

THE LIFELONG LEARNING CENTER

COURSE CATALOG



NOVEMBER & DECEMBER 2023





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HOLIDAY CLASSES

UKULELE - HOLIDAY SONGS

Holiday songs galore! If you have taken Beginning Ukulele I or know some chords, this is the place to be! This class is like a jam session with a lot of playing and singing and is designed around lyric and chord sheets. Learn how to add an intro so everyone starts together, a couple of fancy strums to jazz up your favorite Holiday tune, and a snazzy ending.

M-UK03 Lifelong Learning \$73
Session-6 Day-Mo 11/06-12/11
7:00 PM-8:30 PM Evock, Michael

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

NEW MULTIMEDIA ILLUSTRATION FOR HOLIDAY CARDS

Create a set of beautiful holiday greeting cards that are unique and handcrafted to share with friends and family. This class will focus on holiday themes that are a gift all on their own! All supplies are included, and all levels are welcome!

A-DR28 Lifelong Learning \$60
Session-3 Day-We 11/01-11/15
6:00 PM-8:00 PM South, Christine



HOLIDAY GIFT - EARRING CLASS

In this fun, creative, half-day class, you will learn a few simple tricks for making earrings out of copper- accented with silver and beads. No experience is necessary. Make a couple of pairs as holiday gifts, then make a pair or two for yourself. It is all about fun and tapping into the creative process. All supplies are included, and all levels are welcome.

A-JE26 Lifelong Learning \$53
Session-1 Day-Th 12/07-12/07
5:30 PM-8:30 PM Miller, Dona

NEW INTRODUCTION TO LOOPY BEAD EARRINGS

Creating beaded jewelry is fun, meditative, and beautiful! In this one-night class, you will learn how to make a set of fringe earrings! You will use size 11/0 seed beads, crimp beads, and flex wire to string "fringy" long loops, creating a pair of earrings that will be talked about and loved! This is an opportunity to play in color and leave with a finished product just after a few hours! All supplies are included, and all levels are welcome!

A-JE30 Lifelong Learning \$43
Session-1 Day-Mo 12/04-12/04
5:30 PM-8:00 PM GhenSimpson,Katie



NEW INTRODUCTION TO SOLDERING: STERLING WIRE RING TRIO

This single evening class will teach you the basics of silversmithing. You will learn the ins and outs of forging a ring shank, filing, soldering, and more. Using a 14 gauge sterling wire, students will make up to 3 sterling wire stacker rings in this class. This is a great introductory class to find out if you want to learn the art of silversmithing! Tools and materials are all provided.

A-JE29 Lifelong Learning \$78
Session-1 Day-Mo 11/13-11/13
5:30 PM-8:00 PM GhenSimpson, Katie

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 DYI (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 \$38
Session-1 Day-Tu 10/17-10/17
6:00 PM-8:00 PM Thorson, Barbara

NEW WRAPPED STAR ORNAMENTS

Wrapped star ornaments using paper, cardboard, and thread, the students will learn to make star-shaped ornaments that can be used for winter festivities or as embellishments for jewelry and other accessories. No sewing is required. All supplies are included, and all levels are welcome.

A-CR23 Hellgate EL \$33
Session-1 Day-Tu 11/14-11/14
6:00 PM-8:00 PM Morrison, Barbara

NEW HOLIDAY COOKING WITH BOB ZIMORINO

Are you looking for something besides prime rib for your Christmas dinner? How about an Italian Classic guaranteed to wow your friends and family? Bird in the Nest fits the bill (pardon the pun). Uccello Nel Nido (Bird In The Nest) is a chicken breast stuffed with three kinds of cheese, spinach, and various flavorful options like Italian sausage, caramelized onions, and more! The dish is wreathed with broccoli, topped with alfredo, and served on a bed of spinach fettuccine. As an appetizer, savory Brussels sprouts are accompanied by almonds, garlic, and Manchego cheese. The meal continues with a spinach salad featuring roasted pecans and strawberries in a balsamic vinaigrette. Finally, indulge in a delectable Chocolate Ganache dessert.

FC-HO87 Big Sky HS \$80
Session-1 Day-Tu 12/12-12/12
5:30 PM-9:30 PM Zimorino, Bob

Why Register Early?

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

COMPUTER

CUSTOMIZED TECHNOLOGY TRAINING

Are you 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 our digital world using critical thinking and technical skills. You will learn to use technology like smartphones, computers, 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-Mo 10/30-11/20
1:00 PM-4:00 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 programmed with 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

C-PC07.2 Lifelong Learning \$148
Session-3 Day-Mo 11/27-12/11
1:00 PM-4:00 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

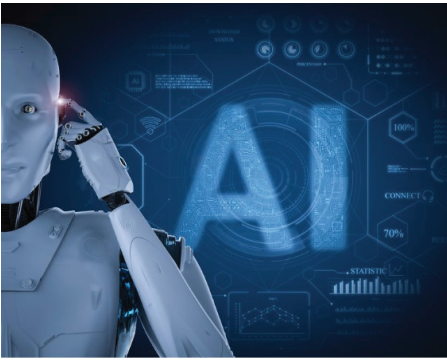
C-PC03.2 Lifelong Learning \$58
Session-1 Day-Mo 12/18-12/18
1:00 PM-4:00 PM Enos, Darren

CLEAN UP & SPEED UP YOUR PC

Is your 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

C-FIX02.2 Lifelong Learning \$58
Session-1 Day-Th 12/21-12/21
9:00 AM-12:00 PM Enos, Darren



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 work and have 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

C-AI01.2 Lifelong Learning \$58
Session-1 Day-We 12/06-12/06
1:30 PM-4:30 PM Enos, Darren

NEW BITCOIN BASICS

Unravel the mysteries of the digital currency world with "Bitcoin Basics." Tailored for adults with minimal technological exposure, this course explains complex concepts into easily digestible lessons. Delve into the essentials of cryptocurrencies, understand their significance in today's financial landscape, and gain the confidence to navigate the crypto realm. There is no tech jargon, just plain and simple explanations.

B-FI11 Lifelong Learning \$58
Session-1 Day-Fr 11/10-11/10
9:00 AM-12:00 PM Enos, Darren

FACEBOOK MARKETPLACE

This course will prepare you to use Facebook Marketplace. You will learn to buy, sell, and navigate the digital platform effectively. Whether you want to declutter, find treasures, or start a small business, the course will provide insider tips, best practices, and safety guidelines to enhance your Marketplace experience.

C-WEB04 Lifelong Learning \$58
Session-1 Day-We 11/08-11/08
1:30 PM-4:30 PM Enos, Darren

NEW PROTECTING YOUR BUSINESS ONLINE

Learn to protect your business! Cyber attacks on small businesses are more prevalent than ever. 61% of small to medium businesses in the US experienced a cyberattack just last year. It is no longer a question of if but when. Are you prepared for a cyberattack? This course will prepare you for the unexpected by covering proactive defense, risk/threat mitigations, and recovery plans.

C-IT04 Lifelong Learning \$148
Session-3 Day-Th 11/30-12/14
1:00 PM-4:00 PM Enos, Darren

NEW PROTECTING YOUR IDENTITY ONLINE

In today's digital age, our online presence is equivalent to our physical one. Yet, many are unaware of the potential risks of using the internet. "Protecting Your Identity Online" is a beginner-friendly course designed for adults who may not be tech-savvy. With straightforward language, real-world examples, and easy-to-follow steps, you will learn essential practices to safeguard your personal information and ensure its digital well-being.

C-IT05 Lifelong Learning \$58
Session-1 Day-Fr 11/03-11/03
9:00 AM-12:00 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 increase their 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-Tu 10/31-11/14
9:00 AM-12:00 PM Enos, Darren



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

B-MA05 Lifelong Learning \$21
Session-1 Day-Th 11/16-11/16
8:30 AM-10:30 AM Humphreys, Shelby

B-MA05.3 Lifelong Learning \$21
Session-1 Day-Tu 12/12-12/12
11:00 AM-1:00 PM Humphreys, Shelby

HTML & CSS

Welcome to the world of web development! This class will explore HTML and CSS, the core languages that define all websites. You will explore best practices and common mistakes firsthand with in-class exercises and projects. You will build your 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-Tu 11/21-11/28
9:00 AM-12:00 PM Enos, Darren





PYTHON BOOTCAMP

High-level programming languages like Python are useful tools for anyone working in technology. With Python's intuitive syntax and platform-agnostic runtime environment, you can start writing functional code without 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

C-WEB24.2 Lifelong Learning \$148
Session-3 Day-Th 11/02-11/16
9:00 AM-12:00 PM Enos, Darren

NEW PYTHON LEVEL 2

This course is for those who have completed Python Bootcamp and want to learn more about Python. You will learn advanced programming paradigms, best practices, and techniques to build robust and efficient applications. After completing this course, you will be ready to take on more complex projects and challenges in Python. Prerequisites for this course include Python Bootcamp or equivalent experience.

C-WEB34 Lifelong Learning \$148
Session-3 Day-Th 11/30-12/14
9:00 AM-12:00 PM Enos, Darren



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. By leveraging these languages, we will produce responsive web page designs and bring our user experience to the next level. Prerequisite: HTML CSS or equivalent experience.

C-WEB30 Lifelong Learning \$148
Session-3 Day-Tu 12/05-12/19
9:00 AM-12:00 PM Enos, Darren

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 manage and track changes to the codebase, collaborate with other developers, and handle complex branching and merging scenarios. This class is for beginners and 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

C-WEB33.2 Lifelong Learning \$58
Session-1 Day-We 12/20-12/20
1:30 PM-4:30 PM Enos, Darren

IPHONE AND IPAD BASICS

Are you thinking about getting an iPad? Did you get an iPhone and can't remember everything the clerk told you before you left 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. You are welcome to bring your device or use one from our classroom.

C-AP03 Lifelong Learning \$58
Session-3 Day-Tu 10/31-11/14
1:00 PM-3:00 PM Enos, Darren

INTRO TO MAC

Learn basic and MacOS tasks in this Intro to Mac course. You will examine and explore the user interface elements and manage files and folders so that you can retrieve files. Browse the Internet 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-Tu 11/21-12/05
1:00 PM-3:00 PM Enos, Darren

EMAIL AND OTHER GOOGLE APPS

Work with all the Google apps 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 Google Drive or a shared drive. You will learn to create, save, and share documents and spreadsheets. Cover how to set up and use the calendar feature, join or host a meeting, and manage 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

C-WEB05.2 Lifelong Learning \$103
Session-2 Day-Tu 12/12-12/19
1:00 PM-4:00 PM Enos, Darren

GETTING STARTED WITH EXCEL

Learn to use MS Excel from the beginning. This course introduces the program and teaches its essential uses, tools, and features. Including an introduction to worksheets - formatting sheets and cells, numbers, dates, and basic calculations; rearranging data - working with rows, cells, and columns; managing multiple worksheets, common formulas, and 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-Th 11/02-11/16
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

C-EX01.2 Lifelong Learning \$143
Session-1 Day-Fr 12/01-12/01
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

C-EX02.2 Lifelong Learning \$143
Session-1 Day-Fr 12/15-12/15
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-We 11/01-11/15
9:00 AM-12:00 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 the desktop versions. We will discuss importing data and setting up your company, identify best practices and navigate QuickBooks Online, create an estimate and invoice, receive payment, create 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. The class includes an online trial QuickBooks subscription. Prerequisite: Intro to PC or equivalent skills.

C-QB06 Lifelong Learning \$106
Session-3 Day-We 11/29-12/13
9:00 AM-12:00 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

**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** 



BUSINESS

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

B-MA05 Lifelong Learning \$21
Session-1 Day-Th 11/16-11/16
8:30 AM-10:30 AM Humphreys, Shelby

B-MA05.3 Lifelong Learning \$21
Session-1 Day-Tu 12/12-12/12
11:00 AM-1:00 PM Humphreys, Shelby

NEW PROTECTING YOUR BUSINESS ONLINE

Learn to protect your business! Cyber attacks on small businesses are more prevalent than ever. 61% of small to medium businesses in the US experienced a cyberattack just last year. It is no longer a question of if but when. Are you prepared for a cyberattack? This course will prepare you for the unexpected by covering proactive defense, risk/threat mitigations, and recovery plans.

C-IT04 Lifelong Learning \$148
Session-3 Day-Th 11/30-12/14
1:00 PM-4:00 PM Enos, Darren

SAVE \$5.00
Per Class with
Early Bird Registration!

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 EVERYDAY NEGOTIATION SKILLS

Are you ready to transform everyday interactions into successful negotiations? In our fast-paced lives, negotiation is an essential skill, whether it's resolving conflicts with loved ones or making deals in the workplace. This workshop equips you with a powerful approach to navigating daily negotiations with confidence. Drawing inspiration from the New York Times Bestselling book, "Getting to Yes: Negotiating Agreement Without Giving In" by William Ury and Roger Fisher, this course introduces the "Principled Negotiating" framework. You'll learn how to turn potentially confrontational conversations into collaborative problem-solving sessions, ensuring that both parties walk away satisfied.

B-MA07 Lifelong Learning \$43
Session-2 Day-Fr 01/12-01/19
9:00 AM-11:30 AM O'Connell, Clare

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

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 Msia College-W Campus \$418
Session-10 Day-Tu 01/09-03/12
6:30 PM-9:30 PM Schonbachler, Soren

REGISTER TODAY



JOB SITE READY

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- \$750/participant
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LANGUAGE

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-7 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 2

Beginning French course 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 developing communication skills and on increasing awareness of cultures in the French-speaking world. Prerequisite: Beginning French I or 20 hours of formal study.

L-F09 Lifelong Learning \$155
Session-10 Day-Fr 01/12-03/15
9:00 AM-11:00 AM Lokowich, Anna

BEGINNING FRENCH 4

Beginning French course 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 developing fluency and increasing awareness of cultures in the French-speaking world. Prerequisite: Beginning French 3 or 60 hours of formal study. (1+ semester of College French)

L-F11 Lifelong Learning \$155
Session-10 Day-Fr 01/12-03/15
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 01/11-03/14
4:00 PM-6:00 PM Lokowich, Anna

L-F12Z Virtual \$155
Session-10 Day-Th 01/11-03/14
4:00 PM-6:00 PM Lokowich, Anna

COOKING

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

CHEESE TASTING

Learn how and where many of our favorite cheeses are made and the different categories and types. You will learn how to prepare and present cheese boards for friends and family and explore the best accompaniments. At the end of class, we will all taste delicious cheeses and practice identifying flavor profiles.

FC-HO79 Lifelong Learning \$35
Session-1 Day-Fr 11/03-11/03
6:00 PM-8:00 PM Kunkle, Tandy

SWEET AND SAVORY ARTISAN BREADS

Sweet and Savory Artisan bread class will introduce you to the world of home-made, fresh, crusty, deliciously rustic breads! You will have the opportunity to see the dough in its various stages of the process, learn how to shape and score the loaves, and eat a sweet and savory slice of this delicious bread warm from the oven. After 2 hours of hands-on learning, you will have created your dough to bake at home the following day. Expect step-by-step, interactive instruction, time for asking questions, and warm bread on the way out. 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 11/08-11/08
6:00 PM-8:30 PM Wright, Kellie

SOURDOUGH BAKING 101

Are you intimidated by sourdough starter and bread baking in your 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 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 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 12/08-12/08
9:00 AM-12:00 PM Hawkins-Pinchers, Sarah

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

YOU AND YOUR CHILD: CHRISTMAS CUPCAKE DECORATING!

Would you like to learn how to create beautifully decorated Christmas cupcakes? Then bring that special child in your life (8+ years) and join this hands-on class that will teach you how to decorate cupcakes- just in time for the holiday season. Working together, you and your child will mix icing colors, learn to load and prepare bags, try different decorating techniques, and more! Leave the baking to us while you and your child create delicious cupcakes to share with family, teachers, or friends. One child per adult. No childcare is available.

P-PC27 Lifelong Learning \$41
Session-1 Day-Sa 12/16-12/16
12:00 PM-2:00 PM McClain, Jasmine

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 papa (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 HS \$37
Session-1 Day-Sa 10/07-10/07
10:00 AM-12:00 PM Gomez, Marilyn



NEW RISE & WRAP: A MEXICAN BREAKFAST BURRITO WORKSHOP

Vamos! Awaken your senses and dive spoon-first into the vibrant world of Mexican breakfasts! In this fun, hands-on cooking adventure, you will unravel the secrets behind the beloved Chorizo con Papas (spicy sausage with potatoes). A cherished morning classic that has warmed countless Mexican homes for generations. As we cook, we will learn more about Mexican culture, traditions, and the Spanish language. Don't forget to bring a dish—you will want to savor some of this homemade magic later!

FC-HO86 Big Sky HS \$43
Session-1 Day-Sa 11/18-11/18
10:00 AM-12:00 PM Gomez, Marilyn

NEW HOLIDAY COOKING WITH BOB ZIMORINO

Are you looking for something besides prime rib for your Christmas dinner? How about an Italian Classic guaranteed to wow your friends and family? Bird in the Nest fits the bill (pardon the pun). Uccello Nel Nido (Bird In The Nest) is a chicken breast stuffed with three kinds of cheese, spinach, and various flavorful options like Italian sausage, caramelized onions, and more! The dish is wreathed with broccoli, topped with alfredo, and served on a bed of spinach fettuccine. As an appetizer, savory Brussels sprouts are accompanied by almonds, garlic, and Manchego cheese. The meal continues with a spinach salad featuring roasted pecans and strawberries in a balsamic vinaigrette. Finally, indulge in a delectable Chocolate Ganache dessert.

FC-HO87 Big Sky HS \$80
Session-1 Day-Tu 12/12-12/12
5:30 PM-9:30 PM Zimorino, Bob

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



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 in 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

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 11/27-12/18
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

SAVE \$5.00

Per Class with
Early Bird Registration!

MUSIC & PHOTOGRAPHY

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. Throughout the session, 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 11/01-12/13
7:00 PM-8:30 PM Wallace, James

UKULELE - HOLIDAY SONGS

Holiday songs galore! If you have taken Beginning Ukulele I or know some chords, this is the place to be! This class is like a jam session with a lot of playing and singing and is designed around lyric and chord sheets. Learn how to add an intro so everyone starts together, a couple of fancy strums to jazz up your favorite Holiday tune, and a snazzy ending.

M-UK03 Lifelong Learning \$73
Session-6 Day-Mo 11/06-12/11
7:00 PM-8:30 PM Evock, Michael

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 practice, 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-Tu 11/07-12/12
7:00 PM-8:30 PM Evock, Michael

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. 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

ANALOG COLLAGE

Analog Collage is an affordable and enjoyable form of art that allows you to convey your thoughts, emotions, and messages by arranging discovered images, textures, patterns, and colors. This course is suitable for beginners with no prior art or collage experience. You will be taught different techniques for making analog collages, such as sourcing materials and preparing images, as well as discovering your unique style and expressing themes creatively. The class provides all the necessary supplies, and all skill levels are welcome.

A-CR16 Lifelong Learning \$38
Session-1 Day-Sa 11/04-11/04
9:00 AM-12:00 PM Smith, Noelle



NEW COLLAGE ANIMAL PORTRAITS

Collage is a fun and creative way to create unique and sometimes surreal works of art. You will transform your favorite pet or animal by merging it with a new body and scene. Turn your beagle into a ballerina or transform a raccoon into royalty. This class is beginner-friendly and perfect for those with little or no experience with art or collage. By the end of class, you will have created at least one 5x7 scene suitable for display or even turning into a one-of-a-kind greeting card. All supplies are included, and all levels are welcome!

A-CR20 Lifelong Learning \$38
Session-1 Day-Sa 12/16-12/16
9:00 AM-12:00 PM Smith, Noelle

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 \$38
Session-1 Day-Tu 10/17-10/17
6:00 PM-8:00 PM Thorson, Barbara

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 from Mickey prior to the class for ideas of what you can bring to upcycle 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

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-CR24 Hellgate EL \$42
Session-1 Day-Tu 10/24-10/24
6:00 PM-8:30 PM Morrison, Barbara

FINGER PUPPETS

Learn how to make a crew of characters from found objects, beads, and fabric. The basic structure is easy and can be adapted to create different characters. We will use paint and glue, so wear suitable clothing. All supplies are included, and all levels are welcome.

A-CR22 Hellgate EL \$33
Session-1 Day-Tu 11/07-11/07
6:00 PM-8:00 PM Morrison, Barbara

NEW WRAPPED STAR ORNAMENTS

Wrapped star ornaments using paper, cardboard, and thread, the students will learn to make star-shaped ornaments that can be used for winter festivities or as embellishments for jewelry and other accessories. No sewing is required. All supplies are included, and all levels are welcome.

A-CR23 Hellgate EL \$33
Session-1 Day-Tu 11/14-11/14
6:00 PM-8:00 PM Morrison, Barbara



ANYONE CAN DRAW

Learn to draw using tried and true techniques. After spending the day in this class, you will never again say, "I can't draw!" Practice contour, gesture, and value drawing from real life and photographs. All supplies are included, and all levels are welcome!

A-DR03 Lifelong Learning \$110
Session-6 Day-Th 11/02-12/14
1:00 PM-3:00 PM Miller, Scott

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. Jason C. Poole, a Paleontological Illustrator, guide and inform the artist to create life-like reconstructions of these long-extinct animals with dinosaur skeletal anatomy. Poole has illustrated for National Geographic Magazine as well as many Natural History museums around the world. All supplies are included, and all levels are welcome.

A-DR21 Lifelong Learning \$90
Session-5 Day-Tu 11/07-12/05
6:00 PM-8:00 PM Poole, Jason

DRAWING BIRDS

Spend your evening learning to create a beautifully drawn bird masterpiece. You will be observing museum specimens of birds. Each class will develop your skills in drawing. From skeletons to feathers to birds in motion. Using pencil, ink, and optional colored pencil, you will bring home an 8x10 piece of art ready to show off! All supplies are included, and some basic drawing skills will be helpful.

A-DR29 Lifelong Learning \$65
Session-3 Day-Tu 01/16-01/30
6:00 PM-8:00 PM Poole, Jason

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 are included.

A-DR08 Lifelong Learning \$130
Session-6 Day-We 11/08-12/20
6:30 PM-8:30 PM Miller, Scott

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 SKETCH LIKE A PRO!

From basic to advanced techniques learn how to communicate using sketchbook. Discover how to unlock your drawing abilities using pencil, pen and ink. Expand your visual thinking! Create works from imagination to reality. From beginners to seasoned sketchers you will build your drawing skills. All materials provided.

A-DR30 Lifelong Learning \$105
Session-6 Day-Fr 11/03-12/15
4:30 PM-6:30 PM Poole, Jason

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 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 different visual mediums. By the end of class, you will apply incredible stories to paper and preserve the memories of a lifetime. All supplies are included, and all levels are welcome!

A-DR13 Lifelong Learning \$110
Session-6 Day-We 11/01-12/13
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 will be focused on bringing an initial concept through ideas, experimentation, sketching, value study, materials analysis, and execution. The final deliverable for the class is one complete illustration with all the development work. Through lectures, materials demonstrations, in-class exercises, and thoughtful homework assignments, you will create illustrations that communicate! All supplies are included, and all levels are welcome!

A-DR26 Lifelong Learning \$105
Session-6 Day-Mo 11/06-12/11
12:00 PM-2:00 PM Kunkle, Tandy

NEW MULTIMEDIA ILLUSTRATION FOR HOLIDAY CARDS

Create a set of beautiful holiday greeting cards that are unique and handcrafted to share with friends and family. This class will focus on holiday themes that are a gift all on their own! All supplies are included, and all levels are welcome!

A-DR28 Lifelong Learning \$60
Session-3 Day-We 11/01-11/15
6:00 PM-8:00 PM South, Christine

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

SAVE \$5.00

Per Class with
Early Bird Registration!

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 watercolor masterpieces. All supplies are included, and all levels are welcome.

A-PA01 Lifelong Learning \$115
Session-6 Day-Tu 10/31-12/05
6:00 PM-8:00 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, creating profound and compelling compositions. All supplies are included, but you are welcome to bring your own, and all levels are welcome!

A-PA41 Lifelong Learning \$115
Session-6 Day-Tu 10/31-12/05
1:00 PM-3:00 PM Miller, Scott

NEW LEARNING THE ART OF WATERCOLOR 1

In this class, you will learn theories, tools, methods, and techniques of watercolor. You will be introduced to and learn about watercolor artists through the ages. During each class, you will complete a painting based on the theme of the day. Classes are structured for you to gain the skills to become your own watercolor artist. All materials will be provided. Everyone is welcome.

A-PA51 Lifelong Learning \$105
Session-6 Day-We 11/01-12/20
1:00 PM-3:00 PM Willis, Kathleen



NEW WATERCOLOR GOURDS & SCARECROWS

Bring the beauty of fall to life in watercolor! In this three session class, You learn to evoke the season's vibrant colors using pumpkins, gourds, and scarecrows. Using inspiration from the famous Wyth family of painters, lessons will center on blending pigments and capturing light in watercolor. Scarecrows won't be scary as you explore how to create a self-portrait! Bring your humor and apple cider. All supplies are included, and all levels are welcome!

A-PA54 Lifelong Learning \$65
Session-3 Day-Mo 11/06-11/20
1:00 PM-3:00 PM Willis, Kathleen

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



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

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

WATER-BASED OIL PAINTING

This Oil Painting class introduces you to water-based oil painting, which has much of the same desired qualities of oil painting with more ease of use and clean-up. Our focus will be on Landscape painting, and instruction will include techniques for achieving atmospheric perspective and color theory to create loose, expressive art. All supplies are included, and all levels are welcome!

A-PA53 Lifelong Learning \$128
Session-5 Day-Mo 10/30-11/27
5:30 PM-8:30 PM South, Christine

PAINTING WITH GOUACHE

What is Gouache? It rhymes with squash and wash and is quickly gaining popularity even though it has been around for a long time. Most people describe Gouache as opaque watercolor, it is a middle ground between acrylic and transparent watercolor. Come and play and see how you like Gouache! All supplies are included, and all levels are welcome.

A-PA38 Lifelong Learning \$110
Session-6 Day-Th 11/02-12/14
6:30 PM-8:30 PM Miller, Scott

NEW**ART OF CHINESE
CALLIGRAPHY**

Learn Chinese calligraphy as a meditative art form. This is a practice that teaches mindfulness and being in the present moment. The class focuses on the art of the strokes rather than learning a written language. You will study the ancient strokes called characters or ideographs that symbolize a word or concept. You will learn to lead and handle the brush while making the basic strokes. We will paint couplets and words as an art form. Each student receives a painting kit so you can practice at home! All supplies are included, and all levels are welcome!

A-PA52 Lifelong Learning \$90
Session-4 Day-Mo 11/27-12/18
1:00 PM-3:00 PM Sparks, Jane

STAINED GLASS 1- COPPER FOIL

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 beautiful work of art. All supplies and tools are provided. No experience is necessary!

A-GL06 Lifelong Learning \$93
Session-3 Day-Fr 11/03-11/17
6:00 PM-9:00 PM Carter, Heather

STAINED GLASS 2-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

NEW**STAINED GLASS 3-
PURSUING THE ART**

This studio class builds on your beginning stained glass skills with individualized instruction based on your project, with a great workspace and tools to design and complete your art! You can choose what project you'd like to work on with either Copper Foil or Lead and get expert assistance in design, specialized techniques, and glass color selections. Bring your ideas/plans and material if you picked it out for the first class. Not sure yet? We can help you plan and show you great options. Some tools are available during class time. Prerequisite: Any beginning stained glass or equivalent experience.

A-GL05 Lifelong Learning \$128
Session-5 Day-Tu 11/14-12/12
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-GL09.2 Lifelong Learning \$93
Session-2 Day-Tu 10/10-10/17
1:00 PM-4:00 PM Patten, Catherine



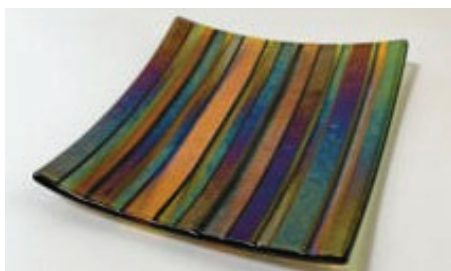
ART

INTRODUCTION TO GLASS

FUSING: FULL FUSE

This is a 2-session introductory class 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-GL010 Lifelong Learning \$93
Session-2 Day-Mo 11/20-11/27
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-GL011 Lifelong Learning \$93
Session-2 Day-We 10/25-11/01
6:00 PM-9:00 PM Patten, Catherine

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

NEW INTRODUCTION TO SOLDERING: STERLING WIRE RING TRIO

This single evening class will teach you the basics of silversmithing. You will learn the ins and outs of forging a ring shank, filing, soldering, and more. Using a 14 gauge sterling wire, students will make up to 3 sterling wire stacker rings in this class. This is a great introductory class to find out if you want to learn the art of silversmithing! Tools and materials are all provided.

A-JE29 Lifelong Learning \$78
Session-1 Day-Mo 11/13-11/13
5:30 PM-8:00 PM GhenSimpson, Katie

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 intermediate. Basic Silver Smithing and Intro to Soldering Classes are recommended as we will build on the basics to expand your sawing and soldering techniques to create more advanced work. All supplies included. Bring a sack lunch.

A-JE27 Lifelong Learning \$100
Session-1 Day-Sa 11/11-11/11
10:00 AM-4:30 PM Miller, Dona

HOLIDAY GIFT - EARRING CLASS

In this fun, creative, half-day class, you will learn a few simple tricks for making earrings out of copper- accented with silver and beads. No experience is necessary. Make a couple of pairs as holiday gifts, then make a pair or two for yourself. It is all about fun and tapping into the creative process. All supplies are included, and all levels are welcome.

A-JE26 Lifelong Learning \$53
Session-1 Day-Th 12/07-12/07
5:30 PM-8:30 PM Miller, Dona



NEW BEZEL SET EARRINGS

In this class, we will add a bit of sparkle by setting dichroic glass cabs. The method is the same as with traditional cabochon stones. You will learn how to create earrings by selecting the correct bezel wire, creating and sizing the bezel to a cabochon, adjusting the height of the cab, and setting the cab with a clean, finished look. We will also be creating frames for the settings. Cabochons will be provided for class projects. You are welcome to bring your own stones or glass cabochons to class. Prerequisite: Basic Silver Smithing and Intro to Soldering or equivalent experience.

A-JE28 Lifelong Learning \$125
Session-1 Day-Mo 12/11-12/11
10:00 AM-4:30 PM Miller, Dona

NEW INTRODUCTION TO LOOPY BEAD EARRINGS

Creating beaded jewelry is fun, meditative, and beautiful! In this one-night class, you will learn how to make a set of fringe earrings! You will use size 11/0 seed beads, crimp beads, and flex wire to string "fringy" long loops, creating a pair of earrings that will be talked about and loved! This is an opportunity to play in color and leave with a finished product just after a few hours! All supplies are included, and all levels are welcome!

A-JE30 Lifelong Learning \$43
Session-1 Day-Mo 12/04-12/04
5:30 PM-8:00 PM GhenSimpson,Katie

NEW INTRODUCTION TO WIRE WRAPPING

Make a necklace pendant by wire wrapping that special crystal or object! This single-night event will teach you the art of wire wrapping. The class is led by jeweler and artist Katie Ghen Simpson. You will use copper, brass, or nickel wire to form a wire-wrapped frame and cage to hold a stone, creating a pendant that can be worn as a necklace or designed into a window hanging. You will learn how to identify and utilize different types of pliers (round nose, chain nose, and square nose). This is a fun one-session class that is great for folks who are just getting into jewelry design! All supplies are included, and all levels are welcome.

A-JE31 Lifelong Learning \$35
Session-1 Day-Mo 12/18-12/18
5:30 PM-7:30 PM GhenSimpson,Katie

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SPECIAL INTEREST

FLY FISHING 101

Anyone can cast a rod, but it takes skill to catch fish in Montana's lakes and streams. This class is for experienced and inexperienced fly-fishing 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. On 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 rod!

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

S-FISH04 Lifelong Learning \$58
Session-3 Day-Tu 11/07-11/21
6:00 PM-8:00 PM Coley, Noelle

S-FISH04.3 Lifelong Learning \$58
Session-3 Day-Tu 12/05-12/19
6:00 PM-8:00 PM Coley, Noelle



FLY TYING 101

This class is built for the beginner fly tier and will cover general terminology, tool identification and application, basic materials, and their uses - and then the best part - tying flies! After completing the class, you'll walk away with different fly patterns, including nymphs and dry flies, ready to fish in our local waters! All supplies are included, and all levels are welcome.

S-FISH101.2 Lifelong Learning \$79
Session-3 Day-We 12/06-12/20
6:00 PM-8:00 PM Coley, Noelle



BEEKEEPING & 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-T/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 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 learning the basics, and the second is in the field bird watching.

S-AN15 Lifelong Learning \$35
#Session-2 Day-
Th 11/16 5:00 PM-7:00 PM
Sa 11/18 9:00 AM-11:00 AM Ulev, Elena

DINOSAURS AND THEIR WORLD

Dinosaurs and the world in which they lived were a dynamic and ever-changing place. But their environment is not entirely lost to us. Fossils and geology from around the world, including our backyard 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 Dreadnoughtus of the "Jurassic World" movies.

S-PA01 Lifelong Learning \$80
Session-5 Day-Tu 11/07-12/05
4:00 PM-6:00 PM Poole, Jason



PLAYWRITING & WRITING FOR THE STAGE

In this generative, workshop based course, you will explore the art and craft of playwriting. The class will begin by covering the essentials: how to write realistic dialogue, what makes a play different from other forms, how to write and use stage directions, and more. You will then be led on an in depth exploration of character development, plot structure, use of theatricality, and how to write dynamic action between their characters that will propel their play forward. The course will be an even mix of generating/ workshoping student material, dissecting the works of great dramatists, open discussion of craft, and a variety of writing exercises and prompts. You will walk away with your own original one-act play, developed in the course.

S-COM17 Lifelong Learning \$125
Session-8 Day-Th 01/11-02/29
6:30 PM-8:30 PM Kessler, Ean

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

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

Why Register Early?

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

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 facing 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 \$28
Session-1 Day-We 11/08-11/08
6:00 PM-9:00 PM Mosbacher, Becky

S-GAM13.2 Southgate Mall \$28
Session-1 Day-We 12/06-12/06
6:00 PM-9:00 PM Mosbacher, Becky

SAVE \$5.00

Per Class with
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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

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

CIVILIAN RESPONSE TO ACTIVE SHOOTER EVENTS

This class is taught by local law enforcement, and it is designed for businesses and community members to take a proactive approach to their safety in the event of an active shooter or violent intrusion. The Civilian Response to Active Shooter Events (CRASE) course was designed and built on the Avoid, Deny Defend (ADD) strategy developed by Advanced Law Enforcement Rapid Response Training (ALERRT) in 2004. CRASE provides strategies, guidance, and a proven plan for surviving an active attack event. Topics include the history and prevalence of active attack events, civilian response options, medical issues, and considerations for conducting drills.

S-MISC61 Lifelong Learning \$0
Session-1 Day-Mo 11/13-11/13
9:00 AM-11:30 AM PD, Missoula

S-MISC61.2 Lifelong Learning \$0
Session-1 Day-Tu 11/14-11/14
2:00 PM-4:30 PM PD, Missoula

S-MISC61.3 Lifelong Learning \$0
Session-1 Day-Mo 12/11-12/11
9:00 AM-11:30 AM PD, Missoula

S-MISC61.4 Lifelong Learning \$0
Session-1 Day-Mo 12/18-12/18
2:00 PM-4:30 PM PD, Missoula

S-MISC61.5 Lifelong Learning \$0
Session-1 Day-Tu 12/19-12/19
9:00 AM-11:30 AM PD, Missoula



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PARENTING

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 \$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

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 \$0
Session-1 Day-Th 11/02-11/02
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 \$0
Session-1 Day-Tu 10/24-10/24
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-FF08.2 Chief Charlo EL \$0
Session-1 Day-T 11/14-11/14
6:00 PM-8:00 PM Families, First

LEARNING DISABILITIES: THRIVING AT SCHOOL

Although life with your child may at times seem challenging, it is important to remember that children with learning disabilities can and do succeed! As a parent, you can help create supportive home and school environments that will help your child be successful. In this class, you will learn strategies for helping your child cope with a learning disability to improve their life and the harmony of your entire family. Child care is available for registered participants.

P-FF16 Russell EL School \$0
Session-1 Day-We 11/29-11/29
6:00 PM-8:00 PM Families, First

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

EXPLORING SELF EXPRESSION WITH YOUR CHILD

Enjoy exploring multiple art forms in this parent and child workshop. This class allows participants to tap into their memories, sense of self, and place and create artifacts of expression. The focus is on the process rather than the product. Parents will learn how to encourage their child's self-expression, make choices that represent things symbolically, and communicate themselves in ways that words alone often cannot. One child (9+) per adult please. All supplies are included, and all levels are welcome!

P-PC51 Lifelong Learning \$38
Session-1 Day-Sa 11/04-11/04
9:00 AM-12:00 PM South, Christine



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



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-Tu 11/07-11/07
5:30 PM-7:30 PM Claypool, Diann

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-GUID26 Lifelong Learning \$27
Session-1 Day-Sa 10/14-10/14
10:00 AM-12:00 PM Hawkins-Pinchers,Sarah

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 papa (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: 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



YOU AND YOUR CHILD: CHRISTMAS CUPCAKE DECORATING!

Would you like to learn how to create beautifully decorated Christmas cupcakes? Then bring that special child in your life (8+ years) and join this hands-on class that will teach you how to decorate cupcakes- just in time for the holiday season. Working together, you and your child will mix icing colors, learn to load and prepare bags, try different decorating techniques, and more! Leave the baking to us while you and your child create delicious cupcakes to share with family, teachers, or friends. One child per adult. No childcare is available.

P-PC27 Lifelong Learning \$41
Session-1 Day-Sa 12/16-12/16
12:00 PM-2:00 PM McClain, Jasmine

YOUNG ADULT

CALMING TECHNIQUES FOR ANXIETY

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

F-MISC11 Lifelong Learning \$20
Session-1 Day-Tu 11/14-11/14
1:00 PM-2:30 PM Crouch, Kate

F-MISC11.2 Lifelong Learning \$20
Session-1 Day-Tu 12/05-12/05
1:00 PM-2:30 PM Crouch, Kate

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 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 different visual mediums. By the end of class, you will apply incredible stories to paper and preserve the memories of a lifetime. All supplies are included, and all levels are welcome!

A-DR13 Lifelong Learning \$110
Session-6 Day-We 11/01-12/13
4:00 PM-6:00 PM Kunkle, Tandy

NEW SKETCH LIKE A PRO!

From basic to advanced techniques learn how to communicate using sketchbook. Discover how to unlock your drawing abilities using pencil, pen and ink. Expand your visual thinking! Create works from imagination to reality. From beginners to seasoned sketchers you will build your drawing skills. All materials provided.

A-DR30 Lifelong Learning \$105
Session-6 Day-Fr 11/03-12/15
4:30 PM-6:30 PM Poole, Jason



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HEALTH & SAFETY

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-24 Day-Tu/Th 01/16-04/06
5:30 PM-9:30 PM Dotson, Tara

CHAIRSIDE DENTAL ASSISTANT

Are you interested in taking an important step toward a promising career in the dental field? If so, consider a career as a Chairside Dental Assistant. The chairside dental assistant program emphasizes the necessary skills for you to function as an important member of the dental care team working under the direction and supervision of a Certified Dental Assistant, a Licensed Hygienist or a Dentist. Students are given opportunities to develop a variety of skills in the classroom and dental office environment. This program includes Healthcare CPR certification. Successful completion of this program will prepare you to enroll for required exams for Infection Control (ICE®) and Radiation Health and Safety (RHS®). The (ICE®) and (RHS®) exams are not included in tuition.

H-DEN01 Lifelong Learning \$680
#Session-27 Day-Mo/We 04/01-06/19
6:00 PM-9:00 PM Hill, Jana



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
Session-1 Day-Th 11/16-11/16
8:30 AM-1:00 PM Haack, Leila

H-CPR04.2 Lifelong Learning \$70
Session-1 Day-Tu 12/12-12/12
5:00 PM-9:30 PM Haack, Leila

H-CPR04.5 Lifelong Learning \$70
Session-1 Day-Tu 10/17-10/17
5:00 PM-9:30 PM Haack, Leila

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

CIVILIAN RESPONSE TO ACTIVE SHOOTER EVENTS

This class is taught by local law enforcement, and it is designed for businesses and community members to take a proactive approach to their safety in the event of an active shooter or violent intrusion. The Civilian Response to Active Shooter Events (CRASE) course was designed and built on the Avoid, Deny Defend (ADD) strategy developed by Advanced Law Enforcement Rapid Response Training (ALERRT) in 2004. CRASE provides strategies, guidance, and a proven plan for surviving an active attack event. Topics include the history and prevalence of active attack events, civilian response options, medical issues, and considerations for conducting drills.

S-MISC61 Lifelong Learning \$0
Session-1 Day-Mo 11/13-11/13
9:00 AM-11:30 AM PD, Missoula

S-MISC61.2 Lifelong Learning \$0
Session-1 Day-Tu 11/14-11/14
2:00 PM-4:30 PM PD, Missoula

S-MISC61.3 Lifelong Learning \$0
Session-1 Day-Mo 12/11-12/11
9:00 AM-11:30 AM PD, Missoula

S-MISC61.4 Lifelong Learning \$0
Session-1 Day-Mo 12/18-12/18
2:00 PM-4:30 PM PD, Missoula

S-MISC61.5 Lifelong Learning \$0
Session-1 Day-Tu 12/19-12/19
9:00 AM-11:30 AM PD, Missoula

**FREE TRAINING
OPEN TO THE PUBLIC**

ACTIVE SHOOTER RESPONSE

**BE PREPARED TO
SURVIVE WHEN
FACED WITH AN
ACTIVE SHOOTER**

**IDEAL FOR CITIZENS,
BUSINESSES, AND
ORGANIZATIONS**



CAREER TRAINING



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

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 \$418
Session-10 Day-Tu 01/09-03/12
6:30 PM-9:30 PM Schonbachler, Soren

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-24 Day-Tu/Th 01/16-04/06
5:30 PM-9:30 PM Dotson, Tara

CHAIRSIDE DENTAL ASSISTANT

Are you interested in taking an important step toward a promising career in the dental field? If so, consider a career as a Chairside Dental Assistant. The chairside dental assistant program emphasizes the necessary skills for you to function as an important member of the dental care team working under the direction and supervision of a Certified Dental Assistant, a Licensed Hygienist or a Dentist. Students are given opportunities to develop a variety of skills in the classroom and dental office environment. This program includes Healthcare CPR certification. Successful completion of this program will prepare you to enroll for required exams for Infection Control (ICE®) and Radiation Health and Safety (RHS®). The (ICE®) and (RHS®) exams are not included in tuition.

H-DEN01 Lifelong Learning \$680
#Session-27 Day-Mo/We 04/01-06/19
6:00 PM-9:00 PM Hill, Jana



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.

A promotional graphic for Career Online Training. It features a woman smiling on the right side. On the left, a blue box contains the text 'CAREER ONLINE TRAINING' in large, bold letters, followed by 'Jump Start Your Career or Find a New One!'. To the right of the blue box, a list of benefits is shown: '• 6-18 Month Programs', '• All Materials Included', and '• Financial Assistance Available'. At the bottom right, there is an orange button that says 'LEARN MORE'.



BECOME A MEDICAL BILLER AND CODER

START YOUR ONLINE PROGRAM TODAY!

LEARN MORE »

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 Career Training:

<https://missoulaclass.com/virtual-career-training-ed2go/>



Fitness At A Glance...

MONDAY

Mo	6:00 AM	OULA Fusion
Mo	8:00 AM	Pilates for Strength
Mo	9:00 AM	Pilates Reformer 2: Inter.
Mo	9:00 AM	Yin Yoga
Mo	9:00 AM	Yin Yoga Zoom
Mo	9:00 AM	Yoga Barre Fusion - Cont.
Mo	9:00 AM	Yoga Barre Fusion - Cont. Zoom
Mo	9:15 AM	Pound Unplugged
Mo	10:15 AM	Barre Fitness
Mo	10:15 AM	Barre Fitness Zoom
Mo	10:15 AM	Pilates Reformer 1: Intro
Mo	12:00 PM	CoreAlign® 1: Foundational
Mo	4:15 PM	Pilates Reformer 1: Intro
Mo	4:30 PM	Cycle Challenge
Mo	4:30 PM	Gentle Yoga
Mo	4:30 PM	UPLIFT
Mo	5:30 PM	CoreAlign® 1: Foundational
Mo	5:45 PM	Barre Strength & Balance
Mo	5:45 PM	Gentle Yoga
Mo	5:45 PM	SHiNE Dance Fitness
Mo	5:45 PM	Strength and Core Intervals
Mo	5:45 PM	Yoga for the "Working Stiffs"
Mo	6:00 PM	Beginning Pickleball
Mo	6:00 PM	Intermediate Pickleball
Mo	6:15 PM	Beginning Pickleball
Mo	7:00 PM	Country Combo: Two Step
Mo	7:05 PM	Intermediate Pickleball
Mo	7:30 PM	Intermediate Pickleball
Mo	7:00 PM	West Coast Swing

TUESDAY

Tu	6:00 AM	Bootcamp
Tu	6:00 AM	Sunrise Yoga
Tu	6:30 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	10:15 AM	Pilates Reformer 1: Intro
Tu	10:30 AM	Beginning Flow Yoga
Tu	10:30 AM	Over 50 and FIT
Tu	10:30 AM	Over 50 and FIT - Zoom
Tu	11:30 AM	Pilates Reformer 1: Intro
Tu	12:00 PM	Cycling and Core Strength
Tu	12:00 PM	Relaxation Oasis Wellness
Tu	1:30 PM	Mat Pilates
Tu	4:30 PM	Gentle Yoga
Tu	4:30 PM	OULA
Tu	4:30 PM	SHiNE Dance Fitness
Tu	5:30 PM	CoreAlign® 1: Foundational
Tu	5:30 PM	Barre Fitness
Tu	5:45 PM	Sound Strength®
Tu	5:45 PM	Yin Yoga
Tu	6:00 PM	OULA
Tu	6:45 PM	CoreAlign® 1: Foundational
Tu	7:00 PM	SMASH



WEDNESDAY

We	6:00 AM	Cycle Blast
We	6:30 AM	CoreAlign® 1: Foundational
We	8:00 AM	CoreAlign® 1: Foundational
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 2/3: Adv.
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	Introduction to Pickleball
We	12:00 PM	Pilates Reformer 1: Intro
We	1:05 PM	Intermediate Pickleball
We	4:15 PM	Pilates Reformer 2: Inter.
We	4:30 PM	Gentle Yoga
We	4:30 PM	Tabata Bootcamp
We	5:30 PM	Barre Fitness
We	5:30 PM	Pilates Reformer 3
We	5:45 PM	Beginning Yoga
We	5:45 PM	OULA
We	5:45 PM	Over 50 and FIT
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: Intro
Th	9:00 AM	Gentle Yoga
Th	9:00 AM	Gentle Yoga Zoom
Th	9:00 AM	Yoga Barre Fusion
Th	9:45 AM	Easy Rider Indoor Cycling
Th	10:00 AM	Pilates Reformer 1: Intro
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	Beginning Pickleball
Th	12:00 PM	Foam Roller Pilates
Th	12:00 PM	Sound Strength®
Th	1:05 PM	Beginning Pickleball
Th	2:10 PM	Intermediate Pickleball
Th	3:00 PM	Yoga Fit
Th	4:15 PM	Pilates Reformer 2: Inter.
Th	4:30 PM	Gentle Yoga
Th	4:30 PM	UPLIFT
Th	5:30 PM	Pilates Reformer 3: Adv.
Th	5:35 PM	OULA
Th	5:45 PM	Oula.One
Th	5:45 PM	Relaxation Oasis Wellness
Th	5:45 PM	Sound Strength®
Th	6:30 PM	SHiNE Dance Fitness
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	4:30 PM	OULA
Fr	5:30 PM	CoreAlign® Happy Hour
Fr	5:45 PM	Introduction to Pickleball
Fr	6:50 PM	Intermediate Pickleball
Fr	12:45 PM	Introduction to Pickleball
Fr	1:50 PM	Beginning Pickleball

FITNESS

TABATA BOOTCAMP

Tabata training has been called the world's best 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 \$31
Session-7 Day-We 11/01-12/20
4:30 PM-5:30 PM Kittel, Debby



BOOTCAMP

Come to this class ready to sweat! This fun and challenging workout incorporates cardio interval exercises, sculpting circuits, and sports drills for a total body workout for anyone wanting to take their fitness to the next level. Basic body-weight and resistance exercises paired 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 10/31-12/19
6:00 AM-7:00 AM Sedgwick, Kelly

F-CAR08.R Lifelong Learning \$31
Session-7 Day-Th 11/02-12/21
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 \$31
Session-7 Day-We 11/01-12/20
10:30 AM-11:30 AM Kittel, Debby

STRENGTH AND CORE INTERVALS

This interval training class is a workout designed for anyone looking to improve their strength and endurance. By incorporating a blend of high, medium, and low-intensity interval training, you will work out at your preferred intensity level and pace during each exercise. You will get a full-body workout using different equipment, including dumbbells, resistance bands, steps, exercise balls, and more. Bring a yoga mat, a sweat towel, and a water bottle.

F-CAR57.M Lifelong Learning \$35
Session-8 Day-Mo 10/30-12/18
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 continuing to challenge your current strength and fitness levels, this small class allows the instructor to customize workouts to meet your needs. The workouts will be varied and include cardio and strength exercises utilizing a variety of equipment and body weight resistance. Bring water, a sweat towel, and a yoga mat.

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

F-CAR56.TR Lifelong Learning \$31
#Session-7 Day-Tu Th 10/31-11/21
8:30 AM-9:30 AM Finnerty, Ashley

F-CAR56.TR3 Lifelong Learning \$35
#Session-8 Day-Tu Th 11/28-12/21
8:30 AM-9:30 AM Finnerty, Ashley

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 to transition to/from the floor to/from standing positions without concern. Exercises will have a variety of options for varying fitness levels. This class emphasizes movement, strength, balance, and flexibility, utilizing body resistance and equipment. Bring water, a sweat towel, and a mat.

F-CAR02.T Lifelong Learning \$43
Session-8 Day-Tu 10/31-12/19
10:30 AM-11:45 AM Knell, Nora

F-CAR02.W Lifelong Learning \$31
Session-7 Day-We 11/01-12/20
5:45 PM-6:45 PM Lionello, Rick

F-CAR02.R Lifelong Learning \$31
Session-7 Day-Th 11/02-12/21
10:30 AM-11:30 AM Knell, Nora

OVER 50 AND FIT - ZOOM

This class is the "at home" version of Over 50 and Fit. 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.T Virtual \$43
Session-8 Day-Tu 10/31-12/19
10:30 AM-11:45 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 relieve stress and tension and improve 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 is kneeling, sitting, and lying on a mat. The session culminates with meditation/relaxation. Wear comfortable athletic clothing. A yoga mat is required.

F-CAR17.R Lifelong Learning \$31
Session-7 Day-Th 11/02-12/21
10:15 AM-11:15 AM Adams, Missy

OVER 50 STRETCH & TONE - ZOOM

This class is the "at home" version of Over 50 Stretch Tone 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 Thera-band, and Yoga Strap.

F-CAR17Z.R Virtual \$31
Session-7 Day-Th 11/02-12/21
10:15 AM-11:15 AM Adams, Missy

BARRE FITNESS

Barre is a low-impact workout focusing on body alignment and core stability using controlled movements to give you a total body workout. This class is a fusion of movements and exercise 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 mat.

F-CAR14.M Lifelong Learning \$35
Session-8 Day-Mo 10/30-12/18
10:15 AM-11:15 AM Adams, Missy

F-CAR14.T Lifelong Learning \$35
Session-8 Day-Tu 10/31-12/19
9:00 AM-10:00 AM Johnson, Lisa

F-CAR14.W Lifelong Learning \$31
Session-7 Day-We 11/01-12/20
5:30 PM-6:30 PM Hathaway, Erin

F-CAR14.T2 Lifelong Learning \$31
Session-7 Day-Tu 11/07-12/19
5:30 PM-6:30 PM Hathaway, Erin

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 \$35
Session-8 Day-Mo 10/30-12/18
10:15 AM-11:15 AM Adams, Missy

SAVE \$5.00

Per Class with
Early Bird Registration!



BARRE FITNESS - CONTINUING

Continuing Barre is a low-impact workout focusing 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. Bring your own mat. Prerequisite: Barre Fitness or equivalent experience.

F-CAR60.W Lifelong Learning \$31
Session-7 Day-We 11/01-12/20
9:00 AM-10:00 AM Adams, Missy

BARRE FITNESS-CONTINUING ZOOM

This class is the "at home" version of Barre Fitness - Continuing. 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 for balance, Small Hand Weights (1-4 lbs), Squishy Fit-ball, Lower Leg Band, and Long Theraband.

F-CAR60Z.W Virtual \$31
Session-7 Day-We 11/01-12/20
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 \$31
Session-7 Day-Th 11/02-12/21
9:00 AM-10:00 AM Adams, Missy

YOGA BARRE FUSION - CONTINUING

Experience the flow of yoga, combined with full-body toning and strengthening exercises of barre. You will challenged, yet you will be encouraged to move at your own pace. Commencing with a comprehensive full-body warm-up, the class will progress to enhance muscular endurance through small isometric movements at the barre, focusing on toning and lengthening. The second half will incorporate yoga and Pilates postures to improve core strength, balance, and flexibility. The class culminates with meditation/relaxation. Wear comfortable athletic clothing. Class is typically taught with bare feet, but you can leave socks or shoes on if you'd prefer. Previous experience in barre and/or yoga is necessary, and please bring a yoga mat.

F-CAR61.M Lifelong Learning \$35
Session-8 Day-Mo 10/30-12/18
9:00 AM-10:00 AM Adams, Missy

YOGA BARRE FUSION - CONTINUING ZOOM

This class is the "at home" version of the Yoga Barre Fusion - Continuing 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 for balance, Yoga Mat, Squishy Fitball, Yoga Block, and Yoga Strap.

F-CAR61Z.M Virtual \$35
Session-8 Day-Mo 10/30-12/18
9:00 AM-10:00 AM Adams, Missy

BARRE STRENGTH & BALANCE

This class will combine traditional strength exercises with a smaller range of motion exercise at the Barre in a low-impact format that will improve balance, flexibility, strength, and posture. Every class will start with a warm-up, followed by a range of exercises for a comprehensive full-body workout, concluding with core conditioning and stretching. Bring water, a sweat towel, and a yoga mat.

F-CAR44.M Lifelong Learning \$35
Session-8 Day-Mo 10/30-12/18
5:45 PM-6:45 PM Johnson, Lisa

FROM PAIN TO PERFORMANCE

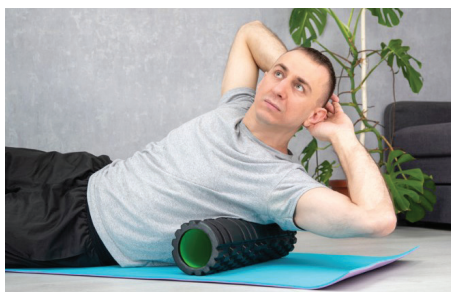
Whether you are experiencing the physical impacts of aging, repetitive work, or competitive sports, this class is for you. Using the Foundation Training method you will learn how to heal your body through movement. Through a series of body-weight exercises, you will activate muscles and move in a manner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

F-MOV07.W Lifelong Learning \$58
Session-7 Day-We 11/01-12/20
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 \$58
Session-7 Day-We 11/01-12/20
10:00 AM-11:00 AM Rehbein, Toni



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 empower you with knowledge to apply at home. The content of each week's practice will be influenced by those attending, incorporating myofascial release techniques and complementary restorative yoga poses aiding in stress reduction, better sleep, and overall healing and well-being. You will develop a better understanding of your body and how to use these self-care tools on your own. This class is appropriate for all ages and abilities.

F-YOG27.F Lifelong Learning \$73
Session-6 Day-Fr 11/03-12/15
10:30 AM-12:00 PM Smith, Lucinda

RELAXATION OASIS WELLNESS

This is your invitation to relax in a supportive space while exploring techniques to manage the effects 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 practice intentional breathing, a 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.T2Lifelong Learning \$35
Session-4 Day-Tu 10/03-10/24
12:00 PM-1:00 PM Waters, Susan

F-MISC10.H2Lifelong Learning \$35
Session-4 Day-Th 10/05-10/26
5:45 PM-6:45 PM Waters, Susan

F-MISC10.R Lifelong Learning \$35
Session-4 Day-Th 11/02-11/30
5:45 PM-6:45 PM Waters, Susan

F-MISC10.T Lifelong Learning \$35
Session-4 Day-Tu 11/07-11/28
12:00 PM-1:00 PM Waters, Susan

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 motions along the planes of the body. You can expect to move from the floor to standing with time spent in lunges.

F-YOG42.T Lifelong Learning \$35
Session-8 Day-Tu 10/31-12/19
9:00 AM-10:00 AM Crouch, Kate



YOGA FOR MOBILITY ZOOM

This class is the “at-home” version of Yoga for Mobility delivered 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 10/31-12/19
 9:00 AM-10:00 AM Crouch, Kate

BEGINNING YOGA

This class is tailored for beginners in yoga or individuals seeking a basic-level experience. You will explore new poses while gaining an understanding of proper alignment and breathing techniques to enhance the mind/body experience. Bring a Yoga mat and explore the benefits of Yoga in a safe and fun environment.

F-YOG33.W Lifelong Learning \$31
 # Session-7 Day-We 11/01-12/20
 5:45 PM-6:45 PM Caldwell, Sherie



GENTLE YOGA

If you're seeking a tranquil yoga session that combines gentle poses and stretches to alleviate stress and anxiety, your search ends here. This class offers comprehensive guidance to enhance your understanding of correct alignment in every pose. Whether you're a beginner or prefer a more leisurely pace, this class is for you. Don't forget to bring your yoga mat!

F-YOG01.M Lifelong Learning \$35
 # Session-8 Day-Mo 10/30-12/18
 4:30 PM-5:30 PM Caldwell, Sherie

F-YOG01.M2 Frenchtown \$50
 # Session-8 Day-Mo 10/30-12/18
 5:45 PM-6:45 PM Cash, Pearl

F-YOG01.T Lifelong Learning \$35
 # Session-8 Day-Tu 10/31-12/19
 4:30 PM-5:30 PM Crow, Renee

F-YOG01.W Lifelong Learning \$31
 # Session-7 Day-We 11/01-12/20
 4:30 PM-5:30 PM Caldwell, Sherie

F-YOG01.R Lifelong Learning \$31
 # Session-7 Day-Th 11/02-12/21
 9:00 AM-10:00 AM Crouch, Kate

F-YOG01.R2 Lifelong Learning \$28
 # Session-6 Day-Th 11/02-12/14
 4:30 PM-5:30 PM Crouch, Kate

F-YOG01.F Lifelong Learning \$28
 # Session-6 Day-Fr 11/03-12/15
 9:00 AM-10:00 AM Cho, Young-ee

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.R Virtual \$31
 # Session-7 Day-Th 11/02-12/21
 9:00 AM-10:00 AM Crouch, Kate

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. After each session, you will depart with an enhanced sense of clarity, alignment, and tranquility. All levels are welcome. A yoga mat is required.

F-YOG02.T Lifelong Learning \$35
Session-8 Day-Tu 10/31-12/19
6:00 AM-7:00 AM Adams, Missy

F-YOG02.R Lifelong Learning \$31
Session-7 Day-Th 11/02-12/21
6:00 AM-7:00 AM Smith, Lucinda



YIN YOGA

Yin Yoga is a quiet, simple practice but not necessarily easy. Yin Yoga works deeply into our body. It targets deep 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. A yoga mat is required.

F-YOG03.M Lifelong Learning \$43
Session-8 Day-Mo 10/30-12/18
9:00 AM-10:15 AM Caldwell, Sherie

F-YOG03.T Lifelong Learning \$35
Session-8 Day-Tu 10/31-12/19
5:45 PM-6:45 PM Caldwell, Sherie

YIN YOGA ZOOM

This class is the “at home” version of Yin Yoga 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 \$43
Session-8 Day-Mo 10/30-12/18
9:00 AM-10:15 AM Caldwell, Sherie

YOGA FOR THE “WORKING STIFFS”

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

F-YOG19.M Lifelong Learning \$35
Session-8 Day-Mo 10/30-12/18
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. This class combines traditional poses in a sequence that allows you to move from one pose to the next, utilizing your 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 10/31-12/19
10:30 AM-11:30 AM Crouch, Kate

FLOW YOGA

This class allows you to connect or reconnect 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 movements that cultivate your strength, flexibility, and balance. The class will end by cooling the body with deep relaxation. No previous yoga experience is required. Bring a yoga mat.

F-YOG20.W Lifelong Learning \$39
Session-7 Day-We 11/01-12/20
9:00 AM-10:15 AM Caldwell, Sherie

YOGA FIT

This class is gentle yet challenging and focuses on individual alignment and builds endurance. You will work on mobility, breathing, and relaxation. Develop a practice of mental clarity, stress management, and overall well-being. Some experience is recommended. A yoga mat is required.

F-YOG08.R Lifelong Learning \$35
Session-6 Day-Th 11/02-12/14
3:00 PM-4:15 PM Crouch, Kate

NEW FOAM ROLLER PILATES

During this class, we will build strength using the mat Pilates series and relieve muscle groups and fascial tension with the foam roller. Relax and prioritize self-care while strengthening your core and developing long, efficient supporting muscles. A yoga mat is required.

F-PIL12.R Lifelong Learning \$58
Session-7 Day-Th 11/02-12/21
12:00 PM-1:00 PM Sears, Laurel

MAT PILATES

Sculpt long, lean muscles from head to toe! Pilates is a deep muscle conditioning method that tones the whole body, focusing on the powerhouse muscles (abdominal, gluteus, inner thigh, and back). It improves flexibility and posture while strengthening 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. A yoga mat is required.

F-PIL02.T Lifelong Learning \$35
Session-8 Day-Tu 10/31-12/19
1:30 PM-2:30 PM Sears, Laurel

SAVE \$5.00

Per Class with
Early Bird Registration!

PILATES FOR STRENGTH

This class blends Pilates and functional movement exercises to improve strength throughout the body. Focusing on body awareness during motion, you can enhance posture, control of your spine and pelvis, and overall joint health. This class combines compound movements with isolation exercises to develop muscle control and strength. A yoga mat is required.

F-PIL10.M Lifelong Learning \$35
Session-8 Day-Mo 10/30-12/18
8:00 AM-9:00 AM Johnson, Lisa

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 settling back into a peaceful, recharged, and empowered state. All within 30 minutes.

F-MISC20.M Lifelong Learning \$35
Session-8 Day-Mo 10/30-12/18
9:15 AM-9:45 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 major muscle groups. Each song has a different focus and uses a variety of equipment or just your body weight. The first half of class is taught standing up, and the second half is down on the mat. Bring a mat, a sweat towel, and a water bottle.

F-CAR43.T Lifelong Learning \$35
Session-7 Day-Tu 10/31-12/19
5:45 PM-6:45 PM Dolan, Lizzie

F-CAR43.R Lifelong Learning \$28
Session-6 Day-Th 11/02-12/14
12:00 PM-1:00 PM Sapp, Cassie

F-CAR43.R2 Lifelong Learning \$28
Session-6 Day-Th 11/02-12/14
5:45 PM-6:45 PM Dolan, Lizzie



NEW UPLIFT

A 1-hour UPLIFT class starts with a cardio warm-up and transitions to standing routines with equipment, alternating between upper and lower body. A balance track is included after we've fatigued our muscles, which is challenging, rewarding, and a welcome change of pace before transitioning to the mat. We complete the workout with routines for the core, booty, abs, and chest and a cool down with deep stretching. This UPLIFTING experience leaves you feeling strong and confident.

F-CAR62 Lifelong Learning \$35
Session-8 Day-Mo 10/30-12/18
4:30 PM-5:30 PM Dolan, Lizzie

F-CAR62.2 Lifelong Learning \$28
Session-6 Day-Th 11/02-12/14
4:30 PM-5:30 PM Dolan, Lizzie

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 that are a perfect balance of cardio and conditioning for a full body workout and mind reset. Wear athletic clothes and shoes. Bring a water bottle and sweat towel, and be ready to SHiNE!

F-DAN21.M Lifelong Learning \$35
Session-8 Day-Mo 10/30-12/18
5:45 PM-6:45 PM Dolan, Lizzie

F-DAN21.T Lifelong Learning \$35
Session-8 Day-Tu 10/31-12/19
4:30 PM-5:30 PM Dolan, Lizzie

F-DAN21.H Frenchtown \$22
Session-6 Day-Th 11/02-12/14
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). Reconnect with your sensual and spiritual self! Please remember to bring your yoga mat.

F-DAN26.T Lifelong Learning \$35
Session-8 Day-Tu 10/31-12/19
7:00 PM-8:00 PM Eubank, Tayler

NEW OULA FUSION

This class begins with 45 minutes of Oula Dancing and finishes with 15 minutes of bodyweight-based Mobility, Strength, and Conditioning. During the last 15 minutes, we will improve our mind-muscle connections on the mat with upper body, lower body, and core tracks. Perfect for all fitness levels, this class is equally challenging and rewarding! No experience or equipment is needed.

F-DAN28.M Lifelong Learning \$35
Session-8 Day-Mo 10/30-12/18
6:00 AM-7:00 AM Kirk, Melissa

OULA.ONE

Oula.One is a heart-based, musically-inspired yoga dance fusion class. This class is taught 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.R Lifelong Learning \$31
Session-7 Day-Th 11/02-12/21
6:00 AM-7:00 AM McCarthy, Jobyna

F-DAN13.R2 Lifelong Learning \$28
Session-6 Day-Th 11/02-12/14
5:45 PM-6:45 PM McCarthy, Jobyna

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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 experiences, and abilities. It is a motivating hour of high-energy exercise to top 40 music where participants let it all out and dance free of judgment. OULA is not just an exercise class; it is an experience. OULA is dance-mania for your soul!

F-DAN02.T Lifelong Learning \$35
Session-8 Day-Tu 10/31-12/19
4:30 PM-5:30 PM Rossmiller, Stacey

F-DAN02.W Lifelong Learning \$31
Session-7 Day-We 11/01-12/20
5:45 PM-6:45 PM Hallgrimson, Anna

F-DAN02.R Lifelong Learning \$28
Session-6 Day-Th 11/02-12/14
5:35 PM-6:35 PM Rossmiller, Stacey

F-DAN02.F Lifelong Learning \$28
Session-6 Day-Fr 11/03-12/15
4:30 PM-5:30 PM Rossmiller, Stacey

F-DAN02.T2 Frenchtown \$25
Session-7 Day-Tu 11/07-12/19
6:00 PM-7:00 PM Loobey, 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. 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

F-DAN10.W2Lifelong Learning \$20
Session-4 Day-We 11/29-12/20
7:00 PM-8:00 PM Corbin, Jennifer

COUNTRY COMBO: TWO STEP AND SWING

Learn the basics of 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'll enjoy learning two-step, swing turns, and dips. You will impress others on the dance floor after taking this class. A partner is required for this class. Both will need to register and pay the tuition.

F-CD02.M Lifelong Learning \$20
Session-4 Day-Mo 10/30-11/20
7:00 PM-8:00 PM Corbin, Jennifer

BEGINNING COWBOY JITTERBUG

Learn one of the best dances of all time. Starting with basics into turns, spins, and pivots, this dance is easy to learn and has a lot of interesting variations and changes. After this class, you and your partner will set the dance floor on fire. 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 \$16
Session-3 Day-We 11/01-11/15
7:00 PM-8:00 PM Corbin, Jennifer

WEST COAST SWING

West Coast Swing is the most 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 dance, including improvisation and spontaneity. A partner is required, and both need to register for the class.

F-DAN29.M Lifelong Learning \$20
Session-4 Day-Mo 11/27-12/18
7:00 PM-8:00 PM Corbin, Jennifer



NEW WHAT IS COREALIGN®, AND WHAT CAN IT DO FOR YOU?

Dive deep into the world of Pilates and functional fitness in our transformative one-day workshop titled, “What is CoreAlign®, and What can it do for you?” This workshop is designed to introduce you to the CoreAlign® method and to demonstrate how your body can benefit by integrating it into your fitness routine, and it is fun! Improve balance, strength, and mobility with CoreAlign®!

F-CA11 Lifelong Learning \$0
Session-1 Day-Sa 12/16-12/16
9:00 AM-10:00 AM Graef, Denise

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® 1: INTRO/ FOUNDATIONAL

This introductory class will provide you with fundamental training to help you become comfortable with the equipment and feel confident in your posture and movements, enabling you to join other CoreAlign® classes with ease. To gain the maximum benefits from this exercise program, it's essential to learn proper equipment usage, core muscle activation, posture, breathing techniques, foundational exercises, balance, and safe movements. Bring clean athletic shoes and a water bottle. This class is a prerequisite to taking CoreAlign® 2: Strength and Conditioning.

F-CA01.M Lifelong Learning \$150
Session-8 Day-Mo 10/30-12/18
12:00 PM-1:00 PM McQuarrie, Devan

F-CA01.M1 Lifelong Learning \$150
Session-8 Day-Mo 10/30-12/18
5:30 PM-6:30 PM McQuarrie, Devan

F-CA01.T Lifelong Learning \$150
Session-8 Day-Tu 10/31-12/19
6:30 AM-7:30 AM Holst, Jane

F-CA01.T2 Lifelong Learning \$150
Session-8 Day-Tu 10/31-12/19
5:30 PM-6:30 PM McQuarrie, Devan

F-CA01.T3 Lifelong Learning \$150
Session-8 Day-Tu 10/31-12/19
6:45 PM-7:45 PM McQuarrie, Devan

F-CA01.W Lifelong Learning \$135
Session-7 Day-We 11/01-12/20
6:30 AM-7:30 AM Holst, Jane

F-CA01.W2 Lifelong Learning \$135
Session-7 Day-We 11/01-12/20
8:00 AM-9:00 AM McQuarrie, Devan

F-CA01.F Lifelong Learning \$120
Session-6 Day-Fr 11/03-12/15
12:00 PM-1:00 PM McQuarrie, Devan

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 different exercises, including core-controlled strength training, deep stress-free stretching, and functional movements that can be sports-specific and 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.R Lifelong Learning \$135
Session-7 Day-Th 11/02-12/21
11:15 AM-12:15 PM Graef, Denise

F-CA02.W Lifelong Learning \$135
Session-7 Day-We 11/01-12/20
10:45 AM-11:45 AM Graef, Denise



COREALIGN® HAPPY HOUR

Finish the week strong! Work starts on Monday. Life begins on Friday. Your mind and body may be tired, but this happy hour will bring you a refreshing balance to your mind and body. It's going to be fun, upbeat and relaxing. This introductory class will provide you with fundamental training to help you become comfortable with the equipment and feel confident in your posture and movements, enabling you to join other CoreAlign® classes with ease. Bring clean athletic shoes and a water bottle. This class is a prerequisite to taking CoreAlign® 2: Strength and Conditioning.

F-CA10.F Lifelong Learning \$120
Session-6 Day-Fr 11/03-12/15
5:30 PM-6:30 PM McQuarrie, Devan

PILATES REFORMER 1: FOUNDATIONAL

This class is designed for those new to Pilates Reformer equipment and movements and mastery of the basics of the Pilates Reformer experience. You will be introduced to Pilates principles and exercises on the Pilates Reformer that will improve your flexibility, muscle tone, core strength, and posture to develop proper alignment, muscular balance, and safe use of the equipment. Each class will include a warm-up and a series of fluid exercises that encourage 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.M Lifelong Learning \$150
Session-8 Day-Mo 10/30-12/18
10:15 AM-11:15 AM Hedstrom, Jeanine

F-PR01.M2 Lifelong Learning \$150
Session-8 Day-Mo 10/30-12/18
4:15 PM-5:15 PM Knell, Nora

F-PR03.T Lifelong Learning \$150
Session-8 Day-Tu 10/31-12/19
10:15 AM-11:15 AM Sebastian, Keel

F-PR03.T2 Lifelong Learning \$150
Session-8 Day-Tu 10/31-12/19
11:30 AM-12:30 PM Sebastian, Keel

F-PR01.W Lifelong Learning \$135
Session-7 Day-We 11/01-12/20
12:00 PM-1:00 PM Knell, Nora

F-PR01.R Lifelong Learning \$135
Session-7 Day-Th 11/02-12/21
8:30 AM-9:30 AM Knell, Nora

F-PR01.R2 Lifelong Learning \$135
Session-7 Day-Th 11/02-12/21
10:00 AM-11:00 AM Graef, Denise





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-PR03.M Lifelong Learning \$150
Session-8 Day-Mo 10/30-12/18
9:00 AM-10:00 AM Graef, Denise

F-PR02.W Lifelong Learning \$135
Session-7 Day-We 11/01-12/20
4:15 PM-5:15 PM Graef, Denise

F-PR02.R Lifelong Learning \$120
Session-6 Day-Th 11/02-12/14
4:15 PM-5:15 PM Graef, Denise

PILATES REFORMER 2/3: ADVANCED

This class is for those beginning to feel confident in Pilates Reformer 2 and ready for more physically demanding and complex skills. Level 2/3 classes focus on mastering Foundational skills and are more athletic than Levels 1 and 2. Prerequisite: Must have taken Level 1 and 2 Pilates Reformer classes or Instructor approval.

F-PR03.W Lifelong Learning \$135
Session-7 Day-We 11/01-12/20
9:30 AM-10:30 AM Graef, Denise

PILATES REFORMER 3: ADVANCED WITH STRESS RELEASE PRACTICE

This class is for those confident in Pilates Reformer 2: Intermediate and are ready for more physically demanding exercises. This Level 3 class will focus on mastering 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-7 Day-We 11/01-12/20
5:30 PM-6:45 PM Graef, Denise

F-PR03.R Lifelong Learning \$150
Session-6 Day-Th 11/02-12/14
5:30 PM-6:45 PM Graef, Denise



EASY RIDER INDOOR CYCLING

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

F-CYC20.T Lifelong Learning \$25
Session-8 Day-Tu 10/31-12/19
9:45 AM-10:15 AM Finnerty, Ashley

F-CYC20.R Lifelong Learning \$22
Session-7 Day-Th 11/02-12/21
9:45 AM-10:15 AM Knell, Nora

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 \$33
Session-6 Day-Th 11/02-12/14
6:45 PM-7:45 PM Cook, Tina

CYCLE CHALLENGE

Elevate the intensity! This class incorporates basic to intermediate techniques focusing on proper form and riding techniques that offer more challenging options for experienced riders. Challenge yourself to increase your endurance and speed while exploring aerobic and anaerobic training. Bring a sweat towel, water bottle, and heart rate monitor if you have one.

F-CY02.M Lifelong Learning \$40
Session-8 Day-Mo 10/30-12/18
4:30 PM-5:30 PM Cook, Tina

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 class is for you! Each class will consist of 20-30 minutes on the bike and 20-30 minutes of core strength conditioning exercises utilizing different equipment. Wear athletic clothes/shoes and bring a water bottle and sweat towel. This class is designed for all fitness levels, and you can easily modify the exercises to meet your goals.

F-CYC06.T Lifelong Learning \$40
Session-8 Day-Tu 10/31-12/19
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 class is 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, and you can easily modify the exercises to meet your goals.

F-CYC21.W Lifelong Learning \$36
Session-7 Day-We 11/01-12/20
8:15 AM-9:15 AM Graef, Denise

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-7 Day-We 11/01-12/20
6:00 AM-6:45 AM Blakely, Molly

INTRODUCTION TO PICKLEBALL

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 forehand. Wear athletic attire and court or tennis shoes. All of the equipment will be provided.

F-PB01.W Lifelong Learning \$40
Session-7 Day-We 11/01-12/20
12:00 PM-1:00 PM Kendall, William

F-PB01.F2 Lifelong Learning \$35
Session-6 Day-Fr 11/03-12/15
5:45 PM-6:45 PM Lerew, Dory

F-PB01.F Lifelong Learning \$31
Session-5 Day-Fr 11/10-12/15
12:45 PM-1:45 PM Bentham, Renee

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, backhand, volley, overhead, and serve, and is familiar with court positioning in doubles play. This is a 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.M2 Hellgate EL/MID \$31
Session-5 Day-Mo 0 / 3 0 - 1 1 / 2 7
6:00 PM-7:00 PM Lerew, Dory

F-PB11.M Target Range School \$44
Session-8 Day-Mo 10/30-12/18
6:15 PM-7:15 PM Cook, David

F-PB11.R Lifelong Learning \$35
Session-6 Day-Th 11/02-12/14
12:00 PM-1:00 PM Kendall, William

F-PB11.R2 Lifelong Learning \$35
Session-6 Day-Th 11/02-12/14
1:05 PM-2:05 PM Kendall, William

F-PB11.F Lifelong Learning \$35
Session-6 Day-Fr 11/03-12/15
8:30 AM-9:30 AM Cook, David

F-PB11.F2 Lifelong Learning \$31
Session-5 Day-Fr 11/10-12/15
1:50 PM-2:50 PM Bentham, Renee

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.M Target Range School \$62
Session-8 Day-Mo 10/30-12/18
6:00 PM-7:30 PM Cook, David

F-PB12.M2 Target Range School \$62
Session-8 Day-Mo 10/30-12/18
7:30 PM-9:00 PM Cook, David

F-PB12.M3 Hellgate EL/MID \$44
Session-5 Day-Mo 10/30-11/27
7:05 PM-8:35 PM Lerew, Dory

F-PB12.W Lifelong Learning \$58
Session-7 Day-We 11/01-12/20
1:05 PM-2:35 PM Kendall, William

F-PB12.R Lifelong Learning \$49
Session-6 Day-Th 11/02-12/14
2:10 PM-3:40 PM Kendall, William

F-PB12.F Lifelong Learning \$49
Session-6 Day-Fr 11/03-12/15
9:35 AM-11:05 AM Cook, David

F-PB12.F2 Lifelong Learning \$49
Session-6 Day-Fr 11/03-12/15
11:10 AM-12:40 PM Cook, David

F-PB12.F3 Lifelong Learning \$49
Session-6 Day-Fr 11/03-12/15
6:50 PM-8:20 PM Lerew, Dory

FRENCHTOWN

GENTLE YOGA

If you're seeking a tranquil yoga session that combines gentle poses and stretches to alleviate stress and anxiety, your search ends here. This class offers comprehensive guidance to enhance your understanding of correct alignment in every pose. Whether you're a beginner or prefer a more leisurely pace, this class is for you. Don't forget to bring your yoga mat!

F-YOG01.M2 Frenchtown \$50
Session-8 Day-Mo 10/30-12/18
5:45 PM-6:45 PM Cash, Pearl

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 experiences, and abilities. It is a motivating hour of high-energy exercise to top 40 music where participants let it all out and dance free of judgment. OULA is not just an exercise class; it is an experience. OULA is dance-mania for your soul!

F-DAN02.T2 Frenchtown \$25
Session-7 Day-Tu 11/07-12/19
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 that are a perfect balance of cardio and conditioning for a full body workout and mind reset. Wear athletic clothes and shoes. Bring a water bottle and sweat towel, and be ready to SHiNE!

F-DAN21.H Frenchtown \$22
Session-6 Day-Th 11/02-12/14
6:30 PM-7:30 PM Hallgrimson, Anna

FRENCHTOWN



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2023 Circle of Excellence

Award Winner: Jodie Rasmussen, SPHR, SHRM-SCP

October 5th, 5:30 PM to 7:30 PM

Join us for an evening of socializing and networking as we recognize the HR Leadership and accomplishments of Jodie Rasmussen, Director of the Lifelong Learning Center.

Effective Communication for the Work Place

Instructor: Clare O'Connell

Fridays, October 5 - October 27, 9:00 AM - 11:30 AM

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. Register at www.MissoulaClasses.com.

Suicide in Montana Facts, Figures, and Formulas for Prevention

Speaker: Karl Rosston, LCSW

November 9, 11:30 AM to 1:00 PM

This presentation focuses on suicide within our culture with specific attention towards Montana. The presentation covers national and Montana data, demographics of a suicidal person, warning signs, training on how to intervene with a suicidal person, evidenced-based practices, and resources available. The presentation also covers how to conduct a suicide risk assessment utilizing the Columbia Suicide Severity Rating Scale.

Learning objectives for this presentation include: 1) Participants will be able to identify at least three warning signs of suicide, 2) Participants will be able to identify the primary suicide prevention crisis resource in the state., and 3) participants will be able to implement the Columbia Suicide Severity Rating Scale.

2023 Labor & Employment Law Legislative Update

Speaker: Noah P. Hill, Esq.

December 14, 11:30 AM to 1:00 PM

This session will review recent updates to employment law and legal compliance that will affect employer requirements and HR responsibilities in the new year and beyond. This will be a current legislative discussion that can impact your organization and workforce policies in the future.

The Big Sky Chapter of SHRM serves human resource professionals in Missoula and the surrounding area.

Our mission is to be recognized as a leader in human resource management by fostering community outreach and maintaining a consistently high level of educational activity; being the voice of the profession on workplace issues, and guiding the advancement of the human resource profession.

Call us at 406-549-8765

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/hiset-montana>

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.

Oct. 20, Nov. 17, and Dec. 8

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.

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 Rasmussen 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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