



 The
Lifelong
Learning Center

July and August Classes
Bird Watching, Woodworking, Plein Air Watercolor
Yoga, Outdoor Bootcamp, Oula and MORE !!!

Welcome Back!

We have missed you, but we are open and ready to serve you again!

Our reopening will be slow and controlled and will likely “feel” a bit different than before. You will find a number of our classes have a “virtual” option for you to participate using Zoom.

For anyone in the high-risk categories or are just not ready to return to in-person instruction, we welcome you to join us virtually. Along with additional cleaning and new sanitation protocols, adjustments to our classes may include the following as well as other precautions:

- Smaller class sizes
- Classes offered in different spaces than before
- Blended classes with some students in the building and some participating virtually
- Greater time between classes to allow for sanitation
- Limited availability of some equipment
- Class scheduling that limits the total number of people in the building each day
- Varied start/end times to “spread out” the number of people entering the building at a time
- Restricted open entrances
- Temperature and symptom screening of all staff
- Temperature screening of students upon entry

You will find our staff wearing masks when we are in contact with students and the public and students are welcome to wear masks when feasible. Additionally to keep our staff and students safe, we ask you to not attend in-person classes if you are not feeling well.



Workforce Training



Job Site Ready Certification Program

Become Job Site Ready Now! This course provides an overview of safe industrial practices, provides students with both classroom and hands-on experience in workplace safety for a variety of industries, and provides multiple Industry Recognized Credentials. Students will complete the requirements for an approved OSHA 10 Hour Safety Training Card, and be introduced to the safe use of basic hand and power tools most common in construction. Additional topics include basic crane safety and hand signals, aerial lift safety, and strategies for participating in a culture of safety within the working environment. Training and certification in basic first aid, cardio-pulmonary resuscitation (CPR), proper use of Automated External Defibrillators and complete pretesting for OSHA requirements on both counterbalanced and rough terrain forklift vehicles are also included. The course also covers essential skills for workplace readiness including, employer expectations, communication skills, problem solving, time management, labor market information, career explorations within the various construction and industrial industries, resumes, job searches, and interview skills.

Mc-Con.1 M Msla College \$ 327.00
Sessions-5 Day-Mo-Fr 7/13-7/17
8:00 AM-11:45 AM TBD, TBD

Mc-Con.2 M Msla College \$ 327.00
Sessions-5 Day-Mo-Fr 8/10-8/14
8:00 AM-11:45 AM TBD, TBD

Beginning Spanish

If you have never studied Spanish or need a refresher, this is the class for you! With an emphasis on conversation in the present tense, you will learn the skills to speak, read, and write while traveling, working, or just enjoying Spanish language magazines, movies and music!

L-SP01.1 Dickinson LLC \$82.00
Sessions-10 Day-Tu Th, 7/7-8/6
1:00 PM-3:00 PM Moothart, Connie

L-SP01.2 Dickinson LLC \$82.00
Sessions-10 Day-Tu Th, 7/7-8/6
6:00 PM-8:00 PM Moothart, Connie

Intermediate Woodworking

With a basic knowledge of woodworking and joinery, you will be able to further apply your skills and explore projects from custom woodworking and cabinetry to furniture building and more. You will learn simple finishing techniques that complete a successful woodworking project while applying your skills to making your own small furniture piece. Prerequisites: Introduction to Woodworking and Beginning Cabinet Making or permission from Instructor.

T-CON08 Missoula College-West Campus \$299.00
Sessions-8 Day-Tu Th, 7/21-8/13
4:00 PM-8:00 PM Wilson, J Walter

Comprehensive Retirement Planning: Risks, Taxes, and Strategies

The decisions you make while preparing or living in retirement is much more than you think. Without a Comprehensive Financial Plan how can you feel confident in your decisions and be prepared for the many risks you may face in your life. It is imperative you have one. It is never too late to implement strategies that can improve your approach to retirement. This class will show you what should be in a Comprehensive Financial Plan and what questions you should be asking yourself.

B-FI05 Dickinson LLC \$44.00
Sessions-2 Day-Tu, 7/21-7/28
6:30 PM-9:30 PM Banna, Jamison

Special Interest

Beginning Dog Obedience Training

Do you wish your dog would mind a little better, not pull on the leash and even do some tricks? This class covers the basic demands while building a strong foundation for further training. Along with the fundamentals, this class will cover health, grooming, vet visits and everything you need to become a polite canine citizen. This class is for dogs 1 year old and up. The First class is for humans only, the rest of the classes are for one human with one dog and will meet in the field behind the school. An additional Human from the same household working with the same dog can call to register for the class at 50% off.

S-AN17.3 Dickinson LLC \$70.00
Sessions-9 Day-Th, 7/9-9/3
5:00 PM-6:00 PM Ishler, Elizabeth

AKC STAR Puppy Training

You got that adorably cute puppy you always wanted, now what? Learn how to properly care and groom you new BFF and how to teach your puppy basic commands and how to calm themselves. At end of the class you and your puppy can strut your stuff in the STAR puppy test! This class is for dogs 8 weeks old to one year. First class is for humans only, the rest of the classes are for one human and one puppy and will meet in the field behind the school. An additional Human from the same household working with the same dog can call to register for the class at 50% off.

S-AN16.3 Dickinson LLC \$70.00
Sessions-9 Day-Th, 7/9-9/3
6:30 PM-7:30 PM Ishler, Elizabeth



Botany for Beginners

Are you curious about the names and traditional uses of flowers, shrubs and trees commonly found in our western Montana forests and prairies? Meet at The Lifelong Learning Center for a short classroom lesson in Botany then be prepared for some hiking and exploring a Missoula botanical hotspot. Transportation not provided, dress appropriately for outdoor activities.

S-LND21.1 Dickinson LLC \$25.00
Sessions-1 Day-Tu, 7/7-7/7
9:00 AM-12:00 PM Ulev, Elena



Birdwatching for Beginners

Have you ever wanted to know how to identify birds of western Montana by sight and by song? Learn to identify over 25 species of birds commonly found in our grassland, forest and river habitats. The first class is in the classroom getting down the basics and the second is in the field bird watching.

S-AN15 Dickinson LLC \$38.00
Sessions-2 Day-Tu Th, 7/14-7/16
9:00 AM-11:30 AM Ulev, Elena

Puppy & Dog Obedience Training

You got that adorably cute puppy or dog you always wanted, now what? Learn how to properly care and groom you new BFF and how to teach your puppy basic commands and how to calm themselves. At end of the class you and your fur baby can strut your stuff in the STAR dog test! First class is for humans only, the rest of the classes are for one human and one dog and will meet in the field behind the school. An additional human from the same household, working with the same dog, can call to register for the class at 50% off.

S-AN16.1 Dickinson LLC \$70.00
Sessions-9 Day-Th, 7/9-9/3
10:00 AM-11:00 AM Ishler, Elizabeth

**Be an Early Bird
and Save \$5
Per Class!**

Photography and Art



Night Photography- Exploring the World After Dark

Digital cameras have an amazing ability to see in the dark. Learn the advanced techniques necessary to record pictures of urban and nature scenes after the sun goes down. You will learn how to focus in the dark, determine an appropriate exposure, work with the colors of artificial lights and create successful images of the moon and stars. Then you will use Lightroom and Photoshop to make your night photos look their best. An interchangeable lens camera with manual controls for Aperture, shutter speed and ISO, bulb exposure mode, raw file capture and a wired cable release and tripod are required. This class meets every other week.

PH-PC50 Dickinson LLC \$62.00
Sessions-4 Day-Tu, 7/7-8/18
6:30 PM-8:30 PM Eyster, Kathy



Exploring Photo Ideas 5

In the era of social distancing, we have new limitations on where we can photograph. In this playful class we explore the kinds of images you can create in your own home. In each class you will photograph a different theme, and get suggestions and tips for making great pictures of these topics. The next class you share your results and see what everyone else created. Come expand your ideas of where you can make good photographs and have fun! This class meets every other week.

PH-PC51 Dickinson LLC \$62.00
Sessions-4 Day-Th, 7/9-8/20
6:30 PM-8:30 PM Eyster, Kathy

Fundamentals of Drawing

If drawing has always held a lure for you but you didn't know where to begin, this course is for you. We will cover the basics of drawing with easy and simple techniques designed for success. Topics will include a variety of drawing techniques, form, values, perspective, shading, styles using a variety of drawing materials and subject matter, keeping the FUN in Fun-damentals! Supplies discussed at the first class.

A-DR01.1 Dickinson LLC \$44.00
Sessions-6 Day-Tu Th, 8/4-8/20
6:00 PM-8:00 PM Miller, Scott

Plein-Air Watercolor

Experience the many moods of Montana's glorious landscape in this course designed for the serious artist striving to capture the ever-elusive light of outdoors, or the "Sunday painter" who simply wants to combine their enjoyment of painting with a love of nature. Emphasis will be on expressing mood and capturing the essence of the scene through spontaneity and suggestion, keeping your work vibrant and fresh. Bring your materials to the first class, where course locations will be decided, and a discussion on some basics in plein-air will get your creative juices flowing!

A-PA19 Dickinson LLC \$54.00
Sessions-6 Day-Tu Th, 8/4-8/20
1:00 PM-3:30 PM Miller, Scott



First Aid and CPR

CPR and First Aid

This combination class includes Heartsaver First Aid and Adult/Child/Infant CPR. The focus of this course is hands-on instruction with basic management of illness and injuries in the first few minutes until professional help arrives. Techniques include how to stop bleeding that can be seen, ways to help with a possible broken bone or sprain, safety of the scene, basic AED, and life saving CPR. Upon successful completion you will receive a two-year Heartsaver First Aid/CPR certification card. Bring a snack or lunch with you for full day classes. Must have a valid email address.

H-CPR03.3 Dickinson LLC	\$96.00
# Sessions-2 Day-Tu Th, 5:30 PM-9:00 PM	7/14-7/16 Haack, Leila
H-CPR03.4 Dickinson LLC	\$96.00
# Sessions-2 Day-Mo We, 5:30 PM-9:00 PM	8/10-8/12 Mandell, Liz

BLS Healthcare CPR and AED

Are you looking for a higher level of CPR training? Are you thinking about employment in the healthcare industry? This Heartsaver course includes instruction in basic life support (BLS), CPR skills for helping victims of all ages (including ventilation with a barrier device and bag-mask device), use of an automated external defibrillator (AED), and relief of foreign body airway obstruction. Upon successful completion, you will receive a Heartsaver Healthcare CPR/AED 2-year certification card.

H-CPR02.4 Dickinson LLC	\$67.00
# Sessions-1 Day-We, 5:00 PM-9:30 PM	7/15-7/15 Haack, Leila
H-CPR02.6 Dickinson LLC	\$67.00
# Sessions-1 Day-Mo, 5:00 PM-9:30 PM	8/3-8/3 Mandell, Liz



CPR and First Aid with Online component

Heartsaver First Aid CPR AED is geared towards anyone with little or no medical training who needs a course completion card to meet job or other regulatory requirements (e.g., OSHA, child-care). Or, for anyone who wants to be prepared for an emergency in any setting. This course is delivered in a blended learning format and requires successful completion of two-components. After completing the online component at <https://shopcpr.heart.org/heartsaver-first-aid-cpr-aed-online>, you must complete a hands-on skill session component to obtain a course completion card. The hands-on skills session is held at The Lifelong Learning Center and sold separately.

H-CPR03.1 Dickinson LLC	\$70.00
# Sessions-1 Day-We, 6:30 PM-9:00 PM	7/22-7/22 Haack, Leila
H-CPR03.2 Dickinson LLC	\$70.00
# Sessions-1 Day-We, 6:30 PM-9:00 PM	8/19-8/19 Haack, Leila



BLS Healthcare CPR-with Online component

The HeartCode® BLS course is designed for healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of settings. This course is delivered in a blended learning format and requires successful completion of two-components. After completing the online component <https://shopcpr.heart.org/heartcode-bls>, you must complete a hands-on skill session component to obtain a course completion card. The hands-on skills session is held at The Lifelong Learning Center and sold separately.

H-CPR02.1 Dickinson LLC	\$48.00
# Sessions-1 Day-Th, 6:30 PM-8:30 PM	7/23-7/23 Haack, Leila
H-CPR02.2 Dickinson LLC	\$48.00
# Sessions-1 Day-Tu, 6:30 PM-8:30 PM	8/18-8/18 Haack, Leila

Fitness

Tabata Bootcamp & More

Tabata training has been called the world's greatest fat burning workout! You will get a total body workout that is never boring. The majority of your time in this class, you will experience 20 seconds of heart pounding exertion followed by 10 seconds of rest for 4 minutes, then move on to the next exercise. Sounds easy, right? This class will help you push your fitness to another level! Bring a sweat towel and lots of water because you have to do something during the rest times. Class will conclude with a cool-down and a few high-fives!

F-CAR01.1 Dickinson LLC \$31.00
Sessions-8 Day-We, 7/8-8/26
4:30 PM-5:30 PM Dolan, Lizzie



Tabata Bootcamp & More-Zoom

This class is the "at home" version of the original class delivered to you remotely. You will need internet access, Zoom to participate live, and the equipment listed below. You will have access to each live class and the recording until the next class session. Equipment needed: set of light hand weights, set of heavy hand weights, 9 inch mini ball or small pillow, bench or bottom step of stairs, yoga mat, paper plates, resistance loop/band. Some equipment may be available for rent. Call for details.

F-CAR01Z Virtual \$31.00
Sessions-8 Day-We, 7/8-8/26
4:30 PM-5:30 PM Dolan, Lizzie

Bootcamp

Come to this class ready to sweat! A fun and challenging workout incorporating cardio interval exercises along with sculpting circuits and sports drills to offer a total body workout for any person who is ready to take their fitness to the next level. Basic body-weight and resistance exercises, coupled with non-stop cardio intervals will ensure that you burn maximum calories each class. Please bring a towel and water bottle and sign up soon-- this class fills up quickly.

F-CAR08.1T Dickinson LLC \$31.00
Sessions-8 Day-Tu, 7/7-8/25
6:00 AM-7:00 AM Reneau, Sterling

Over 50 and FIT

This class is for well individuals over 50 who may be overweight or de-conditioned as well as those who are active but would like a more gentle approach. This class focuses on movement, toning, balance, and stretching using hand weights, stability ball and some mat work.

F-CAR02.2 Dickinson LLC \$31.00
Sessions-8 Day-Tu, 7/7-8/25
5:45 PM-6:45 PM Reneau, Sterling



Over 50 and FIT Zoom

This class is the "at home" version of the original class. You must have internet access, Zoom, and equipment options to participate from home. You will have access to each live class and the recording until the next class session. This is for well individuals over 50 who may be overweight or deconditioned as well as those who are active but would like a more gentle approach. This class focuses on movement, toning, balance, and stretching using hand weights, and some mat work.

F-CAR02Z Virtual \$31.00
Sessions-8 Day-Tu, 7/7-8/25
5:45 PM-6:45 PM Reneau, Sterling

Lunch Box Special - Total Body Conditioning

Take a much needed break in your day for this total body strength and conditioning class. This class blends strength conditioning with core training using a variety of exercises and fitness equipment. All body zones will be challenged to give you a complete workout and ultimate fat-burning. This class is designed for all fitness levels. Comfortable active wear, athletic shoes, water and a sweat towel are required.

F-CAR03.2 Dickinson LLC \$31.00
Sessions-8 Day-Th, 7/9-8/27
12:00 PM-1:00 PM Dolan, Lizzie

Barre Fitness

Barre is a “non impact” workout that focuses on body alignment and core stability using controlled movements to give you a total body workout. This class is a fusion of movements and exercises inspired by yoga and pilates. Focus on toning, shaping and improving muscular endurance through small movements or isometric exercises. Each class begins with a full body warm up, a series working the upper body with light weights, lower body exercises, an abdominals and core series, and a cool down. Class is typically done with bare feet, but you can always leave your shoes or socks on. Bring your own mat.

F-CAR14.2 Dickinson LLC \$31.00
Sessions-8 Day-We, 7/8-8/26
9:00 AM-10:00 AM Adams, Missy

F-CAR14.4 Dickinson LLC \$31.00
Sessions-8 Day-Th, 7/9-8/27
5:45 PM-6:45 PM Johnson, Lisa



Barre Fitness-Zoom

This class is the “at home” version of the original class.

You must have internet access and use Zoom to participate live. You will have access to each live class and the recording until the next class session. You will need a chair to use for balance.

F-CAR14Z.1 Virtual \$31.00
Sessions-8 Day-We, 7/8-8/26
9:00 AM-10:00 AM Adams, Missy

F-CAR14Z.2 Virtual \$31.00
Sessions-8 Day-Th, 7/9-8/27
5:45 PM-6:45 PM Johnson, Lisa

Strength and Core Conditioning

This total body workout will use various equipment to incorporate resistance to build stronger muscles. We will target large muscle groups while isolating the lower body, the upper body, and the core with a few full body exercises thrown into the mix.

F-CAR27.2 Dickinson LLC \$31.00
Sessions-8 Day-Mo, 7/6-8/24
5:45 PM-6:45 PM Reneau, Sterling

Barre/Yoga Fusion

Experience the flow of yoga, combined with the lower body toning and core strengthening exercises of barre. Each class will begin with full body warm up, followed by a focus on toning, shaping and improving muscular endurance through small isometric movements at the barre, and culminate by incorporating yoga and pilates postures to improve balance and flexibility. You will have the opportunity to challenge yourself yet will be encouraged to move at your own pace. Wear comfortable athletic clothing. Yoga mat required.

F-CAR28.1 Dickinson LLC \$31.00
Sessions-8 Day-Mo, 7/6-8/24
9:00 AM-10:00 AM Adams, Missy



Barre/Yoga Fusion-Zoom

This class is the “at home” version of the original class delivered to you remotely. You will need internet access, Zoom, and the equipment listed below. You will have access to each live class and the recording until the next class session. Equipment needed: Chair, yoga mat and optional small hand weights or household items to improvise.

F-CAR28Z Virtual \$31.00
Sessions-8 Day-Mo, 7/6-8/24
9:00 AM-10:00 AM Adams, Missy



Outdoor Bootcamp

Come to this class ready to sweat in the great outdoors! A fun and challenging workout incorporating cardio interval exercises along with sculpting circuits and sports drills to offer a total body workout for any person who is ready to take their fitness to the next level. This class will move inside if the weather does not cooperate. Please bring a towel, water bottle and a mat.

F-CAR48 Dickinson LLC \$31.00
Sessions-8 Day-Th, 7/9-8/27
6:00 AM-7:00 AM Sedgwick, Kelly

Small Group Training with Lizzie

If you are looking for a small group training experience that allows you to improve your overall health and fitness, this is the perfect class for you. Whether you are new to fitness or are continuing to challenge your current strength and fitness levels, Lizzie will individualize your experience to get the most out of each class. Every workout will be different and utilize a variety of equipment. You will get a Certified Personal Trainer at a lower cost with this small group training opportunity. Some classes may be held outside if weather permits. Bring water and a sweat towel.

F-CAR42.M Dickinson LLC \$44.00
Sessions-8 Day-Mo, 7/6-8/24
6:00 AM-7:00 AM Dolan, Lizzie

F-CAR42.W Dickinson LLC \$57.00
Sessions-8 Day-We, 7/8-8/26
6:00 AM-7:00 AM Dolan, Lizzie



Small Group Training with Lizzie-Zoom

Not ready for in-person classes or the time of the in-person class doesn't fit your scheduled? Enroll in the Zoom version of Small Group Training with Lizzie and you will have access to the live and recorded classes. Lizzie will be in the gym, but you don't have to be! Computer/internet access required. Each recorded class will be available until the next class session allowing you flexibility to workout when you can. You will need limited equipment or creativity to improvise.

F-CAR42Z.M Virtual \$44.00
Sessions-8 Day-Mo, 7/6-8/24
6:00 AM-7:00 AM Dolan, Lizzie

**Be an Early Bird
and Save \$5
Per Class!**

H.I.I.T. the Gym

Need a little variety in your workout or just want to hit it hard and be done? This class blends strength and core conditioning with cardio intervals using a variety of exercises and fitness equipment. All body zones will be challenged to give you a complete workout and ultimate fat-burning. This class is appropriate for all fitness levels. Wear athletic gear and bring a sweat towel and water bottle.

F-CAR34 Dickinson LLC \$31.00
Sessions-8 Day-Mo, 7/6-8/24
4:30 PM-5:30 PM Dolan, Lizzie



H.I.I.T. the Virtual Gym-Zoom

This class is the "at home" version of the original class delivered to you remotely. You will need internet access, Zoom to participate live, and the equipment listed below. You will have access to each live class and the recording until the next class session. Equipment needed: light hand weights, heavy hand weights, resistance loop/band, and a mat. Some equipment may be available to rent. Call for details.

F-CAR34Z Virtual \$31.00
Sessions-8 Day-Mo, 7/6-8/24
4:30 PM-5:30 PM Dolan, Lizzie



Circuit Strength and Conditioning

Find your personal space, gather your equipment, and get ready to strengthen your muscles and sweat. This total body workout features exercises with a variety of options for you to work at your own pace and meet your personal goals. Bring a yoga mat, water and a sweat towel.

F-CAR46 Dickinson LLC \$31.00
Sessions-8 Day-We, 7/8-8/26
11:30 AM-12:30 PM Knell, Nora

Gentle Pilates

Enjoy the benefits of the deep muscle conditioning of Pilates in a more gradual approach. If you are new to Pilates or enjoy a more gentle progression, this class is for you. You will be introduced to the principles and techniques of Pilates exercises while focusing on core strengthening, flexibility, and postural alignment. Yoga mat required.

F-PIL01.2 Dickinson LLC \$31.00
 # Sessions-8 Day-Th, 7/9-8/27
 10:30 AM-11:30 AM Holland, Hannah

Pilates

Sculpt long, lean muscles from head to toe! Pilates is a deep muscle conditioning method that tones the whole body, with special emphasis on the powerhouse muscles (abdominal, gluteus, inner thigh and back). It improves flexibility and posture while strengthening the muscles of the torso and around the spine to help prevent injuries and alleviate chronic pain. The exercises can be modified to range from gentle to challenging, depending on your fitness level and goals. Yoga mat required.

F-PIL02.2 Dickinson LLC \$31.00
 # Sessions-8 Day-Tu, 7/7-8/25
 4:30 PM-5:30 PM Holland, Hannah



Gentle Pilates-Zoom

This class is the "at home" version of the original class.

You must have internet access, Zoom to participate in the live class, and the equipment mentioned below to participate. You will have access to each live class and the recording until the next class session. Equipment: 9 inch Fitball Mini and a mat.

F-PIL01Z Virtual \$31.00
 # Sessions-8 Day-Th, 7/9-8/27
 10:30 AM-11:30 AM Holland, Hannah



Pilates-Zoom

This class is the "at home" version of the original class delivered to you remotely. You will need internet access, Zoom, and the equipment listed below. You will have access to each live class and the recording until the next class session. Equipment needed: 9 inch mini ball, magic circle, and a mat. Call for information on equipment rental and availability.

F-PIL02Z Virtual \$31.00
 # Sessions-8 Day-Tu, 7/7-8/25
 4:30 PM-5:30 PM Holland, Hannah



Yoga for Everyone

It's a myth that you need to be fit and flexible to enjoy the benefits of Yoga. This all level class eases you into the practice of Yoga to release chronic tension, activate energy, and develop strength, flexibility and stamina. This is a perfect class to explore Yoga and a great way to start your day! Bring a Yoga Mat.

F-YOG12.T Dickinson LLC \$31.00
 # Sessions-8 Day-Tu, 7/7-8/25
 9:00 AM-10:00 AM Caldwell, Sherie



Gentle Yoga

If you are looking for a relaxing yoga class incorporating gentle poses and stretches to relieve stress and anxiety, this class is for you. It will include detailed instructions which will deepen your awareness of proper alignment in each pose. This is an excellent class for beginners or those who prefer a slower and easier pace. Yoga mat required.

F-YOG01.M3 Dickinson LLC \$31.00
Sessions-8 Day-Th, 7/9-8/27
4:30 PM-5:30 PM Caldwell, Sherie

F-YOG01.R2 Dickinson LLC \$31.00
Sessions-8 Day-Tu, 7/9-8/25
3:00 PM-4:00 PM Wallingford, John

F-YOG01.R Dickinson LLC \$31.00
Sessions-7 Day-Th, 7/9-8/20
9:00 AM-10:00 AM Crouch, Kate

Gentle Yoga Zoom

Not ready for in-person classes or the time of the in-person class doesn't fit your scheduled? Enroll in the Zoom you will have access to the live and recorded classes. Computer/internet access required. Each recorded class will be available until the next class session allowing you flexibility to practice when you can.

F-YOG01Z.T Virtual \$31.00
Sessions-8 Day-Tu, 7/7-8/25
3:00 PM-4:00 PM Wallingford, John

F-YOG01Z.R Virtual \$31.00
Sessions-7 Day-Th, 7/9-8/20
9:00 AM-10:00 AM Crouch, Kate

Strong Body and Healthy Back

Using body weight and light resistance, this no-impact class will improve your posture and strengthen your core with exercises that maintains a healthy back. This class will focus on your stabilizing muscles that support your spine and are critical to every move you make. No fancy equipment here. Whether you are recovering from a back injury or just need to develop a strong and healthy back, this is a class for you. Wear comfortable, athletic clothing and bring a water bottle and yoga mat if you have one.

F-PIL08 Dickinson LLC \$31.00
Sessions-7 Day-Mo, 7/6-8/17
10:30 AM-11:30 AM Adcock, Dan

NEW Strong Body and Healthy Back Zoom

This class is the "at home" version of the original class. You must have internet access and use Zoom to participate live. You will have access to each live class and the recording until the next class session.

F-PIL08 Virtual Dickinson LLC \$31.00
Sessions-7 Day-Mo, 7/6-8/17
10:30 AM-11:30 AM Adcock, Dan



Fitness

OULA

OULA is an easy to follow, high cardio, dance fitness class that can be done at any intensity level making it great for people of all ages, shapes, dance experience and ability. It is a motivating hour of high-energy exercise to top 40 music where participants are free to let it all out and dance free of judgment. OULA is not just an exercise class, it is an experience. OULA is dancemania for your soul.

F-DAN02.1 Dickinson LLC \$31.00
Sessions-8 Day-Mo, 7/6-8/24
4:30 PM-5:30 PM Molloy, Jenny

F-DAN02.2 Dickinson LLC \$31.00
Sessions-8 Day-We, 7/8-8/26
5:45 PM-6:45 PM Dolan, Lizzie

F-DAN02.3 Dickinson LLC \$31.00
Sessions-8 Day-Th, 7/9-8/27
5:45 PM-6:45 PM Rossmiller, Stacey

NEW OULA Zoom

Not ready for in-person classes or the time of the in-person class doesn't fit your schedule? Enroll in the Zoom version and you will have access to the live and recorded classes. Computer/internet access required. Each recorded class will be available until the next class session allowing you flexibility to workout when you can. No equipment needed, just you and your amazing moves!

F-DAN02Z.1 Virtual \$31.00
Sessions-8 Day-Mo, 7/6-8/24
4:30 PM-5:30 PM Molloy, Jenny

F-DAN02Z.2 Virtual \$31.00
Sessions-8 Day-We, 7/8-8/26
5:45 PM-6:45 PM Dolan, Lizzie

F-DAN02Z.3 Virtual \$31.00
Sessions-8 Day-Th, 7/9-8/27
5:45 PM-6:45 PM Rossmiller, Stacey

OULA Power

OULA Power is an energetic OULA class of all high cardio, strength and conditioning songs. You will use the familiar OULA dance moves as well as experience new routines incorporating punches, kicks, lunges, squats, planks, pushups, burpees and many more exercises. Your OULA Power instructor will provide modifications of harder exercises so that OULA Power is achievable for any fitness level. Bring a (yoga) mat or use one of ours. The end of each session will focus on strengthening your core and abs.

F-DAN05.1 Dickinson LLC \$31.00
Sessions-8 Day-Mo, 7/6-8/24
5:45 PM-6:45 PM Dolan, Lizzie

OULA Power-Zoom



This class is the "at home" version of the original class delivered to you remotely. You will need internet access, Zoom to participate live, and the equipment listed below. You will have access to each live class and the recording until the next class session. Yoga mat required.

F-DAN05Z Virtual \$31.00
Sessions-8 Day-Mo, 7/6-8/24
5:45 PM-6:45 PM Dolan, Lizzie



OULA/OULA.One Fusion

Fuel your mind, body, and soul with this Fusion class that combines the best of OULAs cardio dance movements with OULA.Ones breath and heart-opening movements. After 30 minutes of high-energy exercise to great music you will kick off your shoes and move to the mat for the last 30 minutes to strengthen your core, connect your breath with your movements, and leave feeling strong, accomplished, connected, and relaxed. Bring a yoga mat.

F-DAN25 Dickinson LLC \$31.00
 # Sessions-8 Day-Tu, 7/7-8/25
 5:45 PM-6:45 PM Hathaway, Erin

PoundFit

PoundFit is a total body conditioning workout that starts with warm up moves that are easy to follow and are incorporated throughout the class. This class provides the lightly weighted drumsticks that you will combine with movements to leave you exhausted and exhilarated at the end of class. Instead of listening to the music, you become the music in this full body workout that combines cardio, condition, strength training and pilates-inspired moves. Yoga mat is highly recommended.

F-MISC05 Dickinson LLC \$28.00
 # Sessions-7 Day-We, 7/8-8/26
 5:45 PM-6:45 PM Johnson, Lisa



OULA/OULA.One Fusion-Zoom

his class is the "at home" version of the original class delivered to you remotely. You will need internet access and Zoom to participate live. You will have access to each live class and the recording until the next class session. Yoga mat required.

F-DAN25Z Virtual
 # Sessions-8 Day-Tu, 7/7-8/25
 5:45 PM-6:45 PM Hathaway, Erin



PoundFit-Zoom

This class is the "at home" version of the original class. You will need internet access and Zoom to participate from home. You will have access to each live class and the recording until the next class session. The tuition includes a deposit fee for a set of RipStix. The deposit will be refunded when the RipStix are returned.

F-MISC05Z Virtual \$48.00
 # Sessions-7 Day-We, 7/8-8/26
 5:45 PM-6:45 PM Johnson, Lisa



Introducing a new alternative to the GED® test.

No matter where life has taken you, the HiSET® exam gives you the chance to take it in a new direction. It's a new way to earn the same high school credential in Montana— and take the first step toward success in the workplace or continuing your education.

What's on the HiSET?

Five Computer Based subtests:

- Language Arts – Reading
- Language Arts – Writing (Includes typed essay)
- Mathematics
- Science
- Social Studies

Who Can Take the Exam

Montana Residents 16 years or older not enrolled in High School.

- Residents with out-of-state Government issued picture IDs need proof of residency in addition to ID.
- 16-18 yr olds need a High School Withdrawal or Home School letter.
- High School Withdrawal letters must be an original, signed by the principal or vice principal, on school letterhead and have the name, birthday, ID number and withdrawal date of the student.
- Bring withdrawal letter and ETS ID number from your HiSET online account to LLC to have your account unblocked so you can schedule your test.

hiset.ets.org/requirements/mt

How do I Register?

Go to the HiSET.org Website

- Create an account
- Use the **exact name** on your ID
- Pay \$10.75 per subtest
- Schedule your tests a minimum of 24 hours prior in advance
- Tests frequently fill up early
- Call 1-855-694-4738 (1-855-MyHiSET) if you need assistance

Am I ready to Test?

HiSET.org has free practice tests to determine if you are ready to test.

- If you need some brush up classes enroll in the Academic Success Program on page 61.

What to Bring on Testing Day

You will NOT be allowed to test without:

- A valid government or state issued Photo ID
- If not a MT ID bring proof of residency
- \$5 per subtest (\$25 if taking all tests)
- 16-18 year olds are required to submit additional information to the testing center prior to scheduling their HiSET tests.

Where and When are the Tests?

The Lifelong Learning Center is located at 310 S Curtis St (off of 3rd Street behind the Coke Plant). Call us at 549-8765 if you have questions.

- Testing dates are: July 16, 30 Aug 13, 27

How do I get my Scores

You get an unofficial score at the end of each test, You need a total of 45 points, a score of 8 or higher is passing.

A couple days after the test you can log back on to your HiSET account to see your official scores. When you have passed all 5 subtests the state of MT will mail you the High School Equivalency Diploma.