you on your own landscape project. Which plants work well together? How do you plan for different exposures? Learn about good plant material and good design principles to carry you from beginning to completion, whether you are doing a small project or a large one. Pat Haye is a local landscape designer in business for more than 15 years, specializing in gardens that are wildlife tolerant.

Pat Haye

L416 3/19-3/21 MW 6:30-8:30PM \$29

L435 6/12-6/14 TTh 6:30-8:30PM \$29

CenterPlace, 2426 N Discovery Pl, Rm 205, 279-6030

Problem-Solving in the Garden *New!*

Tackle the garden problems we all face, both small and large. Discuss environmental factors, pests and diseases, plant selection, weather issues, and other topics suggested by the class. Bring your own specific problems and work them out with other gardeners.

Kris Moberg-Hendron

L422 5/9-5/16 W 6-9PM \$39

North Central High School, 1600 N Howard St, Rm 254, 279-6030

Smart Sprinkler Installation

Reduce your water bill and save hundreds of dollars by installing or updating your sprinkler system for your new or existing landscape. Learn about drawing a plot plan, basic hydraulics, system design and components, smart watering technology, and installation and repair procedures.

James Bender

L400 5/17 Th 6-9PM \$25

Shadle Park High School, 4327 N Ash St, Rm C103, 279-6030

Sun and Shade Gardening *New!*

Do you have too much sun or shade in your yard? Discover what to do when you have too much of a good thing by examining how plants grow. Use available resources, including plant lists and pictures, to learn about successful plants in our specific environment.

Kris Moberg-Hendron

L421 5/14 M 6-9PM \$25

Ferris High School, 3020 E 37th Ave, F126, 279-6030

Tree-mendous Trees *New!*

Attractive landscapes with healthy trees can account for up to 20% of a home's property value! With summer just around the corner, now is the right time to plant new trees. Learn the way to plant, feed and tend trees that will provide you with many years of pleasure. Topics include planting, pruning, watering, selection of the "right tree for the right place" and many other tree-rific topics.

Kris Moberg-Hendron

L418 5/10 Th 6-9PM \$25

Shadle Park High School, 4327 N Ash St, Rm C101, 279-6030

Pets

Down! Heel! Stay!

Does your dog jump on you, chew on your stuff and dig in your yard? Congratulations! You have a normal dog. Join Elin Zander, dog behavior specialist, and learn to redirect your dog's energy into the behaviors you want. Create a lasting bond and a well-behaved best friend at the same time. Class size is limited to eight dogs. Preregistration is required.

Elin Zander

L920 5/9-6/13 W 6-7:15PM \$69

IEL Lodge, 3305 W Fort George Wright Dr, grassy area west of building (park in west parking lot), 279-6030

Sports & Fitness

Aerobic Dance and Exercise

Enjoy fun and fitness with a variety of upbeat dance routines choreographed for the nondancer. Build cardiovascular strength, tone and firm your body, boost your energy level, and increase your flexibility. Bring an exercise mat to class.

Carol Blume

Class will not meet May 8.

L601 4/3-5/31 TTh 5:30-6:30PM \$84

CenterPlace, 2426 N Discovery Pl, Rm 205, 279-6030

Beginners Swim — Level 1 and 2

For children 6 and older. Elementary aquatic skills are taught as the foundation for the next four levels in this 4-hour course.

Michele Heuer

6604 4/9-5/2 MW 5-5:30PM \$20

Spokane Community College, Bldg 5, Rm 121, 533-8010

Beginning Yoga for Relaxation and Health

New!

Learn to breathe properly and relax naturally. Improve your balance and flexibility as you tone and strengthen your body in a warm and accepting environment. Though the mood of the class is gentle, you can intensify movements as you become aware of your body and the benefits of yoga. Bring a mat, a towel for kneeling comfortably and water to stay hydrated.

Sandra Beus

L655 4/11-5/30 W 6:30-7:30PM \$49

North Central High School, 1600 N Howard, Rm 003, 279-6030

Body Conditioning

Work your entire body, including the core, for muscular strength and endurance. Use handheld weights, exercubes, fitballs, weighted bars, and do some mat work in this Body Conditioning class. Parking fee required. For more information, call 509-533-3636 or e-mail Carol.Dyksterhuis@spokanefalls.edu.

Carol Dyksterhuis

8923 4/3-6/14 TTh 12:30-1:30PM \$46

Spokane Falls Community College, Bldg 13, Rm 104, 533-3140

Facility Use — Pool and Track

If you are 16 years and older, this allows access to SCC's indoor track, locker rooms, basketball courts (when available) and the swimming pool during open swim hours. Does not include use of the Fitness Center or Weight Room. Parking fee required.

Michele Heuer

6885 4/2-6/14 Arr Arr \$40

Spokane Community College, Bldg 5, Rm 121, 533-8010

Fast Fitness, Pool and Weight Room

New!

Use the fitness center, weight room and swimming pool during scheduled open times. For community members 18 and older. Parking fee required.

Michele Heuer

Facility not available May 28.

6897 4/2-6/21 Arr Arr \$80

Spokane Community College, Bldg 5, Rm 146, 149, 121, 533-8010

Golf

Learn basic golf rules, etiquette, driving, pitching, putting and getting the ball airborne from a PGA/LPGA professional and instructor. Bring your clubs to class. Students pay for their buckets of balls. Register early. Class size is limited.

Jim Tucker

Class L660 is a beginning level class.

L660 4/18-5/23 W 5:30-6:30PM \$89

Pine Acres Golf Course, 11912 N Division St, 279-6030

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Jeffrey Rumsey

Classes L653 and L654 are for both beginning and intermediate level golfers.

L653 5/3-5/24 Th 4-5:30PM \$89

L654 5/3-5/24 Th 5:30-7PM \$89

Indian Canyon Golf Course, 4304 W West Dr, 279-6030

Lifeguard Training

Advanced American Red Cross lifesaving techniques, including preventative guarding, emergency procedures, CPR and first aid. "Lifeguard Training" book required; purchase at American Red Cross. Must be 15 or older and pass a preclass swim test.

Michele Heuer

6621 4/3-5/3 TTh 5-7:30PM \$70

Spokane Community College, Bldg 5, Rm 121, 533-8010

Nia

This dance technique is a unique blend of movements from the martial arts, dance arts and healing arts. Based on the Joy of Movement, Nia uses eclectic and inspiring music, including world and tribal beats, and offers creative expression through technical moves and free dance. Nia fosters awareness of our innate body intelligence, and provides cardiovascular and whole-body conditioning. Mainly, it is a safe and fun workout that is good for your body, mind, spirit and emotions. Nia can be done barefoot. No prior training is necessary. Bring a water bottle. For more information, e-mail ann@jackson-avery.us.

Ann Jackson-Avery

Class will not meet May 28.

8906 4/2-6/13 MW 5:30-6:30PM \$44

Spokane Falls Community College, Bldg 13, Rm 104, 533-3140

Pilates

Enjoy a low-impact total body conditioning program, including a variety of core movements and stretching, breathing and flexibility routines to increase overall strength and fitness levels. For students 15 and older. Parking fee required.

Margarita Evans

6641 4/5-6/14 TTh 4:30-5:30PM \$38

Spokane Community College, Bldg 5, Rm 120C, 533-8010

Recreational Aquatic Fitness

For nonswimmers and swimmers, this progressive program of simple water exercises helps develop general body conditioning. For students 16 and older.

Michele Heuer

Classes 6626 and 6627 will not meet May 28.

Parking fee required.

6626 4/2-6/13 MWF 8:30-9:30AM \$55

6627 4/2-6/13 MW 4-5PM \$37

Larisa Stark

Class 6628 will not meet May 28.

6628 4/2-6/13 MW 5:30-6:30PM \$37

Janel Irland

6629 4/3-6/14 TTh 5-6PM \$39

Spokane Community College, Bldg 5, Rm 121

Recreational Swim


Choose an activity from aquatic exercises through lap swimming. For students 16 and older. Parking fee required.

Tori Allison

Class will not meet May 28.

6632 4/2-6/14 MTWTh 6-7AM \$76

Spokane Community College, Bldg 5, Rm 121, 533-8010



Recreational swimming and weight training
www.ccs.spokane.edu/ContinuingEd

Sailing Basics

Spend 10 hours in dry-land school to learn the basics of sailing theory and terminology. Put into practice what you have learned by going on a three-hour sailing trip scheduled by the instructor, who has taught sailing and navigation classes for over 20 years.

William Holcomb
L610 4/18-5/9 W 6-8:30PM \$89
IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 120, 279-6030

Step and Sculpt

New!

Step and sculpt! A fabulous way to get in shape! A combination of aerobic fitness and body conditioning in the same hour. Join the fun and participate in aerobic routines set to music using a step platform. Work out at your own level of intensity and complexity. Cardio movements can be performed without the step as a low impact routine on the floor. You'll use handheld weights, exercubes, fitballs, weighted bars and mats to sculpt the entire body, including the core. Parking fee required. For more information, call 509-533-3636 or e-mail Carol.Dyksterhuis@spokanefalls.edu.

Carol Dyksterhuis
Class will not meet May 28.
8947 4/2-6/13 MW 4:15-5:15PM \$44
Spokane Falls Community College, Bldg 13, Rm 104, 533-3140

Tai Chi

Octogenarian Bill Leong's new 10-year goal is to reach 90 with no loss of physical strength, balance or coordination. How will he accomplish this? Via tai chi. Join him and begin your own five- or 10-year plan! Handouts provided.

Bill Leong
Class will not meet Apr. 2.
L615 3/26-5/21 M 6:30-8PM \$69
Ferris High School, 3020 E 37th Ave, Admin Bldg Hallway, 279-6030

Tai Chi Chuan — Continuing

Improve your skills in this advanced class for students with prior experience who want to complete the long form.

Daniel Brasher
Class L602 will not meet May 29.
L602 3/27-6/5 T 6:30-7:30PM \$59
CenterPlace, 2426 N Discovery Pl, Rm 205, 279-6030

Tai Chi Chuan I and II

Tai chi chuan is a Chinese martial art form that calms the mind and body, strengthens the physical condition, improves circulation and digestion, and increases the sense of well-being through a disciplined series of slow, continuous movements. This class is excellent for beginning and advanced students alike.

Bernie Elmendorf
L607 4/11-6/6 W 6:30-7:30PM \$55
CenterPlace, 2426 N Discovery Pl, 205, 279-6030

Teeny Tiny Swim

Three- to 5-year-olds learn a healthy respect for the water and proceed through a beginners course offered at their level.

Michele Heuer
6600 4/9-5/2 MW 5-5:30PM \$20
Spokane Community College, Bldg 5, Rm 121, 533-8010

Turbo Kick®

New!

Turbo Kick is a combination of intense kickboxing and dance moves, all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals of strength and endurance training with a relaxing cool-down. Turbo Kick requires no previous kickboxing experience or equipment.

Dawn Bruce
Class L640 will not meet May 28.
L639 4/2-5/7 M 5:30-6:30PM \$39
L640 5/14-6/11 M 5:30-6:30PM \$35
Southside Activity Center, 3151 E 27th Ave, 279-6030

Volleyball 4 on 4

Serious rec league volleyball players unite! For more information, call 509-533-4106 or e-mail Brandy.Sonderland@spokanefalls.edu.

Brandy Sonderland
Class will not meet May 28.
8955 4/9-6/11 M 6:30-9PM \$45
Spokane Falls Community College, Bldg 7, Rm 112, 533-3140

Water Safety Instructor

Prepare for employment as a teacher or administrator of American Red Cross swimming/water safety programs. Current lifeguard training certification required and at least 16 years old. Purchase WSI books at American Red Cross.

Michele Heuer
6624 5/8-6/7 TTh 5-7:30PM \$80
Spokane Community College, Bldg 5, Rm 121, 533-8010

Women's Weight Training

No need to worry about feeling intimidated by guys in the weight room! This class is for women only! For more information, call 509-533-3045 or e-mail Ryan.Weidman@spokanefalls.edu.

Ryan Weidman
8967 4/3-6/14 TTh 5:15-6:15PM \$50
Spokane Falls Community College, Bldg 7, Rm 115, 533-3140

Yoga — SFCC

Workouts combine strength and stretching movements with relaxation and stress reduction techniques. Students learn a variety of low-impact activities to promote physiological well-being as well as increase overall levels of physical fitness. Students must bring their own yoga mat. Parking fee required.

Sheri Staudinger
Class will not meet May 28.
8910 4/2-6/13 MW 11:30AM-12:30PM \$44
Carol Dyksterhuis
8912 4/3-6/14 TTh 4-5PM \$46
Spokane Falls Community College, Bldg 13, Rm 104, 533-3140



**Exercise
is a group
sport!**

www.ccs.spokane.edu/ContinuingEd



Yoga — Vinyasa Flow and Power *New!*

Do you enjoy vigorous, fitness-based yoga? This intensive class emphasizes strength, flexibility, balance and mind-body awareness for students who have a minimum of three months previous instruction. Parking fee required.

Michelle Gendusa

6686 4/5-6/12 TTh 2:30-3:30PM \$36

Spokane Community College, Bldg 5, Rm 120C, 533-8010

Zumba®

Energize your body and get in shape! Zumba combines Latin and international rhythms such as salsa and cha-cha. This fun class is perfect for all shapes and sizes, beginners, active older adults, or those new to cardio exercise. No dance experience needed. All Zumba students must wear supportive, smooth-soled, low-traction athletic or dance shoes that allow twisting and pivoting.

Staff TBA

L616 4/3-5/10 TTh 6-7PM \$69

L617 5/15-6/14 TTh 6-7PM \$59

IEL Hillyard Center, 4410 N Market, Rm 109, 279-6030

Zumba® — SFCC

Join this Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness system. Zumba combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits. The cardio-based dance movements are easy-to-follow steps that include body sculpting, which targets areas such as gluteus, legs, arms, core, abdominals and the most important in the body — the heart.

Carol Dyksterhuis

8968 4/3-6/14 TTh 5:15-6:15PM \$46

Spokane Falls Community College, Bldg 13, Rm 104, 533-3140

Tours & Travel

Basics of RV Traveling *New!*

Are you experiencing wanderlust? Join Esta and William Rosevear, who traveled for a full two years in their RV, and discover how to get ready, what to buy, where to go, and how to find inexpensive camp sites and gas. Learn from their successes and pitfalls, and plan for a great experience in your RV.

Esta Rosevear, William Rosevear

L840 4/11-4/25 W 6-8PM \$65

North Central High School, 1600 N Howard St, Rm 233, 279-6030

Birds of Eastern Washington

Discover the joy of birding with Fran Haywood, who has studied birds throughout the lower 48 states for over 40 years. Learn to identify birds in the local area. Class includes two evenings of instruction, slide illustrations of birds and hand-outs to help you study at home. The Saturday field trip is the best way to learn the local birds as you observe them while they are singing. Carpool to west Spokane, stroll along Indian Canyon bluff, then travel to Reardan's Audubon Lakes, Davenport's cemetery, and along a quiet dirt road a few miles southwest. This field trip is about 80 percent of the class, so come for at least part of the day for fun in the field!

Fran Haywood

Class meets only Mar. 22, 29 and 31. The Saturday field trip on Mar. 31 meets at Coeur d'Alene Park in Browne's Addition at 7:30AM and ends at 3:30PM.

L430 3/22-3/31 ThSa 6:30-9:30PM \$65

Shadle Park High School, 4327 N Ash St, Rm C101, 279-6030

Be a hometown tourist!
See birds of Eastern Washington.



www.ccs.spokane.edu/ContinuingEd

Celebrate the Titanic *New!*

April 12, 2012, is the 100th anniversary of the sinking of the Titanic. Revisit details of this historic event as you walk through downtown Spokane. Join longtime tour guide Beth Moore to view and discuss buildings standing at that time. Hear about the Spokane connections to the Titanic! Wear comfortable shoes.

Beth Moore

L460 4/13 F 7-9PM \$18

Meet at Integrus Bldg, 10 S Cedar St, 279-6030

Cemetery Tour — Early Spokane History *New!*

Join popular tour guide Beth Moore and discover fascinating facts about many who lived and worked in early-day Spokane! Visit Greenwood, Mt. Nebo and Riverside cemeteries to explore the historic graves and other artifacts there. Wear comfortable shoes.

Beth Moore

L461 6/2 Sa 1-4PM \$26

Meet at Greenwood Cemetery white house, 211 N Government Way, 279-6030

Legal & Money Matters

Estate Planning

It is never too soon to have your estate in order. Invest three hours with attorney Art Toreson exploring vital facts of wills, physician directives, powers of attorney, community property and living trusts.

Art Toreson

L850 3/28 W 6-9PM \$29

L851 6/13 W 6-9PM \$29

CenterPlace, 2426 N Discovery Pl, Rm 205, 279-6030

Introduction to Stock Options — Online

Learn to evaluate, buy, sell and profit with investment tools once thought to be only for the pros. Learn to protect your portfolio and profit in a down market, an up market or even a flat market.

Mark Quinn

7136 3/21-4/27 Arr Arr \$99

7137 4/18-5/25 Arr Arr \$99

7138 5/16-6/22 Arr Arr \$99

Spokane Community College, Ed2Go, 533-8010

Keys to Successful Money Management — Online

Building wealth takes organization, discipline and a firm knowledge of how to proceed. A certified financial planner will walk you through steps you need to take in order to achieve true financial success.

Kirsten Iseminger

7124 3/21-4/27 Arr Arr \$99

7125 4/18-5/25 Arr Arr \$99

7126 5/16-6/22 Arr Arr \$99

Spokane Community College, Ed2Go, 533-8010

Landlord-Tenant Laws

Do you own residential rental property? Learn your rights and responsibilities as a landlord from Tom McGarry, an attorney who specializes in landlord-tenant law, foreclosure and real estate contract forfeiture. Discuss rental contracts, responsibilities, landlord's right to entry, damage and security deposits, statutory notices, evictions, and other issues under Washington's Residential Landlord-Tenant Act.

Tom McGarry

L820 6/4-6/6 MW 6:30-8:30PM \$39

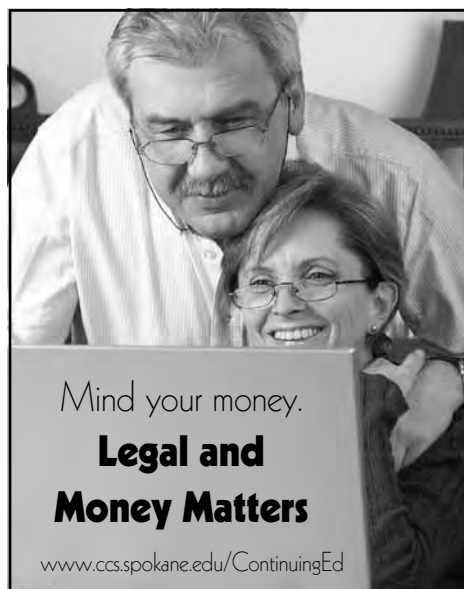
North Central High School, 1600 N Howard, Rm 233, 279-6030

Medicare — What Do You Need to Know When You Turn 65?

Are you confused about Medicare A, B, C or D? Do you know what is covered or not covered by Medicare? This free workshop answers these questions and helps you make sure that Medicare works well for you. Information and comparison of Medicare Advantage Plans and Medigaps are covered.

Office of the Insurance Commissioner, State of Washington

L860 4/27 F 1PM-4PM \$0
Magnuson Building, 2917 W Fort George Wright Dr, Rm 121, 279-6030



Mind your money.
Legal and Money Matters
www.ccs.spokane.edu/ContinuingEd

Personal Finance — Online

Gain control over the financial impact of your choices. Create and use a budget, borrow and invest wisely, make intelligent decisions about insurance and plan for your financial future.

Gail Perry

7140	3/21-4/27	Arr	Arr	\$99
7141	4/18-5/25	Arr	Arr	\$99
7142	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Protect Your Money, Credit and Identity

New!

Do you worry about criminals stealing your identity or scammers cheating you out of your money? Learn how to prevent identity theft and protect yourself against credit card fraud and internet scams. You'll also see how to clean up your credit history.

Neal Bevans

7132	3/21-4/27	Arr	Arr	\$99
7133	4/18-5/25	Arr	Arr	\$99
7134	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Real Estate Investing — Online

This course teaches the essentials of investing in real estate, including finding and analyzing great deals, where to go (and not go) for financing, and negotiating. Explore investing in lease options, foreclosures and more.

Josh Fuhrer

7144	3/21-4/27	Arr	Arr	\$99
7145	4/18-5/25	Arr	Arr	\$99
7146	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Real Estate Investing II — Online

Use specially designed Microsoft Excel worksheets to easily perform real estate investment calculations to determine investment returns, mortgage amortization, cash flow forecasting and many other functions. Explore how credit affects your borrowing power and what you can do to improve it, how various loan products help you reach your investment goals, and how to maximize profit with tax benefits.

Josh Fuhrer

7152	3/21-4/27	Arr	Arr	\$99
7153	4/18-5/25	Arr	Arr	\$99
7154	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Stocks, Bonds and Investing — Online

The earlier you begin planning for your future, the easier it is for you to retire. Learn to manage your personal finances, make wise investment decisions and prepare adequately for your future.

Aaron Clarey

7148	3/21-4/27	Arr	Arr	\$99
7149	4/18-5/25	Arr	Arr	\$99
7150	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Parenting

Assisting Aging Parents — Online

Growing older is a part of life. Some aspects are joyful, bittersweet, frustrating or frightening. Learn what to expect, what to watch for, how to deal with physical and emotional challenges, and where to find resources to help.

Marsiea Warren

7242	3/21-4/27	Arr	Arr	\$99
7243	4/18-5/25	Arr	Arr	\$99
7244	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Enhancing Language Development in Childhood — Online

Discover how children learn to process language and become proficient speakers and thinkers. Enrich your child's life by stimulating his or her continued speech, brain and language development in an enjoyable, age-appropriate and natural way.

Kt Paxton

7209	3/21-4/27	Arr	Arr	\$99
7210	4/18-5/25	Arr	Arr	\$99
7211	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Guiding Kids on the Internet — Online

This course gives step-by-step instructions that lead you in discovering kid-friendly Internet features, such as web page creation, kid-safe searches, fun resources and many communication possibilities.

Christine Gee/Katherine Emmons

7036	3/21-4/27	Arr	Arr	\$99
7037	4/18-5/25	Arr	Arr	\$99
7038	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Homeschooling

Prepare yourself to homeschool your children independently from preschool through grade 12. Get the information you need on state homeschool regulations, Christian and secular curricula in all eleven required subject areas, and community resources. Discuss the differences between homeschooling and public alternative programs. Study materials are included and a certificate is issued upon completion of this 24-hour course. This course fulfills Washington state legal requirements for those who do not otherwise meet the educational requirements for homeschooling.

Karen Allwine

N101	4/16-4/23MTWTh	6PM-9PM	\$76
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IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 121, 279-6030

Ready, Set, Read! — Online

Understand children's literacy development and see how little events can lead to big steps in reading and writing success. Learn what problems to look for and assist a struggling reader, and how to boost literacy during daily routines and child's play.

Kt Paxton

7213	3/21-4/27	Arr	Arr	\$99
7214	4/18-5/25	Arr	Arr	\$99
7215	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Understanding Adolescents — Online

Gain understanding and appreciation of adolescent development and behavior. Uncover the adolescent mind and learn how they think and feel, how their identities develop, and what steps can be taken to ensure you are well prepared to meet their needs.

Sonya Jodoin

7217	3/21-4/27	Arr	Arr	\$99
7218	4/18-5/25	Arr	Arr	\$99
7219	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Self-Improvement**Achieving Success With Difficult People — Online**

Learn to have more successful relationships with difficult bosses, coworkers, students, neighbors or family members. Get helpful information about understanding yourself, solving people problems, improving your relationships and personal and professional productivity.

Judy Snyder

7238	3/21-4/27	Arr	Arr	\$99
7239	4/18-5/25	Arr	Arr	\$99
7240	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Get Assertive! — Online

Learn to deal with anger and criticism and gain skills to be assertive with family members, friends, bosses, coworkers, professionals and clerks.

Vivian Harte

7250	3/21-4/27	Arr	Arr	\$99
7251	4/18-5/25	Arr	Arr	\$99
7252	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Get Funny! — Online

Humor enhances everything you do. Learn to deliver better presentations, mix laughter with learning in your classroom, increase your marketability as a writer, deliver more hits to a web site, or simply become friendlier and more outgoing.

Joanna Sandsmark

7254	3/21-4/27	Arr	Arr	\$99
7255	4/18-5/25	Arr	Arr	\$99
7256	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Individual Excellence — Online

Master 12 career-enhancing skills including goal setting, time management and personal organization. Learn to improve your creative abilities, gain confidence with financial matters and minimize conflict in your life.

Becky Swaim/Tony Swaim

7303	3/21-4/27	Arr	Arr	\$99
7304	4/18-5/25	Arr	Arr	\$99
7305	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Keys to Effective Communication — Online

Learn to build rapport, trust, warmth and respect through conversation. Become more confident, create a great first impression, and create more and better personal and professional relationships.

Dawn Lianna

7262	3/21-4/27	Arr	Arr	\$99
7263	4/18-5/25	Arr	Arr	\$99
7264	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Listen to Your Heart, Success Will Follow — Online

Enjoy the rewards that come from doing what really makes you happy! Learn to use work to express yourself and share your interests and talents.

Cynthia Christianson

7266	3/21-4/27	Arr	Arr	\$99
7267	4/18-5/25	Arr	Arr	\$99
7268	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Skills for Making Great Decisions — Online

Enjoy the rewards that come from doing what really makes you happy! Learn to use work to express yourself and share your interests and talents.

Donna Brown

7270	3/21-4/27	Arr	Arr	\$99
7271	4/18-5/25	Arr	Arr	\$99
7272	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Wellness**Chronic Pain — Manage Your Pain**

Manage your chronic pain and reclaim your life! Stress, frustration and depression are common reactions for people struggling to cope with chronic pain. Physical pain and stress have been scientifically proven to be connected. Find out about integrative medicine, combining conventional, complementary and alternative treatment options, and participate in hands-on learning of pain and stress reduction techniques.

Debra Peterson

L811	3/7-3/14	W	6-7:30PM	\$25
L815	5/23-5/30	W	6-7:30PM	\$25

North Central High School, 1600 N Howard St, Rm 105, 279-6030

Massage for Couples

Reduce stress in your daily life and increase your overall sense of well-being by learning basic Swedish massage strokes. Take home the healing power of touch. Wear a bathing suit or shorts, and bring a thick pad, blanket, pillow and lotion or massage oil to the workshop. Partners required. Cost is per person.

Dawn Fullmer-Hurley

L810	4/16-4/23	M	6-8PM	\$29
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IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 163, 279-6030

Power of Guided Imagery

Science is documenting the power of guided imagery. Learn to use guided imagery to create positive life changes for stress management, pain management, creativity, abundance, weight reduction and enhanced athletic performance.

Debra Peterson

L812	5/16	W	6-8:30PM	\$21
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North Central High School, 1600 N Howard St, Rm 105, 279-6030

Taste of Tibetan Culture, Language and Meditation *New!*

With instruction and guidance by Lama Lakshey Zangbo, a meditation master, students learn and practice simple yet profound techniques which calm, stabilize and clarify the mind and heart. Through one-pointed meditation and analytic meditation you learn to tame your mind and free yourself from afflictive emotions allowing you to deal with life problems more effectively and happily. Students interested in the Tibetan Culture Excursion and Volunteer Services program scheduled for Summer 2012 should attend this class. For more information, visit tsintamani.org.

Lama Lakshey Zangpo

8109	4/11-6/13	W	6-8PM	\$40
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Spokane Falls Community College, Bldg 16, Rm 106, 533-3140

Using Self-Hypnosis for Positive Life Changes *New!*

Learn the steps in making your self-hypnosis CD. Learn how self-hypnosis can help retrain your subconscious mind for a variety of self-help goals.

Debra Peterson

L813	4/25	W	6-8PM	\$17
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North Central High School, 1600 N Howard St, Rm 105, 279-6030

Seniors

Art

Acrylic Focus*

Enjoy a new experience and focus on realistic painting in acrylics. Prefer watercolor? You are welcome to continue painting in watercolor or bring a "fixer-upper" to fine-tune with acrylics. Bring your questions about paint, media and surfaces.

Sue Rohrback

M154 3/26-5/14 M 9AM-12PM \$72

Holman Gardens, 12912 E 12th Ave, 279-6027

M158 3/30-5/18 F 8:30-11:15AM \$66

Southside Senior Activity Center, 3151 E 27th Ave, 279-6027

Acrylics*

Whether you are a new or experienced artist, gain a working knowledge of the medium and brushes. Explore composition, layout and the use of color. Work on a variety of subjects and learn to self-critique. This fun class includes demonstrations and hands-on painting.

Kévin Bowers

Class M131 will not meet Mar. 29 or Apr. 5.

M131 3/15-5/10 Th 9AM-12PM \$64

Corbin Senior Activity Center, 827 W Cleveland Ave, Rm US, 279-6027

Class M100 will not meet Mar. 28 or Apr. 4.

M100 3/21-5/23 W 9AM-12PM \$72

West Plains Art Center, 111 N LeFevre, Medical Lake, 279-6027

Susan Hall

M152 3/27-5/15 T 1-3:30PM \$61

Corbin Senior Activity Center, 827 W Cleveland Ave, Rm US, 279-6027

Benjamin Brobst-Renaud

M135 4/2-4/30 M 1-4PM \$50

Hillyard Senior Center, 4001 N Cook St, 279-6027

Art Techniques

Explore a new art technique each week. With the exception of class M164, there will be a lunch break each day 12-1PM.

Sue Rohrback

Black Ink*

New!

Ink has been a writing and drawing medium for centuries. Here is a chance to explore ink drawing techniques as you combine a phrase, word of wisdom or poetry with some simple sketches and drawings with a more finished touch.

M164 5/29-6/12 T 9AM-12PM \$33

Spokane Valley Senior Center, CenterPlace, 2426 N Discovery Pl, Rm 155, 279-6027

Color Work*

New!

Put more bright and beautiful color in your paintings! Through a demo and worksheet, become familiar with all your colors and have time to paint something too. Get step-by-step help with any medium.

M169 6/1 F 9AM-3PM \$24

Southside Senior Activity Center, 3151 E 27th Ave, 279-6027

Open Art

New!

Get a lot accomplished in this full paint day — this class is your support system. Whether you want to begin or finish a painting, benefit from Sue's years of experience in all mediums to help find the colors, correct the shapes and tweak the values to make it all work together.

M168 6/4 M 9AM-3PM \$24

Holman Gardens, 12912 E 12th Ave, 279-6027

M166 6/8-6/15 F 9AM-3PM \$36

Southside Senior Activity Center, 3151 E 27th Ave, 279-6027

Cloud Nine*

New!

Explore clouds and light effects as you learn to create a glorious sky! Get step-by-step help in any medium.

M163 6/11 M 9AM-3PM \$24

Holman Gardens, 12912 E 12th Ave, 279-6027

Ceramics*

Enjoy painting on greenware and create special pieces for yourself or as gifts. Paint and firing fee is \$7, payable to Hillyard Senior Center, or supply your own paint and fire your own pieces. Bring a piece of greenware or bisque to class the first day.

Merlene Hrycenko

M140 4/17-5/15 T 9:30AM-12PM \$41

M141 4/17-5/15 T 12:30-3PM \$41

M142 5/29-6/26 T 9:30AM-12PM \$41

M143 5/29-6/26 T 12:30-3PM \$41

Hillyard Senior Center, 4001 N Cook St, 279-6027

Classics Series: Impressionist Style

Explore painting in the Impressionist style on two consecutive Saturdays. Lunch break each day 12-1PM. All classes held at Spokane Valley Senior Center, CenterPlace, 2426 N Discovery Pl, Rm 155, 279-6027.

Sue Rohrback

Moonlight Serenade*

New!

Find the unique color palette used to create a night scene. If you add a bit of water and moonlight, an owl or coyote could serenade you. The dark of night illuminated by the moon is exciting to paint.

M160 4/14-4/21 Sa 10:30AM-4:30PM \$36

Tulip Festival*

New!

Those beautiful fields of tulips welcome us into spring with bursts of vibrant color. Learn to paint linear rows or individual clusters and foliage in this colorful class.

M161 5/12-5/19 Sa 10:30AM-4:30PM \$36

Still Waters Run Deep*

New!

Explore painting still water. Sometimes the water works like a mirror and at other times we see through to the bottom with light reflections and shadows. Get your questions and paint ready, and we'll wade right in.

M162 6/9-6/16 Sa 10:30AM-4:30PM \$36

Collage*

New!

Learn the craft of collage! Use traditional and contemporary mixed media, found objects and your imagination. Learn the creative process and create art works that are both fun and inspirational!

Susan Hall

M151 3/29-5/17 Th 1-4PM \$72

Corbin Senior Activity Center, 827 W Cleveland Ave, Rm US, 279-6027

**BRUSH UP YOUR
DRAWING SKILLS.**



Whatever your medium,
we have a class for you.

www.ccs.spokane.edu/ContinuingEd

Creative Watercolor*

Few watercolorists take full advantage of the great variety of techniques available in creating watercolors. Experimental approaches and "happy accidents" make this medium exciting! Grow in your understanding of composition and what makes a painting a painting. Class is open to artists of all levels.

Jack Rogers

M125 3/21-5/9 W 12-3PM \$72

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 120, 279-6027

Drawing — Learn to Draw What You See*

Observing your subject accurately can be a challenge. Train your mind and eye to work together and improve your drawing accuracy with simple exercises.

Shirley Wright

M180 3/26-5/14 M 1-4PM \$72

Spokane Valley Senior Center, CenterPlace, Rm 155, 279-6027

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Ilse Tan

Class M170 will not meet Apr. 2.

M170 3/12-4/9 MW 9-11AM \$52

Hillyard Senior Center, 4001 N Cook St, 279-6027

Drawing Nature's Glory* **New!**

Using graphite and colored pencils in many creative styles, techniques and subjects, draw inspiration from nature this quarter. The range of subjects and unique sneaky tricks make this a class not to miss.

Sue Rohrback

M156 3/27-5/15 T 9AM-12PM \$72

Spokane Valley Senior Center, CenterPlace, 2426 N Discovery Pl, Rm 155, 279-6027

Drawing With Pastels* **New!**

Everyone is capable of creating meaning in drawings. To learn to draw with confidence is to learn to see! With practice and imagination, pastels bring life to your compositions. Art is fun when using a combination of drawing and beautiful pastels.

Jack Rogers

M124 4/2-5/21 M 9:30AM-12:30PM \$72

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 103, 279-6027

Drawing — Right Side Brain Processes*

Have you always thought you couldn't draw? Think again! Simple exercises, using Betty Edwards' "New Drawing on the Right Side of the Brain" textbook as a guide, help you see as an artist sees. Have fun while developing your drawing skills. Edwards' spiral-bound workbook is available online or at local bookstores.

Dian Zahner

M190 5/3-6/7 Th 1-3PM \$41

Riverview Retirement Community, 2117 E North Crescent Dr, Community Bldg, 279-6027

Floral Bouquet — Multimedia Painting* **New!**

Celebrate spring with flowers! Start with an iris to practice some floral colors, greens and brush strokes, then arrange a bouquet. A short lesson and demo with step-by-step directions helps to build your skills.

Sue Rohrback

M157 3/27-5/15 T 1:30-4:30PM \$72

Southside Senior Activity Center, 3151 E 27th Ave, 279-6027

Introduction to Weaving by Hand* **New!**

Learn basic hand weaving using very inexpensive materials. Begin by meshing together strands of yarn, then add "found" items (such as wire mesh, beads, shells or bones) to finish your creation. Enjoy this marvelous art and explore fascinating tidbits of the history of weaving.

Ilse Tan

M171 5/14-5/23 MW 9AM-12PM \$41

Hillyard Senior Center, 4001 N Cook St, 279-6027

Oil Painting*

Express your creative self and enjoy learning different techniques for painting with oil. Complete at least one painting in this five-week session. All levels of experience are welcome.

Chris Wheeler

Class will not meet May 28.

M174 5/7-6/11 M 1-4PM \$50

Hillyard Senior Center, 4001 N Cook St, 279-6027

Oil, Watercolor and More*

Focusing on landscapes, this class is open for experimentation in oil or watercolor painting techniques, as well as mixed media using opaque or transparent watercolor with colored pencils, pastels or ink. All levels of experience are welcome.

Marjorie Regan

Class will not meet May 28.

M120 4/9-6/4 M 9AM-12PM \$72

Royal Plaza, 302 E Wedgwood Ave, 279-6027

Open Art Multimedia Class*

Whether you choose acrylics, oils, charcoal, pencil, watercolors or pastels, the emphasis is on exploring your own style. Develop and expand your skills with instruction and demonstrations in composition, color, media and materials. Choose your own subjects and fit the pace to your needs. All levels of experience are welcome.

Shirley Wright

M181 3/14-5/2 W 9AM-12PM \$72

Spokane Valley Senior Center, CenterPlace, 2426 N Discovery Pl, Rm 155, 279-6027

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Sue Rohrback

M155 3/26-5/14 M 1-4PM \$72

Holman Gardens, 12912 E 12th Ave, 279-6027

M159 3/30-5/18 F 12:30-3:30PM \$72

Southside Senior Activity Center, 3151 E 27th Ave, 279-6027

Pastels* **New!**

Experience the vibrancy of this great medium. Learn to use color, composition and values to make paintings that are both interesting and enjoyable to look at. This fun, fast-paced class includes demonstrations and hands-on painting, and concludes with a daily critique.

Kévin Bowers

Class M101 will not meet Mar. 28 or Apr. 4.

M101 3/21-5/23 W 1-4PM \$72

West Plains Art Center, 111 N LeFevre, Medical Lake, 279-6027

M130 4/24-6/5 T 9AM-12PM \$64

Corbin Senior Activity Center, 827 W Cleveland Ave, Rm US, 279-6027

Watercolor Basics and More*

Learn easy, step-by-step fundamentals of watercolor, including tools, supplies, techniques, washes, handling the brush and paint, choosing a subject and designing the layout.

Shirley Wright

Class will not meet Apr. 26.

M182 3/15-5/10 Th 1-4PM \$72

Spokane Valley Senior Center, CenterPlace, 2426 N Discovery Pl, Rm 155, 279-6027

Watercolor Specials

Explore various facets of watercolor painting in these one-day workshops that combine demonstration and hands-on painting. All classes held at Spokane Valley Senior Center, CenterPlace, 2426 N Discovery Pl, Rm 155, 279-6027.

Shirley Wright

Saving and Recovering Whites* **New!**

Learn to save whites by using techniques such as painting around and using masking fluids and tape. You can recover whites by softening the edges, scraping, scrub outs and more. Experience the different effects each technique creates and learn the benefits of each style.

M187 3/9 F 9AM-4PM \$24

Brushes, Paints and Paper*

Have you always wanted to try watercolor? Join us! Learn about the supplies (included in the class cost) and discover the quick and easy basics of watercolor. Experience the enjoyment and exciting world of watercolors as you paint.

M179 3/23 F 9AM-4PM \$38

Turn Your Watercolor Into Acrylics* **New!**

Create a transparent watercolor and then switch over to acrylic and watercolor mediums on the same painting. Bring a couple of paintings that need help and let's see what we can do.

M184 4/6 F 9AM-4PM \$24

Gutta Bottles With Watercolor*

Explore the effects you can produce by adding fine lines to your painting using gutta bottles. These half-ounce squeeze bottles have a special metal tip that screws onto the top and are a fun tool to use.

M185 4/27 F 9AM-4PM \$24

Pouring Watercolor*

Discover beautiful color combinations that occur when transparent watercolor pigments are poured out and allowed to mix freely on watercolor paper. Experience the differences with part control and some random pour.

M186 5/11 F 9AM-4PM \$24

Watercolor*

Besides the basics of watercolor, have fun exploring many quick and easy techniques designed for both beginning and advanced students. Create everything from paintings to unique greeting cards using these techniques!

Marjorie Regan

Class will not meet May 31.

M121 4/12-6/7 Th 9AM-12PM \$72

Corbin Senior Activity Center, 827 W Cleveland Ave, Rm UN, 279-6027

Watercolor Workshop — Country Road***New!**

Place a road in the country with some twists and bends that look believable. Add the landscape, some light and shadows, and enjoy the road trip. Lunch break 12-1PM.

Sue Rohrback

M165 3/9 F 10AM-4PM \$24

Southside Senior Activity Center, 3151 E 27th Ave, 279-6027



Write from the heart.

For a complete listing of
writing classes go to

[www.ccs.spokane.edu/
ContinuingEd](http://www.ccs.spokane.edu/ContinuingEd)

Communications**Haiku Workshop*****New!**

Join the fun as we explore how to write haiku, a form of Japanese poetry. This simple but elegant form is a wonderful way to write about the natural world and the changing of the seasons. Examples, instruction and participation enrich your experience of this special form. No previous poetry experience required.

Lisa Conger

M307 6/7-6/14 Th 10-11:30AM \$19

Community Building, 35 W Main Ave, 279-6027

Historical Perspective — Preserving Your Heritage*

Preserving your heritage can take many forms: your possessions, your memories and the memories of others. Participate in a variety of activities, including interviewing, keeping a journal, preserving and displaying photographs and other artifacts, and creating scrapbooks. Get hands-on experience. Some computer skills are required. Encourage a family member to register for the class with you to enrich your experience. Some fees apply for additional services, such as bookbinding or special printing and scanning.

Ann Corwine

M325 3/28-5/2 W 1-3PM \$41

The Ridge at Rockwood South Hill, 2903 E 25th Ave, Recreation Ctr, 279-6027

Life Vignettes***New!**

Explore writing poetry, stories or memoir pieces, and play with language and images in this relaxed and informative workshop for beginning writers. Examine sample poems and other writing and see what grows in your imagination. Deepen your love for words and writing.

Lisa Conger

Class will not meet Apr. 24.

M302 3/27-5/22 T 10-11:30AM \$41

Harvard Park Retirement Residence, 1616 E 30th Ave, 279-6027

Poetry Workshop*

Heighten your delight with poetry, language and images! Sample poems provide fertile ground for your own imagination. Nurture your love for words and poetry. Open to seasoned poets or by faculty approval.

Lisa Conger

Class will not meet Apr. 30.

M301 3/26-5/21 M 1-3:30PM \$61

Corbin Senior Activity Center, 827 W Cleveland Ave, Rm LS, 279-6027

Poetry Revision Workshop***New!**

Transform your poems into polished gems! Look at ideas and techniques that can make your work stronger and more vibrant. For the first class, bring 11 copies of one poem you would like to work on. Class is by faculty approval.

Lisa Conger

M306 6/4-6/11 M 1-3PM \$22

Corbin Senior Activity Center, 827 W Cleveland Ave, Rm LS, 279-6027

Writers' Workshop*

Use your memories, insights and imagination to generate stories, skits, memoirs or poetry. We encourage all forms of writing in a relaxed informal environment. Come develop your writing style and sharpen your writing skills.

Lisa Conger

Class M300 will not meet Apr. 30.

M300 3/26-5/21 M 9:30AM-12PM \$61
Sinto Senior Activity Center, 1124 W Sinto Ave, 279-6027

Class M303 will not meet Apr. 24.

M303 3/27-5/22 T 1-3PM \$52
Corbin Senior Activity Center, 827 W Cleveland Ave, Rm LS, 279-6027

Class M304 will not meet Apr. 26.

M304 3/29-5/24 Th 10AM-12PM \$52
Community Building, 35 W Main Ave, 279-6027

Class M305 will not meet Apr. 26.

M305 3/29-5/24 Th 1:30-3:30PM \$52
St. Anne Catholic Church, 708 E Lake, Medical Lake, 279-6027

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Esta Rosevear

M311 3/28-5/16 W 1-3:30PM \$61
Touchmark on South Hill, 2929 S Waterford Dr, 279-6027

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Sarah Conover

M310 4/11-5/30 W 8:45-11:15AM \$61
Southside Senior Activity Center, 3131 E 27th Ave, 279-6027

Writing Your Life Story*

New!

We all have a story to tell. Let's remember, write it and possibly pass it along. Exercises each day with prompts, reading and free writes help you write your story. Class includes a bibliography of memoirs and hints on how to write a memoir.

Dian Zahner

M370 4/3-5/1 T 1-3PM \$36
IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 120, 279-6027



WRITERS' WORKSHOP ANTHOLOGY

Satin Gloves and Other Surprises

Laugh, cry and enjoy every page written by the 91 local authors who contributed to this 456-page book. Their poems, stories and short memoirs will captivate you. "Satin Gloves" is a perfect gift or treasure to keep for yourself.

The special price directly through the program is now only \$10, and all proceeds benefit the Seniors Program Scholarship Fund. Contact the program (279-6027) to order your copy today.

Virginia White and Pat Freeman,
editors

Open up new worlds...
We can show you how.



www.ccs.spokane.edu/ContinuingEd

Computers

These classes are instructor-led in a computer lab. Do not bring laptops to class. Where Computer Kindergarten is listed as a prerequisite, comparable computer experience is satisfactory.

Calendars and Greeting Cards*

Use Microsoft Publisher 2010 to create amazing greeting cards for holidays, birthdays and other special occasions. Experience using Publisher software not required. Handouts included. Computer Kindergarten required.

Nancy Bagley

M251 4/2-4/3 MT 9AM-12PM \$27
CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6027

Computer Basics*

Learn useful word processing, spreadsheet and database skills. Computer Kindergarten required.

Judy Smith

Parking fee required for class M265.

M265 4/23-5/4 M-F 1:30-4:30PM \$96
IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 102, 279-6027

M263 5/4-5/25 MWF 9AM-12PM \$96
CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6027

Computer Kindergarten*

Overcome your fears and discover the computer's wonders! Learn the parts of a computer, use the keyboard, open, use and close some programs, control those pesky windows.

David Fender

M220 3/26-3/28 MTW 2:30-5:30PM \$36

M223 4/17-4/19 TWTh 2:30-5:30PM \$36

M225 5/14-5/16 MTW 2:30-5:30PM \$36

IEL Hillyard Center, 4410 N Market St, 279-6027

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Judy Smith

M261 4/4-4/6 WThF 9AM-12PM \$36

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6027

M264 4/9-4/11 MTW 1:30-4:30PM \$36

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 102, 279-6027

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Nancy Bagley

M255 5/10-5/24 Th 9AM-12PM \$36

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6027

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Tzena Scarborough

M215 4/25-5/9 W 1-4PM \$36

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6027

Craigslist*

Sell on Craigslist, an online community offering free classifieds for virtually anything! The beauty of Craigslist is that you are selling locally, so there's no shipping involved. It's free, secure and easy! Because people who use Craigslist are diverse in age, culture and race, there are a multitude of buyers for any one item. Bring photos of the items you want to sell with you to class on a flash drive or CD, or e-mail them to yourself. You will need to know how to log into your e-mail account.

Jane McCarville

M204 5/2 W 9AM-12PM \$20

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6027

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David Fender

M270 5/21 M 2:30-5:30PM \$20

IEL Hillyard Center, 4410 N Market St, 279-6027

Create Your Own Video*

Work with your photos or artwork using Photoshory 3 (a free download from the Microsoft web site). Learn to use the scanner, create effects, captions and titles, plus much more, and produce your own unique video. Computer Kindergarten required.

Nancy Bagley

M254 3/26-4/9 M 1-4PM \$36

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6027

M274 5/15-5/22 TTh 1-4PM \$36

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 148, 279-6027

E-Mail Basics*

Learn to set up and use e-mail effectively. Compare various e-mail programs. Using Microsoft Outlook, configure options, create address books, contact lists and attachments, and manage your e-mail. Handouts included. Computer Kindergarten required.

Judy Smith

M297 4/17-4/19 TWTh 1:30-4:30PM \$36

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 102, 279-6027

M296 4/24-4/27 TWF 9AM-12PM \$36

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6027

E-Mail and Web-Mail Basics*

Learn about e-mail using web based e-mail programs. Work with attachments while sending and receiving messages. Add and update your contacts and create groups. Organize your e-mail messages. Bring your personal e-mail address and password to class.

David Fender

M273 5/1-5/2 TW 2:30-5:30PM \$26

IEL Hillyard Center, 4410 N Market St, 279-6027

New!**Facebook***

Learn about Facebook, a free social networking web site that helps you connect and share with the people in your life. Millions of people use Facebook every day to keep up with friends, upload an unlimited number of photos, share links and videos, and learn more about the people they meet. You can also find old friends and make new friends who share your interests and/or activities. You can stay up to date and easily communicate with them. Once you add a friend to your Facebook friend list, you will always know when they are adding new information.

David Fender

M228 4/11-4/12 WTh 2:30-5:30PM \$25

IEL Hillyard Center, 4410 N Market St, 279-6027

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Jane McCarville

M203 4/16-4/17 MT 9AM-12PM \$25

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 148, 279-6027

File Management*

Do you know the difference between saving your files in My Documents, My Computer or My Network Places? If you save files in MS Word, MS Excel or other software, do you know how to find your files on your computer without opening these programs first? If not, join this class! Computer Kindergarten required.

Jane McCarville

M210 4/2-4/4 MTW 9AM-12PM \$34

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 148, 279-6027

From Handheld Devices to Your Computer*

Mystified about how to use your flash drives, CDs, camera and cell phone chips? Join this class and discover how to transfer files from your handheld devices to your computer!

Nancy Bagley

M250 3/21-3/22 WTh 1-4PM \$27

M277 5/25-5/30 WF 1-4PM \$27

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6027

M275 4/16-4/18 MW 1-4PM \$27

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 148, 279-6027

Gmail's Amazing Features*

Did you know you can unsend an e-mail using Gmail? Yes, really! Learn to make a calendar, which can be either private or public, create a signature, use labels, set up filters, use the translation tool, style your text and much, much more. Be sure to bring your Gmail username and password to class.

Jane McCarville

M201 3/26-3/28 MW 9AM-12PM \$25

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6027

New!**Internet Basics***

Use Internet Explorer to access the Internet. Learn terminology while exploring the Internet by browsing, searching and using e-mail. Computer Kindergarten required.

David Fender

M221 4/2-4/5 MTWTh 2:30-5:30PM \$44

M226 5/7-5/10 MTWTh 2:30-5:30PM \$44

IEL Hillyard Center, 4410 N Market St, 279-6027

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Nancy Bagley

M213 3/12-3/23 MF 1-4PM \$44

M253 5/14-5/23 MW 1-4PM \$44

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6027

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Judy Smith

M299 5/21-5/24 MTWTh 1:30-4:30PM \$44

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 102, 279-6027

M260 5/29-6/1 TWThF 9AM-12PM \$44

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6027

Microsoft Excel 2010*

Let Excel do the calculating for you! Learn a few basic spreadsheet skills in this beginning class, such as selecting ranges, creating simple formulas, copying and moving data, and saving and printing a workbook. Text included. Computer Kindergarten required.

Nancy Bagley

M258 3/12-3/21 MWF 9AM-12PM \$53

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6027

M280 6/4-6/8 M-F 1-4PM \$53

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 102, 279-6027

Microsoft Windows 7*

Navigate and use your Windows 7 operating system efficiently and confidently. Learn to maximize new features to get around, customize your desktop and efficiently store, locate and search for your files. Make the most of new tools and programs. Learn computer management essentials and make your computer perform more effectively and safely. Computer Kindergarten required. Text included.

David Fender

M227 3/12-3/15 MTWTh 2:30-5:30PM \$57

M219 4/23-4/26MTWTh 2:30-5:30PM \$57

M222 6/4-6/7 MTWTh 2:30-5:30PM \$57

IEL Hillyard Center, 4410 N Market St, 279-6027

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Nancy Bagley

M259 3/13-3/22 TTh 9AM-12PM \$57

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6027

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Judy Smith

M266 4/10-4/19 TTh 9AM-12PM \$57
CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6027

M262 5/14-5/17 MTWTh 1:30-4:30PM \$57
IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 102, 279-6027

Microsoft Windows Functions*

Make your computer function more effectively and safely! Change your screen appearance, the speed of your mouse, the sound on your computer, and other settings. Add and remove software effectively and safely. Create effective passwords, lock your computer, create firewalls, and protect your computer from outsiders' access. Computer Kindergarten required.

Tzena Scarborough

M216 4/23-5/7 M 1-4PM \$36
CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6027

Microsoft Word 2010 — Beginning*

Whether you're writing a letter or a book, you can streamline your writing process using MS Word. Learn the basics of creating, editing, saving and printing what you write in this beginning class. Text included. Basic typing and Computer Kindergarten required.

Nancy Bagley

M252 4/17-5/8 TTh 1-4PM \$91
CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6027

Photoshop Elements 9 — Beginning*

Learn techniques for scanning photos for e-mail, the internet, and printing at home. Size, crop, and make attractive frames for your digital camera pictures. Use Photoshop Elements to edit your pictures effectively. Enhance photographs and seamlessly combine elements from two separate pictures into one. Computer Basics class and Photoshop Elements program on home computer required.

Jane McCarville

Class M200 will meet only one Friday, June 1.

M200 5/10-6/1 TThF 1-4PM \$74
CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6027

Photoshop Elements 9 — Intermediate*

Work with type; use painting tools, more complex selections and filters. Apply texture and color to images to create a new masterpiece. Beginning class and Photoshop Elements program on home computer required.

Jane McCarville

M209 6/5-6/15 TWThF 1-4PM \$74
CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6027

Point and Shoot Digital Camera*

Learn about your digital camera's manual adjustments, what all the buttons are for and how and when to use them, with hands-on practice in class. Bring your digital camera and manual to class. Computer Kindergarten required.

David Fender

M224 4/9-4/10 MT 2:30-5:30PM \$26
IEL Hillyard Center, 4410 N Market St, 279-6027

The Power of Google*

New!

Google keeps growing and growing. Let us show you some of its amazing features: Advanced Search Tips, Book Search, Calendar and Reminders, Currency Conversion, Images, News, Finance & Stock Quotes, Google Earth and Maps, creating your own Google Homepage, and much more.

Jane McCarville

M206 4/9-4/12 MTWTh 9AM-12PM \$42
IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 148, 279-6027

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David Fender

M271 5/22-5/24 TWTh 2:30-5:30PM \$35
IEL Hillyard Center, 4410 N Market St, 279-6027

PowerPoint Photo Album*

New!

Create a stunning multimedia photo album using PowerPoint. Create a new presentation, add photos and clip art, scan, and insert video clips, music and narration. The PowerPoint photo album is a powerful tool that lends itself to creating dazzling, easy to assemble presentations that are great for parties, family reunions, showers and other commemorative occasions. Create the presentation, save it on a CD and give it as a gift — but be sure to save a copy for yourself! No prior experience in PowerPoint needed, but basic computer skills are helpful.

Jane McCarville

M207 6/5-6/15 TThF 9AM-12PM \$57
CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6027

Safeguard Yourself Against Cybercrime*

New!

Learn to protect yourself from identity theft, computer viruses and more. Knowledge is power — come and learn how to be safe.

Jane McCarville

M208 3/28-4/5 WTh 1-4PM \$42
CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6027

Skype*

Download Skype free from the Internet to be able to make free video calls in real time to family and friends (if you both have a video camera). Join us and learn to set up your camera. Speak with loved ones in distant countries or locally! Hands-on experience included. Computer Kindergarten required.

Nancy Bagley

M267 4/5-4/6 ThF 9AM-12PM \$27
IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 148, 279-6027

M256 6/4-6/6 MW 9AM-12PM \$27
CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6027

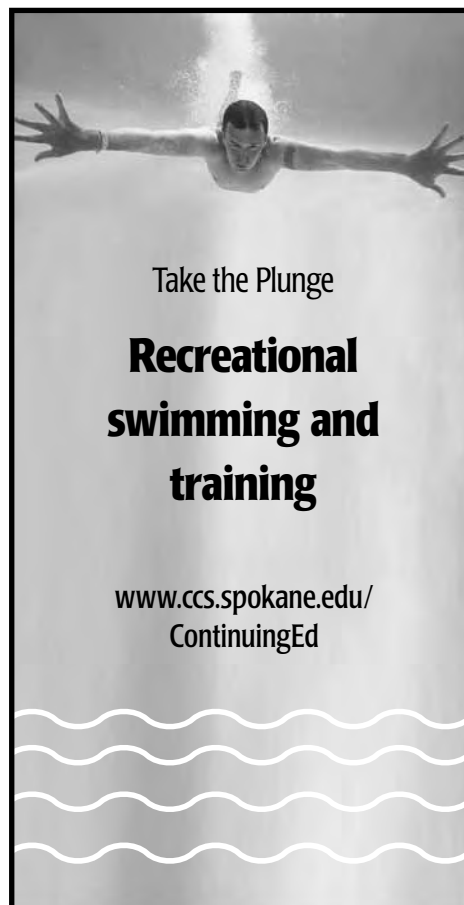
Wikis and Blogs*

New!

What are these Wiki and Blog things? What are their benefits for individuals or groups? Learn what they are and how you can create your own!

Jane McCarville

M205 4/23-5/7 M 9AM-12PM \$34
CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6027



Take the Plunge

Recreational swimming and training

www.ccs.spokane.edu/ContinuingEd

Fitness

Aerobic and Strength Interval Training*

Jump start your day with a “boot camp for zoomers” (seniors)! This great class consists of cardio and strength training intervals. Hand weights required after first day. Class is not appropriate for those with any serious physical limitation.

Heidi Zornes

Class will not meet May 8 or 10.

M687 4/10-6/7 TTh 7-8AM \$30

Chewelah Civic Center, 301 E Clay St, 279-6027

Aerobics Bollywood-Style **New!**

Learn the distinctive dance moves of India set to the music of their lavish films. From the rhythmic beats of Bhangra to the graceful Mudras of Indian classical dance, increase your body's strength and stamina, and develop cardio fitness. Explore this popular Indian entertainment: Bollywood! Wear comfortable exercise clothes and sneakers. Bring water and a scarf or bath-sized towel for veil work.

Joan Magnelli

Class will not meet Apr. 3 or 5.

M693 3/20-5/17 TTh 10:30-11:30AM \$30

Sons of Norway, 6710 N Country Homes Blvd, 279-6027

Aquatic Exercise*

Strengthen and tone all major muscle groups and experience greater flexibility and joint integrity as you participate in this aquatic fitness class. Bring your suit, towel and water bottle; lockers are available at some locations. Water shoes are required at all water exercise classes.

Tori Allison-Reiber

M650 4/2-5/25 MWF 8:45-9:45AM \$42

M651 4/2-5/25 MWF 9:45-10:45AM \$42

M652 4/2-5/25 MWF 10:45-11:45AM \$42

M653 4/2-5/25 MWF 11:45AM-12:45PM \$42

M654 4/2-5/25 MWF 12:45-1:45PM \$42

M655 4/3-5/24 TTh 8:45-9:45AM \$31

M658 4/3-5/24 TTh 11:45AM-12:45PM \$31

M659 4/3-5/24 TTh 12:45-1:45PM \$31

Class M656 is a non-impact, slow moving class, particularly for those who are ambulatory, but frail.

M656 4/3-5/24 TTh 9:45-10:45AM \$31

Class M657 is designed for those who can handle more aquatic fitness movements but on a gentler scale.

M657 4/3-5/24 TTh 10:45-11:45AM \$31

Holman Gardens, 12912 E 12th Ave, 279-6027

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Cassie Helm

M623 4/3-5/24 TTh 10:15-11:15AM \$30

Liberty Lake Athletic Club, 23410 E Mission Ave, 279-6027

M624 4/3-5/24 TTh 11:45AM-12:45PM \$30

Valley 206 Apartments, 2400 N Wilbur Rd, 279-6027

Back Fitness — Core Essentials*

Strong and flexible muscles and postural alignment are key to developing and maintaining a strong, healthy back. This gentle workout integrates various forms of exercise such as Pilates, yoga and traditional exercises emphasizing the breath to help develop and increase your core stability and function to perform daily activities. Written physician approval required. Bring mat, towel, small ball and water. Students are asked not to wear perfumes, lotions, etc.

Sandra Bogdanski-Philbin

Class will not meet Apr. 9.

M649 3/26-5/21 MF 12:15-1:15PM \$30

Sons of Norway, 6710 N Country Homes Blvd, 279-6027

Clogging*

An authentic, distinctive form of American folk dance, clogging has roots reaching back to our Scots-Irish and European heritage and is closely linked to traditional music. This class is for more experienced cloggers.

Mary Ann Tripp

Class will meet 2-3:30PM on Tuesdays and 10:30AM-12PM on Thursdays.

M683 3/20-5/10 TTh 2-3:30PM \$41

Sinto Senior Activity Center, 1124 W Sinto Ave, 279-6027

Core, Strength, Stretch and Balance*

Round out your fitness program with strength exercises for upper body, core and lower body. Balance exercises are included, followed by relaxing stretch exercises. A mat, resistance band, and 3- to 8-lb. hand weights required, and ankle weights recommended.

Julee Tonani

Class will not meet May 28.

M676 4/9-6/4 MWF 9:15-10:15AM \$41

CenterPlace, 2426 N Discovery Pl, Rm 205, 279-6027

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Elene Burnet

Class will not meet May 28.

M613 4/16-6/6 MW 10:30-11:15AM \$24

St. Francis of Assisi Parish Hall, 1104 W Heroy Ave, 279-6027

Fitness “Fore” Golfers*

New!

Improve your golf game by improving your balance, coordination and flexibility while conditioning your body. A blend of Pilates and strength training, this class incorporates the five basic principles of Pilates, mat Pilates, and specifically designed functional exercises to increase strength and mobility and prevent injuries. Bring golf club, mat, towel, band and small ball. Students are asked not to wear perfumes, lotions, etc.

Sandra Bogdanski-Philbin

Class will not meet Apr. 9.

M694 3/26-5/21 MF 1:30-2:30PM \$30

Sons of Norway, 6710 N Country Homes Blvd, 279-6027

Gentle Exercise*

For seniors with some physical limitations, this class includes a gentle aerobic segment, and strength, stretching and range of motion training from a standing or chair position.

Phyllis Bromley

M611 3/20-5/10 TTh 3:15-4:15PM \$30

Southside Senior Activity Center, 3151 E 27th Ave, 279-6027

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Tino Jimenez

M614 3/27-5/17 TTh 11AM-12PM \$30

Park Heights Baptist Church, 5101 S Freya St, 279-6027

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Heidi Zornes

Class M689 will not meet May 8 or 10.

M689 4/10-6/7 TTh 10-11AM \$30

Chewelah Civic Center, 301 E Clay St, 279-6027

Line Dancing*

This fast, fun and easy class helps you stay energized and fit while you learn the basic steps and rhythm of line dancing. Wear comfortable, lightweight clothing. Soft-soled shoes required. No partner needed.

Doreen Seal

Class M662 is for beginners. Class M663 is for more advanced line dancers.

M662 4/2-5/21 M 9:30-10:30AM \$22

M663 4/2-5/21 M 11AM-12PM \$22

Corbin Senior Activity Center, 827 W Cleveland Ave, Rm HR, 279-6027

Nia**

This dance technique is a unique blend of movements from the martial, dance and healing arts. Nia uses eclectic and inspiring music, including world and tribal beats, and offers creative expression through technical moves and free dance. Nia fosters awareness of our innate body intelligence and provides cardiovascular and whole-body conditioning. Nia can be done barefoot; class is for active seniors. Bring a water bottle. Parking fee required.

Ann Jackson-Avery

M625 4/3-5/24 TTh 9-10AM \$30

Spokane Falls Community College, Bldg 13, Rm 104, 279-6027

Oriental Healing Arts*

Discover how the easy exercises of qi gong, the smooth movements of tai chi chuan, and self-massage with acupressure points give you many benefits with minimum effort. You'll leave the class feeling energized yet relaxed.

Altari Sunra

M665 6/6 W 8:45-10:50AM \$13

Southside Senior Activity Center, 3151 E 27th Ave, 279-6027

Pilates*

Relax and rejuvenate with these stretch and strengthening exercises! Pilates helps you tone and strengthen your muscles, improve your posture, reduce lower back pain, and increase your flexibility and balance. All exercises are done with a mat on the floor. Class starts at the pre-beginners level, so it's not too difficult for seniors!

Phyllis Bromley

M610 3/19-5/11 MF 10:30-11:30AM \$30

CenterPlace, 2426 N Discovery Pl, Rm 205, 279-6027

Esther Engstrom

M605 3/19-5/9 MW 6-7PM \$30

St. John's Lutheran Church, 5810 S Meadowlane Rd, 279-6027

M629 3/20-5/10 TTh 2-3PM \$30

Garland Avenue Alliance Church, 2011 W Garland Ave, 279-6027

M606 3/20-5/10 TTh 4:30-5:30PM \$30

Park Heights Baptist Church, 5101 S Freya St, 279-6027

Cassie Helm

M603 4/2-5/25 MF 10:45-11:30AM \$24

Episcopal Church of the Resurrection, 15319 E 8th Ave, 279-6027

Repair and Restore: Breaking the Stress Cycle* **New!**

When we are unable to break the stress cycle, our bodies signal dis-stress and exhibit symptoms such as pain, breathing issues, dizziness and sleeplessness. Left unheeded, these symptoms can become serious illnesses. Practice gentle movement, guided meditation and visualization, and muscle-bone realignment to repair the damage to your body from ongoing everyday stress.

Stephanie Lindsay

M667 3/19-5/7 M 9:30-11AM \$24

Ballet Arts Academy, 109 W Pacific, 279-6027

Senior Fitness*

Improve your cardiovascular endurance, strength, flexibility and balance in these energizing fitness classes, and experience an overall sense of well-being. Change into exercise shoes in class area to avoid damage to exercise floor.

Alissa Underhill, Carol Blume, Phyllis Bromley

Classes M608 and M608 will not meet May 11.

M608 3/19-5/14 MWF 8-9AM \$41

Spokane Valley Senior Center, CenterPlace, Rm 234, 279-6027

M609 3/19-5/14 MWF 9:15-10:15AM \$41

Spokane Valley Senior Center, CenterPlace, Rm 234, 279-6027

Alissa Underhill

M602 3/19-5/11 MWF 9:30-10:30AM \$41

Episcopal Church of the Resurrection, 15319 E 8th Ave, 279-6027

Toni Kuder

Classes M626 and M627 will not meet Apr. 2, 3, 5, or 26.

M626 3/22-5/24 MTTh 8:30-9:30AM \$41

M627 3/22-5/24 MTTh 9:40-10:40AM \$41

Class M628 meets 1-2PM on Mondays, 11AM-12PM on Wednesdays, and 9-10AM on Fridays. Class will not meet Apr. 2, 4, 6 or 27.

M628 3/23-5/25 MWF 9-10AM \$41

Southside Senior Activity Center, 3151 E 27th Ave, 279-6027

Sandra Bogdanski-Philbin, Monica Loveland

Classes M646 and M647 will not meet Apr. 9.

M646 3/26-5/21 MWF 8:30-9:30AM \$41

M647 3/26-5/21 MWF 9:45-10:45AM \$41

Sons of Norway, 6710 N Country Homes Blvd, 279-6027

TBA

Class M600 will not meet May 28.

M600 4/9-6/4 MWF 8-9AM \$41

Touchmark on South Hill, 2929 S Waterford Dr, 279-6027

Julee Tonani

For seniors with some physical limitations, class M675 includes a gentle aerobic segment, and strength, stretching and range of motion training from a standing or chair position. Class will not meet May 28.

M675 4/9-6/4 MWF 8:15-9AM \$33

CenterPlace, 2426 N Discovery Pl, Rm 205, 279-6027

For seniors with some physical limitations, class M678 includes a gentle aerobic segment, and strength, stretching and range of motion training from a standing or chair position.

M677 4/10-5/31 TTh 8:30-9:30AM \$30

M678 4/10-5/31 TTh 9:45-10:30AM \$24

Spokane Cascade Mobile Home Park, 2311 W 16th Ave, 279-6027

M679 4/10-5/31 TTh 11:30AM-12:30PM \$30

Sons of Norway, 6710 N Country Homes Blvd, 279-6027

Pam Smith, Esther Engstrom

Dance Fitness class M637 will not meet May 28.

M637 4/9-6/4 MWF 9-10AM \$41

Sinto Senior Activity Center, 1124 W Sinto Ave, 279-6027

Jo Miller

M640 4/10-5/31 TTh 9-10AM \$30

Hillyard Senior Center, 4001 N Cook, 279-6027

Heidi Zornes

Class M688 will not meet May 8 or 10.

M688 4/10-6/7 TTh 8:15-9:45AM \$41

Chewelah Civic Center, 301 E Clay St, 279-6027

Cherie Harrington

M620 4/10-5/31 TTh 9-10AM \$30

Liberty Lake Athletic Club, 23410 E Mission Ave, 279-6027

Monica Loveland, Becky Myers

Class M634 will not meet May 15.

M634 4/10-6/5 TTh 10:15-11:30AM \$38

Zion Lutheran Church, 218 E Crawford Ave, Deer Park, 279-6027

Elene Burnet

Class M612 will not meet May 11 or 28.

M612 4/11-6/8 MWF 9-10:15AM \$50

St. Francis of Assisi Parish Hall, 1104 W Heroy Ave, 279-6027

Senior Yoga*

Increase your body awareness, muscle strength, flexibility and balance. Reduce stress, regain range of motion and manage pain in your muscles, bones and joints through proper breathing, a complete stretching workout and a relaxation exercise. Bring nonslip or yoga exercise mat and wear loose clothing. Unless noted, classes are open to all levels.

Peggy Raye Kuwada

M630 3/20-5/10 TTh 8-9:15AM \$36
 M631 3/20-5/10 TTh 9:30-10:45AM \$36
 M632 3/20-5/10 TTh 11:15AM-12:30PM \$36
 CenterPlace, 2426 N Discovery Pl, Rm 205,
 279-6027

M633 3/21-5/9 W 10-11:30AM \$24
 Corbin Senior Activity Center, 827 W Cleveland
 Ave, Rm HR, 279-6027

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Tino Jimenez, Zoe Smith

Class M672 will not meet Apr. 3 or 5.

M672 3/20-5/17 TTh 2-3PM \$30
 Southside Senior Activity Center, 3151 E 27th
 Ave, 279-6027

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Zoe Smith

Class M671 is an intermediate class and will not
 meet Apr. 4.

M671 3/21-5/16 W 3:30-5PM \$24
 Sinto Senior Activity Center, 1124 W Sinto Ave,
 279-6027

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Joan Magnelli

Class M636 will not meet Apr. 6.

M636 3/23-5/18 F 8:45-9:45AM \$22
 Hillyard Senior Center, 4001 N Cook, 279-6027

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Brenda St. John

M691 4/9-5/21 M 12:10-12:55PM \$16
 St. Mary's School, 506 E Main, Chewelah,
 279-6027

M692 4/11-5/30 W 3:30-4:30PM \$22
 Chewelah Golf and Country Club, 2537 E Sand
 Canyon Rd, 279-6027

==

Heidi Zornes

Class is not intended for those with more serious
 physical limitations. Class M686 will not meet
 May 7, 9 or 28.

M686 4/9-6/6 MW 5:30-6:30PM \$30
 Chewelah Golf and Country Club, 2537 E Sand
 Canyon Rd, 279-6027

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Nancy Huck

Class M607 meets on Tuesdays from 9-10AM and
 on Thursdays from 9-10:15AM. Bring 2- to 5-lb.
 hand weights to class. Class will not meet May
 1 or 3.

M607 4/10-6/7 TTh 9-10AM \$33
 Sinto Senior Activity Center, 1124 W Sinto Ave,
 279-6027

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Becky Myers

Class M643 is an intermediate class. Class will not
 meet May 15.

M643 4/10-6/5 T 11:45AM-1:15PM \$24
 Zion Lutheran Church, 218 E Crawford Ave, Deer
 Park, 279-6027

Class M644 will not meet May 16.

M644 4/11-6/6 W 10:30AM-12PM \$24
 CenterPlace, 2426 N Discovery Pl, Rm 205,
 279-6027

Class M645 is a gentle yoga class especially for
 those with arthritis. Class will not meet Apr. 20
 or May 18.

M645 4/13-6/15 F 10-11:30AM \$24
 Corbin Senior Activity Center, 827 W Cleveland
 Ave, HR Rm, 279-6027

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Monica Loveland

Class M642 is a gentle yoga class especially for
 those with arthritis and uses chairs and modified
 yoga postures for ease of movement. Class will
 not meet May 15.

M642 4/10-6/5 T 1:30-3PM \$24
 Zion Lutheran Church, 218 E Crawford Ave, Deer
 Park, 279-6027

Stretch and Flex*

Reduce stress, increase your range of motion,
 improve your balance and flexibility, and man-
 age pain in your muscles, bones and joints!
 Experience these benefits through proper
 breathing, a complete stretching workout and a
 relaxation exercise. Wear loose clothing for this
 class that uses chairs.

Tino Jimenez

M669 3/27-5/15 T 12:15-1:15PM \$22
 Park Heights Baptist Church, 5101 S Freya St,
 279-6027

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Cassie Helm

Working from the chair or floor, increase your
 flexibility from your nose to your toes. Class
 open to students not already registered in a
 yoga class.

M622 4/2-5/25 MF 1:15-2:15PM \$30
 CenterPlace, 2426 N Discovery Pl, Rm 205,
 279-6027

Tai Chi*

This healing art integrates body, mind, heart and
 spirit. Discover the multiple health benefits of
 this Oriental exercise.

Kaiya Treffry

Kaiya Treffry teaches the Yang style form (24
 moves). This beginning class builds foundations
 for practicing tai chi movements and introduces
 moves 1-7.

M680 4/3-6/12 T 10-11AM \$24

Kaiya Treffry's continuing class deepens the
 foundational practices and introduces moves
 8-24. Kaiya's beginning class, M680, is the pre-
 requisite.

M681 4/3-6/12 T 11AM-12PM \$24
 Corbin Senior Activity Center, 827 W Cleveland
 Ave, Rm HR, 279-6027

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Altari Sunra

Class M664 is a level 1 class and is the prereq-
 uisite for M666, the level 2 class. Altari Sunra
 teaches 44 forms of Yang style tai chi chuan with
 the eight silken (energizing) exercises.

M664 4/4-5/23 W 9:50-10:50AM \$23

M666 4/4-5/23 W 8:45-9:45AM \$23

Southside Senior Activity Center, 3151 E 27th
 Ave, 279-6027

Total Body Fusion

Join this gentle and fun guided class with "func-
 tional" exercises to improve the ease of your
 daily activities and increase your bone density.
 Class includes a blend of resistance training,
 mat Pilates and yoga with a strong emphasis
 on breathing while improving strength, flex-
 ibility and balance. Dyna-bands, weights, small
 exercise ball and water required. Gliding discs
 provided.

Sandra Bogdanski-Philbin

Class M648 will not meet Apr. 9.

M648 3/26-5/21 MF 11AM-12PM \$30
 Sons of Norway, 6710 N Country Homes Blvd,
 279-6027

World Fusion Exercise*

Never danced before? If you can walk, you can
 do these dances, as all the dances are easy to
 learn. Get a good workout while learning tradi-
 tional dances from around the world. Classes will
 include stretching and conditioning as well as
 a brief history of the dances. Wear tennis shoes
 and come ready to move!

Esther Engstrom

M695 3/19-5/9 MW 3:45-4:45PM \$30

Corbin Senior Activity Center, 827 W Cleveland
 Ave, HR Rm, 279-6027

Soft Shoe Aerobics*

New!

Dance your way to fitness! Combine moves from ballet, salsa, tap and belly dance, either standing or using a chair assist. Wear smooth-soled low-traction athletic or dance shoes.

Cassie Helm

M621 4/2-5/25 MF 12-1PM \$30

CenterPlace, 2426 N Discovery Pl, Rm 205, 279-6027

Zumba**

Combine Latin and international rhythms such as salsa and cha-cha to get your body energized and in shape. Zumba is perfect for all shapes and sizes, beginners, active older adults and/or those new to cardio exercise. Dance experience welcome, but not required. All Zumba students must wear smooth-soled low traction athletic/dance shoes with support which will allow twisting and pivoting.

Stefanie DeMent

M661 3/19-5/11 MWF 4-5PM \$41

Hillyard Senior Center, 4001 N Cook St, 279-6027

M616 3/27-5/17 TTh 4-5PM \$30

Sinto Senior Activity Center, 1124 W Sinto Ave, 279-6027

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Anita Romero

Moves performed either standing or using a chair assist.

M698 4/13-6/1 F 10-11AM \$22

Riverview Retirement Community, 2117 E North Crescent Dr, Community Bldg, 279-6027

Humanities

Early Spokane History — 1800-1940

New!

Follow the history of Spokane from its founding at Spokane Bridge in 1864 to the end of World War II. Visit the founding fathers, the railroad boom, the three great fires and the decade of 1889-1899, Spokane's famous parks, and much more!

Don Popejoy

M410 3/26-5/14 M 9-11:30AM \$62

Touchmark on South Hill, 2929 S Waterford Dr, 279-6027

The Hittites*

New!

Explore the Hittites' world, including their history, language and mythology. Contemporaries, if not rivals, to the Mycenaeans and the major competition for Egypt (the glorious 18th and early 19th dynasties), this empire was almost forgotten until archaeology and linguists rediscovered their cities and records.

Patrick McReynolds

M405 3/26-5/14 M 1-3PM \$58

Corbin Senior Activity Center, 827 W Cleveland Ave, Rm US, 279-6027

Karen Armstrong — The Bible*

New!

Karen Armstrong's delightful little book presents a concise history of how the collection of scriptures we know as the Bible has been used and understood from its compilation to our own times. Review and discuss the issues.

Patrick McReynolds

M406 3/20-5/8 T 1-3PM \$58

Corbin Senior Activity Center, 827 W Cleveland Ave, Rm UN, 279-6027

Oddities, Crimes and Conspiracies*

New!

Discover the American history you haven't heard about! Examine alternative views of social, economic and political happenings of the past 200 years. Handouts included.

Ed Scofield

M430 4/19-6/7 Th 1-3PM \$52

Corbin Senior Activity Center, 827 W Cleveland Ave, Rm UN, 279-6027

The Oregon, California and Mormon Trails — 1812-1860

New!

Learn how the Oregon Trail was first explored by Robert Stuart in 1812, from Fort Astoria on the west coast to Independence, Missouri, then used by pioneers going west beginning in 1838, from Independence and other "jumping off" places to the Garden of Eden in the Oregon Country. Follow the "forty-niners" seeking their fortunes in California and the Mormons as they seek the Promised Land in Utah.

Don Popejoy

M413 3/29-5/17 Th 9:30AM-12PM \$62

Sinto Senior Activity Center, 1124 W Sinto Ave, 279-6027

Presidents of the United States — Part 2*

New!

Continue to explore the presidents' personal lives, terms of office, political careers, affairs, scandals, successes and failures. Part 1 is not required to take this class. Handouts included.

Don Popejoy

M411 3/27-5/15 T 9:30AM-12PM \$62

Park Place, 511 S. Park Rd., 3rd floor Library, 279-6027

World War II —

The Pacific Theater, Part 3

New!

The war in the Pacific continues to rage as the U.S. military is beginning to understand the Japanese offense mind-set. They discover that the island-hopping theory is proving to be an excellent way to restore the order of southeast Asia and push the Japanese back to their home island.

Don Popejoy

M412 3/28-5/16 W 9:30AM-12PM \$62

Corbin Senior Activity Center, 827 W Cleveland Ave, Rm US, 279-6027

Languages

French Conversation — Level 1*

Have fun learning basic French vocabulary, usage and phrases for travelers. This class is for those with little or no French experience.

Frederic Dugenet

M507 4/3-5/22 T 12:30-2:30PM \$52

Sinto Senior Center, 1124 W Sinto Ave, 279-6027

German Conversation*

New!

Have fun learning German from a native speaker! Regardless of your experience speaking German, enjoy simple German conversation, learning about German culture and discussing current events. Handouts included.

Ilse Tan

Class will not meet Apr. 20 or May 18.

M505 4/6-6/8 F 1-3PM \$52

Corbin Senior Activity Center, 827 W Cleveland Ave, Rm UN, 327-1584

Spanish — Level 1*

Learn key words and phrases, including colors, numbers, pronouncing the Spanish alphabet, asking for directions and reading Spanish signs and symbols. Class is for those with little or no Spanish experience. Handouts included.

Mirna Diaz

Class will not meet Apr. 20 or May 18.

M503 4/6-6/8 F 2-4PM \$52

Corbin Senior Activity Center, 827 W Cleveland Ave, Rm US, 327-1584

Business

A to Z Grant Writing — Online

Learn the skills needed to enter the exciting field of grant writing. Discover where to look for potential funders, network and develop partnerships, and organize successful grant writing campaigns and put together a complete proposal package.

Linda Vallejo

7168	3/21-4/27	Arr	Arr	\$99
7169	4/18-5/25	Arr	Arr	\$99
7170	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Beginning Business Writing **New!**

Take your writing from bland to great. Discuss and practice how to capture your thoughts on paper so they are strong and persuasive, but at the same time clear, concise, complete and correct. For those who must write as part of their job, being able to write well is a real career boost.

Diane Gibson

R209	4/25	W	5:30-8:30PM	\$39
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IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 103, 279-6030

**Intensify
your assets.
Revitalize
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www.ccs.spokane.edu/ContinuingEd



Advanced Business Writing **New!**

Business writing for many organizations is the major vehicle for the flow of information, both within the company and with customers or service providers and vendors. Take your business writing skills to the next level for writing letters of recommendation, persuasion, refusal or action that reflect current word usage and up-to-date formats. Become more skilled at writing business cases, proposals and reports, and learn a bit more about e-mail etiquette.

Diane Gibson

R210	5/2	W	5:30-8:30PM	\$39
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IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm103, 279-6030

Advanced Grant Proposal Writing — Online

Gain understanding of the criteria funders use to determine who gets funded or rejected. Discover finishing touches that can give your project the edge over others.

Beverly Browning

7172	3/21-4/27	Arr	Arr	\$99
7173	4/18-5/25	Arr	Arr	\$99
7174	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Developing a Business Financing Proposal

Learn what information to present to potential investors and partners to help secure a successful financing deal. Discuss various sources of financing (conventional, social, government), explore business presentation media tools, and receive an example of a teaser sheet, cover letter, executive summary, and complete loan package. Leave with the confidence and know-how to put together a powerful business financing proposal.

Fred Houck

R208	4/18	W	5:30-8:30PM	\$49
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IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 103, 279-6030

Emotional Intelligence for the Workplace **New!**

We have all worked with and listened to brilliant people. Some of them were great... and some were not so great. The mean and the meek and all those in between can teach us more than they realize. Truly extraordinary people who inspire and make a difference do this by connecting with people at a personal and emotional level. What differentiates them is not their IQ but their EQ — their emotional intelligence. Get the EQ edge.

PamElla Waters

R201	4/2	M	5:30-8:30PM	\$39
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IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 120, 279-6030

Essential Leadership Skills **New!**

Leading people is fundamental, though a continuous challenge throughout our lives. Developing a leadership profile and determining essential core competencies are characteristics of good leaders. Whether you are a new leader or a developing leader, benefit from learning the most important aspects of principled leadership in today's dynamic organizational environment.

Ginny Campbell

R211	5/1	T	6-9PM	\$49
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IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 103, 279-6030

Finance for Nonfinancial Managers **New!**

For supervisors, business owners and managers of all levels — acquire a financial toolkit you can use for real-world situations. Get an understanding of financial terms, financial statements and budgets, and an analysis of the information on statements you are required to understand or desire to learn.

Ginny Campbell

R214	5/29	T	6-9PM	\$49
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IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 103, 279-6030

Fundraising Without Fear — Mindset and Materials

When fundraising and development are utilizing the same message and materials as marketing and outreach, the pressure is off and the results are impressive! By working in concert, both departments have the essential tools needed to raise funds and increase support for the nonprofit's mission. Focus on streamlining your fundraising efforts for consistent and effective results.

Fred Houck

R207	4/11	W	5:30-8:30PM	\$49
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IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 121, 279-6030

Interviewing to Select the Best **New!**

Does your organization struggle with finding the right people to fit the job? Interviewing to select the best is a challenging undertaking and it can become costly for your company if you continue to turn over employees because they were not qualified in the interviewing process. Become familiar with best practices for interviewing and hiring by building job profiles, understanding the essential qualifications and gaps of potential new-hires, and using the technique of behavioral and structured interviewing.

Ginny Campbell

R215	5/31	Th	6-9PM	\$49
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IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 103, 279-6030

Leadership — Online

Leadership skills can help you gain the respect and admiration of others while allowing you to enjoy success in your career. Learn the principles of great leaders to achieve success in almost every aspect of your daily life.

Lynne Morton

7307	3/21-4/27	Arr	Arr	\$99
7308	4/18-5/25	Arr	Arr	\$99
7309	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Managing Employee Performance *New!*

Gain an understanding of best practices for setting realistic performance goals and communicating those goals to build a partnership. Use proven action planning and goal setting forms to define opportunities for personal growth based on strengths and performance opportunities. Practice giving and receiving effective feedback and learn to coach employees for organizational success.

Ginny Campbell

R212	5/22	T	6-9PM	\$49
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IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 103, 279-6030

Managing Risks in Hiring and Firing

New!

When hiring paid staff, your company enters the wide world of employment risk. Take positive steps to create and maintain consistency when making the important decision to hire. Educate your team in how to give effective feedback and manage essential documents to avoid lawsuits, disruption to workplace flow, and complaints. Laying this groundwork can lead to a positive work environment for all.

Ginny Campbell

R213	5/24	Th	6-9PM	\$49
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IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 103, 279-6030

Merrill Ream Speed Reading — Online

Struggling to keep up with a flood of e-mail, articles, reports, books and other printed material? Learn to read faster and with better comprehension from acclaimed speed reading expert Dr. Merrill Ream.

Merrill Ream

7311	3/21-4/27	Arr	Arr	\$99
7312	4/18-5/25	Arr	Arr	\$99
7313	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

New Employee Onboarding

Did you know that most employees decide to leave a job within their first 18 months at an organization? When an employee does leave, it usually costs about three times their salary to replace them. You can greatly increase the likelihood that a new employee will stay by implementing a well-designed onboarding program. Explore the benefits of onboarding and learn to design an onboarding framework, customize the program for different audiences (including managers and executives), and measure results from the program.

Diane Gibson

R204	4/27	F	8AM-12PM	\$79
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IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 103, 279-6030

Professional Sales Skills — Online

In good times or bad, companies never stop looking for skilled salespeople who can help them meet their financial goals. Learn to turn prospects into buyers, provide proper customer service, develop a sales plan and more!

Dave Paquin

7315	3/21-4/27	Arr	Arr	\$99
7316	4/18-5/25	Arr	Arr	\$99
7317	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Project Management Series *New!*

The project manager is responsible for everything required to make a project successful. This series takes project management through the full business cycle, from definition and justification of the project through delivering demonstrable benefits for the business, including managing budgets and providing profitability. All classes are held at the IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 103, 279-6030.

Ginny Campbell

Project Management Level 1 *New!*

Learn many of the basic tools effective project managers use, including preparing a mission for the project, selecting the right team, using process tools such as project mapping, defining the project objective, using brainstorming, problem solving, and understanding work breakdown structure and life cycles. GANTT charts, PERT charts, milestone charts and fishbone charts are defined.

R216	4/17-4/19	TTh	6-9PM	\$89
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Project Management Level 2 *New!*

Learn the goals for new product introduction (NPI), cause and effect for successful projects, essential leadership functions required of effective project managers, and the qualities of high performance teams. Apply your knowledge by selecting a project of your choosing to write about, including what you learned in the Level 1 project management class.

R217	4/24-4/26	TTh	6-9PM	\$89
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Resume Writing Workshop — Online

Create a resume that gets you interviews. Learn different resume formats, write employment objectives, persuasive cover letters, and use online resumes and Internet resume secrets.

Stephanie Donaldson

7319	3/21-4/27	Arr	Arr	\$99
7320	4/18-5/25	Arr	Arr	\$99
7321	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Self-Esteem and Assertiveness *New!*

Building your self-esteem is essential for confidence and success and it all begins with you. Of all the judgments you make in life, none are as important as the ones you make about yourself. Without some measure of self-worth, life can be enormously painful. Discover some simple techniques that dramatically change how you feel about yourself. Recognize the importance of learning self-acceptance and nurturing your sense of self.

PamElla Waters

R203	4/9	M	5:30-8:30PM	\$39
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IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 120, 279-6030

Social Media Tech *New!*

Learn to use technology to promote leadership while avoiding social pitfalls inherent in digital, text-based communication. Includes in-depth instruction on using sites such as Facebook, setting up strict security measures, and understanding other aspects of technology.

Jenny Houck

R205	4/16	M	5:30-8:30PM	\$49
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IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 103, 279-6030

Start Your Own Gift Basket Business

Express your creativity in a fun and profitable way by starting a home-based business as a gift basket designer. Learn to make gift baskets that stand out from everyone else's and where to find the products and supplies to make them.

Shirley George Frazier

7028	3/21-4/27	Arr	Arr	\$99
7029	4/18-5/25	Arr	Arr	\$99
7030	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Stress Management in the Workplace

Stress management for the seriously swamped! These days, pressures and demands between work and personal life have us pulled in multiple directions. As a result, the consequences of stress in the workplace come from what is happening to each of us both on and off the job. Through highly interactive learning, apply brain-based stress reduction for getting more done with less “falling through the cracks.” Join us and learn practical tools that produce an immediate positive impact on your stress level.

PamElla Waters

R202 4/4 W 5:30-8:30PM \$39
 IEL Magnuson Building, 2917 W Fort George
 Wright Dr, Rm 120, 279-6030

Tech in the Multigenerational Workplace

New!

More than ever before, today’s workforce represents several generations, all with varying levels of technological savvy, computer education and professional training opportunities. For leaders of any age, it’s important to recognize the flow of technology, possible deficiencies, and how to get the training needed to not only stay afloat, but excel in a highly competitive market. Investigate the differences between generational work ethics and how to work together in a competitive market.

Jenny Houck

R206 4/23 M 5:30-8:30PM \$49
 IEL Magnuson Building, 2917 W Fort George
 Wright Dr, Rm 103, 279-6030

Twelve Steps to a Successful Job Search — Online

Identify the job that’s best for you and get step-by-step instructions on how to get that job. Learn to build rapport with an interviewer, verbally and nonverbally, and master the six phases of a successful job interview.

Todd Belmont

7327 3/21-4/27 Arr Arr \$99
 7328 4/18-5/25 Arr Arr \$99
 7329 5/16-6/22 Arr Arr \$99

Spokane Community College, Ed2Go, 533-8010

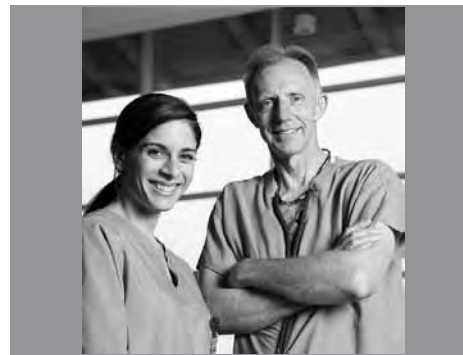
Careers & Certifications

AutoCAD — Level I

Gain in-depth, hands-on experience in this beginner course which introduces you to essential AutoCAD concepts and terminology. Using AutoCAD 2012 for Windows, you will create, edit, annotate and print drawing files in this 48-hour course.

David McMillin

Register and pay fee no later than 4PM, Apr. 3.
 6131 4/10-5/31 TTh 5:30-8:30PM \$400
 Spokane Community College, Bldg 1, Rm 1127,
 533-8010



Get Prepared

Circulating Skills for Registered Nurses

HIV/AIDS for Professional Licensing – online

Registered Cardiovascular Invasive Professional Exam Review II – online

www.ccs.spokane.edu/ContinuingEd

Circulating Skills for Registered Nurses: Lecture and Clinical **New!**

Are you an RN interested in operating room nursing? This course provides the RN interested in operating room nursing with education in theory, principles, rationale and skills necessary to beginning operating room nursing with emphasis on the circulating role. Students must have worked in an acute-care setting within the last three years or be a recent nursing graduate with a current nursing license and are required to have current health insurance. Clinical can be arranged in the state you are licensed as an RN, but must be arranged Monday through Friday during the day shift; one day per week minimum. Visit www.ccs.spokane.edu/ContinuingEd for additional class information.

Sherry Allen

Register and pay fee no later than Mar. 16.
 6335 3/31-6/9 Arr Arr \$751
 Spokane Community College, Bldg 9, Rm 144,
 533-8010

Commercial Truck Driver Training — CDL Class A

Are you interested in operating tractor-trailers? This four-week, 160 hour course, emphasizes the knowledge and procedures necessary for the operation of tractor-trailers. Classroom theory and over-the-road training prepares you for the CDL Class A written and driving (skills) test. Meets all State of Washington minimum requirements and entry level requirements in the trucking industry. Parking fee required.

Patrick Kearn

Register and pay fee no later than 4PM, Apr. 2.
 6539 4/9-5/4 M-F 7:30AM-4PM \$3600
 Register and pay fee no later than Apr. 30. Class will not meet May 28.
 6540 5/7-6/4 M-F 7:30AM-4PM \$3600
 Register and pay no later than 4PM, May 29.
 6541 6/5-7/2 M-F 7:30AM-4PM \$3600
 Spokane Community College, Bldg 19, Rm 120,
 533-8010



Flagger/Traffic Control

Earn your Washington State Traffic Control card in just eight hours. Course is designed with lecture and hands-on training to meet required state certification. Certification card issued upon completion of the course, but must be renewed every three years.

Robert Roberts

Register and pay fee no later than 4PM, Apr. 4.
 6051 4/7 Sa 8AM-4:30PM \$50
 Register and pay fee no later than 4PM, May 9.
 6052 5/12 Sa 8AM-4:30PM \$50
 Register and pay fee no later than 4PM, May 30.
 6053 6/2 Sa 8AM-4:30PM \$50
 Spokane Community College, Bldg 1, Rm 253, 533-8010

Get Paid to Travel — Online

A career as a professional tour director, tour guide or cruise host may be the job for you! Course covers group tour procedures, documentation, handling emergencies and information on career opportunities.

Cherie Anderson

7008 3/21-4/27 Arr Arr \$99
 7009 4/18-5/25 Arr Arr \$99
 7010 5/16-6/22 Arr Arr \$99
 Spokane Community College, Ed2Go, 533-8010

HIV/AIDS for Professional Licensing — Online

This seven-hour online course meets Washington state requirement of HIV/AIDS education for professional licensing. A Recognition of Attendance is mailed to students who complete the course with a minimum of 80 percent proficiency on the tests. Students must provide their e-mail address at the time of registration.

Rebecca Scheid

6395 4/2-6/1 Arr Arr \$60
 Spokane Community College, Online, 533-8010

Registered Cardiovascular Invasive Specialist Exam Review II — Online

Are you preparing to take the Registered Cardiovascular Invasive Specialist Credential Examination? This 33-hour online course is intended for RNs, CVTs and RTs currently employed in a cath lab with two years of cath lab experience or a graduate from an accredited CVT program. Review I and II may be taken in any order. Review I will be offered Fall 2012. Students must provide their email address at the time they register. Required CD is in PC format; MAC format is not available. Visit www.scc.spokane.edu/ContinuingEd for additional course information.

Todd Ginapp

Register and pay fee no later than Mar. 26.
 6340 4/2-6/20 Arr Arr \$177
 Spokane Community College, Online, 533-8010

Revit Architecture — Level I

Intimidated by Revit? Try this 48-hour course intended for architects, architectural drafters and designers that introduces basic tools needed to work with Revit Architecture and enables you to create full 3-D architectural project models and set them up in working drawings. The course focuses on Architectural Design; Revit MEP and Revit Structure are not covered. Prerequisite required; visit www.scc.spokane.edu/ContinuingEd for additional information.

David Braun

Register and pay fee no later than 4PM, Apr. 2.
 6141 4/9-6/4 MT 5:30-8:30PM \$384
 Spokane Community College, Bldg 5, Rm 1134, 533-8010

Revit MEP

New!

Explore Revit MEP to familiarize yourself with the tools necessary to create, document, and print the parametric model for basic HVAC, electrical and plumbing/piping components. Visit www.ccs.spokane.edu/ContinuingEd for additional course information.

David Braun

Register and pay fee no later than 4PM, Apr. 2.
 6144 4/9-5/15 MT 5:30-8:30PM \$300
 Spokane Community College, Bldg 1, Rm 1136, 533-8010

Secrets of the Caterer — Online

From weddings, showers, and business parties, catering is an exciting and creative career. Put your cooking and party planning skills to work in this introductory course.

Dawn Simmons

7016 3/21-4/27 Arr Arr \$99
 7017 4/18-5/25 Arr Arr \$99
 7018 5/16-6/22 Arr Arr \$99
 Spokane Community College, Ed2Go, 533-8010

Sediment and Erosion Control — New!

Learn erosion and sediment control and upon successful completion of the course be a certified Erosion and Sediment Control Lead which is recognized by the Washington State Department of Ecology. Stormwater Pollution Prevention Plans will be included. Purchase a day parking permit for \$2 from the kiosk located in parking lot P-11 south of the Max Snyder Building or from the cashier's office for Friday only.

David Stasney

Register and pay fee by 4PM, May 10.
 6374 5/18-5/19 FSa 8AM-4:30PM \$108
 Spokane Community College, Bldg 111, Rm 104, 533-8010

Wow, What a Great Event — Online

Learn to create and coordinate successful special events of any size or type. This course reveals proven tips, tools, techniques and procedures used by experts and master event planners.

Cynthia Grzelak

7020 3/21-4/27 Arr Arr \$99
 7021 4/18-5/25 Arr Arr \$99
 7022 5/16-6/22 Arr Arr \$99
 Spokane Community College, Ed2Go, 533-8010

Computers

Adobe Photoshop Elements 9 — Beginning

Begin editing and enhancing your digital photographs with this powerful software. Become familiar with using the tools, saving to the correct file format and using color palettes. Work with type, incorporate text effects, and use layers, painting tools, more complex selections and filters. Apply texture and color to images to enhance special layer functions. Prerequisite: Computer Basics or comparable experience.

Cheri Osmuss

L230 5/3-5/9 MWTh 6-9PM \$89
 CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6030

Computer Basics

Welcome to the world of computers! Join William Haight, a longtime trainer experienced with all versions of Microsoft Windows and Office programs, and become familiar with terminology and how a computer works. Explore how to use a computer in your everyday life. Gain confidence as you develop your skills in the basics of Microsoft Windows and Office applications.

William Haight

L208 4/16-4/25 MW 6:30-9:30PM \$98
 CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6030

Computer Kindergarten

Overcome your fears and discover the wonders of computers. This slow-paced class for first-time computer users teaches you to utilize your desktop, manage files and folders, run different applications and search the Internet. Gain a basic overview of word processing and other software programs.

Nancy Bagley

L250 4/16-4/23 MW 6-9PM \$89
 IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 148, 279-6030
 L251 5/31-6/14 Th 6-9PM \$89
 CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6030

Craigslist and eBay

Discover how to buy, sell or give away just about anything locally and worldwide by using Craigslist and eBay.

William Haight

L206 3/14 W 6:30-9:30PM \$35

L219 4/30 M 6:30-9:30PM \$35

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6030

L213 5/21 M 6:30-9:30PM \$35

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 102, 279-6030

Create Your Own Video**New!**

Work with your photos or artwork using PhotoStory 3 (a free download from the Microsoft web site). Learn to use the scanner, create effects, captions and titles, plus much more, and produce your own unique video. Computer Kindergarten or equivalent experience required.

Nancy Bagley

L249 3/28-4/4 MW 6-9PM \$89

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 148, 279-6030

E-Mail Basics

Spend an evening having all your e-mail questions answered. Learn to set up e-mail accounts, send and receive e-mails, and attach pictures or save them from your e-mails.

William Haight

Class L204 meets in Rm 102. Class L218 meets in Rm 148.

L204 3/12 M 6:30-9:30PM \$35

L218 5/30 W 6:30-9:30PM \$35

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 102/148, 279-6030

L214 3/28 W 6:30-9:30PM \$35

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6030

Excel 2010

Explore Excel! Keep your finances in order, construct statistical worksheets using formulas and expand your knowledge to a new level in this instructor-led course.

Mike Fahland

8037 4/11-6/13 W 6-9PM \$90

Spokane Falls Community College, Bldg 2, Rm 211, 533-3140

Excel 2010 — Foundations

Study the basic functions and features of Excel 2010. Quickly learn the basics of spreadsheet capacity, table enhancements, formula references, data analyzing, and charting.

Mike Fahland

R223 5/11 F 9AM-4PM \$105

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 148, 279-6030

Excel 2010 — Intermediate

Impress your boss, coworkers and clients with your advanced knowledge of Excel spreadsheets. Focus your skills on streamlining your spreadsheets with visual elements and using advanced formulas to display data in persuasive formats.

Mike Fahland

R224 5/18 F 9AM-4PM \$105

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 148, 279-6030

From Handheld Devices to Your Computer**New!**

Mystified about how to use your flash drives, CDs, camera and cell phone chips? Join this class and discover how to transfer files from your handheld devices to your computer!

Nancy Bagley

L252 4/11-4/12 WTh 6-9PM \$49

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6030

L253 5/21-5/23 MW 6-9PM \$49

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 268, 279-6030

Genealogy — Finding Your Ancestors in Military Records**New!**

Is there a veteran in your family tree or a family story about an ancestor who served in the Civil or Revolutionary War? Learn how to locate valuable military records on site and online from the present to American colonial times. Join experienced genealogical researcher Miriam Robbins and discover the wealth of family tree information available in these records. Prerequisite: a working knowledge of the computer.

Miriam Robbins

L221 5/29 T 6-9PM \$25

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6030

Genealogy — Vital and Cemetery Records

Not sure how to go about tracing your family tree? Learn to use vital (birth, marriage and death) and cemetery records for the basis of your research. Discover where to find these documents on site and online, and learn tips on how to locate free or low-cost alternatives.

Miriam Robbins

L222 6/5 T 6-9PM \$25

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6030

Genealogy Online Beginning — Who Do You Think You Are?

Delve into your genealogical research using military, immigration and naturalization, land and court records found on site and online in this beginning course. Prerequisite: a working knowledge of the computer.

Miriam Robbins

L220 5/1-5/22 T 6-8PM \$49

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6030

iPods and iTunes

Join this fun class and discover how to use free iTunes and other music software! Listen to free Internet radio stations, copy CDs onto your computer hard drive, make custom CDs of your favorite music, organize your music collection, and sync your music to your iPod or other portable music players. Learn to purchase music safely and legally online. Bring an iPod and an iPod USB cable to class. Class is taught in a PC lab, but most of what is covered applies to Mac users too.

William Haight

L205 4/4 W 6:30-9:30PM \$35

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 102, 279-6030

L209 5/2 W 6:30-9:30PM \$35

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6030

Microsoft Access — Level 1**New!**

Access is a database tool for gathering and managing all your information — phone numbers, inventory, guest lists, whatever you're tracking — and provides a convenient way to enter, navigate, and display your data. Learn the fundamentals by creating and editing a database, and use the tools for data retrieval, such as queries, forms, reports and labels. Prerequisite: Computer Kindergarten or comparable experience working with a Windows system or equivalent.

Jane McCarville

L216 4/3-4/24 T 6-9PM \$105

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6030

Microsoft Office 2010 — A First Look

Here is your opportunity to become familiar with Office 2010, whether you are using an earlier version or are new to Office. Explore the components, basic features and differences in Office 2010. Use features such as the ribbon, Office button and quick access toolbar, and learn to perform common tasks with this software.

William Haight

L215 4/11 W 6:30-9:30PM \$35

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 148, 279-6030

L212 5/16 W 6:30-9:30PM \$35

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6030

Microsoft Publisher 2010

New!

Microsoft Publisher is a desktop application emphasizing layout and design. Learn the core features and functions while navigating the Publisher interface, creating and editing publications, arranging text and pictures, working with master pages, and creating and formatting tables. Learn to flow text across text boxes, create a facing-pages layout, export publications to PDF, and prepare publications for commercial printing. Computer Kindergarten or equivalent experience required.

Nancy Bagley

L260 3/19-3/21 MTW 6-9PM \$104

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6030

Online Social Connections

Update your online social connections with friends and family by embracing today's latest networking web sites like Yahoo, Facebook and Twitter. Learn to compose photo albums, apply apps, text, and customize these sites to adapt to your needs. Maximize your online presence with strategic tips whether you already have these accounts and just need a little help, or if you know nothing about social networking and are looking for step-by-step directions.

William Haight

L203 4/9 M 6:30-9:30PM \$35

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 102, 279-6030

L202 5/14 M 6:30-9:30PM \$35

CenterPlace, 2426 N Discovery Pl, Rm 209, 279-6030

QuickBooks 2011 — Get Going

Make your bookkeeping both manageable and efficient. Learn to set up the inventory or services you sell, invoice and receive payments from your customers, as well as enter and pay bills. Book included in fee.

Rick Mudd

R218 5/7-5/9 MW 5:30-8:30PM \$105

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 148, 279-6030

QuickBooks 2011 — Keep Going

Continue to learn about the QuickBooks features that allow you to customize forms, create reports and graphs, and track and pay sales tax. Extensive time is given to payroll features in QuickBooks.

Rick Mudd

R219 5/21-5/23 MW 5:30-8:30PM \$105

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 148, 279-6030

Skype

New!

Download Skype free from the Internet to be able to make free video calls in real time to family and friends (if you both have a video camera). Join us and learn to set up your camera. Speak with loved ones in distant countries or locally! Hands-on experience included. Computer Kindergarten or equivalent experience required.

Nancy Bagley

L254 4/30-5/2 MW 6-9PM \$49

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 102, 279-6030

Word 2010 — Foundations

Boost your skills in this accelerated Word course. The basics of illustration, styles, quick parts, and building blocks are covered all in two evenings, allowing you to put your new skills to work right way.

Mike Fahland

R220 4/13 F 9AM-4PM \$105

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 148, 279-6030

Word 2010 — Intermediate

New!

Make the most of Word 2010's more advanced features, including shortcuts, templates, indexing, and table of contents creation, and discover how to use Word as a simple desktop publishing program to create signs, flyers, menus, brochures and newsletters.

Mike Fahland

R221 4/20 F 9AM-4PM \$105

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 148, 279-6030

Word 2010 — Advanced

Learn to create or modify complex business documents and customize Word efficiency tools. Create complex documents by adding components such as customized lists, tables, charts and graphics.

Mike Fahland

R222 4/27 F 9AM-4PM \$105

IEL Magnuson Building, 2917 W Fort George Wright Dr, Rm 148, 279-6030

Teacher Education

Classroom Computer — Online

Learn a variety of simple, field-tested, easy-to-apply techniques that make the most of the computer in your classroom. Discover how integrating the classroom computer with your curriculum can ignite a desire for learning in your students.

Stacy Colwell

7291 3/21-4/27 Arr Arr \$99

7292 4/18-5/25 Arr Arr \$99

7293 5/16-6/22 Arr Arr \$99

Spokane Community College, Ed2Go, 533-8010

Creating K-12 Learning Materials — Online

A former K-12 teacher walks teachers step-by-step through the process of creating a wide variety of instructional materials targeted to district standards. Increase student performance by developing your own workbooks, lab manuals, booklets, activity kits, visual aids and manipulatives.

Michael McMillan

7287 3/21-4/27 Arr Arr \$99

7288 4/18-5/25 Arr Arr \$99

7289 5/16-6/22 Arr Arr \$99

Spokane Community College, Ed2Go, 533-8010

Creative Classroom — Online

Creativity abounds in your classroom as you tap into your students' hidden talents. Learn new creative approaches to learning labs, activities, exercises, assignments, field trips and evaluation methods.

Robin Sellers

7299 3/21-4/27 Arr Arr \$99

7300 4/18-5/25 Arr Arr \$99

7301 5/16-6/22 Arr Arr \$99

Spokane Community College, Ed2Go, 533-8010



TEACHERS ARE STUDENTS TOO!

**Stay up-to-date here:
www.ccs.spokane.edu/
ContinuingEd**

Solving Classroom Discipline Problems I — Online

This course reveals the secrets to solving discipline problems and presents a step-by-step approach to effective, positive classroom discipline.

James Thompson

7323	3/21-4/27	Arr	Arr	\$99
7324	4/18-5/25	Arr	Arr	\$99
7325	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Solving Classroom Discipline Problems II — Online

Use a six-step approach to solving severe and chronic discipline problems such as bullying, fighting, abusive language, stealing and refusing to work. Look at numerous real-life examples set in elementary, middle and high school so you can see how to put the ideas into action in your own teaching situation.

James Thompson

7339	3/21-4/27	Arr	Arr	\$99
7340	4/18-5/25	Arr	Arr	\$99
7341	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Using the Internet in the Classroom — Online

Teach students to locate and evaluate Internet resources, and improve classroom discussions through the use of e-mail and discussion boards.

Robin Sellers

7331	3/21-4/27	Arr	Arr	\$99
7332	4/18-5/25	Arr	Arr	\$99
7333	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Test Prep

GMAT Preparation — Online

Learn test-taking techniques and methods for improving your score and saving time on all GMAT question types. Recommended text: "The Official Guide for GMAT Review, 11th Edition."

Scott Hatch/Lisa Hatch

7351	3/21-4/27	Arr	Arr	\$99
7352	4/18-5/25	Arr	Arr	\$99
7353	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

Get ready
for school!
Take exam prep
classes here:

[www.ccs.spokane.edu/
ContinuingEd](http://www.ccs.spokane.edu/ContinuingEd)



GRE Preparation II — Online

This course focuses on techniques for the quantitative comparison, discrete quantitative and data interpretation questions that make up the math section of the GRE. Required text: "Practicing to Take the GRE General Test, 10th edition."

Jessica Stellini

7359	3/21-4/27	Arr	Arr	\$99
7360	4/18-5/25	Arr	Arr	\$99
7361	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

LSAT Preparation I — Online

Law school entrance procedures, survival techniques, test-taking techniques, analytical reasoning and drafting diagrams are discussed in this course. Required text: "10 More Actual, Official LSAT Prep Tests," by the Law School Admission Council.

Scott Hatch/Lisa Hatch

7363	3/21-4/27	Arr	Arr	\$99
7364	4/18-5/25	Arr	Arr	\$99
7365	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

LSAT Preparation II — Online

Reading comprehension, logical reasoning, techniques for quick elimination of incorrect answers, explanations of correct answers, and proven approaches for selecting correct answers are discussed. Required text: "10 More Actual, Official LSAT Prep Tests," by the Law School Admission Council.

Scott Hatch/Lisa Hatch

7367	3/21-4/27	Arr	Arr	\$99
7368	4/18-5/25	Arr	Arr	\$99
7369	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

SAT/ACT Preparation I — Online

Prepare for the reading, English and science sections of the ACT and the critical reading and writing sections of the new SAT 2005. Learn techniques to relieve test-taking anxiety. Required text: "The Official SAT Study Guide: For the New SAT" (College Board, 2004), "The Real ACT Prep Guide" (Peterson's, 2004).

Scott Hatch/Lisa Hatch

7367	3/21-4/27	Arr	Arr	\$99
7368	4/18-5/25	Arr	Arr	\$99
7369	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010

SAT/ACT Preparation II — Online

Prepare for math questions on both the ACT and SAT. Practice techniques and approaches using similar exam questions with explanations of correct and incorrect answers. Required text: "The Official SAT Study Guide: For the New SAT" (College Board, 2004), "The Real ACT Prep Guide" (Peterson's, 2004).

Scott Hatch/Lisa Hatch

7375	3/21-4/27	Arr	Arr	\$99
7376	4/18-5/25	Arr	Arr	\$99
7377	5/16-6/22	Arr	Arr	\$99

Spokane Community College, Ed2Go, 533-8010



CCS Continuing Education NONCREDIT REGISTRATION FORM

PLEASE TYPE OR PRINT WITH A BALL POINT PEN.

Date _____ Previous last name _____

Name _____
Last First Middle

Address _____

City _____ State _____ ZIP _____

Day phone _____ Evening phone _____

E-mail address _____

Student's signature _____

STUDENT IDENTIFICATION NUMBER																			
SOCIAL SECURITY NUMBER																			

To comply with federal laws, we are required to ask for your Social Security Number (SSN) or Individual Taxpayer Identification Number (ITIN). We will use your SSN/ITIN to report Hope Scholarship/Life Time tax credit; to administer state/federal financial aid; to verify enrollment, degree and academic transcript records; and to conduct institutional research. If you do not submit your SSN/ITIN, you will not be denied access to the college; however, you may be subject to civil penalties (refer to Internal Revenue Service Treasury Regulation 1.6050S-1(e)(4) for more information). Pursuant to state law (RCW 28B.10.042) and federal law (Family Educational Rights and Privacy Act), the college will protect your SSN from unauthorized use and/or disclosure. If you refuse to provide your SSN, please write "REFUSED" in the SSN boxes above. Contact the CCS Business office at (509)434-5275 with questions.

U.S. CITIZEN? Yes No

MO.	DAY	YR.
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Female Male **BIRTH DATE**

WHAT RACE/ETHNICITY DO YOU CONSIDER YOURSELF TO BE?

- African American (872) Chinese (605) Korean (612) White (800) Other race (799)
 Alaskan Native (015) Filipino (608) Native Hawaiian (653) Other Asian (621)
 American Indian (597) Japanese (611) Vietnamese (619) Other Pacific Islander (681)
- (please specify) _____

Are you of Spanish/Hispanic/Latino ethnicity?

- No Yes: Puerto Rican (727) Yes: Other Spanish/Hispanic/Latino (717)
 Yes: Mexican, Mexican American, Chicano (722) Yes: Cuban (709) (please specify) _____

ITEM	CLASS DATE	COURSE TITLE	LOCATION	FEE

NOTE: Parking fee required to park on SCC or SFCC campuses or at IEL Lodge or IEL Magnuson Building, 6:30 a.m. to 5:00 p.m., Monday through Friday. Select one option below:

- I want to purchase a permit for the quarter: Fall, winter or spring (\$20) Summer (\$10)

License plate number _____ State _____

- I will pay (\$2) each day of class at a campus kiosk

Parking Fee (if required)
TOTAL \$
See www.ccs.spokane.edu/NoncreditRefunds for withdrawal and refund information.

WASHINGTON STATE RESIDENCY STATUS

1. a. Have you been a legal resident* of Washington and lived continuously in Washington for the last 12 months? Yes No
 *A student cannot qualify as a legal resident of Washington for tuition calculation purposes if he/she possesses a valid out-of-state driver's license, vehicle registration or other documents that give evidence of being a legal resident in another state.
 b. If no, how long have you lived continuously in the state of Washington? _____Months
2. Were you claimed for federal income tax purposes by your mother, your father or your legal guardian in the current year? Yes No
 In the past calendar year? Yes No
 If YES, has your mother, father or legal guardian lived continuously in the state of Washington for the past 12 months? Yes No
3. Will you be attending college with financial aid provided by a public or private nonfederal agency or institution outside of Washington where state residency is a requirement for receiving that aid? Yes No
4. Are you active duty military, stationed in Washington? Yes No
 Are you the spouse or dependent of an active duty military person stationed in Washington? Yes No

PREVIOUS EDUCATION

Name of last high school attended _____ City _____ State _____

Date you **graduated** or will graduate: Month _____ Year _____ If you did not graduate, indicate highest grade completed _____

Have you successfully completed the GED test? Yes No

STUDENT STATUS

Select only one best response for each question and circle numbers below

How long do you plan to attend this college?

- 11 One Quarter
 12 Two quarters
 13 One year
 14 Up to two years, no degree planned
 15 Long enough to complete a degree
 16 I don't know
 90 Other

What will be your work status while attending college?

- 11 Full-time homemaker
 12 Full-time employment (includes self-employment and military)
 13 Part-time off campus
 14 Part-time on campus
 15 Not employed, but seeking employment
 16 Not employed, not seeking employment
 90 Other

What is your prior level of education?

- 10 Less than 9th grade
 11 Less than high school graduation
 12 GED
 13 High school graduate
 14 Some post high school, but no degree or certificate
 15 Certificate (less than 2 years)
 16 Associate degree
 17 Bachelor's degree or higher
 90 Other

What is your current family status?

- 11 Single parent with children or other dependents in your care
 12 Couple with children or other dependents in your care
 13 Without children or other dependents in your care
 90 Other

What is your main long-term goal for attending this community college?

- 11 Take courses related to current or future work
 12 Transfer to a four-year institution
 13 High school diploma or GED
 14 Explore career direction
 15 Personal enrichment
 90 Other

Do you have a physical or mental impairment that substantially limits one or more major life activities (i.e., seeing, hearing, speaking, walking, learning, working, or other)? Yes No

**For more information, visit www.ccs.spokane.edu/DSS or see next page.

Make checks/money orders payable to
Community Colleges of Spokane
and mail to:

Institute for Extended Learning
Noncredit Registration MS 3027
2917 W Fort George Wright Dr
Spokane WA 99224-5202

Spokane Community College
Noncredit Registration MS 2151
1810 N Greene St
Spokane WA 99217-5399

Spokane Falls Community College
Noncredit Registration MS 3020
3410 W Fort George Wright Dr
Spokane WA 99224-5288

Check enclosed Charge my: VISA MasterCard Card holder's signature _____

Account number _____ V-code*** _____ Expiration date _____

***Credit card information will be destroyed upon processing.

Seniors Program classes are designed for those of retirement age. Enrollment in other classes is open to anyone 18 years of age or older unless otherwise noted.

Register online. It's easy!

www.ccs.spokane.edu/ContinuingEd

Search for classes, register and pay...anytime day or night.



Or register by phone, mail, fax or in person at any of these three convenient locations:

Offices are open Monday through Friday from 8 a.m. to 4 p.m.

Institute for Extended Learning

509-279-6030 (Phone)
1-800-845-3324 (Toll free)
509-279-6092 (TTY)
509-279-6090 (Fax)

Institute for Extended Learning
Noncredit Registration MS 3027
Magnuson Bldg., Reception
2917 W. Fort George Wright Dr.
Spokane, WA 99224

Spokane Community College

509-533-8010 (Phone)
1-800-248-5644 (Toll free)
509-533-8610 (TTY)
509-533-8181 (Fax)

Spokane Community College
Noncredit Registration MS 2151
Bldg. 15, Rm. 121
1810 N. Greene St.
Spokane, WA 99217

Spokane Falls Community College

509-533-3140 (Phone)
1-888-533-7944 (Toll free)
509-533-3293 (TTY)
509-533-4160 (Fax)

Spokane Falls Community College
Noncredit Registration MS 3020
Bldg. 2, Rm. 001
3410 W. Fort George Wright Dr.
Spokane, WA 99224

You must register prior to the first class day.

1. Complete the registration form, including:

- your student identification number (if enrolling for the first time, we'll assign you a number)
- the class item number to ensure accurate registration
- your e-mail address for confirmation and notification of schedule changes (you can opt out of all promotional e-mails and receive only messages about your own classes)

2. Provide payment information, including:

- credit card number, expiration date and V-code (the last three digits on the back of your card)

Parking Fees A parking fee is required to park on the SCC or SFCC campuses or at the IEL Lodge or IEL Magnuson Building from 6:30 a.m. to 5 p.m., Monday through Friday. If a class requires a parking fee, it is noted in the class description. Students can either purchase a parking permit for the whole quarter or pay \$2 each day of class at a campus kiosk. An option to purchase a parking permit is included on the registration form.

Class Cancellations All class offerings are subject to change. Community Colleges of Spokane (CCS) cannot guarantee class offerings, designated times or specific instructors. CCS reserves the right to cancel any continuing education class and may reduce class hours or cancel classes due to low enrollment. Fees for classes cancelled by CCS will be refunded automatically. Some class enrollments are limited because of space and equipment.

Disability Support Services

Persons with a disability requiring any auxiliary aids or accommodations should contact one of our Disability Support Services offices in advance of class. Contact the SCC or SFCC office for classes held on campus. For all other locations, contact the IEL office.

IEL 509-279-6037 | TTY 509-279-6092
www.iel.spokane.edu/DSS

SCC 509-533-7169 | TTY 509-533-8610
www.scc.spokane.edu/stsrv/csd

SFCC 509-533-4166 | TTY 509-533-3838
www.spokanefalls.edu/Resources/DSS

Community Colleges of Spokane does not discriminate on the basis of race, color, national origin, sex, disability, sexual orientation or age in its programs, activities or employment. Marketing and Public Relations. Feb. 2012 s

Withdrawals and Refunds

If you register for a class and cannot attend, please call in advance to cancel. This makes it possible for another student to enroll. Students are responsible for initiating the paperwork for withdrawal and refund requests. A \$7 processing fee is deducted from the refund amount. All refunds require at least two weeks for processing. The following policies apply whether a student attends class or not.

Student-Funded Classes

- 100% refund for classes and workshops cancelled by the college.
- 100% refund for student-initiated withdrawals three business days prior to the first day of class (including online classes) unless noted in class description.
- No refund granted two business days or less prior to the start of a class. A business day is 8 a.m. to 5 p.m. Monday through Friday.

State-Supported Classes

Designated by an asterisk () after the class title.*

- The dates for 100% and 50% refunds are based on a proportionate relationship to the length of a standard quarter.
- Call one of the numbers listed above for specific dates.
- In general, withdrawal needs to occur before the first class day or very early in the class session.