

community education

- Hands-on learning
- Special interest
- Leisure

**SUMMER 2015**

College for Kids

*Yavapai*  
COLLEGE



**June &  
July 2015**

928.717.7755 or  
[www.yc.edu/ce](http://www.yc.edu/ce)  
to register TODAY!

yc.edu

## Welcome –

Welcome to summer at Community Education! We hope everyone in your family will find a class that feels just right and will join us on the Yavapai College Prescott campus this summer.

The **College for Kids** program is back with lots of new classes and many favorites from last year. Listings begin on page 17 or check out the selections online at **[www.yc.edu/collegeforkids](http://www.yc.edu/collegeforkids)**. We have lots more Science and Technology classes this year!

We have limited scholarship funds for children wanting to enroll in College for Kids classes. The application form is online or you may call us for information. The **Prescott Noon Lioness Club, Kiwanis Club of Prescott** and the **Prescott Noon Lions Club** have made generous contributions to our scholarship fund, and we appreciate their support of the children in our community!

**Community Education** classes offer opportunities to learn new skills and have fun while learning. With no tests or grades, it's the perfect opportunity to explore an interest and add a new hobby or skill to your life. Our instructors live and work in our community, and we have put together a selection of educational and special interest courses. Visit the website at: **[www.yc.edu/ce](http://www.yc.edu/ce)**.

We hope to see you on the Yavapai College campus this summer!

You'll find us at **[www.yc.edu/ce](http://www.yc.edu/ce)** or call us at (928) 717-7755.

**Barbara Yarrow**  
Coordinator

# Where Lifelong Learning Flourishes!

## Summer 2015

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### So You Want to Teach?

Community Education is looking for dynamic, knowledgeable teachers with fresh ideas for both adult and child programs!

#### Email your resume to:

CommEd@yc.edu today! The application deadlines and instructions can be found on our website at [www.yc.edu/commed](http://www.yc.edu/commed). See "So You Want To Teach".

### [www.yc.edu/ce](http://www.yc.edu/ce)

Your next adventure in learning is just a click away!

- Register for classes and trips online
- Pay your tuition
- View instructor biographies
- Manage your student information
- Search for classes, easily and quickly
- Find out about special offers and events

Follow these simple steps to register online now:

#### Online Registration

- Go to [www.yc.edu/commed](http://www.yc.edu/commed)
- Select "**Register/Find Classes**"
- Browse classes by category
- Select the class you want
- Click on "**Add to Cart**"
- Select "**Check out**"
- Create new account
- Complete information and Click "**Create Account**"
- Verify class information and proceed to "**Checkout**"
- Verify personal and billing information
- Select payment type and click the "**Next**" button
- When registering a child, please create the account in the name of the child

#### Other ways to register:

- Register by phone **(928) 717.7755**  
Monday through Thursday 8 am - 5 pm
- Walk-in registration at Building 31 on the Prescott campus. See map on back page.

Consider gifting a class for that special someone!

Call 717.7755 to find out how!

## Fees, Refund/ Cancellation Policies

### Fees

Tuition fees are due and payable at time of registration (by calling 717-7755). The cost of each class is stated with the information about that offering. Fees vary in accordance with the number of sessions of a class and the anticipated enrollment. Community Education programs are sustained by student revenues only, so classes must meet minimum enrollment. No fee waivers available for staff or faculty of Yavapai College. In the event of any administrative cancellation, you will receive a full refund of your tuition.

### Please help prevent cancelled classes

**Please enroll early.** Classes will be cancelled prior to start date if enrollment is too low.

## Refund/Cancellation Policies

*(revised 1/1/11)*

### Community Education & College for Kids

- More than 14 days before course start = Full refund of tuition
- 8-13 days before course start = 50% refund
- 7 days or less = No refund
- No refunds will be given after course start date

\*All refunds of credit card payments will be issued to the same credit card as the original payment. Expired or closed credit cards, check and cash payments will be refunded by check. Please allow up to 30 days for processing of all refunds.

\*\*Registration in any Yavapai College Community Education or College for Kids class indicates understanding of this policy and agreement by the registrant to adhere to this policy and all other Yavapai College policies.



## Travel with EDventures

### THE MAGIC CHARM OF SCOTLAND

August 10-22, 2015

Join EDventures travelers as we take a journey through the Highlands and Islands of Scotland. Scottish music, magic and charm await you! From Edinburgh to the Shetland Islands, EDventures travelers will have a unique look at the history, cultures, landscapes and bonny brochs. Only very limited space is available. Call the office for information - (928) 717-7755.



# Community Education Class Listings Summer 2015

## Animals

### **Integrated Pet Care, Part 1**

*SU15-101 • Mon, 6/1 to 7/6/15 • 6 - 8 pm*

*Prescott • Bldg 4, Room 121*

If you are a pet owner or pet lover who has an interest in alternative veterinary medicine, this course explores many different natural healing methods for your pet. Learn to recognize constitution types and discuss food choices including non-GMO and organic, and thermogenics and how these play a vital role in long-term health. The uses and benefits of therapies, such as acupuncture and low-level light therapy, will be discussed. Chinese herbals will be explored as a gentle means of restoring and maintaining well-being along with the importance of fresh air, exercise and weight management.

*Caroline O'Sullivan, DVM, MS • \$85*

### **Holistic Veterinary Care for the Aging Pet**

*SU15-102 • Tue, 6/2 to 6/23/15 • 6 - 8 pm*

*Prescott • Bldg 4, Room 121*

Age is not a disease, but chronic pain is. When we look at the conditions that may arise with aging in pets, these conditions are often discounted as "just getting older." But they can be diagnosed and managed, resulting in an increased quality of life. Some of these conditions are related to muscles and joints, thyroid, diet and digestion, cognitive-dysfunction, immune system, heart issues and even cancers. We will discuss the whole picture for improving the quality of your aging pet's life by using nutrition including non-GMO, healthy diet and other environmental choices.

*Caroline O'Sullivan, DVM, MS • \$75*

### **Holistic Veterinary Care for Cats**

*SU15-103 • Tue, 6/30 to 7/21/15 • 6 - 8 pm*

*Prescott • Bldg 4, Room 121*

Sometimes we forget that cats are not just small dogs. Cats have very specific needs when it comes to diet and environment. By recognizing their obligate carnivore requirements, learn about GMO-free options as well as other alternative diet choices. Cats also communicate with us in very unusual ways and sometimes don't tell us when they need something or if they are not feeling well. Medicine for cats can be challenging, and the holistic approach can be very helpful in providing a long, healthy and comfortable life for our feline friends.

*Caroline O'Sullivan, DVM, MS • \$75*



Registration has never been easier!  
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today to get started!

## Arts & Crafts

### Altered Books

**SU15-104 • Wed, 6/3 to 6/24/15 • 1 - 3:30 pm**

**Prescott • 2KatStudios**

An Altered Book is mixed-media art featuring an old book with new life breathed into it! Cut, tear, glue, paint, collage, stamp, fold and adorn the pages in whatever direction your imagination takes you. Choose from a variety of old books (or bring your own) and begin to create something unique. Perhaps use some of the text, or cover it up with gesso and start fresh. Follow a theme or topic or work randomly and without a plan. Altered books are a great way to begin a new creative journal – “staring at a blank page” is not an issue! Bring images or items (such as charms, beads, photos, lace, etc.) to include in your precious project. Note: this is not a class where you will learn to create “book sculptures.” \$15 materials fee payable to the instructor at the first class.

**Kat Kirby • \$90**

### Zentangle® (Meditative Art)

**SU15-105 • Thu, 6/4 to 7/23/15 • 5:30 - 7:30 pm**

**Prescott • Bldg. 4, Room 114**

Have you ever wanted to explore your creative spirit or wish you were “more creative?” Do you ever think that you don’t have enough (time, money, space, talent, etc.) to do something creative? The Zentangle® Method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. It increases focus and creativity, provides artistic satisfaction along with an increased sense of personal well-being. The Zentangle Method is enjoyed all over the world across a wide range of skills, interests and ages. (No class 6/25 & 7/2.)

**Wendy Kircher • \$95**

### Felting Workshop

**SU15-106 • Mon & Wed, 6/8 & 6/10/15 • 8 am - noon**

**Prescott • Bldg 4, Room 123**

Create a beautiful, unique felted wool tapestry and another 3-dimensional piece such as a hat or bag! Use wet felting techniques to transform wool fibers into felt with soap, water, friction and a lot of fun. Learn design principles such as depth, color and shading while planning your piece. Use math concepts to measure, add, multiply and calculate approximate shrinkage with percentages. \$25 materials fee payable to the instructor at the first class.

**Deborah Henry • \$70**

### Drawing to Paint

**SU15-107 • Mon, Tue & Wed, 6/22 to 6/24/15 • 9 am - noon**

**Prescott • Bldg 4, Room 123**

This workshop is for anyone interested in improving his/her ability to sketch creatively and accurately. A variety of subjects – landscapes, still life, people and animals – will be used to illustrate techniques. Learn great drawing tips and techniques to improve how you see, compose and render a subject or scene. Helpful reference sheets supporting the tips and techniques provided. Art supply list provided for students to purchase at estimated cost of \$15-\$30 dependent on cost of brushes.

**Tom Fox • \$75**

### Drawing to Paint: Part 2

**SU15-108 • Tue, Wed & Thu, 7/21 to 7/23/15 • 9 am - noon**

**Prescott • Bldg 4, Room 123**

This 3-session workshop builds on techniques learned in Drawing to Paint, but it is appropriate for those who have some experience with watercolor painting. Review basic drawing techniques for rendering; learn to paint composition elements such as: cloudy skies, backgrounds, figures, animals and water effects; produce finished paintings. This is terrific for representational painters and anyone interested in improving the ability to sketch creatively and accurately. Helpful reference sheets. Art supply list provided for students to purchase as needed.

**Tom Fox • \$75**

Registration has never been easier!  
Log on to [www.yc.edu/ce](http://www.yc.edu/ce) today to get started!

## Computers & Technology

### Computer Fundamentals: Intro to Computers, Level 1

**SU15-109** • Mon & Tue, 6/1 & 6/2/15 • 9 am - noon

Prescott • Bldg 19, Room 206

This class gives new and inexperienced users the basics of computer use. Even if you've been using a computer, come find the "correct" way to do things and why! Explore the basics of getting around on a computer – from turning it on, using a mouse and all the keys on the keyboard, plus keyboard shortcuts, to exploring Operating System features. Understand how to use Menus, Text Selection and Saving Files – all essentials for continued computer use, especially if you want to master the Internet and Email. This is a fun and important basic class.

Joan Baum • \$65

### Computer Fundamentals: Intro to Computers, Level 2

**SU15-110** • Tue, Wed & Thu, 6/9 to 6/11/15 • 1 - 3 pm

Prescott • Bldg 19, Room 206

Continuation of Level 1 Computer Fundamentals. Practice the fundamental basic skills while learning more about working on a computer and using Microsoft Word's various features: basic text formatting, Copy & Paste, numbering and adding pictures; using Save and Save As to find and organize files. *Prerequisite: Level 1 Computer Fundamentals skills.*

Joan Baum • \$65

### Buy and Sell on eBay

**SU15-111** • Wed, 6/17/15 • 1 - 4 pm

**SU15-112** • Mon, 7/27/15 • 1 - 4 pm

Prescott • Bldg 19, Room 206

eBay is one of the foremost ways used to buy and sell goods and services online. This course will walk you through the steps in setting up an account on eBay as well as techniques for successful buying and selling.

Keith Sagan • \$55

## Dance & Music

### Adult Beginner Jazz

**SU15-113** • Mon, 6/1 to 7/20/15 • 3 - 3:50 pm

Prescott • Bldg 2, Room 140

Learn many basic jazz moves in this course designed for the adult beginning dancer. Jazz is a great form of exercise! Come for a workout and learn to dance while having a great time! Wear comfortable clothing you can move in, bring a pair of socks and a water bottle.

Jaime Hershman • \$75

### Belly Dance with Zahra

**SU15-114** • Wed, 6/3 to 7/8/15 • Noon - 12:50 pm

Prescott • Bldg 2, Room 140

Experience the ancient art of belly dance with Zahra. Learn basic techniques through fun dance routines while improving poise, balance and flexibility. Fun for women of all ages, shapes and sizes. Sign up with a friend for more fun!

Candice Coleman • \$65

### Piano/Keyboard: Part 1

**SU15-115** • Wed, 6/17 to 7/22/15 • 1 - 3 pm

Prescott • Bldg 15, Room 210

Join us for the rewarding journey of making music! Discover the amazing satisfaction of playing the piano/keyboard in this introductory course. Learn proper technique, note reading and playing chords with both hands while playing some popular and familiar favorite songs. Classes meet in the piano lab where keyboards are available; practice rooms are available for practicing. *Lesson books available to purchase from the instructor for \$20.*

Jennifer Stone • \$90



## Finance & Retirement

(S) Yavapai College endorses the educational value represented by this course to the members of the community. This course is a no-obligation opportunity for attendee(s) to receive information about personal legal and/or financial concerns. The college does not recommend or endorse any of the products or services that may be offered to attendee(s) should the attendee(s) decide to become a client of the instructor or the instructor's firm as a result of attending this course.

### **Medicare & Long-Term Care Basics**

**SU15-116 • Tue, 6/2 & 6/9/15 • 9 - 11:30 am**

**Prescott • Bldg 31, Room 105**

Medicare explained in everyday terms: what it does and does not cover, including prescription plans. Learn the rules governing Medicare supplements and Advantage plans, local availability and costs of long-term care services, income and asset qualifications for ALTCS (Medicaid), and changes in transfer rules. We will go over a comprehensive list of questions to use when comparing LTC plans.

**Marci Golden • \$35**

### **Keep It Simple: An Introduction to Investing**

**SU15-117 • Thu, 6/4 to 6/18/15 • 4 - 6 pm**

**Prescott • Bldg 3, Room 269**

Do you understand the difference between an exchange-traded fund and a mutual fund? How about a municipal bond or how annuities work? Investing doesn't have to be complicated. With so many options, research and analysis available to today's investors, making good decisions can seem overwhelming. Gain a working glossary to understand the world of investing. Learn a basic structure to assist in deductive decisions and a fundamental framework to discuss the global marketplace. There will be time to learn about some of the pitfalls in financial planning and shared tips and insights on working with attorneys, accountants and advisors.

**John Farmer • \$45**

### **Fundamentals of Investment for Retirees**

**SU15-118 • Wed, 6/10 to 6/24/15 • 3 - 5 pm**

**Prescott • Bldg 3, Room 269**

Designed to help investors become more confident about making financial decisions, the easy-to-grasp format of this class provides a broad knowledge of investments preferred by investors approaching or already in retirement. Learn the ins and outs of stocks, bonds, mutual funds, annuities and more. Topics include: recognizing risk, controlling the tax impact of IRA withdrawals, avoiding common investment mistakes and simple risk reducing strategies that anyone can use. No investments will be offered or promoted.

**Will Hepburn • \$65**



### **Income Strategies for Retirees**

**SU15-119 • Wed, 6/10 & 6/17/15 • 10 - noon**

**Prescott • Bldg 2, Room 206**

With interest rates at an all-time low and volatility at an all-time high, where do retirees turn for interest-generated income? This comprehensive course will explore the best income strategies available for retirees and would-be retirees. We all want financial peace of mind, and it's never too early (or late) to learn. Learn about traditional and alternative income-producing investments as well as the tax benefits and implications of the top income producing solutions. The course will also examine Required Minimum Distribution (RMDs) and how best to use or reinvest this type of income.

**Chris Wright • \$55**



## Social Security and Retirement

SU15-120 • Thu, 6/18/15 • 6 - 9 pm

Prescott • Bldg 4, Room 116

Learn what you need to know about social security and retirement: how social security is calculated; the taxation of benefits; ways to increase income through the “file and suspend” strategy; and when to take benefits. Understand the risks faced in retirement and create a strategy to mitigate those risks. AARP research says more than 70% of Americans receiving social security depend on it for half of their income. Planning for retirement can be complicated and knowing when to take social security benefits can be one of the most important decisions to make. Find ways to maximize your social security benefits and retirement income.

Jonathan Zweifel • \$55 single/\$20 for 2nd family member



## Estate Planning 101: Essential Elements of a Complete Estate Plan

SU15-121 • Tue, 6/23/15 • 5:15 - 7:45 pm

Prescott • Bldg 3, Room 269

It has been said that the “only things certain in life are death and taxes.” Still, many individuals fail to properly plan for an orderly administration of affairs in the event of incapacity and death. Learn the common misconceptions of estate planning, the typical documents included in an estate plan (including planning with revocable trusts), what happens when there is no estate plan, what it means to probate an estate, ways to avoid probate, whether or not estates are subject to estate taxes and other matters involving the administration of estates and trusts in Arizona.

Michael Harsch • \$50

## When Can I Retire?

SU15-122 • Thu, 6/25/15 • 6 - 9 pm

Prescott • Bldg 4, Room 116

Worried about the stock market and low interest rates and wondering if you have enough money to retire? Get information to help make sound financial decisions about what it takes to retire. Examples and ideas to help you plan for and understand the risks are presented. When is the best time to start taking social security? Should you file and suspend or defer your social security benefit until age 70? Learn how to build a distribution plan to take money out over your life expectancy with rising income. Come away with better ways to understand your financial condition and what you need to do in retirement.

Jonathan Zweifel • \$55 single/\$20 for 2nd family member

## Understanding Annuities and Life Insurance

SU15-123 • Thu, 6/25/15 • 4 - 6 pm

Prescott • Bldg 3, Room 269

Do you understand how annuities and life insurance work? You're not the only one. The complexity of these instruments can be staggering. Gain a basic understanding of different types of annuities and life insurance, when they should be used, when they should not and some of the pitfalls to avoid.

John Farmer • \$45

## Managing an Inheritance: Planning It, Getting It, Keeping It

SU15-124 • Wed, 7/8/15 • 3 - 5 pm

Prescott • Bldg 3, Room 269

If you plan to be on the receiving end of an inheritance from a parent or other loved one, planning is crucial to preserve your windfall, save on taxes and avoid family squabbles. This short discussion guides you through the heart of complex issues, both emotional and financial, that beneficiaries face during the three phases of inheriting: planning your inheritance, receiving it and making life better because of it. Topics include documents you may need, dealing with disability, the use of trusts, basic estate planning principles and protecting your assets.

Will Hepburn • \$45

Registration has never been easier!  
Log on to [www.yc.edu/ce](http://www.yc.edu/ce) today to get started!

## **Giving with Purpose: Charitable and Planned Giving Techniques Explained**

**SU15-125 • Thu, 7/9 & 7/16/15 • 4 - 6 pm**

**Prescott • Bldg 3, Room 269**

Have you thought about charitable giving but don't really understand the different tax and legal strategies? Do you fear losing control of your assets? Want to learn more about the advantages? You can retain complete control of your assets when living, insure that your family will benefit upon your passing and still arrange a gift for a charity or a loved one. Explore the benefits of charitable giving while living and upon passing, discuss family issues and dynamics, learn how to identify appropriate charities and explore a myriad of legal and tax vehicles.

**John Farmer • \$45**

## **Coaching for Meaningful Retirement**

**SU15-126 • Thu, 7/9 to 7/30/15 • 5:30 - 7 pm**

**Prescott • Bldg 19, Room 225**

Retirement is a time of transition, and we will discuss the factors that contribute to happy and meaningful retirement years. Explore the non-financial aspects of planning for retirement, such as structuring one's time, changes in relationships, travel, leisure time, clarification of life purpose and attitudes about aging. It is suitable for people who have already retired as well as those who will be retiring within the next few years. Using a life coaching model, the instructor will facilitate discussions and provide exercises to help students become more self-aware, as well as aware of resources available for enhancing satisfaction with retirement.

**Paula Fuhst • \$65**

## **Health & Wellness**

### **Essential Oils: An Introduction**

**SU15-127 • Mon, 6/1/15 • 1 - 4 pm**

**Prescott • Bldg 2, Room 208**

Essential oils do more than smell nice. They are powerful, safe aromatic compounds found in plants that provide a natural approach to health care. Learn about some of the benefits, history, components and ways to use essential oils. Oils can inhibit the growth of bacteria and viruses. Lemongrass, white fir or black pepper may help with pain. Try peppermint for headaches, stomachaches or pain. Allergies may be treated naturally with oils. Find wonderful ways to use Frankincense oil.

**Connie Troup • \$50**



### **Tai Chi for Overall Health**

**SU15-128 • Mon & Wed, 6/1 to 7/8/15 • 1:30 - 2:30 pm**

**Prescott • Bldg 19, Room 225**

There are many paths to the center of stillness, many ways to achieve harmony of body, mind and spirit. Tai Chi Chuan is one of the most direct. Through slow repetitive movements students learn to calm the nervous system, quiet the mind and gain youthful vitality. Practice of Tai Chi results in flexibility, coordination and grace. It relaxes and regulates the central nervous system, releasing physical and emotional trauma and stress and improves many health conditions. Learn how to expand awareness, develop patience, emotional balance and inner harmony. Build balance, flexibility, coordination and strength.

**Kyla Diamond • \$90**

Registration has never been easier!  
Log on to [www.yc.edu/ce](http://www.yc.edu/ce) today to get started!

## **Intro to Chi-Lel (Zhineng) Qigong**

**SU15-129 • M/T/W/Th, 6/1 to 6/11/15 • 6:30 - 7:30 pm**

**Prescott • Bldg 31, Room 110**

Qigong is a body/mind practice that harmonizes, rejuvenates and strengthens a person's life-force and vitality. It literally translates as "life energy" (qi) and "daily effort" (gong). Chi-Lel is a medical qigong that can be considered a moving meditation emphasizing the integration of body and mind. Through slow, gentle movements in a relaxed, meditative state, energy channels are unblocked and the outcome is improved health both mentally and physically. Learn basic theory and principals of qigong and experience the benefit of this ancient healing art by practicing La Chi and Lift Chi Up Pour Chi Down method.

**Deborah Henry • \$75**

## **T'ai Chi Chih®: An Introduction**

**SU15-130 • Tue, 6/2 to 6/30/15 • 10 - 11 am**

**Prescott • Bldg 2, Room 140**

T'ai Chi Chih is a series of gentle movements that circulate and balance the internal life force (Chi). Regular practice brings far-reaching benefits – physically, mentally and emotionally. This is an introduction to the fundamental principles of T'ai Chi Chih and an opportunity to learn the first ten movements and one held posture. *Optional practice DVD (\$32.95) and booklet portraying the movements (\$15.95) are available for purchase from the instructor.*

**Hope Spangler • \$65**

## **Reiki I**

**SU15-131 • Wed, 6/3 & 6/10/15 • 6 - 9 pm**

**Prescott • Bldg 31, Room 105**

Are you ready for the "Gift of Reiki"? Learn how to become a Reiki practitioner or just be proactive in your own healing. Receive a Reiki Lineage that traces back to four of the original Masters of Takata Sensai. Discover how to remove energy blocks, detoxify your energy field, learn relaxation techniques and much more. Class includes lots of fun hands-on experience. This Reiki Program is taught as an intuitive Spiritual Healing Art. Students receive Reiki I Certification from a Reiki Master/Teacher and Certified Holistic Health Practitioner. *\$7 fee for course manual payable to instructor at class.*

**Linda Evans • \$65**

## **Reiki II**

**SU15-132 • Wed, 6/17 & 6/24/15 • 6 - 9 pm**

**Prescott • Bldg 31, Room 105**

Continue on your path to wellness and/or becoming a Reiki Practitioner. Learn 3 Traditional Symbols of Reiki and move into the emotional and mental levels of healing. Discover techniques for distance healing and how to incorporate original Japanese Reiki into your healing practice. Includes hands-on practice and Reiki II Certification from a Reiki Master/Teacher and Holistic Health Practitioner. *Prerequisite: Reiki I at YC. \$7 fee for course manual payable to instructor at class.*

**Linda Evans • \$65**

## **Meditation for Health and Relaxation: Lift Your Life**

**SU15-133 • Mon, 6/8 to 6/29/15 • 4 - 5 pm**

**Prescott • Bldg 19, Room 225**

Relax, revitalize and heal your mind and body in this series of guided meditations using breath, mantras and various music. Learn and practice different meditation techniques that are supported by research to promote better memory, digestive health, sleep, motivation, happiness and quality of life. Live calm and learn how to incorporate regular, simple meditative techniques into your wellness. Taught by a Certified Transpersonal Hypnotherapist and Wellness Coach. *Bring a yoga mat or towel.*

**Terri Cafazzo • \$60**

## **Tapping (EFT)**

**SU15-134 • Mon, 7/13/15 • 5:30 - 8:30 pm**

**Prescott • Bldg 31, Room 105**

Learn to relieve stress and anxiety with the gentle technique of Tapping, an Emotional Freedom Technique (EFT). This simple method – gently tapping on a number of acupuncture points while tuning in your issue – is effective for general and specific anxiety. This is a hands-on workshop with explanation of the techniques, demonstration and practice. There will be a focus on emotional eating.

**Nadia Clark • \$45**

## **Finding Peace in a Stressful World with Feng Shui**

**SU15-135 • Wed, 7/15 & 7/22/15 • 6 - 8 pm**

**Prescott • Bldg 31, Room 105**

Learn about the ancient art/science of Feng Shui that focuses on harmony with nature. Understand the effects the elements, associated colors and shapes have. Discover the five-element theory of Chinese Medicine and how to balance the elements to bring peace and prosperity. Learn to use “Creative Visualization” and the “Bagua Map,” Chinese Astrology and Numerology and the “best directions” to face. Using these concepts, the focus will shift to the tools to make “Inner” and “Outer” Feng Shui changes, including understanding energy flow in a space, placement of furniture and artwork and other Feng Shui tips throughout the home. Learn about harmful energies and how to “cure” them and how to mend conflicts with neighbors.

**Michele Bielski • \$60**

## **History & Cultures**

### **Getting to Know Muslim Neighbors**

**SU15-136 • Thu, 6/4 to 6/25/15 • 2 - 4 pm**

**Prescott • Bldg 4, Room 114**

Learn more about the beliefs and practice of Islam through readings, lectures, discussions and videos. In conjunction with the course, an optional trip to a mosque in Prescott or Phoenix will be offered. This opportunity to broaden perspectives on faith and feelings of Muslims is guided by two scholars, one Christian and one Muslim. Become familiar with the culture and beliefs, exploring beyond headlines, to engage the “heart-lines” of Muslim people.

**Mai & Harold Vogelaar • \$70**

### **Women in the Qur’an**

**SU15-137 • Mon, 6/8 to 6/29/15 • 2 - 4 pm**

**Prescott • Bldg 4, Room 114**

“The two hands that rock the cradle conquer the world” and “Paradise is under your Mother’s feet.” These two traditions dear to Muslims indicate just how important women are. Women are always behind the curtains, the doors, the walls, and yes, even the veils. This class will open the veil of Muslim women and allow those from other traditions to share their feelings, experiences and history. Throughout the course we will share poems and literature about women from different religions and cultures.

**Mai Vogelaar • \$70**

### **Northern Arizona is American Indian Country**

**SU15-138 • Thu, 6/4 to 7/16/15 • 5 - 7 pm**

**Prescott • Bldg 31, Room 105**

Arizona has more federally recognized Indian reservations than any other state. Who are the people that have lived on their lands for centuries, long before Europeans arrived? With a focus on the Navajo, Hopi and Apache in the northern part of the state, this is a special opportunity to explore native traditions, life ways, histories and current events with possible (optional) guided visits to their lands to meet the People in their tribal communities, homes, fields and ceremonial areas. (No class 7/2.)

**David Brandstein • \$90**

### **Thailand and Her Culture**

**SU15-139 • Wed, 7/1 to 7/22/15 • 2 - 4 pm**

**Prescott • Bldg 4, Room 114**

Thailand is a small country in southeast Asia, well known for its delicious food, interesting culture and attractive tourist sites. Though a small country, it is divided into four different areas, each with its own climate and culture. Together, with discussion, stories, photos, books and videos, we’ll explore this unique country, its people and cultures.

**Mai Vogelaar • \$70**

## Languages

### **French I: Beginning**

*SU15-140 • Mon, 6/1 to 7/6/15 • 5:30 - 6:30 pm*

*Prescott • Bldg 31, Room 105*

Learn the basics of French – greetings, travel phrases, how to ask questions. The instructor is a native of Le Touquet in the north of France and will give insights of life in France. The class is designed for beginners as well as anyone wanting to brush up on French skills from high school or college. Handouts will be provided.

*Nadia Clark • \$65*

### **French I: Intermediate**

*SU15-141 • Mon, 6/1 to 7/6/15 • 7 - 8 pm*

*Prescott • Bldg 31, Room 105*

A continuation of French I for those who have the basics. Continue learning French, including grammar and pronunciation from a native of Le Touquet in the north of France. Practice speaking with French conversation while learning about life in France. Handouts will be provided.

*Nadia Clark • \$65*

### **French: Speak It!**

*SU15-142 • Wed, 6/3 to 7/15/15 • 5:30 - 6:30 pm*

*Prescott • Bldg 4, Room 116*

Practice speaking French and improve your conversational skills. The class will be conducted mainly in French with some grammar explained in English if necessary. This is an opportunity to practice your French and get comfortable with daily use of the language. (No class 7/1.)

*Nadia Clark • \$65*

### **Introduction to Mandarin Chinese**

*SU15-143 • Thu, 6/4 to 7/16/15 • 5:30 - 6:30 pm*

*Prescott • Bldg 2, Room 208*

Learn pronunciation, basic conversation and grammatical structure along with a review of tones and how to represent words in pinyin. This course assumes no previous Mandarin knowledge. Chinese culture and customs will also be introduced. *Purchase the textbook Basic Spoken Chinese: An Introduction to Speaking and Listening for Beginners, ISBN: 978-0-8048-4015-6 for \$20-\$30 online.* (No class 7/2.)

*Yifan Lewis • \$65*

### **German Conversation**

*SU15-144 • Thu, 6/11 to 7/23/15 • 5:30 - 6:30 pm*

*Prescott • Bldg 2, Room 206*

The class everyone has been asking for: a chance to practice speaking and hearing German and improve your conversational skills. This basic German conversation course will prepare you for traveling in the many German-speaking countries. Master everyday phrases for survival situations such as shopping, dining and transportation. Cultural background information and fun learning will be tailored to the participants to boost confidence and excitement about speaking and understanding German. Materials provided. (No class 7/2.)

*June Mann • \$65*



Registration has never been easier!  
Log on to [www.yc.edu/ce](http://www.yc.edu/ce)  
today to get started!

## Philosophy & Spirituality

### Developing “Extra Sensory” Perception: Accessing Your Natural Psychic Abilities

**SU15-145 • Mon, 6/1 to 7/6/15 • 7 - 8:30 pm**

**Prescott • Bldg 19, Room 225**

Learn to access and experience the reality that lies just below the surface of everyday life. Sharpen your natural intuition with specific techniques or “tools.” Find reliable answers to your own important questions by quickly tuning in to extra sensory perceptions. Use your heightened awareness to access valuable information from sound, color, taste, smell, touch, or any sensation on your skin or in your mind, body or emotions. Many aspects of the psychic will be touched upon including kinesiology, psychometry, distant viewing, sending healing, astral travel and dream work. Each class will include a topic-specific meditation.

**Lois Cheney • \$75**

### Be Clear. Be Happy. Be Free.

**SU15-146 • Tue, 6/2 to 7/7/15 • 6 - 7:30 pm**

**Prescott • Bldg 19, Room 225**

Are you a long-time seeker? Or perhaps new to the spiritual path? Maybe realizing your true self and experiencing “enlightenment” is not as hard or esoteric as we’ve been taught to believe. This is a very experiential class and will be based on the book *Simply Notice*. By using simple, fun noticing exercises, empower yourself to stop the seeking and see who and what you really are. This course is not religious and is non-denominational. Best of all, you won’t leave with just theories or ideas but an actual experience of your true Self. Recommended book: *Simply Notice: Clear Awareness is the Key to Happiness, Love and Freedom*.

**Peter Dziuban • \$75**

### Spiritual Well-Being

**SU15-147 • Wed, 6/3 to 7/15/15 • 3 - 5 pm**

**Prescott • Bldg 19, Room 225**

Experience and define “spiritual well-being” for yourself as we explore organic forms of spirituality and healing; diverse expressions of spirituality, rituals, prayer and meditation from several different traditions; and create a spiritual tool box. Discussions will center on issues of meaning and purpose, our spiritual legacy to loved ones, conscious living and dying, paradigms of life after death and our interconnectedness to all sentient beings, nature and the Universe. (No class 7/1.)

**Kathleen Labb • \$85**

## Photography

### Digital Photography Series, Pt. 1: I’ve Got A Digital Camera, Now What?

**SU15-148 • Mon, 6/1 to 6/15/15 • 1 - 3:30 pm**

**SU15-149 • Wed, 7/15 to 7/29/15 • 1 - 3:30 pm**

**Prescott • Bldg 19, Room 206**

Part 1 in series. Learn about your digital camera along with basic photo editing, sizing, printing and emailing. Must have basic computer skills. *Bring your camera and manual*. Sign up early – classes are limited to 12 students and fill up fast!

**Keith Sagan • \$75**

Registration has never been easier!  
Log on to [www.yc.edu/ce](http://www.yc.edu/ce) today to get started!

## Know Your Digital SLR Camera

**SU15-150** • Thu, 6/4 & 6/11/15 • 1 - 4 pm

**SU15-151** • Wed, 7/1 & 7/8/15 • 1 - 4 pm

Prescott • Bldg 19, Room 208

What do all these menus and buttons do? Take a beginner's tour of your personal SLR or high-end "point and shoot" camera. Learn to use the settings that will allow you to shoot manually in lots of different conditions. There will be time for questions and hands-on camera work. *Bring your camera, cable and manual.*

Keith Sagan • \$70

## Digital Photography Series, Pt. 2: Photoshop Elements, The Next Step

**SU15-152** • Mon, 6/29 to 7/6/15 • 1 - 3:30 pm

Prescott • Bldg 19, Room 208

Part 2 in the series. Prerequisite: "I've Got a Digital Camera, Now What?" Learn how to superimpose photos using layers, apply faux matting and hone your advanced photo-editing skills using Adobe Photoshop Elements.

Keith Sagan • \$70

## Digital Photography Series, Pt. 3: Photoshop Elements, Practical Applications

**SU15-153** • Mon, 7/13 & 7/20/15 • 1 - 4 pm

Prescott • Bldg 19, Room 206

Part 3 in the series. Prerequisite: "I've Got a Digital Camera, Now What?" and "Photoshop Elements: The Next Step." Learn about all the exciting tools and features of Photoshop Elements for digital photo manipulation.

Keith Sagan • \$75

## Recreation

### Juggling for All Ages

**SU15-154** • Wed, 6/3 to 7/15/15 • 5:30 - 6:30 pm

Prescott • Bldg 4, Room 121

Learn to juggle or expand your juggling skills from an experienced and creative instructor. If you have always wanted to learn this fun skill, this is the class for you. It's good for your brain, too! All ages are welcome (children under 14 must sign up with an adult). (No class 7/1.)

Frank Cardamone • \$65

### Bike Maintenance: the Basics

**SU15-155** • Sat, 6/6/15 • 9 am - 2 pm

Prescott • Bldg 31, Room 105

Learn the basics about your bike, gear and riding safety at this workshop. Find out how to select the proper bike that fits you and suits your riding style. Learn about the components of the bike including general tuning of tires, chains and other parts. Evaluate your bike for safety and learn the rules of the road. Also includes information about the proper gear, such as helmet, gloves, water source, tools and spare parts. *Bring your bike, helmet and riding gear.*

Bryce Wright • \$60

### Bike Maintenance: Intermediate

**SU15-156** • Sat, 6/27/15 • 9 am - 2 pm

Prescott • Bldg 31, Room 105

Learn advanced maintenance for your bike at this workshop such as techniques and tools for cleaning and lubrication, drive chain adjustments of derailleurs and shifters. Be introduced to wheel truing and brake adjustments for mechanical and disk brakes. You will learn initial settings and adjustments to suspension. Also included are advanced bike fitting and safety. Prepare to get your hands dirty! *Bring your bike, helmet and riding gear.*

Bryce Wright • \$60



## Mountain Biking: Women's Beginning

SU15-157 • Sat & Sun, 7/11 & 7/12/15 • 9 am - 2 pm

Prescott • Bldg 31, Room 105

Designed for women who want to bike mountain trails, come to learn bike safety, general bike maintenance and trail riding tips and techniques in the first class meeting. Then, take to the trail for a ride with instruction for specific situations including rock gardens, downhills, flats, corners and finishing strong. *Bring your bike, helmet and riding gear.*

Bryce Wright • \$65

## Intro to Trail Mountain Biking

SU15-158 • Sat & Sun, 8/1 & 8/2/15 • 9 am - 2 pm

Prescott • Bldg 31, Room 105

Beginner- to moderate-level riders will be introduced to rules of the road and rules of the trails. Learn trail selection, safety precautions, buddy system and how to handle emergencies on the trail. The group will bike 15 to 25 miles of single-track trails west of downtown Prescott. Enjoy the ride! *Bring your bike, helmet and riding gear.*

Bryce Wright • \$65

## Ladies' Defensive Pistol Shooting

SU15-159 • Mon, Tue & Wed, 7/13 to 7/15/15 • 6 - 9 pm

Prescott • Bldg 4, Room 114

Learn the essential self-protection skills every woman should have. Examine threat scenarios, effective responses, avoidance techniques, firearm safety, pistol marksmanship and home and personal defense. **No firearms or ammo allowed on YC campuses.** Tuition includes range fees. *Student supplies ammunition. Ammo may be purchased and firearms are available for rental at range facility.* Plan to attend all classes. *The last class meeting is held at High Noon Indoor Shooting Parlour in PV from 10 am - 5 pm with a 1-hour lunch break.*

Sherrie Seibert • \$135



## Science & Technology

### Electric Energy Production

SU15-160 • Wed, 6/10 to 7/1/15 • 10 am - noon

Prescott • Bldg 2, Room 208

Learn how electricity we use every day is produced while reviewing electric power generation in both Arizona and the United States. Review the basic technologies of coal, natural gas, nuclear and hydroelectric power plants and the social, economic and environmental impacts of each. Find out about renewable energy plants powered by wind and solar with an emphasis on the many solar power plants located in Arizona and California. Final discussion will focus on the long-term outlook for electric energy production in the U.S.

Thomas McColloch • \$75

## Writing & Films

### Musicals: Films & Discussions

SU15-161 • Tue, 6/2 to 7/21/15 • 5:30 - 8:45 pm

Prescott • Bldg 19, Room 224

SU15-162 • Tue, 6/2 to 7/21/15 • 5:30 - 8:45 pm

Verde • Bldg G, Room 103

Explore a unique American film genre: the movie musical. From the extravaganzas of the 1930s and 40s to the modern reinterpretations of the form, this 8-week course features eight joyful examples of how music, dance and film come together to create art. Lively and informed discussions before and after each film explore visual styles, structure, worldview, tone and more. This "Team Teaching" class is held on the Verde and the Prescott campuses, with instructors in both locations, linked for broader discussion opportunities. Class also can be taken for credit in either location by signing up for HUM 250 (American Cinema).

Suzanne Waldenberger & Helen Stephenson • \$80



## **Mixed-Method Writing Workshop**

**SU15-163 • Thu, 6/4 to 7/16/15 • 6 - 8 pm**

**Prescott • Bldg 19, Room 207**

Mixed-method writing workshop combining prose and technical writing supports fiction and non-fiction projects. Non-fiction writers learn the basic standards for biography, history and government writing. Prose writers refine individual style and format. Writers profit by focusing on structure and coherent communication. Business, grant and technical writing becomes less stilted and more thought provoking. Prose adopts a natural and less formal style. Writers improve clarity and correct grammar. History and biography writers benefit from mixed-method workshops as do writers of general prose, proposals and grant applications. Mixed-method workshops are conducive to project completion and feedback from a variety of reader viewpoints.

**Rhonda Davis • \$90**

## **Storytelling**

**SU15-164 • Mon, Tue & Wed, 6/22 to 6/24/15 • 1 - 4 pm**

**Prescott • Bldg 4, Room 123**

Learn the fabulous art of storytelling. Storytelling is an organic talent; it is integral to human communication and predates history in its practice. In fact, you already are a storyteller! Storytelling is entertaining, fun, easy to learn and do well because there is no memorization! This is a perfect course for both those who are outgoing and shy types who would like to improve their presentation skills in a comfortable, supportive environment. We all have stories to tell, and this course provides the tools and confidence to be an engaging oral storyteller. Throughout we will develop our own personal stories and those from tradition and literature.

**Tom Fox • \$75**

## **Creating Children's Books**

**SU15-165 • Tue, Wed & Thu, 7/21 to 7/23/15 • 1 - 4 pm**

**Prescott • Bldg 4, Room 123**

This is an ideal "how-to" for anyone interested in learning how to write and produce a children's picture book. Writers will learn fundamental techniques to improve their stories and gain insights on how illustrators might approach the story and learn tips to help them "picture" the text in ways that add variety, interest and drama. Participants will gain valuable knowledge of the market and the many options available for publishing. There will be opportunities for constructive, supportive critiques as well. Helpful reference materials supporting these tips and techniques are provided.

**Tom Fox • \$75**



## **Self-publish and Market Your Book**

**SU15-166 • Thu, 7/16/15 • 9 am - 4 pm**

**Prescott • Bldg 2, Room 206**

The choice of a publisher for your book or the decision to self-publish influences how you market and generate sales. Self-publishing has flourished because of the difficulties of finding a traditional publisher or a literary agent. This course outlines the publishing methods available today, and the choices available for distributors and agents. Learn to develop a marketing plan that describes the audience for your book and the best methods to market to them. You will learn how to use PR, direct mail and social media, as well as develop a short book description, biography and query letter. List of resources provided. (1-hour lunch break.)

**Diane Phelps • \$65**

Registration has never been easier!  
Log on to [www.yc.edu/ce](http://www.yc.edu/ce)  
today to get started!



## Small Business Development Center Workshop Listings Summer 2015

### **Blog Your Way to Business Success \* \$25**

June 23 \* 5pm-8pm  
Verde Campus Room G-108

### **Crowd Funding for Small Business \* \$40**

May 20; July 30 \* 5pm-8pm  
Prescott Campus

### **Is your Business Ready for Exporting? \* \$25**

July 15 \* 5pm-8pm  
Verde Campus Room G-108

### **Fearless Facebook for Business \* \$25**

May 13; June 10 \* 5pm-8pm  
Sedona Center Room 28

### **How to Get on Google's Page 1 \* \$25**

August 5 \* 5pm-8pm  
Sedona Center Room 28

### **Intellectual Property Considerations for Small Business \* \$40**

August 27 \* 5pm-8pm  
Prescott Campus

### **Introduction to Writing Your Business Plan \* \$25**

July 9 \* 5pm-8pm  
Cottonwood Business Assistance Center

### **Lean Business Start-Up \* \$25**

June 3 \* 5pm-8pm  
Prescott Campus

### **Managing Your Business: Understanding Financial Statements \* \$40**

May 12; June 25; August 12 \* 5pm-8pm  
Prescott Campus

August 18 \* 5pm-8pm  
Verde Campus Room G-108

### **Enhance Your Bottomline by Taking a Second Look \* \$20**

Increase your productivity and revenue in retail, food and accomodation sectors!

May 20 \* 7am-10am  
Prescott Campus Room 19-147

### **NXLevel Business Plan (10 week course) \* \$250**

NxLevel for Business Startups is a 10-session, 30-hour course that addresses the questions every prospective business owner must answer in order to launch a successful and sustainable new venture. Participants will learn how to identify feasible start-up opportunities, and bring them to fruition by creating an actionable start-up business plan based on shrewd market research and proven start-up management techniques. Business emphasis will include vineyards, wineries, tasting farms and small farms.

May 30 \* 9am-12pm; June 2 – August 4 \* 5pm-8pm

Verde Campus Room G-108

### **Proving Twitter is Not for the Birds \* \$25**

July 23 \* 5pm-8pm  
Sedona Center Room 28

### **Design – Get Your Website Up and Running in Three Classes!**

\$25 per class or \$65 for enrollment in all three classes \* Prescott Campus

- Introduction to Website Design \* \$25  
May 7 \* 5pm-6:30pm
- Website Design Part 2 \* \$25  
May 14 \* 5pm-8:00pm
- Website Design Part 3 \* \$25  
May 21 \* 5pm-8:00pm

### **Business Planning Workshops in conjunction with SCORE**

June 10, June 17, June 24, July 8, July 15 \* 5pm - 8pm

Prescott Campus

September 2, September 9, September 16, September 23, September 30 \* 5pm - 8pm

Prescott Campus

*Yavapai*  
COLLEGE



[www.yc.edu/sbdc](http://www.yc.edu/sbdc) • Register by phone: (928) 776-2008

# College for Kids Class Listings Summer 2015

## Arts & Crafts

### Flights of Imagination: 3-2-1 Blast Off • Ages 6-13

**SU15-K101** • Mon to Thu, 6/1 to 6/4/15 • 1 - 4 pm

**SU15-K102** • Mon to Thu, 6/8 to 6/11/15 • 1 - 4 pm

**SU15-K103** • Mon to Thu, 7/13 to 7/16/15 • 1 - 4 pm

Prescott • Bldg 4, Room 123

Take flight to an Imaginary World created by kids – for kids. Sculpting, creative writing, painting, handwork, activities, games and gentle live bunnies are a few of the hands-on activities kids will be busy with in this Steiner-Waldorf style class. Kids will create ideas and explore their imaginations guided by their passions and interests in the world around them. *All materials included. Bring some snacks.*

Jennifer Shinohara • \$95

### The Wonderful World of Drawing • Ages 7-12

**SU15-K104** • Tue & Thu, 6/2 to 6/18/15 • 10 am - noon

Prescott • Bldg 4, Room 118

Bring out the inner artist in you! Let your talent shine as you learn the simple elements that make a great drawing. Learn to draw objects, people, animals, landscapes and abstracts. Study famous artists and their works. Learn the basics of composition, proportion, perspective, line, shading, texture and value. Projects will include individual drawings that will be shared with the class.

Christa Agostino • \$90



### Felting for Kids • Ages 10-17

**SU15-K105** • Tue & Thu, 6/9 & 6/11/15 • 8 am - noon

Prescott • Bldg 4, Room 123

Create a beautiful, unique felted wool tapestry and another 3-dimensional piece such as a hat or bag! Use wet felting techniques to transform wool fibers into felt with soap, water, friction and a lot of fun. Learn design principles such as depth, color and shading while planning your piece. Use math concepts to measure, add, multiply and calculate approximate shrinkage with percentages. *Supplies included.*

Deborah Henry • \$95

### Zentangle® for Kids! • Ages 10-17

**SU15-K106** • Tue & Thu, 6/2 to 6/18/15 • 1 - 3 pm

Prescott • Bldg 4, Room 118

Do you like to doodle? The Zentangle® Method is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. Experience a state of mindfulness and tap into your personal powerful creative energy. Zentangle can increase attention and focus, decrease stress and build self-esteem. Improve hand-eye coordination, develop fine motor skills and improve problem-solving. If you can write, you can do Zentangle! *Supplies included.*

Wendy Kircher • \$95

Registration has never been easier!  
Log on to [www.yc.edu/collegeforkids](http://www.yc.edu/collegeforkids) today to get started!

## **Fabulous Photoshop Fun • Ages 8-12**

**SU15-K109 • Mon to Thu, 6/1 to 6/4/15 • 9 am - noon**

**Prescott • Bldg 19, Room 208**

**SU15-K110 • Mon to Thu, 7/13 to 7/16/15 • 9 am - noon**

**Prescott • Bldg 19, Room 206**

How would you like to take a picture of yourself and have it magically appear in a magazine ad? Or design a professional-looking poster or report cover with just a few clicks of the keyboard? Learn how to edit photos and artwork to produce fabulous original photo compositions and graphics using Photoshop Elements, the foundation program for Adobe Photoshop.

**Tom Fox • \$90**

## **Cartoon Characters & Critters • Ages 8-12**

**SU15-K108 • Mon to Thu, 7/13 to 7/16/15 • 1 - 4 pm**

**Prescott • Bldg 4, Room 121**

What makes an elephant look like an elephant? How do you draw expressions and emotions on a cartoon face? Learn how to do this along with basic sketching techniques. Draw cartoon people that look animated and loose and all sorts of animals. Explore cool areas such as Drawing 2D, coloring and using art supplies effectively. The instructor is an award-winning cartoonist and picture book illustrator, who shares his love of the craft in a fun and (slightly silly) atmosphere – perfect for summer vacation!

**Tom Fox • \$90**

## **Watercolor and Mixed Media • Ages 5-11**

**SU15-K111 • Mon to Thur, 6/15 to 6/18/15 • 1:30 - 4:30 pm**

**Prescott • Bldg 4, Room 123**

Explore watercolors and create your unique art using popular techniques, vivid imagery and explosions of color – elements associated with this medium. We'll incorporate mixed media with some of the paintings to create a multi-dimensional effect. Share the creations with family and friends during a casual art show and reception on the final day of class. *Supplies provided.*

**Sue Lord • \$90**

## **Paint Like the Masters • Ages 5-11**

**SU15-K112 • Mon to Thu, 7/13 to 7/16/15 • 9 am - noon**

**Prescott • Bldg 4, Room 123**

Everyone is inspired by art of the masters Monet, Van Gogh, Matisse, Miro or Picasso. Learn ways to imitate the masters' techniques using different mediums and your individual touch. We will make a mat for the best pieces and invite family and friends to an art show and reception on the final day of class. *Supplies provided.*

**Sue Lord • \$90**

## **Dance & Music**

### **Kids Beginner Jazz • Ages 7-12**

**SU15-K114 • Mon, 6/1 to 6/15/15 • 1 - 1:50 pm**

**Prescott • Bldg. 2, Room 140**

In this beginner jazz class, learn many basic turns, jumps and other steps while dancing to fun music. Jazz is one of the most popular styles of dance, come learn it with us! *Wear comfortable clothing to move in, bring socks and a water bottle.*

**Jaime Hershman • \$45**

### **Kids Beginner Ballet • Ages 7-12**

**SU15-K113 • Mon, 6/1 to 6/15/15 • 2 - 2:50 pm**

**Prescott • Bldg. 2, Room 140**

Learn ballet basics and terminology in this beginner class. Ballet is the foundation for most styles of dance and is known for its elegance. Learn the grace and beauty of the beginner ballerina. *Wear comfortable clothing to move in, bring socks and a water bottle.*

**Jaime Hershman • \$45**

College for Kids Scholarships are available.  
Call (928) 717-7755.

## **Belly Dance for Moms ‘n’ Tweens • Ages 11-15**

**SU15-K115** • Tue & Thu, 6/2 to 6/18/15 • 4 - 4:50 pm

**SU15-K116** • Tue & Thu, 7/7 to 7/23/15 • 4 - 4:50 pm

**Prescott • Bldg. 2, Room 140**

Learn the basics of this ancient art form for females of all ages! Practice techniques such as snake arms, figure 8s and shimmies while learning a fun choreography to perform. Great for poise, balance and grace. No experience necessary, and be sure to wear comfortable exercise clothing. Sign up with mom, an aunt or friend for more fun!

**Candice Coleman • \$60**

## **Making Our Own Music: Adventures in Music Improvisation • Ages 5-8**

**SU15-K117** • Mon to Wed, 7/6 to 7/8/15 • 1 - 2 pm

**SU15-K120** • Mon to Wed, 7/13 to 7/15/15 • 1 - 2 pm

**SU15-K123** • Mon to Wed, 7/20 to 7/22/15 • 1 - 2 pm

## **Making Our Own Music: Adventures in Music Improvisation • Ages 9-12**

**SU15-K118** • Mon to Wed, 7/6 to 7/8/15 • 2:15 - 3:15 pm

**SU15-K121** • Mon to Wed, 7/13 to 7/15/15 • 2:15 - 3:15 pm

**SU15-K124** • Mon to Wed, 7/20 to 7/22/15 • 2:15 - 3:15 pm

## **Making Our Own Music: Adventures in Music Improvisation • Ages 13-17**

**SU15-K119** • Mon to Wed, 7/6 to 7/8/15 • 3:30 - 4:30 pm

**SU15-K122** • Mon to Wed, 7/13 to 7/15/15 • 3:30 - 4:30 pm

**SU15-K125** • Mon to Wed, 7/20 to 7/22/15 • 3:30 - 4:30 pm

**Prescott • Bldg 15, Room 205**

In this “Playshop” explore music improvisation as a tool for connecting with one another. There will be instruments available such as drums, autoharps and specially tuned stringed instruments for anyone to play. Or, bring your own. And don’t forget your voice. Developing musical skills such as listening, collaborating, rhythm, melody making, singing, songwriting and song playing help foster life skills. Open to any kid who wants to try new things, the course is based around the idea that everyone is completely musical and has something unique to share! Space is limited.

**Jonathan Best • \$45**

## **Food & Cooking**

### **Kids Cook Real Food: Favorites • Ages 7-9**

**SU15-K126** • Mon to Thu, 6/1 to 6/4/15 • 9 am - 12:30 pm

### **Kids Cook Real Food: Favorites • Ages 10-13**

**SU15-K127** • Mon to Thu, 6/8 to 6/11/15 • 9 am - 12:30 pm

**Prescott • Granite Mountain Middle School, Room 405**

Learn how to make your favorite foods – yummy, fun and healthy. Mac and Cheese, Pizza, Tacos, Guacamole, Buttermilk Pancakes, Spaghetti, Garlic Bread, Chocolate Chip Cookies, Fruit Smoothies, Snickerdoodles, Lemonade and more. Students can recommend their favorites. Hands on with an emphasis on kitchen safety. *Gluten free, vegan, vegetarian and special diets accommodated with prior approval from instructor.*

**Molly Beverly & Nany Zepeda-Sanic • \$160**

### **Food from Ground to Table to Compost: The Basics • Ages 8-12**

**SU15-K128** • Mon to Thu, 7/6 to 7/9/15 • 9 am - 12:30 pm

**Prescott • Granite Mountain Middle School, Room 405**

Explore the processes of growing, cooking and composting the food you eat. Learn innovative ways of cooking beans, grains, many different types of vegetables as well as healthy desserts, drinks and more. The philosophy of delicious, healthy and affordable food is possible when creativity is part of the recipe! This camp is an interactive, hands-on experience with a wholesome approach to cooking and an emphasis on kitchen safety. Explore the origins of food, stages of growing food and the different classifications of food (legume, gourds, nightshades, etc.). Cook edible seeds and learn about soil types. Learn the connection between the seeds, soil and the important role humans play in this relationship.

**Nany Zepeda-Sanic • \$160**



## **Food from Ground to Table to Compost: Recipes • Ages 8-12**

**SU15-K129 • Mon to Thu, 7/13 to 7/16/15 • 9 am - 12:30 pm**

**Prescott • Granite Mountain Middle School, Room 405**

Dive into creating recipes. Learn about the different food groups and how to create recipes using easily-found ingredients. Find out about the world of spices. Cook delicious creations to be shared and sent home. Kids will actively learn about seed savings techniques, modern and ancient ways of farming and the important role humans play in the world of food.

**Nany Zepeda-Sanic • \$160**

## **Language, Culture & History**

### **Japanese Language • Ages 9-14**

**SU15-K130 • Mon to Thu, 6/1 to 6/11/15 • 10 am - noon**

**Prescott • Bldg 3, Room 206**

Learn to read and write the Hiragana alphabet, basic Japanese expressions, vocabulary words, numbers, colors and days of the week and recognize Kanji characters. There will be time to practice speaking the language, learn songs and play games in Japanese. Japanese culture, customs and traditions will be a part of this course. Japanese is a growing second language at schools in this area, and early exposure to a second language is an advantage to any child.

**Kim Adams • \$105**

### **German Is Fun! • Ages 9-14**

**SU15-K131 • Tue & Thu, 6/2 to 6/18/15 • 10 am - noon**

**SU15-K132 • Tue & Thu, 7/7 to 7/23/15 • 10 am - noon**

**Prescott • Bldg 4, Room 114**

Learn German by speaking and playing games. You will be surprised at how easy and fun it is! Learn to greet people in German, how to count, how to ask and answer easy questions. Discover a lot of German words that are the same, or almost the same, as some English words.

**June Mann • \$85**

### **Discover the Living History of Prescott • Ages 8-12**

**SU15-K133 • Mon to Thu, 6/15 to 6/18/15 • 8 am - 1 pm**

**Prescott • Offsite: meet at the flagpoles**

We live in an amazing “melting pot” of living history with our cultural, archaeological and ethnographic resources in Prescott. Take field trips to visit and enjoy hands-on experiences at local museums Sharlot Hall and Fort Whipple. Visit Native American archaeological sites and local historical sites with a tour of historic Prescott. Explore nature and learn about the local flora and fauna of the Central Highlands with brief and easy outdoor hikes. Discover the rich and varied ‘living history’ Prescott has to offer! *Wear sturdy closed-toe hiking shoes with socks, a hat and sunscreen. Each day bring a quart of water, snack and a sack lunch in a small backpack.*

**Sue Lord • \$130**

### **More Living History of Prescott • Ages 8-12**

**SU15-K134 • Mon to Thu, 7/20 to 7/23/15 • 8 am - 1 pm**

**Prescott • Offsite: meet at the flagpoles**

Discover more of Prescott’s living history with field trips to the Phippen Museum and Smoki Museum and local Native American archaeological sites and historical sites. Learn about the local flora and fauna of the Central Highlands with brief and easy outdoor hikes. *Wear sturdy closed-toe hiking shoes with socks, a hat and sunscreen. Each day bring a quart of water, snack and a sack lunch in a small backpack.*

**Sue Lord • \$130**

College for Kids Scholarships are available.  
Call (928) 717-7755.

## Random Acts of Kindness! • Ages 5-11

**SU15-K135** • Mon to Thu, 7/20 to 7/23/15 • 1:30 - 4:30 pm

Prescott • Bldg 4, Room 121

It's time to rediscover the importance of "personal touch!" This course lays the foundation for young people to "pay it forward" to their community and shower "random acts of kindness." There will be lots of activities, skits, creating and writing personal cards to others and discussion of character development. We will visit the Veteran's Administration Hospital for a goodwill visit and host a local senior center to share snacks, conversation and handmade cards.

Sue Lord • \$90

## Nature

### Nature Camp 101 • Ages 8-12

**SU15-K136** • Mon to Thu, 6/1 to 6/4/15

8 am - 1 pm

Prescott • Offsite: meet at the flagpoles

Explore Prescott's natural wonders! Hike in a different location each day – Thumb Butte, Goldwater Lake, Watson Woods, Peavine Trail and Lynx Creek Ruins and Lynx Lake. Explore the flora and fauna of each unique ecosystem. *Wear sturdy closed-toe hiking shoes with socks, a hat and sunscreen. Each day, bring a minimum of 2 quarts of water, a snack and sack lunch in a small backpack.*

Sue Lord • \$130



### Prescott Junior Audubon Nature Club • Ages 5-11

**SU15-K137** • Mon to Thu, 6/8 to 6/11/15 • 9 am - noon

Prescott • Bldg 4, Room 121

Discover our natural world, Prescott-style! Hike the Yavapai College campus and surrounding areas and identify local flora and fauna. Learn to use binoculars and field guides supplied by the Prescott Audubon Society to become familiar with simple bird-watching techniques. Make pine cone bird feeders, have an owl pellet party and learn why it's so important to protect our natural world. Guest presenters from the Prescott Audubon Society, the Prescott Astronomy Club and other natural historians are featured. *Wear sturdy, closed-toe shoes with socks, a hat and sunscreen. Bring a minimum of 1 quart of water, healthy snacks and a small backpack.*

Sue Lord • \$85

### Nature Camp 201 • Ages 8-12

**SU15-K138** • Mon to Thu, 7/6 to 7/9/15 • 8 am - 1 pm

Prescott • Offsite: meet at the flagpoles

Explore more of Prescott's natural wonders! Hike every day in a new outdoor location – Watson Dam/Flume Trail, Willow Dells Loop Trail, Lynx Lake Explorer Trail, Granite Basin Lake and much more. Learn about all aspects of our unique ecosystem as a young naturalist. *Wear sturdy closed-toe hiking shoes with socks, a hat and sunscreen. Each day, bring a minimum of 2 quarts of water, snack and a sack lunch in a small backpack.*

Sue Lord • \$130

## Performing Arts

### Drama Camp: Zany Improv • Ages 5-11

**SU15-K139** • Mon to Thu, 6/8 to 6/11/15 • 1 - 4 pm

Prescott • Bldg 31, Room 110

Welcome to the world of zany improvisation! The troupe of thespians will perform monologues, skits, improv, pantomime, charades, laughable body language, games, karaoke and more. A performance from a local improv group and tour of the Yavapai College Performing Arts Center are included. Please wear comfortable clothing and shoes to move in. No experience needed to be a drama queen or king – just enthusiasm! Space is limited.

Sue Lord • \$90

### **Drama Camp: Comic Relief • Ages 5-11**

**SU15-K140 • Mon to Thu, 7/13 to 7/16/15 • 1 - 4 pm**

**Prescott • Bldg 31, Room 110**

Dive into the hysterical world of comedy and create your own routines for everyone to enjoy! Explore the beginnings of the “funny bone in the spotlight” using literature and films. Perhaps local comics will grace us with a performance and a tour of the Yavapai College Performing Arts Center is included. Create your own “bit” and present it on the last day of class when we host a stand-up comedy show with original and age-appropriate material for family and friends. Space is limited.

**Sue Lord • \$90**

### **Storytelling for Kids • Ages 8-12**

**SU15-K141 • Mon to Thu, 7/6 to 7/9/15 • 1 - 4 pm**

**Prescott • Bldg 31, Room 110**

Learn the fabulous art of storytelling. It's fun, entertaining and easy to learn for kids who are outgoing and love to act, as well as for shyer types who want to improve presentation skills in a comfortable, supportive environment. Practice the tools and gain confidence to be an engaging oral storyteller. Develop personal stories and those from traditional literature. We will present our stories in our own individual style in the last session with families and friends invited to attend.

**Tom Fox • \$90**

## **Science & Technology**

### **Intro to Physical Computing • Ages 10-14**

**SU15-K142 • Mon to Wed, 6/1 to 6/17/15 • 1 - 4 pm**

**Prescott • Bldg 19, Room 208**

Innovate, create and design! Learn how to build devices that integrate into the worlds of art, fashion, science and robotics. Engage in fun and creative problem solving using digital hardware such as the Arduino to build physical interfaces that can sense and react in the real and digital worlds. Learn the process of computer programming, prototyping and how computers work. Imagine your ideas and make them come to life! *Arduino Kit included.*

**Dan Cervo • \$200**

### **Mining Madness/Gems Galore • Ages 8-12**

**SU15-K143 • Mon to Thu, 6/15 to 6/18/15 • 8 - 11:30 am**

**Prescott • Bldg 4, Room 121**

Learn about rocks, minerals and gemstones. Young geologists will experience mining techniques, slurry soils from simulated locations in a search for clues to gemstone formation. On finding the rough gems they will test, assay, assess and prepare the specimens for display at the end of the week. If you joined us before, come on back, you never know what you will find!

**Diane Vaszily • \$110**

### **Capture Technology: Patterns in Nature • Ages 8-13**

**SU15-K144 • Mon to Thu, 7/6 to 7/9/15 • 1 - 4 pm**

**Prescott • Bldg 19, Room 206**

Learn about the rapidly changing technology in our world today. Build, explore and share in the digital world of Minecraft.edu. Examine patterns in nature through experiments that explore electricity, magnetism and optics. Learn about essential technologies such as solar energy and future inventions that could help our planet's environment. We will work in teams to design and create projects inspired by our imaginations. Let's capture technology. We can accomplish anything!

**Brandi Fabian & Jennifer Shinohara • \$95**

College for Kids Scholarships are available.  
Call (928) 717-7755.



## **GEEK: Girls Exploring Engineering Kamp • Ages 8-12**

**SU15-K145** • Mon to Thu, 7/6 to 7/9/15 • 1 - 5 pm

**SU15-K146** • Mon to Thu, 7/13 to 7/16/15 • 1 - 5 pm

**Prescott • CTEC-161**

Are you geek enough? Are you curious? Do you like building things? Do you like solving puzzles? Do you want to turn your ideas into reality? Wanna build a bridge? Play with a real robot? Use your hands, brain and curiosity to solve problems. Explore math, science, engineering and the technology these fields use. Learn about basic machines, heat, lights, sound, gravity, electricity and magnetism. Space is limited.

**Elizabeth Peters • \$145**

## **Soaring Rocket Club • Ages 10-16**

**SU15-K147** • Mon to Thu, 7/13 to 7/16/15 • 8 - 11:30 am

**Prescott • Bldg 4, Room 121**

Advanced rocket class for those who have previously attended Rocket Rally. Use what you learned in the Rocket Rally class to design and build rockets according to the principles of aerodynamics. Learn to modify a rocket design, prepare the necessary blueprints, build, prepare, launch, track and analyze the flight. *Prerequisite: Rocket Rally with College for Kids program.*

**Diane Vaszily • \$120**

## **Writing & Filmmaking**

### **Creative Writing for Young Writers • Ages 10-14**

**SU15-K148** • Mon to Thu, 7/6 to 7/9/15 • 9 am - noon

**Prescott • Bldg 19, Room 206**

If you love to read “a good story” and dream of writing your own original tales, then this is the course for you! Learn the important, easy to understand basics of story creation. In no time you will be applying these techniques effectively in crafting your own stories. An excellent foundational course for any child interested in improving his/her prose and creative writing, one of the most valuable skills a person can have.

**Tom Fox • \$85**

### **Digital Filmmaking for Kids • Ages 12-17**

**SU15-K149** • Mon to Thu, 7/6 to 7/23/15 • 9:30 am - 4 pm

**Prescott • Bldg 15, Room 109**

An amazing filmmaking course for kids! In this comprehensive hands-on course, learn to write a screenplay and create a storyboard, shoot video and record audio on location. Use digital editing software to create a portfolio of projects to showcase the skills developed during this 3-week course. *Bring a sack lunch and snacks.*

**Jeff Wood & Larry Pittman • \$500**



Registration has never been easier!  
Log on to [www.yc.edu/collegeforkids](http://www.yc.edu/collegeforkids) today to get started!

# explore rewarding volunteer opportunities



**The Yavapai College Foundation** invites all community members to explore the rewarding volunteer opportunities available in its various auxiliary organizations. Community members, like you, have come together to help grow the programs of several areas of the College in order to provide joy and opportunities for others for years to come. Auxiliaries welcoming new members are:

**Friends of Music.** Working to benefit and support the Music Department's students and programs, attract new, top quality students, and present a wide variety of musical presentations to area residents.

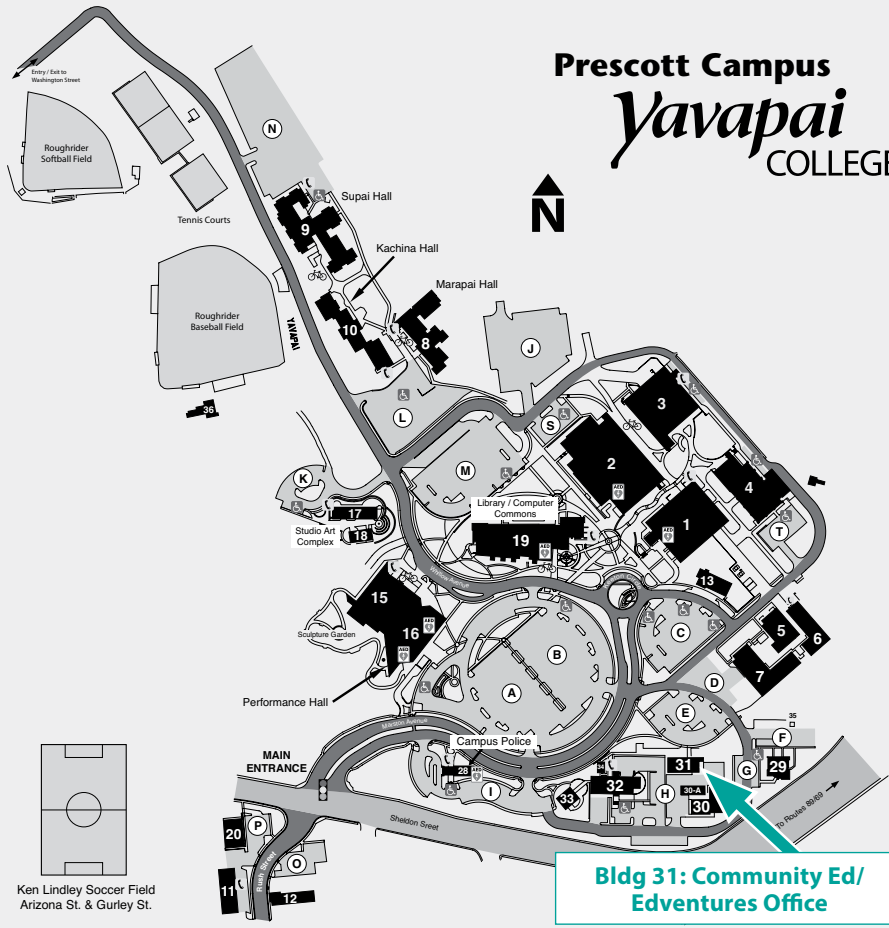
**Friends of the Family Enrichment Center.** Helps ensure that the FEC offers quality learning experiences to a diverse group of children from both the college and the wider community, and provide valuable hands-on teacher training to early and elementary education students.

**Friends of the Southwest Wine Center.** Those with an interest in viticulture and enology work in a variety of ways to assist the newly-created teaching SWC, located in Clarkdale, AZ to serve as a gathering place for research, education, and economic development by fostering a high-quality wine industry in Arizona and beyond.

Lifelong learners in the community who might have an interest in any of these organizations are invited to contact the Foundation office at (928) 717-7744 to learn more about how you can volunteer to help make difference. [www.yc.edu/ycf](http://www.yc.edu/ycf)



# Prescott Campus Yavapai COLLEGE



**Is getting to your Class learning group on campus a challenge because of a disability?** For those who need assistance in finding appropriate parking and getting to your classroom, we offer the following information: **Disability parking** is located at the second floor behind Buildings 3 and 4 and in parking lot M. You must have a disability permit to park in these areas. You may take the elevator in Buildings 2, 3 and 4 to the first floor level. If there are any other disability concerns or requests for accommodations, please do not hesitate to contact Disability Resources for assistance... **(928) 776-2079**.



## Registration Form

Contact us early for information and registration. All registration is done through the Community Education Office, phone (928) 717-7755; FAX (928) 717-7635, or stop by Building 31 between 9 am and 4 pm Monday through Thursday. PLEASE DO NOT CALL THE YC REGISTRATION OFFICE.

**Mail form to:** Community Education, 1100 E Sheldon St Box 6912, Prescott AZ 86301

**Email form to:** [lifelonglearning@yc.edu](mailto:lifelonglearning@yc.edu)

Name \_\_\_\_\_

Phone \_\_\_\_\_ Birth Date \_\_\_\_\_

Email \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Zip \_\_\_\_\_

### I'd like to enroll in these classes:

ID Number	Title	Fee
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Total Enclosed \_\_\_\_\_

### Make checks payable to Yavapai College.

*(Cash payments are accepted for in person registration only.)*

Have you taken classes at Yavapai College in the past?

Yes  No

# Yavapai COLLEGE

Community Education  
1100 E Sheldon St PMB 6912  
Prescott Arizona 86301-3297



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## Travel with EDventures

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## September 2016

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- Venice, the Queen of the Adriatic and the Floating City
- Verona, Santa Margherita Ligure and Porto Venere
- Cinque Terre region to visit picturesque fishing villages
- Pisa and Florence
- Assisi and ancient Rome
- Ancient ruins at Pompeii and Paestum
- Isle of Capri
- The arts, music, rich cultural heritage with free time to experience Italy on your own

Find out more! Join us for an informational presentation on the EDventures travel to Italy.

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Yavapai College  
Prescott campus

Please RSVP:

(928) 717-7755

[www.yc.edu/EDventures](http://www.yc.edu/EDventures)