

THE LIFELONG LEARNING CENTER

COURSE CATALOG



 The
Lifelong
Learning Center

SEPTEMBER & OCTOBER 2023



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CATEGORIES

Academic Success Program	61
Art	20
Business	9
Career Training	38
Computer	4
Cooking	15
Ed2Go Career Training	40
Fitness	44
Frenchtown	57
Health & Safety	36
HiSet Testing	60
Language	11
Music	14
Parenting	30
Photography	19
Refund Policy	62
Registration Information	62
Sewing	18
Special Interest	26
Trades & Crafts	10
What's New	3
Young Adult	34

WHAT'S NEW

NEW ITALIAN COOKING WITH BOB ZIMORINO

Learn how to cook restaurant-style dishes with retired Certified Executive Chef and former restaurateur Bob Zimorino! This class will include demonstration and hands-on training in sauté-style cooking of Italian food. You will learn basic cooking skills and how to prepare a variety of meats, including Chicken Marsala, homemade Italian Sausage and many more!

FC-HO78 Big Sky High School \$205
Session-5 Day-Tu 09/26-10/24
6:00 PM-9:00 PM Zimorino, Bob



NEW TAKE BETTER PICTURES WITH YOUR SMARTPHONE

You always have your smartphone with you, but are you using the camera to its full potential? In this class, you treat your phone like a serious photographic tool and learn to use its basic controls for better focus and exposure. Then you explore effective composition techniques, such as leading lines and the rule of thirds, to move your images beyond snapshots. You will learn the effect that direction and quality of light have on the success of your photos. And you take your pictures to the next level by applying some basic edits to exposure and color. By using your smartphone camera deliberately, you can create pictures with more impact. Note: This class is open to both Android and iPhone owners. Requirements: A recent model iPhone or Android smartphone with a camera, Snapseed and Touch Retouch (free apps).

C-AP14 Lifelong Learning \$65
Session-4 Day-Tu Th 09/26-10/05
6:30 PM-8:30 PM Eyster, Kathy

NEW STILL LIFE DRAWING WITH CHARCOAL

In this class you will be guided to explore the rich tactile experience of charcoal drawing techniques. You will learn how a variety of charcoal products produce different aesthetic and emotional qualities and learn to make stylistic decisions beginning to render and refine a large scale still life drawing. All supplies are included. No experience is necessary, all are welcome.

A-DR23 Lifelong Learning \$105
Session-5 Day-Fr 09/22-10/20
6:00 PM-8:30 PM South, Christine

NEW EFFECTIVE COMMUNICATION FOR THE WORK PLACE

Do you want to become a more effective leader? The ability to effectively communicate expectations, coach for development, and provide feedback to your employees are critical skills to creating a workplace characterized by high levels of performance and employee engagement. In this 3-session series, you will strengthen your ability to engage in conversations that matter. The primary focus is to learn and practice a conversation template that applies to different types of conversations that leaders find relevant and challenging. APPROVED FOR 7.5 Hours of HRCI & SHRM Credit.

B-MA06 Lifelong Learning \$65
Session-3 Day-Fr 10/13-10/27
9:00 AM-11:30 AM O'Connell, Clare

NEW WINTER ADVENTURE PREPAREDNESS WORKSHOP

Recreating the outdoors in the winter can be the most dangerous season if not adequately prepared. This workshop focuses on Winter Wilderness First Aid. Decision-making when injuries occur, preparedness, common injuries when hiking, skiing, and recreating in the winter, and more.

S-MISC60 Lifelong Learning \$38
Session-1 Day-We 10/25-10/25
10:00 AM-1:00 PM Vargus, Racheal

COMPUTER

NEW CUSTOMIZED TECHNOLOGY TRAINING

Struggling with a technical issue or want to learn more about a software feature or app? Ask Darren! Darren is a computer professional with a decade of industry experience. Whether you need help setting up new devices, learning software features, or understanding perplexing error messages, he can teach you how to problem solve. Personalized guidance will help you learn new skills and empower you to overcome technology challenges. We offer weekly availability, clear explanations, and one-on-one training to save you time and peace of mind. Visit our website for more session information.

C-FIX05 Lifelong Learning \$68
 Wednesdays
 2: 00 PM-3:00 PM
 3:30 PM-4:30 PM Enos, Darren



COMPUTER FUNDAMENTALS AND DIGITAL LITERACY

Learn how to navigate in our digital world using critical thinking and technical skills. Learn to use technology like a smartphone, computer and Internet applications to find, evaluate and communicate information. This class starts with keyboarding and mouse skills and includes hardware, software, email, Internet, file management and other personal devices needed for home or employment. This class or equivalent skills is the prerequisite for other computer classes. Fee waivers may be available for students enrolled in the Academic Success Program.

C-PC06 Lifelong Learning \$193
 # Session-4 Day-Tu 09/05-09/26
 9:00 AM-12:00 PM Enos, Darren

INTRO TO PC

Get to know your Windows PC! This class will feature hands-on experience to become a confident PC user, including emails, file management, personalization, and productivity applications. Microsoft Windows is constantly evolving, and keeping up can be daunting. Fortunately, we will cover all you need to know to navigate any PC running Windows 10 or 11. Prerequisites: Computer Fundamentals or equivalent skills.

C-PC07 Lifelong Learning \$148
 # Session-3 Day-Tu 10/03-10/17
 9:00 AM-12:00 PM Enos, Darren

FILE MANAGEMENT BOOTCAMP

Where did those files go that you downloaded? Why do documents keep disappearing? Where did those pictures go? Organize your files, save email attachments, access information downloaded from the Internet and find those lost items. You will finally understand the file system hierarchy and practice navigating the structure and ways to sort and view system properties. Prerequisite: Basic Windows skills.

C-PC03 Lifelong Learning \$58
 # Session-1 Day-Th 10/19-10/19
 9:00 AM-12:00 PM Enos, Darren

CLEAN UP & SPEED UP YOUR PC

Computer running slow? Think you need a technician? Think again! Take this hands-on class to learn how to clean up, troubleshoot and diagnose software and security problems that slow down or may even damage your computer. Learn about the tools and other utilities used to remove viruses, spyware and malware. The best part is many of the tools are free! Prerequisite: Basic Windows skills.

C-FIX02 Lifelong Learning \$58
 # Session-1 Day-Tu 10/24-10/24
 9:00 AM-12:00 PM Enos, Darren

SAVE \$5.00

Per Class with
 Early Bird Registration!



INTRODUCTION TO ARTIFICIAL INTELLIGENCE (AI)

Have you been wondering what all the hype is with AI? Do you wonder if this is something you can use for your business? Learn how to use open-source tools to create your own AI applications without needing any coding knowledge or experience. You will discover how machine learning and natural language processing works, as well as, a better understanding of robotics, computer vision and more!

C-AI01 Lifelong Learning \$58
Session-1 Day-Tu 10/24-10/24
1:00 PM-4:00 PM Enos, Darren



INTRODUCTION TO WORDPRESS

WordPress is the most widely used website development tool in the United States. In this class you will learn to make a professional and aesthetically pleasing website using WordPress and incorporating social media. Everything from domain names to website structure and navigation will be covered. Furthermore, students will gain an increased knowledge of digital marketing techniques and terminology that can help them grow their business or website viewership. We will also discuss incorporating Google Trends and Analytics. No coding experience is required for this class.

C-WEB03 Lifelong Learning \$148
Session-3 Day-Th 09/07-09/21
1:00 PM-4:00 PM Enos, Darren

NEW SOCIAL MEDIA POSTING FOR SMALL BUSINESSES

Want to make sure your time spent posting on social media is efficient and effective? In this course, you will learn the seven layers of an excellent social media post, including examples of each layer. In addition, you will develop a strategy to optimize the time you spend posting to your business feeds. You will have time to practice and will leave with a how-to guide for future reference. This course is for business owners who have already established social media business accounts.

B-MA05 Lifelong Learning \$21
Session-1 Day-Tu 09/26-09/26
8:30 AM-10:30 AM Humphreys, Shelby

B-MA05.2 Lifelong Learning \$21
Session-1 Day-Tu 10/24-10/24
6:30 PM-8:30 PM Humphreys, Shelby

HTML & CSS

Welcome to the world of web development! This class will hit the ground running with HTML and CSS, the core languages that define all websites. You will explore best practices and common mistakes first hand with in-class exercises and projects. You will build your own personal portfolio website using the latest styles and techniques. This class will provide a strong foundation for you to pursue a career in web development or add a valuable skill to your tool belt. Prerequisite: Intro to PC or equivalent experience.

C-WEB19 Lifelong Learning \$103
Session-2 Day-Th 09/28-10/05
1:00 PM-4:00 PM Enos, Darren

PYTHON BOOTCAMP

High-level programming languages like Python are powerful tools for anyone working in a technology field. With Python's intuitive syntax and platform-agnostic runtime environment, you can start writing functional code today with no prior experience! In this course we will uncover the core functions of Python and apply them to real-world examples. Prerequisite: Intro to PC or equivalent experience.

C-WEB24 Lifelong Learning \$148
Session-3 Day-Th 10/12-10/26
1:00 PM-4:00 PM Enos, Darren



WESTERN MONTANA CAREER FAIR

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THURSDAY, SEPTEMBER 14

2:30–3:00 P.M.

VETERAN ADMISSION

3:00–6:00 P.M.

GENERAL ADMISSION

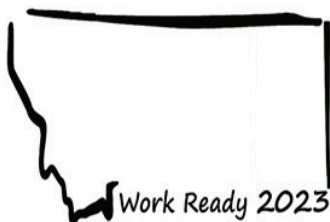
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INTRODUCTION TO NETWORKS

As an IT professional, knowing how to set up and manage a network is crucial. Whether you'll be managing a large-scale corporate network, or just setting up a secure local network, this course will give you the tools needed to succeed. We will cover the basics of computer networks and use this knowledge to demonstrate common duties of IT professionals. After this class you will have the knowledge and confidence to manage a secure and efficient network.

C-IT02 Lifelong Learning \$148
Session-3 Day-Tu 10/03-10/17
1:00 PM-4:00 PM Enos, Darren

JAVASCRIPT & JQUERY

Learn the basics and how to use Javascript and JQuery to create dynamic, interactive web pages. Leveraging these languages, we will produce responsive web page designs that will bring our user experience to the next level. With this in-person and hands-on learning, you will learn the skills you need to create web pages that stand out from the crowd. Prerequisite: HTML CSS or equivalent experience.

C-WEB30 Lifelong Learning \$193
Session-4 Day-Mo 09/18-10/09
1:00 PM-4:00 PM Enos, Darren

NEW MASTERING VERSION CONTROL WITH GIT

Git confident in your Version Control skills! During this class, you will learn the fundamental concepts of version control and how Git fits into the development workflow. You will gain a solid understanding of Git's core features, enabling you to effectively manage and track changes to the codebase, collaborate with other developers, handle complex branching and merging scenarios. This class is suitable for beginners as well as intermediate-level users who want to enhance their Git skills and knowledge.

C-WEB33 Lifelong Learning \$58
Session-1 Day-Th 10/26-10/26
9:00 AM-12:00 PM Enos, Darren

IPHONE AND IPAD BASICS

Thinking about getting an iPad? Just got an iPhone and can't remember everything the clerk told you before you walked out the door? Get acquainted with the iPad/iPhone Apple iOS operating system. Understand the standard features and functions such as; navigation, settings, the built-in apps for security, email, surfing the web, camera, productivity, and entertainment. You will also learn how to take great pictures. Bring your device or use one from our classroom.

C-AP03 Lifelong Learning \$58
Session-3 Day-Th 09/07-09/21
10:00 AM-12:00 PM Enos, Darren

INTRO TO MAC

Learn basic and useful MacOS tasks in this Intro to Mac course. You will examine and explore the user interface elements, manage files and folders so that you can retrieve files, browse the Internet by using the Safari web browser, communicate with email, customize your Mac and discover apps for working with photos, videos and music. Prerequisite: Mouse and keyboard skills

C-AP13 Lifelong Learning \$103
Session-3 Day-Th 09/28-10/12
10:00 AM-12:00 PM Enos, Darren

EMAIL AND OTHER GOOGLE APPS

This class is an introduction to working with all the Google apps that are available after installing the Google Chrome search engine on your computer. Learn how to access and organize your Gmail account and add documents, files and folders to your own Google drive or a shared drive. This class will include how to create, save and share documents and spreadsheets. It will cover how to set up and use the calendar feature, joining or hosting a meeting as well as managing contacts within Google Chrome.

C-WEB05 Lifelong Learning \$103
Session-2 Day-Mo 10/16-10/23
1:00 PM-4:00 PM Enos, Darren



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GETTING STARTED WITH EXCEL

Learn to use MS Excel from the beginning. This course introduces the program and teaches the essential uses, tools and features. Including an introduction to worksheets - formatting sheets and cells, numbers, dates, basic calculations; rearranging data - working with rows, cells and columns; managing multiple worksheets, common formulas, cell references; data visualization with charts and images - using tools for formatting and editing; organizing large amounts of data - sorting, freeze panes and window split. This course will use Office 2019. The essential skills learned will apply to Office 2016 and 365. Prerequisite: Beginning Computer Fundamentals or equivalent skills.

C-EX09 Lifelong Learning \$173
Session-3 Day-Tu 09/12-09/26
1:00 PM-4:00 PM Enos, Darren

EXCEL-LEVEL 1

This fast paced Level 1 class will introduce the creation and editing of worksheets and charts, simple character formatting and printing. Discover Excel's simple formulas and functions and understand the difference between absolute and relative cell addresses. This class will be taught using Office 2019. The essential skills learned will apply to Office 2013, 2010, and Office 365. Prerequisite: Intro to PC or equivalent skills.

C-EX01 Lifelong Learning \$143
Session-1 Day-Fr 10/06-10/06
8:30 AM-4:00 PM Enos, Darren

EXCEL-LEVEL 2

This course will expand upon the beginner level foundation with an in-depth look at advanced formatting - themes, cell styles, customizing page setup; date and time functions, conditional formatting; advanced functions for text and analysis - if criteria, troubleshooting formulas; lookup function and the outline features. This course will use Office 2019. The essential skills learned will apply to Office 2013, 2010, and Office 365. Prerequisite: Excel-Level 1 or equivalent skills.

C-EX02 Lifelong Learning \$143
Session-1 Day-Fr 10/27-10/27
8:30 AM-4:00 PM Enos, Darren

INTRODUCTION TO QUICKBOOKS

The desktop version of QuickBooks has become the accounting software of choice for many owners of small and medium-sized businesses. In this course, you will set up a company, and work with customers, employees, and vendors lists. You will set up an inventory, create product and service invoices, process payments, write checks and reconcile bank accounts, and enter and pay bills. Text included. Prerequisite: Intro to PC or equivalent skills.

C-QB05 Lifelong Learning \$109
Session-3 Day-Th 09/07-09/21
5:30 PM-8:30 PM Garner, Becky

USING QUICKBOOKS ONLINE

QuickBooks Online is the cloud version of QuickBooks. This version is a distinct product from the desktop version of QuickBooks and has many features that work differently than they do in desktop versions. We will discuss importing data and setting up your company, identify best practices and navigating QuickBooks Online, create an estimate, invoice, receive payment, create a bill and pay a bill, create a check, use the banking center, learn the benefits of reporting and use QuickBooks online reports, understand QuickBooks Payments, Online Invoices and Online Payroll. Class includes online trial QuickBooks subscription. Prerequisite: Intro to PC or equivalent skills.

C-QB06 Lifelong Learning \$106
Session-3 Day-Th 09/28-10/12
5:30 PM-8:30 PM Garner, Becky

MORE QUICKBOOKS

Continue expanding your knowledge of the desktop version of QuickBooks. In this course you will memorize transactions, customize forms, use other QuickBooks accounts, create reports and graphs, prepare payroll with QuickBooks, use online banking, share files with an accountant, create estimates, track time, and write letters. Text included. Prerequisite: Introduction to QuickBooks.

C-QB07 Lifelong Learning \$123
Session-4 Day-Th 10/19-11/09
5:30 PM-8:30 PM Garner, Becky

BUSINESS

NEW SOCIAL MEDIA POSTING FOR SMALL BUSINESSES

Want to make sure your time spent posting on social media is efficient and effective? In this course, you will learn the seven layers of an excellent social media post, including examples of each layer. In addition, you will develop a strategy to optimize the time you spend posting to your business feeds. You will have time to practice and will leave with a how-to guide for future reference. This course is for business owners who have already established social media business accounts.

B-MA05 Lifelong Learning \$21
Session-1 Day-Tu 09/26-09/26
8:30 AM-10:30 AM Humphreys, Shelby

B-MA05.2 Lifelong Learning \$21
Session-1 Day-Tu 10/24-10/24
6:30 PM-8:30 PM Humphreys, Shelby

SAVE \$5.00

Per Class with
Early Bird Registration!



NEW EFFECTIVE COMMUNICATION FOR THE WORK PLACE

Do you want to become a more effective leader? The ability to effectively communicate expectations, coach for development, and provide feedback to your employees are critical skills to creating a workplace characterized by high levels of performance and employee engagement. In this 3-session series, you will strengthen your ability to engage in conversations that matter. The primary focus is to learn and practice a conversation template that applies to different types of conversations that leaders find relevant and challenging. APPROVED FOR 7.5 Hours of HRCI & SHRM Credit.

B-MA06 Lifelong Learning \$65
Session-3 Day-Fr 10/13-10/27
9:00 AM-11:30 AM O'Connell, Clare

BUSINESS

Legal Studies Certificate Missoula College



LEGAL STUDIES (33 cr.)

This online program provides training for students interested in pursuing a **paralegal career** by providing a blend of practical education and career training in legal writing, terminology, function of law, interviewing and trial preparation.

Upon program completion, graduates will be well-prepared to enter the workforce.

- American Bar Association-approved certification.
- Fully online. Attend from anywhere.
- Can be completed as a one-year program.
- The only legal studies program within the Montana University System.

For more information, visit:
mc.umt.edu/business-tech/legal_new
or email michelle.boller@mso.umt.edu

TRADES & CRAFTS



LOW PRESSURE BOILER

This class is approved by the State of MT and meets Low Pressure Operator license requirements. Develop an understanding of standard equipment, operating practices, and common maintenance for low pressure, steam boilers and hot water boilers. Building heating systems and safety procedures are also covered. Tour Missoula businesses and public buildings and see various types of installations in action. Weekly review includes practice questions similar to those on the State examination. Text books required.

T-LPB01 Lifelong Learning \$275
 # Session-12 Day-Tu Th 10/10-11/16
 6:30 PM-9:30 PM Graybeal, Brian

Why Register Early?

- Some classes fill quickly
- We can create new sections for high demand classes
- Fewer classes cancelled
- Save \$\$ with early bird discounts

WELDING 1

Learn how to safely perform repair and project fabrication welding of steel. Common metal cutting and grinding equipment operation and safety will be covered. Participants will be introduced to the applications of the Oxygen Acetylene Torch, including: cutting, brazing, welding, and heating. Arc welding instruction and practice will focus on: Shielded Metal Arc Welding (stick), Gas Metal Arc Welding (solid wire MIG), and Self Shielded Flux Cored Arc Welding. Gas Tungsten Arc Welding (TIG) and Plasma Arc Cutting will be demonstrated at the end of the course. Students need to bring fire retardant long sleeve jackets or shirts, leather gloves, and safety glasses.

T-WEL04 Msla College-W Campus \$393
 # Session-10 Day-We 09/13-11/15
 6:30 PM-9:30 PM Dollinger, Nicholas



WELDING 2

Take your welding skills to the next level and learn advanced Gas Metal Arc Welding (MIG) methods including: Spray Transfer, Core Wire, and Aluminum welding techniques. Gas Shielded Flux Cored Arc Welding (dual shield) will be introduced. In addition, all the parameters and controls employed in modern Gas Tungsten Arc Welding (TIG) will be discussed. How specific local welding employers apply these welding methods will also be discussed and demonstrated. Class participants interested in a particular employer will have the opportunity to practice welds commonly used by that employer. Students need to bring fire retardant long sleeve jackets or shirts, leather gloves, and safety glasses.

T-WEL03 Msla College-W Campus \$393
 # Session-10 Day-Tu 09/12-11/14
 6:30 PM-9:30 PM Schonbachler, Soren

LANGUAGE



SPANISH PART 1

Spanish Part 1 is an introduction to Spanish language class that is designed for students who have little to no experience. This course will set a foundation in listening, speaking, and reading skills in Spanish, with a specific focus on nouns, adjectives, subject pronouns, and interrogative words. These grammar points will be practiced and reinforced through interactive activities, exercises, and conversational drills. You will engage in communication exercises that encourage active participation and improve your speaking and listening comprehension skills.

L-SP13 Lifelong Learning \$112
Session-6 Day-Mo 09/18-10/23
6:00 PM-8:00 PM Diaz, Jose

L-SP13.2 Frenchtown \$90
Session-6 Day-Tu 09/19-10/24
5:30 PM-7:30 PM Delaney, Liz

SPANISH PART 2

Spanish Part 2 is a beginner language class that is designed for students who have successfully completed Spanish Part 1. This course will continue to build a solid foundation in listening, speaking, and reading skills in Spanish with a specific focus on cardinal and ordinal numbers, dates, time and regular and irregular verbs. These points will be practiced and reinforced through interactive activities, exercises, and conversational drills. You will engage in communication exercises that encourage active participation and improve your speaking and listening comprehension skills. Required textbook not included in tuition fee. Prerequisite: Spanish Part 1 or equivalent experience.

L-SP14 Lifelong Learning \$95
Session-6 Day-Mo 10/30-12/04
6:00 PM-8:00 PM Diaz, Jose

SPANISH PART 3

Spanish Part 3 is an intermediate language class designed for students who have completed Spanish Part 1 and 2. This course aims to further enhance your proficiency in listening, speaking, and reading skills in Spanish, focusing on various grammatical concepts. Throughout this class, you will explore adjectives, negatives, prepositions, reflexive verbs, direct and indirect objects, and verbs in the present tense. These grammar points will be extensively practiced and reinforced through interactive activities, exercises, and conversational drills. You will engage in diverse communication exercises that encourage active participation and improve your speaking and listening comprehension skills. You will also develop your reading abilities by engaging with authentic Spanish texts and materials. Required textbook not included in tuition fee. Prerequisite: Spanish Part 1 and 2 or equivalent experience.

L-SP12 Lifelong Learning \$158
Session-8 Day-Tu 09/05-10/24
6:00 PM-8:30 PM Partidas, Ismara

SPANISH PART 4

Spanish Part 4 is an intermediate language class designed for students who have successfully completed Spanish Part 3. This course aims to further enhance your proficiency in listening, speaking, and reading skills in Spanish, with a specific focus on preterite, imperfect, and subjunctive tenses. You will engage in diverse communication exercises that encourage active participation and improve your speaking and listening comprehension skills. You will also develop your reading abilities by engaging with authentic Spanish texts and materials. Required textbook not included in tuition fee. Prerequisite: Spanish Part 3 or equivalent experience.

L-SP11 Lifelong Learning \$158
Session-8 Day-Tu 10/31-12/19
6:00 PM-8:30 PM Partidas, Ismara



SPANISH FOR FAMILIES

Give your child the gift of language learning, while having fun with Spanish yourself! In this introductory class, parents and children will actively immerse themselves in the learning of the Spanish language. This class will cover key topics such as greetings, family, numbers, time, colors, foods, and hobbies. Each class will consist of engaging activities that will help parents and children develop skills, improve pronunciation, learn basic grammar and vocabulary, and build confidence. Parents will walk away with tools for continuing the learning experience at home. This class is intended for parents and caregivers with one accompanying child (8+ years old). No child care for additional children is provided.

P-COM21 Lifelong Learning \$42
Session-4 Day-We 10/04-10/25
4:30 PM-6:00 PM Partidas, Ismara

BEGINNING FRENCH 1

Beginning French 1 is designed for students with minimal or no experience in French. The main goal of this course is to begin to learn to speak, read, write, and comprehend spoken French at the novice level. Special emphasis is placed on developing communication skills and on increasing awareness of cultures in the French-speaking world.

L-F08 Lifelong Learning \$155
Session-10 Day-Fr 09/08-11/10
9:00 AM-11:00 AM Lokowich, Anna

BEGINNING FRENCH 3

Beginning French 3 is designed for students with some experience in French. The goal of this course is to continue to learn how to speak, read, write, and comprehend spoken French at the novice level. Special emphasis is placed on refining communication skills and on increasing awareness of cultures in the French-speaking world. Prerequisite: Beginning French 2 or 40 hours of formal study. (1 semester of College French)

L-F10 Lifelong Learning \$155
Session-10 Day-Fr 09/08-11/10
11:00 AM-1:00 PM Lokowich, Anna

HIGH INTERMEDIATE FRENCH

This course is designed to enhance your fluency and language skills by reading short stories, listening to and discussing current events excerpts, preparing and delivering short presentations and reviewing grammar structures. Prerequisite: Beginning French 4 or 80 hours of formal study (1+ year College French)

L-F12 Lifelong Learning \$155
Session-10 Day-Th 09/07-11/09
4:00 PM-6:00 PM Lokowich, Anna

HIGH INTERMEDIATE FRENCH - ZOOM

This online course offered through Zoom is designed to enhance your fluency and language skills by reading short stories, listening to and discussing current events excerpts, preparing and delivering short presentations and reviewing grammar structures. Prerequisite: Beginning French 4 or 80 hours of formal study (1+ year College French). Computer and internet required.

L-F12Z Virtual \$155
Session-10 Day-Th 09/07-11/09
4:00 PM-6:00 PM Lokowich, Anna



BEGINNING AMERICAN SIGN LANGUAGE

American Sign Language (ASL) is a natural language that serves as the predominant sign language of Deaf communities. In this course, you will learn basic conversational skills, including questions, commands, and simple sentences. You will also learn more about the deaf community and culture. This course is for those who have no prior knowledge of ASL. The required Text is not included in the tuition.

L-SL01 Lifelong Learning \$80
Session-10 Day-Tu 09/05-11/14
6:30 PM-8:30 PM Woodrum, Stella



NEW GERMAN CULTURE AND CONVERSATION

Weitermachen! Reinforce your grammar, reading, and conversation skills in this continuation of Beginning German by immersing yourself in German culture in Missoula. The class will have opportunities to meet off-site to enjoy the annual GERMANFEST at Caras Park and to join a local German Stammtisch for fun and conversations with fellow German fans. Jawohl – es wird toll! Prerequisite: Beginning German or equivalent experience.

L-GE023 Lifelong Learning \$96
Session-6 Day-Th 09/21-10/26
6:00 PM-8:00 PM Leonard, Clair

NEW IRISH CULTURE THROUGH FILM

Ireland has a plethora of films on culture. You will delve into different periods and genres to make the most of your time exploring Ireland's patchwork of culture through film. There will be Irish movies, discussions, and four weeks of fun for all! Bígí linn! Join us! Agus fáilte! Welcome!

L-IR02 Lifelong Learning \$66
Session-4 Day-Tu 09/12-10/03
6:00 PM-8:00 PM Leonard, Clair

Why Register Early?


- Some classes fill quickly
- We can create new sections for high demand classes
- Fewer classes cancelled
- Save \$\$ with early bird discounts


LANGUAGE

TALK TIME

Practice speaking with other English language learners in the Missoula Public Library Program, Talk Time. Learn about U.S. culture and meet people from around the world. Childcare enrichment activities are provided onsite in collaboration with Families First.



 **TIME**
5:30 - 6:30 PM

 **DATE**
Thursdays, Sept. 14 - Oct. 19

 **LOCATION**
Missoula Public Library,
2nd Floor

Call us at 406-549-8765

13

MUSIC

BEGINNING GUITAR

Have you never played guitar before? Come and learn how in this relaxed and enjoyable environment. This class will teach you chords, strumming, finger-picking, how to play melodies (by reading music), and an introduction to writing your own songs. Along the way, you'll learn classic blues, folk, and pop tunes. Bring your guitar to the first class and join the fun!

M-GU06 Lifelong Learning \$87
Session-6 Day-We 09/20-10/25
7:00 PM-8:30 PM Wallace, James

BEGINNING GUITAR II

Continue your strumming and finger-picking in Beginning Guitar II! Learn new chords, melodies, accompaniment styles, and new popular tunes. Bring your guitar and join in the fun! Prerequisite: Beginning Guitar I or equivalent experience.

M-GU03 Lifelong Learning \$73
Session-6 Day-Th 09/21-10/26
7:00 PM-8:30 PM Wallace, James

SAVE \$5.00

Per Class with
Early Bird Registration!

BEGINNING UKULELE I

Do you want to strum along to your favorite tunes on a handy sized and affordable instrument? Would you like to learn chords, be able to play in different keys, learn different strumming patterns, read tablature and possibly transpose from one key to another? With a little practice, in this session you can accomplish these goals. You will learn some blues, waltzes and good old sing along tunes. Bring your soprano, tenor or concert ukulele to class.

M-UK01 Lifelong Learning \$78
Session-6 Day-Mo 09/25-10/30
7:00 PM-8:30 PM Evock, Michael

BEGINNING UKULELE II

So you know some chords and can play some favorite tunes. It's time to stretch a little and add some new tunes, strums and chords to your repertoire. You will brush up on using a capo and transposing chords to different keys. You will work from tablature and lyric/chord sheets. Prerequisite: Beginning Ukulele I or equivalent skills. This class is for soprano, tenor and concert ukuleles only.

M-UK04 Lifelong Learning \$78
Session-6 Day-Tu 09/26-10/31
7:00 PM-8:30 PM Evock, Michael

BEGINNING GROUP PIANO

Wish you hadn't quit piano lessons back in seventh grade? Always wanted to learn to read music but never had the opportunity? We will work in a group setting to learn and play in different musical styles. Through music reading, we will also be working on keyboard fundamentals and technique. The goal for the end of this class is to be able to read basic chords/songs, learn music to share with others, and experience the joy of learning a new instrument!

M-PI01 Hellgate EL/MID School \$50
Session-6 Day-Mo 09/11-10/16
6:30 PM-7:30 PM Guidoni, Kristen

INTRO TO MUSIC PRODUCTION

An introduction to the art of music production. From music theory to arrangement the class will learn how to produce music of any genre of their choice. The focus of the course will be on the process involved in taking a song idea in its initial inception to getting it ready for a professional mix and master. We will learn all this using Ableton and how to operate and navigate the Digital Audio Workstation (DAW) software and what it has to offer. Topics will include basic music theory, song construction, sampling, digital tempo and rhythmic manipulation, applying effects and time-based effects properly, automation, and mixing basics.

M-PR01 Lifelong Learning \$283
Session-6 Day-We 09/20-10/25
5:30 PM-8:30 PM Salas, Julio

COOKING

NEW THE ADHD KITCHEN

Learn helpful tools and strategies to keep your kitchen functional for your brain type. Through discussion, demonstrations and introductions to new systems skills, you can stop the struggle for clarity in the kitchen. By the end of class, you will have some great insight into how you can start working with your brain, as it is, to develop sustainable and healthful kitchen habits.

S-ORG10 Lifelong Learning \$20
Session-1 Day-Tu 10/03-10/03
6:00 PM-8:00 PM Kunkle, Tandy

SWEET AND SAVORY ARTISAN BREADS

Explore your creativity and expand your palette while learning the fun techniques of baking artisan-style breads. After learning how to mix, season, score and bake artisan breads, you will create one savory loaf and one sweet loaf to finish rising and baking at home. Please bring two large bowls so you can take your dough home. And your favorite apron, if you like!

FC-HO72 Big Sky High School \$45
Session-1 Day-We 09/20-09/20
6:00 PM-8:30 PM Wright, Kellie



NEW MEXICAN FIESTA ESSENTIALS

Learn Spanish while exploring and indulging your palate with authentic Mexican Cuisine. You will prepare a signature Guacamole, and salsa, with traditional tortilla chips. Guided step-by-step to create your own dish while sharing Mexican secrets, tips, and welcoming suggestions. You will learn practical and simple recipes that you can easily recreate at home for your friends and family.

FC-HO81 Willard \$28
Session-1 Day-Th 09/21-09/21
6:00 PM-8:00 PM Gomez, Marilyn

NEW HEALTHY SMOOTHIES AT HOME

Tired of spending money on coffee shop smoothies and frappes? Looking for a healthy and delicious alternative that you can make in your own kitchen for a fraction of the price? Join us for some foodie fun as a certified nutrition health coach shows you the secrets behind making barista quality smoothies at home! You'll learn the basic formula that allows you to build a delicious morning blend with the ingredients you have on hand, plus discover how a smoothie can hide nutrient-dense supplements and veggies that even your kids won't be able to detect. Highly recommended for parents, though all are welcome.

FC-HO82 Lifelong Learning \$33
Session-1 Day-Fr 09/22-09/22
10:00 AM-12:00 PM Hawkins-Pinchers, Sarah

NEW ITALIAN COOKING WITH BOB ZIMORINO

Learn how to cook restaurant-style dishes with retired Certified Executive Chef and former restaurateur Bob Zimorino! This class will include demonstration and hands-on training in sauté-style cooking of Italian food. You will learn basic cooking skills and how to prepare a variety of meats, including Chicken Marsala, homemade Italian Sausage and many more!

FC-HO78 Big Sky High School \$205
Session-5 Day-Tu 09/26-10/24
6:00 PM-9:00 PM Zimorino, Bob

NEW BANOFFEE PIE

Banoffee Pie (A UK favorite!) will please at any posh party and bring out the prince or princess in you. Banoffee is laced with cream, bix, lashings of caramel and bananas, yes! We will cover from scratch recipes and share delicious short cuts to ensure you are ready for the ball on time! Please bring your favorite pie story or a posh tea party ice-breaker if you have one. God save the pie!

FC-HO80 Willard \$35
Session-1 Day-We 09/27-09/27
6:00 PM-8:00 PM Leonard, Clair

COOKING WITH AN INSTANT POT

Master the art of pressure cooking using an Instant Pot! In this one-night class, you will learn how to set up an Instant Pot, the meaning of various functions, and how to release pressure. You will also learn how to prepare a variety of dishes, such as local or wild meats, grains, soups, and even beans. There will be an introduction on how to use rice cookers and how rice can complement your Instant Pot dish. By the end of the class, you will have learned tips for meal planning, prepping, and how to adapt your favorite recipes to be prepared in an Instant Pot. Walk away with the skills and knowledge to confidently use an Instant Pot to prepare delicious and healthy meals for you and your family.

FC-HO84 Willard \$45
Session-1 Day-Th 09/28-09/28
6:00 PM-9:00 PM Kulla, Sam



NEW SOURDOUGH BAKING 101

Intimidated by the idea of sourdough starter and bread baking in your own kitchen? Not sure how to care for your starter when you're away? Curious about the taste of sourdough vs. store-bought bread? Join us for a fun, new class about all things sourdough... made easy! Learn how to store, feed, proof and bake with sourdough starter at a beginner's level. You can even take some home with you! Our certified nutrition health coach will debunk some of the common misconceptions about this baking method and teach you the basics for a foolproof loaf. All baking experience levels are welcome.

FC-HO83 Lifelong Learning \$53
Session-1 Day-Fr 10/06-10/06
9:00 AM-12:00 PM Hawkins-Pinchers, Sarah



NEW CHEESE TASTING

Learn the basics of how and where many of our favorite cheeses are made as well as the variety of genres and styles. You will learn how to prepare and present cheese boards for friends and family in addition to exploring the best accompaniments. At the end of class, we will all taste delicious cheeses together and practice identifying flavor profiles.

FC-HO79 Lifelong Learning \$35
Session-1 Day-Fr 10/13-10/13
6:00 PM-8:00 PM Kunkle, Tandy

PASTA FROM SCRATCH

Homemade Pasta is an easy and fun way to delight your family or dinner guests. Using simple ingredients, you will learn how to make fettuccine and spaghetti noodles with a manual machine. Participants will also make a basic marinara recipe to taste their creations. All materials and recipes are provided in class.

FC-HO65 Lifelong Learning \$50
Session-1 Day-We 11/01-11/01
6:00 PM-8:30 PM Leary, Kathryn

Why Register Early?

- ➔ Some classes fill quickly
- ➔ We can create new sections for high demand classes
- ➔ Fewer classes cancelled
- ➔ Save \$\$ with early bird discounts

CAKE DECORATING BASICS

Do you want to make cakes in your kitchen that look like they were purchased from a bakery? Here's your chance to learn the basics of decorating from a professional. Learn how to properly use decorating tools to create borders and elegant embellishments with ease. Upon class completion, you will take home your delicious work of art!

FC-HO15 Lifelong Learning \$58
Session-1 Day-Sa 11/11-11/11
2:30 PM-4:30 PM McClain, Jasmine

NEW BUTTERCREAM ICING FLOWERS

Take your cake and cupcake decorating skills to the next level with buttercream icing flowers. You will learn to properly use decorating tools and create various leaves and flowers to embellish your next dessert. Upon class completion, you will take home your delicious work of art! Prerequisite: Cake Decorating Basics or equivalent experience.

FC-HO85 Lifelong Learning \$58
Session-1 Day-Sa 11/18-11/18
2:30 PM-4:30 PM McClain, Jasmine



NEW YOU AND YOUR CHILD: COOKING BREAKFAST BURRITOS!

Vamos! Let's learn, cook, and celebrate National Hispanic Heritage month together. In this hands-on class, we will learn to make Mexican chorizo con papas (potatoes) - a traditional and favorite breakfast! With your child, you will acquire the skills needed to master the art of burrito making. As we cook, we will learn more about Mexican culture, traditions, and the Spanish language. One child, age 8+, per adult. Bring a dish to take home leftovers.

P-PC50 Big Sky High School \$37
Session-1 Day-Sa 10/07-10/07
10:00 AM-12:00 PM Gomez, Marilyn

YOU AND YOUR CHILD: HALLOWEEN CUPCAKE DECORATING

Would you and your child like to learn how to decorate Halloween cupcakes? Then come join the fun in this 100% hands-on class that will get you and your child decorating cupcakes together! In addition to basic decorating skills, you will learn how to color icing, load and prepare decorating bags, and more! Working together will be fun and rewarding, regardless of your level of expertise. Leave the baking to us while you and your child learn all about decorating delicious Halloween-themed cupcakes to share with the whole family, and just in time for the holiday! One child (8+ years) per adult. No child care available.

P-PC16 Lifelong Learning \$40
Session-1 Day-Sa 10/14-10/14
10:00 AM-12:00 PM McClain, Jasmine

NEW YOU AND YOUR CHILD: CHOOSING HEALTHY SNACKS!

Many families struggle to find affordable, healthy snack options. The supermarket shelves are lined with sweet, salty, highly processed and addictive foods that provide little satisfaction after consumption. Join other families for an engaging class that will teach both caregivers and children about healthy and affordable snack options, and the valuable nutrients they provide our bodies and minds. Engaging games, taste tests, and demonstrations will leave participants of all ages invigorated and inspired in their daily snack routines. One child (age 7-12 years) per adult.

P-PC49 Lifelong Learning \$37
Session-1 Day-Sa 11/11-11/11
10:00 AM-12:00 PM Hawkins-Pinchers, Sarah



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SEWING

LEARN TO SEW

If you want to learn the basics of sewing, this class is for you. You will learn how to use a sewing machine, a rotary cutter and mat, and different types of rulers. You will complete 3-4 projects such as a pillowcase, potholder and coaster. Sewing machines and basic equipment are provided. Material selection and other supplies will be discussed at the first class. After sewing these projects, you will feel confident to repeat these projects at your home for potential gifts.

SQ-S07 Lifelong Learning \$100
Session-4 Day-We 10/04-10/25
1:00 PM-4:00 PM Weger, Lynn

SEW EASY

Overcome the mystery of sewing and discover how fun and easy it can be. Learn the basics of machine sewing, including how to thread the machine and other basic operations. Practice sewing lines and going backwards before moving on to simple pieces for gift-giving. Make a pot holder, pillowcase and a lined purse or bag. You'll be speeding along in no time. Supplies discussed at first class.

SQ-S03 Lifelong Learning \$100
Session-4 Day-Tu 10/03-10/24
6:00 PM-9:00 PM Claypool, Diann

SEW FUN! BEGINNING SEWING FOR FAMILIES

Are you interested in teaching that special child in your life how to sew? In this class, you will learn the fundamentals of sewing and teach and spend time with your favorite child - all while making a set of pillowcases! This sewing class is for a team of one adult and one child (10 + years). The adult could be a parent or grandparent, cousin, or neighbor. Please make child care arrangements for additional children.

P-PC02 Lifelong Learning \$35
Session-1 Day-Sa 11/07-11/07
5:30 PM-7:30 PM Claypool, Diann

INTRODUCTION TO HAND SPINNING- MAKING YOUR OWN YARN

Learn how to spin wool into yarn using a simple spindle, one of human kind's oldest tools. We will learn how to draft the wool fibers, spin them into yarn, and how to ply the yarn to make it suitable for knitting, weaving, or crochet. We will also learn some simple techniques for preparing fleece for spinning. In the second session, students will have a chance to try spinning on a spinning wheel. Wool and spindles are provided. 8.7.1

SQ-SP01 Lifelong Learning \$75
Session-4 Day-We 10/04-10/25
7:00 PM-9:00 PM Bragg, Keller

BEGINNING KNITTING

Have you ever wanted to learn how to knit? Knitting is a relaxing and enjoyable hobby where you can wear the fruits of your labor. In this class, you will learn how to cast on and off, and the two basic stitches of the craft, the knit stitch and the purl stitch. We will also discuss how to read a pattern. No previous experience is needed. At the end of the class, you will have completed a small sampler project, and will be ready to knit a hat or scarf. Most supplies are provided.

SQ-KN02 Lifelong Learning \$68
Session-4 Day-Mo 10/02-10/23
7:00 PM-8:30 PM Bragg, Keller



BEGINNING MACRAME TECHNIQUES

Macrame jewelry, plant holders, and wall hangings are no longer a DIY craft of the 1970's! In this modern class, you will learn the basic techniques of braiding, twisting, and joining to create one-of-a-kind threads which can be used for a variety of projects. The foundational class is best suited for those with little or no macrame experience. Participants will be provided with the materials needed in class.

SQ-MAC01 Lifelong Learning \$37
Session-1 Day-We 10/11-10/11
6:00 PM-8:30 PM Leary, Kathryn

PHOTOGRAPHY

NEW EXPLORING PHOTO IDEAS 8

In this course we return to a student favorite with all new topics. Explore themes for early to mid autumn such as shafts of light, colors of fall, and farmers' markets. You see suggestions and get tips for making pictures of these topics. The next class you share your results and see what everyone else created. All cameras including phones are welcome. Come expand your ideas of where you can make good photographs and have fun! NOTE: This class meets every other week, so you have two weeks to complete each practice. Prerequisite: Familiar with camera controls.

PH-PC66 Lifelong Learning \$65
Session-4 Day-We 09/06-10/18
6:30 PM-8:30 PM Eyster, Kathy



GETTING TO KNOW YOUR DIGITAL CAMERA

Discover the power of your advanced digital camera in this introductory course. Learn about different exposure modes and when to use them for better focus and exposure in your pictures. Understand the various auto focus settings available and when to use them or switch to manual focus. Find out about megapixels, histograms and JPEG versus raw file formats. You'll walk away with the skills to make the most of your digital camera. NOTE: To get the most from this class, you must have a camera with Program, Shutter Priority and Aperture Priority exposure modes. Check the manual to see if these features are listed.

PH-PC01 Lifelong Learning \$70
Session-1 Day-Sa 11/04-11/04
8:30 AM-5:00 PM Eyster, Kathy

EXPLORING LIGHTROOM CLASSIC'S MASKING TOOLS - ZOOM

Adobe recently revamped the way we make changes to parts of our pictures in Lightroom Classic. In this advanced class, you learn to use the new masking panel and its associated tools to adjust exposure, color, and sharpness in parts of your image. You also learn to use the new artificial intelligence (AI) masking options to quickly select skies, subjects, and backgrounds. Becoming proficient with Lightroom Classic's masking tools helps you take your best images to the next level. NOTE: You must be using Lightroom Classic version 12 to have access to these features. You should also be comfortable with importing pictures into Lightroom Classic's Library module and using the Basic panel in the Develop module. People using Adobe Camera Raw can also benefit from this course. Prerequisites: Adobe Lightroom Classic version 12. Comfortable with importing photos into Adobe Lightroom Classic and editing pictures using the Basic panel in the Develop module.

PH-PE20 Virtual \$65
Session-1 Day-Sa 11/11-11/11
8:30 AM-5:00 PM Eyster, Kathy

NEW TAKE BETTER PICTURES WITH YOUR SMARTPHONE

You always have your smartphone with you, but are you using the camera to its full potential? In this class, you treat your phone like a serious photographic tool and learn to use its basic controls for better focus and exposure. Then you explore effective composition techniques, such as leading lines and the rule of thirds, to move your images beyond snapshots. You will learn the effect that direction and quality of light have on the success of your photos. And you take your pictures to the next level by applying some basic edits to exposure and color. By using your smartphone camera deliberately, you can create pictures with more impact. Note: This class is open to both Android and iPhone owners. Requirements: A recent model iPhone or Android smartphone with a camera, Snapseed and Touch Retouch (free apps).

C-AP14 Lifelong Learning \$65
Session-4 Day-Tu Th 09/26-10/05
6:30 PM-8:30 PM Eyster, Kathy

**NEW ARTISTIC-SELF
EXPRESSION**

This Integrated Arts Workshop allows young adults (ages 16-21) to tap into their memories, sense of self, and place and create artifacts of expression that focus on the process rather than the product. You will make choices that represent things symbolically to express yourself in ways that words alone often cannot. You will have the opportunity to explore different mediums, including acrylic paint, watercolor, charcoal, and collage. All supplies included, all levels welcome.

A-CR18 Lifelong Learning \$95
Session-6 Day-Mo 09/18-10/23
5:30 PM-7:30 PM South, Christine

**NEW ANALOG COLLAGE**

Analog Collage is a fun and economical art where you can express your ideas, feelings and messages through the arrangement of found images, textures, patterns and colors. This class is suitable for participants with little or no experience with art or collage. You will learn about various techniques for creating analog collage including the technical aspects for sourcing materials and preparing images as well as the creative aspects in finding your personal style and communicating themes. All supplies included, all levels welcome.

A-CR16 Lifelong Learning \$45
Session-2 Day-Mo 09/18-09/25
6:00 PM-8:00 PM Smith, Noelle

NEW ART OF UPCYCLING

Are you interested in learning how to make your own artwork from found objects? Want to create but not sure where to start? Then join artist Mickey Haldi for this fun day of upcycling! You will learn how to make works of art from everyday objects. Expect an email for Mickey prior to the class for ideas of what you can bring to up-cycle from home! By the end of the day you will take home 2-4 creations to feel proud to show off.

A-CR19 Lifelong Learning \$45
Session-1 Day-Sa 10/14-10/14
10:00 AM-2:00 PM Haldi, Mickey

**MANDALA DOTTING ART -
BOOKMARKS**

Learn to create beautiful mandala art bookmarks using acrylic paint, simple tools, and easy-to-learn techniques. This class introduces "dotillism" (or dotting art) using the "mandala" form (Sanskrit for "circle") to create unique and beautiful artwork. At the end of this class, you will have learned to create beautiful tasseled bookmarks in the mandala art style! All materials are supplied. You will also have some DIY dotting tools to take home with you for future projects! All levels of artistic ability should enjoy this creative journey!

A-CR14 Hellgate EL/MID School \$38
Session-1 Day-Tu 09/26-09/26
6:00 PM-8:00 PM Thorson, Barbara

**MANDALA DOTTING ART - PORCELAIN
ALL-OCCASION ORNAMENTS**

Learn to create a beautiful art mandala using acrylic paint, simple tools, and easy-to-learn techniques. In this class, you will learn "dotillism" (or dotting art) using the "mandala" form (Sanskrit for "circle") to create lovely artwork that can be applied in many ways. At the end of this class, you will have created a lovely mandala porcelain hanging ornament, suitable for home décor or as a holiday decoration. All materials are supplied for this class, including some DIY (and some genuine) dotting tools supplies to take home with you for future projects! All levels of artistic ability are encouraged to attend!

A-CR17 Hellgate EL/MID School \$38
Session-1 Day-Tu 10/17-10/17
6:00 PM-8:00 PM Thorson, Barbara

DAY OF THE DEAD FIGURES

The Day of the Dead is a holiday widely observed in Mexico where remembrance of friends and family members who have passed is celebrated. Take part in the celebration by learning to create Day of the Dead figures and costumes using traditional homemade clay, wire, paint, and glue. Please dress appropriately as the creation process can be messy. All materials will be provided.

A-CR18 Hellgate EL/MID School \$42
Session-1 Day-Tu 10/24-10/24
6:00 PM-8:30 PM Morrison, Barbara

DRAWING DINOSAURS

Brachiosaurus, Dreadnoughtus, Tyrannosaurus Rex, Apatosaurus, Triceratops, and Stegosaurus. These long-extinct animals excite artists and the public like no other. The challenge is how we as artists reconstruct these ancient creatures. With the guidance of Jason C. Poole Paleontological illustrator using real dinosaur skeletal anatomy to guide and inform the artist to create life-like reconstructions of these long-extinct animals. Poole has illustrated for National Geographic Magazine as well as many Natural History museums around the world. All supplies included, all levels welcome.

A-DR21 Lifelong Learning \$120
Session-7 Day-Tu 09/12-10/24
6:00 PM-8:00 PM Poole, Jason

DRAWING OUTDOORS

City Scapes, wooded parks, rivers and streams provide incredible places to inspire the artist. Students will learn tips and techniques for drawing subjects outdoors. Students will meet the instructor at different locations around Missoula unless weather is not permitting. We will meet at the school for the first class and when the weather is against us. All supplies included, all levels welcome.

A-DR22 Lifelong Learning \$113
Session-7 Day-Sa 09/20-10/28
10:00 AM-12:00 PM Poole, Jason

THE SKETCHBOOK HABIT-FALL SERIES

In this class we will grow our sketchbook habit to include making images while we're on the go, digging a little deeper into our own thought process and literally putting ourselves (and our practice) out into the world. Every week, you will meet in new locations around Missoula to sketch, write and connect with our communities. Learn and gain experience in drawing from life and developing ideas as well as best practices and tools for drawing out in public. First class meets at The Lifelong Learning Center. All supplies included, all levels welcome.

A-DR24 Off Site \$90
Session-5 Day-Th 09/21-10/20
10:00 AM-12:00 PM Kunkle, Tandy

THE SKETCHBOOK HABIT

Students will learn how to use a sketchbook as a way to explore their ideas, experiment with materials and record what they see and experience as part of a consistent creative practice. Through discussion, materials demonstrations and fun sketching exercises, students will get those creative juices flowing and create a stunning sketchbook in the process! Supplies included, all levels welcome.


A-DR15 Lifelong Learning \$105
Session-6 Day-Tu 11/07-12/12
10:00 AM-12:00 PM Kunkle, Tandy

NEW STILL LIFE DRAWING WITH CHARCOAL

In this class you will be guided to explore the rich tactile experience of charcoal drawing techniques. You will learn how a variety of charcoal products produce different aesthetic and emotional qualities and learn to make stylistic decisions beginning to render and refine a large scale still life drawing. All supplies are included. No experience is necessary, all are welcome.

A-DR23 Lifelong Learning \$105
Session-5 Day-Fr 09/22-10/20
6:00 PM-8:30 PM South, Christine






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FIGURE DRAWING

Learn to draw the human figure. Form, draping and clothing are highlighted in this figure drawing class. Live model drawing encourages confidence and style. In this multi-media class, it is up to the artist which medium they would like to use - pencil, pen, pastels, watercolor or ink are all fine. Some supplies included.

A-DR08 Lifelong Learning \$130
Session-6 Day-We 09/20-10/25
6:30 PM-8:30 PM Miller, Scott

NEW LEARN TO CREATE AN AUTOBIOGRAPHICAL COMIC

Tell your story in the best way possible! Through comics! In this class, young adults (ages 16-21) will learn how to distill real life stories into an impactful visual storytelling medium. We investigate the various non-fiction comics out in the world, learn the principles of graphic storytelling and experiment with a variety of visual mediums. By the end of class, you will put some incredible stories to paper and preserve the memories of a lifetime. All levels are welcome and all supplies are included.

A-DR13 Lifelong Learning \$110
Session-6 Day-We 09/20-10/25
4:00 PM-6:00 PM Kunkle, Tandy

INTRODUCTION TO ILLUSTRATION

In this class we will cover the basics of illustration and learn how to inform, entertain and educate with images. Classes are focused on bringing an initial concept through the phases of ideation, experimentation, sketching, value study, materials analysis and then finally execution. The final deliverable for the class is one complete illustration along with all the development work. Through lectures, materials demonstrations, in-class exercises and thoughtful homework assignments, you will learn to create illustrations that really communicate! No experience is necessary and all supplies are provided.

A-DR26 Lifelong Learning \$105
Session-6 Day-Tu 09/26-10/31
12:00 PM-2:00 PM Kunkle, Tandy

MIXED MEDIA ILLUSTRATION

Mixed Media Illustration introduces participants to the broad field of Illustration Art and offers a brief art historical exploration of genres of this medium. Participants will search on historical and contemporary Illustration artists and determine in which style they would like to design their artwork. They will draw their composition and learn how to use pen and ink washes and watercolor and gouache techniques for completing the illustration in their chosen styles.

A-DR24 Lifelong Learning \$90
Session-5 Day-We 09/20-10/18
6:00 PM-8:00 PM South, Christine

INTRODUCTION TO STAINED GLASS

Have you ever wondered how to create beautiful stained glass? This introductory class will show you the basic instructions, pattern layout, cutting glass, grinding and soldering using the copper foil method. At the end of the session you will have your own beautiful work of art. All supplies and tools are provided. No experience is necessary!

A-GL06 Lifelong Learning \$93
Session-3 Day-Fr 09/08-09/22
6:00 PM-9:00 PM Carter, Heather

A-GL06.2 Lifelong Learning \$93
Session-3 Day-Mo 09/25-10/09
6:00 PM-9:00 PM Carter, Heather

BEGINNING STAINED GLASS-LEADING

Learn the original stained glass technique used by craftsmen for centuries to create beautiful glass art. While creating a small panel in this interactive class, you will learn the basics of leaded stained glass: design considerations, pattern preparation, glass selection, glass cutting and grinding, leading, soldering, glazing and finishing. Options for a design are provided, and all supplies, tools, and materials are included. Prerequisite: Introduction to Stained Glass or equivalent skills with permission of the instructor.

A-GL01 Lifelong Learning \$130
Session-4 Day-Mo 10/16-11/06
6:00 PM-9:00 PM Patten, Catherine

**INTRODUCTION TO GLASS FUSING:
CONTOUR FUSE**

This 2-session class is an introduction to the world's oldest method of working with glass. Students will create a 6" slumped plate using a contour fusing schedule. Contour fusing retains the shape of the individual glass components with a soft edge. Students will create a blank from components during the first session, and the projects will be fused and slumped before the second session. This class will prepare students for further explorations in glass fusing including Side by Side Fusing, Fused Glass Jewelry, and Creating Fused Glass Elements for Stained Glass. All materials and supplies are included, and no experience is necessary.

A-GL09 Lifelong Learning \$93
Session-2 Day-We 09/13-09/20
6:00 PM-9:00 PM Patten, Catherine

A-GL09.2 Lifelong Learning \$93
Session-2 Day-Tu 09/27-10/04
1:00 PM-4:00 PM Patten, Catherine



**THE FUSED AND SLUMPED PLATE:
FULL FUSE**

This 2-session class is an introduction to the world's oldest method of working with glass. Students will create a 6" slumped plate using a full fuse schedule. Full fusing results in a flat surface. Students will create a blank from components during the first session, and the projects will be fused and slumped before the second session. This class will prepare you for further explorations in glass fusing including Side by Side Fusing, Fused Glass Jewelry, and Creating Fused Glass Elements for Stained Glass. All materials and supplies are included, and no experience is necessary.

A-GL10 Lifelong Learning \$93
Session-2 Day-We 09/27-10/04
6:00 PM-9:00 PM Patten, Catherine

**INTRODUCTION TO GLASS
FUSING 3: SIDE-BY-SIDE FUSING**

This 2-session class is an introduction to the world's oldest method of working with glass. With this technique students will create a 6" glass plate by combining layers of glass without starting with a glass blank, and allows for playing with iridescent glass and color blending to create unique designs. Projects will be fused and slumped before the second session. This class will prepare students for further explorations in glass fusing including Contour Fusing, Full Fusing, Fused Glass Jewelry, and Creating Fused Glass Elements for Stained Glass. All materials and supplies are included, and no experience is necessary.

A-GL11 Lifelong Learning \$93
Session-2 Day-We 10/25-11/01
6:00 PM-9:00 PM Patten, Catherine

WATERCOLOR FOR BEGINNERS

Have you ever wanted to try watercolor but didn't know where to start? Then this class is for you! You will learn about color theory and how that works with watercolor paints as well as fun tips and techniques to make your own watercolor masterpieces. All supplies included, all levels welcome.

A-PA01 Lifelong Learning \$115
Session-6 Day-Tu 09/19-10/24
1:00 PM-3:00 PM Miller, Scott

WATERCOLOR-FALL LANDSCAPES

The distinctive characteristic of the fall landscape is color! This class will help you learn to use color for effect while capturing the changing quality of light from early to late fall. We'll practice getting common landscape elements – trees, fields, roads, buildings, etc. – to look right, and how to place them to create strong, compelling compositions. All supplies are included but, you can bring your own. No experience is necessary, all are welcome!

A-PA41 Lifelong Learning \$115
Session-6 Day-Tu 09/19-10/24
6:00 PM-8:00 PM Miller, Scott

MOVING ALONG WITH WATERCOLOR

This class is designed to give you information and opportunity to apply some advanced techniques and expand on your basic knowledge of painting in watercolor. We will talk about reference material, painting larger, stretching paper, composition and taking your work to another level. You should be familiar with the basics of watercolor painting. You may bring your preferred supplies or use provided class supplies. Bring your questions, ideas, and supplies if you wish to the first class.

A-PA31 Lifelong Learning \$88
Session-3 Day-Fr 12/01-12/15
12:30 PM-3:30 PM Almer, Bobbe

IN TOUCH WITH COLOR

This class is not about painting, but about paint. In this class you will develop your own reference of watercolor paint. The information and processes shared will open a whole new understanding about color which should lend itself critically to the watercolor artist. We will walk through information regarding color, pigments, their nature, their interactions and qualities. You will complete a number of exercises to further your understanding of these qualities. Because this class is about your watercolor paint, you will be asked to bring all your paint tubes along with a list of supplies that will be sent out prior to the class. All watercolor students are welcome. Please bring a sack lunch.

A-PA32 Lifelong Learning \$55
Session-1 Day-Sa 11/11-11/11
10:00 AM-3:30 PM Almer, Bobbe

NEW ARCHITECTURAL INK AND WATERCOLOR

Let's play with some loose drawing, practice scribbling, adding some ink, and a splash of watercolor. In general you will learn just how easy Architectural drawing can be. How making a few lines and scribble marks can define whatever it is you are trying to represent. No experience is required and all supplies are provided.

A-DR27 Lifelong Learning \$88
Session-3 Day-Fr 11/03-11/17
12:30 PM-3:30 PM Almer, Bobbe

BEGINNING OIL PAINTING

Imagine creating your own beautiful oil paintings! Using eco-friendly oils that do not require solvents, you will learn color mixing, values, temperature and much more all while creating your own stunning oil paintings. A variety of techniques and helpful tips will be explored to set the beginner on their way to learning to paint in this exciting medium. All supplies are included in the class so just come and try out this new medium and get inspired.

A-PA15 Lifelong Learning \$138
Session-6 Day-Th 09/21-10/26
6:00 PM-8:30 PM Miller, Scott

MORE METHODS AND TECHNIQUES IN FRIENDLY OILS

Expand your knowledge and learn new oil painting techniques. We will discuss and try various ways to get started with an oil painting. Exploring composition, how to set up and make changes in either wet or cured paintings. You will be painting each week. We will be using solvent free oils and you may bring your own supplies or use the classroom materials for this class.

A-PA50 Lifelong Learning \$110
Session-4 Day-Fr 10/06-10/27
12:30 PM-3:30 PM Almer, Bobbe

OIL PAINT COLOR CHARTS

If you are new to oil painting or if you have never created your oil charts, start the medium and the year off right with this class. We will talk about your basic palette of colors and pigments and set off to create a set of valuable charts that will expand your understanding of what you have and what you can create with a basic palette of colors. Bring your paints! All oil painting students of any experience level are welcome. Please bring a sack lunch.

A-PA34 Lifelong Learning \$60
Session-1 Day-Sa 11/04-11/04
10:00 AM-3:30 PM Almer, Bobbe



NEW CHINESE BRUSH PAINTING

Are you interested in learning the art of Chinese brush painting? In this class, you will view historical examples of Chinese painting, become familiar with the philosophy and history of the implements used, and experiment with how they work. You will use different types of Oriental paper and ink and work on several brush paintings—including flowers, insects, and traditional Chinese landscapes. All materials will be provided.

A-PA27 Hellgate EL/MID School \$40
Session-1 Day-Tu 09/19-09/19
6:00 PM-8:30 PM Morrison, Barbara



BEYOND THE BASICS IN ACRYLIC PAINTING

Students in this class will continue to refine their skills in acrylic painting. You will work to expand knowledge of color mixing, composition and paint application techniques. The class will combine teacher demonstration with work time devoted to individual instruction. This class builds on the skills learned in the Beginner class but is open to all who have worked with acrylic paints in another program or on their own. Supplies included, or bring your favorites.

A-PA46 Lifelong Learning \$138
Session-6 Day-Th 09/21-10/26
1:00 PM-3:30 PM Miller, Scott

INTRODUCTION TO SOFT PASTELS

Soft pastels are artist pigments in a solid form. Soft pastel, sometimes erroneously referred to as chalks, produce vivid art that is tactile, immediate, and fun. This class will familiarize you with the various types of pastel, learning to use them and create beautiful works of art in no time. Expect to bring home several small paintings. No experience is required and all supplies are provided.

A-PA48 Lifelong Learning \$93
Session-3 Day-Fr 09/08-09/22
12:30 PM-3:30 PM Almer, Bobbe

BASIC SILVER SMITHING

In this one day class you will learn how to: cut and pierce with a jeweler's saw, use hammers to texture metal with stamps, wire, or lace and create cold connections using rivets and eyelets. You will use these skills to cut designs in sheet metal, texture the metal and make connections to create at least one pendant. We will be working with copper, brass and silver. Supplies included. All levels welcome. Bring a sack lunch.

A-JE04 Lifelong Learning \$100
Session-1 Day-Fr 09/08-09/08
10:00 AM-4:30 PM Miller, Dona

INTRODUCTION TO SOLDERING

Learn the basics of soldering to demystify and simplify the soldering process. Learn about sweat soldering, butt soldering and pick soldering. We will cover tips and tricks and common problems. Learning this skill will open up a new world of opportunities for your jewelry making. Go home with a new pendant to wear. All supplies included, all levels welcome. Bring a sack lunch. Prerequisite: Basic Silver Smithing class or equivalent skills

A-JE014 Lifelong Learning \$100
Session-1 Day-Fr 10/13-10/13
10:00 AM-4:30 PM Miller, Dona

LAYERED PENDANT

This is a fun intermediate project for adding depth to your work. We will be creating a layered copper and brass pendant. We will focus on sweat soldering, negative space and using a flex shaft and burs for shaping and texture. PLEASE NOTE: Bring your flex shaft to class (Foredom, Prodigy, Dremel). The burs needed for the project will be included in your class kit. This class is an intermediate class. Basic Silver Smithing and Intro to Soldering Classes recommended, as we will be building on the basics to expand your sawing and soldering techniques to create more advanced work. All supplies included. Bring a sack lunch.

A-JE26 Lifelong Learning \$100
Session-1 Day-Mo 09/11-09/11
10:00 AM-4:30 PM Miller, Dona

SPECIAL INTEREST

BEEKEEPING BASICS

Do you have a desire for a self-sustaining food supply? Would you like to add a honey making operation to your existing food production? Find out in this informative class if beekeeping is a feasible option for you.

S-AN01 Lifelong Learning \$43
Session-2 Day-Tu Th 09/26-09/28
6:00 PM-8:30 PM Kochel, Sean

BEEKEEPING AND HIVE MANAGEMENT

This class is a continuation of the Beekeeping Basics course. You will learn the specific management skills for setting up and maintaining your hive throughout all seasons, caring for your bees, and harvesting your honey.

S-AN02 Lifelong Learning \$80
Session-4 Day-Tu Th 10/10-10/19
6:00 PM-8:30 PM Kochel, Sean



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 Lifelong Learning \$35
Session-2 Day-
Th 09/07 5:00 PM-7:00 PM
Sa 09/09 9:00 AM-11:00 AM Ulev, Elena

CONTINUING BIRDWATCHING

This 2-part class is designed for those who have taken Beginning Birdwatching or those who are ready to birdwatch at an intermediate level. We will focus on how to bird by ear by learning the songs and calls of approximately 20 species. We will also learn how to identify trickier birds such as raptors, finches, waterfowl and warblers.

S-AN22 Lifelong Learning \$35
Session-2 Day-
Th 09/21 5:00 PM-7:00 PM
Sa 09/23 9:00 AM-11:00 AM Ulev, Elena

FLY FISHING 101

Anyone can cast a rod, however it takes skill to catch fish in Montana's lakes and streams. This class is for both experienced and inexperienced fly fighting enthusiasts wanting to catch more fish! You will learn how to identify bug life along with corresponding flies and the many different species of fish in Montana. The second night of class, you will meet at a local fly shop for a field trip. Also included in this class will be discussions and illustrations on how to read water, understand the gear and equipment, tie basic knots and rig your own rod!

S-FISH04 Lifelong Learning \$58
Session-3 Day-Mo 09/11-09/25
6:00 PM-8:00 PM Coley, Noelle

S-FISH04.2 Lifelong Learning \$58
Session-3 Day-We 10/11-10/25
6:00 PM-8:00 PM Coley, Noelle

FALL ECOLOGY WALK

Fall in Montana brings cooler weather, migrating birds and leaves changing colors. In this class, you will stroll 1.5 miles around Maclay Flat with a Master Naturalist to observe birds, mammals, plants, mushrooms, and lichens. Expect to see birds devouring chokecherries and serviceberries, golden aspens, red squirrels, horsehair lichen, and the beautiful Bitterroot River, to name just a few. If we're lucky we may see the resident porcupine or a great horned owl too! The class meets at Maclay Flat. Please wear appropriate clothing and footwear.

S-LND29 Off Site \$20
Session-1 Day-Mo 10/30-10/30
3:00 PM-5:00 PM Ulev, Elena

NEW RENEWABLE ENERGIES AND TRANSITIONING AWAY FROM FOSSIL FUELS

We are at the cusp of a transition away from fossil fuels to a renewable energy future. How can you prepare for this transition? Join us for a one-day session and learn about at-scale wind, solar, and stationary energy storage details. You will also learn about cost-effectiveness, embedded energy, carbon footprints, resource extraction issues, and more! The Inflation Reduction Act of 2022 (IRA) of federal incentives for homeowners is a critical topic and will be included. Myths created by the fossil fuel industry agenda to create fear, uncertainty, and doubt (FUD) will also be debunked.

S-PE46 Lifelong Learning \$20
Session-1 Day-We 09/20-09/20
6:00 PM-8:00 PM Brandborg, Dan

ELECTRIC VEHICLES

Topics on today's Electric Vehicles (EVs) include the differences, pros and cons, and EVs comparisons to fossil fuel vehicles. We will dig into battery range, charging at home and on the highway, operation, and ownership costs, manufacturers' offerings, battery differences, developments, and recycling; hybrids versus full electrics. We will also debunk common EV myths. The goal of the class is to answer the questions of the prospective EV buyer.

S-PE44 Lifelong Learning \$20
Session-1 Day-We 09/27-09/27
6:00 PM-8:00 PM Brandborg, Dan

SOLAR SYSTEMS FOR YOUR HOME OR BUSINESS

Are you thinking about adding solar to your home or business? This one-day session will give you the vocabulary and information to make informed decisions about purchasing a system. You will learn about the costs, complications inherent with snow and shading, array location and orientation, product warranties, and longevity. We will also discuss how net metering works with grid-tied systems, how you can use your EV to power your home in a power outage, and other questions the group may have about this exciting future.

S-PE47 Lifelong Learning \$20
Session-1 Day-Th 10/05-10/05
6:00 PM-8:00 PM Brandborg, Dan



NEW A TASTE OF BRIDGE

As a child, do you remember playing a card game called War? A deck of cards was divided in half and set in front of your friend and yourself face-down. You would flip the top card from the pile and the player with the highest card value would win. What you didn't know is that each card contributed by the players, constituted a trick. Like War, bridge is a game of tricks. but unlike War, in bridge you get to see your cards before you play them and choose which one to play. It is not luck that wins tricks. Planning, vision, common sense, logic, experience, and even imagination play a role in determining the outcome. Join us and see what all the hype is about at Southgate Mall Bridge Club!

S-GAM13 Southgate Mall \$16
Session-1 Day-We 09/06-09/06
6:00 PM-9:00 PM Mosbacher, Becky

S-GAM13.2 Southgate Mall \$16
Session-1 Day-We 09/13-09/13
6:00 PM-9:00 PM Mosbacher, Becky

INTRODUCTION TO DUPLICATE BRIDGE

Are you taking your first steps in Bridge and wondering what comes next? Or maybe it has been a while since you've played Bridge, and are looking for a 'refresher' course? Learn the basics of Duplicate Bridge, including bidding, play of the cards, and scoring! By the end of the session, you will understand the Standard American system of bidding, declarer play, and defensive play.

S-GAM12 Southgate Mall \$50
Session-4 Day-We 09/20-10/11
6:00 PM-9:00 PM Mosbacher, Becky

SPECIAL INTEREST

NEW DINOSAURS AND THEIR WORLD

Dinosaurs and the world in which they lived was a dynamic and ever changing place. But their environment is not entirely lost to us. Fossils and geology from around the world, including our own back yard here in Montana, hold clues. By attending Dinosaurs and Their World, you will enjoy and be challenged by the engaging live lectures from Jason C. Poole who has excavated and studied dinosaurs on three continents including the Dreadnoughts of the "Jurassic World" movies.

S-PA01 Lifelong Learning \$95
Session-6 Day-Tu 09/19-10/24
4:00 PM-6:00 PM Poole, Jason

Why Register Early?

- Some classes fill quickly
- We can create new sections for high demand classes
- Fewer classes cancelled
- Save \$\$ with early bird discounts

INTRODUCTION TO CREATIVE WRITING

Do you keep a journal? Have you written a few pages of your memoir? Are you a closet poet? Do you find joy in expressing yourself with the written word? If you answered, "yes," then this is a class for you! Writing can be an excellent stress reliever, an avenue for creativity and self expression and a way to make meaning of the world around us. In this class we will write and discuss different forms of writing: poetry, fiction and mainly creative nonfiction and memoir writing. We will use writing prompts to trigger ideas for writing in class and outside of class. The goal is to create a comfortable environment to share your writing with others using a workshop method to foster a community of writers. This class is a great opportunity to begin writing or continue writing and to gain confidence sharing your work with other writers. Bring a journal and enthusiasm.

S-COM08 Lifelong Learning \$95
Session-6 Day-We 09/13-10/18
2:30 PM-4:30 PM Reisig, Shelly

NEW WRITING THE 10 MINUTE PLAY

In this generative, workshop-based course, you will explore the art and craft of writing the 10 Minute Play. The class will begin by exploring the fundamentals of playwriting, including an in-depth examination of what differentiates a 10 Minute Play from other storytelling forms, how to craft realistic dialogue and dynamic stage directions, proper play formatting, and more. You will read and dissect 10 Minute Plays by renowned dramatists, and a wide array of writing prompts will be assigned. To inspire you to craft your 10-Minute Play, you will be asked to bring in fresh pages each session to be read aloud and workshopped, allowing you to gauge how your words lift off the page. By the end of the course, you will walk away with your original 10 Minute Play.

S-THTR02 Lifelong Learning \$130
Session-8 Day-Mo 09/18-11/06
6:30 PM-8:30 PM Kessler, Ean

NEW EFFECTIVE COMMUNICATION FOR THE WORK PLACE

Do you want to become a more effective leader? The ability to effectively communicate expectations, coach for development, and provide feedback to your employees are critical skills to creating a workplace characterized by high levels of performance and employee engagement. In this 3-session series, you will strengthen your ability to engage in conversations that matter. The primary focus is to learn and practice a conversation template that applies to different types of conversations that leaders find relevant and challenging.

B-MA06 Lifelong Learning \$65
Session-3 Day-Fr 10/13-10/27
9:00 AM-11:30 AM O'Connell, Clare

SPECIAL INTEREST



NEW END-OF-LIFE CONVERSATIONS, PLANNING & PAPERWORK

Learn more about end-of-life planning, options, issues, and how to have conversations about death and dying with your loved ones and medical providers. You will have the option to complete an Advance Directive, Dementia Provision, and other important documents to direct your care. By the end of the session, you will have the knowledge, tools, resources, and language to be empowered to direct your end-of-life wishes.

S-COM19 Lifelong Learning \$70
Session-3 Day-We 11/01-11/15
6:00 PM-8:00 PM Hetzler, Amy

NEW THE ADHD KITCHEN

Learn helpful tools and strategies to keep your kitchen functional for your brain type. Through discussion, demonstrations and introductions to new systems skills, you can stop the struggle for clarity in the kitchen. By the end of class, you will have some great insight into how you can start working with your brain, as it is, to develop sustainable and healthful kitchen habits.

S-ORG10 Lifelong Learning \$20
Session-1 Day-Tu 10/03-10/03
6:00 PM-8:00 PM Kunkle, Tandy

HOLIDAY & YEAR END ORGANIZING - ZOOM

This class meets virtually through Zoom. Get ready for Stress Free holidays and gear up for year end. Learn how to reduce your stress and live through the holidays by being organized and planning ahead. Get some step-by-step ideas on making it through holiday dinners, shopping and all of the expected activities. Learn some basic steps to end your year more organized and set yourself up for success in the new year. Must have internet access and ability to participate virtually through Zoom.

S-ORG06.Z Virtual \$20
Session-1 Day-Tu 11/07-11/07
1:30 PM-3:30 PM Fried, Karin

PET FIRST AID AND DISASTER RESPONSE

Keep your Pet Healthy and Happy! Pet First Aid and Disaster Response is a 4-hour class that includes hands on activities and lecture to help you assist with caring for your pet or a stranger's pet in an emergency. Skills include CPR, basic first aid, choking pet, common emergencies, safety tips, and disaster response. Course also includes a certification, and the book "Pet First Aid Disaster Response Guide".

S-AN19 Lifelong Learning \$61
Session-1 Day-We 09/27-09/27
10:00 AM-2:00 PM Vargus, Racheal

NEW WINTER ADVENTURE PREPAREDNESS WORKSHOP

Recreating the outdoors in the winter can be the most dangerous season if not adequately prepared. This workshop focuses on Winter Wilderness First Aid. Decision-making when injuries occur, preparedness, common injuries when hiking, skiing, and recreating in the winter, and more.

S-MISC60 Lifelong Learning \$38
Session-1 Day-We 10/25-10/25
10:00 AM-1:00 PM Vargus, Racheal

COUPLES MASSAGE

Where do you hold your stress and tension? Join us for Couples Massage and learn the most common massage techniques to give/receive a relaxing, stress-reducing massage that can reduce chronic muscle pain. You and your partner will get to know your body and develop better communication on your body's needs when you are experiencing muscle pain. Professional Massage Tables will be used in class. Wear comfortable clothing and bring a set of twin sheets for added comfort. Partners are required; the price is per person.

S-MA01 Lifelong Learning \$54
Session-4 Day-Th 10/05-10/26
6:30 PM-8:30 PM Lime, Jessica

PARENTING

HELPING KIDS MANAGE THEIR EMOTIONS

Children are not born knowing how to express or deal with their emotions. Whether it's your five-year-old's frustration over trying to get their shoes on, or your ten-year-old's anger that a friend refused to play with them, learning how to deal with anger, upset and the accompanying feelings can become a regular challenge if you don't create plans and strategies for managing emotions. In this class, you will learn how to identify the emotions behind your child's behavior, and to help them manage their emotions by connecting and developing new skills. Child care is provided. Pre-registration is strongly encouraged.

P-FF08.2 Chief Charlo EL School \$0
Session-1 Day-Tu 11/14-11/14
6:00 PM-8:00 PM Families, First

COMMUNICATE SO THEY WILL HEAR YOU

Have you ever wondered why you talk, but your child doesn't respond as you expected? In this class, participants will learn about what is underneath parent and child communication and how to unveil great results through the discovery of innate skills. Participants will also learn some helpful techniques to create connection, collaboration, and healthy communication at home.

P-FF25 Chief Charlo EL School \$0
Session-1 Day-Th 10/05-10/05
6:00 PM-8:00 PM Families, First

LET'S TALK ABOUT BULLYING, PEER PRESSURE, AND THE INTERNET

Bullying and peer pressure have always been relevant topics, and now with modern life and the internet, it is crucial to talk more about them. The goal of this class is to engage you through conversation and activities to build an understanding of how to handle bullying and peer pressure situations. On-site child care is provided for families who pre-register.

P-FF42 Russell EL School \$0
Session-1 Day-Mo 10/09-10/09
6:00 PM-8:00 PM Families, First

POSITIVE PARENTING PRACTICES

Raising Children should be considered a form of art. How can we be better parents to our children through positive parenting? In this class, you will learn the concept of positive parenting as well as some practical skills and tools to make parenting life easier.

P-FF19 Chief Charlo EL School \$0
Session-1 Day-Tu 10/24-10/24
6:00 PM-8:00 PM Families, First

HELPING KIDS SOLVE CONFLICTS

Whether it's your five-year-old hitting an older brother in frustration, your seven-year-old refusing to get ready for school, or your nine-year-old arguing over play plans with a lifelong friend, establishing healthy ways of working through conflict teaches your child vital skills. In this class you'll learn how to help your child develop skills that will not cause harm to themselves or others, while building confidence that will help them better manage future conflicts. Child care is available- please register in advance to secure your spot.

P-FF40 Lewis & Clark EL School \$0
Session-1 Day-Th 11/02-11/02
6:00 PM-8:00 PM Families, First

HELPING KIDS MANAGE THEIR EMOTIONS

Children are not born knowing how to express or deal with their emotions. Whether it's your five-year-old's frustration over trying to get their shoes on, or your ten-year-old's anger that a friend refused to play with them, learning how to deal with anger, upset and the accompanying feelings can become a regular challenge if you don't create plans and strategies for managing emotions. In this class, you will learn how to identify the emotions behind your child's behavior, and to help them manage their emotions by connecting and developing new skills. Child care is provided. Pre-registration is strongly encouraged.

P-FF08 Jeannette Rankin EL School \$0
Session-1 Day-Tu 09/19-09/19
6:00 PM-8:00 PM Families, First

SPANISH FOR FAMILIES

Give your child the gift of language learning, while having fun with Spanish yourself! In this introductory class, parents and children will actively immerse themselves in the learning of the Spanish language. This class will cover key topics such as greetings, family, numbers, time, colors, foods, and hobbies. Each class will consist of engaging activities that will help parents and children develop skills, improve pronunciation, learn basic grammar and vocabulary, and build confidence. Parents will walk away with tools for continuing the learning experience at home. This class is intended for parents and caregivers with one accompanying child (8+ years old). No child care for additional children is provided.

P-COM21 Lifelong Learning \$42
Session-4 Day-We 10/04-10/25
4:30 PM-6:00 PM Partidas, Ismara

NEW YOU AND YOUR CHILD: COOKING BREAKFAST BURRITOS!

Vamos! Let's learn, cook, and celebrate National Hispanic Heritage month together. In this hands-on class, we will learn to make Mexican chorizo con papas (potatoes) - a traditional and favorite breakfast! With your child, you will acquire the skills needed to master the art of burrito making. As we cook, we will learn more about Mexican culture, traditions, and the Spanish language. One child, age 8+, per adult. Bring a dish to take home leftovers.

P-PC50 Big Sky High School \$37
Session-1 Day-Sa 10/07-10/07
10:00 AM-12:00 PM Gomez, Marilyn



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for more information!

SEW FUN! BEGINNING SEWING FOR FAMILIES

Are you interested in teaching that special child in your life how to sew? In this class, you will learn the fundamentals of sewing and teach and spend time with your favorite child - all while making a set of pillowcases! This sewing class is for a team of one adult and one child (10 + years). The adult could be a parent or grandparent, cousin, or neighbor. Please make child care arrangements for additional children.

P-PC02 Lifelong Learning \$35
Session-1 Day-Sa 11/07-11/07
5:30 PM-7:30 PM Claypool, Diann



YOU AND YOUR CHILD: HALLOWEEN CUPCAKE DECORATING

Would you and your child like to learn how to decorate Halloween cupcakes? Then come join the fun in this 100% hands-on class that will get you and your child decorating cupcakes together! In addition to basic decorating skills, you will learn how to color icing, load and prepare decorating bags, and more! Working together will be fun and rewarding, regardless of your level of expertise. Leave the baking to us while you and your child learn all about decorating delicious Halloween-themed cupcakes to share with the whole family, and just in time for the holiday! One child (8+ years) per adult. No child care available.

P-PC16 Lifelong Learning \$40
Session-1 Day-Sa 10/14-10/14
10:00 AM-12:00 PM McClain, Jasmine



PARENTING EDUCATION CLASSES & SUPPORT

*Strengthening Families since 1981.
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to support you.*



Our Services:

✓ Nurturing Parenting Classes

Learn more about: Expectations, Empathy, Discipline, Family Roles & Building Power/ Independence in our children.

✓ Parenting A Second Time Around (PASTA) Classes

Designed for foster/kinship caregivers. Learn about: Rebuilding a Family; Legal Issues & Advocacy; Teen Challenges; Discipline & Guidance; Having Tough Conversations; Self Care & more!

✓ Home-Visiting Program

Meet with a trained professional once a week to tailor services that meet your needs.

✓ ACEs and Trauma Informed Care Training

Learn what trauma is, why it matters and how to be trauma informed & responsive.

Why Choose Us:

*"Very easy to talk to instructors.
Relatable, non-judgmental and had fun
while learning. After the first class I
looked forward to meeting each week to
learn, socialize, laugh and share.*

Thank you!"

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NEW YOU AND YOUR CHILD: CHOOSING HEALTHY SNACKS!

Many families struggle to find affordable, healthy snack options. The supermarket shelves are lined with sweet, salty, highly processed and addictive foods that provide little satisfaction after consumption. Join other families for an engaging class that will teach both caregivers and children about healthy and affordable snack options, and the valuable nutrients they provide our bodies and minds. Engaging games, taste tests, and demonstrations will leave participants of all ages invigorated and inspired in their daily snack routines. One child (age 7-12 years) per adult.

P-PC49 Lifelong Learning \$37
Session-1 Day-Sa 11/11-11/11
10:00 AM-12:00 PM Hawkins-Pinchers, Sarah

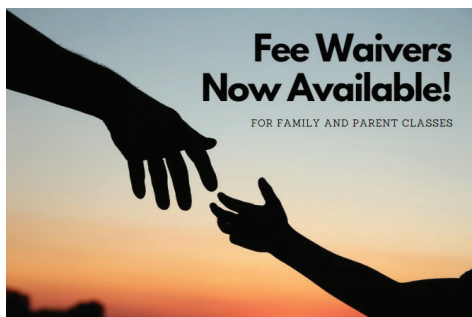
NEW PARENTS: HEALTHY SNACK OPTIONS FOR THE WHOLE FAMILY

Sweet, salty, processed junk food got you down? Looking for affordable, healthy snack options to have around the house and for packing lunches? If you are tired of feeling hungry soon after a snack, then join us for this dynamic class to learn the ins and outs of healthy snacking and feeling fuller longer. With engaging content, taste tests, handouts and much more, you'll walk away feeling prepared and invigorated in your snack routine! Highly recommended for parents, caregivers, and child care providers, though all are welcome! This class is pre-approved for 2 hours on the Early Childhood Practitioner Registry. No child care provided.

P-PC49 Lifelong Learning \$27
Session-1 Day-Sa 10/14-10/14
10:00 AM-12:00 PM Hawkins-Pinchers, Sarah

Why Register Early?

- ➔ Some classes fill quickly
- ➔ We can create new sections for high demand classes
- ➔ Fewer classes cancelled
- ➔ Save \$\$ with early bird discounts



TRAUMA 101: BUILDING INFORMED & RESPONSIVE CONNECTIONS

Childhood trauma can have major impacts on individuals and our society as a whole. In this class, we will explore the ACES study to understand the effect that trauma has on people from infancy to adulthood. Participants will learn and discuss the 5 Guiding Principles of trauma-informed care, and how to move toward being trauma-responsive in all our interactions with children and adolescents. This class is designed for parents, community members, caregivers, and educators. It has been approved for 5 credits on the Early Childhood Practitioner Registry. No childcare provided.

P-COM24 Lifelong Learning \$33
Session-2 Day-Th 09/21-09/28
5:30 PM-8:00 PM Anderson, Ivy

LOVE AND LOGIC EARLY CHILDHOOD PARENTING MADE FUN!®

Parents, teachers, and caregivers will learn the skills required to feel more relaxed, hopeful and positive about the children in their care. As you learn more, you'll discover that parenting really can be enjoyable and that you can teach personal responsibility and respect without losing your children's love. You will learn how to: Avoid un-winnable power-struggles and arguments, stay calm when kids do incredibly upsetting things, set enforceable limits, avoid enabling and begin empowering, help kids learn from mistakes rather than repeating them, raise kids who are family members rather than dictators, and much more! This class has been pre-approved for 6 early childhood credits. No childcare available.

P-COM03 Lifelong Learning \$39
Session-3 Day-Tu 10/03-10/17
6:00 PM-8:00 PM Adams, Tami

YOUNG ADULT



NEW CALMING TECHNIQUES FOR ANXIETY

Do you have a test or large assignment coming up? Are you feeling anxious or unsure how to stay calm and focused? Then give yourself a break, and spend a couple of hours learning some tools to control your nervousness. You will learn how to identify signs of anxiety, and 5 personal methods to use to combat them from fogging your brain. This class is for young adults (ages 16-21) who would like to feel more in control of their state of being especially when it comes to performing under pressure.

F-Misc11 Lifelong Learning \$35
Session-2 Day-Th 09/14-09/21
1:00 PM-2:30 PM Crouch, Kate

NEW ARTISTIC-SELF EXPRESSION

This Integrated Arts Workshop allows young adults (ages 16-21) to tap into their memories, sense of self, and place and create artifacts of expression that focus on the process rather than the product. You will make choices that represent things symbolically to express yourself in ways that words alone often cannot. You will have the opportunity to explore different mediums, including acrylic paint, watercolor, charcoal, and collage. All supplies included, all levels welcome.

A-CR18 Lifelong Learning \$95
Session-6 Day-Mo 09/18-10/23
5:30 PM-7:30 PM South, Christine

NEW LEARN TO CREATE AN AUTOBIOGRAPHICAL COMIC

Tell your story in the best way possible! Through comics! In this class, young adults (ages 16-21) will learn how to distill real life stories into an impactful visual storytelling medium. We investigate the various non-fiction comics out in the world, learn the principles of graphic storytelling and experiment with a variety of visual mediums. By the end of class, you will put some incredible stories to paper and preserve the memories of a lifetime. All levels are welcome and all supplies are included.

A-DR13 Lifelong Learning \$110
Session-6 Day-We 09/20-10/25
4:00 PM-6:00 PM Kunkle, Tandy

YOUNG ADULT

**We're on the LOOK OUT for
course ideas and instructors!
If you have an idea, scan the
QR Code to propose a class!**



**SCAN
ME** 



MISSOULA CLASSES BEGIN OCTOBER 2, 2023!
Application Deadline September 18, 2023



WANT A BETTER FUTURE?

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Medical Billing and Coding
Medical Admin Assistant
Construction Trades
Office Administration
Security

Dental Assistant
IT Support
CDL
Automotive Specialties
and MORE !

You don't have to be great to start,
but you have to start to be great. Zig Ziglar

Opportunities don't happen; you create them. Chris Grosser

APPLY @ [SUMMITCAREERCENTER.ORG](https://summitcareercenter.org) TO GET STARTED TODAY

Call us at 406-549-8765

HEALTH & SAFETY

PET FIRST AID AND DISASTER RESPONSE

Keep your Pet Healthy and Happy! Pet First Aid and Disaster Response is a 4-hour class that includes hands on activities and lecture to help you assist with caring for your pet or a stranger's pet in an emergency. Skills include CPR, basic first aid, choking pet, common emergencies, safety tips, and disaster response. Course also includes a certification, and the book "Pet First Aid Disaster Response Guide".

S-AN19 Lifelong Learning \$61
Session-1 Day-We 09/27-09/27
10:00 AM-2:00 PM Vargas, Racheal

STOP THE BLEED

Blood loss is the leading cause of preventable death in multiple casualty events. Significant external bleeding can also result from everyday events such as a motorcycle crash, or an industrial accident. Rapid control of bleeding at the scene of the event can be life-saving. This class will teach you basic techniques of bleeding control in an emergency. You will learn how to provide immediate bleeding control including how to apply direct pressure, appropriate tourniquet uses, and a variety of safe methods for packing a wound.

S-MISC41 Lifelong Learning \$26
Session-1 Day-We 09/27-09/27
3:00 PM-4:30 PM Vargas, Racheal

NEW WINTER ADVENTURE PREPAREDNESS

WORKSHOP

Recreating the outdoors in the winter can be the most dangerous season if not adequately prepared. This workshop focuses on Winter Wilderness First Aid. Decision-making when injuries occur, preparedness, common injuries when hiking, skiing, and recreating in the winter, and more.

S-MISC60 Lifelong Learning \$38
Session-1 Day-We 10/25-10/25
10:00 AM-1:00 PM Vargas, Racheal

CERTIFIED NURSING ASSISTANT TRAINING PROGRAM

Are you looking for a job in the medical field that is rewarding, provides flexibility, and could lead to a lifelong career? If so, consider a career as a Certified Nursing Assistant (C.N.A.). Instruction will be held in the classroom, off-site and/or in a clinical laboratory setting and is in-person only. The clinical portion of the program provides an opportunity to demonstrate caregiving skills learned. The "hands-on" skills training will be completed with mannequins, residents, patients and or actors. Clinical hours will be scheduled with students enrolled in the program after they have met recognized classroom criteria. This program includes Healthcare BLS/CPR. Application requirements include current immunization records and an online completed background check. Applications are available online or can be picked up at the school. Exam costs are not included in the cost of tuition.

H-CNA01 Lifelong Learning \$802
Session-21 Day-Tu Th 09/05-11/18
5:30 PM-9:30 PM Dotson, Tara

PHLEBOTOMY TRAINING PROGRAM

This program is designed to provide practical instruction in basic medical terminology and anatomy, proper techniques used in collecting and processing blood specimens. Students will practice blood collection techniques with a mannequin arm in the classroom setting prior to clinical hands-on collection with each other and patients. This program requires clinical training and includes Healthcare CPR. Application requirements include current immunization records, and a completed on-line background check.

H-PH01.1 Lifelong Learning \$617
Session-15 Day-Mo We 09/06-11/06
5:30 PM-8:30 PM Knudsen, Joseph

SAVE \$5.00

Per Class with
Early Bird Registration!

**HEARTSAVER® COMBINATION
FIRST AID WITH CPR**

This course is designed to meet regulatory requirements for jobs (e.g. OSHA) and for anyone who wants to be prepared for an emergency. In this class, you will learn hands-on techniques to respond and manage illnesses and injuries in the first few minutes until professional help arrives. Topics covered include scene safety, how to perform CPR, how to use an AED, how to stop bleeding that can be seen, ways to help with a broken bone or sprain, assistance with choking, and other basic first aid techniques. The course covers modules in First Aid, Child/Infant and Adult CPR AED. Upon successful completion you will receive a two-year Heartsaver® First Aid CPR/AED certification card. Bring a snack or lunch with you for full day classes. Must have a valid email address. 6.5 hr.

H-CPR03.1 Lifelong Learning	\$100
# Session-1 Day-Sa	10/14-10/14
8:30 AM-3:00 PM	Mandell, Liz
H-CPR03.1 Lifelong Learning	\$100
# Session-1 Day-Sa	11/18-11/18
8:30 AM-3:00 PM	Mandell, Liz
H-CPR03.2 Lifelong Learning	\$100
# Session-2 Day-Mo We	12/11-12/13
5:30 PM-9:00 PM	Haack, Leila

**HEARTSAVER® PEDIATRIC FIRST
AID/CPR/AED**

This course is designed to meet regulatory requirements for childcare and for those who want to be prepared in the event of an emergency. In this class, you will learn hands-on techniques to respond and manage illnesses and injuries in the first few minutes until professional help arrives. Topics covered include scene safety, how to perform CPR, how to use an AED, how to stop bleeding that can be seen, ways to help with a broken bone or sprain, assistance with choking, and other basic first aid techniques. The course covers modules in Pediatric First Aid, Child/Infant CPR AED, and Adult CPR AED. Upon successful completion you will receive a two-year Heartsaver® Pediatric First Aid CPR/AED certification card. Bring a snack or lunch with you for full day classes. Must have a valid email address. 6.5 hr.

H-CPR03.1a Lifelong Learning	\$100
# Session-1 Day-Sa	10/14-10/14
8:30 AM-3:00 PM	Mandell, Liz
H-CPR03.1a Lifelong Learning	\$100
# Session-1 Day-Sa	11/18-11/18
8:30 AM-3:00 PM	Mandell, Liz
H-CPR03.2a Lifelong Learning	\$100
# Session-2 Day-Mo We	12/11-12/13
5:30 PM-9:00 PM	Haack, Leila

BASIC LIFE SUPPORT (BLS) – CPR AND AED

The American Heart Association® (BLS) course is designed for healthcare professionals and others who need to know how to perform CPR and basic cardiovascular life support skills in a wide variety of settings. This course meets requirements for first responders such as nurses, firefighters, police officers, emergency medical technicians and many others who work in healthcare or other industries who are responsible to provide hands-on care. The course includes instruction in CPR for all ages, chain of survival for BLS components, early use of an AED, effective ventilations using a barrier device, importance of teams in multi-rescuer resuscitation, and relief of foreign-body airway obstruction (choking). Upon successful completion you will receive a two-year American Heart Association® Basic Life Support Provider CPR and AED certification card. Class time: 4.5 hours

H-CPR04.1 Lifelong Learning	\$70	H-CPR04.5 Lifelong Learning	\$70
# Session-1 Day-Mo	09/18-09/18	# Session-1 Day-Tu	10/17-10/17
5:00 PM-9:30 PM	Roper, Lisa Rae	5:00 PM-9:30 PM	Haack, Leila
H-CPR04.2 Lifelong Learning	\$70	H-CPR04.1 Lifelong Learning	\$70
# Session-1 Day-Tu	09/19-09/19	# Session-1 Day-Th	11/16-11/16
5:00 PM-9:30 PM	Roper, Lisa Rae	8:30 AM-1:00 PM	Haack, Leila
H-CPR04.3 Lifelong Learning	\$70	H-CPR04.2 Lifelong Learning	\$70
# Session-1 Day-Mo	10/02-10/02	# Session-1 Day-Tu	12/12-12/12
5:00 PM-9:30 PM	Haack, Leila	5:00 PM-9:30 PM	Haack, Leila

CAREER TRAINING

WELDING 1

Learn how to safely perform repair and project fabrication welding of steel. Common metal cutting and grinding equipment operation and safety will be covered. Participants will be introduced to the applications of the Oxygen Acetylene Torch, including: cutting, brazing, welding, and heating. Arc welding instruction and practice will focus on: Shielded Metal Arc Welding (stick), Gas Metal Arc Welding (solid wire MIG), and Self Shielded Flux Cored Arc Welding. Gas Tungsten Arc Welding (TIG) and Plasma Arc Cutting will be demonstrated at the end of the course. Students need to bring fire retardant long sleeve jackets or shirts, leather gloves, and safety glasses.

T-WEL04 Msla College-W Campus \$393
 # Session-10 Day-We 09/13-11/15
 6:30 PM-9:30 PM Dollinger, Nicholas

WELDING 2

Take your welding skills to the next level and learn advanced Gas Metal Arc Welding (MIG) methods including: Spray Transfer, Core Wire, and Aluminum welding techniques. Gas Shielded Flux Cored Arc Welding (dual shield) will be introduced. In addition, all the parameters and controls employed in modern Gas Tungsten Arc Welding (TIG) will be discussed. How specific local welding employers apply these welding methods will also be discussed and demonstrated. Class participants interested in a particular employer will have the opportunity to practice welds commonly used by that employer. Students need to bring fire retardant long sleeve jackets or shirts, leather gloves, and safety glasses.

T-WEL03 Msla College-We Campus \$393
 # Session-10 Day-Tu 09/12-11/14
 6:30 PM-9:30 PM Schonbachler, Soren

LOW PRESSURE BOILER

This class is approved by the State of MT and meets Low Pressure Operator license requirements. Develop an understanding of standard equipment, operating practices, and common maintenance for low pressure, steam boilers and hot water boilers. Building heating systems and safety procedures are also covered. Tour Missoula businesses and public buildings and see various types of installations in action. Weekly review includes practice questions similar to those on the State examination. Text books required.

T-LPB01 Lifelong Learning \$275
 # Session-12 Day-Tu Th 10/10-11/16
 6:30 PM-9:30 PM Graybeal, Brian



BECOME A CARPENTER

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START YOUR ONLINE PROGRAM TODAY!

**CERTIFIED NURSING ASSISTANT
TRAINING PROGRAM**

Are you looking for a job in the medical field that is rewarding, provides flexibility, and could lead to a lifelong career? If so, consider a career as a Certified Nursing Assistant (C.N.A.). Instruction will be held in the classroom, off-site and/or in a clinical laboratory setting and is in-person only. The clinical portion of the program provides an opportunity to demonstrate caregiving skills learned. The “hands-on” skills training will be completed with mannequins, residents, patients and or actors. Clinical hours will be scheduled with students enrolled in the program after they have met recognized classroom criteria. This program includes Healthcare BLS/CPR. Application requirements include current immunization records and an online completed background check. Applications are available online or can be picked up at the school. Exam costs are not included in the cost of tuition.

H-CNA01 Lifelong Learning \$802
Session-21 Day-Tu Th 09/05-11/18
5:30 PM-9:30 PM Dotson, Tara



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H-PH01.1 Lifelong Learning \$617
Session-15 Day-Mo We 09/06-11/06
5:30 PM-8:30 PM Knudsen, Joseph



**CHAIRSIDE
DENTAL
ASSISTANT
PROGRAM**

**COMING
SPRING 2024!**

Opportunities:

- Develop a variety of skills in the classroom and dental office environment
- Preparation for required exams
- Includes Health Care CPR Certification

For More Information Visit:

www.MissoulaClasses.com



ED2GO CAREER TRAINING

The Lifelong Learning Center has partnered with ed2go online training to provide workforce training in many Industry Certifications and globally recognized credentials. Training varies from short topics professional or skills development to more lengthy training credentials. Most of the programs include all the material, texts and vouchers for the standardized tests in the price of the curriculum.

The programs offer the flexibility of online instruction from industry leaders with the personal contact with knowledgeable instructors and advisors at The Lifelong Learning Center. Students who enroll in the ed2go online programs through The Lifelong Learning Center are assigned an advisor to assist with educational planning and provide ongoing coaching to support the training.

Advisors will also assist students in finding the resources and making connections so they can apply their new skills. The Lifelong Learning Center partners with the Missoula Job Service, other employment agencies, and a variety of employers to explore apprenticeship opportunities and job placement. Computer labs may be available to enrolled students.

Many additional Certifications are available

including:

- CISCO
- Forensic Computer Examiner
- Personal Training for Older Adults
- Floral Design
- Professional Interpreter or Translator
- Microsoft Office Master Certification
- Non-profit Management
- Green Supply Chain Management
- Certified Information Security Manager
- Certified Ethical Hacker
- Retain Customer Service Skills Training
- Salesforce Power User

Call the Lifelong Learning Center at 406-549-8765 for more information or if you don't see the training you are looking for.

Payment plans may be available through ed2go. Contact the Missoula Job Service to determine eligibility requirements for obtaining training funds. Businesses with fewer than 50 employees should also inquire about incumbent worker funds up to \$2000 per full time employee.

ONLINE LEARNING the solution for today's busy adult

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Take a course on topics ranging from A-Z Grant Writing, Photography, to Web Design and more all from the comfort of your home or office at times that are convenient for you.

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missoulaclass.com/virtual-classes-ed2go/



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CERTIFIED RESIDENTIAL INTERIOR DESIGNER

Prepare for a career as a residential interior designer by learning the basics of good design, getting familiar with design styles and movements, and exploring the materials that interior designers use.

CERTIFIED ELECTRONIC HEALTH RECORDS SPECIALIST

Learn how to implement and utilize electronic health records and become a Certified Electronic Health Records Specialist with 60 hours of medical terminology training to give you a competitive edge in the healthcare field.

CERTIFIED MEDICAL ADMINISTRATIVE ASSISTANT WITH MEDICAL BILLING AND CODING

This course will teach you how Administrative Medical Assistants are versatile and valuable members of the healthcare team who handle a broad range of duties. You will also be prepared for the Certified Medical Administrative Assistant (CMAA) national certification exam offered by the National Healthcareer Association (NHA). Voucher Included.

HOME INSPECTION CERTIFICATE

Learn about standards of practice, defects recognition, inspection guidelines, reporting methodologies, and liability management as you prepare to become a home inspector.

ICD-10 MEDICAL CODING

Prepare for the future of medical coding by mastering the steps for using the ICD-10-CM and ICD-10-PCS to code medical diagnoses and procedures.

OMCA CONTENT MARKETING ASSOCIATE

Bring an audience to your company's website and engage web viewers with valuable content and new strategies for success. Voucher Included

OMCP SOCIAL & MOBILE MARKETING PROFESSIONAL

Learn the scope of digital marketing and how to make mobile marketing and social media work in your favor. Voucher Included.

OMCP EMAIL MARKETING AND AUTOMATION PROFESSIONAL

Learn how to write emails worth opening, reading and acting on. With mobile devices being used frequently, it's critical to write emails that are mobile friendly while being valuable and engaging. Voucher Included.

OMCP SOCIAL & MOBILE MARKETING PROFESSIONAL

Learn how to apply your client's health history, goals, and abilities, as well as integrating exercise science curriculum and practical training techniques, into a systematic model you can use to progress your clients through different training levels and phases.

ed2go Information:

- To view more classes;
- To register, scan the QR code



Fitness At A Glance...

MONDAY

Mo	6:15 AM	OULA
Mo	8:00 AM	Pilates for Strength
Mo	9:00 AM	Yoga Barre Fusion - Cont.
Mo	9:00 AM	Yoga Barre Fusion - Cont. Zoom
Mo	9:00 AM	Yin Yoga
Mo	9:00 AM	Yin Yoga Zoom
Mo	10:15 AM	Barre Fitness
Mo	10:15 AM	Barre Fitness Zoom
Mo	12:00 PM	CoreAlign® 1: Foundational
Mo	4:15 PM	Pilates Reformer 1: Foundational
Mo	4:30 PM	Cycle Challenge
Mo	4:30 PM	Gentle Yoga
Mo	5:30 PM	CoreAlign® 1: Foundational
Mo	5:45 PM	Barre Strength & Balance
Mo	5:45 PM	SHiNE Dance Fitness
Mo	5:45 PM	Yoga for the "Working Stiffs"
Mo	5:45 PM	Strength and Core Intervals
Mo	6:00 PM	Beginning Pickleball
Mo	6:00 PM	Intermediate Pickleball
Mo	7:00 PM	Country Combo: Two Step
Mo	7:00 PM	West Coast Swing
Mo	7:05 PM	Intermediate Pickleball
Mo	7:30 PM	Intermediate Pickleball

TUESDAY

Tu	6:00 AM	Bootcamp
Tu	6:00 AM	Sunrise Yoga
Tu	6:45 AM	CoreAlign® 1: Foundational
T/Th	8:30 AM	Cardio & Strength Training
Tu	9:00 AM	Barre Fitness
Tu	9:00 AM	Yoga for Mobility
Tu	9:00 AM	Yoga for Mobility Zoom
Tu	9:45 AM	Easy Rider Indoor Cycling
Tu	10:30 AM	Over 50 and FIT
Tu	10:30 AM	Over 50 and FIT Zoom
Tu	10:30 AM	Beginning Flow Yoga
Tu	11:00 AM	Pound Unplugged
Tu	12:00 PM	Sound Strength®
Tu	12:00 PM	Cycling and Core Strength
Tu	12:00 PM	Relaxation Oasis Wellness
Tu	1:30 PM	Mat Pilates
Tu	3:00 PM	Yoga Fit
Tu	4:30 PM	OULA
Tu	4:30 PM	SHiNE Dance Fitness
Tu	4:30 PM	Gentle Yoga
Tu	5:15 PM	CoreAlign® 1: Foundational
Tu	5:30 PM	Barre Fitness
Tu	5:45 PM	Sound Strength®
Tu	5:45 PM	Yin Yoga
Tu	6:30 PM	CoreAlign® 1: Foundational
Tu	7:00 PM	SMASH



WEDNESDAY

We	6:00 AM	Cycle Blast
We	6:45 AM	CoreAlign® 1: Foundational
We	8:00 AM	CoreAlign® 1: Foundational
We	8:00 AM	Pound Unplugged
We	8:15 AM	Cycling and Mat Pilates
We	9:00 AM	Barre Fitness- Continuing
We	9:00 AM	Barre Fitness- Continuing Zoom
We	9:00 AM	Flow Yoga
We	9:30 AM	Pilates Reformer 3: Advanced
We	10:00 AM	Pain to Performance Cont.
We	10:30 AM	Strength and Conditioning
We	10:45 AM	CoreAlign® 2: Strength
We	11:15 AM	From Pain to Performance
We	12:00 PM	Pilates Reformer 1:Foundational
We	4:15 PM	Pilates Reformer 2: Intermediate
We	4:30 PM	Tabata Bootcamp
We	4:30 PM	Gentle Yoga
We	5:30 PM	Pilates Reformer 3: Advanced
We	5:45 PM	Over 50 and FIT
We	5:45 PM	OULA
We	5:45 PM	Beginning Yoga
We	7:00 PM	Beginning Cowboy Jitterbug
We	7:00 PM	Beginning Salsa Dance

THURSDAY

Th	6:00 AM	Bootcamp
Th	6:00 AM	Oula.One
Th	6:00 AM	Sunrise Yoga
Th	8:30 AM	Pilates Reformer 1:Foundational
Th	9:00 AM	Yoga Barre Fusion
Th	9:00 AM	Gentle Yoga
Th	9:00 AM	Gentle Yoga Zoom
Th	9:30 AM	Gentle Mat Pilates
Th	9:45 AM	Easy Rider Indoor Cycling
Th	10:00 AM	Pilates Reformer 1:Foundational
Th	10:15 AM	Over 50 Stretch & Tone
Th	10:15 AM	Over 50 Stretch & Tone - Zoom
Th	10:30 AM	Over 50 and FIT
Th	11:15 AM	CoreAlign® 2: Strength
Th	12:00 PM	Sound Strength®
Th	12:00 PM	Beginning Pickleball
Th	1:05 PM	Beginning Pickleball
Th	1:30 PM	Ageless Movements
Th	2:10 PM	Intermediate Pickleball
Th	3:00 PM	Yoga Fit
Th	4:15 PM	Pilates Reformer 2: Intermediate
Th	4:30 PM	Gentle Yoga
Th	4:30 PM	Back in Motion
Th	5:30 PM	OULA
Th	5:30 PM	Pilates Reformer 3: Advanced
Th	5:45 PM	Sound Strength®
Th	5:45 PM	Oula.One
Th	5:45 PM	Relaxation Oasis Wellness
Th	6:45 PM	Indoor Cycle Training



FRIDAY

Fr	8:30 AM	Beginning Pickleball
Fr	9:00 AM	Gentle Yoga
Fr	9:35 AM	Intermediate Pickleball
Fr	10:30 AM	Myofascial Release
Fr	11:10 AM	Intermediate Pickleball
Fr	12:00 PM	CoreAlign® 1: Foundational
Fr	12:45 PM	Intro to Pickleball-Indoor
Fr	1:50 PM	Beginning Pickleball
Fr	4:30 PM	OULA
Fr	5:15 PM	CoreAlign® Happy Hour
Fr	5:45 PM	Intro to Pickleball-Indoor
Fr	6:50 PM	Intermediate Pickleball

FITNESS

TABATA BOOTCAMP

Tabata training has been called the world's greatest fat burning workout! You will get a total body workout that is never boring. Tabata's are a type of interval training where you execute 20 seconds of work followed by 10 seconds of rest for 4 minutes. Each 4-Minute Tabata has a different focus including cardio, strength, toning, balance and core training. This class will help you push your fitness to another level. Bring your sweat towel and lots of water!

F-CAR01.W Lifelong Learning \$35
Session-8 Day-We 09/06-10/25
4:30 PM-5:30 PM Kittel, Deborah

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 in each class. Please bring a towel and water bottle and sign up soon-- this class fills up quickly.

F-CAR08.T Lifelong Learning \$35
Session-8 Day-Tu 09/05-10/24
6:00 AM-7:00 AM Sedgwick, Kelly

F-CAR08.R Lifelong Learning \$35
Session-8 Day-Th 09/07-10/26
6:00 AM-7:00 AM Sedgwick, Kelly

STRENGTH AND CONDITIONING

This class incorporates strength exercises with low impact conditioning to improve your overall fitness level including muscle tone and heart health. Using a variety of equipment and methods of training, you will get a total body workout that ends with abdominal work and some stretching and relaxation. This class is designed for all fitness levels. Wear comfortable clothes and bring a Yoga mat if you have one.

F-CAR10.W Lifelong Learning \$35
Session-8 Day-We 09/06-10/25
10:30 AM-11:30 AM Kittel, Deborah

STRENGTH AND CORE INTERVALS

This interval training class is a great workout for anyone looking to improve their strength and endurance. Using a mix of high, medium and low intensity interval training participants can workout at their own intensity level and speed during each exercise. You will get a full body workout using a variety of equipment from dumbbells, resistance bands, steps, exercise balls and more. Bring a yoga mat, sweat towel and water bottle.

F-CAR57.M Lifelong Learning \$24
Session-5 Day-Mo 09/25-10/23
5:45 PM-6:45 PM Gill, Caitlin

SMALL GROUP CARDIO & STRENGTH TRAINING

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, this small class allows the instructor to customize workouts to meet your needs. Workouts will be varied and will include cardio and strength exercises utilizing a variety of equipment and body weight resistance. Bring water, sweat towel, and a yoga mat.

F-CAR56.TR1 Lifelong Learning \$35
Session-8 Day-Tu Th 09/05-09/28
8:30 AM-9:30 AM Finnerty, Ashley

F-CAR56.TR2 Lifelong Learning \$35
Session-8 Day-Tu Th 10/03-10/26
8:30 AM-9:30 AM Finnerty, Ashley

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 class is for individuals interested in a strength and conditioning class with a gentle approach. This class focuses on movement, toning, balance, and stretching using hand weights, and some mat work.

F-CAR02Z.T1 Virtual \$43
Session-8 Day-Tu 09/05-10/24
10:30 AM-11:45 AM Knell, Nora

OVER 50 AND FIT

This class is for individuals interested in a strength and conditioning class with a gentle approach. Students need to be able transition to/from floor to/from standing positions without concern. Exercises will have a variety of options for varying fitness levels. This class focuses on movement, strength, balance, and stretching using body resistance and a variety of equipment. Bring water, sweat towel, and a mat.

F-CAR02.T Lifelong Learning \$43
Session-8 Day-Tu 09/05-10/24
10:30 AM-11:45 AM Knell, Nora

F-CAR02.W1 Lifelong Learning \$35
Session-8 Day-We 09/06-10/25
5:45 PM-6:45 PM Lionello, Rick

F-CAR02.R Lifelong Learning \$35
Session-8 Day-Th 09/07-10/26
10:30 AM-11:30 AM Knell, Nora

OVER 50 STRETCH & TONE

This class cultivates a sense of support and community as we focus on improving body awareness by increasing strength, flexibility, range of motion, and balance. This class will help you relieve stress and tension while improving overall strength and muscle tone. Participants must be able to walk, balance (using the barre for support) and get up from and down onto the floor. The first half of the class is standing on the mat and at the barre, and the second half of class is kneeling, sitting and lying on a mat. Each class culminates with a meditation/relaxation. Wear comfortable athletic clothing. Yoga mat required.

F-CAR17.R Lifelong Learning \$35
Session-8 Day-Th 09/07-10/26
10:15 AM-11:15 AM Adams, Missy

OVER 50 STRETCH & TONE - 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: Chair for balance, Small Hand Weights (1-4 lbs), Squishy Fitball, Lower Leg Band, Long Theraband, and Yoga Strap.

F-CAR17Z.R Virtual \$35
Session-8 Day-Th 09/07-10/26
10:15 AM-11:15 AM Adams, Missy



BARRE FITNESS

Barre is a low 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 abdominal and core series, and ends with 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.T1 Lifelong Learning \$35
Session-8 Day-Tu 09/05-10/24
9:00 AM-10:00 AM Johnson, Lisa

F-CAR14.T2 Lifelong Learning \$35
Session-8 Day-Tu 09/05-10/24
5:30 PM-6:30 PM Hathaway, Erin

F-CAR14.M Lifelong Learning \$31
Session-7 Day-Mo 09/11-10/23
10:15 AM-11:15 AM Adams, Missy

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. Equipment needed: a chair to use for balance, yoga mat, light hand weights and a small squishy ball.

F-CAR14Z.M Virtual \$31
Session-7 Day-Mo 09/11-10/23
10:15 AM-11:15 AM Adams, Missy

BARRE FITNESS - CONTINUING

Continuing Barre is a low 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 barre, yoga and Pilates. Focus on toning, shaping and improving muscular endurance through small movements or isometric exercises. Each class culminates with stretches to lengthen muscles worked. Wear comfortable athletic clothing. Class is typically done with bare feet, but you can leave socks or shoes on if you'd prefer. Prior Barre experience required. Yoga mat required.

F-CAR60.W Lifelong Learning \$35
Session-8 Day-We 09/06-10/25
9:00 AM-10:00 AM Adams, Missy

BARRE FITNESS-CONTINUING 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. Equipment needed: Chair to use for balance, Small Hand Weights (1-4 lbs), Squishy Fitball, Lower Leg Band, and Long Theraband.

F-CAR60Z.W Virtual \$35
Session-8 Day-We 09/06-10/25
9:00 AM-10:00 AM Adams, Missy

YOGA BARRE FUSION

Experience the flow of yoga combined with lower body toning and core strengthening exercises in Barre. Each class will begin with a full-body warm-up, moving on to toning, shaping, and improving muscular endurance through small isometric movements at the Barre. You will end class by culminating by incorporating yoga and Pilates postures to improve balance and flexibility. You will have the opportunity to challenge yourself and be encouraged to move at your own pace. Each class culminates with meditation/relaxation. Wear comfortable athletic clothing. Barre is typically done with bare feet, but you can leave socks or shoes on if you'd prefer. Prior Barre and yoga experience preferred. A yoga mat is required.

F-CAR28.R Lifelong Learning \$35
Session-8 Day-Th 09/07-10/26
9:00 AM-10:00 AM Adams, Missy

YOGA BARRE FUSION - CONTINUING

Experience the flow of yoga, combined with the full body toning and strengthening exercises of barre. This class will challenge you, yet you will be encouraged to move at your own pace. Class will begin with a full body warm up, followed by a focus on toning, lengthening and improving muscular endurance through small isometric movements at the barre. The second half of the class will incorporate yoga and Pilates postures to improve core strength, balance and flexibility. Each class culminates with a meditation/relaxation. Wear comfortable athletic clothing. Class is typically done with bare feet, but you can leave socks or shoes on if you'd prefer. Prior barre and/or yoga experience required. Yoga mat required.

F-CAR61.M Lifelong Learning \$31
Session-7 Day-Mo 09/11-10/23
9:00 AM-10:00 AM Adams, Missy

YOGA BARRE FUSION - CONTINUING 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 to use for balance, Yoga Mat, Squishy Fitball, Yoga Block, and Yoga Strap.

F-CAR61Z.M Virtual \$31
Session-7 Day-Mo 09/11-10/23
9:00 AM-10:00 AM Adams, Missy

BARRE STRENGTH & BALANCE

This class will combine traditional strength exercises with smaller range of motion exercises at the Barre in a low impact format that will improve balance, flexibility, strength and posture. Each class will include a warm up, a variety of exercises for a total body workout, and will finish with core conditioning and stretching. Bring water, sweat towel and yoga mat.

F-CAR44.M Lifelong Learning \$31
Session-7 Day-Mo 09/11-10/23
5:45 PM-6:45 PM Johnson, Lisa



AGELESS MOVEMENTS

In this gentle movement class you will discover how you can free up your body and quiet your mind to move with greater freedom and ease. Movement exploration is based on the Alexander Technique, an embodied mindfulness practice shown to reduce pain and anxiety, and improve balance, coordination, mobility and respiratory function. You will learn how you can reduce patterns of tension to improve efficient functioning of your body in movements and activities of daily life such as sitting, standing, walking, reaching, bending, lying down, grasping and breathing. In this not-your-usual-movement-class, you will discover an easier, kinder way of being and moving that you can take into daily life to move through life with greater ease and get more benefit and enjoyment out of movement.

F-MOV03 Lifelong Learning \$65
Session-8 Day-Th 09/07-10/26
1:30 PM-2:30 PM Hodges, Mari

FROM PAIN TO PERFORMANCE

Whether you are experiencing the physical impacts of aging, repetitive work, or competitive sports, this class is for you. By utilizing a method called Foundation Training, you will learn how to heal your body through movement. Through a series of body-weight exercises you will activate muscles and move in a manner that reduces joint strain, supports the spine and has you moving with less pain.

F-MOV07.W Lifelong Learning \$65
Session-8 Day-We 09/06-10/25
11:15 AM-12:15 PM Rehbein, Toni

FROM PAIN TO PERFORMANCE CONTINUING

This class is designed for those ready to progress beyond the basic movements in the original From Pain to Performance class. We will continue to explore the benefits of Foundation Training to heal your body through movement. Prerequisite: previous training in the fundamentals of Foundation Training or instructor recommendation.

F-MOV08.W Lifelong Learning \$65
Session-8 Day-We 09/06-10/25
10:00 AM-11:00 AM Rehbein, Toni

BACK IN MOTION

Have you been experiencing persistent back pain? Learn how you can take control of your life and get back to the activities you enjoy. This evidence-based class includes experiential learning through gentle graded movement, embodied mindfulness practices, education and discussion.

F-MOV11 Lifelong Learning \$58
Session-7 Day-Th 09/14-10/26
4:30 PM-5:30 PM Hodges, Mari

RELEASE & RENEW: RESTORATIVE YOGA WITH SELF MYOFASCIAL RELEASE

Restorative Yoga with Myofascial Release provides the opportunity to restore, release, and renew, using poses that support the body with ease and techniques to release restrictions, stiffness, and tightness in the tissues. Through this experience you will receive information, tools, and techniques that will leave you feeling empowered with effective knowledge that you can apply on your own at home. What is practiced each week will be shaped by those in attendance, including myofascial release techniques and complimentary restorative yoga poses to assist with stress relief, improved sleep, and overall healing and well-being. This class will help you develop a better understanding of your body and how to use these amazing self-care tools on your own. This class is appropriate for all ages and abilities.

F-YOG27.F Lifelong Learning \$95
Session-8 Day-Fr 09/08-10/27
10:30 AM-12:00 PM Smith, Lucinda

RELAXATION OASIS WELLNESS CLASS

This is your invitation to relax in a supportive space while exploring techniques to manage the affects of everyday stress. Journey into this comforting oasis to release tension, build resiliency, even out energy, and gain a foundation of calm and clarity. We will be practicing intentional breathing, brief meditation, guided visualization and deep relaxation. All levels and abilities are welcome. Learn the basics or deepen your existing practice. Wear loose, comfortable clothing and bring a yoga mat, blanket, and anything you need to support comfortable sitting and lying down positions.

F-MISC10.T1 Lifelong Learning \$35
Session-4 Day-Tu 09/05-09/26
12:00 PM-1:00 PM Waters, Susan

F-MISC10.H1 Lifelong Learning \$35
Session-4 Day-Th 09/07-09/28
5:45 PM-6:45 PM Waters, Susan

F-MISC10.T2 Lifelong Learning \$35
Session-4 Day-Tu 10/03-10/24
12:00 PM-1:00 PM Waters, Susan

F-MISC10.H2 Lifelong Learning \$35
Session-4 Day-Th 10/05-10/26
5:45 PM-6:45 PM Waters, Susan

TAO OF HEALTH

This class will introduce the ancient Taoist concept of health. The Taoists understood all natural phenomena, including the human body, to be animated by energy, called qi. They developed methods to generate and harmonize this energy such as Qi Gong, Tai Qi, acupuncture and herbal therapy. These same tools can be used to promote longevity and vitality today. This class will introduce the Taoist concept of health and teach you how to apply it in daily life. Working with a Licensed Acupuncturist, you will analyze your health status by identifying constitutional weaknesses and imbalances. With this knowledge we can make specific lifestyle changes to strengthen and harmonize the body's qi. The second half of each class will introduce and practice Qi Gong, a series of simple exercises that has been used for thousands of years to cultivate qi. These exercises are safe and can be performed by all.

S-PE43 Lifelong Learning \$35
Session-2 Day-Tu 09/12-09/19
6:30 PM-8:30 PM Gourguechon, Paul

YOGA FOR MOBILITY

Yoga for mobility is for anyone looking to improve dynamic movements. Practices will incorporate both stretching and strengthening with coordinated breathing exercises. We will explore the connection of movements along the planes of the body. Students can expect to move from the floor to standing with time spent in lunges as well.

F-YOG42.T Lifelong Learning \$35
Session-8 Day-Tu 09/05-10/24
9:00 AM-10:00 AM Crouch, Kate

YOGA FOR MOBILITY 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: Yoga Mat.

F-YOG42Z.T Virtual \$35
Session-8 Day-Tu 09/05-10/24
9:00 AM-10:00 AM Crouch, Kate

BEGINNING YOGA

This class is designed for those new to Yoga or those who want a basic level class. You will explore new poses while gaining an understanding of proper alignment and breathing techniques to enhance the mind/body experience. You don't need to be able to touch your toes; you just have to be willing to try. Bring a Yoga mat and explore the benefits of Yoga in a safe and fun environment.

F-YOG33.W Lifelong Learning \$35
Session-8 Day-We 09/06-10/25
5:45 PM-6:45 PM Caldwell, Sherie

GENTLE YOGA 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 allowing you flexibility to practice when you can. Equipment Needed: Yoga Mat.

F-YOG01Z.R1 Virtual \$35
Session-8 Day-Th 09/07-10/26
9:00 AM-10:00 AM Crouch, Kate

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.T Lifelong Learning \$35
Session-8 Day-Tu 09/05-10/24
4:30 PM-5:30 PM Crow, Renee

F-YOG01.W1 Lifelong Learning \$35
Session-8 Day-We 09/06-10/25
4:30 PM-5:30 PM Caldwell, Sherie

F-YOG01.R1 Lifelong Learning \$35
Session-8 Day-Th 09/07-10/26
9:00 AM-10:00 AM Crouch, Kate

F-YOG01.R2 Lifelong Learning \$35
Session-8 Day-Th 09/07-10/26
4:30 PM-5:30 PM Crouch, Kate

F-YOG01.F1 Lifelong Learning \$35
Session-8 Day-Fr 09/08-10/27
9:00 AM-10:00 AM Cho, Young-ee

F-YOG01.M2 Lifelong Learning \$31
Session-7 Day-Mo 09/11-10/23
4:30 PM-5:30 PM Caldwell, Sherie

F-YOG01.M9 Frenchtown \$39
Session-5 Day-Mo 09/18-10/16
5:45 PM-6:45 PM Cash, Pearl

NEW SUNRISE YOGA

Start your day off right with this early morning yoga class. This practice combines the flow of sun salutations with strength, balance and flexibility poses. You will leave each practice with a greater sense of clarity, alignment and peace of mind. All levels welcome. Yoga mat required.

F-YOG02.T Lifelong Learning \$35
Session-8 Day-Tu 09/05-10/24
6:00 AM-7:00 AM Adams, Missy

F-YOG02.R Lifelong Learning \$35
Session-8 Day-Th 09/07-10/26
6:00 AM-7:00 AM Adams, Missy



YIN YOGA

Yin Yoga is a quiet, simple practice, but not necessarily an easy practice. Yin yoga works deeply into our body. It targets our deepest tissues of the body, our connective tissues — ligaments, joints, bones, and the deep fascia networks of the body — rather than the muscles. Poses can be held anywhere from 3 to 10 minutes. Yoga mat required.

F-YOG03.T Lifelong Learning \$35
Session-8 Day-Tu 09/05-10/24
5:45 PM-6:45 PM Caldwell, Sherie

F-YOG03.M Lifelong Learning \$39
Session-7 Day-Mo 09/11-10/23
9:00 AM-10:15 AM Caldwell, Sherie

YIN YOGA 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: Yoga Mat.

F-YOG03Z.M Virtual \$39
Session-7 Day-Mo 09/11-10/23
9:00 AM-10:15 AM Caldwell, Sherie

SAVE \$5.00

Per Class with
Early Bird Registration!

YOGA FOR THE “WORKING STIFFS”

This class is for everyone, but is specifically geared for those of us who work in a seated position for extended periods of time. Whether you are behind the wheel or the computer screen, this class will address common symptoms of a “sedentary” position such as tension in the head and neck, sore shoulders and wrists, and limited flexibility in the hamstrings and low back. Utilizing breath work, mindfulness techniques and physical postures, this class will help keep you fit, happy and productive at work and at play. No previous yoga experience is required.

F-YOG19.M Lifelong Learning \$31
Session-7 Day-Mo 09/11-10/23
5:45 PM-6:45 PM Caldwell, Sherie

BEGINNING FLOW YOGA

This class is perfect for those who enjoy the benefits of Yoga and find satisfaction in movement too. This class combines traditional poses in a sequence that allows you to move from one pose to the next utilizing your own breath pattern. Basic poses and sequencing will be practiced and options for poses beyond the basics will be introduced and demonstrated for those interested. Practice may take place outside, weather permitting. Bring a Yoga mat and sweat towel.

F-YOG29.T Lifelong Learning \$35
Session-8 Day-Tu 09/05-10/24
10:30 AM-11:30 AM Crouch, Kate

FLOW YOGA

This class allows you to connect or re-connect your breath with your movement as you progress through a series of Yoga inspired poses. You will begin with a gentle practice that warms the body from the inside out, then move with the fluidity of your breath into poses that cultivate your strength, flexibility and balance. Class will end by cooling the body with a deep relaxation. No previous yoga experience is required. Bring a yoga mat.

F-YOG20.W Lifelong Learning \$43
Session-8 Day-We 09/06-10/25
9:00 AM-10:15 AM Caldwell, Sherie

YOGA FIT

Gentle, but challenging. This yoga class emphasizes individual alignment and builds endurance. You will work on mobility, breathing and relaxation. Developing a practice of mental clarity, stress management and over-all well-being. Some experience recommended. Yoga mat required.

F-YOG08.T Lifelong Learning \$35
Session-8 Day-Tu 09/05-10/24
3:00 PM-4:00 PM Crouch, Kate

F-YOG08.R Lifelong Learning \$43
Session-8 Day-Th 09/07-10/26
3:00 PM-4:15 PM Crouch, Kate



GENTLE MAT 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.H Lifelong Learning \$35
Session-8 Day-Th 09/07-10/26
9:30 AM-10:30 AM Sears, Laurel

NEW MAT 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.T Lifelong Learning \$35
Session-8 Day-Tu 09/05-10/24
1:30 PM-2:30 PM Sears, Laurel

PILATES FOR STRENGTH

This class blends Pilates and functional movement exercises to improve strength throughout the body. By emphasizing body awareness during movement you will improve posture, spinal and pelvic control, and overall joint health. This class combines compound movements with isolation exercises to develop muscle control and strength. Yoga mat required.

F-PIL10.M1 Lifelong Learning \$31
Session-7 Day-Mo 09/11-10/23
8:00 AM-9:00 AM Johnson, Lisa

SOUND STRENGTH®

Sound Strength is a low impact, high burn, strength class set to music that uses simple equipment to target all the major muscle groups of the body. Each song has a different focus and uses a different piece of equipment or just your body weight. The first half of class is done standing up and the second half of class is down on the mat. Bring a mat, sweat towel and water bottle.

F-CAR43.T2 Lifelong Learning \$35
Session-8 Day-Tu 09/05-10/24
12:00 PM-1:00 PM Eubank, Tayler

F-CAR43.T Lifelong Learning \$35
Session-8 Day-Tu 09/05-10/24
5:45 PM-6:45 PM Rossmiller, Stacey

F-CAR43.R1 Lifelong Learning \$35
Session-8 Day-Th 09/07-10/26
12:00 PM-1:00 PM Sapp, Cassie

F-CAR43.R2 Lifelong Learning \$35
Session-8 Day-Th 09/07-10/26
5:45 PM-6:45 PM Gunn, Cheyenne



POUND UNPLUGGED

This class blends 20 minutes of high intensity training with 10 minutes of rhythmic breathing, mindfulness and meditation. Pound Unplugged will make you sweat, release, and boost neurochemicals before quickly settling back into a peaceful, recharged, and empowered state. All within 30 minutes.

F-MISC20.T Lifelong Learning \$35
Session-8 Day-Tu 09/05-10/24
11:00 AM-11:30 AM Johnson, Lisa

F-MISC20.W Lifelong Learning \$35
Session-8 Day-We 09/06-10/25
8:00 AM-8:30 AM Johnson, Lisa

SHINE DANCE FITNESS

SHiNE Dance is a mood-lifting, heart-pounding experience that will leave you feeling strong, confident and connected. SHiNE Dance fitness combines the best of strength-based, body-weight exercises with simple dance moves which is a perfect balance of cardio and conditioning for a full body workout and mind reset. Wear athletic clothes and shoes. Bring a water bottle, sweat towel, and be ready to SHiNE!

F-DAN21.T Lifelong Learning \$35
Session-8 Day-Tu 09/05-10/24
4:30 PM-5:30 PM Sapp, Cassie

F-DAN21.M Lifelong Learning \$31
Session-7 Day-Mo 09/11-10/23
5:45 PM-6:45 PM Hallgrimson, Anna

F-DAN21.H Frenchtown \$22
Session-6 Day-Th 09/14-10/26
6:30 PM-7:30 PM Hallgrimson, Anna

SMASH

Turn up the heat with SMASH, (Sensual Movement And Spiritual Healing). This choreographed dance and conditioning class begins with a short group discussion and then heats up with uninhibited movement to hip hop and pop music (explicit lyrics possible). It was created by a licensed clinical social worker in Montana. Get in touch with your sexy side and your soul! Bring a yoga mat.

F-DAN26.T Lifelong Learning \$35
Session-8 Day-Tu 09/05-10/24
7:00 PM-8:00 PM Eubank, Tayler

OULA.ONE

Oula.One is a heart-based, musically-inspired yoga dance fusion class. This class is done barefoot on the mat, with no jumping or impact, making it accessible to nearly all. You will journey through spinal warming and activation, balancing and strengthening, core work, stretching and relaxation. Through breath and heart opening movements and music, you will feel the stress leave your body as you become grounded in your sense of self and one-ness.

F-DAN13.R1 Lifelong Learning \$35
Session-8 Day-Th 09/07-10/26
6:00 AM-7:00 AM McCarthy, Jobyna

F-DAN13.R2 Lifelong Learning \$35
Session-8 Day-Th 09/07-10/26
5:45 PM-6:45 PM McCarthy, Jobyna

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.T Lifelong Learning \$35
Session-8 Day-Tu 09/05-10/24
4:30 PM-5:30 PM Rossmiller, Stacey

F-DAN02.W Lifelong Learning \$35
Session-8 Day-We 09/06-10/25
5:45 PM-6:45 PM Hallgrimson, Anna

F-DAN02.R Lifelong Learning \$35
Session-8 Day-Th 09/07-10/26
5:30 PM-6:30 PM Rossmiller, Stacey

F-DAN02.F Lifelong Learning \$35
Session-8 Day-Fr 09/08-10/27
4:30 PM-5:30 PM Rossmiller, Stacey

F-DAN02.M Lifelong Learning \$24
Session-7 Day-Mo 09/11-10/23
6:15 AM-7:00 AM Kirk, Melissa

F-DAN02.T1 Frenchtown \$25
Session-7 Day-Tu 09/12-10/24
6:00 PM-7:00 PM Loobey, Jennifer



BEGINNING COWBOY JITTERBUG DANCE

Learn one of the greatest dances of all time. Starting with basics into turns, spins, and pivots, this dance is easy to learn with a lot of interesting variations and changes. You and your partner will be burning up the dance floor after this class. Smooth soled shoes required. A partner is required for this class. Both will need to register and pay the tuition.

F-CD06.W Lifelong Learning \$20
Session-4 Day-We 09/06-09/27
7:00 PM-8:00 PM Corbin, Jennifer



COUNTRY COMBO: TWO STEP & SWING

Learn the basics of these two dances in this combo class where you can learn how to put them together by gliding from one to the other in the same song. We will have fun with two-step and swing turns as well as basic dips. You will impress others on the dance floor after taking this class. A partner is required and both need to register for the class.

F-CD02.M Lifelong Learning \$16
Session-3 Day-Mo 09/11-09/25
7:00 PM-8:00 PM Corbin, Jennifer

WEST COAST SWING

West Coast Swing is the most free and expressive partner dance in existence. Dynamic and playful, WCS is the sexier version of swing dance. Danced in a slot to moderate-tempo blues, R B, country and contemporary music, you will learn five basic movement patterns to start your journey into this amazing dance, including improvisation and spontaneity. A partner is required and both need to register for the class.

F-DAN28.M Lifelong Learning \$20
Session-4 Day-Mo 10/02-10/23
7:00 PM-8:20 PM Corbin, Jennifer

BEGINNING SALSA DANCE

Salsa dance uses complete spins, sharp movements and crisp turns done to an infectious rhythm. It is an energetic Latin dance for couples that is fun to learn and practice. In this class you and your partner will focus on basic footwork, dance positions and connections. A partner is required and both need to register for the class.

F-DAN10.W Lifelong Learning \$20
Session-4 Day-We 10/04-10/25
7:00 PM-8:00 PM Corbin, Jennifer

COREALIGN® 1: INTRO/ FOUNDATIONAL

This introductory class will give you the basic training you need to feel comfortable with the equipment and confident in your posture and movement to be able to participate in the other CoreAlign® classes. Proper use of equipment as well as learning the basics of core muscle activation, posture, breathing, foundational exercises, balance and safe movements using the equipment will give you the greatest benefits from this exercise program. Bring clean athletic shoes and a water bottle. This class is a prerequisite to taking CoreAlign® 2: Strength and Conditioning.

F-CA01.T1 Lifelong Learning \$150
Session-8 Day-Tu 09/05-10/24
6:45 AM-7:45 AM Holst, Jane

F-CA01.T3 Lifelong Learning \$150
Session-8 Day-Tu 09/05-10/24
5:15 PM-6:15 PM McQuarrie, Devan

F-CA01.T4 Lifelong Learning \$150
Session-8 Day-Tu 09/05-10/24
6:30 PM-7:30 PM McQuarrie, Devan

F-CA01.W1 Lifelong Learning \$150
Session-8 Day-We 09/06-10/25
6:45 AM-7:45 AM Holst, Jane

F-CA01.W2 Lifelong Learning \$150
Session-8 Day-We 09/06-10/25
8:00 AM-9:00 AM McQuarrie, Devan

F-CA01.M Lifelong Learning \$135
Session-7 Day-Mo 09/11-10/23
12:00 PM-1:00 PM McQuarrie, Devan

F-CA01.M1 Lifelong Learning \$135
Session-7 Day-Mo 09/11-10/23
5:30 PM-6:30 PM McQuarrie, Devan

F-CA01.F Lifelong Learning \$105
Session-5 Day-Fr 09/29-10/27
12:00 PM-1:00 PM McQuarrie, Devan

Why Register Early?

- Some classes fill quickly
- We can create new sections for high demand classes
- Fewer classes cancelled
- Save \$\$ with early bird discounts

COREALIGN® 2: STRENGTH AND CONDITIONING

This class will build from the Beginning/ Intermediate class to improve your overall strength, muscle conditioning, balance, and posture. Progressing at your own level, you will be introduced to a variety of exercises including core-controlled strength training, deep stress-free stretching, and functional movements that can be sports specific that will continue to challenge you, get your heart pumping and improve your overall healthy lifestyle. Bring clean athletic shoes and a water bottle. Prerequisite: Introduction to CoreAlign®, CoreAlign® 1: Intro/Foundational or Instructor approval.

F-CA02.W1 Lifelong Learning \$150
Session-8 Day-We 09/06-10/25
10:45 AM-11:45 AM Graef, Denise

F-CA02.R1 Lifelong Learning \$135
Session-7 Day-Th 09/07-10/26
11:15 AM-12:15 PM Graef, Denise



NEW COREALIGN® HAPPY HOUR

Finish the week strong! Work starts on Monday. Life begins on Friday. Your body may be tired and your mind fatigued, but this happy hour will offer you a wonderful mind and body balance. It's going to be fun, upbeat and relaxing. This introductory class will give you the basic training you need to feel comfortable with the equipment and confident in your posture and movement to be able to participate in the other CoreAlign® classes. Bring clean athletic shoes and a water bottle. This class is a prerequisite to taking CoreAlign® 2: Strength and Conditioning.

F-CA01.F2 Lifelong Learning \$105
Session-5 Day-Fr 09/29-10/27
5:15 PM-6:15 PM McQuarrie, Devan

PILATES REFORMER 1: FOUNDATIONAL

This class is designed for those new to Pilates Reformer equipment and movements and for those who want to master the basics of the Pilates Reformer experience. You will be introduced to Pilates principles as well as movement on the Pilates Reformer that will improve your flexibility, muscle tone, core strength, and posture as well as develop proper alignment, muscular balance, and safe use of the equipment. Each class will include a warm-up followed by a series of fluid exercises that encourages the mind-body connection and core control to improve overall health and fitness. No prior experience is necessary. This class is a prerequisite to taking Pilates Reformer 2: Intermediate.

F-PR01.W Lifelong Learning \$150
Session-8 Day-We 09/06-10/25
12:00 PM-1:00 PM Knell, Nora

F-PR01.R1 Lifelong Learning \$150
Session-8 Day-Th 09/07-10/26
8:30 AM-9:30 AM Knell, Nora

F-PR01.R2 Lifelong Learning \$135
Session-7 Day-Th 09/07-10/26
10:00 AM-11:00 AM Graef, Denise

F-PR01.M Lifelong Learning \$135
Session-7 Day-Mo 09/11-10/23
4:15 PM-5:15 PM Knell, Nora

PILATES REFORMER 2: INTERMEDIATE

This class is for those ready to move beyond the basics and tackle more complex and challenging exercises on the Pilates Reformer. Emphasis will be placed on individual muscle strength and improved flexibility and stability. Prerequisite: Pilates Reformer 1: Foundational or instructor approval. This class is a prerequisite to taking Pilates Reformer 3: Advanced.

F-PR02.W1 Lifelong Learning \$150
Session-8 Day-We 09/06-10/25
4:15 PM-5:15 PM Graef, Denise

F-PR02.R1 Lifelong Learning \$135
Session-7 Day-Th 09/07-10/26
4:15 PM-5:15 PM Graef, Denise

PILATES REFORMER 3: ADVANCED

This class is for those that are confident in Pilates Reformer 2: Intermediate and are ready for more physically demanding exercises. Level 3 classes will focus on mastering of Foundational Skills and is more athletic than Levels 1 and 2. Prerequisite: Must have taken Level 1 and 2 Pilates Reformer classes or instructor approval.

F-PR03.W1 Lifelong Learning \$150
Session-8 Day-We 09/06-10/25
9:30 AM-10:30 AM Graef, Denise

PILATES REFORMER 3: ADVANCED WITH STRESS RELEASE PRACTICE

This class is for those that are confident in Pilates Reformer 2: Intermediate and are ready for more physically demanding exercises. This Level 3 class will focus on mastering of Foundational Skills and is more athletic than Levels 1 and 2. After an hour of Pilates practice we'll end the class with 15 minutes of stress relieving stretching and breathwork. Prerequisite: Must have taken Level 1 and 2 Pilates Reformer classes or instructor approval.

F-PR03.W2 Lifelong Learning \$165
Session-8 Day-We 09/06-10/25
5:30 PM-6:45 PM Graef, Denise

F-PR03.R1 Lifelong Learning \$165
Session-7 Day-Th 09/07-10/26
5:30 PM-6:45 PM Graef, Denise



CYCLING AND CORE STRENGTH

Keep your heart healthy and your muscles strong in this low impact strength and conditioning class. If you are new to indoor cycling or want to spend a short time on a bike seat, this is a great class for you. Each class will consist of 20-30 minutes on the bike and 20-30 minutes of core strength conditioning exercises utilizing a variety of equipment. Wear athletic clothes/shoes and bring a water bottle and sweat towel. This class is designed for all fitness levels as you can easily modify the exercises to meet your goals.

F-CYC06.T Lifelong Learning \$40
Session-8 Day-Tu 09/05-10/24
12:00 PM-1:00 PM Knell, Nora

CYCLING AND MAT PILATES

Keep your heart healthy and your muscles strong in this low impact strength and core conditioning class. If you are new to indoor cycling or want to spend a shorter time on a bike seat, this is a great class for you. Each class will consist of 30 minutes on the bike and 30 minutes of core conditioning through Mat Pilates. Wear athletic clothes/shoes and bring a water bottle and sweat towel. This class is designed for all fitness levels as you can easily modify the exercises to meet your goals.

F-CYC21.W Lifelong Learning \$40
Session-8 Day-We 09/06-10/25
8:15 AM-9:15 AM Graef, Denise

CYCLE CHALLENGE

Kick it up a notch in this class that incorporates basic to intermediate techniques with a focus on proper form, riding techniques, and offers more challenging options for experienced riders. Challenge yourself to increase your endurance and speed, while exploring both aerobic and anaerobic training. Bring a sweat towel, water bottle, and heart rate monitor if you have one.

F-CY02.M1 Lifelong Learning \$36
Session-7 Day-Mo 09/11-10/23
4:30 PM-5:30 PM Cook, Tina

EASY RIDER INDOOR CYCLING

Cycling is a low impact exercise that promotes cardiovascular fitness, muscular endurance, and stress reduction. Whether you are new to cycling or a have spent many hours in the saddle, this class will satisfy your soul. You will be able to work at your own pace, while enjoying some great music, get your heart rate up, and challenge your muscles in this class. Bring a sweat towel and water bottle and wear athletic clothes and shoes.

F-CYC20.T Lifelong Learning \$25
Session-8 Day-Tu 09/05-10/24
9:45 AM-10:15 AM Finnerty, Ashley

F-CYC20.R Lifelong Learning \$25
Session-8 Day-Th 09/07-10/26
9:45 AM-10:15 AM Knell, Nora



CYCLE BLAST

Nothing fancy here--just a fantastic heart-pumping workout! Taught on an indoor cycle, you will climb, sprint and train to incredible music and extraordinary instruction. Just 45 minutes, you'll be done in no time! Bring a sweat towel, water bottle and heart rate monitor if you have one.

F-CYC09.W Lifelong Learning \$33
Session-8 Day-We 09/06-10/25
6:00 AM-6:45 AM Blakely, Molly

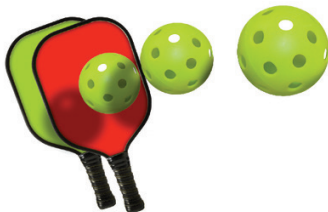
INDOOR CYCLE TRAINING

Bring your outdoor training inside to stay in shape through the cooler months! Using a variety of training techniques, you will simulate hill climbs, intervals and "fast flats" to improve your strength and conditioning on your bike.

F-CYC13.R Lifelong Learning \$40
Session-8 Day-Th 09/07-10/26
6:45 PM-7:45 PM Cook, Tina

INTRODUCTION TO PICKLEBALL-INDOOR

New to Pickleball? Want to see what the hype is all about? Join us for this introductory class and learn what Pickleball is and how to play. This fast-growing sport is easy to learn and fun for everyone! You will learn the rules and scoring in an easy, fun, and stress-free environment that will have you playing in no time. This class is designed for players with minimal knowledge, just learning how to serve and developing a fore-hand. Wear athletic attire and court or tennis shoes. All of the equipment will be provided.



F-PB01.F1 Lifelong Learning \$44
Session-8 Day-Fr 09/08-10/27
12:45 PM-1:45 PM Bentham, Renee

F-PB01.F2 Lifelong Learning \$44
Session-8 Day-Fr 09/08-10/27
5:45 PM-6:45 PM Lerew, Dory

BEGINNING PICKLEBALL

Continue to improve your Pickleball skills and build your game confidence! In this beginning class, you will review the rules, practice, and improve your skills. Class time will include drills and coached gameplay. This class is designed for players that can demonstrate the basic shot strokes--forehand, back-hand, volley, overhead, and serve, and is familiar with court positioning in doubles play. This is great follow up class after Introduction to Pickleball. Wear athletic attire and court or tennis shoes. All equipment will be provided. You are welcome to bring your paddle.

F-PB11.R1 Lifelong Learning \$44
Session-8 Day-Th 09/07-10/26
12:00 PM-1:00 PM Kendall, William

F-PB11.R2 Lifelong Learning \$44
Session-8 Day-Th 09/07-10/26
1:05 PM-2:05 PM Kendall, William

F-PB11.F1 Lifelong Learning \$44
Session-8 Day-Fr 09/08-10/27
8:30 AM-9:30 AM Cook, David

F-PB11.F2 Lifelong Learning \$44
Session-8 Day-Fr 09/08-10/27
1:50 PM-2:50 PM Bentham, Renee

F-PB11.M1 Target Range School \$40
Session-7 Day-Mo 09/11-10/23
6:00 PM-7:00 PM Cook, David

F-PB11.M2 Hellgate EL/MID School \$40
Session-7 Day-Mo 09/11-10/23
6:00 PM-7:00 PM Lerew, Dory

INTERMEDIATE PICKLEBALL

Take your Pickleball skills to the next level! Class time will include drills and coached gameplay. This class is designed for players who have a firm grasp on the rules and are wanting to improve their decision making, physical ability and strategies. Wear athletic attire and court or tennis shoes. All equipment will be provided. You are welcome to bring your paddle. Prerequisite: Beginning Pickleball or equivalent experience.

F-PB12.R1 Lifelong Learning \$62
Session-8 Day-Th 09/07-10/26
2:10 PM-3:40 PM Kendall, William

F-PB12.F1 Lifelong Learning \$62
Session-8 Day-Fr 09/08-10/27
9:35 AM-11:05 AM Cook, David

F-PB12.F2 Lifelong Learning \$62
Session-8 Day-Fr 09/08-10/27
11:10 AM-12:40 PM Cook, David

F-PB12.F3 Lifelong Learning \$62
Session-8 Day-Fr 09/08-10/27
6:50 PM-8:20 PM Lerew, Dory

F-PB12.M1 Target Range School \$58
Session-7 Day-Mo 09/11-10/23
6:00 PM-7:30 PM Cook, David

F-PB12.M3 Hellgate EL/MID School \$58
Session-7 Day-Mo 09/11-10/23
7:05 PM-8:35 PM Lerew, Dory

F-PB12.M2 Target Range School \$58
Session-7 Day-Mo 09/11-10/23
7:30 PM-9:00 PM Cook, David

FRENCHTOWN

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.T1 Frenchtown \$25
Session-7 Day-Tu 09/12-10/24
6:00 PM-7:00 PM Loobey, Jennifer

SHINE DANCE FITNESS

SHiNE Dance is a mood-lifting, heart-pounding experience that will leave you feeling strong, confident and connected. SHiNE Dance fitness combines the best of strength-based, body-weight exercises with simple dance moves which is a perfect balance of cardio and conditioning for a full body workout and mind reset. Wear athletic clothes and shoes. Bring a water bottle, sweat towel, and be ready to SHiNE!

F-DAN21.H Frenchtown \$22
Session-6 Day-Th 09/14-10/26
6:30 PM-7:30 PM Hallgrimson, Anna

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.M9 Frenchtown \$39
Session-5 Day-Mo 09/18-10/16
5:45 PM-6:45 PM Cash, Pearl

SPANISH PART 1

Spanish Part 1 is an introduction to Spanish language class that is designed for students who have little to no experience. This course will set a foundation in listening, speaking, and reading skills in Spanish, with a specific focus on nouns, adjectives, subject pronouns, and interrogative words. These grammar points will be practiced and reinforced through interactive activities, exercises, and conversational drills. You will engage in communication exercises that encourage active participation and improve your speaking and listening comprehension skills.

L-SP13.1 Frenchtown \$90
Session-6 Day-Tu 09/19-10/24
5:30 PM-7:30 PM Delaney, Liz

FRENCHTOWN



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Investing in Your Personal and Professional Growth.

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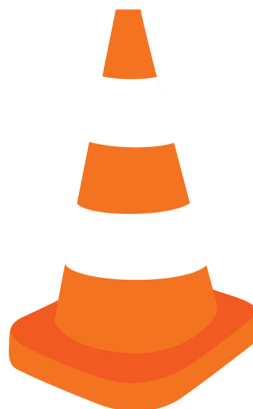
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Katherine.lechman@mso.umt.edu



Are you over 55 and struggling to find a job?

Let SCSEP help you get back in the workforce.

Easterseals-Goodwill's Senior Community Service Employment Program (SCSEP) helps eligible low-income seniors:

- Learn in-demand job skills
- Gain paid on-the-job training and work experience at local non-profit agencies
- Find employment in the community

**Learn more about these free services and
see if you qualify.**

**Call 406-493-2408 or
Visit www.esgw.org/scsep**



Easterseals-Goodwill
Senior Community Service Employment Program
www.esgw.org/scsep

HiSET® Testing

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 is 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.
- Call 406-549-8765 for the 16 yr old waiver form and more information.
- 17-18 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 PSI ID number from your HiSET online account to LLC to have your account unblocked so you can schedule your test.



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 to HiSET.org
- Schedule your tests within 24 hours before the first test session
- Test frequently fill up early
- Call 1-800-367-1565 if you need assistance

Am I ready to test?

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

Scroll to the bottom of the website to view practice tests. <https://test-takers.psiexams.com/hisetmontana>

If you need additional support in preparation for the exam, enroll in our Academic Success Program.

What do I 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, this is separate from the HiSET fee paid online)
- 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 scheduled?

The Lifelong Learning Center is located at 310 S Curtis St (off of 3rd Street). Call us at 406-549-8765 if you have questions.

Aug. 8, 24, Sept. 22, Oct. 20

Other times and dates can be found at www.HiSET.org

How do I get my test scores?

You can get an unofficial score at the end of each test, except for writing. The writing test is scored between 5-10 business days. 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 Office of Public Instruction (O.P.I.) will mail you the High School Equivalency Diploma.

Dream it. Learn it.

Academic Success Program

We Can Help You....

- Complete the High School Equivalency Test (HiSET)
- Succeed in college, training and apprenticeships
- Find and keep a job that works for you
- Learn English

Learn More.....Call 406-549-8765

The Academic Success Program offers free classes in reading, science, social studies, math, writing, and computer literacy to help you prepare for the HiSET, college level math and writing, training and apprenticeship programs and work. Classes are offered in person and virtually using Zoom. You will learn at your own pace and set a schedule that works for you at any of the locations below.

Call 406-549-8765 to sign up for a new student enrollment session. Current students can enroll through an advisor.

- Missoula: Mon.-Thurs., morning to early afternoon and Mon.-Wed. evening.
- Frenchtown High School: Virtual using Zoom classes available.
- Hamilton: Mon-Thurs., Signal Square Building 127 West Main #C and by appointment, call 406-830-0219.

For English Language Learners

English classes provide an opportunity to learn about American culture, civics, government, education, citizenship and technology (computers) while you learn English. There are opportunities to practice speaking, listening, reading and writing to pursue your goals.

These Free English classes are offered weekdays and evenings at the Lifelong Learning Center in person and virtually using Zoom. Please call 406-549-8765 for enrollment information.

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Questions?

Call 549-8765 during office hours 8:30 AM-7:00 PM,
Mon-Thurs, 8:30 AM - 6:00 PM on Fridays.

24 Hour Satisfaction Guarantee

If you attend the first class or the first hour of a one-session class and the class did not meet your expectations, you may receive a full refund or credit if you notify us within 24 hours.

Cancellation & Refund Policy

- Cancellations 96 hours prior to the class start time will receive a 100% refund
- Cancellations less than 96 hours prior to the class start time will receive a 75% refund
- Should the Adult Education Office cancel a class you will be notified and receive a 100% refund
- Classes held at school district locations that close due to inclement weather or mandatory shutdowns will be canceled. Announcements will be made on local radio and TV. Refunds may not be available if classes cannot be rescheduled. The Lifelong Learning Center classes will meet at regularly scheduled times when K-12 facilities announce a "delayed start".

Participation and Age Requirements

Students must be at least 16 years of age to attend adult education classes. Auditing or viewing classes is not permitted. Children are not permitted to accompany parents to classes unless it is a parenting class and specified in the description. MCPS Adult Education may produce and/or participate in web-based, television, videotape, audio recordings and still photograph productions that use student's name, likeness or voice. You may opt out from participating by completing the OPT OUT form prior to the first day of your class.

Bookstore

The Lifelong Learning Center Bookstore carries an inventory of most required Textbooks. Sorry-no refunds on book purchases.

Special Needs

If you require special services (i.e. access to elevators, sign language interpreters, etc.) call the Adult Education office at 549-8765 two weeks before the class begins or if registering prior to that, at the time of registration.

Disclaimer

This class schedule is published for informational purposes only. Although every effort is made to ensure accuracy at the time of publication, it shall not be construed to be an irrevocable contract between the student and MCPS. MCPS reserves the right to cancel classes or make any changes in the content and provisions of this class schedule without notice.

Policy of Nondiscrimination

MCPS Adult Education Division is committed to provide all persons 16 years of age and older an equal opportunity for education, employment and participation in Adult and Continuing Education activities without regard to race, color, religion, national origin, sex, marital status, or handicap. Inquiries concerning Title IX may be referred to Jodie Rasmusen at 406-549-8765.

Easy Ways To Register...

Payment is due at the time of registration.
On The Web 24/7
www.MissoulaClasses.com

By Mail

- Mail Registration Form and Tuition to Adult Education 310 South Curtis St, Missoula, MT 59801

By Fax

- You can Fax your registration form to 523-4000, 24 hours a day, 7 days a week



By Phone

- Call (406)549-8765 and be prepared to provide all of the information on the Registration Form for each person registering. Pay with Visa, Mastercard AE, or Discover.



In Person

- Bring completed Registration Form to the Adult Education office at 310 S. Curtis St, Missoula, MT
- Office hours are 8:30 AM-7:00 PM Mon-Thurs, 8:30 AM - 6:00 PM on Fridays



Online Class Registration

- Registration for online classes are conducted online only at:

<https://careertraining.ed2go.com/learningcenter>

www.ed2go.com/learningcenter

<http://yougotclass.org/catalog.cfm/>
Missoula

Register Now!

REGISTRATION FORM

First Name

Last Name

Home Address

City

State

Zip

Phone

Email

1st Choice

2nd Choice

Class Title

Class #

Class #

Fee

Register 7 Days Before Class Starts and Deduct \$5 Per Class

Total Fee

Method of Payment

☐ Check Payable to: Adult Education

☐ Visa / Mastercard _____ - _____ - _____ - _____

Expiration Date _____ / _____ CVV#: _____

Signature _____

Cash, Authorizations, PO's and Requisitions require in-person registration

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