

THE LIFELONG LEARNING CENTER

COURSE CATALOG

2024

SEPTEMBER & OCTOBER





CATEGORIES

Academic Success Program	69
Art	24
Business	6
Career Training	43
Computer	8
Fitness at a Glance	48
Fitness	50
Food & Cooking	17
Frenchtown	66
Health & Safety	40
HiSET Testing	68
Language	14
Music	21
Parenting	36
Photography	22
Refund Policy	70
Registration Information	70
Sewing	20
Special Interest	31
Trades & Crafts	12
Whats New	3

WHATS NEW

NEW EMAIL MARKETING: WRITING EFFECTIVE EMAILS

If you haven't updated your email marketing in a while, this class is for you! You will learn how email marketing has evolved in the last few years and how to capitalize on those changes. We'll review the updated elements of effective emails, how to craft engaging content using narrative marketing, and common mistakes to avoid before you hit Send. If you're considering starting an email marketing campaign, this course will give you a head start in the right direction. The course includes a how-to guide with helpful links to use when you get back to the office.

B-MA10 Lifelong Learning \$21
Session-1 Day-Tu 09/17-09/17
8:30 AM-10:30 AM Humphreys, Shelby

NEW INTRODUCTION TO ANCIENT GREEK

Join us for an introduction to Attic Greek, the language of Classical Athens. Through an interactive approach, you will learn how to read the Greek alphabet, navigate basic grammar, and build a vocabulary for reading ancient texts. No experience necessary! This course will also provide a solid foundation for learning Homeric, Biblical, and modern Greek. You will no longer say, "It's all Greek to me?" as you read texts in the original Greek and have fun along the way.

L-G02 Lifelong Learning \$230
Session-12 Day-Mo/We 09/16-10/23
6:00 PM-8:00 PM Acree, Benjamin

NEW PASTA AND BREAD AND PIZZA, OH MY!

Learn the fundamentals of creating authentic Italian meals from scratch. From crafting delicate pasta to baking crispy breads and perfecting rich sauces, you will learn practical and simple recipes you can easily recreate at home for your friends and family.

FC-HO93 Big Sky High School \$158
Session-4 Day-Th 09/12-10/03
6:00 PM-9:00 PM Zimorino, Bob

NEW CRAFTSMAN'S CORNER: WOODWORKING

Are you looking for a place to get some woodworking done? Want some professional supervision and guidance while you work on your projects? In this freeform shop class, you can bring in your own projects and ideas and receive quality time using tools and learning as you build! You will have access to a state-of-the-art professional woodshop and a professional woodworker to help guide and answer your questions. You will bring your projects and materials and either work independently or receive guidance from the instructor. All experience levels are welcome!

T-CON16 Msla College-W Campus \$175
Session-4 Day-Tu/Th 10/08-10/17
6:00 PM-9:00 PM Sabella, Rio

NEW GUITAR 102

Ready to build on the foundation you established in Guitar 101? Guitar 102 continues your journey by learning more chords and how to use them, mastering more melodies, and gaining a deeper understanding of standard music notation. You will also get to explore learning music "by ear" in addition to playing written music. Join us for a deeper dive into the joy of playing guitar!

M-GU14 Lifelong Learning \$73
Session-6 Day-Tu 09/17-10/22
7:00 PM-8:30 PM Walther, Peter

NEW SPOOKY WALL HANGINGS

Learn how to create a slab wall sculpture! We will focus on the forms and textures of all things Halloween, and you will use your creativity to design both the form and colors of your own wall piece. All supplies are included, and all levels are welcome. The pick-up date is two weeks after the last class.

A-CL14 Lifelong Learning \$90
Session-2 Day-Tu 09/24-10/03
1:00 PM-3:00 PM Alvshere, Chris

SAVE \$5.00

Per Class with
Early Bird Registration!

NEW DIGITAL PAINTING:
ANIMALS

Learn how to create your own digital animal using a drawing tablet and Photoshop software. You will build your animal either from real life or invent your own. Each class will develop your skills from drawing on the sketch pad to layering color, definition, and form. Your artistic rendering will have color and be expressive. Gain the confidence to use these programs on your own. All levels are welcome.

C-DES04 Lifelong Learning \$103
Session-6 Day-Mo 09/16-10/21
6:00 PM-8:00 PM Chambers, Blaise

NEW HUNTING WITH FIRE IN
MIND

Learn strategies for success in the increasing overlap between hunting and fire season! The class will begin with a discussion about wildfire awareness, focusing on how you can keep yourself and others safe. The discussion will then move to the benefits that burn scars of different ages can provide to game animals in the Western Montana ecosystems. Leave the class with tips on e-scouting as you plan your hunting season! This class is suitable for all levels of experience.

S-LND35 Lifelong Learning \$28
Session-1 Day-Sa 09/28-09/28
10:00 AM-1:00 PM Bossler, Lea

NEW DREAM IT, DO IT:
A BLUEPRINT FOR
CHANGE

This class empowers small business owners, team leaders, and individuals to achieve their goals. Learn to blend project management, leadership techniques, and productivity tools for huge success on a small scale. Whether improving business processes, leading a team project, or tackling personal goals like fitness or home renovation, you'll learn strategies to turn dreams into reality. Gain practical skills in planning, execution, and motivation.

S-PE40 Lifelong Learning \$95
Session-6 Day-Mo 09/16-10/21
6:00 PM-8:00 PM Hoffman, Hans

NEW RETIREMENT: CREATING
A DYNAMIC SECOND ACT

Do you know how some of us can be done with what we have been doing and not done with having an impact? Some people of a certain age refer to this as failing at retirement, but it can also happen at a much earlier age. The life transition of retirement can be a huge opportunity to discover and act on bringing to life what we may have been putting off, sometimes for decades. This journey will help uncover and articulate the second act many of us are ready for. Expect homework and great discussions to help move the process along.

S-PE50 Lifelong Learning \$73
Session-6 Day-Mo 09/16-10/21
1:00 PM-2:30 PM Mangan, Kathy



NEW AERIAL YOGA

Aerial Yoga uses a looped fabric (hammock) that swivels freely on a single point. Suspended at seat height, the hammock is a prop, intended to assist alignment, and provide accessibility. This class has a therapeutic approach to deepen awareness and relaxation, and gaining immediate benefits such as spinal decompression, pain relief, and ease in challenging poses. Appropriate for all levels.

F-AF02.T Lifelong Learning \$53
Session-8 Day-Tu 09/03-10/22
10:30 AM-11:45 AM Warr, Caitlin

F-AF02.W Lifelong Learning \$53
Session-8 Day-We 09/04-10/23
5:45 PM-7:00 PM Warr, Caitlin

F-AF02.R Lifelong Learning \$53
Session-8 Day-Th 09/05-10/24
4:15 PM-5:30 PM Warr, Caitlin

**CALLING ALL
JOB SEEKERS AND EMPLOYERS**



WESTERN MONTANA CAREER FAIR 2024

Title Sponsor



Save the Date!

TUESDAY, SEPTEMBER 17

**VETERAN EARLY
ADMISSION**
2:30 P.M.

**GENERAL
ADMISSION**
3:00-6:00 P.M.

Need more info?
missoulajsc@mt.gov
(406) 728-7060

Hilton Garden Inn
3720 North Reserve Street
Missoula, Montana

**Job Service
MISSOULA**

A proud partner of the AmericanJobCenter network

Sponsored by



**Job Seekers - Enter for a chance to
win one of the amazing
Treasure State gift baskets!**

Call us at 406-549-8765

BUSINESS

BITCOIN BASICS

Discover the secrets of digital currencies with Bitcoin Basics. This course breaks down intricate ideas into simple, understandable lessons. Explore the fundamentals of cryptocurrencies, grasp their importance in today's financial world, and feel empowered to navigate the crypto universe confidently.

B-FI11 Lifelong Learning \$58
 # Session-1 Day-Tu 09/17-09/17
 1:00 PM-4:00 PM Enos, Darren

INTRODUCTION TO LOGO DESIGN

During this 4-week class, you will explore the realm of logo design, exploring the impact of visual identity and branding. You will learn how to craft an exemplary logo design brief, a document that equips graphic designers with all the essential details to create a logo tailored to your enterprise. Additionally, you will acquire the skills to conceptualize, craft, and perfect logos that effectively communicate the core identity and principles of a brand, thus providing a comprehensive understanding of the principles and techniques of logo design and equipping you with the skills to create effective and visually compelling logos.

C-DES02 Lifelong Learning \$133
 # Session-4 Day-Mo 10/28-11/18
 6:00 PM-8:00 PM Chambers, Blaise

NEW EMAIL MARKETING: WRITING EFFECTIVE EMAILS

If you haven't updated your email marketing in a while, this class is for you! You will learn how email marketing has evolved in the last few years and how to capitalize on those changes. We'll review the updated elements of effective emails, how to craft engaging content using narrative marketing, and common mistakes to avoid before you hit Send. If you're considering starting an email marketing campaign, this course will give you a head start in the right direction. The course includes a how-to guide with helpful links to use when you get back to the office.

B-MA10 Lifelong Learning \$21
 # Session-1 Day-Tu 09/17-09/17
 8:30 AM-10:30 AM Humphreys, Shelby

NEW EMAIL MARKETING: STRATEGIES THAT TURN CAMPAIGNS INTO CUSTOMERS

So, you've created the perfect email, and now you're ready to hit Send. But wait! Have you done everything you can so your email won't get lost in someone's inbox? In this session, you will learn about the three obstacles every email must overcome to turn clicks into customers and review which campaign structures work best for different marketing goals. You will have time toward the end of class to discuss common questions about email strategy. The course includes a how-to guide with helpful links for your next email marketing campaign.

B-MA11 Lifelong Learning \$21
 # Session-1 Day-Tu 10/15-10/15
 11:30 AM-1:30 PM Humphreys, Shelby



HR LEADERSHIP 101

Not every small business has a full-time HR employee. Learn essential HR core competencies such as employment law, hiring compliance, compensation, leaves of absence, performance management, coaching, conflict mediation, and terminations. These skills will help you oversee a more dynamic team and help your organization thrive. This course is well suited to individuals who have stepped into a supervisory role and would like to enhance their HR leadership skills. This course has been submitted for HRCI and SHRM credits.

B-HR05 Lifelong Learning \$43
 # Session-1 Day-Tu 10/15-10/15
 8:30 AM-1:00 PM Judnich, Paige

EFFECTIVE COMMUNICATION FOR THE WORKPLACE

Do you want to become a more effective leader? The ability to effectively communicate expectations, coach for development, and provide feedback to your employees are critical skills to creating a workplace characterized by high levels of performance and employee engagement. Learn to strengthen your ability to engage in conversations that matter. The primary focus is to learn and practice a conversation template that applies to different types of conversations that leaders find relevant and challenging. This course has been submitted for HRCI and SHRM credits.

B-MA06 Lifelong Learning \$68
Session-1 Day-Fr 10/11-10/11
8:30 AM-5:00 PM O'Connell, Clare

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-We 10/23-10/23
9:00 AM-12:30 PM Doody, Pat

RETAINING EMPLOYEES: MOTIVATION & 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 \$28
Session-1 Day-Mo 10/21-10/21
9:00 AM-12:00 PM Doody, Pat



Take the Next Step
toward a promising
Career!

**COMING
SOON!**

Intuit Bookkeeping
& QuickBooks
Online Certification
Course

406-549-8765

MissoulaClasses.com

COMPUTER

CUSTOMIZED TECHNOLOGY TRAINING

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

C-FIX05 Lifelong Learning \$68
Session-1 Day-We
1:30 PM-2:30 PM Enos, Darren

COMPUTER FUNDAMENTALS AND DIGITAL LITERACY

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

C-PC06 Lifelong Learning \$193
Session-4 Day-Th 09/05-09/26
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



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-PC07.2 Lifelong Learning \$148
Session-3 Day-Mo 08/05-08/19
1:00 PM-4:00 PM Enos, Darren

C-PC07 Lifelong Learning \$148
Session-3 Day-Th 10/03-10/17
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-PC03.2 Lifelong Learning \$58
Session-1 Day-Mo 08/26-08/26
1:00 PM-4:00 PM Enos, Darren

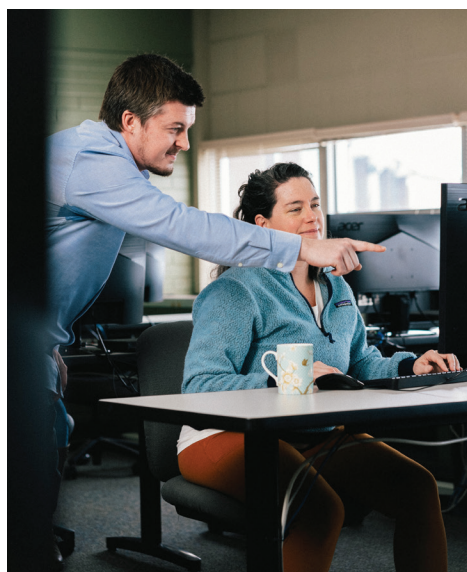
C-PC03 Lifelong Learning \$58
Session-1 Day-Tu 09/24-09/24
1:00 PM-4:00 PM Enos, Darren

CLEAN UP & SPEED UP YOUR PC

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

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

C-FIX02 Lifelong Learning \$58
Session-1 Day-Mo 09/30-09/30
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-Fr 10/18-10/25
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-AP03.2 Lifelong Learning \$58
Session-3 Day-We 08/07-08/21
1:30 PM-3:30 PM Enos, Darren

C-AP03 Lifelong Learning \$58
Session-3 Day-Mo 10/07-10/21
1:00 PM-3:00 PM Enos, Darren

INTRO TO MAC

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

C-AP13 Lifelong Learning \$148
Session-3 Day-Fr 09/20-10/04
1:30 PM-4:30 PM Enos, Darren

EXPLORING ARTIFICIAL INTELLIGENCE (AI)

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

C-AI01 Lifelong Learning \$58
Session-1 Day-Tu 10/01-10/01
1:00 PM-4:00 PM Enos, Darren

BITCOIN BASICS

Discover the secrets of digital currencies with Bitcoin Basics. This course breaks down intricate ideas into simple, understandable lessons. Explore the fundamentals of cryptocurrencies, grasp their importance in today's financial world, and feel empowered to navigate the crypto universe confidently.

B-FI11 Lifelong Learning \$58
 # Session-1 Day-Tu 09/17-09/17
 1:00 PM-4:00 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.

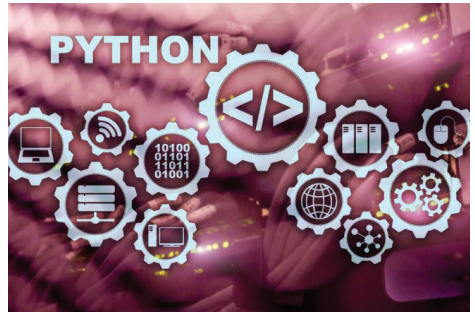
C-WEB19 Lifelong Learning \$103
 # Session-2 Day-Tu 10/15-10/22
 1:00 PM-4:00 PM Enos, Darren



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



PYTHON PROGRAMMING

Become Certiport certified in Python! In this 6-week course, master data manipulation, decision-making, and efficient programming. You will learn data types, control structures, input/output operations, and clean code practices. Troubleshooting and error handling will equip you to identify and resolve issues gracefully. Additionally, you'll harness Python modules and tools for enhanced functionality. To ensure your readiness, the course includes a practice exam. Whether you're a beginner or seeking to refine your Python skills, this course equips you with the essential tools to excel in programming. Exam Voucher included.

C-WEB35 Lifelong Learning \$658
 # Session-12 Day-Tu/Th 09/17-10/24
 5:30 PM-8:30 PM Enos, Darren

NEW PYTHON PROGRAMMING - VIRTUAL

Become Certiport certified in Python! In this 6-week virtual course, master data manipulation, decision-making, and efficient programming. You will learn data types, control structures, input/output operations, and clean code practices. Troubleshooting and error handling will equip you to identify and resolve issues gracefully. Additionally, you'll harness Python modules and tools for enhanced functionality. To ensure your readiness, the course includes a practice exam. Whether you're a beginner or seeking to refine your Python skills, this course equips you with the essential tools to excel in programming. Exam Voucher included.

C-WEB35.Z Virtual \$658
 # Session-12 Day-Tu/Th 09/17-10/24
 5:30 PM-8:30 PM Enos, Darren

GETTING STARTED WITH EXCEL

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

C-EX09 Lifelong Learning \$173
Session-3 Day-Mo 09/09-09/23
1:00 PM-4:00 PM Enos, Darren

EXCEL-LEVEL 1

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

C-EX01 Lifelong Learning \$143
Session-1 Day-Fr 09/13-09/13
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-Fr 10/11-10/11
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-Tu 09/10-10/01
9:00 AM-12:00 PM Garner, Becky



TRADES & CRAFTS



LOW PRESSURE BOILER

This class is approved by the State of MT and meets Low Pressure Operator license requirements. Develop an understanding of standard equipment, operating practices, and common maintenance for low pressure, steam boilers and hot water boilers. Building heating systems and safety procedures are also covered. Tour Missoula businesses and public buildings and see various types of installations in action. Weekly review includes practice questions similar to those on the State examination. Text books required, but not included in tuition cost.

T-LPB01 Lifelong Learning \$298
Session-13 Day-Tu/Th 10/15-11/26
6:30 PM-9:30 PM Graybeal, Brian

WELDING 1

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

T-WEL04Msla College-W Campus \$418
Session-10 Day-Tu 09/10-11/12
6:30 PM-9:30 PM Schonbachler, Soren

T-WEL04.2Msla College-W Campus \$418
Session-10 Day-We 09/11-11/13
6:30 PM-9:30 PM Dollinger, Nicholas

NEW CRAFTSMAN'S CORNER: WOODWORKING

Are you looking for a place to get some woodworking done? Want some professional supervision and guidance while you work on your projects? In this freeform shop class, you can bring in your own projects and ideas and receive quality time using tools and learning as you build! You will have access to a state-of-the-art professional woodshop and a professional woodworker to help guide and answer your questions. You will bring your projects and materials and either work independently or receive guidance from the instructor. All experience levels are welcome!

T-CON16Msla College-W Campus \$175
Session-4 Day-Tu/Th 10/08-10/17
6:00 PM-9:00 PM Sabella, Rio

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 11/01-11/01
9:00 AM-12:00 PM Sabella, Rio

DIY HOME REPAIR: DRYWALL

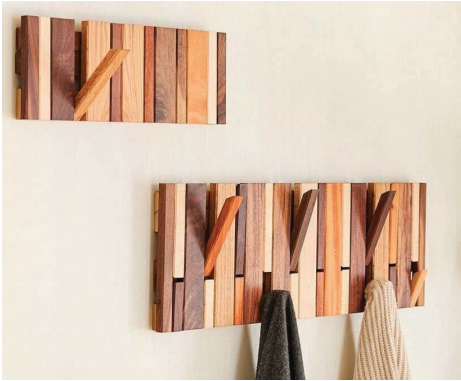
Are you tired of paying to have simple things done around your house? Learn how to repair and care for your home in this DIY Drywall class. This introductory class will cover all the basics of drywall, including hanging sheetrock, taping, mudding, drywall corners, and small and large repairs. You will learn about tools, materials, and everything needed to begin your own drywall project.

T-DW03 Lifelong Learning \$48
Session-1 Day-Sa 11/02-11/02
9:00 AM-12:00 PM Sabella, Rio

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

**NEW RECLAIMED FLIP DOWN COAT HOOK**

A flip-down coat rack offers an elegant modern design and an excellent way to save hardwood scraps from the landfill or fire. Learn how to use the miter saw, drill press, and sander to cut, shape, smooth, assemble, and finish this beautiful project. Home ReSource provides all tools and materials.

T-HRS13 Home ReSource \$85
Session-2 Day-We 09/04-09/11
5:00 PM-8:00 PM Reilly, J

NEW BAT HOUSE

Learn how to build a new home and habitat for our Montana bat population. You will learn about the habitat and location where bats prefer to live. In preparation for fall or winter installation, you will measure, mark, cut, nail, assemble, and paint this wooden structure. You will learn how to use the table saw and miter saw. Home ReSource provides all tools and materials.

T-HRS14 Home ReSource \$75
Session-2 Day-We 09/18-09/25
5:00 PM-8:00 PM Reilly, J

NEW RECLAIMED BENCH


A bench can be a great addition to your entryway, deck, porch, or garden. Properly selecting and preparing reused materials provides the opportunity to highlight the wood's characteristics and color variations. This project will introduce you to mortise and tenon joinery, edge gluing boards, and mixing oil and varnish to create a hand-rubbed finish. Learn how to select, prep, cut, glue, join, and assemble reclaimed wood to create a furniture piece. Learn to use the miter and table saw to complete this project. Home ReSource provides all tools and materials.

T-HRS15 Home ReSource \$180
Session-4 Day-We/Fr 10/02-10/11
5:00 PM-8:00 PM Reilly, J

NEW 2-STEP STEPSTOOL

The 2-step stepstool is a classic addition to any bath area or kitchen. This design offers some flexibility to get creative and experiment with wood finishes. Learn to use the miter saw, table saw, jig saw, sander, and drill on maple hardwood. You will complete basic glue-ups, template and cut parts, sand, and finish maple hardwood to create an attractive, durable, and useful piece. Home ReSource provides all tools and materials.


T-HRS16 Home ReSource \$125
Session-3 Day-We/Fr 10/16-10/25
5:00 PM-8:00 PM Reilly, J



Home ReSource
A COMMUNITY SUSTAINABILITY CENTER

Open Woodshop Hours!

Thursdays, 5-8pm
@ Home ReSource



Learn more & Register

Visit homeresource.org/workshops

LANGUAGE



LANGUAGE

SPANISH FOR FAMILIES

Give your child the gift of language learning, while having fun with Spanish yourself! In this introductory class, parents and children will actively immerse themselves in the learning of the Spanish language. This class will cover key topics such as greetings, family, numbers, time, colors, foods, and hobbies. Each class will consist of engaging activities that will help parents and children develop skills, improve pronunciation, learn basic grammar and vocabulary, and build confidence. Parents will walk away with tools for continuing the learning experience at home. This class is intended for parents and caregivers with one accompanying child (8-12 years old). No child care for additional children is provided.

L-SP14 Lifelong Learning \$26
Session-3 Day-Th 09/12-09/26
4:30 PM-6:00 PM Partidas, Ismara

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-Tu 09/17-10/22
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 10/29-12/03
6:00 PM-8:00 PM Diaz, Jose

SPANISH PART 3

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

L-SP12 Lifelong Learning \$158
Session-8 Day-Tu 09/03-10/22
6:00 PM-8:30 PM Partidas, Ismara



SPANISH PART 4

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

L-SP11 Lifelong Learning \$158
Session-8 Day-Tu 10/29-12/17
6:00 PM-8:30 PM Partidas, Ismara

BEGINNING FRENCH 1

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

L-F08 Lifelong Learning \$140
Session-9 Day-Fr 09/06-11/01
1:00 PM-3:00 PM Lokowich, Anna

BEGINNING FRENCH 4

Beginning French course designed for students with some experience in French. The goal of this course is to continue to learn how to speak, read, write, and comprehend spoken French at the novice level. Special emphasis is placed on developing fluency and increasing awareness of cultures in the French-speaking world. Prerequisite: Beginning French 3 or 60 hours of formal study. (1+ semester of College French)

L-F11 Lifelong Learning \$140
Session-9 Day-Fr 09/06-11/01
9:00 AM-11:00 AM Lokowich, Anna

NEW LOW INTERMEDIATE FRENCH

Intermediate study of French is designed for students who have taken at least 100 hours of French or those with a strong working background in French. The main goal of this course is to review fundamentals and provide a more in-depth examination of the French language, leading to student performance at the intermediate level. Continued focus on listening, speaking, reading, and writing, and increasing knowledge of Francophone cultures. Prerequisite: Beginning French 4, 5, or 1-2 semesters of College French.

L-F14 Lifelong Learning \$140
Session-9 Day-Fr 09/06-11/01
11:00 AM-1:00 PM Lokowich, Anna

HIGH INTERMEDIATE FRENCH

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

L-F12 Lifelong Learning \$140
Session-9 Day-Th 09/05-10/31
4:00 PM-6:00 PM Lokowich, Anna

HIGH INTERMEDIATE FRENCH - ZOOM

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

L-F12Z Virtual \$140
Session-9 Day-Th 09/05-10/31
4:00 PM-6:00 PM Lokowich, Anna

SAVE \$5.00

Per Class with
Early Bird Registration!

NEW INTRODUCTION TO ANCIENT GREEK

Join us for an introduction to Attic Greek, the language of Classical Athens. Through an interactive approach, you will learn how to read the Greek alphabet, navigate basic grammar, and build a vocabulary for reading ancient texts. No experience necessary! This course will also provide a solid foundation for learning Homeric, Biblical, and modern Greek. You will no longer say, "It's all Greek to me?" as you read texts in the original Greek and have fun along the way.

L-G02 Lifelong Learning \$230
Session-12 Day-Mo/We 09/16-10/23
6:00 PM-8:00 PM Acree, Benjamin

INTRODUCTION TO SWAHILI

Have you been wanting to learn a new language? Join us for a fast-paced, interactive class designed for those looking to learn the fundamentals of Swahili and those with prior experience. You will enhance your grammar knowledge, vocabulary, conversational abilities, and cultural understanding through interactive sessions.

L-SW01 Lifelong Learning \$100
Session-6 Day-Mo 09/16-10/21
6:00 PM-8:00 PM Mwingwa, Paul

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

GERMAN CULTURE AND CONVERSATION

Weitermachen! Reinforce your grammar, reading, and conversation skills in this continuation of Beginning German by immersing yourself in German culture in Missoula. During the session, you will have opportunities to explore German culture beyond the classroom, including the annual GERMANFEST at Caras Park or joining a local German Stammtisch for enjoyable conversations and interactions with fellow enthusiasts of German culture. Jawohl-es wird toll! Prerequisite: Beginning German 1 or 2 or equivalent experience.

L-GE023 Lifelong Learning \$96
Session-6 Day-Th 10/03-11/07
6:00 PM-8:00 PM Leonard, Clair



BEGINNING AMERICAN SIGN LANGUAGE

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

L-SL01 Lifelong Learning \$80
Session-10 Day-Tu 09/03-11/12
6:15 PM-8:15 PM Woodrum, Stella

FOOD & COOKING

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 mouthwatering masterpiece!

FC-HO91.1 Lifelong Learning \$60
Session-1 Day-Tu 09/03-09/03
5:30 PM-8:00 PM Birdsell, Becca

FC-HO91.2 Lifelong Learning \$60
Session-1 Day-We 10/09-10/09
5:30 PM-8:00 PM Birdsell, Becca



BUTTERCREAM ICING FLOWERS

Take your cake and cupcake decorating skills to the next level with buttercream icing flowers. You will learn to properly use decorating tools and create various leaves and flowers to embellish your next dessert. Upon class completion, you will take home your delicious work of art! Prerequisite: Cake Decorating 101 or equivalent experience.

FC-HO85 Lifelong Learning \$58
Session-1 Day-Sa 09/28-09/28
11:00 AM-1:00 PM McClain, Jasmine



YOU AND YOUR CHILD: HALLOWEEN CUPCAKE DECORATING

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

P-PC16 Lifelong Learning \$35
Session-1 Day-Sa 10/19-10/19
10:00 AM-12:00 PM Birdsell, Becca

HEALTHY SMOOTHIES AT HOME

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

FC-HO82 Lifelong Learning \$33
Session-1 Day-Sa 10/12-10/12
1:00 PM-3:00 PM Hawkins-Pinchers, Sarah

**YOU AND YOUR CHILD:
CHOOSING HEALTHY SNACKS!**

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

P-PC49 Lifelong Learning \$28
 # Session-1 Day-Fr 09/06-09/06
 3:00 PM-5:00 PM Hawkins-Pinchers,Sarah

**NEW FROM SCRATCH SERIES:
BASIC FOODS**

Curious about making more food from scratch in your own kitchen? Have you ever wondered how to make salad dressings, ketchup, mayonnaise, brown sugar, and other kitchen staples from scratch? It's simpler than you might think! Join our Certified Nutritional Health Coach for a new and exciting classroom series that will teach you how to make an assortment of kitchen staples from start to finish. You'll learn about the health, taste, and cost benefits of making certain foods from simple ingredients compared to the store-bought option. All cooking enthusiasts and experience levels are welcome!

FC-HO94 Lifelong Learning \$33
 # Session-1 Day-Fr 10/04-10/04
 10:00 AM-12:00 PM Hawkins-Pinchers,Sarah

**NEW PASTA AND BREAD AND
PIZZA, OH MY!**

Learn the fundamentals of creating authentic Italian meals from scratch. From crafting delicate pasta to baking crispy breads and perfecting rich sauces, you will learn practical and simple recipes you can easily recreate at home for your friends and family.

FC-HO93 Big Sky High School \$158
 # Session-4 Day-Th 09/12-10/03
 6:00 PM-9:00 PM Zimorino, Bob

SOURDOUGH BAKING 101

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

FC-HO83 Lifelong Learning \$53
 # Session-1 Day-Fr 09/20-09/20
 10:00 AM-1:00 PM Hawkins-Pinchers,Sarah



**ITALIAN COOKING WITH BOB
ZIMORINO**

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

FC-HO78 Big Sky High School \$205
 # Session-5 Day-We 09/11-10/09
 6:00 PM-9:00 PM Zimorino, Bob

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

NEW ENCHILADAS VERDES DE POLLO CON ARROZ Y FRIJOLES

What's for dinner tonight? How about some enchiladas! Join us to cook an authentic Mexican cuisine favorite: Enchiladas Verdes de Pollo. In this class, you will learn to prepare delicious chicken enchiladas with green sauce, accompanied by traditional Mexican rice and beans. We'll plate the dish with garnishes like queso fresco, lettuce, and sour cream. This class is perfect for perfecting your culinary skills or simply enjoying a meal created by a fellow group of Mexican food enthusiasts.

FC-HO95 Lifelong Learning \$50
Session-1 Day-Fr 09/20-09/20
5:30 PM-8:00 PM Gomez, Marilyn

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 Lifelong Learning \$50
Session-1 Day-Fr 10/04-10/04
5:30 PM-8:00 PM Gomez, Marilyn

TAMALES DE POLLO CON SALSA VERDE

Un tamale, Dos tamales, Tres Tamales, Let's go! Learn to cook a traditional, Mexican favorite, chicken tamales with green sauce. Tamales make a perfect meal for breakfast, lunch, or dinner. You will learn how to make masa, make tamales from scratch, and make different types of tamales. While our tamales cook, we will make the side dishes to plate a full meal, Mexican Arroz Rojo y Frijoles Refritos. This will be a hands-on group cooking class. Be prepared to work as a team and rotate roles.

FC-HO88 Big Sky High School \$58
Session-1 Day-Sa 10/12-10/12
12:00 PM-4:00 PM Gomez, Marilyn

YOU AND YOUR CHILD: MAKING MEXICAN FIESTA ESSENTIALS!

Learn Spanish alongside your child, while exploring and indulging your palate with authentic Mexican Cuisine. Together, you will prepare a signature Guacamole and salsa, with traditional tortilla chips. Learn and prepare the ingredients step-by-step to create your own dish while sharing language, cooking secrets, and tips. You will learn practical and simple recipes that you can easily recreate at home for your friends and family. One child (8+ years) per adult.

P-PC54 Lifelong Learning \$25
Session-1 Day-Th 10/03-10/03
4:00 PM-6:00 PM Gomez, Marilyn

YOU AND YOUR CHILD: COOKING BREAKFAST BURRITOS!

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

P-PC50 Lifelong Learning \$25
Session-1 Day-Sa 11/02-11/02
10:00 AM-12:00 PM Gomez, Marilyn

SEWING

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

SQ-EM01 Lifelong Learning \$65
Session-3 Day-Th 09/12-09/26
6:00 PM-8:00 PM Lodato, Brooke

BEGINNING KNITTING

Have you ever wanted to learn how to knit? Knitting is a relaxing and enjoyable hobby where you can wear the fruits of your labor. You will learn how to cast on and off the two basic stitches of the craft, the knit stitch and the purl stitch. You will also learn how to read a pattern. By the end of the class, you will finish a small sampler project and be prepared to start knitting either a hat or a scarf. All supplies are included, and all levels are welcome.

SQ-KN02 Lifelong Learning \$68
Session-4 Day-Tu 09/10-10/01
7:00 PM-8:30 PM Bragg, Keller

EASY TABLE TOPPER

Want a fun sewing project? Sew this easy 18-inch octagonal table topper. Select a large-print or holiday-themed woven fabric for the central piece, and pair it with two coordinating prints for the borders. If you took Beginning Sewing and want to sew another project, this class is for you! Please bring two dollars to class to cover the cost of the bobbin. The pattern for making a table runner will be provided, along with instructions. During the first session, which lasts one hour, we will also discuss the required supplies.

SQ-S01 Lifelong Learning \$60
Session-1 Day-Sa 10/12-10/12
8:30 AM-12:30 PM Sterrett, Suzanne



NEW SEW IT! TRAVEL TOTES

Learn to sew your next favorite bag! It is a generous size tote with versatile features. You will learn to sew a recessed zipper, interior and exterior pockets, piping, and pleats. It is perfect for traveling, the gym, a diaper bag, or everyday use. Bring your own material, or use what is provided to create a fun tote bag! Advanced beginner to intermediate sewing experience is recommended.

SQ-S20 Lifelong Learning \$123
Session-3 Day-We 10/16-10/30
5:30 PM-8:30 PM McKone, Maggie

NEW SEW IT! COZY FALL TOP

Are you interested in trying your hand at making clothes but not sure where to begin? This class is perfect for you! With a provided pattern, you'll learn how to create a 3/4 length or short-sleeved shirt, which will become a key piece in your wardrobe. You can either bring your own fabric or use the materials provided. Advanced beginner to intermediate sewing experience is recommended.

SQ-S21 Lifelong Learning \$103
Session-1 Day-Fr 09/27-09/27
10:00 AM-5:30 PM McKone, Maggie

MUSIC

BEGINNING GROUP PIANO

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

M-PI01 Hellgate EL/MID \$50
Session-6 Day-We 09/11-10/23
6:30 PM-7:30 PM Guidoni, Kristen

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 10/07-11/18
6:00 PM-7:30 PM Sabella, Rio

GUITAR 101

Have you ever wanted to play guitar but didn't know where to start? In this hands-on class, you will begin your journey by learning simple melodies and a few basic 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 be well-prepared for further study of the guitar. Bring your guitar!

M-GU13 Lifelong Learning \$87
Session-6 Day-Tu 09/17-10/22
5:30 PM-7:00 PM Walther, Peter

NEW GUITAR 102

Ready to build on the foundation you established in Guitar 101? Guitar 102 continues your journey by learning more chords and how to use them, mastering more melodies, and gaining a deeper understanding of standard music notation. You will also get to explore learning music "by ear" in addition to playing written music. Join us for a deeper dive into the joy of playing guitar!

M-GU14 Lifelong Learning \$73
Session-6 Day-Tu 09/17-10/22
7:00 PM-8:30 PM Walther, Peter



PHOTOGRAPHY

GETTING STARTED WITH ADOBE PHOTOSHOP LIGHTROOM CLASSIC - ZOOM

Adobe Photoshop Lightroom Classic is a powerful photo organizing and editing application. Learn the best way to organize your images in the Library module, find specific photos, and back up your pictures. Improve your favorite images in the Develop module by straightening and cropping, adjusting brightness and contrast, and correcting color. Share your perfected shots online or as prints from a photo lab. The course is taught online using the free Zoom software.

PH-PE21.Z Virtual \$80
Session-5 Day-Mo/We 09/11-09/25
4:00 PM-6:00 PM Eyster, Kathy



GETTING TO KNOW YOUR DIGITAL CAMERA

Discover the power of your advanced digital camera in this introductory course. Learn different exposure modes and use them for better focus and exposure. Understand the various auto-focus settings and when to switch to manual focus. Find out about megapixels, histograms, and JPEG versus raw files. You'll gain the knowledge to make the most of your digital camera. Your camera must have Program, Shutter Priority, and Aperture Priority exposure modes. Check the manual for a list of features.

PH-PC01 Lifelong Learning \$65
Session-1 Day-Sa 10/12-10/12
8:30 AM-5:00 PM Eyster, Kathy

PHOTOGRAPHING FAMILY AND FRIENDS

Would you like to take better pictures of family and friends to share during the holidays and commemorate special occasions? Learn from an experienced portrait photographer about which camera settings are best and how lighting and backgrounds affect your pictures. Learn posing ideas for individuals and groups and ways to document family vacations and celebrations. A Saturday morning photo shoot is included. You should be familiar with the controls on your traditional or phone camera.

PH-PC71 Lifelong Learning \$80
Session-5 Day-Th 09/12-10/10
6:30 PM-8:30 PM Eyster, Kathy





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

TAKE BETTER PICTURES WITH YOUR SMARTPHONE

You always have your smartphone, but are you using the camera to its full potential? Learn to use the automatic camera controls for better focus and exposure. Explore special shooting modes, such as Portrait, Panorama, Night, and Burst for action. Apply basic edits like cropping, changing exposure, and adjusting color. Keep your photos organized with albums. By using all your smartphone camera's features you can create better pictures. Both Android and iPhone owners are welcome.

C-AP14 Lifelong Learning \$65
 # Session-4 Day-Mo/We 09/30-10/09
 6:30 PM-8:30 PM 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



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

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 \$268
 # Session-8 Day-We 09/11-10/30
 1:00 PM-3:30 PM Alveshere, Chris

A-CL04.2 Lifelong Learning \$268
 # Session-8 Day-We 09/11-10/30
 6:00 PM-8:30 PM Alveshere, Chris

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 \$45
 # Session-1 Day-Tu 10/08-10/08
 2:30 PM-4:30 PM Alveshere, Chris

NEW CLAY SLAB BUILDING - DISHWARE

In this slab building class, you'll design your own dishware. Using a slab roller, you'll create a complete set of dishes for three people. After adding textures and applying glaze, you'll have crafted a unique and personalized dinnerware set. 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-CL15 Lifelong Learning \$115
 # Session-3 Day-Th 09/26-10/10
 6:00 PM-8:30 PM Sinner, Kelli

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 SPOOKY WALL HANGINGS

Learn how to create a slab wall sculpture! We will focus on the forms and textures of all things Halloween, and you will use your creativity to design both the form and colors of your own wall piece. All supplies are included, and all levels are welcome. The pick-up date is two weeks after the last class.

A-CL14 Lifelong Learning \$90
Session-2 Day-Tu 09/24-10/03
1:00 PM-3:00 PM Alvshere, Chris

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 Alvshere, Chris

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 Alvshere, Chris

FUNDAMENTALS OF DRAWING

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

A-DR01 Lifelong Learning \$105
Session-6 Day-Tu 09/17-10/22
1:00 PM-3:00 PM Miller, Scott

THE SKETCHBOOK HABIT

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

A-DR15 Lifelong Learning \$120
Session-7 Day-Th 09/12-10/24
10:00 AM-12:00 PM Kunkle, Tandy

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 Lifelong Learning \$90
Session-5 Day-Sa 09/14-10/12
10:00 AM-12:00 PM Poole, Jason

SAVE \$5.00
Per Class with
Early Bird Registration!



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 \$75
Session-4 Day-Mo 09/16-10/07
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 life, faces, hands, and more! You will improve your sketching and reinforce the fundamentals. All supplies are included.

A-DR37 Lifelong Learning \$60
Session-3 Day-Tu 10/08-10/22
6:00 PM-8:00 PM Poole, Jason

SKETCH LIKE A PRO! - WATERCOLOR BIRDS

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

A-DR29 Lifelong Learning \$80
Session-4 Day-We 09/11-10/02
6:00 PM-8:00 PM Poole, Jason

CHILDREN'S BOOK ILLUSTRATION

Dr Seuss! Eric Carle! Beatrix Potter! Maurice Sendak! Even the greats had to start somewhere. In this class, you can learn how to create the beginnings of your own picture book project. In lectures, demonstrations of materials, and in-class exercises, you will explore the process of creating a distinctive and engaging children's book. By the end of the class, you will create a book consisting of your first draft, accompanied by three fully illustrated images and sketches that can be presented to publishers. All supplies are included, and all levels are welcome.

A-DR16 Lifelong Learning \$123
Session-5 Day-Fr 09/20-10/18
10:00 AM-12:30 PM Kunkle, Tandy

LEARNING THE ART OF WATERCOLOR

Learn the theories, tools, methods, and techniques of watercolor. You will learn about different watercolor artists through the ages. During each class, you will complete a painting based on the theme of the day. Classes are structured for you to gain the skills to become your own watercolor artist. All supplies are included, and all levels are welcome.

A-PA51 Lifelong Learning \$115
Session-4 Day-We 09/18-10/09
12:30 PM-3:30 PM Wills, Kathleen

WATERCOLOR PAINTING FROM LIFE!

Learn the basic rules, techniques, and principles of watercolor. In Painting from Life, your subject can be arranged, lit, and set up in any way you like. You can move things around, change backgrounds, and find the angle you want for a composition. The techniques used include painting from light to dark, preserving the white of the paper, and using glazing and washes to convey 3D objects. You will create a series of still-life watercolor paintings and apply these learnings to your work.

A-PA86 Lifelong Learning \$133
Session-6 Day-Th 09/19-10/24
1:00 PM-3:30 PM Miller, Scott

CONTINUING WATERCOLOR

Here is a great opportunity for you to advance your skills and deepen your knowledge of watercolor's limitless possibilities. Innovative techniques are explored in a variety of subject matter and topics. From painting light and reflections to giving your work exciting textures. This is a fun class with loads of creative ideas. All materials provided.

A-PA02 Lifelong Learning \$143
Session-6 Day-Tu 09/17-10/22
6:00 PM-8:30 PM Miller, Scott

LET IT FLOW WITH WATERCOLOR

Explore creating loose, atmospheric paintings using vibrant watercolors and unusual perspectives. You will explore varying techniques of brushwork and pigment ratio. You will be encouraged to find the freedom to stylize and dramatize your paintings. So, abandon old habits and let your creativity flow. All supplies are included, and experience is recommended.

A-PA73 Lifelong Learning \$65
Session-2 Day-We 09/04-09/11
12:30 PM-3:30 PM Wills, Kathleen

TEXTURE TECHNIQUES IN WATERCOLOR

In watercolor painting, there are numerous ways to add texture to your creations. Whether it's depicting the rough bark of a tree, the wet sand of a beach, moss and barnacles on stones, or fur on an animal, there are countless opportunities to transform an acceptable watercolor painting into an outstanding one. Through specific techniques, you will learn the application procedures, tools, and approaches to create dramatic, exciting, and unique paintings. So, let's roll up our sleeves and spatter, spritz, scratch, and scrunch our brushes to infuse dynamism into your watercolors. Some introduction or beginning watercolor experience is required, and all supplies are included.

A-PA59 Lifelong Learning \$70
Session-2 Day-We 10/16-10/23
12:30 PM-3:30 PM Wills, Kathleen



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 \$143
Session-6 Day-We 09/18-10/23
6:00 PM-8:30 PM Miller, Scott

PAINTING IN TEMPERA: GET TO KNOW GOUACHE!

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-Th 09/19-10/24
6:00 PM-8:30 PM Miller, Scott

NEW DIGITAL PAINTING: ANIMALS

Learn how to create your own digital animal using a drawing tablet and Photoshop software. You will build your animal either from real life or invent your own. Each class will develop your skills from drawing on the sketch pad to layering color, definition, and form. Your artistic rendering will have color and be expressive. Gain the confidence to use these programs on your own. All levels are welcome.

C-DES04 Lifelong Learning \$103
Session-6 Day-Mo 09/16-10/21
6:00 PM-8:00 PM Chambers, Blaise

SUMI-E

Join us for a continuation of the art of Asian brush painting. You will learn the history of Japanese Sumi-E (black-ink painting) and build on the strokes learned in The Art of Chinese Calligraphy. You will practice the iconic enso stroke with another classic form of the discipline. You will receive basic supplies to take home (felt, paper, brush, and ink). Prior experience with brush painting is recommended.

A-PA55 Lifelong Learning \$90
 # Session-4 Day-Mo 09/30-10/21
 1:00 PM-3:00 PM Sparks, Jane

ART OF CHINESE CALLIGRAPHY

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

A-PA52 Lifelong Learning \$75
 # Session-3 Day-Mo 09/09-09/23
 1:00 PM-3:00 PM 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-Fr 09/20-09/20
 9:30 AM-4:00 PM Snider, Stephanie

A-GL03.2 Lifelong Learning \$73
 # Session-1 Day-Sa 10/12-10/12
 8:00 AM-1:00 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-Th 09/12-09/26
 10:00 AM-1:00 PM Snider, Stephanie

A-GL06.2 Lifelong Learning \$93
 # Session-3 Day-Mo 10/07-10/21
 10:00 AM-1:00 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, grinding, assembling with lead came, soldering, glazing, and finishing. All design options, materials, and tools are included.

A-GL01.1 Lifelong Learning \$165
 # Session-5 Day-Tu 09/17-10/15
 6:00 PM-9:00 PM Patten, Catherine

A-GL01.2 Lifelong Learning \$165
 # Session-5 Day-We 10/16-11/13
 10:00 AM-1:00 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-Mo 09/23-09/30
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-Mo 10/07-10/14
6:00 PM-9:00 PM Patten, Catherine

PRINTMAKING - LINOLEUM BLOCK REDUCTION

The reduction linocut is a block printing method where each color layer is printed from the same block. With each layer, more linoleum is carved away from the block, allowing each color to be printed on top of the previous one. Relief carving tools are used to carve designs into the blocks, and then original art pieces are printed. All supplies are included, and all levels are welcome.

A-CR34 Lifelong Learning \$138
Session-5 Day-Mo 09/16-10/14
5:30 PM-7:30 PM South, Christine

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 6x9-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 Lifelong Learning \$73
Session-1 Day-Sa 10/19-10/19
10:00 AM-3:00 PM Radloff, Kaitlynn

MANDALA DOTTING ART - CANVAS & STONE

Try the popular and relaxing acrylic dotting art form in the mandala style. Mandala is Sanskrit for circle. By learning simple techniques and with practice, you will create your lovely design (simple or complex) on a 3x3-inch art canvas. You will have the opportunity to duplicate your unique design onto a natural stone worn smooth by Montana waters. Together, they become a sweet decorative set to keep or give as a gift. All supplies are included, and all levels are welcome.

A-CR13 Hellgate EL/MID \$38
Session-1 Day-Tu 09/24-09/24
6:00 PM-8:00 PM Thorson, Barbara

GELLI PLATE WORKSHOP

Work with a 5x7-inch Gelli Plate to create one-of-a-kind prints that can be used in different ways. You will explore multiple techniques, such as layering with stencils and everyday objects, making prints using botanical elements, image transfers, and more! You will also work with different papers to enhance your custom collection. You will leave with unique papers and ideas for projects to create with them. All supplies are included, and all levels are welcome.

A-CR28 Lifelong Learning \$38
Session-1 Day-Sa 09/28-09/28
9:30 AM-12:30 PM Smith, Noelle

NEW FLORAL ARRANGING

Learn basic flower arranging techniques to transform your homegrown or market purchased flowers into a visually appealing arrangement. Topics will include harvesting and purchasing techniques, care and cleaning of flowers, arrangement techniques, and tips for optimizing the longevity of your bouquet. You will learn to use filler, focal flowers, and foliage using locally grown flowers, including our favorite focal flower, the dahlia. Please bring a medium to large-sized vase; flowers and tools will be provided.

A-CR39.1 Frenchtown \$47
Session-1 Day-Tu 08/20-08/20
6:30 PM-8:30 PM Davidson, Molly

A-CR39.2 Frenchtown \$47
Session-1 Day-Tu 09/17-09/17
6:30 PM-8:30 PM Davidson, Molly



HAND GATHERED WREATH WORKSHOP

Learn how to create an artistic natural wreath with foraged and cultivated flora. You will learn about ethical foraging practices while weaving a wreath frame out of foraged vines and branches. You will then learn about color selection, floral form, and composition. Use concepts such as repetition, negative space, and color blocking to catch the eye. You will use an eclectic, colorful assortment of dried and fresh foraged and Montana-grown flowers. As you create your piece, you will lean into the inspiration of the ethereal unfurling of the seasons in Montana. You will walk away from this course with the confidence to create a natural wreath as the seasons progress.

A-CR27 Lifelong Learning \$98
Session-1 Day-Sa 10/12-10/12
1:00 PM-4:00 PM Lafontaine, Melissa



BASIC SILVER SMITHING

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

A-JE04 Lifelong Learning \$100
Session-1 Day-Th 09/05-09/05
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

SPECIAL INTEREST

BEEKEEPING BASICS

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

S-AN01 Lifelong Learning \$43
Session-2 Day-Tu/Th 09/24-09/26
6:00 PM-8:30 PM Kochel, Sean

BEEKEEPING & HIVE MANAGEMENT

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

S-AN02 Lifelong Learning \$80
Session-4 Day-Tu/Th 10/01-10/10
6:00 PM-8:30 PM Kochel, Sean



BIRDWATCHING FOR BEGINNERS

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

S-AN15 Lifelong Learning \$43
Session-2 Day-Th/Sa 09/05-09/07
Th 4:00 PM-6:00 PM
Sa 9:00 AM-11:30 AM Ulev, Elena

FLY FISHING 101

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

S-FISH04 Lifelong Learning \$58
Session-3 Day-Tu 10/15-10/29
4:00 PM-6:00 PM Coley, Noelle

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-We 10/23-10/23
10:00 AM-2:00 PM Vargas, Racheal

FALL ECOLOGY WALKS

In this 4-week course, you will learn about the natural history of Montana by exploring four different natural areas in Missoula with a Montana Master Naturalist and Certified Interpretive Guide. You will stroll 1-2 miles to observe birds, mammals, mushrooms, plants, and lichens and discuss how they fit into our diverse landscape. Expect to see birds devouring chokecherries and serviceberries, golden aspens, red squirrels, horsehair lichen, and the beautiful Bitterroot River, to name just a few. If you're lucky, we may see wood ducks or a moose!

S-LND34 Lifelong Learning \$65
Session-4 Day-Tu 10/01-10/22
4:00 PM-6:00 PM Ulev, Elena

NEW HUNTING WITH FIRE IN MIND

Learn strategies for success in the increasing overlap between hunting and fire season! The class will begin with a discussion about wildfire awareness, focusing on how you can keep yourself and others safe. The discussion will then move to the benefits that burn scars of different ages can provide to game animals in the Western Montana ecosystems. Leave the class with tips on e-scouting as you plan your hunting season! This class is suitable for all levels of experience.

S-LND35 Lifelong Learning \$28
Session-1 Day-Sa 09/28-09/28
10:00 AM-1:00 PM Bossler, Lea

NEW LESSONS LEARNED FROM THE 2024 FIRE SEASON

Discuss notable events from the 2024 Fire Season beyond the soundbites in the news! In learning about firefighting operations utilized in recent incidents in more detail, you will be more informed in discussing wildfires and firefighting in the future. You will learn the various ways that a fire could be considered good or bad and for different sets of values. Leave this class with a more nuanced perspective on socially contentious conversations

S-LND37 Lifelong Learning \$28
Session-1 Day-Sa 10/12-10/12
1:00 PM-4:00 PM Bossler, Lea

NEW DEFENSIBLE SPACE AND HOME IGNITION ZONE

Learn the science behind a defensible space and home ignition zone and be empowered to apply them to your own home and neighborhood. If you are not sure where to start for making your home more resilient to a wildfire, then this class is for you! Develop an understanding of why homes burn in a wildfire and learn how acting on the Defensible Space and Home Ignition Zone guidelines can help your home be less likely to ignite, no matter your level of ability!

S-LND36 Lifelong Learning \$28
Session-1 Day-Sa 10/19-10/19
10:00 AM-1:00 PM Bossler, Lea



NEW WILDERNESS SURVIVAL

Learn about outdoor survival, including edible plants, primitive tools, orienteering, shelter building, fire building/cooking, winter survival tips, and survival do's and don'ts. You will do a lot of hands-on activities and should expect some of the outdoor activities to be physically strenuous. You will also need transportation periodically to meet at the six-mile area for plant identification and shelter building.

S-MISC63 Frenchtown \$73
Session-6 Day-Tu 09/10-10/15
6:00 PM-8:00 PM Gentry, Ann

PRACTICAL PREPAREDNESS

If you are hoping to survive the Zombie Apocalypse, this class is not suitable for you. However, if you aim to ensure that you and your family are prepared for an extended power loss during the cold winter months or to leave your home with little notice when the next wildfire strikes, then this class is the right choice for you. Participants will acquire information and ideas to develop actionable plans for various situations. We will address the creation of a practical, functional pantry, the development of an emergency binder, the provision of emergency kits for your home, office, and vehicle, the establishment of family communication plans, and more.

S-MISC62 Lifelong Learning \$29
Session-1 Day-Sa 10/12-10/12
10:00 AM-1:00 PM Smith, Noelle

RENEWABLE ENERGIES AND TRANSITIONING AWAY FROM FOSSIL FUELS

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

S-PE46 Lifelong Learning \$20
Session-1 Day-Mo 10/21-10/21
6:00 PM-8:00 PM Brandborg, Dan

ELECTRIC VEHICLES

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

S-PE44 Lifelong Learning \$20
Session-1 Day-We 10/23-10/23
6:00 PM-8:00 PM Brandborg, Dan

SOLAR SYSTEMS FOR YOUR HOME OR BUSINESS

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

S-PE47 Lifelong Learning \$20
Session-1 Day-Mo 10/28-10/28
6:00 PM-8:00 PM Brandborg, Dan

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!

S-GAM13.1 Lifelong Learning \$20
Session-1 Day-We 09/04-09/04
6:00 PM-8:00 PM Mosbacher, Becky

S-GAM13.2 Lifelong Learning \$20
Session-1 Day-We 09/11-09/11
6:00 PM-8:00 PM Mosbacher, Becky

INTRODUCTION TO DUPLICATE BRIDGE

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

S-GAM12 Lifelong Learning \$110
Session-7 Day-We 09/18-11/06
6:00 PM-8:00 PM Mosbacher, Becky

INTRODUCTION TO JUGGLING

Would you like to enhance your mental sharpness and coordination? Trying out activities like the 3-ball cascade, balance boards, and the Diabolo can help improve these skills. Whether you're interested in partner juggling or advancing existing skills, join us in exploring the art of juggling. It's a fun way to promote brain health, enhance focus, and set new goals!

F-MISC03.T Lifelong Learning \$65
Session-5 Day-Tu 09/10-10/08
7:00 PM-8:15 PM Myers, Craig

F-MISC03.S Lifelong Learning \$28
Session-1 Day-Sa 10/12-10/12
9:30 AM-12:30 PM Myers, Craig

SPECIAL INTEREST

NEW DREAM IT, DO IT: A BLUEPRINT FOR CHANGE

This class empowers small business owners, team leaders, and individuals to achieve their goals. Learn to blend project management, leadership techniques, and productivity tools for huge success on a small scale. Whether improving business processes, leading a team project, or tackling personal goals like fitness or home renovation, you'll learn strategies to turn dreams into reality. Gain practical skills in planning, execution, and motivation.

S-PE40 Lifelong Learning \$95
Session-6 Day-Mo 09/16-10/21
6:00 PM-8:00 PM Hoffman, Hans

NEW DREAM IT, DO IT: BEYOND THE BLUEPRINT

Continue your journey in this immersive working group that offers a supportive environment to keep your projects moving forward. Apply your project management skills, receive personalized feedback, and overcome roadblocks with the help of a like-minded community. Stay motivated, maintain momentum, and achieve your goals with ongoing support and expert guidance. Don't just dream it, do it, and take your projects beyond the blueprint. Prerequisite: Dream It, Do It: A Blueprint for Change

S-PE41 Lifelong Learning \$65
Session-4 Day-Mo 10/28-11/18
6:00 PM-8:00 PM Hoffman, Hans

NEW RETIREMENT: CREATING A DYNAMIC SECOND ACT

Do you know how some of us can be done with what we have been doing and not done with having an impact? Some people of a certain age refer to this as failing at retirement, but it can also happen at a much earlier age. The life transition of retirement can be a huge opportunity to discover and act on bringing to life what we may have been putting off, sometimes for decades. This journey will help uncover and articulate the second act many of us are ready for. Expect homework and great discussions to help move the process along.

S-PE50 Lifelong Learning \$73
Session-6 Day-Mo 09/16-10/21
1:00 PM-2:30 PM Mangan, Kathy

END-OF-LIFE CONVERSATIONS, PLANNING & PAPERWORK

Join a group instruction and discussion on advance care planning so that your wishes, values, and priorities for end-of-life care are documented and communicated to your loved ones, family, medical proxy, and healthcare providers. You will leave with all the documents needed to begin an end-of-life dialog and chart your end-of-life journey.

S-COM19 Lifelong Learning \$25
Session-1 Day-Tu 10/08-10/08
6:00 PM-8:00 PM Hetzler, Amy

NEW INTRODUCTION TO YOGIC PHILOSOPHY

Are you interested in expanding your yoga practice from just the physical? Or are you curious about another viewpoint? In this class you will learn, discuss and delve into the basics of yogic philosophy. With readings and time for reflection expand your base of knowledge. We will cover the principals, language and paths of Yoga. No experience needed, reading assignments are recommended. Just bring a curiosity for learning!

S-PE51 Lifelong Learning \$65
Session-8 Day-Th 09/05-10/24
4:15 PM-5:15 PM Crouch, Kate

NEW READING PLATO'S REPUBLIC IN THE 21ST CENTURY

How do we know that something is true? Can art be dangerous? What is the good life? Not simply for academics and experts, the questions that Plato asks in his masterwork are just as relevant now as they were in ancient Greece. Join us to read and discuss Plato's Republic, one of the most definitive and influential books on politics and culture ever written. Reference to the Greek text will also be available for those interested in the original language.

S-PE49 Lifelong Learning \$80
Session-4 Day-We 10/30-11/20
6:00 PM-8:00 PM Acree, Benjamin



PLAYWRITING & WRITING FOR THE STAGE

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

S-COM17 Lifelong Learning \$125
 # Session-8 Day-Th 09/05-10/24
 6:30 PM-8:30 PM Kessler, Ean

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 (ALERRT) in 2004. CRASE provides strategies, guidance, and a proven plan for surviving an active attack event. Topics include the history and prevalence of active attack events, civilian response options, medical issues, and considerations for conducting drills.

S-MISC61.1 Lifelong Learning FREE
 # Session-1 Day-Mo 09/09-09/09
 5:30 PM-8:00 PM PD, Missoula

S-MISC61.2 Lifelong Learning FREE
 # Session-1 Day-Th 09/19-09/19
 5:30 PM-8:00 PM PD, Missoula

S-MISC61.3 Lifelong Learning FREE
 # Session-1 Day-Th 09/26-09/26
 9:30 AM-12:00 PM PD, Missoula

S-MISC61.4 Lifelong Learning FREE
 # Session-1 Day-Mo 10/07-10/07
 5:30 PM-8:00 PM PD, Missoula

S-MISC61.5 Lifelong Learning FREE
 # Session-1 Day-Tu 10/22-10/22
 9:30 AM-12:00 PM PD, Missoula

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 



SPECIAL INTEREST

Call us at 406-549-8765

PARENTING

COMMUNICATE SO THEY WILL HEAR YOU

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

P-FF25 Jeannette Rankin EL FREE
Session-1 Day-We 09/25-09/25
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 FREE
Session-1 Day-Tu 10/01-10/01
6:00 PM-8:00 PM Families, First

HELPING KIDS MANAGE THEIR EMOTIONS

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

P-FF08 Chief Charlo EL FREE
Session-1 Day-We 10/09-10/09
6:00 PM-8:00 PM Families, First

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 Lewis & Clark FREE
Session-1 Day-Tu 10/22-10/22
6:00 PM-8:00 PM Families, First

BRAIN GYM

Tired? Stressed? Feeling overwhelmed? Where do you carry stress in your body? Come and discover simple Brain Gym techniques that help you to respond instead of react to daily stressors. Brain Gym exercises enable you to integrate your brain. Accessing both left and right brain simultaneously improves your communication abilities. Integrating front brain, which is our reasoning center and the reptilian brain which is fight or flight allows you to focus your attention and accomplish your to do list. Unifying top and bottom brain helps you to stay organized. Come with a water bottle and be prepared to move around. Approved for 6 hours on the Early Childhood Practitioner Registry.

P-COM06 Lifelong Learning \$22
Session-3 Day-Tu 10/01-10/15
6:00 PM-8:00 PM Adams, Tami

TRAUMA 101: BUILDING INFORMED & RESPONSIVE CONNECTIONS

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

P-COM24 Lifelong Learning \$19
Session-2 Day-Th 10/03-10/10
5:30 PM-8:00 PM Anderson, Ivy

SPANISH FOR FAMILIES

Give your child the gift of language learning, while having fun with Spanish yourself! In this introductory class, parents and children will actively immerse themselves in the learning of the Spanish language. This class will cover key topics such as greetings, family, numbers, time, colors, foods, and hobbies. Each class will consist of engaging activities that will help parents and children develop skills, improve pronunciation, learn basic grammar and vocabulary, and build confidence. Parents will walk away with tools for continuing the learning experience at home. This class is intended for parents and caregivers with one accompanying child (8-12 years old). No child care for additional children is provided.

P-COM21 Lifelong Learning \$26
 # Session-3 Day-Th 09/12-09/26
 4:30 PM-6:00 PM Partidas, Ismara



NEW YOU AND YOUR CHILD: MAKING BEADED BRACELETS!

Are you in your creative era? Then bring that special child in your life (ages 8-14 years) and join us as we create one-of-a-kind beaded friendship bracelets! Explore various styles, textures, and patterns to create beaded bracelets that can be given as gifts or tokens of friendship to family members, teachers, and classmates. All supplies will be provided in class. No childcare for additional children.

P-PC61 Lifelong Learning \$38
 # Session-1 Day-Sa 11/16-11/16
 10:00 AM-12:00 PM Ghen Simpson, Katie



NEW YOU AND YOUR CHILD: BUILDING CLAY PROJECTS!

Would you like to teach that special child in your life about hand-building with clay? This interactive and hands-on class will cover basic techniques to build functional and creative items such as a vase, cup, or plant pot. All supplies will be included. This beginning class is intended for adults with one accompanying child, 8-14 years. Instructions for picking up your projects 2-3 weeks after firing will be provided in class. No childcare for additional children is provided.

P-PC60 Lifelong Learning \$23
 # Session-1 Day-Sa 09/28-09/28
 10:00 AM-12:00 PM Alveshere, Chris

YOU AND YOUR CHILD: CHOOSING HEALTHY SNACKS!

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

P-PC49 Lifelong Learning \$28
 # Session-1 Day-Fr 09/06-09/06
 3:00 PM-5:00 PM Hawkins-Pinchers, Sarah

YOU AND YOUR CHILD: MAKING MEXICAN FIESTA ESSENTIALS!

Learn Spanish alongside your child, while exploring and indulging your palate with authentic Mexican Cuisine. Together, you will prepare a signature Guacamole and salsa, with traditional tortilla chips. Learn and prepare the ingredients step-by-step to create your own dish while sharing language, cooking secrets, and tips. You will learn practical and simple recipes that you can easily recreate at home for your friends and family. One child (8+ years) per adult.

P-PC54 Lifelong Learning \$25
Session-1 Day-Th 10/03-10/03
4:00 PM-6:00 PM Gomez, Marilyn



YOU AND YOUR CHILD: HALLOWEEN CUPCAKE DECORATING

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

YOU AND YOUR CHILD: COOKING BREAKFAST BURRITOS!

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

P-PC50 Lifelong Learning \$25
Session-1 Day-Sa 11/02-11/02
10:00 AM-12:00 PM Gomez, Marilyn

P-PC16 Lifelong Learning \$35
Session-1 Day-Sa 10/19-10/19
10:00 AM-12:00 PM Birdsell, Becca

**Fee Waivers
Now Available!**

FOR FAMILY AND PARENT CLASSES

The advertisement features a background image of two hands reaching towards each other in silhouette against a light, warm-toned sky. The text is overlaid on the right side of the image.

- Suggested \$5 Donation
- Over 25 Exhibits!
- Trick or Treat in Warmth!
- \$500 Sponsorships Available



10/27
12-4pm
4th Floor
Missoula Public Library

VOLUNTEERS NEEDED

H
A
L
O
W
E
N
Bash



 **FAMILIES FIRST**
LEARNING LAB



Call us at 406-549-8765

HEALTH & SAFETY



BASIC LIFE SUPPORT (BLS) - CPR AND AED

The American Heart Association® (BLS) course is designed for healthcare professionals and others who need to know how to perform CPR and basic cardiovascular life support skills in 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: 4.5 hours

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

H-CPR04.1 Lifelong Learning \$70
Session-1 Day-Th 09/19-09/19
5:00 PM-9:30 PM Haack, Leila

H-CPR04.2 Lifelong Learning \$70
Session-1 Day-Th 10/17-10/17
5:00 PM-9:30 PM Roper, Lisa Rae

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

H-CPR03.3 Lifelong Learning \$100
Session-1 Day-Sa 10/12-10/12
8:30 AM-3:00 PM Mandell, Liz

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

H-CPR03.3a Lifelong Learning \$100
Session-1 Day-Sa 10/12-10/12
8:30 AM-3:00 PM Mandell, Liz

CERTIFIED NURSING ASSISTANT TRAINING PROGRAM

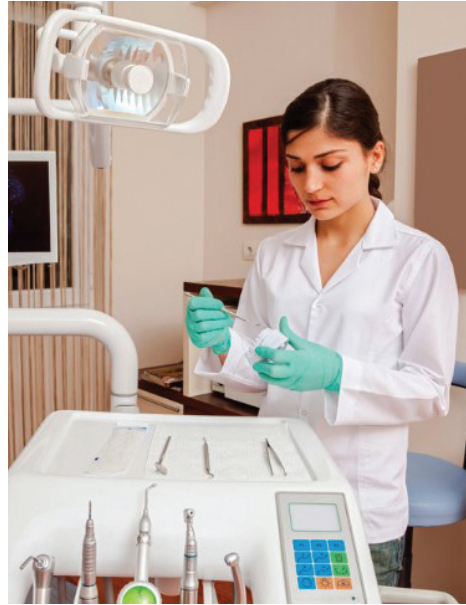
Are you looking for a job in the medical field that is rewarding, provides flexibility and could lead to a lifelong career? If so, consider a career as a Certified Nursing Assistant (CNA). Instruction will be held in the classroom, off-site and/or in a clinical laboratory setting and is in-person only. The clinical portion of the program provides an opportunity to demonstrate caregiving skills learned. The "hands-on" skills training will be completed with mannequins, residents, patients and/or actors. Clinical hours will be scheduled once students enrolled in the program have met recognized classroom criteria. Healthcare BLS/CPR certification is also included with the class. Application requirements include current immunization records and an online completed background check. Applications are available online or can be picked up at the school. Exam costs are not included in the cost of tuition. Fee waiver available, please call 406-549-8765 for more information.

H-CNA01 Lifelong Learning \$802
Session-24 Day-Tu/Th 09/12-11/23
5:30 PM-9:30 PM Dotson, Tara

NEW DENTAL X-RAY EXAM PREPARATION

Dental assistants who hold an x-ray certification use x-ray machines to take pictures of patients' jaws and teeth. They provide patients with radiation protection in the form of lead shields and are knowledgeable about the effects and prevention of excessive radiation exposure. Because most individuals who hold dental x-ray certification work as dental assistants, they also provide support to dentists, including assisting during dental exams or surgery and preparing/handling instruments prior to patient appointments. Other job duties for x-ray certificate holders include processing dental x-ray films and mounting radiographs. If you are looking for guidance to prepare for the dental x-ray exam here is your chance. This course will provide focused instruction in the classroom with hands-on training.

H-DEN02 Lifelong Learning \$163
Session-6 Day-Mo/We 10/14-10/30
6:00 PM-8:30 PM Hill, Jana



CHAIRSIDE DENTAL ASSISTANT

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

H-DEN01 Lifelong Learning \$680
Session-31 Day-Mo/We 01/29-04/28
6:00 PM-9:00 PM Hill, Jana



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 evenings with their instructor and are required to meet in person in Missoula on six Saturdays (January 18, February 1, February 22, March 8, March 29, April 26). In addition, testing on Tuesday, April 1, and Thursday May 15 are 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). Textbook and Exam costs are included in the tuition fee.

H-MA01 Lifelong Learning \$1,795
Session-41 Day-Tu/Th 01/18-05/15
5:30 PM-9:00 PM Roper, Lisa Rae



NEW CERTIFIED MEDICAL 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 evenings 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, April 26, from 8:30 am-4:30 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-14 Day-Tu/Th 04/03-05/15
5:30 PM-9:00 PM Roper, Lisa Rae



facebook.com/TheLifelongLearningCenter

CAREER TRAINING

PYTHON PROGRAMMING

Become Certiport certified in Python! In this 6-week course, master data manipulation, decision-making, and efficient programming. You will learn data types, control structures, input/output operations, and clean code practices. Troubleshooting and error handling will equip you to identify and resolve issues gracefully. Additionally, you'll harness Python modules and tools for enhanced functionality. To ensure your readiness, the course includes a practice exam. Whether you're a beginner or seeking to refine your Python skills, this course equips you with the essential tools to excel in programming. Exam Voucher included.

C-WEB35 Lifelong Learning \$658
Session-12 Day-Tu/Th 09/17-10/24
5:30 PM-8:30 PM Enos, Darren

NEW PYTHON PROGRAMMING - VIRTUAL

Become Certiport certified in Python! In this 6-week virtual course, master data manipulation, decision-making, and efficient programming. You will learn data types, control structures, input/output operations, and clean code practices. Troubleshooting and error handling will equip you to identify and resolve issues gracefully. Additionally, you'll harness Python modules and tools for enhanced functionality. To ensure your readiness, the course includes a practice exam. Whether you're a beginner or seeking to refine your Python skills, this course equips you with the essential tools to excel in programming. Exam Voucher included.

C-WEB35.Z Virtual \$658
Session-12 Day-Tu/Th 09/17-10/24
5:30 PM-8:30 PM Enos, Darren

LOW PRESSURE BOILER

This class is approved by the State of MT and meets Low Pressure Operator license requirements. Develop an understanding of standard equipment, operating practices, and common maintenance for low pressure, steam boilers and hot water boilers. Building heating systems and safety procedures are also covered. Tour Missoula businesses and public buildings and see various types of installations in action. Weekly review includes practice questions similar to those on the State examination. Text books required, but not included in tuition cost.

T-LPB01 Lifelong Learning \$298
Session-13 Day-Tu/Th 10/15-11/26
6:30 PM-9:30 PM Graybeal, Brian



WELDING 1

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

T-WEL04Msla College-W Campus \$418
Session-10 Day-Tu 09/10-11/12
6:30 PM-9:30 PM Schonbachler, Soren

T-WEL04.2Msla College-W Campus \$418
Session-10 Day-We 09/11-11/13
6:30 PM-9:30 PM Dollinger, Nicholas



CERTIFIED NURSING ASSISTANT TRAINING PROGRAM

Are you looking for a job in the medical field that is rewarding, provides flexibility and could lead to a lifelong career? If so, consider a career as a Certified Nursing Assistant (CNA). Instruction will be held in the classroom, off-site and/or in a clinical laboratory setting and is in-person only. The clinical portion of the program provides an opportunity to demonstrate caregiving skills learned. The "hands-on" skills training will be completed with mannequins, residents, patients and/or actors. Clinical hours will be scheduled once students enrolled in the program have met recognized classroom criteria. Healthcare BLS/CPR certification is also included with the class. Application requirements include current immunization records and an online completed background check. Applications are available online or can be picked up at the school. Exam costs are not included in the cost of tuition. Fee waiver available, please call 406-549-8765 for more information.

H-CNA01 Lifelong Learning \$802
 # Session-24 Day-Tu/Th 09/12-11/23
 5:30 PM-9:30 PM Dotson, Tara

NEW DENTAL X-RAY EXAM PREPARATION

Dental assistants who hold an x-ray certification use x-ray machines to take pictures of patients' jaws and teeth. They provide patients with radiation protection in the form of lead shields and are knowledgeable about the effects and prevention of excessive radiation exposure. Because most individuals who hold dental x-ray certification work as dental assistants, they also provide support to dentists, including assisting during dental exams or surgery and preparing/handling instruments prior to patient appointments. Other job duties for x-ray certificate holders include processing dental x-ray films and mounting radiographs. If you are looking for guidance to prepare for the dental x-ray exam here is your chance. This course will provide focused instruction in the classroom with hands-on training.

H-DEN02 Lifelong Learning \$163
 # Session-6 Day-Mo/We 10/14-10/30
 6:00 PM-8:30 PM Hill, Jana

CHAIRSIDE DENTAL ASSISTANT

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

H-DEN01 Lifelong Learning \$680
 # Session-31 Day-Mo/We 01/29-04/28
 6:00 PM-9:00 PM Hill, Jana

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 evenings with their instructor and are required to meet in person in Missoula on six Saturdays (January 18, February 1, February 22, March 8, March 29, April 26). In addition, testing on Tuesday, April 1, and Thursday May 15 are 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). Textbook and Exam costs are included in the tuition fee.

H-MA01 Lifelong Learning \$1,795
 # Session-41 Day-Tu/Th 01/18-05/15
 5:30 PM-9:00 PM Roper, Lisa Rae



NEW **CERTIFIED MEDICAL 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 evenings 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, April 26, from 8:30 am-4:30 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-14 Day-Tu/Th 04/03-05/15
 5:30 PM-9:00 PM Roper, Lisa Rae

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 





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 place-

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.

**CAREER
ONLINE
TRAINING**

Jump Start
Your Career
or Find a
New One!

- 6-18 Month Programs
- All Materials Included
- Financial Assistance Available



LEARN MORE

**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 220-1001 covers mobile devices, networking technology, hardware, virtualization and cloud computing, and network troubleshooting. The CompTIA A+ Certification Exam 220-1002 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	7:00 AM	Pilates Barre Fusion
Mo	7:00 AM	Intermediate Pickleball
Mo	8:00 AM	Foundations of Mat Pilates
Mo	8:45 AM	Barre Yoga Fusion: Intermed
Mo	8:45 AM	Barre Yoga Fusion: Intermed/Zoom
Mo	9:00 AM	Beginning Pickleball
Mo	9:00 AM	Pilates Reformer Continuing
Mo	9:00 AM	Yin Yoga
Mo	9:00 AM	Yin Yoga - Zoom
Mo	9:15 AM	Pound Unplugged
Mo	10:05 AM	Intermediate Pickleball
Mo	10:15 AM	Barre
Mo	10:15 AM	Barre - Zoom
Mo	10:15 AM	Pilates Reformer Found
Mo	10:30 AM	Introduction to QiGong
Mo	12:00 PM	CoreAlign® Continuing
Mo	12:15 PM	OULA Power Express
Mo	4:15 PM	Pilates Reformer Found
Mo	4:30 PM	Strength & Core Intervals
Mo	4:30 PM	UPLIFT
Mo	4:30 PM	Gentle Yoga
Mo	5:30 PM	CoreAlign® Continuing
Mo	5:45 PM	Barre Strength & Balance
Mo	5:45 PM	Cycle Challenge
Mo	5:45 PM	SHiNE Dance Fitness
Mo	5:45 PM	Yoga for the "Working Stiffs"
Mo	7:00 PM	Beginning Country Swing
Mo	7:00 PM	Competitive Pickleball Skills

FRIDAY

Fr	6:00 AM	Yoga Sculpt
Fr	8:00 AM	Foundations of Mat Pilates
Fr	8:30 AM	Beginning Pickleball
Fr	9:00 AM	Pilates Reformer Foundational
Fr	9:00 AM	Gentle Yoga
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	12:00 PM	CoreAlign® Foundations
Fr	12:00 PM	Introduction to Barre
Fr	1:30 PM	Ageless Movements
Fr	4:30 PM	Strength & Core Intervals
Fr	5:30 PM	UPLIFT
Fr	7:00 PM	Stress Reduction: Release & Relax
Fr	7:00 PM	Intermediate Pickleball

TUESDAY

Tu	6:00 AM	Bootcamp
Tu	6:00 AM	Sunrise Yoga
Tu/Th	8:30 AM	Cardio/Strength Training
Tu	9:00 AM	CoreAlign® Intro/Found
Tu	9:00 AM	Barre
Tu	9:00 AM	Yoga for Mobility
Tu	9:00 AM	Yoga for Mobility - Zoom
Tu	9:45 AM	Foundation Training©
Tu	10:15 AM	Pilates Reformer Found
Tu	10:15 AM	Cont Yoga-Vinyasa Flow
Tu	10:30 AM	Aerial Yoga
Tu	10:30 AM	Over 50 & FIT
Tu	10:30 AM	Over 50 & FIT - Zoom
Tu	11:30 AM	Pilates Reformer Found
Tu	12:00 PM	Cycling & Core Strength
Tu	1:15 PM	Pickleball Skills & Drills
Tu	1:30 PM	Mat Pilates
Tu	2:45 PM	Pickleball Skills & Drills
Tu	4:15 PM	CoreAlign® Foundations
Tu	4:30 PM	OULA
Tu	4:30 PM	SHiNE Dance Fitness
Tu	4:30 PM	Gentle Yoga
Tu	5:30 PM	CoreAlign® Continuing
Tu	5:30 PM	Barre
Tu	5:45 PM	UPLIFT
Tu	5:45 PM	Yin Yoga
Tu	6:00 PM	Beginning Salsa Dance
Tu	6:45 PM	CoreAlign® Foundations
Tu	7:00 PM	Introduction to Juggling
Tu	7:00 PM	Introduction to Pickleball
Tu	7:30 PM	Continuing Salsa Dance

WEDNESDAY

We	6:00 AM	Cycle Blast
We	7:00 AM	Beginning Pickleball
We	8:15 AM	Cycling & Mat Pilates
We	9:00 AM	Barre: Intermediate
We	9:00 AM	Barre: Intermediate Zoom
We	9:00 AM	Continuing QiGong
We	9:00 AM	Flow Yoga
We	9:30 AM	Pilates Reformer Continuing
We	10:00 AM	Introduction to Pickleball
We	10:00 AM	Open Play Pickleball
We	10:15 AM	Qigong (Chi-gong)
We	10:30 AM	Restorative Yoga
We	10:30 AM	Yoga Core Focus
We	10:45 AM	CoreAlign® Continuing
We	12:00 PM	Introduction to Barre
We	12:00 PM	Pilates Reformer Found
We	1:15 PM	Pickleball Skills & Drills
We	1:30 PM	Introduction to Pickleball
We	2:45 PM	Pickleball Skills & Drills
We	4:15 PM	Pilates Reformer Continuing
We	4:30 PM	Strength & Core Intervals
We	4:30 PM	UPLIFT
We	4:30 PM	Gentle Yoga
We	5:30 PM	Pilates Reformer Continuing
We	5:45 PM	Aerial Yoga
We	5:45 PM	Over 50 & FIT
We	5:45 PM	OULA
We	5:45 PM	Beginning Yoga
We	7:00 PM	Beginning Country Line
We	7:00 PM	SMASH

THURSDAY

Th	6:00 AM	Bootcamp
Th	6:00 AM	Sunrise Yoga
Th	8:30 AM	Pilates Reformer Found
Th	8:45 AM	Barre Yoga Fusion
Th	9:00 AM	Gentle Yoga
Th	9:00 AM	Gentle Yoga - Zoom
Th	9:45 AM	Easy Rider Indoor Cycling
Th	9:45 AM	Foundation Training©
Th	10:00 AM	Pilates Reformer Found
Th	10:15 AM	Over 60 Balance
Th	10:15 AM	Over 60 Balance - Zoom
Th	10:30 AM	Over 50 & FIT
Th	10:30 AM	Yin Yoga
Th	11:15 AM	CoreAlign® Continuing
Th	12:00 PM	Beginning Pickleball
Th	12:30 PM	Pilates Reformer Found/Cont
Th	1:30 PM	Beginning Pickleball
Th	3:00 PM	Yoga Align & Strong
Th	4:15 PM	Aerial Yoga
Th	4:15 PM	Pilates Reformer Continuing
Th	4:30 PM	UPLIFT
Th	4:30 PM	Running with Ease
Th	4:30 PM	Gentle Yoga
Th	5:30 PM	Pilates Reformer Continuing
Th	5:35 PM	OULA
Th	5:45 PM	Sound Strength®
Th	5:45 PM	Oula.One
Th	5:45 PM	Yoga for the "Working Stiffs"
Th	6:45 PM	Cycle Challenge



FITNESS

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 \$35
Session-8 Day-Tu 09/03-10/22
6:00 AM-7:00 AM Sedgwick, Kelly

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



STRENGTH AND CORE INTERVALS

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

F-CAR57.W Lifelong Learning \$35
Session-8 Day-We 09/04-10/23
4:30 PM-5:30 PM Wright, Angie

F-CAR57.M Lifelong Learning \$24
Session-7 Day-Mo 09/23-10/21
4:30 PM-5:30 PM Sanfilippo, Erin

F-CAR57.F Lifelong Learning \$20
Session-7 Day-Fr 09/27-10/18
4:30 PM-5:30 PM Sanfilippo, Erin

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. This small class allows individualized attention so the instructor can customize workouts to meet your needs. The workouts will be varied and include use of the Ladder, battle ropes and the TRX. Exercises in cardio and compound strength to improve balance and coordination utilizing a variety of body weight resistance. Bring water, a sweat towel, and a yoga mat.

F-CAR56.TR Lifelong Learning \$80
Session-16 Day-Tu/Th 09/03-10/24
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 \$43
Session-8 Day-Tu 09/03-10/22
10:30 AM-11:45 AM Knell, Nora

F-CAR02.W Lifelong Learning \$35
Session-8 Day-We 09/04-10/23
5:45 PM-6:45 PM Sanfilippo, Erin

F-CAR02.R Lifelong Learning \$35
Session-8 Day-Th 09/05-10/24
10:30 AM-11:30 AM Knell, Nora

OVER 50 AND FIT - ZOOM

This class is the "at home" version of Over 50 and Fit. You must have internet access, Zoom, and equipment options to participate from home. You will have access to each live class and the recording until the next class session. This class is for individuals interested in a strength and conditioning class with a gentle approach. This class focuses on movement, toning, balance, and stretching using hand weights and some mat work.

F-CAR02Z.T Virtual \$43
Session-8 Day-Tu 09/03-10/22
10:30 AM-11:45 AM Knell, Nora

NEW OVER 60 BALANCE, TONE & STRETCH

Cultivate a sense of community and support as you focus on increasing balance, strength, range of motion, and flexibility. Each class begins with a warm-up that consists of a variety of walking movement and balance exercises, moves into a standing strength and balance series using the Barre for safety and support, progresses into a standing upper body strength series using light weights and TheraBand's, and culminates with core work, stretching and relaxation on the mat. Participants must be able to walk, kneel, and get down onto and up from the floor. We suggest wearing comfortable clothing. Remember to bring your own yoga mat, sweat towel, and water bottle.

F-CAR17.R Lifelong Learning \$35
 # Session-8 Day-Th 09/05-10/24
 10:15 AM-11:15 AM Adams, Missy

NEW OVER 60 BALANCE, TONE & STRETCH - ZOOM

This class is the "at home" version of Over 60 Balance, Tone Stretch delivered to you remotely. You will need internet access, Zoom to participate live, and the equipment listed below. You will have access to each live class and the recording until the next class session. Equipment Needed: Chair for balance, Small Hand Weights (1-4 lbs.), Squishy Fitball, Lower Leg Band, Long TheraBand, and Yoga Strap.

F-CAR17Z.R Virtual \$35
 # Session-8 Day-Th 09/05-10/24
 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.F Lifelong Learning \$35
 # Session-8 Day-Fr 09/06-10/25
 12:00 PM-1:00 PM Kerber, Jenifer

F-CAR63.W Lifelong Learning \$35
 # Session-8 Day-We 09/04-10/23
 12:00 PM-1:00 PM Kerber, Jenifer

BARRE

Barre is a low-impact workout focusing on body alignment and core stability using controlled movements to provide you with a full body workout. This class focuses on toning, elongating and improving muscular endurance through small, isometric exercises. Each class begins with a full-body warm up, moves into an upper body strengthening series using weights, bands and body weight, moves into lower body and core work at the barre. Classes conclude with core work and stretching on the mat. Barre is typically done with bare feet, but feel free to wear socks (with grippers on the bottoms) or shoes if you'd prefer. Comfortable clothing is recommended. This class is for all levels of experience and no prior Barre experience is required. Please bring your own yoga mat, sweat towel and water bottle.

F-CAR14.T2 Lifelong Learning \$35
 # Session-8 Day-Tu 09/03-10/22
 5:30 PM-6:30 PM Hathaway, Erin

F-CAR14.M Lifelong Learning \$31
 # Session-7 Day-Mo 09/09-10/21
 10:15 AM-11:15 AM Adams, Missy

F-CAR14.T1 Lifelong Learning \$31
 # Session-7 Day-Tu 09/10-10/22
 9:00 AM-10:00 AM Johnson, Lisa

BARRE - 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, a small squishy ball, a long TheraBand, lower-leg band.

F-CAR14Z.M Virtual \$31
 # Session-7 Day-Mo 09/09-10/21
 10:15 AM-11:15 AM Adams, Missy

SAVE \$5.00
 Per Class with
 Early Bird Registration!



BARRE: INTERMEDIATE

Barre is a low-impact workout focusing on body alignment and core stability using controlled movements to provide you with a challenging, full-body workout. This class is designed to build on your prior experience with Barre and focuses on challenging toning, elongating, and muscular endurance exercises through small, isometric movements. Each class begins with a full-body warm-up, moves into an upper-body strengthening series using weights, bands, and body weight, moves into lower-body and core work at the Barre, and concludes with core work and stretching on the mat. Class is typically done with bare feet, but feel free to wear socks (with grippers on the bottoms) or shoes if you'd prefer. Comfortable clothing is recommended prior Barre experience is required. Please bring your own yoga mat, sweat towel, and water bottle.

F-CAR65.W Lifelong Learning \$35
 # Session-8 Day-We 09/04-10/23
 9:00 AM-10:00 AM Adams, Missy

BARRE: INTERMEDIATE - ZOOM

This class is the "at-home" version of Barre: Intermediate 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. Class is typically done with bare feet, but feel free to wear socks (with grippers on the bottoms) or shoes if you would prefer, and comfortable clothing. Equipment needed: a chair for balance, a yoga mat, light hand weights, a small squishy ball, a long TheraBand, lower-leg band.

F-CAR65Z.W Virtual \$35
 # Session-8 Day-We 09/04-10/23
 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 \$31
 # Session-7 Day-Mo 09/09-10/21
 5:45 PM-6:45 PM Johnson, Lisa

BARRE YOGA FUSION

Experience the flow of yoga, combined with the full-body strengthening and toning of Barre. Each class will begin with a full-body warm up, progress into muscular strength and endurance through isometric movements at the barre, and culminate with full body stretch and relaxation. Barre and yoga are traditionally practiced with bare feet, but feel free to wear socks (with grippers on the bottoms) or shoes to you'd prefer. Comfortable clothing is recommended. This class is for all levels no prior yoga or Barre experience is required. Please bring your own yoga mat, sweat towel and water bottle.

F-CAR28.R Lifelong Learning \$43
 # Session-8 Day-Th 09/05-10/24
 8:45 AM-10:00 AM Adams, Missy



BARRE YOGA FUSION: INTERMEDIATE

Experience the flow of yoga, combined with the full-body strengthening and toning of Barre. You will build on your previous experience with yoga and Barre to create a challenging yet self-paced exercise class experience. Each class will begin with a full-body warm-up, progress into muscular strength and endurance through isometric movements at the Barre, and culminate with full-body stretch and relaxation/meditation. Barre and yoga are traditionally practiced with bare feet but feel free to wear socks (with grippers on the bottoms) or shoes if you'd prefer. Barre and yoga experience is required. Please wear comfortable clothing, and bring your yoga mat, sweat towel, and water bottle.

F-CAR64.M Lifelong Learning \$37
Session-7 Day-Mo 09/09-10/21
8:45 AM-10:00 AM Adams, Missy

BARRE YOGA FUSION: INTERMEDIATE - ZOOM

This class is the "at-home" version of Barre Yoga Fusion: Intermediate, 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. Class is typically done with bare feet, but feel free to wear socks (with grippers on the bottoms) or shoes if you would prefer, and comfortable clothing. Equipment needed: A chair for balance, Yoga mat, Yoga block, Yoga strap, small squishy fitball.

F-CAR64Z.M Virtual \$39
Session-7 Day-Mo 09/09-10/21
8:45 AM-10:00 AM Adams, Missy

Why Register Early?

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

NEW INTRODUCTION TO QIGONG

QiGong is the practice of a series of slow movements that improve balance, flexibility, and strength. QiGong is understood as energy work. The collective movements work with our subtle energy, or Qi, developing skills of moving Qi smoothly through the body and mind. The subtle flow of Qi benefits circulation, immunity, healing, and mental clarity. This practice is suitable for all ages and especially useful for healthy aging. This introduction to QiGong will offer a variety of simple forms taken from various traditions. Please bring a sticky mat and water.

F-Q104.M Lifelong Learning \$23
Session-5 Day-Mo 09/23-10/21
10:30 AM-11:30 AM Gourguechon, Paul

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-Q10.W Lifelong Learning \$35
Session-8 Day-We 09/04-10/23
10:15 AM-11:15 AM Cho, Young-ee

NEW CONTINUING QIGONG

QiGong is the mother of all Chinese energy practices. You will expand your movement knowledge and build on previous experience with QiGong. Expect to sink deeper into this holistic practice. Please wear comfortable clothes and be prepared to sit and stand for long periods.

F-Q105.W Lifelong Learning \$35
Session-8 Day-We 09/04-10/23
9:00 AM-10:00 AM Cho, Young-ee

AGELESS MOVEMENTS

In this gentle movement class, you'll learn how to free your body and calm your mind for smoother, more effortless motion. You'll discover how to reduce tension patterns, improving your body's efficiency in everyday activities such as sitting, standing, walking, reaching, bending, lying down, grasping, and breathing. This class is not your usual movement class; it offers a kinder and simpler way to move and live, which you can incorporate into your daily life for greater ease and enjoyment of your movements.

F-MOV03.F Lifelong Learning \$65
 # Session-8 Day-Fr 09/06-10/25
 1:30 PM-2:30 PM Kerber, Jenifer

STRESS REDUCTION: RELEASE AND RELAX

This is your invitation to unwind in a supportive space while learning techniques to manage the effects of stress. You will practice intentional breathing, gentle movement, mindfulness, meditation, and deep relaxation. Join us in this comforting oasis to release tension, build resiliency, restore energy, and gain a foundation of calm and clarity. Learn the basics or deepen your existing practice. All levels and abilities are welcome. Wear loose, comfortable clothing, and bring a yoga mat or pad, blanket, and anything you need to support comfortable sitting and lying down positions.

F-MISC23.F Lifelong Learning \$20
 # Session-1 Day-Fr 09/20-09/20
 7:00 PM-9:00 PM Waters, Susan

F-MISC23.S Lifelong Learning \$20
 # Session-1 Day-Sa 10/12-10/12
 11:00 AM-1:00 PM Waters, Susan



NEW FOUNDATION TRAINING®

Foundation Training® is learning basic biomechanics through movement. You will learn a series of body weight exercises that strengthen your muscles and correct imbalances that can cause aches and pain. Whether you are someone who wants to feel better in your body or an athlete looking to improve your performance, F.T. is for you.

F-MOV07.T Lifelong Learning \$65
 # Session-8 Day-Tu 09/03-10/22
 9:45 AM-10:45 AM Rehbein, Toni

F-MOV07.R Lifelong Learning \$65
 # Session-8 Day-Th 09/05-10/24
 9:45 AM-10:45 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 \$62
 # Session-8 Day-Fr 09/06-10/25
 10:30 AM-12:00 PM Rogers, Lisa

YOGA FOR MOBILITY

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

F-YOG42.T Lifelong Learning \$35
Session-8 Day-Tu 09/03-10/22
9:00 AM-10:00 AM Crouch, Kate

YOGA FOR MOBILITY - ZOOM

This class is the "at-home" version of Yoga for Mobility delivered remotely. You will need internet access, Zoom, and the equipment listed below. You will have access to each live class and the recording until the next class session. Equipment needed: Yoga Mat.

F-YOG42Z.T Virtual \$35
Session-8 Day-Tu 09/03-10/22
9:00 AM-10:00 AM Crouch, Kate

RESTORATIVE YOGA

This class focuses on the centering of your breath and progresses through simple poses that promote body alignment with the physical and mental practice of Yoga by practicing stillness and/or gentle movement for extended periods of time. Props are used to create a real experience of ease. Each session will conclude with an extended period of relaxation. Yoga mat required.

F-YOG18.W Lifelong Learning \$35
Session-8 Day-We 09/04-10/23
10:30 AM-11:30 AM Warr, Caitlin

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 \$35
Session-8 Day-We 09/04-10/23
5:45 PM-6:45 PM Caldwell, Sherie

CONTINUING YOGA: VINYASA FLOW

If you are a seasoned beginner or intermediate practitioner wanting to expand your practice, this Vinyasa class will help take you to the next level by synchronizing your breath with your movements while exploring your boundaries in each pose. You should be comfortable moving through the Sun Salutation and with basic poses prior to enrolling in this class. Each class will move through a series of poses while incorporating breath and stillness to get the most out of your movement and breath. Bring a yoga mat. Basic props are provided.

F-YOG22.M Lifelong Learning \$43
Session-8 Day-Tu 09/03-10/22
10:15 AM-11:30 AM Crouch, Kate

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.T Lifelong Learning \$35
Session-8 Day-Tu 09/03-10/22
4:30 PM-5:30 PM Crow, Renee

F-YOG01.W Lifelong Learning \$35
Session-8 Day-We 09/04-10/23
4:30 PM-5:30 PM Caldwell, Sherie

F-YOG01.R1 Lifelong Learning \$35
Session-8 Day-Th 09/05-10/24
9:00 AM-10:00 AM Crouch, Kate

F-YOG01.R2 Lifelong Learning \$35
Session-8 Day-Th 09/05-10/24
4:30 PM-5:30 PM Rogers, Lisa

F-YOG01.F Lifelong Learning \$35
Session-8 Day-Fr 09/06-10/25
9:00 AM-10:00 AM Cho, Young-ee

F-YOG01.M Lifelong Learning \$31
Session-7 Day-Mo 09/09-10/21
4:30 PM-5:30 PM Caldwell, Sherie

GENTLE YOGA - ZOOM

This class is the "at home" version of the original class. You must have internet access and use Zoom to participate live. You will have access to each live class and the recording until the next class session, allowing you flexibility to practice. Equipment Needed: Yoga Mat.

F-YOG01Z.R1 Virtual \$35
 # Session-8 Day-Th 09/05-10/24
 9:00 AM-10:00 AM Crouch, Kate

NEW AERIAL YOGA

Aerial Yoga uses a looped fabric (hammock) that swivels freely on a single point. Suspended at seat height, the hammock is a prop, intended to assist alignment, and provide accessibility. This class has a therapeutic approach to deepen awareness and relaxation, and gaining immediate benefits such as spinal decompression, pain relief, and ease in challenging poses. Appropriate for all levels.

F-AF02.T Lifelong Learning \$53
 # Session-8 Day-Tu 09/03-10/22
 10:30 AM-11:45 AM Warr, Caitlin

F-AF02.W Lifelong Learning \$53
 # Session-8 Day-We 09/04-10/23
 5:45 PM-7:00 PM Warr, Caitlin

F-AF02.R Lifelong Learning \$53
 # Session-8 Day-Th 09/05-10/24
 4:15 PM-5:30 PM Warr, Caitlin

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 \$44
 # Session-8 Day-Tu 09/03-10/22
 6:00 AM-7:00 AM Smith, Lucinda

F-YOG02.R Lifelong Learning \$44
 # Session-8 Day-Th 09/05-10/24
 6:00 AM-7:00 AM Smith, Lucinda

YIN YOGA

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

F-YOG03.T2 Lifelong Learning \$35
 # Session-8 Day-Tu 09/03-10/22
 5:45 PM-6:45 PM Matthias, Kimberly

F-YOG03.T Lifelong Learning \$35
 # Session-8 Day-Th 09/05-10/24
 10:30 AM-11:30 AM Matthias, Kimberly

F-YOG03.M Lifelong Learning \$39
 # Session-7 Day-Mo 09/09-10/21
 9:00 AM-10:15 AM Caldwell, Sherie

YIN YOGA ZOOM

This class is the "at home" version of Yin Yoga delivered to you remotely. You will need internet access, Zoom, and the equipment listed below. You will have access to each live class and the recording until the next class session. Equipment needed: Yoga Mat.

F-YOG03Z.M Virtual \$39
 # Session-7 Day-Mo 09/09-10/21
 9:00 AM-10:15 AM Caldwell, Sherie

NEW SLOW FLOW YOGA

Slow Flow is designed for all levels and everyBODY. This class starts with quiet centering to calm the mind and slow the nervous system, providing an opportunity for re-connection with oneself. We will intentionally flow slowly holding postures longer to cultivate strength, integration and alignment. Each class is sequenced leading to a peak posture designed to strengthen and challenge both body and mind. Class will end with a gentle restorative pose integrating body, mind and spirit encouraging harmony and balance on and off the mat.

F-YOG17.M Hellgate EL/MID \$50
 # Session-6 Day-Mo 09/16-10/21
 4:15 PM-5:15 PM Rogers, Lisa

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 \$43
 # Session-8 Day-We 09/04-10/23
 9:00 AM-10:15 AM Caldwell, Sherie

YOGA FOR THE "WORKING STIFFS"

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

F-YOG19.R Lifelong Learning \$35
 # Session-8 Day-Th 09/05-10/24
 5:45 PM-6:45 PM Rogers, Lisa

F-YOG19.M1 Lifelong Learning \$31
 # Session-7 Day-Mo 09/09-10/21
 5:45 PM-6:45 PM Caldwell, Sherie

F-YOG19.M Helgate EL/MID \$28
 # Session-6 Day-Th 09/16-10/21
 5:45 PM-6:45 PM Rogers, Lisa



NEW YOGA CORE FOCUS

If you are looking for a class that combines the strength and flexibility of fluid movements with the focus of a strong Pilates core, this is for you! You will build and tone muscles in this challenging class. No prior experience is required. Please bring a yoga mat and water with you.

F-YOG44.W Lifelong Learning \$35
 # Session-8 Day-We 09/04-10/23
 10:30 AM-11:30 AM Crouch, Kate



YOGA ALIGN AND STRONG

This class is a balance between refinement and challenge. It emphasizes individual alignment and helps build endurance. You will work on mobility, breathing, and focus. Develop a practice of mental clarity, stress management, and overall well-being. Some experience is recommended. A yoga mat is required.

F-YOG08.R Lifelong Learning \$35
 # Session-8 Day-Th 09/05-10/24
 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.F Lifelong Learning \$35
 # Session-8 Day-Fr 09/06-10/25
 6:00 AM-7:00 AM Sedgwick, Kelly

PILATES BARRE FUSION

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.M Lifelong Learning \$31
 # Session-7 Day-Mo 09/09-10/21
 7:00 AM-8:00 AM Kerber, Jenifer

FOUNDATIONS OF MAT PILATES

Learn and experience the benefits of Pilates with this gradual approach. If you are new to Pilates or want to refine your conditioning progression, this class is for you. You will be led through the principles and techniques of Pilates exercises focusing on core strengthening, flexibility, and postural alignment. A yoga mat is required.

F-PIL14.F Lifelong Learning \$35
 # Session-8 Day-Fr 09/06-10/25
 8:00 AM-9:00 AM Ludwig, Shannon

F-PIL14.M Lifelong Learning \$31
 # Session-7 Day-Mo 09/09-10/21
 8:00 AM-9:00 AM Ludwig, Shannon

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. NOTE 45min class

F-PIL02.T Lifelong Learning \$28
 # Session-8 Day-Tu 09/03-10/22
 1:30 PM-2:15 PM Crouch, Kate

F-PIL02.F Lifelong Learning \$35
 # Session-8 Day-Fr 09/06-10/25
 10:15 AM-11:15 AM Hedstrom, Jeanine

POUND UNPLUGGED

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

F-MISC20.M Lifelong Learning \$35
 # Session-7 Day-Mo 09/09-10/21
 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.

F-CAR62.T Lifelong Learning \$35
 # Session-8 Day-Tu 09/03-10/22
 5:45 PM-6:45 PM Dolan, Lizzie

F-CAR62.W Lifelong Learning \$35
 # Session-8 Day-We 09/04-10/23
 4:30 PM-5:30 PM Rossmiller, Stacey

F-CAR62.R Lifelong Learning \$35
 # Session-8 Day-Th 09/05-10/24
 4:30 PM-5:30 PM Dolan, Lizzie

F-CAR62.F Lifelong Learning \$31
 # Session-7 Day-Fr 09/06-10/18
 5:30 PM-6:30 PM Rossmiller, Stacey

F-CAR62.M Lifelong Learning \$31
 # Session-7 Day-Mo 09/09-10/21
 4:30 PM-5:30 PM Dolan, Lizzie

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.R Lifelong Learning \$35
 # Session-8 Day-Th 09/05-10/24
 5:45 PM-6:45 PM Dolan, Lizzie

SHINE DANCE FITNESS

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

F-DAN21.T Lifelong Learning \$35
 # Session-8 Day-Tu 09/03-10/22
 4:30 PM-5:30 PM Dolan, Lizzie

F-DAN21.R Frenchtown \$28
 # Session-8 Day-Th 09/05-10/24
 6:30 PM-7:30 PM Hallgrimson, Anna

F-DAN21.M Lifelong Learning \$31
 # Session-7 Day-Mo 09/09-10/21
 5:45 PM-6:45 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 \$35
 # Session-8 Day-We 09/04-10/23
 7:00 PM-8:00 PM Eubank, Tayler

OULA.ONE

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

F-DAN13.R Lifelong Learning \$35
 # Session-8 Day-Th 09/05-10/24
 5:45 PM-6:45 PM McCarthy, Jobyna

OULA

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

F-DAN02.T Lifelong Learning \$35
 # Session-8 Day-Tu 09/03-10/22
 4:30 PM-5:30 PM Rossmiller, Stacey

F-DAN02.W Lifelong Learning \$35
 # Session-8 Day-We 09/04-10/23
 5:45 PM-6:45 PM Loobey, Jennifer

F-DAN02.R Lifelong Learning \$35
 # Session-8 Day-Th 09/05-10/24
 5:35 PM-6:35 PM Rossmiller, Stacey

F-DAN02.T2 Frenchtown \$25
 # Session-7 Day-Tu 09/10-10/22
 6:00 PM-7:00 PM Loobey, Jennifer

NEW OULA POWER EXPRESS

Perfect for a mid-day energy boost! Power Express is a strength, conditioning, and mobility class for EVERYBODY. This format uses body weight-only exercises, which are all completed on a mat. No equipment to juggle and no shoes needed! With motivating music, you will be inspired to feel your strength while having fun!

F-DAN15.M Lifelong Learning \$20
 # Session-7 Day-Mo 09/09-10/21
 12:15 PM-12:45 PM Kirk, Melissa

BEGINNING SALSA DANCE

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

F-DAN10.T Lifelong Learning \$80
 # Session-8 Day-Tu 09/03-10/22
 6:00 PM-7:15 PM Corbin, Jennifer

CONTINUING SALSA DANCE

You will take the dance foundations explored in Beginning Salsa to the next level. With an understanding of salsa timing and Latin movement, all those fun moves you see on the dance floor, executed with Latin style and grace, are within your grasp. You will spice up the lead, create variations and momentum, and add flair to your finale! Please wear non-marking shoes and comfortable clothes to move in. No partner is needed. Prerequisite: Beginning Salsa Dance or equivalent experience.

F-DAN32.T Lifelong Learning \$80
 # Session-8 Day-Tu 09/03-10/22
 7:30 PM-8:45 PM Corbin, Jennifer

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.W Lifelong Learning \$53
 # Session-8 Day-We 09/04-10/23
 7:00 PM-8:15 PM Childers, Nicole

BEGINNING COUNTRY SWING DANCE

Country Swing has taken a modern turn from old-school Rodeo Swing to a more fluid and connection-based dance. You will learn the basic concepts of partner country swing, where each partner contributes to the movement. This class will focus on the fundamentals of modern country swing in footwork, partner connection, timing, and safe execution of dips. No partner is needed. All levels are welcome.

F-DAN31.M Lifelong Learning \$39
 # Session-7 Day-Mo 09/09-10/21
 7:00 PM-8:15 PM Childers, Nicole



PILATES REFORMER 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 Continuing.

F-PR01.T Lifelong Learning \$150
Session-8 Day-Th 09/03-10/22
10:15 AM-11:15 AM Hedstrom, Jeanine

F-PR01.T2 Lifelong Learning \$150
Session-8 Day-Tu 09/03-10/22
11:30 AM-12:30 PM Hedstrom, Jeanine

F-PR01.W Lifelong Learning \$150
Session-8 Day-We 09/04-10/23
12:00 PM-1:00 PM Knell, Nora

F-PR01.R1 Lifelong Learning \$150
Session-8 Day-Th 09/05-10/24
8:30 AM-9:30 AM Knell, Nora

F-PR01.R2 Lifelong Learning \$150
Session-8 Day-Th 09/05-10/24
10:00 AM-11:00 AM Graef, Denise

F-PR01.F Lifelong Learning \$150
Session-8 Day-Fr 09/06-10/25
9:00 AM-10:00 AM Hedstrom, Jeanine

F-PR01.M1 Lifelong Learning \$135
Session-7 Day-Mo 09/09-10/21
10:15 AM-11:15 AM Hedstrom, Jeanine

F-PR01.M2 Lifelong Learning \$135
Session-7 Day-Mo 09/09-10/21
4:15 PM-5:15 PM McQuarrie, Devan

PILATES REFORMER FOUNDATIONAL/CONTINUING

This class is intended for individuals who wish to progress beyond the Pilates Reformer 1 class and seek a greater challenge for their strength and core stability. By working from your powerhouse center, this class will help you master and enhance your core strength. Our focus will be on improving your overall body strength and power. We will begin by mastering the fundamentals of the Pilates Reformer and then progress into a more intensive workout flow.

F-PR07.W Lifelong Learning \$150
Session-8 Day-Th 09/05-10/24
12:30 PM-1:30 PM Graef, Denise

PILATES REFORMER CONTINUING

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 Foundational or instructor approval.

F-PR02.W1 Lifelong Learning \$150
Session-8 Day-We 09/04-10/23
9:30 AM-10:30 AM Graef, Denise

F-PR02.W Lifelong Learning \$150
Session-8 Day-We 09/04-10/23
4:15 PM-5:15 PM Graef, Denise

F-PR02.W2 Lifelong Learning \$150
Session-8 Day-We 09/04-10/23
5:30 PM-6:30 PM Graef, Denise

F-PR02.M Lifelong Learning \$135
Session-7 Day-Mo 09/09-10/21
9:00 AM-10:00 AM Hedstrom, Jeanine

F-PR02.R Lifelong Learning \$135
Session-7 Day-Th 09/12-10/24
4:15 PM-5:15 PM McQuarrie, Devan

F-PR02.R2 Lifelong Learning \$135
Session-7 Day-Th 09/12-10/24
5:30 PM-6:30 PM McQuarrie, Devan

SAVE \$5.00

Per Class with
Early Bird Registration!

NEW **COREALIGN®**
BREATHING IN MOTION
& DEEP CORE ACTIVATION

In this Workshop you will learn how your deep core can be tapped into while practicing on the CoreAlign®. This class will focus on techniques of diaphragmatic breath. Using diaphragmatic or a “belly” breath stabilizes your body while in motion. This class is for anyone new to CoreAlign® or who already has familiarity with the equipment.

F-CA13.S Lifelong Learning \$60
 # Session-1 Day-Sa 09/28-09/28
 9:30 AM-11:00 AM Graef, Denise



COREALIGN® FOUNDATIONS

This is a Foundational class for those new to CoreAlign or refining their practice. Maximize the benefits by learning proper equipment usage, core muscle activation, posture, breathing techniques, foundational exercises, balance, and safe movements. You will improve core stability and increase balance, posture, and spinal alignments. Please bring clean athletic sneakers and a water bottle. Arrive 5-10 minutes early to change shoes and settle in for movement. This class is a prerequisite for CoreAlign Continuing.

F-CA12.T1 Lifelong Learning \$150
 # Session-8 Day-Tu 09/03-10/22
 9:00 AM-10:00 AM Holst, Jane

F-CA12.F Lifelong Learning \$150
 # Session-8 Day-Fr 09/06-10/25
 12:00 PM-1:00 PM Crouch, Kate

F-CA12.T2 Lifelong Learning \$135
 # Session-7 Day-Tu 09/10-10/22
 4:15 PM-5:15 PM McQuarrie, Devan

F-CA12.T3 Lifelong Learning \$150
 # Session-7 Day-Tu 09/10-10/22
 6:45 PM-7:45 PM McQuarrie, Devan

COREALIGN® CONTINUING

This class will build from the Foundations class. Progressing at your own level, you will learn 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: CoreAlign® Foundational or Instructor approval.

F-CA02.W Lifelong Learning \$150
 # Session-8 Day-We 09/04-10/23
 10:45 AM-11:45 AM Graef, Denise

F-CA02.R Lifelong Learning \$150
 # Session-8 Day-Th 09/05-10/24
 11:15 AM-12:15 PM Graef, Denise

F-CA02.M1 Lifelong Learning \$135
 # Session-7 Day-Mo 09/09-10/21
 12:00 PM-1:00 PM McQuarrie, Devan

F-CA02.M2 Lifelong Learning \$135
 # Session-7 Day-Mo 09/09-10/21
 5:30 PM-6:30 PM McQuarrie, Devan

F-CA02.T1 Lifelong Learning \$135
 # Session-7 Day-Tu 09/10-10/22
 5:30 PM-6:30 PM McQuarrie, Devan

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's intelligence and greater awareness of the way it functions, and modern research. 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 work out class, so it offers runners of every level the opportunity to learn and increase the enjoyment and benefit from running as a lifelong pursuit. Mari is an Art of Running certified instructor

F-RU01.R Lifelong Learning \$53
 # Session-8 Day-Th 09/05-10/24
 4:30 PM-5:45 PM Hodges, Mari



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-8 Day-Th 09/05-10/24
 9:45 AM-10:15 AM Knell, Nora

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

CYCLE BLAST

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

F-CYC09.W Lifelong Learning \$33
 # Session-8 Day-We 09/04-10/23
 6:00 AM-6:45 AM Blakely, Molly

CYCLE CHALLENGE

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

F-CY02.R Lifelong Learning \$33
 # Session-8 Day-Th 09/05-10/24
 6:45 PM-7:30 PM Cook, Tina

F-CY02.M Lifelong Learning \$36
 # Session-7 Day-Mo 09/09-10/21
 5:45 PM-6:45 PM Cook, Tina

CYCLING AND CORE STRENGTH

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

F-CYC06.T Lifelong Learning \$40
 # Session-8 Day-Tu 09/03-10/22
 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 \$40
 # Session-8 Day-We 09/04-10/23
 8:15 AM-9:15 AM Graef, Denise

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.T1 Lifelong Learning \$17
Session-1 Day-Tu 09/03-09/03
7:00 PM-9:00 PM Mealey, Sheila
- F-PB01.W Lifelong Learning \$17
Session-1 Day-We 09/04-09/04
1:30 PM-3:30 PM Fortmann, Monique
- F-PB01.W2 Lifelong Learning \$17
Session-1 Day-We 10/09-10/09
10:00 AM-12:00 PM Fortmann, Brian
- F-PB01.T2 Lifelong Learning \$17
Session-1 Day-Tu 10/22-10/22
7:00 PM-9:00 PM Mealey, Sheila

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.T1 Lifelong Learning \$44
Session-5 Day-Tu 09/10-10/08
1:15 PM-2:45 PM Fortmann, Brian
- F-PB09.T2 Lifelong Learning \$44
Session-5 Day-Tu 09/10-10/08
2:45 PM-4:15 PM Fortmann, Brian
- F-PB09.W1 Lifelong Learning \$44
Session-5 Day-We 09/11-10/09
1:15 PM-2:45 PM Fortmann, Monique
- F-PB09.W2 Lifelong Learning \$44
Session-5 Day-We 09/11-10/09
2:45 PM-4:15 PM Fortmann, Monique



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 game-play. 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. Prerequisite: Introduction to Pickleball or knowledge and understanding of the rules and scoring.

- F-PB11.W1 Lifelong Learning \$44
Session-8 Day-We 09/04-10/23
7:00 AM-8:00 AM Lerew, Dory
- F-PB11.R1 Lifelong Learning \$62
Session-8 Day-Th 09/05-10/24
12:00 PM-1:30 PM Siegel, Ethan
- F-PB11.R2 Lifelong Learning \$62
Session-8 Day-Th 09/05-10/24
1:30 PM-3:00 PM Siegel, Ethan
- F-PB11.F1 Lifelong Learning \$44
Session-8 Day-Fr 09/06-10/25
8:30 AM-9:30 AM Cook, David
- F-PB11.M1 Lifelong Learning \$40
Session-7 Day-Mo 09/09-10/21
9:00 AM-10:00 AM Cook, David
- F-PB11.M2 Hellgate EL/MID \$40
Session-7 Day-Mo 09/09-10/21
6:00 PM-7:00 PM Lerew, Dory
- F-PB11.M3 Target Range School \$40
Session-7 Day-Mo 09/09-10/21
6:00 PM-7:00 PM Cook, David

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: Introduction to Pickleball and Beginning Pickleball or equivalent knowledge and experience.

F-PB12.F1 Lifelong Learning \$62
 # Session-8 Day-Fr 09/06-10/25
 9:30 AM-11:00 AM Cook, David

F-PB12.F2 Lifelong Learning \$62
 # Session-8 Day-Fr 09/06-10/25
 11:00 AM-12:30 PM Cook, David

F-PB12.F3 Lifelong Learning \$58
 # Session-7 Day-Fr 09/06-10/18
 7:00 PM-8:30 PM Lerew, Dory

F-PB12.M1 Lifelong Learning \$58
 # Session-7 Day-Mo 09/09-10/21
 7:00 AM-8:30 AM Lerew, Dory

F-PB12.M2 Lifelong Learning \$58
 # Session-7 Day-Mo 09/09-10/21
 10:05 AM-11:35 AM Cook, David

F-PB12.M3 Target Range School \$58
 # Session-7 Day-Mo 09/09-10/21
 6:00 PM-7:30 PM Cook, David

F-PB12.M4 Hellgate EL/MID \$58
 # Session-7 Day-Mo 09/09-10/21
 7:05 PM-8:35 PM Lerew, Dory

F-PB12.M5 Target Range School \$58
 # Session-7 Day-Mo 09/09-10/21
 7:30 PM-9:00 PM Cook, David

Why Register Early?

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

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.M Lifelong Learning \$71
 # Session-7 Day-Mo 09/09-10/21
 7:00 PM-9:00 PM Mealey, Sheila



OPEN PLAY PICKLEBALL

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

F-PB06.W1 Lifelong Learning \$17
 # Session-1 Day-We 09/11-09/11
 10:00 AM-12:00 PM Fortmann, Brian

F-PB06.W2 Lifelong Learning \$17
 # Session-1 Day-We 09/18-09/18
 10:00 AM-12:00 PM Fortmann, Monique

F-PB06.W3 Lifelong Learning \$17
 # Session-1 Day-We 09/25-09/25
 10:00 AM-12:00 PM Fortmann, Brian

F-PB06.W4 Lifelong Learning \$17
 # Session-1 Day-We 10/02-10/02
 10:00 AM-12:00 PM Fortmann, Monique

FRENCHTOWN

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 \$28
 # Session-8 Day-Th 09/05-10/24
 6:30 PM-7:30 PM Hallgrimson, Anna

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 09/10-10/22
 6:00 PM-7:00 PM Loobey, Jennife

NEW FLORAL ARRANGING

Learn basic flower arranging techniques to transform your homegrown or market purchased flowers into a visually appealing arrangement. Topics will include harvesting and purchasing techniques, care and cleaning of flowers, arrangement techniques, and tips for optimizing the longevity of your bouquet. You will learn to use filler, focal flowers, and foliage using locally grown flowers, including our favorite focal flower, the dahlia. Please bring a medium to large-sized vase; flowers and tools will be provided.

A-CR39.1 Frenchtown \$47
 # Session-1 Day-Tu 08/20-08/20
 6:30 PM-8:30 PM Davidson, Molly

A-CR39.2 Frenchtown \$47
 # Session-1 Day-Tu 09/17-09/17
 6:30 PM-8:30 PM Davidson, Molly

NEW WILDERNESS SURVIVAL

Learn about outdoor survival, including edible plants, primitive tools, orienteering, shelter building, fire building/cooking, winter survival tips, and survival do's and don'ts. You will do a lot of hands-on activities and should expect some of the outdoor activities to be physically strenuous. You will also need transportation periodically to meet at the six-mile area for plant identification and shelter building.

S-MISC63 Frenchtown \$73
 # Session-6 Day-Tu 09/10-10/15
 6:00 PM-8:00 PM Gentry, Ann



**Missoula
 Housing**
 AUTHORITY

Your way home.



Family Self-Sufficiency Program

Investing in Your Personal and Professional Growth.

MHA's Family Self Sufficiency Program is FREE and open to housing choice voucher holders. Our FSS Coordinators can help you identify and work on personal goals: Find Employment, Repair Credit, Maintain a Vehicle, Find Childcare, Create a Savings Account, & Prepare for Homeownership. Contact MHA today! (406) 549-4113 or www.missoulahousing.org



JobSiteReady

ONLINE INSTRUCTION + ONSITE TRAINING

Construction Trades Workforce Training

Job Site Ready prepares participants with the skills needed to begin a career in the construction trades.

- ✓ 30-hours online, self-paced learning
- ✓ 15-hours hands-on instruction
- ✓ Student tool kit
- ✓ Earn Job Site Ready digital badge



Learn more and register:
www.jobsitereadymt.com



ACADEMIC SUCCESS PROGRAM

Supports Adults To:

- Earn a High School Equivalency Diploma
- Prepare for College, Career Training, or Apprenticeships
- Develop English Language Skills and learn about U.S. Culture and Citizenship

Our approach equips students with essential tools for academic and professional advancement.

Daytime, evening, in-person, and virtual classes are available.

To enroll call 406-549-8765!



 MissoulaClasses.com

Call us at 406-549-8765

HiSET® Testing

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

WHAT IS 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/hisetmontana>

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

WHAT DO I BRING ON TESTING DAY?

You will NOT be allowed to test without:

- A valid government or state issued Photo ID
- If not a MT ID bring proof of residency
- 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.

Sept. 6, 10, 20, 27 and Oct. 4, 8, 18, 25

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

HOW DO I GET MY TEST SCORE?

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

Discover the Academic Success Program, your partner in achieving academic and professional success. Whether you're preparing for the High School Equivalency Test (HiSET), pursuing higher education or vocational training, improving your English skills, or finding a job, our dedicated team is here to assist you every step of the way. Let us help you reach your goals and build a brighter future together.



ADULT BASIC EDUCATION

The Adult Basic Education (ABE) Program offers free classes in reading, science, social studies, math, writing, and computer literacy. These classes are designed to prepare you for the HiSET or GED exams, college-level math and writing courses, training and apprenticeship programs, and employment opportunities.

- Sign up for Monday through Thursday, 9:00 AM—12:00 PM or 12:00 PM—3:00 PM.
- Evening and Virtual classes through Zoom are also available.

To enroll as a new student, please call 406-549-8765 to sign up for an enrollment session. Prior students can re-enroll through an advisor.

FAFSA (FINANCIAL AID) WORKSHOP

The UM Financial Education Program and TRIO Educational Opportunity Center FAFSA workshop will help you create an FSA ID and fill out and submit the FAFSA application. The FAFSA workshop is a work session where you will work from your computer or a school computer to work through the FAFSA. We are here to help you and your family (if you are a dependent) answer any questions or troubleshoot errors that come up.

E-CP16 Lifelong Learning FREE
Session-1 Day-We 10/02-10/02
6:00 PM-8:00 PM

ENGLISH LANGUAGE LEARNERS

English classes are free and provide an opportunity to learn about American culture, civics, government, education, citizenship, technology (computers), and health care literacy while improving your English skills through speaking, listening, reading, and writing.

- Sign up for Monday through Thursday, 9:00 AM—12:00 PM.
- Evening and Virtual classes through Zoom are also available.

To enroll as a new student, please call 406-549-8765 to sign up for an enrollment session.



HEALTHCARE LITERACY

This Healthcare Literacy course is intended for ESL learners. The topics covered will assist participants to understand foundational work-force-readiness skills through classroom activities and training. The classes will highlight essential skills needed as a beginning member of a healthcare team. The common topics covered are designed to enhance verbal and written communications, beginning healthcare terminology, basic self-or-patient care, ethical and legal concerns and career exploration. Participants must be currently enrolled students to join the class.

E-ESL8 Lifelong Learning FREE
Session-8 Day-Tu/Th 09/19-10/15
9:00 AM-12:00 PM Roper, Lisa Rae

Questions?

Call 406-549-8765 during office hours 8:30 AM-7:00 PM, Mon-Thur, 8:30 AM-5:00 PM, Fri.

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.

Cancelation & 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 406-549-8765 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-Thur 8:30 AM-5:00 PM, Fri.



Online Class Registration

- Registration for online classes are conducted online only at:

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

www.ed2go.com/learningcenter

Register Now!

REGISTRATION FORM

First Name

Last Name

Home Address

City

State

Zip

Phone

Email

Class Title	1st Choice Class #	2nd Choice 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

Missoula County Public Schools Board of Trustees Superintendent: Micah Hill
Trustees: Jeffrey Avgeris, Christina Hayes, Koan Mercer, Wilena Old Person, Jennifer Vogel,
Ann Wake, Arlene Walker-Andrews, Jenny Walsh, Meg Whicher, Keegan Witt, Rob Woelich

Call us at 406-549-8765

 The
Lifelong
Learning Center

MCPS Adult Education Division
310 S Curtis
Missoula, MT 59801

Non-Profit
Organization US
Postage PAID
Missoula, MT
Permit No. 264



Where Education Meets Community!
www.MissoulaClasses.com