

THE LIFELONG LEARNING CENTER

COURSE CATALOG

2024

MAY - AUGUST



 The
Lifelong
Learning Center



CATEGORIES

Academic Success Program	69
Art	20
Business	6
Computer	7
Ed2Go Career Training.....	40
Fitness	44
Fitness at a Glance.....	42
Food & Cooking.....	15
Frenchtown.....	61
Health & Safety.....	36
HiSet Testing	68
Language.....	14
Music	17
Parenting	34
Photography	18
Refund Policy	70
Registration Information	70
Sewing.....	16
Special Interest.....	30
Summer Classes	64
Summer Fitness	62
Trades & Crafts	12
Whats New	3

WHATS NEW

NEW **HIRING THE "RIGHT" EMPLOYEE**

Have you ever hired a great job candidate who wasn't a great employee? Learn a process to increase the effectiveness of your hiring decisions, including developing questions that will identify a candidate's strengths, attributes, and cultural fit. You will have the opportunity to prepare for and practice an interview relevant to your hiring needs. This course has been submitted for HRCI and SHRM credits.

B-HR06 Lifelong Learning \$35
Session-1 Day-Tu 05/07-05/07
9:00 AM-12:30 PM Doody, Pat

NEW **INTRODUCTION TO ADOBE ILLUSTRATOR**

Learn the features of Adobe Illustrator, including fundamental tools, techniques, and workflows necessary for creating vector-based artwork. You will learn to navigate the Illustrator interface, manipulate shapes and paths, work with text, and utilize various drawing tools. With hands-on exercises and projects, you will gain practical experience in creating visually appealing illustrations and graphics.

C-DES04 Lifelong Learning \$103
Session-6 Day-Mo 05/06-06/17
4:30 PM-6:30 PM Mahagamay, Tina

NEW **CABINETRY 101**

In this introductory cabinetry course, you'll learn to construct and install cost-effective, high-quality cabinet boxes. You will learn the process of designing, planning, obtaining materials, building, finishing, and installing cabinetry. Additionally, you will explore different examples of trim, materials, shelving, doors, drawers, and other accessories that can be added to cabinets to customize them. The course includes fundamental training in working with wood, plywood, and shop equipment, offering a combination of hands-on experience and demonstrations.

T-CON02 Msla College-W Campus \$185
#Session-Day-Tu Th 05/09-05/21
6:00 PM-9:00 PM Sabella, Rio

NEW **DIY HOME REPAIR: PLUMBING**

Do you have a running toilet? Dripping sink? Tired of paying a plumber to do something you know you could do yourself? Learn some of the basics of how to work on your simple home plumbing projects! This class is designed to cover the basics of working with pipes. As a class, we will install a faucet and go over how to clean and clear your drains; we will set up a toilet, look at its inner workings, and learn how to repair or replace components, and we will go over best practices, how to analyze a job, and how to outfit your home toolkit, so you are prepared to tackle your next plumbing project!

T-PL01 Lifelong Learning \$48
Session-1 Day-Fr 05/24-05/24
9:00 AM-12:00 PM Sabella, Rio

NEW **BUILD YOUR OWN CORNHOLE BOARDS**

What better way to start the summer than with your homemade cornhole boards, which are sure to be the talk of the town! Using handheld tools, you'll follow the steps to create regulation-size cornhole boards with new and reclaimed materials. All building materials are included, but bags are not included.

T-HRS12 Home ReSource \$150
Session-2 Day-Sa 06/08-06/15
10:00 AM-1:00 PM Lessard, Michae

NEW **MEXICAN POZOLE VERDE**

If you're new to Pozole, it's a tasty Mexican stew recognized for its spicy broth and hearty hominy, whole corn kernels. Traditional Pozole usually includes shredded pork in a red chili sauce, while Pozole Verde commonly uses shredded chicken (though other meats work well too!). Despite the variation, hominy is a must in Pozole. This Pozole Verde recipe embodies flavor and healthiness. It's authentic, adaptable with your preferred toppings, and a joy to prepare!

FC-HO92 Missoula Food Bank \$50
Session-1 Day-Fr 05/24-05/24
11:30 AM-2:00 PM Gomez, Marilyn

NEW UPCYCLED DENIM PICNIC BLANKET

Create your own Summer picnic blanket. Use recycled denim to piece, cut, and sew your blanket. Durable and handmade, create a treasure to make memories on! You can bring in your old jeans or use what we have found at the thrift store! All supplies are included, and all levels are welcome.

SQ-S19 Lifelong Learning \$65
Session-3 Day-Th 05/16-05/30
10:00 AM-12:00 PM Sterrett, Suzanne

NEW BEGINNING ROCK & POP UKULELE

Learn to play your favorite tunes on a handy-sized, affordable instrument. Discover new chords and techniques weekly, applying them to learn songs. Sessions begin and end with playing and "jamming" as a group. This engaging course ensures a fun introduction to ukulele basics, motivating ongoing practice. Connect with fellow players, fostering potential future collaborations and shared learning experiences.

M-UK05 Lifelong Learning \$78
Session-6 Day-Mo 05/06-06/17
7:00 PM-8:30 PM Sabella, Rio

NEW INTRODUCTION TO WHEEL THROWING

Are you looking to try the potter's wheel or to give it a go again? Then this class is for you! You will learn the basics of pottery on the wheel through weekly demonstrations and individual practice. You will learn to prepare your clay, center it on the wheel, create multiple forms, and glaze your pots. All supplies are included, and all levels are welcome. Please allow 2-3 weeks for ceramic projects to be fired and ready to pick up! Everything you make will be food, dishwasher, and microwave-safe.

A-CL04.1 Lifelong Learning \$193
Session-6 Day-Th 05/09-06/13
6:00 PM-8:30 PM Alvashere, Chris

A-CL04.2 Lifelong Learning \$193
Session-6 Day-Tu 07/30-09/03
6:00 PM-8:30 PM Alvashere, Chris

NEW ASIAN BRUSH PAINTING: DRAGONFLY

Asian Brush Painting (Sumi-E) is about the dynamic relationship between our meditative and creative minds. We transfer these relationships through the brush, creating a creative dance. Come and learn how to dance with your brush through the practice of Sumi-E painting, creating a Dragonfly in ink and watercolor. All supplies are included, and all levels are welcome.

A-PA84 Lifelong Learning \$25
Session-1 Day-Mo 07/08-07/08
1:00 AM-3:00 AM Sparks, Jane

SAVE \$5.00

Per Class with
Early Bird Registration!

NEW RUNNING WITH EASE

Whether you're a regular runner or new to the sport, learn how to overcome self-imposed limitations to enjoyable and successful running. Running with Ease is based on the proven principles of the Alexander Technique, which encourages good use of the body and greater awareness of the way it functions. Beginning and experienced runners alike will gain real insight into developing an optimal stride and how you can transform your training and performance. This class is a "work on" type class rather than a "workout" class, so it will allow you to learn and increase the enjoyment and benefit from running as a lifelong pursuit.

F-RU01.T1 Lifelong Learning \$35
Session-6 Day-Tu 05/07-06/11
7:00 AM-8:00 AM Hodges, Mari

F-RU01.R1 Lifelong Learning \$31
Session-5 Day-Th 05/09-06/06
7:00 AM-8:00 AM Hodges, Mari

F-RU01.T2 Lifelong Learning \$44
Session-8 Day-Tu 07/09-08/27
7:00 AM-8:00 AM Hodges, Mari

F-RU01.R2 Lifelong Learning \$44
Session-8 Day-Th 07/11-08/29
7:00 AM-8:00 AM Hodges, Mari



MCPS

Where Learning
and Safety Matter!



LEVY INFORMATION

- ALL-MAIL ELECTION -
BALLOTS DUE MAY 7, 2024



General Fund Levies

A school district's General Fund budget is calculated based on a formula defined in state law, and based on the school district's prior year enrollment. The funding formula sets both the minimum and maximum General Fund budget, as well as the levy amount that a school district can request of local voters. The state budget limit and other district budgets do not grow as a result of increases in local property values.

General Fund Levies provide funding for a school district's normal operating expenses:



Staffing

- Teachers & paraeducators
- Custodial/grounds/trades
- Clerical & office support
- Health & nursing services



Teaching & Learning

- Instructional materials
- Programs & Supplies



Operating Expenses

- Insurance
- Utilities - electricity, heat, water, waste disposal, etc.



Safety Levies

School safety and security are top priorities for MCPS staff, students, families and the Missoula community.

The State of Montana does not provide funding specifically for safety and security projects at public schools.

The levies will raise a total of approximately \$2.5 million to help make our school communities safer through investments in:



Prevention

- School counselors
- Behavior interventionists
- Mental health support



Intervention & Education

- School Resource Officers
- Safety specialists
- Safety training and curricula for staff & students



System Maintenance & Upgrades

- Secure entries & doors
- Camera & intercom systems
- Visitor management system

General Fund Levy Requests

Elementary District

- Total levy amount: \$105,134
- Cost: \$0.79/year per \$100,000 in assessed property tax value

High School District

- Total levy amount: \$403,627
- Cost: \$1.65/year per \$100,000 in assessed property tax value

Safety Levy Requests

Elementary District

- Total levy amount: \$1.5 million
- Cost: \$11.24/year per \$100,000 in assessed property tax value

High School District

- Total levy amount: \$1 million
- Cost: \$4.08/year per \$100,000 in assessed property tax value

To Learn More:

- Scan the QR code below
- Visit www.mcpsmt.org
- Connect with your neighborhood school principal!



Call us at 406-549-8765

BUSINESS

NEW HIRING THE "RIGHT" EMPLOYEE

Have you ever hired a great job candidate who wasn't a great employee? Learn a process to increase the effectiveness of your hiring decisions, including developing questions that will identify a candidate's strengths, attributes, and cultural fit. You will have the opportunity to prepare for and practice an interview relevant to your hiring needs. This course has been submitted for HRCI and SHRM credits.

B-HR06 Lifelong Learning \$35
Session-1 Day-Tu 05/07-05/07
9:00 AM-12:30 PM Doody, Pat

NEW RETAINING EMPLOYEES: MOTIVATION AND DEVELOPMENT

Motivated and engaged employees are key to organizational effectiveness. If you are a new supervisor, this course will help you be successful in your role. It will provide essential knowledge and skills to motivate, engage, and develop employees. You will learn new tools and how to apply them in real-life situations. This course has been submitted for HRCI and SHRM credits.

B-HR07 Lifelong Learning \$35
Session-1 Day-Tu 05/14-05/14
9:00 AM-12:30 PM Doody, Pat

NEW KEYS TO PERSONAL AND PROFESSIONAL SUCCESS

Are you seeking to boost your self-confidence, overcome self-doubt, and unlock your full potential in both personal and professional settings? Engage in activities and exercises that will enable you to reflect on possible sources of your self-doubt, including limiting beliefs and mindset. You will explore ways to overcome self-doubt, build confidence, and practice self-compassion.

B-PE01 Lifelong Learning \$35
Session-1 Day-Tu 05/21-05/21
9:00 AM-1:00 PM Doody, Pat



SOCIAL MEDIA POSTING FOR SMALL BUSINESSES

Want to make sure your time spent posting on social media is efficient and effective? Learn the seven layers of an excellent social media post, including examples of each layer. Develop a strategy to optimize the time you spend posting to your business feeds. There will be time for Q A at the end of class, and you 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 \$20
Session-1 Day-Tu 04/16-04/16
11:00 AM-1:00 PM Humphreys, Shelby

BUILD A WEBSITE FOR YOUR SMALL BUSINESS

In this course, you will acquire the essential skills and knowledge to create effective e-commerce websites using Shopify. Through hands-on instruction and practical exercises, you will learn to design, set up, and customize online stores while exploring strategies for product listings, payment processing, and search engine optimization. By the end of the course, you will have the expertise to develop professional, user-friendly e-commerce websites tailored to small businesses, enabling them to establish a strong online presence and drive business growth.

C-WEB36 Lifelong Learning \$238
Session-5 Day-Th 07/11-08/08
1:30 PM-4:30 PM Enos, Darren

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-FIX05.7 Lifelong Learning \$68
Tu/We 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 04/29-05/20
1:00 PM-4:00 PM Enos, Darren

C-PC06.2 Lifelong Learning \$193
Session-4 Day-Mo 07/08-07/29
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-Mo 06/03-06/17
1:00 PM-4:00 PM Enos, Darren

C-PC07.2 Lifelong Learning \$148
Session-3 Day-Mo 08/05-08/19
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-Tu 06/11-06/11
2:00 PM-5:00 PM Enos, Darren

C-PC03.2 Lifelong Learning \$58
Session-1 Day-Mo 08/26-08/26
1:00 PM-4:00 PM Enos, Darren

Why Register Early?

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

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 04/30-04/30
1:00 PM-4:00 PM Enos, Darren

C-FIX02 Lifelong Learning \$58
Session-1 Day-Th 06/13-06/13
1:00 PM-4:00 PM Enos, Darren

C-FIX02.2 Lifelong Learning \$58
Session-1 Day-We 08/28-08/28
1:00 PM-4:00 PM Enos, Darren



EMAIL AND OTHER GOOGLE APPS

Work with all the Google apps available after installing the Google Chrome browser 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. Come prepared with your Google account and password.

C-WEB05 Lifelong Learning \$103
Session-2 Day-Tu 04/16-04/23
9:00 AM-12:00 PM Enos, Darren

C-WEB05 Lifelong Learning \$103
Session-2 Day-Th 05/09-05/16
1:30 PM-4:30 PM Enos, Darren

C-WEB05.2 Lifelong Learning \$103
Session-2 Day-We 07/10-07/17
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-Th 05/23-06/06
1:30 PM-3:30 PM Enos, Darren

C-AP03.2 Lifelong Learning \$58
Session-3 Day-We 08/07-08/21
1:30 PM-3:30 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-2 Day-Fr 05/10-05/17
1:30 PM-4:30 PM Enos, Darren

C-AP13.2 Lifelong Learning \$103
Session-2 Day-We 07/24-07/31
1:30 PM-4:30 PM Enos, Darren

FACEBOOK 101: CONNECTING GENERATIONS

Are you starting to feel like you are the only one without a Facebook page? Want to stay in touch with your kids or keep up with your grandkids? Create your own Facebook page while learning to set your privacy settings, edit and upload photos, and find friends.

C-WEB04 Lifelong Learning \$58
Session-1 Day-Tu 05/28-05/28
9:00 AM-12:00 PM Enos, Darren

FACEBOOK MARKETPLACE

Learn to buy, sell, and navigate the digital platform of Facebook Marketplace. 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-WEB037 Lifelong Learning \$50
Session-1 Day-We 06/12-06/12
1:30 PM-4:30 PM Enos, Darren

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 05/21-05/28
1:00 PM-4:00 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 08/15-08/29
1:30 PM-4:30 PM Enos, Darren

BUILD A WEBSITE FOR YOUR SMALL BUSINESS

In this course, you will acquire the essential skills and knowledge to create effective e-commerce websites using Shopify. Through hands-on instruction and practical exercises, you will learn to design, set up, and customize online stores while exploring strategies for product listings, payment processing, and search engine optimization. By the end of the course, you will have the expertise to develop professional, user-friendly e-commerce websites tailored to small businesses, enabling them to establish a strong online presence and drive business growth.

C-WEB36 Lifelong Learning \$238
Session-5 Day-Th 07/11-08/08
1:30 PM-4:30 PM Enos, Darren



INTRODUCTION TO ADOBE ILLUSTRATOR

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C-DES04 Lifelong Learning \$103
Session-6 Day-Mo 05/06-06/17
4:30 PM-6:30 PM Mahagamage, Tina

INTRODUCTION TO PHOTOSHOP

Learn the core components and concepts of Photoshop so that you can navigate the environment and use Photoshop tools to work with photographic images. You will navigate the Photoshop CC workspace, identify and use Photoshop tools to enhance photographic images and organize files in Adobe Bridge. You will also define image size, resolution, and color modes, work with selection tools and layers, make image enhancements and adjustments, open and modify an image in Camera Raw, and prepare images for print and web. Prerequisite: Intro to PC or Computer and Windows experience.

C-PS06 Lifelong Learning \$223
Session-4 Day-Mo 04/08-04/29
12:30 PM-3:30 PM Webber, Dennis

GETTING STARTED WITH ADOBE LIGHTROOM CLASSIC

Adobe Lightroom Classic is a powerful photo organizing and editing application, but it can be confusing to use it effectively. Learn the best way to organize your images in the Library Module, find specific photos, and back up your Library of pictures for safety. Select your favorite images and improve them in the Develop Module. You will learn to straighten and crop pictures, adjust brightness and contrast, and color-correct your photos. Finish with sharing your perfected shots online or preparing them for prints from a photo lab. The course is taught using the school's Mac and Windows computers. NOTE: This course is for Adobe Lightroom Classic, not the cloud-based version.

C-LR06 Lifelong Learning \$93
Session-4 Day-Tu T 04/16-04/25
6:00 PM-8:30 PM Eyster, Kathy



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-Tu 05/07-05/21
9:00 AM-12:00 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 in our computer lab using Office 2019. The essential skills learned will apply to Office 2019 and Office 365. Prerequisite: Intro to PC or equivalent skills.

C-EX01 Lifelong Learning \$143
Session-1 Day-Tu 06/18-06/18
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 2019 and Office 365. Prerequisite: Excel-Level 1 or equivalent skills.

C-EX02 Lifelong Learning \$143
Session-1 Day-Tu 07/16-07/16
8:30 AM-4:00 PM Enos, Darren



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 \$110
Session-4 Day-We 05/29-06/19
9:00 AM-12:00 PM Garner, Becky



**Take the Next Step
toward a promising
Career!**

**COMING
THIS
FALL!**

**Intuit Bookkeeping
& QuickBooks
Online Certification
Course**

**406-549-8765
MissoulaClasses.com**

COMPUTER

TRADES & CRAFTS

INTRODUCTION TO WOODWORKING

Want to know your way around a wood shop? This is a class focused on the history of fine woodworking and fundamental milling techniques. We start by utilizing old school hand planes to better understand how to flatten and square rough lumber and then apply that knowledge to contemporary tools and building practices. Each student will turn a piece of hard maple into an end grain cutting board to take home and enjoy for years.

T-CON06 Msla College-W Campus \$274
#Session-6 Day-Tu Th 08/06-08/22
6:00 PM-9:00 PM Wilson, J Walter

NEW BUILDING GARDEN BOXES

Join our introductory woodworking course focused on crafting durable garden boxes. Learn about project planning, material selection, and safe construction techniques. Utilize table saws, drills, nail guns, and more. By the end of the class, you will have constructed multiple garden boxes that the Lifelong Learning Center will use for future gardening classes.

T-CON15 Lifelong Learning \$48
Session-1 Day-Sa 06/01-06/01
9:00 AM-12:00 PM Sabella, Rio

NEW CABINETRY 101

In this introductory cabinetry course, you'll learn to construct and install cost-effective, high-quality cabinet boxes. You will learn the process of designing, planning, obtaining materials, building, finishing, and installing cabinetry. Additionally, you will explore different examples of trim, materials, shelving, doors, drawers, and other accessories that can be added to cabinets to customize them. The course includes fundamental training in working with wood, plywood, and shop equipment, offering a combination of hands-on experience and demonstrations.

T-CON02 Msla College-W Campus \$185
#Session-Day-Tu Th 05/14-05/23
6:00 PM-9:00 PM Sabella, Rio



NEW DIY HOME REPAIR: PLUMBING

Do you have a running toilet? Dripping sink? Tired of paying a plumber to do something you know you could do yourself? Learn some of the basics of how to work on your simple home plumbing projects! This class is designed to cover the basics of working with pipes. As a class, we will install a faucet and go over how to clean and clear your drains; we will set up a toilet, look at its inner workings, and learn how to repair or replace components, and we will go over best practices, how to analyze a job, and how to outfit your home toolkit, so you are prepared to tackle your next plumbing project!

T-PL01 Lifelong Learning \$48
Session-1 Day-Fr 05/24-05/24
9:00 AM-12:00 PM Sabella, Rio

NEW DIY HOME REPAIR: TRIM, DOORS & DRYWALL

Are you tired of spending money on minor household tasks? Take our DIY Home Repair class and discover the fundamentals of home maintenance. The topics covered include drywall repair, trim work, painting, and various door-related tasks like installing door-knobs and locksets and adjusting and hanging doors. This hands-on course is perfect for beginners and will teach you how to address common household issues, giving you the confidence to complete home repair projects.

T-DW02 Lifelong Learning \$55
Session-1 Day-Fr 05/31-05/31
9:00 AM-1:00 PM Sabella, Rio

BUILD YOUR OWN CRIBBAGE BOARD

What better way to pass the time than with a game of cribbage? In this workshop, you will build your own cribbage board using live edge wood or other reclaimed materials found at the Home ReSource ReUse store. With access to hand power tools and cribbage hole templates, you will be able to create a one-of-a-kind board. All materials are included.

T-HRS03 Home ReSource \$40
Session-1 Day-Tu 05/07-05/07
5:30 PM-8:00 PM Lessard, Michael

T-HRS03.2 Home ReSource \$40
Session-1 Day-Fr 06/07-06/07
5:30 PM-8:00 PM Lessard, Michael

NEW BUILD YOUR OWN CORNHOLE BOARDS

What better way to start the summer than with your homemade cornhole boards, which are sure to be the talk of the town! Using handheld tools, you'll follow the steps to create regulation-size cornhole boards with new and reclaimed materials. All building materials are included, but bags are not included.

T-HRS12 Home ReSource \$150
Session-2 Day-Sa 06/08-06/15
10:00 AM-1:00 PM Lessard, Michael

NEW RECLAIMED WOOD DOORMAT

Learn how to use a compound miter saw and drill to create a new doormat with reclaimed materials. Once your pieces are cut, you can stain or paint them before assembling them using rope. Through this process, you'll learn how creating jigs can make our work more efficient and accurate when cutting and drilling many similar pieces. All materials are included.

T-HRS10 Home ReSource \$75
Session-3 Day-Tu 05/14-05/28
5:30 PM-8:00 PM Lessard, Michael

NEW YOU & YOUR CHILD: RECLAIMED WOOD BIRD FEEDER

Using reclaimed wood, learn to use a variety of tools to cut the pieces and assemble your very own DIY bird feeder! With Mother's Day just around the corner, this is a great project to come to with a child (10+ years) and create a gift for a loved one. Wood and tools provided by Home ReSource.

P-PC58 Home ReSource \$35
Session-1 Day-Sa 05/11-05/11
10:00 AM-2:00 PM Lessard, Michael

NEW RECLAIMED WOOD BIRD FEEDER

Create your own bird feeder using reclaimed wood! You will learn how to cut wood pieces with a miter saw and assemble them into a feeder. Ensure your local birds stay content throughout the summer season. All materials are included.

T-HRS09 Home ReSource \$40
Session-1 Day-Sa 05/18-05/18
10:00 AM-2:00 PM Lessard, Michael

FIXIT CLINICS!

LEARN TO FIX YOUR BROKEN OR MALFUNCTIONING ITEMS

Clinics are free to attend!



Home ReSource
A Community Sustainability Center

Learn more



RECLAIMED WOOD PICTURE FRAME

Use reclaimed wood to create a basic picture frame for an 8 x 10-inch photo. You will use a miter saw for precision cuts and experiment with cutting your glass. After assembly, decide whether to keep it natural or enhance it with stain or paint. All materials are included.

T-HRS11 Home ReSource \$55
Session-2 Day-Mo 06/03-06/10
5:00 PM-8:00 PM Lessard, Michael

T-HRS11.2 Home ReSource \$55
Session-2 Day-Mo 08/19-08/26
5:00 PM-8:00 PM Lessard, Michael

LANGUAGE

SPANISH PART 1

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

L-SP13 Lifelong Learning \$112
Session-6 Day-We 05/08-06/12
6:00 PM-8:00 PM Diaz, Jose



SPANISH PART 2

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

L-SP14 Lifelong Learning \$95
Session-6 Day-Tu 07/16-08/20
6:00 PM-8:00 PM Partidas, Ismara

ADVANCED CONVERSATIONAL SPANISH

This class is designed for students who have completed a Continuing Spanish class or have an intermediate knowledge of the Spanish language. The class will include grammar and intermediate to advanced conversational Spanish.

L-SP08 Lifelong Learning \$147
Session-8 Day-Tu 05/14-07/02
6:00 PM-8:00 PM Partidas, Ismara

LEARNING THE CYRILLIC ALPHABET

Добро пожаловать! (Welcome!) Learn to recognize letters and common words in the Russian script. We will crack the code of the Cyrillic Alphabet and explore basic grammar concepts of contemporary Russian through engaging methods such as roleplay, conversations, and creativity. Whether you're a traveler seeking to understand the words around you or someone preparing to learn Russian and aiming to master the basics, this class is for you!

L-RU03 Lifelong Learning \$88
Session-6 Day-Th 04/18-05/23
4:00 PM-5:30 PM Leonard, Clair

NEW BEGINNING GERMAN 3

Beginning German 3 is designed for individuals with some experience in German. The goal is to reinforce German pronunciation, grammar, and vocabulary while introducing new concepts such as learning cinema expressions, ordinal numerals, and present perfect tense formation, including future tense and hobbies. This course will continue to lay the groundwork for effective communication emphasizing the FUN-damentals of the German language. Jawohl! You'll engage with your peers and instructor auf Deutsch bitte to improve speaking and listening comprehension skills. Required textbook not included in tuition fee. Prerequisite: Beginning German 2 or equivalent experience.

L-GE04 Lifelong Learning \$95
Session-6 Day-Tu 08/06-09/10
6:00 PM-8:00 PM Leonard, Clair

FOOD & COOKING

YOU AND YOUR CHILD: MOTHER'S DAY CUPCAKE DECORATING!

Would you and your child like to create beautiful and festive cupcakes in time for Mother's Day? Bring that special child in your life and join us for this hands-on class to learn the decorating basics. Working together, you and your child (8+ years) will create cupcakes to share with the whole family. One child per registered adult.

P-PC59 Lifelong Learning \$48
Session-1 Day-Th 05/09-05/09
6:00 PM-8:00 PM Birdsell, Becca

CAKE DECORATING 101

Discover the secrets to creating bakery-worthy cakes in your kitchen! You will prepare buttercream frosting from scratch and apply it to your cake while learning the essentials of cake decoration and how to use decorating tools to create beautiful borders and classy embellishments. By the end of the class, you'll proudly take home your mouth-watering masterpiece!

FC-HO91 Lifelong Learning \$60
Session-1 Day-Mo 05/20-05/20
5:30 PM-8:00 PM Birdsell, Becca

FC-HO91.2 Lifelong Learning \$60
Session-1 Day-Th 08/15-08/15
5:30 PM-8:00 PM Birdsell, Becca

CHEESE TASTING

Learn how and where many of our favorite cheeses are made and the different categories and types. You will also practice identifying flavor profiles by tasting delicious cheeses. By the end of class, we will explore the best accompaniments by indulging in a specially prepared cheese board together.

FC-HO79 Lifelong Learning \$43
Session-1 Day-Fr 05/31-05/31
6:00 PM-8:00 PM Kunkle, Tandy

FC-HO79.2 Lifelong Learning \$43
Session-1 Day-Th 08/22-08/22
6:00 PM-8:00 PM Kunkle, Tandy

NEW MEXICAN POZOLE VERDE

If you're new to Pozole, it's a tasty Mexican stew recognized for its spicy broth and hearty hominy, whole corn kernels. Traditional Pozole usually includes shredded pork in a red chili sauce, while Pozole Verde commonly uses shredded chicken (though other meats work well too!). Despite the variation, hominy is a must in Pozole. This Pozole Verde recipe embodies flavor and healthiness. It's authentic, adaptable with your preferred toppings, and a joy to prepare!

FC-HO92 Missoula Food Bank \$50
Session-1 Day-Fr 05/24-05/24
11:30 AM-2:00 PM Gomez, Marilyn

KOREAN CUISINE

One of the most important ingredients in Korean food-making is your hands. Everyone has a certain kind of sonmat (손맛), hand-taste, and it's what makes your food particular to you. With family history and flavors passing through your hands, sonmat travels from generation to generation. In this series of Korean cooking classes, you'll learn how to make some popular dishes, including kimchi, various vegetable jeon (pancakes), bibimbap, and kimchi jjigae (stew) with your very own hands.

FC-HO32 Big Sky High School \$170
Session-5 Day-Th 08/01-08/29
5:30 PM-8:00 PM Brand, Ariel

PASTA FROM SCRATCH

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

FC-HO65 Lifelong Learning \$50
Session-1 Day-Tu 08/27-08/27
6:00 PM-8:30 PM Leary, Kathryn

SEWING

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 07/24-07/24
6:00 PM-8:30 PM Leary, Kathryn

CONTINUING KNITTING

Expand your knitting skills! Continue to knit in a welcoming and relaxed atmosphere. This class is for beginners who have basic knitting skills (casting on and off, knitting and purling), or for those who have taken Beginning Knitting. In this class, you will knit a pair of basic slipper socks, learning skills such as knitting in the round, shaping, and turning a heel. Students must bring yarn and needles to class, supply list will be emailed prior to first class.

SQ-KN04 Lifelong Learning \$68
Session-4 Day-Mo 04/15-05/06
7:00 PM-8:30 PM Bragg, Keller

EMBROIDERY 101

Dive into the world of embroidery and unlock your creativity by turning threads into art! Learn the art of stitching and create beautiful pieces to cherish. Whether you're a complete novice or looking to enhance your skills, this class promises a blend of learning, creativity, and fun. All supplies are included, and all levels are welcome.

SQ-EM01.1 Lifelong Learning \$75
Session-4 Day-Fr 05/10-05/31
6:00 PM-8:00 PM Lodato, Brooke

SQ-EM01.2 Lifelong Learning \$75
Session-4 Day-Tu 08/06-08/27
6:00 PM-8:00 PM Lodato, Brooke

SEW IT! TOTE BAGS

Whether you are a beginner or an accomplished sewist/quilter, this class will be a delightful opportunity to connect with other fabric lovers and learn new ideas. This class offers instruction in basic skills and the tasks to complete three bags. You will start with a simple drawstring bag for gifts, move on to a sturdy canvas tote with webbing straps, and create a "Japanese Knot Bag." All supplies are included, and all levels are welcome.

SQ-S10 Lifelong Learning \$65
Session-1 Day-Sa 04/20-04/20
9:00 AM-3:30 PM Sterrett, Suzanne

SEW IT! FANNY PACK

Learn to sew your own custom Fanny pack! You will learn to cut fabric from pattern pieces, read a pattern, and sew 4-zippers. This class is for those with intermediate to advanced sewing skills. You need to know how to operate a sewing machine and have basic sewing skills. It's ideal for those who want to become more comfortable with working with zippers. All supplies are included.

SQ-S14 Lifelong Learning \$103
Session-3 Day-We 05/08-05/29
6:00 PM-9:00 PM McKone, Maggie

SAVE \$5.00

Per Class with
Early Bird Registration!

NEW

UPCYCLED DENIM PICNIC BLANKET

Create your own Summer picnic blanket. Use recycled denim to piece, cut, and sew your blanket. Durable and handmade, create a treasure to make memories on! You can bring in your old jeans or use what we have found at the thrift store! All supplies are included, and all levels are welcome.

SQ-S19 Lifelong Learning \$65
Session-3 Day-Th 05/16-05/30
10:00 AM-12:00 PM Sterrett, Suzanne

MUSIC

NEW

BEGINNING ROCK & POP
UKULELE

Learn to play your favorite tunes on a handy-sized, affordable instrument. Discover new chords and techniques weekly, applying them to learn songs. Sessions begin and end with playing and “jamming” as a group. This engaging course ensures a fun introduction to ukulele basics, motivating ongoing practice. Connect with fellow players, fostering potential future collaborations and shared learning experiences.

M-UK05

Lifelong Learning

\$78

Session-6 Day-Mo

05/06-06/17

Sabella, Rio

7:00 PM-8:30 PM

GUITAR 101

Have you ever wanted to play the guitar? In this hands-on class, you will learn the names of notes on all six guitar strings and play fundamental chords through easy songs and exercises. You will also receive instructions on how to read guitar music in standard notation. By the end of the class, you will have established a solid foundation for playing simple songs and will be well-prepared for further study of the guitar. Bring your guitar!

M-GU13

Lifelong Learning

\$87

Session-6 Day-Tu

05/14-06/18

Walther, Peter

7:00 PM-8:30 PM

M-GU13.2

Lifelong Learning

\$87

Session-6 Day-Tu

07/23-08/27

Walther, Peter

7:00 PM-8:30 PM



PHOTOGRAPHY



FUNDAMENTALS OF PHOTO COMPOSITION

Strong images come from selecting and arranging subjects in the photograph, what we call composition. Learn to improve your pictures by deciding what your photo is about and using composition techniques to convey that idea. Find out when to shoot a horizontal or vertical frame, where to place the main subject for the most impact, how to employ lines to direct your viewer's attention, what effect the background has on your photo, and why exploring different angles helps create unique images. By applying composition, you can turn a snapshot into a photograph. All cameras are welcome in this class, including phones.

PH-PC64 Lifelong Learning \$65
Session-1 Day-Sa 04/20-04/20
8:30 AM-5:00 PM Eyster, Kathy

TAKE BETTER PICTURES WITH YOUR SMARTPHONE

Are you making the most of your smartphone's camera? This class will show you how to utilize its full potential. Learn to maximize the automatic controls for better focus and exposure, explore special shooting modes like Portrait, Panorama, Night, and Burst for action shots, and enhance your images with basic edits, including cropping, exposure, and color adjustments. By leveraging all the features of your smartphone camera, you'll be able to create impactful pictures. Note: This class is suitable for both Android and iPhone users.

C-AP14 Lifelong Learning \$65
Session-1 Day-Sa 06/01-06/01
8:30 AM-5:00 PM Eyster, Kathy

NEW PHOTOGRAPH FLOWERS ON THE UM CAMPUS

The University of Montana has several beautiful flower gardens around campus, which make it easy to start your spring photography. In the classroom, you learn techniques for taking sharp, creative images of the blooms in their beds and close-ups of details. You also explore ways to manage lighting, color, and backgrounds to show off the blossoms. On Saturday, you will meet at the University Center to enjoy taking pictures of all the colorful blooms and flowering trees. We wrap up the class by sharing our favorite photos from the day. Smartphones and traditional digital cameras are both welcome. Knowledge of your phone's or camera's controls and a tripod are suggested.

PH-PC68 Lifelong Learning \$50
Session-3 Day-Th/Sa 05/09-05/16
Th 6:30 PM-8:30 PM
Sa 8:00 AM-10:00 AM Eyster, Kathy

NEW PHOTOGRAPH WILDFLOWERS AT PACKER MEADOW

Join us for an adventure at Packer Meadow on Lolo Pass, where the annual camas wildflower bloom awaits. Capture stunning close-ups and landscapes of the spectacle. Keep an eye out for blooming beargrass nearby. Learn photography techniques in our classroom session, covering overall shots, flower portraits, and details. Discover how light, composition, and focus can elevate your images. On Saturday evening, you will meet at the Lolo Pass Visitor Center, then travel to the meadow to bask in the sea of camas blossoms. Back in class, share and view ways to edit them. Bring smartphones or digital cameras; familiarity with your device and a tripod are recommended.

PH-PC69 Lifelong Learning \$50
Session-3 Day-Th Sa 06/06-06/13
6:30 PM-8:30 PM Eyster, Kathy



PHOTOGRAPH HISTORIC GARNET GHOST TOWN

Join us for a photography adventure at Garnet Ghost Town! In class, you'll learn basic composition and lighting principles and how to shoot in color, black and white, or sepia. Learn to narrate the town's story through wide-angle, normal, and detailed shots. You'll meet at Garnet on Saturday morning to explore its buildings and artifacts. Share your best shots and witness editing techniques to refine them. Bring smartphones or digital cameras; knowing your device's controls and bringing a tripod is advised. The entrance fee is \$3.00 cash.

PH-PC40 Lifelong Learning \$50
#Session-3 Day-Th/Sa 07/11-07/18
Th 6:30 PM-8:30 PM
Sa 8:30 AM-10:30 AM Eyster, Kathy

NEW PRACTICE PHOTOGRAPHY AT THE FORT

Improve your outdoor photography skills alongside a seasoned photographer who can answer your questions! During classroom sessions, you'll discover techniques for enhancing your outdoor photos through light, composition, and focus. On Saturday, you'll meet at the Historical Museum at Fort Missoula, where you'll have the opportunity to capture images of flowers, historic buildings, and machinery. Back in class, share and discuss your photos. Bring a smartphone or digital camera; knowing your device's controls and bringing a tripod is advised.

PH-PC70 Lifelong Learning \$50
#Session-3 Day-Th/Sa 08/08-08/15
Th 6:30 PM-8:30 PM
Sa 7:30 AM-9:30 AM Eyster, Kathy

Why Register Early?

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

INTRODUCTION TO PHOTOSHOP

Learn the core components and concepts of Photoshop so that you can navigate the environment and use Photoshop tools to work with photographic images. You will navigate the Photoshop CC workspace, identify and use Photoshop tools to enhance photographic images and organize files in Adobe Bridge. You will also define image size, resolution, and color modes, work with selection tools and layers, make image enhancements and adjustments, open and modify an image in Camera Raw, and prepare images for print and web. Prerequisite: Intro to PC or Computer and Windows experience.

C-PS06 Lifelong Learning \$223
#Session-4 Day-Mo 04/08-04/29
12:30 PM-3:30 PM Webber, Dennis



GETTING STARTED WITH ADOBE LIGHTROOM CLASSIC

Adobe Lightroom Classic is a powerful photo organizing and editing application, but it can be confusing to use it effectively. Learn the best way to organize your images in the Library Module, find specific photos, and back up your Library of pictures for safety. Select your favorite images and improve them in the Develop Module. You will learn to straighten and crop pictures, adjust brightness and contrast, and color-correct your photos. Finish with sharing your perfected shots online or preparing them for prints from a photo lab. The course is taught using the school's Mac and Windows computers. NOTE: This course is for Adobe Lightroom Classic, not the cloud-based version.

C-LR06 Lifelong Learning \$93
#Session-4 Day-Tu/Th 04/16-04/25
6:00 PM-8:30 PM Eyster, Kathy

ART

NEW METAL TOOLED FAMILY CREST

Create your unique family crest or personal images using aluminum sheeting. Craft a low-relief sculpture to display in your home by learning the techniques of repoussé and chasing. Focus on textural methods to patina your sculpture to look like a traditional coat of arms. All supplies are included, and all levels are welcome.

A-CR36 Lifelong Learning \$70
Session-3 Day-We 07/17-07/31
10:00 AM-12:00 PM South, Christine

NEW GET CREATIVE WITH DESIGN SPACE

Discover how to maximize the potential of your Circut™ machine! Did you know you can craft stickers, bookmarks, scrapbooking embellishments, embroidery templates, and much more with it? Learn how to leverage the "Design Space" software to bring your ideas to life, whether in 2D or 3D. Don't forget to bring along the device you use to program your Circut™ for hands-on learning.

A-CR35 Lifelong Learning \$20
Session-1 Day-Tu 06/11-06/11
6:00 PM-8:00 PM Lodato, Brooke

PRINTMAKING WORKSHOP

Linoleum block printmaking is a type of relief printing done by cutting or carving a design into linoleum, rolling ink on the linoleum, and transferring the ink to a surface. In this one-day workshop, you will learn the entire printing process from image design, carving, proof printing, and finally, creating a small edition of your final image (no bigger than 6 x 9 inch). All supplies are included, and all levels are welcome. Please come prepared with final image ideas and/or reference photos. Bring a sack lunch.

A-CR29 Frenchtown \$74
Session-1 Day-Sa 06/01-06/01
9:30 AM-3:30 PM Radloff, Kaitlynn



PRINTMAKING - LINOLEUM BLOCK

Linoleum, or linocut, is a relief print created from a design cut into the material. Learn techniques for drawing composition using line techniques and ways to create a variety of textures and create the illusion of depth with positive and negative space balance. You will transfer designs to linoleum carving blocks. Relief carving tools will be used to carve designs in the blocks and then finally print a small edition size of original art prints. All supplies are included, and all levels are welcome.

A-CR26.2 Lifelong Learning \$100
Session-4 Day-Mo 04/08-04/29
5:30 PM-7:30 PM South, Christine

A-CR26 Lifelong Learning \$100
Session-4 Day-We 07/31-08/21
1:00 PM-3:00 PM South, Christine

NEW PRINTMAKING - LINOLEUM BLOCK REDUCTION

The reduction Lino cut is a method of block printing in which each color layer is taken from the same block. More lino is removed from the block for each layer, and each color is printed on top of the last. Relief carving tools will be used to carve designs into the blocks, followed by the printing of original art pieces. All supplies are included, and all levels are welcome.

A-CR34 Lifelong Learning \$100
Session-4 Day-We 07/10-07/31
5:30 PM-7:30 PM South, Christine

NEW BEGINNING CLAY

Are you interested in working with clay, getting your hands (and possibly your clothes) dirty? If you want to get creative with clay, you'll have the chance to learn wheel-throwing and hand-building techniques. You'll have opportunities to create both functional items and sculptures! All supplies are included, and all levels are welcome. Please allow 2-3 weeks for ceramic projects to be fired and ready to pick up! Everything you make will be food, dishwasher, and microwave-safe.

A-CL03.1 Lifelong Learning \$193
Session-6 Day-Th 05/09-06/13
10:00 AM-12:30 PM Alveshere, Chris

A-CL03.2 Lifelong Learning \$193
Session-6 Day-Th 08/01-09/05
10:00 AM-12:30 PM Alveshere, Chris



NEW INTRODUCTION TO WHEEL THROWING

Are you looking to try the potter's wheel or to give it a go again? Then this class is for you! You will learn the basics of pottery on the wheel through weekly demonstrations and individual practice. You will learn to prepare your clay, center it on the wheel, create multiple forms, and glaze your pots. All supplies are included, and all levels are welcome. Please allow 2-3 weeks for ceramic projects to be fired and ready to pick up! Everything you make will be food, dishwasher, and microwave-safe.

A-CL04.1 Lifelong Learning \$193
Session-6 Day-Th 05/09-06/13
6:00 PM-8:30 PM Alveshere, Chris

A-CL04.2 Lifelong Learning \$193
Session-6 Day-Tu 07/30-09/03
6:00 PM-8:30 PM Alveshere, Chris

NEW RING HOLDERS ON THE WHEEL

Join us for this hands-on wheel-throwing workshop! Whether you are looking for an opportunity to try wheel-throwing or already have some experience, this will be fun, no doubt! You will learn the basics of centering and shaping clay on the potter's wheel, and you will be able to create a ring holder by the end of class! All supplies are included, and all levels are welcome. Please allow 2-3 weeks for ceramic projects to be fired and ready to pick up! Everything you make will be food, dishwasher, and microwave-safe.

A-CL05 Lifelong Learning \$30
Session-1 Day-Tu 06/04-06/04
2:30 PM-4:30 PM Alveshere, Chris

NEW SLAB TRIPOD MUGS

Create a cup or mug using the slab hand-building technique! You will learn to add textures to clay and create a drinking vessel with attached pedestal feet. All supplies are included, and all levels are welcome. Please allow 2-3 weeks for ceramic projects to be fired and ready to pick up! Everything you make will be food, dishwasher, and microwave-safe.

A-CL06 Lifelong Learning \$30
Session-1 Day-We 05/15-05/15
10:00 AM-12:00 PM Alveshere, Chris

NEW SLAB FISH WALL HANGING

Learn how to create a slab wall tile! You will focus on the forms and textures of fish. You will use your creativity to design the form and colors of your wall piece. All supplies are included, and all levels are welcome. Please allow 2-3 weeks for ceramic projects to be fired and ready to pick up! Everything you make will be food, dishwasher, and microwave-safe.

A-CL07 Lifelong Learning \$55
Session-2 Day-Th 05/23-05/30
1:00 PM-3:00 PM Alveshere, Chris

NEW CERAMIC COASTERS

Learn how to work with clay slabs while creating your very own set of stacking coasters. You will learn to work with paper templates to create any shape of coasters you would like! All supplies are included, and all levels are welcome. Please allow 2-3 weeks for ceramic projects to be fired and ready to pick up! Everything you make will be food, dishwasher, and microwave-safe.

A-CL08 Lifelong Learning \$30
Session-1 Day-Tu 05/07-05/07
2:00 PM-4:00 PM Alveshere, Chris

NEW CERAMIC PENDANTS

Bring your ideas and create your own pendants out of clay! We will discuss ways to add texture, pattern, and details to your individualized colorful pendants. All supplies are included, and all levels are welcome. Please allow 2-3 weeks for ceramic projects to be fired and ready to pick up! Everything you make will be food, dishwasher, and microwave-safe.

A-CL016 Lifelong Learning \$30
Session-1 Day-Th 06/13-06/13
1:00 PM-3:00 PM Alveshere, Chris

NEW CERAMIC RATTLES

Create a sculptural ceramic rattle! This simple instrument can bring fun and joy into your home. You will create the forms with the pinch method, a simple and versatile way of creating with clay. All supplies are included, and all levels are welcome. Please allow 2-3 weeks for ceramic projects to be fired and ready to pick up! Everything you make will be food, dishwasher, and microwave-safe.

A-CL13 Lifelong Learning \$55
Session-2 Day-Tu/We 08/20-08/21
3:00 PM-5:00 PM Alveshere, Chris

SAVE \$5.00

Per Class with
Early Bird Registration!

NEW CERAMIC ANIMAL WALL HANGING

Learn how to create a sculptural wall tile with the textures of fur, scales, and more! Use your creativity to design the form and colors of your wall piece. All supplies are included, and all levels are welcome. Please allow 2-3 weeks for ceramic projects to be fired and ready to pick up! Everything you make will be food, dishwasher, and microwave-safe.

A-CL11 Lifelong Learning \$55
Session-2 Day-Tu/ W 08/27-08/28
3:00 PM-5:00 PM Alveshere, Chris

NEW COILED PLANTERS

Design, create, and paint your coiled planter! You will learn the coil method to assemble a planter form and include a water drip tray. The construction method is fun and easy to do! All supplies are included, and all levels are welcome. Please allow 2-3 weeks for ceramic projects to be fired and ready to pick up! Everything you make will be food, dishwasher, and microwave-safe.

A-CL09 Lifelong Learning \$43
Session-1 Day-Tu 05/21-05/21
2:30 PM-5:30 PM Alveshere, Chris

NEW HISTORICAL COIL VESSELS

Learn how to build on a larger scale with the ceramic coil building technique. You will learn to work with paper templates to create forms larger than 10 inches. There will be an introduction to Greek and Roman forms, but any form suitable for this method of building is welcome! All supplies are included, and all levels are welcome. Please allow 2-3 weeks for ceramic projects to be fired and ready to pick up! Everything you make will be food, dishwasher, and microwave-safe.

A-CL12 Lifelong Learning \$105
Session-4 Day-Mo/Tu 08/05-08/13
3:00 PM-5:00 PM Alveshere, Chris

NEW HANDMADE TILE MOSAICS

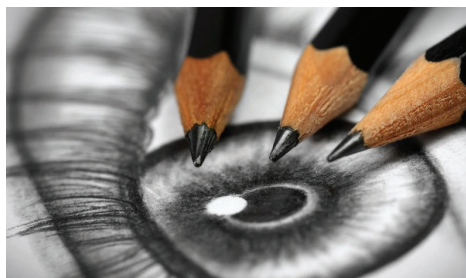
Are you looking for a chance to create a mosaic from start to finish? Here's your chance! Join us for an introduction to creating slabs and tiles in various colors for your handmade mosaic design. You will design and texture your tiles and finish with grouting your pieces! All supplies are included, and all levels are welcome. Please allow 2-3 weeks for ceramic projects to be fired and ready to pick up! Everything you make will be food, dishwasher, and microwave-safe.

A-CL10 Lifelong Learning \$105
Session-4 Day-Th 08/15-09/05
1:00 PM-3:00 PM Alveshire, Chris

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-DR01 Lifelong Learning \$128
Session-6 Day-Tu 05/14-06/18
1:00 PM-3:30 PM Miller, Scott



SKETCH LIKE A PRO! - BASICS

From basic to advanced techniques, learn how to communicate using a 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 supplies are included, and all levels are welcome.

A-DR30 Lifelong Learning \$60
Session-3 Day-Mo 05/13-06/03
6:00 PM-8:00 PM Poole, Jason

SKETCH LIKE A PRO! - PROGRESSING

Ready to advance your sketching skills? This course is for students who have already completed Sketch Like a Pro! - Basics and are ready to move into sketching still lifes, faces, hands, and more! You will improve your sketching and reinforce the fundamentals. All supplies are included.

A-DR37 Lifelong Learning \$90
Session-5 Day-Mo 04/08-05/06
6:00 PM-8:00 PM Poole, Jason

A-DR37 Lifelong Learning \$60
Session-3 Day-Tu 05/14-05/28
6:00 PM-8:00 PM Poole, Jason

DRAWING OUTDOORS

Walking trails, wooded parks, rivers, and streams provide incredible places to inspire the artist. You will learn tips and techniques for drawing subjects outdoors. You will meet the instructor at McClay Flats, weather permitting. We will meet at the school for the first class and when the weather is against us. All supplies are included, and all levels are welcome.

A-DR22.1 Lifelong Learning \$75
Session-4 Day-Sa 05/11-06/08
10:00 AM-12:00 PM Poole, Jason

A-DR22.2 Lifelong Learning \$75
Session-4 Day-Tu/Th 08/06-08/15
10:00 AM-12:00 PM Miller, Scott

NATURE JOURNALING

Whether you're looking for a creative spark for your artistic expression, a way to develop your observational skills or an immersive and mindful journey. Nature Journaling is the practice of recording your observations of nature through nature. Guided with friendly art instruction and engaging practice sessions at MaClay Flats. All supplies are included.

A-DR36 Off Site \$100
Session-4 Day-Th 04/11-05/02
10:00 AM-12:00 PM Bayer, Valerie

WATERCOLOR FOR BEGINNERS

Have you ever wanted to try watercolor but didn't know where to start? Then this class is for you! You'll discover how color theory applies to watercolor painting, along with enjoyable tips and techniques for crafting your stunning watercolor artwork. All supplies are included, and all levels are welcome.

A-PA01.1 Lifelong Learning \$113
Session-6 Day-Th 05/16-06/20
1:00 PM-3:00 PM Miller, Scott

A-PA01.2 Lifelong Learning \$98
Session-4 Day-Th 07/11-08/01
6:00 PM-8:30 PM Miller, Scott

PLEIN-AIR WATERCOLOR

Experience the many moods of Montana's glorious landscape in this course designed for the artist striving to capture the ever-elusive light of the outdoors or the "Sunday painter" who wants to combine their enjoyment of painting with a love of nature. Emphasis will be on expressing mood and capturing the essence of the scene through spontaneity and suggestion, keeping your work vibrant and fresh. Bring your materials or use what we provide. A pre-class meeting will decide the location(s) and get your creative juices flowing with a brief discussion of the plein-air basics! Bring a sack lunch and water.

A-PA19 Lifelong Learning \$128
Session-6 Day-Tu/Th 07/16-08/01
9:30 AM-12:00 PM Miller, Scott

NEW LET IT FLOW WITH WATERCOLOR

Jean Haines has worked and traveled across the world, achieving recognition as an artist creating loose, atmospheric paintings using vibrant watercolors and unusual perspectives. Exploring her methods is exciting and allows the restrictions that often produce static paintings to fall away. You will explore her style and technique, experience your paintings change dramatically finding freedom and joy. So, abandon old habits and let your creativity flow in a dramatic manner. Experience recommended. All materials provided.

A-PA73 Lifelong Learning \$88
Session-3 Day-Tu/We/Th 05/07-05/09
12:30 PM-3:30 PM Wills, Kathleen

PAINTING IN TEMPERA-TECHNIQUES & CHARACTERISTICS

Tempera paint is one of the oldest water-based painting mediums, also known as gouache, and is quickly gaining popularity. This is a middle ground between acrylic and transparent watercolor. Learn the techniques of tempera to create bold and beautiful paintings. All supplies are included, and all levels are welcome.

A-PA38 Lifelong Learning \$133
Session-6 Day-We 05/15-06/19
6:00 PM-8:30 PM Miller, Scott



BEGINNING ACRYLIC PAINTING

Explore the versatility of acrylic paint in this beginner-friendly class. Discover how, when diluted with water or fluid retarder, it mimics the fluidity of watercolor or thickened with a texture gel, which resembles the viscosity of oil paint. Acrylic is water-based, non-toxic, and odor-free, offering a user-friendly alternative to traditional oils. Each session will guide you through creating a new piece step by step, providing valuable tips, tricks, and techniques. All supplies are included, and all levels are welcome.

A-PA22 Lifelong Learning \$138
Session-6 Day-Tu 07/16-08/20
6:00 PM-8:30 PM Miller, Scott

ACRYLIC PAINT POUR 1 - BASICS

Acrylic paint pouring is a set of techniques in which thinned acrylic paints are poured onto a surface to create colorful, flowing, abstract designs. This simple, relatively inexpensive fluid art form is easy to learn, requires no previous painting experience, and produces striking pieces. In this hands-on class, we will cover the basic materials and preparations needed to pour on canvases and practice at least two of four demonstrated pouring techniques: straight (aka, "dirty") pours, tree ring pours, funnel pours, and flip cup pours. Participants will pour on two canvases, which can be picked up 72 hours after class. All levels are welcome, and all supplies are included.

A-PA69 Lifelong Learning \$55
Session-1 Day-Fr 05/17-05/17
10:00 AM-2:00 PM Smith, Arielle

NEW ACRYLIC PAINT POUR 2 - EXPANDING

Discover more paint-pouring techniques in this expanded class. Great for the first-time pourer or anyone wanting to know more about the different ways to create your marbled masterpiece! You will create two unique pieces using varied methods of pouring paint. All supplies are included, and all levels are welcome.

A-PA74 Lifelong Learning \$63
Session-1 Day-Fr 05/31-05/31
10:00 AM-3:00 PM Smith, Arielle

NEW ACRYLIC PAINT POUR 3 - EMBELLISHMENT

Take your artwork to the next level with this paint-pouring class. You will bring your previously created canvases and fill them with new life using different embellishing techniques, from direct painting to adding imagery. All supplies are included, and prior experience is preferred. Bring a sack lunch.

A-PA76 Lifelong Learning \$75
Session-1 Day-We 06/19-06/19
10:00 AM-4:00 PM Smith, Arielle

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 \$85
Session-4 Day-Tu 05/28-06/18
5:30 PM-7:30 PM South, Christine

OIL PAINTING FROM LIFE

Learn to paint in oils from real-life objects, creating classical oil paintings reminiscent of old masters in your modern style! Discover the creative and technical potentials of painting from life! All supplies are included, and all levels are welcome.

A-PA85 Lifelong Learning \$143
Session-6 Day-Th 05/16-06/20
6:00 PM-8:30 PM Miller, Scott

ASIAN BRUSH PAINTING

Chinese Calligraphy and Asian Brush Painting (Sumi-E) are about the dynamic relationship between our meditative and creative minds. We transfer these relationships through the brush, creating a creative dance. Come and learn how to dance with your brush through the practice of Chinese Calligraphy and Sumi-E painting. You will learn the strokes used in calligraphy and Sumi-e painting, creating Chinese characters and basic Sumi-e paintings (flowers, birds, etc.) A basic materials kit will be provided. All levels are welcome.

A-PA71 Lifelong Learning \$105
Session-5 Day-Mo 07/29-08/26
1:00 PM-3:00 PM Sparks, Jane

**NEW ASIAN BRUSH PAINTING:
HERON**

Asian Brush Painting (Sumi-E) is about the dynamic relationship between our meditative and creative minds. We transfer these relationships through the brush, creating a creative dance. Come and learn how to dance with your brush through the practice of Sumi-E painting, creating a Heron in ink and watercolor. All supplies are included, and all levels are welcome.

A-PA72 Lifelong Learning \$25
Session-1 Day-Mo 05/06-05/06
1:00 PM-3:00 PM Sparks, Jane

**NEW ASIAN BRUSH PAINTING:
LOTUS**

Asian Brush Painting (Sumi-E) is about the dynamic relationship between our meditative and creative minds. We transfer these relationships through the brush, creating a creative dance. Come and learn how to dance with your brush through the practice of Sumi-E painting, creating a Lotus in ink and watercolor. All supplies are included, and all levels are welcome.

A-PA79 Lifelong Learning \$25
Session-1 Day-Mo 05/13-05/13
1:00 PM-3:00 PM Sparks, Jane

**NEW ASIAN BRUSH PAINTING:
BONSAI**

Asian Brush Painting (Sumi-E) is about the dynamic relationship between our meditative and creative minds. We transfer these relationships through the brush, creating a creative dance. Come and learn how to dance with your brush through the practice of Sumi-E painting, creating a Bonsai in ink and watercolor. All supplies are included, and all levels are welcome.

A-PA80 Lifelong Learning \$25
Session-1 Day-Mo 06/03-06/03
1:00 PM-3:00 PM Sparks, Jane

**NEW ASIAN BRUSH PAINTING:
KOI**

Asian Brush Painting (Sumi-E) is about the dynamic relationship between our meditative and creative minds. We transfer these relationships through the brush, creating a creative dance. Come and learn how to dance with your brush through the practice of Sumi-E painting, creating a Koi in ink and watercolor. All supplies are included, and all levels are welcome.

A-PA81 Lifelong Learning \$25
Session-1 Day-Mo 06/10-06/10
1:00 PM-3:00 PM Sparks, Jane

**NEW ASIAN BRUSH PAINTING:
CHICKENS**

Asian Brush Painting (Sumi-E) is about the dynamic relationship between our meditative and creative minds. We transfer these relationships through the brush, creating a creative dance. Come and learn how to dance with your brush through the practice of Sumi-E painting, creating Chickens in ink and watercolor. All supplies are included, and all levels are welcome.

A-PA82 Lifelong Learning \$25
Session-1 Day-Mo 06/17-06/17
1:00 PM-3:00 PM Sparks, Jane

**NEW ASIAN BRUSH PAINTING:
DRAGONFLY**

Asian Brush Painting (Sumi-E) is about the dynamic relationship between our meditative and creative minds. We transfer these relationships through the brush, creating a creative dance. Come and learn how to dance with your brush through the practice of Sumi-E painting, creating a Dragonfly in ink and watercolor. All supplies are included, and all levels are welcome.

A-PA84 Lifelong Learning \$25
Session-1 Day-Mo 07/08-07/08
1:00 AM-3:00 AM Sparks, Jane





INTRODUCTION TO STAINED GLASS

Dip your toes into the art of stained glass! Using the copper foil method, you will start with pre-cut glass and learn how to wrap and burnish the foil, solder the seams, and add finishing touches. Leave class with a one-of-a-kind stained glass artwork to brighten your home, or give it as a special gift! We will provide all design options, materials, and tools. Please bring a sack lunch.

A-GL03.1 Lifelong Learning \$80
Session-1 Day-Mo 06/10-06/10
9:30 AM-4:00 PM Snider, Stephanie

A-GL03.2 Lifelong Learning \$80
Session-1 Day-We 08/14-08/14
9:30 AM-4:00 PM Snider, Stephanie

STAINED GLASS: COPPER FOIL

This beginner-friendly class will guide you through the fundamentals of creating a stained glass project using the copper foil technique made famous by Louis C. Tiffany over a hundred years ago. You will learn how to prepare a pattern, select glass, cut and grind glass, wrap and burnish foil, solder, and patina the seams. All design options, materials, and tools are included.

A-GL06.1 Lifelong Learning \$93
Session-3 Day-We 05/15-05/29
1:00 PM-4:00 PM Snider, Stephanie

A-GL06.2 Lifelong Learning \$93
Session-3 Day-We 07/17-07/31
5:30 PM-8:30 PM Snider, Stephanie

STAINED GLASS: LEAD

Learn the original stained glass technique used by artisans for centuries to create beautiful stained glass art. While creating a small panel in this interactive class, you will learn the basics of the leading technique: pattern preparation, glass selection, glass cutting and grinding, assembling with lead came, soldering, glazing, and finishing. All design options, materials, and tools are included.

A-GL01.1 Lifelong Learning \$142
Session-4 Day-Fr 05/10-05/31
5:30 PM-8:30 PM Snider, Stephanie

A-GL01.2 Lifelong Learning \$165
Session-5 Day-Mo 07/08-08/05
10:00 AM-1:00 PM Snider, Stephanie

PURSUE THE ART OF STAINED GLASS

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 will work on the project of your choice using the lead or copper foil technique and get expert assistance in design, glass selection, basic skill improvement, and specialized techniques. Before the class, contact the instructor for advanced project development or wait until the first session for ideas and guidance. Please note that materials are not included in this class. Prerequisite: Any beginning stained glass class or equivalent experience with instructor permission.

A-GL05 Lifelong Learning \$105
Session-4 Day-Tu 05/14-06/04
6:00 PM-9:00 PM Patten, Catherine



NEW STAINED GLASS: GARDEN FLOWERS

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 are included, and all levels are welcome.

A-GL15.1 Lifelong Learning \$123
Session-3 Day-Fr 05/10-05/24
1:00 PM-4:00 PM Snider, Stephanie

A-GL15.2 Lifelong Learning \$123
Session-3 Day-Mo 05/20-06/10
5:30 PM-8:30 PM Snider, Stephanie

NEW STAINED GLASS: GARDEN MUSHROOMS

Cultivate a vibrant cluster of mushrooms in this enchanting stained-glass workshop! Using pre-cut glass, you will create a unique mushroom scene. Assemble your masterpiece using the copper foil method and learn the art of soldering and finishing. You will take home a one-of-a-kind stained glass artwork to brighten your home or as a special gift! All supplies are included, and all levels are welcome.

A-GL16 Lifelong Learning \$78
Session-1 Day-We 07/17-07/17
10:00 AM-3:30 PM Snider, Stephanie

INTRODUCTION TO GLASS FUSING: CONTOUR FUSE

Join us and learn the world's oldest method of working with glass. You will create a 6-inch slumped plate using a contour fusing schedule. Contour fusing retains the shape of the individual glass components with a soft edge. You 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 to explore glass fusing, including Side-by-Side Fusing, Fused Glass Jewelry, and Creating Fused Glass Elements for Stained Glass. All supplies are included, and all levels are welcome.

A-GL09 Lifelong Learning \$75
Session-2 Day-We 05/15-05/22
6:00 PM-9:00 PM Patten, Catherine



INTRODUCTION TO GLASS FUSING: FULL FUSE

Join us and learn the world's oldest method of working with glass. You will create a 6-inch slumped plate using a full fuse schedule. Full fusing results in a flat surface. You 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 to explore glass fusing, including Side-by-Side Fusing, Fused Glass Jewelry, and Creating Fused Glass Elements for Stained Glass. All supplies are included, and all levels are welcome.

A-GL10 Lifelong Learning \$75
Session-2 Day-We 05/29-06/05
6:00 PM-9:00 PM Patten, Catherine

BRICK STITCH EARRINGS

In this intermediate bead weaving class, you will learn the bead weaving technique of brick stitch, creating a “zipped” up woven piece that can be threaded onto a chain or piece of leather. You will be using size 11/0 delica beads and KO thread. There will be lots of colorways to choose from during the class.

A-JE14 Lifelong Learning \$43
Session-1 Day-Th 05/02-05/02
6:00 PM-8:30 PM Ghen Simpson, Katie

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 \$105
Session-1 Day-Fr 04/26-04/26
10:00 AM-4:30 PM Miller, Dona

BEZEL SET RING


Do you love interesting cabochon stones and rings? In this class, you will learn how to create a ring for a large cabochon. Learn to select the correct size bezel wire, create and size the bezel to a cabochon, adjust the height of the cab, and set the cab with a clean, finished look. Cabochons will be provided for class projects. Students are welcome to bring their stones to class. Basic Silver Smithing and Intro to Soldering or similar experience required. It is helpful to experience or take a bezel setting or ring class.

A-JE18 Lifelong Learning \$125
Session-1 Day-We 08/28-08/28
10:00 AM-4:30 PM Miller, Dona

MISSOULA COUNTY
PUBLIC SCHOOLS




EARLY
LITERACY
PROGRAM




WHAT IS THE EARLY
LITERACY PROGRAM?

The MCPS Early Literacy Program is a free, full-time, classroom-based program offered during the regular 2024-2025 school year.




WHO IS ELIGIBLE?

Children who will be 4 years old on or before September 10, 2024 may participate in screening.




SCREENING PROCESS:

To be eligible for the Early Literacy Program, children must be screened by an MCPS screener and score below proficient in one of the early literacy skills.





LOCATIONS:

Classrooms will be located at 5 MCPS elementary schools, with more locations possible if there is enough interest. School locations will be announced by May 15.



NOTIFICATION:

Families will be notified of acceptance or denial by May 15. Families must accept enrollment by no later than May 30.



SCREENINGS START IN APRIL 2024
SIGN UP NOW!

VISIT THE MCPS WEBSITE FOR MORE INFORMATION:
WWW.MCPSMT.ORG

SPECIAL INTEREST

INTRODUCTION TO FLY FISHING

Fly fishing doesn't have to be difficult or expensive. Learn from an experienced fly fishing guide on basic casting, simple knot tying techniques, fly selection, equipment, and finding trout in Western Montana. Equipment is not necessary, but please bring your fly rod and other fly fishing gear if you have it and to get out and practice!

PT-FISH01 Lifelong Learning \$50
Session-2 Day-We/Th 05/01-05/02
5:30 PM-8:30 PM Lue, Anthony

FLY CASTING

When it comes to fly casting, learning the correct form, action, and muscle memory upfront is important to the success of any angler. This Fly Casting class will provide value to anyone who participates. We will focus on the primary casting approaches and types to set you up for success on any trout water. Please bring your own rod and reel if you have one, if not all gear will be provided.

S-FISH03 Lifelong Learning \$28
Session-1 Day-We 05/01-05/01
5:00 PM-7:00 PM Coley, Noelle

S-FISH03.2 Lifelong Learning \$28
Session-1 Day-We 05/08-05/08
5:00 PM-7:00 PM Coley, Noelle

S-FISH03.3 Lifelong Learning \$28
Session-1 Day-We 05/15-05/15
5:00 PM-7:00 PM Coley, Noelle

S-FISH03.4 Lifelong Learning \$28
Session-1 Day-We 05/22-05/22
5:00 PM-7:00 PM Coley, Noelle

S-FISH03.5 Lifelong Learning \$28
Session-1 Day-We 05/29-05/29
5:00 PM-7:00 PM Coley, Noelle

SAVE \$5.00

Per Class with
Early Bird Registration!

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-AN15.2 Lifelong Learning \$43
Session-2 Day-Th/Sa 05/02-05/04
Th 4:00 PM-6:00 PM
Sa 9:00 AM-11:00 AM Ulev, Elena

S-AN15.3 Lifelong Learning \$43
Session-2 Day-Th/Sa 05/30-06/01
Th 4:00 PM-6:00 PM
Sa 9:00 AM-11:00 AM Ulev, Elena



PET FIRST AID AND DISASTER RESPONSE

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

S-AN19 Lifelong Learning \$61
Session-1 Day-Th 05/30-05/30
10:00 AM-2:00 PM Vargas, Racheal

S-AN19.2 Lifelong Learning \$61
Session-1 Day-Tu 07/23-07/23
10:00 AM-2:00 PM Vargas, Racheal



NEW WILDFLOWER WALK

Discover the beauty of the Missoula Valley's distinctive native wildflowers during the stunning display in May and June. On the first night in this 2-part course, you will learn some basics of botany, such as flower anatomy, pollination, and the evolution of flowers. Gain insights into identifying flowers with practical tips and tricks. In the second class, you will hike 1.5 miles at a wildflower hotspot to see dozens of species blooming.

S-LND33 Lifelong Learning \$43
Session-2 Day-Th/Sa 05/23-05/25
Th 4:00 PM-6:00 PM
Sa 9:00 AM-11:00 AM Ulev, Elena

S-LND33.2 Lifelong Learning \$43
Session-2 Day-Th/Sa 06/06-06/08
4:00 PM-6:00 PM
Sa 9:00 AM-11:00 AM Ulev, Elena

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-GAM13.2 Southgate Mall \$28
Session-1 Day-Th 04/18-04/18
6:00 PM-8:30 PM Mosbacher, Becky

THE FUNDAMENTALS OF AYURVEDA

Ayurveda, the sister science of yoga, is a 5000-year-old ancient medical system originating in India. Ayurveda focuses on implementing lifestyle interventions and natural treatments, therapies, and remedies to provide balance in your physical body, mind, spirit, and the world around you. The focus is on prevention and staying balanced in your dosha, or constitution, to prevent disease. Learn more about this ancient practice during this class. You will do a dosha quiz to determine your specific constitution and receive some guidelines for you to be able to put into practice moving forward.

S-PE16.SA Lifelong Learning \$20
Session-1 Day-Sa 04/20-04/20
10:00 AM-12:00 PM Caldwell, Sherie

WHY PAIN HURTS

We now know that learning about pain is a real game changer when it comes to dealing with your pain or someone else's. Learn what pain means, why things sometimes hurt and sometimes don't, and best practices for dealing with various pain conditions. You'll gain an up-to-date understanding of how pain works, why learning about pain helps reduce it, and what the evidence says about some common medical procedures, exercise, and self-management.

S-PE48 Lifelong Learning \$28
Session-1 Day-Th 05/16-05/16
5:30 PM-8:30 PM Hodges, Mari



facebook.com/TheLifelongLearningCenter

SPECIAL INTEREST

CIVILIAN RESPONSE TO ACTIVE SHOOTER EVENTS

This class is taught by local law enforcement, and 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 (ALERT) 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-MISC61.4 Lifelong Learning FREE
Session-1 Day-We 04/17-04/17
5:30 PM-8:00 PM PD, Missoula

S-MISC61.5 Lifelong Learning FREE
Session-1 Day-Mo 04/22-04/22
9:30 AM-12:00 PMPD, Missoula

S-MISC61.6 Lifelong Learning FREE
Session-1 Day-Th 05/02-05/02
5:30 PM-8:00 PM PD, Missoula

S-MISC61.1 Lifelong Learning FREE
Session-1 Day-Mo 05/20-05/20
9:30 AM-12:00 PM PD, Missoula

S-MISC61.2 Lifelong Learning FREE
Session-1 Day-Mo 06/17-06/17
5:30 PM-8:00 PM PD, Missoula

S-MISC61.3 Lifelong Learning FREE
Session-1 Day-Mo 07/15-07/15
5:30 PM-8:00 PM PD, Missoula

S-MISC61.4 Lifelong Learning FREE
Session-1 Day-Mo 08/12-08/12
9:30 AM-12:00 PM 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**



SPECIAL INTEREST

MISSOULA COUNTY PUBLIC SCHOOLS

JUMPSTART



**FOR STUDENTS
ENTERING KINDERGARTEN,
1ST, 2ND OR 3RD GRADE
IN FALL 2024!**

WHAT IS JUMPSTART?

The Jumpstart program is a **free 6-week summer literacy program.**

WHO IS ELIGIBLE?

MCPS students who will be entering K-3rd grade in Fall 2024 may participate in screening.

SCREENING PROCESS:

To be eligible for Jumpstart, children must be screened by an MCPS screener and score below proficient in one of the Early Literacy skills.

PROGRAM INFO:

July 8 - August 15
Mondays - Thursdays
8 a.m. - 1 p.m.

Jumpstart will be offered at Lowell, Franklin, and Russell Elementary Schools. Students from any MCPS school are welcome to apply!

NOTIFICATION:

Families will be notified of acceptance or denial by May 15. Families must accept enrollment by no later than May 30.

SIGN UP NOW!



← Use this QR code to view the screening calendar and sign up using the registration link.

Visit: www.mcpsmt.org
Call: 406-728-2400
Stop by: 909 South Avenue West
Missoula MT 59801



Call us at 406-549-8765

PARENTING

SOCIAL MEDIA AND YOUR FAMILY

In the fast-paced, ever-evolving world of technology, it's increasingly hard to keep up. While information and connection at our fingertips have advantages, they can also prove to be a risky environment for our children. In this class, we will explore the ways that parents can stay informed and keep their family safe IRL. Child care is available, but please pre-register prior to the start date.

P-FF10 CS Porter Middle School FREE
Session-1 Day-Tu 04/09-04/09
6:00 PM-8:00 PM Families, First

KINDNESS, COMPASSION, AND SELF-ESTEEM

Children who have a healthy self-esteem and who feel accepted and appreciated, tend to approach life with optimism and confidence. This class will answer questions such as: What is self-esteem? How do children "get" it? How do parents "give" it? Participants will leave class with strategies to engage with their children in a manner that fosters self-esteem, kindness, and compassion.

P-FF18 Chief Charlo EL School FREE
Session-1 Day-Tu 04/16-04/16
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 Chief Charlo EL School FREE
Session-1 Day-Th 05/02-05/02
6:00 PM-8:00 PM Families, First

CIRCLE OF SECURITY

The Circle of Security gives parents a powerful way to create healthy, nurturing relationships with their children. Learn how to observe and better understand what your child needs at any given moment: comfort, encouragement, freedom to explore, appreciation or support. Identify places in the circle that are challenging or easily disrupted and discover effective strategies to reconnect with your child. Vivid and heart touching video clips show the power and effectiveness of this approach for children of all ages. This class has been approved for 6 hours on the Early Childhood Practitioner Registry.

P-GUID02 Lifelong Learning \$39
Session-3 Day-Th 04/11-04/25
6:00 PM-8:00 PM Adams, Tami

YOU AND YOUR CHILD: MOTHER'S DAY CUPCAKE DECORATING!

Would you and your child like to create beautiful and festive cupcakes in time for Mother's Day? Bring that special child in your life and join us for this hands-on class to learn the decorating basics. Working together, you and your child (8+ years) will create cupcakes to share with the whole family. One child per registered adult.

P-PC59 Lifelong Learning \$48
Session-1 Day-Th 05/09-05/09
6:00 PM-8:00 PM Birdsell, Becca

NEW YOU AND YOUR CHILD: RECLAIMED WOOD BIRD FEEDER

Using reclaimed wood, learn to use a variety of tools to cut the pieces and assemble your very own DIY bird feeder! With Mother's Day just around the corner, this is a great project to come to with a child (10+ years) and create a gift for a loved one. Wood and tools provided by Home ReSource.

P-PC58 Home ReSource \$35
Session-1 Day-Sa 05/11-05/11
10:00 AM-2:00 PM Lessard, Michael



FAMILIES FIRST

Now Registering!

Family Retreats

3 day family
camping/cabin
workshop

Communication,
conflict resolution,
and increased
emotional safety

Catered to
family's needs
and dynamics

Individualized
therapeutic
retreats



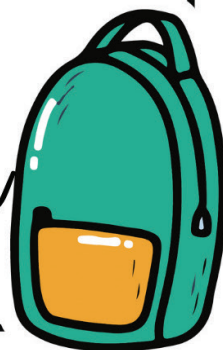
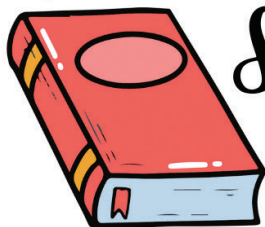
Is your family in need of school supplies?

Come see us on the 18th!

Or do you have supplies you would like to
donate to a good cause? **DONATE TODAY!**

Back to School Bash

August 18th



Call us at 406-549-8765

HEALTH & SAFETY

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 Lifelong Learning \$100
Session-2 Day-Mo/We 05/20-05/22
5:30 PM-9:00 PM Haack, Leila

H-CPR03.2 Lifelong Learning \$100
Session-2 Day-Tu/Th 06/25-06/27
5:30 PM-9:00 PM Wafstet, Bob

H-CPR03.3 Lifelong Learning \$100
Session-2 Day-Mo/We 08/26-08/28
5:30 PM-9:00 PM Wafstet, Bob

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 to 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. You will receive a two-year Heartsaver® Pediatric First Aid CPR/AED certification card upon successful completion. Bring a snack or lunch with you for full-day classes. You must have a valid email address. Class time is 6.5 hr.

H-CPR03.a Lifelong Learning \$100
Session-2 Day-Mo/We 05/20-05/22
5:30 PM-9:00 PM Haack, Leila

H-CPR03.2a Lifelong Learning \$100
Session-2 Day-Tu/Th 06/25-06/27
5:30 PM-9:00 PM Wafstet, Bob

H-CPR03.3a Lifelong Learning \$100
Session-2 Day-Mo/We 08/26-08/28
5:30 PM-9:00 PM Wafstet, Bob



BASIC LIFE SUPPORT (BLS) CPR AND AED

The American Heart Association® (BLS) course is designed for health-care professionals and others who need to know how to perform CPR and basic cardiovascular life support skills in different 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 and are responsible for providing 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 is 4.5 hours.

H-CPR04.4	Lifelong Learning	\$70
# Session-1	Day-We	05/01-05/01
5:00 PM-9:30 PM		Haack, Leila
H-CPR04	Lifelong Learning	\$70
# Session-1	Day-Tu	06/18-06/18
5:00 PM-9:30 PM		Wafstet, Bob
H-CPR04.2	Lifelong Learning	\$70
# Session-1	Day-Th	07/25-07/25
5:00 PM-9:30 PM		Haack, Leila
H-CPR04.3	Lifelong Learning	\$70
# Session-1	Day-We	08/14-08/14
5:00 PM-9:30 PM		Haack, Leila
H-CPR04.4	Lifelong Learning	\$70
# Session-1	Day-Mo	08/26-08/26
5:00 PM-9:30 PM		Roper, Lisa Rae



NEW CERTIFIED MEDICAL ASSISTANT PROGRAM - HYBRID

Certified Medical Assistants (MA) make a difference in the healthcare field. MAs who possess the mandatory skills and knowledge to assist healthcare providers with administrative responsibilities and assigned clinical tasks and can complete limited laboratory procedures are valuable team members. These trained and credentialed individuals help to ensure smooth business and patient flow in ambulatory healthcare settings. This is a fast-paced hybrid (virtual and in-person) program to support experienced learners to build the knowledge and skills required for entry-level MA positions. The program includes training for requirements of both administrative and clinical medical assistant credentials. Employers are looking for candidates who hold multiple credentials to prove they are cross-trained with front-office administrative and clinical knowledge and skills to meet job requirements. Students meet virtually on Tuesday and Thursday most afternoons with their instructor and are required to meet in person in Missoula on six Saturdays (June 1, 15, 29, July 13, 27, and Aug 10). In addition, testing on Tuesday, June 18, and Aug 13 is also an in-person requirement. Successful completion of program requirements provides students with eligibility to sit for the Certified Clinical Medical Assistant (CCMA) and Certified Medical Administrative Assistant (CMAA) exams through the National Healthcare Association (NHA). Exam costs are included in the tuition fee.

H-MA01	Lifelong Learning	\$1,795
# Session-33	Day-Tu/Th	05/14-08/13
12:30 PM-4:00 PM		Roper, Lisa Rae

NEW **CERTIFIED MEDICAL
ADMINISTRATIVE
ASSISTANT (CMAA) - HYBRID**

As a front office certified medical administrative assistant, you will help keep healthcare offices running efficiently and effectively. Front office staff members are the first to greet patients and can help set the stage for a quality patient experience. In this hybrid course, you will meet with your instructor virtually on Tuesday and Thursday afternoons for class. Students must have reliable internet and computers. Students in Missoula may choose to come to class in person or use a computer lab. All students are required to meet in person at The Lifelong Learning Center on Saturday, June 1st and 15th, from 8 am-4 pm for training. Successful completion of this class and passing the NHA Certification Medical Administrative Assistant (CMAA) exam gives you skills employers are looking for to work in a medical office. Exam costs are included in the tuition fee.

H-MA02 Lifelong Learning \$795
Session-13 Day-Tu/Th 05/14-06/18
12:30 PM-4:00 PM Roper, Lisa Rae

NEW **CERTIFIED MEDICAL
ADMINISTRATIVE
ASSISTANT (CMAA) - VIRTUAL**

As a front office certified medical administrative assistant, you will help keep healthcare offices running efficiently and effectively. Front office staff members are the first to greet patients and can help set the stage for a quality patient experience. In this virtual course, you can start anytime and work at your own pace. Students must have reliable internet and computers. Students in Missoula can attend an in-person study session and get assistance on Wednesdays from 1-4 pm. Students are encouraged to attend the onsite demonstrations in person at The Lifelong Learning Center on Saturday, June 1st and 15th, from 8 am-4 pm. Successful completion of this class and passing the NHA Certification Medical Administrative Assistant (CMAA) exam gives you skills employers are looking for to work in a medical office. Exam costs are included in the tuition fee.

H-MA03 Virtual \$795
Roper, Lisa Rae

**PHLEBOTOMY TRAINING
PROGRAM**

This program is designed to provide practical instruction in basic medical terminology and anatomy, proper techniques used in collecting and processing blood specimens. Students will practice blood collection techniques with a mannequin arm in the classroom setting prior to clinical hands-on collection with each other and patients. This program requires clinical training and includes Healthcare CPR. Application requirements include current immunization records, a completed on-line background check and a 10-panel drug screen completed less than 30 days prior to program start date. Exam costs are not included in the cost of tuition.

H-PH01.2 Lifelong Learning \$617
Session-22 Day-Mo/We 08/05-10/09
5:30 PM-8:30 PM Knudsen, Joseph



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Katherine.lechman@mso.umt.edu

Call us at 406-549-8765



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.

ment. 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 blue background with white and yellow text. On the right, there is a photo of a smiling woman. At the bottom right, there is an orange button with white text.

**CAREER
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Your Career
or Find a
New One!**

- 6-18 Month Programs
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CERTIFIED JAVA DEVELOPER (VOUCHER INCLUDED)

This online Java certification course helps prepare you for the Java SE 17 Developer exam, the only exam needed to become an Oracle Certified Professional: Java SE 17 Developer. It covers the main Java syntax elements needed to understand for those who wish to become a Java developer. In addition to covering the fundamental library classes necessary for any Java program, the course also covers several other important APIs, including Collections and Streams. Java is consistently ranked one of the most popular programming languages in the industry and is taught widely in computer science programs worldwide. According to Salary.com, the average salary of an entry-level Java developer is \$74,422 in the U.S., making now a great time to train for this in-demand role. This course covers all material tested in Oracle's Java SE 17 Developer (1Z0-829) exam. This is a 140-hour hybrid course that is self-paced online with in-person support from The Lifelong Learning Center. Students will meet with our Technology Coordinator to create an education plan. Students must have reliable internet and computers.

COMPTIA A+ CERTIFICATION TRAINING (VOUCHER INCLUDED)

This course will prepare you for CompTIA A+ certification. You can earn this certification after you pass two exams. The CompTIA A+ Certification Exam 220-1101 covers mobile devices, networking technology, hardware, virtualization and cloud computing, and network troubleshooting. The CompTIA A+ Certification Exam 220-1102 covers installing and configuring operating systems, expanded security, software troubleshooting, and operational procedures. CompTIA A+ Certification is vendor-neutral and internationally recognized, giving you a competitive advantage no matter what country you're working in and what hardware you're working with. This is a 290-hour hybrid course that is online instructor-led with in-person support from The Lifelong Learning Center. Students will meet with our Technology Coordinator to create an education plan. Students must have reliable internet and computers.

CERTIFIED INPATIENT CODER (VOUCHER INCLUDED)

Demand for medical coders will grow 13% by 2026, so there's no better time to advance your career. This online medical coding course will train you to become a Certified Inpatient Coder. The AAPC Certified Inpatient Coder (CIC) credential proves that you are an expert in inpatient medical records review. Earning CIC certification requires previous work experience, so most professionals prepare for the exam while working full-time. This is a 170-hour hybrid course that is online instructor-led with in-person support from The Lifelong Learning Center. Students will meet with our Allied Health Coordinator to create an education plan. Students must have reliable internet and computers.

MEDICAL BILLING AND CODING (VOUCHER INCLUDED)

Step into a rewarding career in Medical Billing and Coding with our comprehensive course. Gain essential knowledge in legal, ethical, and regulatory concepts, covering HIPAA compliance, coding guidelines, and third-party payer requirements. Explore the entire revenue cycle, from patient registration to collections, and master common medical terminology for confident communication in healthcare. Study word parts, body structures, functions, disorders, and procedures across various systems. Whether you're starting your career or transitioning, this course equips you with the skills needed for success in this dynamic field. This is a 370-hour hybrid course that is self-paced online with in-person support from The Lifelong Learning Center. Students will meet with our Allied Health Coordinator to create an education plan. Students must have reliable internet and computers.

Ed2Go Career Training:

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



Fitness At A Glance...

MONDAY

Mo	8:00 AM	Pilates for Strength
Mo	9:00 AM	Pilates Reformer 2: Interm
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: Found
Mo	12:00 PM	CoreAlign® 2: Strength
Mo	1:30 PM	Pilates Reformer: Slow Focus
Mo	4:15 PM	Pilates Reformer 1: Found
Mo	4:30 PM	Gentle Yoga
Mo	4:30 PM	Gentle Yoga for MCPS Staff
Mo	4:30 PM	UPLIFT
Mo	4:30 PM	Group Cycling - Beginners
Mo	4:30 PM	Group Cycling-Continuing
Mo	5:30 PM	CoreAlign® 2: Strength
Mo	5:45 PM	Barre Strength & Balance
Mo	5:45 PM	SHiNE Dance Fitness
Mo	5:45 PM	Yoga for the Working Stiffs

TUESDAY

Tu	6:00 AM	Bootcamp
Tu	6:00 AM	Sunrise Yoga
Tu	7:00 AM	CoreAlign® 1: Intro
Tu/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	10:15 AM	Pilates Reformer: Focus
Tu	10:30 AM	Beginning Flow Yoga
Tu	10:30 AM	Over 50 & FIT
Tu	10:30 AM	Over 50 & FIT Zoom
Tu	11:30 AM	Pilates Reformer 1: Found
Tu	12:00 PM	Cycling & Core Strength
Tu	1:15 PM	Beginning Pickleball
Tu	1:30 PM	Mat Pilates
Tu	2:45 PM	Intermediate Pickleball
Tu	4:30 PM	Gentle Yoga
Tu	4:30 PM	OULA
Tu	4:30 PM	SHiNE Dance Fitness
Tu	5:30 PM	Barre Fitness
Tu	5:30 PM	CoreAlign® 2: Strength
Tu	5:45 PM	Sound Strength®
Tu	5:45 PM	Yin Yoga
Tu	6:45 PM	CoreAlign® 2: Strength
Tu	7:00 PM	Comp Pickleball Skills



WEDNESDAY

We	6:00 AM	Cycle Blast
We	6:00 AM	Yoga Sculpt
We	8:00 AM	CoreAlign® 1: Intro
We	8:15 AM	Cycling & Mat Pilates
We	9:00 AM	Barre Fitness - Cont
We	9:00 AM	Barre Fitness - Cont Zoom
We	9:00 AM	Flow Yoga
We	9:30 AM	Intro to Pickleball
We	9:30 AM	Pilates Reformer 2/3
We	10:00 AM	Pain to Performance Cont
We	10:30 AM	Journey Into Power
We	10:30 AM	Mat Pilates
We	10:45 AM	CoreAlign® 2: Strength
We	12:00 PM	Introduction to Barre
We	12:00 PM	Pilates Reformer 1: Found
We	1:00 PM	Pickleball Skills & Drills
We	2:30 PM	Beginning Pickleball
We	4:15 PM	Pilates Reformer 2: Interm
We	4:30 PM	Gentle Yoga
We	5:30 PM	Barre Fitness
We	5:30 PM	Pilates Reformer 2/3
We	5:45 PM	Beginning Yoga
We	5:45 PM	OULA
We	5:45 PM	Over 50 & FIT
We	7:00 PM	Country Line Dance
We	7:00 PM	SMASH

THURSDAY

Th	6:00 AM	Bootcamp
Th	6:00 AM	Sunrise Yoga
Th	8:30 AM	Pilates Reformer 1: Found
Th	9:00 AM	Gentle Yoga
Th	9:00 AM	Gentle Yoga Zoom
Th	9:00 AM	Qigong (Chi-gong)
Th	9:00 AM	Yoga Barre Fusion
Th	9:45 AM	Easy Rider Indoor Cycling
Th	10:00 AM	Pilates Reformer 1: Found
Th	10:15 AM	Over 50 Stretch/Tone
Th	10:15 AM	Over 50 Stretch/Tone/Zoom
Th	10:30 AM	Over 50 & FIT
Th	11:15 AM	CoreAlign® 2: Strength
Th	12:00 PM	Intermediate Pickleball
Th	1:30 PM	Open Play Pickleball
Th	3:00 PM	Yoga Fit
Th	4:15 PM	Pilates Reformer 2: Interm
Th	4:30 PM	Gentle Yoga
Th	4:30 PM	UPLIFT
Th	5:30 PM	Pilates Reformer 2/3
Th	5:35 PM	OULA
Th	5:45 PM	OULA Fusion
Th	5:45 PM	Sound Strength®
Th	5:45 PM	Yoga for the Working Stiffs

FRIDAY

Fr	8:30 AM	Beginning Pickleball
Fr	9:00 AM	Gentle Yoga
Fr	9:00 AM	Pilates Reformer 1: Found
Fr	9:30 AM	Intermediate Pickleball
Fr	10:15 AM	Mat Pilates
Fr	10:30 AM	Myofascial Release
Fr	11:00 AM	Intermediate Pickleball
Fr	4:30 PM	UPLIFT

FITNESS

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 coupled with 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 \$31
Session-7 Day-Tu 05/07-06/18
6:00 AM-7:00 AM Sedgwick, Kelly

F-CAR08.R Lifelong Learning \$31
Session-7 Day-Th 05/09-06/20
6:00 AM-7:00 AM Sedgwick, Kelly

F-CAR08.T Lifelong Learning \$35
Session-8 Day-Tu 07/09-08/27
6:00 AM-7:00 AM Sedgwick, Kelly

F-CAR08.R Lifelong Learning \$35
Session-8 Day-Th 07/11-08/29
6:00 AM-7:00 AM Sedgwick, Kelly

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.TR Lifelong Learning \$35
Session-8 Day-Tu/Th 05/07-05/30
8:30 AM-9:30 AM Rehbein, Toni

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 \$39
Session-7 Day-Tu 05/07-06/18
10:30 AM-11:45 AM Knell, Nora

F-CAR02.R Lifelong Learning \$31
Session-7 Day-Th 05/09-06/20
10:30 AM-11:30 AM Knell, Nora

F-CAR02.W Lifelong Learning \$16
Session-3 Day-We 06/05-06/19
5:45 PM-6:45 PM Lionello, Rick

F-CAR02.T Lifelong Learning \$43
Session-8 Day-Tu 07/09-08/27
10:30 AM-11:45 AM Knell, Nora

F-CAR02.W Lifelong Learning \$35
Session-8 Day-We 07/10-08/28
5:45 PM-6:45 PM Lionello, Rick

F-CAR02.R Lifelong Learning \$35
Session-8 Day-Th 07/11-08/29
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 \$39
Session-7 Day-Tu 05/07-06/18
10:30 AM-11:45 AM Knell, Nora

F-CAR02Z.T Virtual \$43
Session-8 Day-Tu 07/09-08/27
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 05/09-06/20
10:15 AM-11:15 AM Adams, Missy

F-CAR17.R Lifelong Learning \$35
Session-8 Day-Th 07/11-08/29
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 Theraband, and Yoga Strap.

F-CAR17Z.R Virtual \$31
Session-7 Day-Th 05/09-06/20
10:15 AM-11:15 AM Adams, Missy

F-CAR17Z.R Virtual \$35
Session-8 Day-Th 07/11-08/29
10:15 AM-11:15 AM Adams, Missy



INTRODUCTION TO BARRE

This class is for anyone interested in trying out a barre fitness class. Barre is a low-impact workout focusing on body alignment, balance, core stability, and flexibility that uses controlled movements to give you a restorative, full-body workout. You will work on toning and lengthening through small movements, stretches, and isometric exercises.

F-CAR63.W Lifelong Learning \$31
Session-7 Day-We 05/08-06/19
12:00 PM-1:00 PM Kerber, Jenifer

F-CAR63.W Lifelong Learning \$35
Session-8 Day-We 07/10-08/28
12:00 PM-1:00 PM Kerber, Jenifer



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 \$28
Session-6 Day-Mo 05/06-06/17
10:15 AM-11:15 AM Adams, Missy

F-CAR14.T1 Lifelong Learning \$31
Session-7 Day-Tu 05/07-06/18
9:00 AM-10:00 AM Johnson, Lisa

F-CAR14.T2 Lifelong Learning \$31
Session-7 Day-Tu 05/07-06/18
5:30 PM-6:30 PM Hathaway, Erin

F-CAR14.W Lifelong Learning \$31
Session-7 Day-We 05/08-06/19
5:30 PM-6:30 PM Hathaway, Erin

F-CAR14.M Lifelong Learning \$35
Session-8 Day-Mo 07/08-08/26
10:15 AM-11:15 AM Adams, Missy

F-CAR14.T1 Lifelong Learning \$35
Session-8 Day-Tu 07/09-08/27
9:00 AM-10:00 AM Johnson, Lisa

F-CAR14.T2 Lifelong Learning \$35
Session-8 Day-Tu 07/09-08/27
5:30 PM-6:30 PM Hathaway, Erin

Why Register Early?

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



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 for balance, a yoga mat, light hand weights, and a small squishy ball.

F-CAR14Z.M Virtual \$28
Session-6 Day-Mo 05/06-06/17
10:15 AM-11:15 AM Adams, Missy

F-CAR14Z.M Virtual \$35
Session-8 Day-Mo 07/08-08/26
10:15 AM-11:15 AM Adams, Missy

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 05/08-06/19
9:00 AM-10:00 AM Adams, Missy

F-CAR60.W Lifelong Learning \$35
Session-8 Day-We 07/10-08/28
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 Fitball, Lower Leg Band, and Long Theraband.

F-CAR60Z.W Virtual \$31
Session-7 Day-We 05/08-06/19
9:00 AM-10:00 AM Adams, Missy

F-CAR60Z.W Virtual \$35
Session-8 Day-We 07/10-08/28
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 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 05/09-06/20
9:00 AM-10:00 AM Adams, Missy

F-CAR28.R Lifelong Learning \$35
Session-8 Day-Th 07/11-08/29
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 be challenged, yet 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 \$28
Session-6 Day-Mo 05/06-06/17
9:00 AM-10:00 AM Adams, Missy

F-CAR61.M Lifelong Learning \$35
Session-8 Day-Mo 07/08-08/26
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 \$28
Session-6 Day-Mo 05/06-06/17
9:00 AM-10:00 AM Adams, Missy

F-CAR61Z.M Virtual \$35
Session-8 Day-Mo 07/08-08/26
9:00 AM-10:00 AM Adams, Missy



BARRE STRENGTH & BALANCE

This class will blend traditional strength exercises with smaller range of motion exercises at the Barre, all in a low-impact format. It's designed to enhance balance, flexibility, strength, and posture. Every class will start with a warm-up, leading into different 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 \$28
Session-6 Day-Mo 05/06-06/17
5:45 PM-6:45 PM Johnson, Lisa

F-CAR44.M Lifelong Learning \$35
Session-8 Day-Mo 07/08-08/26
5:45 PM-6:45 PM Johnson, Lisa



QIGONG (CHI-GONG)

A classic form of Chinese moving meditation, Qigong is a 5,000-year-old Chinese exercise program that improves health and balance. It increases longevity while giving you a strong sense of well-being and relaxation. Martial arts rely on the disciplined execution of movements and synchronized breathing, principles that are rooted in the foundational practice of Qigong. Suitable for people of all fitness levels. Our practice will be based on the Ba Duan Jin Qigong, one of the most common forms, translated as Eight Pieces of Brocade, or Eight Silken Movements. Please Bring a Yoga mat and a water bottle!

F-QI0.R1 Lifelong Learning \$31
Session-7 Day-Th 05/09-06/20
9:00 AM-10:00 AM Cho, Young-ee

F-QI0.R2 Lifelong Learning \$35
Session-8 Day-Th 07/11-08/29
9:00 AM-10:00 AM Cho, Young-ee

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 \$35
Session-4 Day-We 05/08-05/29
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 \$50
Session-4 Day-Fr 05/10-05/31
10:30 AM-12:00 PM Smith, Lucinda

Why Register Early?

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

FLEX AND FLOW

Join us for a strength-building class that incorporates the best of Pilates and barre techniques, enhanced with the use of resistance bands to help sculpt and strengthen your entire body. With rhythmic beats guiding your movements, this session promises a low-impact, non-cardio workout. Bring a yoga mat.

F-MOV13.PRE Lifelong Learning FREE
Session-1 Day-Fr 04/19-04/19
10:30 AM-11:30 AM Kerber, Jenifer

F-MOV13.T Lifelong Learning \$31
Session-7 Day-Tu 05/07-06/18
7:15 AM-8:15 AM Kerber, Jenifer

F-MOV13.R Lifelong Learning \$31
Session-7 Day-Th 05/09-06/20
7:00 AM-8:00 AM Kerber, Jenifer

F-MOV13.T Lifelong Learning \$35
Session-8 Day-Tu 07/09-08/27
7:15 AM-8:15 AM Kerber, Jenifer

F-MOV13.R Lifelong Learning \$35
Session-8 Day-Th 07/11-08/29
7:00 AM-8:00 AM Kerber, Jenifer

NEW JOURNEY INTO POWER

Journey Into Power (JIP) is a vinyasa-style yoga class that connects breath to movement through a dynamic sequence of poses designed to build endurance, strength, stability, and equanimity. This 60-minute practice offers the experience of a moving meditation that flows through a diversity of postures while providing steady and deliberate transitions between the poses. Although a basic understanding of standard yoga poses is beneficial, it is not required for this class. The teacher will support your practice with guidance on form, healthy alignment, technique, and breath awareness. This class is for anyone interested in a powerful and invigorating yoga practice that is grounded in mindful movement.

F-MOV14.W Lifelong Learning \$31
Session-7 Day-We 05/08-06/19
10:30 AM-11:30 AM Smith, Lucinda

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 \$31
Session-7 Day-Tu 05/07-06/18
9:00 AM-10:00 AM Crouch, Kate

F-YOG42.T Lifelong Learning \$35
Session-8 Day-Tu 07/09-08/27
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 \$31
Session-7 Day-Tu 05/07-06/18
9:00 AM-10:00 AM Crouch, Kate

F-YOG42Z.T Virtual \$35
Session-8 Day-Tu 07/09-08/27
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 05/08-06/19
5:45 PM-6:45 PM Caldwell, Sherie

F-YOG33.W Lifelong Learning \$35
Session-8 Day-We 07/10-08/28
5:45 PM-6:45 PM Wyche, Marla

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 \$28
Session-6 Day-Mo 05/06-06/17
4:30 PM-5:30 PM Caldwell, Sherie

F-YOG01.T Lifelong Learning \$31
Session-7 Day-Tu 05/07-06/18
4:30 PM-5:30 PM Crow, Renee

F-YOG01.W Lifelong Learning \$31
Session-7 Day-We 05/08-06/19
4:30 PM-5:30 PM Caldwell, Sherie

F-YOG01.R1 Lifelong Learning \$31
Session-7 Day-Th 05/09-06/20
9:00 AM-10:00 AM Crouch, Kate

F-YOG01.R2 Lifelong Learning \$31
Session-7 Day-Th 05/09-06/20
4:30 PM-5:30 PM Rogers, Lisa

F-YOG01.F Lifelong Learning \$24
Session-4 Day-Fr 05/10-05/31
9:00 AM-10:15 AM Cho, Young-ee

F-YOG01.M Lifelong Learning \$35
Session-8 Day-Mo 07/08-08/26
4:30 PM-5:30 PM Cho, Young-ee

F-YOG01.T Lifelong Learning \$35
Session-8 Day-Tu 07/09-08/27
4:30 PM-5:30 PM Matthias, Kimberly

F-YOG01.W Lifelong Learning \$35
Session-8 Day-We 07/10-08/28
4:30 PM-5:30 PM Wyche, Marla

F-YOG01.R1 Lifelong Learning \$35
Session-8 Day-Th 07/11-08/29
9:00 AM-10:00 AM Crouch, Kate

F-YOG01.R2 Lifelong Learning \$35
Session-8 Day-Th 07/11-08/29
4:30 PM-5:30 PM Rogers, Lisa

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. Equipment Needed: Yoga Mat.

F-YOG01Z.R1 Virtual \$31
Session-7 Day-Th 05/09-06/20
9:00 AM-10:00 AM Crouch, Kate

F-YOG01Z.R1 Virtual \$35
Session-8 Day-Th 07/11-08/29
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 \$31
Session-7 Day-Tu 05/07-06/18
6:00 AM-7:00 AM Adams, Missy

F-YOG02.R Lifelong Learning \$31
Session-7 Day-Th 05/09-06/20
6:00 AM-7:00 AM Smith, Lucinda

F-YOG02.T Lifelong Learning \$35
Session-8 Day-Tu 07/09-08/27
6:00 AM-7:00 AM Adams, Missy

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 \$35
Session-6 Day-Mo 05/06-06/17
9:00 AM-10:15 AM Caldwell, Sherie

F-YOG03Z.M Virtual \$43
Session-8 Day-Mo 07/08-08/26
9:00 AM-10:15 AM Warr, Caitlin

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 \$35
Session-6 Day-Mo 05/06-06/17
9:00 AM-10:15 AM Caldwell, Sherie

F-YOG03.T Lifelong Learning \$31
Session-7 Day-Tu 05/07-06/18
5:45 PM-6:45 PM Matthias, Kimberly

F-YOG03.M Lifelong Learning \$43
Session-8 Day-Mo 07/08-08/26
9:00 AM-10:15 AM Warr, Caitlin

F-YOG03.T Lifelong Learning \$35
Session-8 Day-Tu 07/09-08/27
5:45 PM-6:45 PM Matthias, Kimberly

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 \$28
Session-6 Day-Mo 05/06-06/17
5:45 PM-6:45 PM Caldwell, Sherie

F-YOG19.R Lifelong Learning \$31
Session-7 Day-Th 05/09-06/20
5:45 PM-6:45 PM Rogers, Lisa

F-YOG19.M Lifelong Learning \$35
Session-8 Day-Mo 07/08-08/26
5:45 PM-6:45 PM Cho, Young-ee

F-YOG19.R Lifelong Learning \$35
Session-8 Day-Th 07/11-08/29
5:45 PM-6:45 PM Rogers, Lisa

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 \$31
Session-7 Day-Tu 05/07-06/18
10:30 AM-11:30 AM Crouch, Kate

F-YOG29.T Lifelong Learning \$35
Session-8 Day-Tu 07/09-08/27
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 05/08-06/19
9:00 AM-10:15 AM Caldwell, Sherie

F-YOG20.W Lifelong Learning \$43
Session-8 Day-We 07/10-08/28
9:00 AM-10:15 AM Crouch, Kate

YOGA FIT

This class is a balance between being gentle and challenging. It emphasizes individual alignment and helps build 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 \$31
Session-7 Day-Th 05/09-06/20
3:00 PM-4:00 PM Crouch, Kate

F-YOG08.R Lifelong Learning \$35
Session-8 Day-Th 07/11-08/29
3:00 PM-4:00 PM Crouch, Kate

YOGA SCULPT

This class combines three essentials of fitness activity; strength and balance conditioning with gentle yoga flows that improve overall strength, flexibility, balance, and functional mobility. This class is about moving fluidly and intentionally to enhance mind-body connection and build full-body strength and flexibility. If you like strength conditioning and yoga, give this class a try.

F-YOG43.W Lifelong Learning \$31
Session-7 Day-We 05/08-06/19
6:00 AM-7:00 AM Sedgwick, Kelly

F-YOG43.W Lifelong Learning \$35
Session-8 Day-We 07/10-08/28
6:00 AM-7:00 AM Sedgwick, Kelly

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 \$28
Session-6 Day-Mo 05/06-06/17
8:00 AM-9:00 AM Johnson, Lisa

F-PIL10.M Lifelong Learning \$35
Session-8 Day-Mo 07/08-08/26
8:00 AM-9:00 AM Johnson, Lisa

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 \$24
Session-7 Day-Tu 05/07-06/18
1:30 PM-2:15 PM Crouch, Kate

F-PIL02.F Lifelong Learning \$20
Session-4 Day-Fr 05/10-05/31
10:15 AM-11:15 AM Hedstrom, Jeanine

F-PIL02.W Lifelong Learning \$16
Session-3 Day-We 06/05-06/19
10:30 AM-11:30 AM Crouch, Kate

F-PIL02.T Lifelong Learning \$28
Session-8 Day-Tu 07/09-08/27
1:30 PM-2:15 PM Crouch, Kate

F-PIL02.W Lifelong Learning \$35
Session-8 Day-We 07/10-08/28
10:30 AM-11:30 AM Crouch, Kate

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 \$28
Session-6 Day-Mo 05/06-06/17
9:15 AM-9:45 AM Johnson, Lisa

F-MISC20.M Lifelong Learning \$35
Session-8 Day-Mo 07/08-08/26
9:15 AM-9:45 AM Johnson, Lisa



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.

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 different 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 \$31
Session-7 Day-Tu 05/07-06/18
5:45 PM-6:45 PM Dolan, Lizzie

F-CAR43.R2 Lifelong Learning \$31
Session-7 Day-Th 05/09-06/20
5:45 PM-6:45 PM Dolan, Lizzie

F-CAR43.T Lifelong Learning \$35
Session-8 Day-Tu 07/09-08/27
5:45 PM-6:45 PM Dolan, Lizzie

F-CAR43.R2 Lifelong Learning \$35
Session-8 Day-Th 07/11-08/29
5:45 PM-6:45 PM Dolan, Lizzie

F-CAR62.M Lifelong Learning \$28
Session-6 Day-Mo 05/06-06/17
4:30 PM-5:30 PM Dolan, Lizzie

F-CAR62.R Lifelong Learning \$31
Session-7 Day-Th 05/09-06/20
4:30 PM-5:30 PM Dolan, Lizzie

F-CAR62.F Lifelong Learning \$20
Session-4 Day-Fr 05/10-05/31
4:30 PM-5:30 PM Rossmiller, Stacey

F-CAR62.M Lifelong Learning \$35
Session-8 Day-Mo 07/08-08/26
4:30 PM-5:30 PM Dolan, Lizzie

F-CAR62.R Lifelong Learning \$35
Session-8 Day-Th 07/11-08/29
4:30 PM-5:30 PM Dolan, Lizzie

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** 



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, bodyweight 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 \$28
Session-6 Day-Mo 05/06-06/17
5:45 PM-6:45 PM Dolan, Lizzie

F-DAN21.T Lifelong Learning \$31
Session-7 Day-Tu 05/07-06/18
4:30 PM-5:30 PM Dolan, Lizzie

F-DAN21.R Frenchtown \$25
Session-7 Day-Th 05/09-06/20
6:30 PM-7:30 PM Hallgrimson, Anna

F-DAN21.M Lifelong Learning \$35
Session-8 Day-Mo 07/08-08/26
5:45 PM-6:45 PM Dolan, Lizzie

F-DAN21.T Lifelong Learning \$35
Session-8 Day-Tu 07/09-08/27
4:30 PM-5:30 PM Dolan, Lizzie

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 \$24
Session-5 Day-We 05/08-06/05
7:00 PM-8:00 PM Eubank, Tayler

SAVE \$5.00

Per Class with
Early Bird Registration!

OULA FUSION

This class incorporates Oula Dancing and bodyweight-based Mobility, Strength, and Conditioning. You will improve your 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.R Lifelong Learning \$31
Session-7 Day-Th 05/09-06/20
5:45 PM-6:45 PM Kirk, Melissa

F-DAN28.R Lifelong Learning \$35
Session-8 Day-Th 07/11-08/29
5:45 PM-6:45 PM Kirk, Melissa

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.T1 Lifelong Learning \$31
Session-7 Day-Tu 05/07-06/18
4:30 PM-5:30 PM Rossmiller, Stacey

F-DAN02.T2 Frenchtown \$25
Session-7 Day-Tu 05/07-06/18
6:00 PM-7:00 PM Loobey, Jennifer

F-DAN02.W Lifelong Learning \$31
Session-7 Day-We 05/08-06/19
5:45 PM-6:45 PM Loobey, Jennifer

F-DAN02.R Lifelong Learning \$31
Session-7 Day-Th 05/09-06/20
5:35 PM-6:35 PM Rossmiller, Stacey

F-DAN02.T Lifelong Learning \$35
Session-8 Day-Tu 07/09-08/27
4:30 PM-5:30 PM Rossmiller, Stacey

F-DAN02.W Lifelong Learning \$35
Session-8 Day-We 07/10-08/28
5:45 PM-6:45 PM Loobey, Jennifer

F-DAN02.R Lifelong Learning \$35
Session-8 Day-Th 07/11-08/29
5:35 PM-6:35 PM Rossmiller, Stacey

BEGINNING COUNTRY LINE DANCE

Learn the beginning steps of Line Dance to incorporate them into full songs with choreographed line dances. The class will begin by teaching basic steps and dances to different music styles, such as pop and country. You will learn to recognize steps that are familiar with each class. The session will progress through the weeks to intermediate dances. Expect to meet new friends and have the opportunity to show off your moves! Wear athletic or casual clothes and closed-toe shoes like trainers. No cowboy boots or partner needed! Bring a water bottle and be ready to boot, scoot, and boogie!

F-CD03.M Lifelong Learning \$49
Session-7 Day-We 05/08-06/19
7:00 PM-8:15 PM Walden, Erika Ina

F-CD03.M Lifelong Learning \$44
Session-6 Day-We 07/24-08/28
7:00 PM-8:15 PM Walden, Erika Ina



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.M1 Lifelong Learning \$120
Session-6 Day-Mo 05/06-06/17
10:15 AM-11:15 AM Hedstrom, Jeanine

F-PR01.M2 Lifelong Learning \$120
Session-6 Day-Mo 05/06-06/17
4:15 PM-5:15 PM Knell, Nora

F-PR01.T2 Lifelong Learning \$135
Session-7 Day-Tu 05/07-06/18
11:30 AM-12:30 PM Hedstrom, Jeanine

F-PR01.W Lifelong Learning \$135
Session-7 Day-We 05/08-06/19
12:00 PM-1:00 PM Knell, Nora

F-PR01.R1 Lifelong Learning \$135
Session-7 Day-Th 05/09-06/20
8:30 AM-9:30 AM Knell, Nora

F-PR01.F Lifelong Learning \$90
Session-4 Day-Fr 05/10-05/31
9:00 AM-10:00 AM Hedstrom, Jeanine

F-PR01.R2 Lifelong Learning \$120
Session-6 Day-Th 05/16-06/20
10:00 AM-11:00 AM Graef, Denise

F-PR01.M1 Lifelong Learning \$150
Session-8 Day-Mo 07/08-08/26
10:15 AM-11:15 AM Hedstrom, Jeanine

F-PR01.M2 Lifelong Learning \$150
Session-8 Day-Mo 07/08-08/26
4:15 PM-5:15 PM McQuarrie, Devan

F-PR01.T2 Lifelong Learning \$150
Session-8 Day-Tu 07/09-08/27
11:30 AM-12:30 PM Hedstrom, Jeanine

F-PR01.R1 Lifelong Learning \$90
Session-4 Day-Th 07/11-08/01
8:30 AM-9:30 AM Knell, Nora

F-PR01.R2 Lifelong Learning \$150
Session-8 Day-Th 07/11-08/29
10:00 AM-11:00 AM Graef, Denise

PILATES REFORMER 1: MINDFUL MOVEMENT

Using the Pilates Foundational Reformer 1 exercises, this class will slow things down to take more time to experience each movement. You will be encouraged to practice transitions between exercises with ease. The class will focus on improving mobility, balance, and posture to deepen your understanding of the Pilates reformer exercises.

F-PR08.T Lifelong Learning \$135
Session-7 Day-Tu 05/07-06/18
10:15 AM-11:15 AM Hedstrom, Jeanine

F-PR08.M Lifelong Learning \$150
Session-8 Day-Mo 07/08-08/26
1:30 PM-2:30 PM McQuarrie, Devan

F-PR08.T Lifelong Learning \$150
Session-8 Day-Tu 07/09-08/27
10:15 AM-11:15 AM Hedstrom, Jeanine

PILATES REFORMER 2: INTERMEDIATE

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

F-PR02.M Lifelong Learning \$120
Session-6 Day-Mo 05/06-06/17
9:00 AM-10:00 AM Hedstrom, Jeanine

F-PR02.W Lifelong Learning \$120
Session-6 Day-We 05/15-06/19
4:15 PM-5:15 PM Graef, Denise

F-PR02.R Lifelong Learning \$120
Session-6 Day-Th 05/16-06/20
4:15 PM-5:15 PM Graef, Denise

F-PR02.M Lifelong Learning \$150
Session-8 Day-Mo 07/08-08/26
9:00 AM-10:00 AM Hedstrom, Jeanine

F-PR02.W Lifelong Learning \$150
Session-8 Day-We 07/10-08/28
4:15 PM-5:15 PM Graef, Denise

F-PR02.R Lifelong Learning \$150
Session-8 Day-Th 07/11-08/29
4:15 PM-5:15 PM Graef, Denise

PILATES REFORMER 2/3: INTERMEDIATE/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 \$120
Session-6 Day-We 05/15-06/19
9:30 AM-10:30 AM Graef, Denise

F-PR03.W Lifelong Learning \$150
Session-8 Day-We 07/10-08/28
9:30 AM-10:30 AM Graef, Denise

PILATES REFORMER 2/3: INTERMEDIATE/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 \$150
Session-6 Day-We 05/15-06/19
5:30 PM-6:45 PM Graef, Denise

F-PR03.R Lifelong Learning \$150
Session-6 Day-Th 05/16-06/20
5:30 PM-6:45 PM Graef, Denise

F-PR03.W2 Lifelong Learning \$180
Session-8 Day-We 07/10-08/28
5:30 PM-6:45 PM Graef, Denise

F-PR03.R Lifelong Learning \$180
Session-8 Day-Th 07/11-08/29
5:30 PM-6:45 PM Graef, Denise



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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.T Lifelong Learning	\$135	F-CA01.T Lifelong Learning	\$150
# Session-7 Day-Tu	05/07-06/18	# Session-8 Day-Tu	07/09-08/27
7:00 AM-8:00 AM	Holst, Jane	7:00 AM-8:00 AM	Holst, Jane
F-CA01.W Lifelong Learning	\$135	F-CA01.W Lifelong Learning	\$150
# Session-7 Day-We	05/08-06/19	# Session-8 Day-We	07/10-08/28
8:00 AM-9:00 AM	Holst, Jane	8:00 AM-9:00 AM	Holst, Jane

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.M1 Lifelong Learning	\$120	F-CA02.M1 Lifelong Learning	\$150
# Session-6 Day-Mo	05/06-06/17	# Session-8 Day-Mo	07/08-08/26
12:00 PM-1:00 PM	McQuarrie, Devan	12:00 PM-1:00 PM	McQuarrie, Devan
F-CA02.M2 Lifelong Learning	\$120	F-CA02.M2 Lifelong Learning	\$150
# Session-6 Day-Mo	05/06-06/17	# Session-8 Day-Mo	07/08-08/26
5:30 PM-6:30 PM	McQuarrie, Devan	5:30 PM-6:30 PM	McQuarrie, Devan
F-CA02.T1 Lifelong Learning	\$135	F-CA02.T1 Lifelong Learning	\$150
# Session-7 Day-Tu	05/07-06/18	# Session-8 Day-Tu	07/09-08/27
5:30 PM-6:30 PM	McQuarrie, Devan	5:30 PM-6:30 PM	McQuarrie, Devan
F-CA02.T2 Lifelong Learning	\$135	F-CA02.T.2 Lifelong Learning	\$150
# Session-7 Day-Tu	05/07-06/18	# Session-8 Day-Tu	07/09-08/27
6:45 PM-7:45 PM	McQuarrie, Devan	6:45 PM-7:45 PM	McQuarrie, Devan
F-CA02.W Lifelong Learning	\$120	F-CA02.W Lifelong Learning	\$150
# Session-6 Day-We	05/15-06/19	# Session-8 Day-We	07/10-08/28
10:45 AM-11:45 AM	Graef, Denise	10:45 AM-11:45 AM	Graef, Denise
F-CA02.R Lifelong Learning	\$120	F-CA02.R Lifelong Learning	\$150
# Session-6 Day-Th	05/16-06/20	# Session-8 Day-Th	07/11-08/29
11:15 AM-12:15 PM	Graef, Denise	11:15 AM-12:15 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, water bottle, and wear athletic clothes and shoes.

F-CYC20.R Lifelong Learning \$25
Session-7 Day-Th 05/09-06/20
9:45 AM-10:15 AM Knell, Nora

F-CYC20.R Lifelong Learning \$25
Session-8 Day-Th 07/11-08/29
9:45 AM-10:15 AM Knell, Nora

CYCLE BLAST

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

F-CYC09.W Lifelong Learning \$33
Session-7 Day-We 05/08-06/19
6:00 AM-6:45 AM Blakely, Molly

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 \$36
Session-7 Day-Tu 05/07-06/18
12:00 PM-1:00 PM Knell, Nora

F-CYC06.T Lifelong Learning \$40
Session-8 Day-Tu 07/09-08/27
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 short 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 \$33
Session-6 Day-We 05/15-06/19
8:15 AM-9:15 AM Graef, Denise

F-CYC21.W Lifelong Learning \$40
Session-8 Day-We 07/10-08/28
8:15 AM-9:15 AM Graef, Denise

SAVE \$5.00

Per Class with
Early Bird Registration!

OUTDOOR GROUP CYCLING - BEGINNERS

This is a fun, non-competitive class designed for individuals wanting to explore the many benefits of outdoor road cycling by experiencing it in a safe, small-group environment. Meet new friends and riding partners, discover biking routes in the area, and learn about the vibrant Missoula biking community! Topics covered will include Montana Traffic Regulations for biking, bike safety, road etiquette, riding in a group pace line, clothing and equipment, maintenance/repair, and changing a flat. You will be riding for approximately 2 hours (no drop rides). You will need a road bike with a red flashing tail light, helmet, and water bottle.

F-CYC10.S Lifelong Learning \$55
Session-3 Day-Mo 06/03-06/17
4:30 PM-6:30 PM Cook, Tina

F-CYC10.S Lifelong Learning \$55
Session-3 Day-Mo 07/08-07/22
4:30 PM-6:30 PM Cook, Tina

OUTDOOR GROUP CYCLING-CONTINUING

This class is designed for road bike riders who want to improve pedal efficiency, speed, endurance, and climbing skills. You will have a bike check at the start of class. Expect to ride as a group (no drops) in this non-competitive atmosphere. Individuals interested must be able to ride for 2 hours comfortably. Prerequisite: Outdoor Group Cycling-Beginners or Instructor Approval.

F-CYC12.S Lifelong Learning \$50
Session-3 Day-Mo 08/05-08/19
4:30 PM-6:30 PM Cook, Tina

NEW RUNNING WITH EASE

Whether you're a regular runner or new to the sport, learn how to overcome self-imposed limitations to enjoyable and successful running. Running with Ease is based on the proven principles of the Alexander Technique, which encourages good use of the body and greater awareness of the way it functions. Beginning and experienced runners alike will gain real insight into developing an optimal stride and how you can transform your training and performance. This class is a "work on" type class rather than a "workout" class, so it will allow you to learn and increase the enjoyment and benefit from running as a lifelong pursuit.

F-RU01.T1 Lifelong Learning \$35
Session-6 Day-Tu 05/07-06/11
7:00 AM-8:00 AM Hodges, Mari

F-RU01.R1 Lifelong Learning \$31
Session-5 Day-Th 05/09-06/06
7:00 AM-8:00 AM Hodges, Mari

F-RU01.T2 Lifelong Learning \$44
Session-8 Day-Tu 07/09-08/27
7:00 AM-8:00 AM Hodges, Mari

F-RU01.R2 Lifelong Learning \$44
Session-8 Day-Th 07/11-08/29
7:00 AM-8:00 AM Hodges, Mari



OPEN PLAY PICKLEBALL

This is designed for those with basic to intermediate Pickleball skills wanting to play in a round robin format.

F-PB06.R1 Lifelong Learning \$31
Session-3 Day-Th 05/09-05/23
1:30 PM-3:00 PM Kendall, William

F-PB06.R2 Lifelong Learning \$31
Session-3 Day-Th 05/30-06/13
1:30 PM-3:00 PM Kendall, William

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 \$17
Session-1 Day-We 04/10-04/10
9:30 AM-11:30 AM Fortmann, Monique

F-PB01.M Lifelong Learning \$17
Session-1 Day-Mo 04/22-04/22
7:00 PM-9:00 PM Mealey, Sheila

F-PB01.M2 Lifelong Learning \$17
Session-1 Day-Mo 04/29-04/29
7:00 PM-9:00 PM Mealey, Sheila

F-PB01.W Lifelong Learning \$17
Session-1 Day-We 05/08-05/08
9:30 AM-11:30 AM Fortmann, Brian

PICKLEBALL SKILLS & DRILLS

The best way to elevate your game to the next level is to practice. Unlike the other classes, which are centered around playing games, this class will feature a variety of drills designed to improve your shot selection, court sense, and strategy. These skills will complement our other pickleball classes. This course is designed for beginner and intermediate players.

F-PB09.W Lifelong Learning \$44
Session-5 Day-We 05/15-06/12
1:00 PM-2:30 PM Fortmann, Brian

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 who can demonstrate the basic shot strokes--forehand, backhand, volley, overhead, and serve, and are 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.M Target Range School \$22
Session-3 Day-Mo 05/06-05/20
6:00 PM-7:00 PM Cook, David

F-PB11.F Lifelong Learning \$26
Session-4 Day-Fr 05/10-05/31
8:30 AM-9:30AM Cook, David

F-PB11.T Lifelong Learning \$44
Session-5 Day-Tu 05/14-06/11
1:15 PM-2:45 PM Fortmann, Monique

F-PB11.W Lifelong Learning \$44
Session-5 Day-We 05/15-06/12
2:30 PM-4:00 PM Fortmann, Brian

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 of the rules and want 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.M1 Target Range School \$31
Session-3 Day-Mo 05/06-05/20
6:00 PM-7:30 PM Cook, David

F-PB12.M2 Target Range School \$31
Session-3 Day-Mo 05/06-05/20
7:30 PM-9:00 PM Cook, David

F-PB12.R Lifelong Learning \$58
Session-7 Day-Th 05/09-06/20
12:00 PM-1:30 PM Kendall, William

F-PB12.F1 Lifelong Learning \$35
Session-4 Day-Fr 05/10-05/31
9:30 AM-11:00 AM Cook, David

F-PB12.F2 Lifelong Learning \$35
Session-4 Day-Fr 05/10-05/31
11:00 AM-12:30 PM Cook, David

F-PB12.T Lifelong Learning \$35
Session-5 Day-Tu 05/14-06/11
2:45 PM-4:15 PM Fortmann, Monique

COMPETITIVE PICKLEBALL SKILLS & DRILLS - DINKING & DRIVING

Take your Pickleball skills to new heights in this intermediate-level class! The first hour features tailored drills to improve shot placement and selection, overall court sense, offensive and defensive strategies, and partnering techniques. The second hour is dedicated to coached, round-robin gameplay, allowing you to apply your newfound skills. Ideal for those interested in competing or taking their game to the next level.

F-PB13.T Lifelong Learning \$71
Session-7 Day-Tu 05/07-06/18
7:00 PM-9:00 PM Mealey, Sheila



FRENCHTOWN

OULA

OULA is an easy-to-follow, high-cardio dance fitness class that can be done at any intensity level, making it great for people of all ages, shapes, dance 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 05/07-06/18
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.R Frenchtown \$25
Session-7 Day-Th 05/09-06/20
6:30 PM-7:30 PM Hallgrimson, Anna



PRINTMAKING WORKSHOP

Linoleum block printmaking is a type of relief printing done by cutting or carving a design into linoleum, rolling ink on the linoleum, and transferring the ink to a surface. In this one-day workshop, you will learn the entire printing process from image design, carving, proof printing, and finally, creating a small edition of your final image (no bigger than 6" x 9"). All supplies are included, and all levels are welcome. Please come prepared with final image ideas and/or reference photos. Bring a sack lunch.

A-CR29 Frenchtown \$74
Session-1 Day-Sa 06/01-06/01
9:30 AM-3:30 PM Radloff, Kaitlynn

FRENCHTOWN



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SUMMER FITNESS

SUMMER FITNESS

MONDAY

Pilates for Strength	Mo	8:00 AM-9:00 AM	7/8/2024-8/26/2024
Yoga Barre Fusion - Continuing	Mo	9:00 AM-10:00 AM	7/8/2024-8/26/2024
Yoga Barre Fusion - Continuing Zoom	Mo	9:00 AM-10:00 AM	7/8/2024-8/26/2024
Pilates Reformer 2: Intermediate	Mo	9:00 AM-10:00 AM	7/8/2024-8/26/2024
Yin Yoga	Mo	9:00 AM-10:15 AM	7/8/2024-8/26/2024
Yin Yoga Zoom	Mo	9:00 AM-10:15 AM	7/8/2024-8/26/2024
Pound Unplugged	Mo	9:15 AM-9:45 AM	7/8/2024-8/26/2024
Barre Fitness	Mo	10:15 AM-11:15 AM	7/8/2024-8/26/2024
Barre Fitness Zoom	Mo	10:15 AM-11:15 AM	7/8/2024-8/26/2024
Pilates Reformer 1: Foundational	Mo	10:15 AM-11:15 AM	7/8/2024-8/26/2024
CoreAlign® 2: Strength & Conditioning	Mo	12:00 PM-1:00 PM	7/8/2024-8/26/2024
Pilates Reformer: Slow Focus	Mo	1:30 PM-2:30 PM	7/8/2024-8/26/2024
Pilates Reformer 1: Foundational	Mo	4:15 PM-5:15 PM	7/8/2024-8/26/2024
UPLIFT	Mo	4:30 PM-5:30 PM	7/8/2024-8/26/2024
Outdoor Group Cycling - Beginners	Mo	4:30 PM-6:30 PM	7/8/2024-7/22/2024
Gentle Yoga	Mo	4:30 PM-5:30 PM	7/8/2024-8/26/2024
CoreAlign® 2: Strength & Conditioning	Mo	5:30 PM-6:30 PM	7/8/2024-8/26/2024
Barre Strength & Balance	Mo	5:45 PM-6:45 PM	7/8/2024-8/26/2024
SHiNE Dance Fitness	Mo	5:45 PM-6:45 PM	7/8/2024-8/26/2024
Yoga for the "Working Stiffs"	Mo	5:45 PM-6:45 PM	7/8/2024-8/26/2024
Outdoor Group Cycling-Continuing	Mo	4:30 PM-6:30 PM	8/5/2024-8/19/2024

TUESDAY

Bootcamp	Tu	6:00 AM-7:00 AM	7/9/2024-8/27/2024
Sunrise Yoga	Tu	6:00 AM-7:00 AM	7/9/2024-8/27/2024
CoreAlign® 1: Intro/Foundational	Tu	7:00 AM-8:00 AM	7/9/2024-8/27/2024
Running with Ease	Tu	7:00 AM-8:00 AM	7/9/2024-8/27/2024
Flex and Flow	Tu	7:15 AM-8:15 AM	7/9/2024-8/27/2024
Barre Fitness	Tu	9:00 AM-10:00 AM	7/9/2024-8/27/2024
Yoga for Mobility	Tu	9:00 AM-10:00 AM	7/9/2024-8/27/2024
Yoga for Mobility - Zoom	Tu	9:00 AM-10:00 AM	7/9/2024-8/27/2024
Pilates Reformer: Slow Focus	Tu	10:15 AM-11:15 AM	7/9/2024-8/27/2024
Over 50 and FIT	Tu	10:30 AM-11:45 AM	7/9/2024-8/27/2024
Over 50 and FIT - Zoom	Tu	10:30 AM-11:45 AM	7/9/2024-8/27/2024
Beginning Flow Yoga	Tu	10:30 AM-11:30 AM	7/9/2024-8/27/2024
Pilates Reformer 1: Foundational	Tu	11:30 AM-12:30 PM	7/9/2024-8/27/2024
Cycling and Core Strength	Tu	12:00 PM-1:00 PM	7/9/2024-8/27/2024
Mat Pilates	Tu	1:30 PM-2:15 PM	7/9/2024-8/27/2024
OULA	Tu	4:30 PM-5:30 PM	7/9/2024-8/27/2024
SHiNE Dance Fitness	Tu	4:30 PM-5:30 PM	7/9/2024-8/27/2024
Gentle Yoga	Tu	4:30 PM-5:30 PM	7/9/2024-8/27/2024
CoreAlign® 2: Strength & Conditioning	Tu	5:30 PM-6:30 PM	7/9/2024-8/27/2024
Barre Fitness	Tu	5:30 PM-6:30 PM	7/9/2024-8/27/2024
Sound Strength®	Tu	5:45 PM-6:45 PM	7/9/2024-8/27/2024
Yin Yoga	Tu	5:45 PM-6:45 PM	7/9/2024-8/27/2024
CoreAlign® 2: Strength & Conditioning	Tu	6:45 PM-7:45 PM	7/9/2024-8/27/2024

WEDNESDAY

Yoga Sculpt	We	6:00 AM-7:00 AM	7/10/2024-8/28/2024
CoreAlign® 1: Intro/Foundational	We	8:00 AM-9:00 AM	7/10/2024-8/28/2024
Cycling and Mat Pilates	We	8:15 AM-9:15 AM	7/10/2024-8/28/2024
Barre Fitness - Continuing	We	9:00 AM-10:00 AM	7/10/2024-8/28/2024
Barre Fitness - Continuing Zoom	We	9:00 AM-10:00 AM	7/10/2024-8/28/2024
Flow Yoga	We	9:00 AM-10:15 AM	7/10/2024-8/28/2024
Pilates Reformer 2/3: Interm/Advanced	We	9:30 AM-10:30 AM	7/10/2024-8/28/2024
Mat Pilates	We	10:30 AM-11:30 AM	7/10/2024-8/28/2024
CoreAlign® 2: Strength & Conditioning	We	10:45 AM-11:45 AM	7/10/2024-8/28/2024
Introduction to Barre	We	12:00 PM-1:00 PM	7/10/2024-8/28/2024
Pilates Reformer 2: Intermediate	We	4:15 PM-5:15 PM	7/10/2024-8/28/2024
Gentle Yoga	We	4:30 PM-5:30 PM	7/10/2024-8/28/2024
Pilates Reformer 2/3: Stress Release	We	5:30 PM-6:45 PM	7/10/2024-8/28/2024
Over 50 and FIT	We	5:45 PM-6:45 PM	7/10/2024-8/28/2024
OULA	We	5:45 PM-6:45 PM	7/10/2024-8/28/2024
Beginning Yoga	We	5:45 PM-6:45 PM	7/10/2024-8/28/2024
Beginning Country Line Dance	We	7:00 PM-8:15 PM	7/24/2024-8/28/2024

SUMMER FITNESS

THURSDAY

Bootcamp	Th	6:00 AM-7:00 AM	7/11/2024-8/29/2024
Flex and Flow	Th	7:00 AM-8:00 AM	7/11/2024-8/29/2024
Running with Ease	Th	7:00 AM-8:00 AM	7/11/2024-8/29/2024
Pilates Reformer 1: Foundational	Th	8:30 AM-9:30 AM	7/11/2024-8/1/2024
Yoga Barre Fusion	Th	9:00 AM-10:00 AM	7/11/2024-8/29/2024
Qigong (Chi-gong)	Th	9:00 AM-10:00 AM	7/11/2024-8/29/2024
Gentle Yoga	Th	9:00 AM-10:00 AM	7/11/2024-8/29/2024
Gentle Yoga Zoom	Th	9:00 AM-10:00 AM	7/11/2024-8/29/2024
Easy Rider Indoor Cycling	Th	9:45 AM-10:15 AM	7/11/2024-8/29/2024
Pilates Reformer 1: Foundational	Th	10:00 AM-11:00 AM	7/11/2024-8/29/2024
Over 50 Stretch & Tone	Th	10:15 AM-11:15 AM	7/11/2024-8/29/2024
Over 50 Stretch & Tone - Zoom	Th	10:15 AM-11:15 AM	7/11/2024-8/29/2024
Over 50 and FIT	Th	10:30 AM-11:30 AM	7/11/2024-8/29/2024
CoreAlign® 2: Strength & Conditioning	Th	11:15 AM-12:15 PM	7/11/2024-8/29/2024
Yoga Fit	Th	3:00 PM-4:00 PM	7/11/2024-8/29/2024
Pilates Reformer 2: Intermediate	Th	4:15 PM-5:15 PM	7/11/2024-8/29/2024
UPLIFT	Th	4:30 PM-5:30 PM	7/11/2024-8/29/2024
Gentle Yoga	Th	4:30 PM-5:30 PM	7/11/2024-8/29/2024
Pilates Reformer 2/3: Stress Release	Th	5:30 PM-6:45 PM	7/11/2024-8/29/2024
OULA	Th	5:35 PM-6:35 PM	7/11/2024-8/29/2024
Sound Strength*	Th	5:45 PM-6:45 PM	7/11/2024-8/29/2024
OULA Fusion	Th	5:45 PM-6:45 PM	7/11/2024-8/29/2024
Yoga for the "Working Stiffs"	Th	5:45 PM-6:45 PM	7/11/2024-8/29/2024

SUMMER CLASSES

SUMMER CLASSES

Asian Brush Painting: Dragonfly	Mo	1:00 AM-3:00 AM	7/8/2024-7/8/2024
Stained Glass: Lead	Mo	10:00 AM-1:00 PM	7/8/2024-8/5/2024
Computer Fundamentals/Digital Literacy	Mo	1:00 PM-4:00 PM	7/8/2024-7/29/2024
Response to Active Shooter Events	Mo	5:30 PM-8:00 PM	7/15/2024-7/15/2024
Asian Brush Painting	Mo	1:00 PM-3:00 PM	7/29/2024-8/26/2024
Intro to PC	Mo	1:00 PM-4:00 PM	8/5/2024-8/19/2024
Response to Active Shooter Events	Mo	9:30 AM-12:00 PM	8/12/2024-8/12/2024
Reclaimed Wood Picture Frame	Mo	5:00 PM-8:00 PM	8/19/2024-8/26/2024
File Management Bootcamp	Mo	1:00 PM-4:00 PM	8/26/2024-8/26/2024
Basic Life Support (BLS) CPR/ED	Mo	5:00 PM-9:30 PM	8/26/2024-8/26/2024
Historical Coil Vessels	Mo/Tu	3:00 PM-5:00 PM	8/5/2024-8/13/2024
Heartsaver® Combo First Aid/CPR	Mo/We	5:30 PM-9:00 PM	8/26/2024-8/28/2024
Heartsaver® Pediatric First Aid/CPR	Mo/We	5:30 PM-9:00 PM	8/26/2024-8/28/2024
Build a Website for Your Business	Th	1:30 PM-4:30 PM	7/11/2024-8/8/2024
Watercolor for Beginners	Th	6:00 PM-8:30 PM	7/11/2024-8/1/2024
Basic Life Support (BLS) CPR/AED	Th	5:00 PM-9:30 PM	7/25/2024-7/25/2024
Beginning Clay	Th	10:00 AM-12:30 PM	8/1/2024-9/5/2024
Korean Cuisine	Th	5:30 PM-8:00 PM	8/1/2024-8/29/2024
Handmade Tile Mosaics	Th	1:00 PM-3:00 PM	8/15/2024-9/5/2024
Python Bootcamp	Th	1:30 PM-4:30 PM	8/15/2024-8/29/2024
Cake Decorating 101	Th	5:30 PM-8:00 PM	8/15/2024-8/15/2024
Cheese Tasting	Th	6:00 PM-8:00 PM	8/22/2024-8/22/2024
Photograph Garnet Ghost Town	Th/Sa	6:30 PM-8:30 PM	7/11/2024-7/18/2024
Practice Photography at the Fort	Th/Sa	6:30 PM-8:30 PM	8/8/2024-8/15/2024
Excel-Level 2	Tu	8:30 AM-4:00 PM	7/16/2024-7/16/2024
Beginning Acrylic Painting	Tu	6:00 PM-8:30 PM	7/16/2024-8/20/2024
Spanish Part 2	Tu	6:00 PM-8:00 PM	7/16/2024-8/20/2024
Pet First Aid and Disaster Response	Tu	10:00 AM-2:00 PM	7/23/2024-7/23/2024
Guitar 101	Tu	7:00 PM-8:30 PM	7/23/2024-8/27/2024
Introduction to Wheel Throwing	Tu	6:00 PM-8:30 PM	7/30/2024-9/3/2024
Beginning German 3	Tu	6:00 PM-8:00 PM	8/6/2024-9/10/2024
Embroidery 101	Tu	6:00 PM-8:00 PM	8/6/2024-8/27/2024
Pasta From Scratch	Tu	6:00 PM-8:30 PM	8/27/2024-8/27/2024
Plein-Air Watercolor	Tu/Th	9:30 AM-12:00 PM	7/16/2024-8/1/2024
Drawing Outdoors	Tu/Th	10:00 AM-12:00 PM	8/6/2024-8/15/2024
Introduction to Woodworking	Tu/Th	6:00 PM-9:00 PM	8/6/2024-8/22/2024
Ceramic Rattles	Tu/We	3:00 PM-5:00 PM	8/20/2024-8/21/2024
Ceramic Animal Wall Hanging	Tu/We	3:00 PM-5:00 PM	8/27/2024-8/28/2024
Gmail and Other Google Apps	We	1:30 PM-4:30 PM	7/10/2024-7/17/2024
Printmaking Linoleum Block Reduction	We	5:30 PM-7:30 PM	7/10/2024-7/31/2024
Metal Tooled Family Crest	We	10:00 AM-12:00 PM	7/17/2024-7/31/2024
Stained Glass: Garden Mushrooms	We	10:00 AM-3:30 PM	7/17/2024-7/17/2024
Stained Glass: Copper Foil	We	5:30 PM-8:30 PM	7/17/2024-7/31/2024
Intro to Mac	We	1:30 PM-4:30 PM	7/24/2024-7/31/2024
Beginning Macrame Techniques	We	6:00 PM-8:30 PM	7/24/2024-7/24/2024
Printmaking - Linoleum Block	We	1:00 PM-3:00 PM	7/31/2024-8/21/2024
iPhone and iPad Basics	We	1:30 PM-3:30 PM	8/7/2024-8/21/2024
Introduction to Stained Glass	We	9:30 AM-4:00 PM	8/14/2024-8/14/2024
Basic Life Support (BLS) CPR/AED	We	5:00 PM-9:30 PM	8/14/2024-8/14/2024
Bezel Set Ring	We	10:00 AM-4:30 PM	8/28/2024-8/28/2024
Clean Up & Speed Up Your PC	We	1:00 PM-4:00 PM	8/28/2024-8/28/2024



AGES
4-6

9AM TO 12PM

SUMMER CAMPS



ART IN OUR HEARTS | AMAZING ANIMALS | KINDER COOKS

JULY 22ND- 26TH

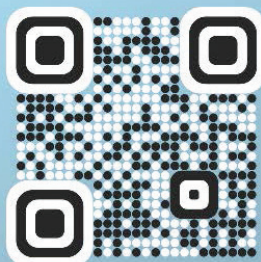
JULY 8TH- 12TH
AUGUST 12TH-16TH

JUNE 24TH-28TH
JULY 29TH-AUGUST 2ND



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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 \$15 per subtest to HiSET.org
- Schedule your tests within 24 hours before the first test session
- Test frequently fill up early
- Call 1-855-694-4738 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.

May 10, 24, Jun 4, 20, Jul 30, and Aug 27

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 with a least a 2 on the essay.

A couple days after the test you can log back on to your HiSET account to see your official scores.

How do I get my diploma?

- Log into your HiSet account
- Click on the drop down menu in the upper right hand corner by your name and select My Account and find your PSI ID Number.
- Go to diplomasender.com and use your PSI ID Number to create an account and request your 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.

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-Wed, 8:30 AM-6:00 PM, Thur. Closed on Fridays June through August.

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-Wed, 8:30 AM-6:00 PM, Thur. Closed on Fridays June through August.



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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