

THE LIFELONG LEARNING CENTER

COURSE CATALOG

2024

NOVEMBER & DECEMBER



“ I love the quality of the instructors and the diversity of the classes.” - M. Moon

The
Lifelong
Learning Center



*Beyond the Basics: Learning More About Your Digital Camera
Saturday, November 2nd from 8:30 AM - 5:00 PM*

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HOLIDAY CLASSES

NEW CERAMIC HOLIDAY ORNAMENTS

Transform your ideas into creative holiday ornaments out of clay! Learn how to add texture, pattern, and details to your individualized colorful ornaments. 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-CL16 Lifelong Learning \$50
 # Session-1 Day-Sa 11/16-11/16
 10:30 AM-12:30 PM Alveshere, Chris

NEW STAINED GLASS: SNOWFLAKES

Learn the art of stained glass with bevels by creating your own unique snowflake design. Under the guidance of experienced instructors, you'll learn essential techniques, including foiling, soldering, and patina. The bevels will catch the light and create a stunning, iridescent effect. Your snowflake will be a genuine work of art, showcasing the beauty and complexity of stained glass with bevels.

A-GL19 Lifelong Learning \$83
 # Session-1 Day-Th 12/05-12/05
 9:00 AM-4:00 PM Snider, Stephanie

NEW GLASS FUSING: WINTER ORNAMENTS

Create a beautiful glass-fused winter decoration for your home in this introductory class. You'll have the chance to try your hand at glass fusing and leave with a one-of-a-kind art piece, perfect for catching the light of a holiday tree or the glow of winter moonlight. All supplies are included, and all levels are welcome. Please allow one week for work to be picked up.

A-GL18 Lifelong Learning \$53
 # Session-1 Day-We 12/04-12/04
 6:00 PM-9:00 PM Patten, Catherine

NEW MINI EMBROIDERY SERIES: SNOWFLAKES

Create a mini-embroidered snowflake! Learn how to use a simple whipped stitch to create your own unique hanging art piece. You will come away with a hooped framed holiday decoration to keep or gift! All supplies are included, and all levels are welcome.

SQ-EM03 Lifelong Learning \$30
 # Session-1 Day-We 12/11-12/11
 6:00 PM-8:00 PM Lodato, Brooke



NEW HOLIDAY TREE CUPCAKE DECORATING

Learn to decorate cupcakes in the shape of a festive holiday tree! This fun, hands-on class will guide you through the steps to create a delicious and eye-catching centerpiece for your holiday gatherings. Perfect for beginners and seasoned bakers alike, you'll leave with a batch of beautifully decorated cupcakes to impress your guests.

FC-HO96 Lifelong Learning \$60
 # Session-1 Day-We 12/18-12/18
 6:00 PM-8:00 PM Birdsell, Becca

NEW HOLIDAY WREATH MAKING

Create your own beautiful Holiday Wreath. With guidance, you will use sustainable and ethically foraged flowers, herbs, and greenery to create a modern holiday wreath. With a focus on innovative design concepts, this natural wreath will compliment your decor throughout the winter. This workshop is accessible for novice to experienced floral designers and plant enthusiasts alike. All supplies are included.

A-CR40 Lifelong Learning \$90
 # Session-1 Day-Th 12/12-12/12
 6:00 PM-8:00 PM Lafontaine, Melissa

NEW PHOTOGRAPHY FOR THE HOLIDAYS

Get started on your holiday pictures by making images of winter details, festive lights, seasonal decorations, and family portraits. Learn tips for turning your best photos into holiday cards. Use your favorite camera, traditional or phone, to create your photos.

PH-PC73 Lifelong Learning \$50
 # Session-3 Day-We 12/04-12/18
 6:30 PM-8:30 PM Eyster, Kathy

NEW YOU AND YOUR CHILD: CREATING HOLIDAY COLLAGE CARDS!

You and your child can create hand-crafted holiday greeting cards that will be a great complement to any gift. We will use a variety of media to create collage-inspired cards, allowing you to add a personal touch. The supplies for the cards will be holiday-themed. The class fee includes all materials and tools. One child (8-14 years old) per parent.

P-PC07 Lifelong Learning \$18
 # Session-1 Day-Sa 11/23-11/23
 1:00 PM-3:00 PM Kunkle, Tandy

NEW PRINTED HOLIDAY CARDS

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. You will learn the entire printing process from image design, carving, proof printing, and finally, creating a small edition of your final image. This image will be printed on 5x7 inch card-stock cards with matching envelopes. You will leave with a set of 4-8 cards. Please come prepared with final holiday image ideas and/or reference photos. All supplies are included, and all levels are welcome.

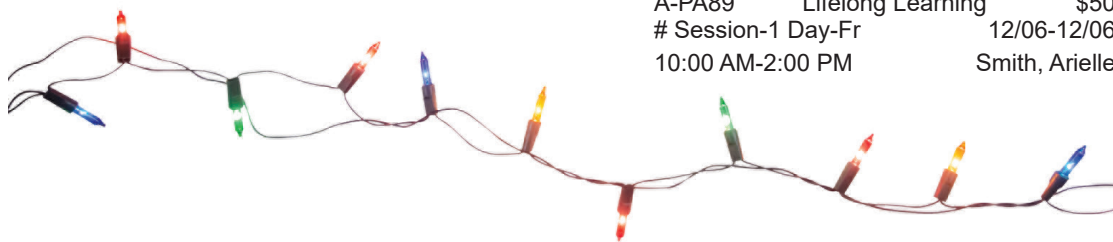
A-CR38 Lifelong Learning \$50
 # Session-1 Day-Sa 11/16-11/16
 10:00 AM-1:30 PM Radloff, Kaitlynn



NEW COLLAGED HOLIDAY CARDS WITH ACRYLIC PAINT SKINS

Learn to use acrylic paint skins, decorative paper, and other collage materials to create a set of four Holiday cards. Acrylic paint pouring is often tilted or blown off a canvas or other surface, leaving a puddle of excess paint at the end of a pour. If left to dry and cure, this paint creates a thin, colorful veneer or 'skin' that can be cut up and used in future projects. Some paint skins and collage materials will be provided, but you are encouraged to bring your own if you have them! All supplies are included, and all levels are welcome.

A-PA89 Lifelong Learning \$50
 # Session-1 Day-Fr 12/06-12/06
 10:00 AM-2:00 PM Smith, Arielle



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A limited number of Public School District tax credits will be available for tax year 2025! Be sure to contact MCPS right away to ensure we have your donation information in time to take advantage of this opportunity!

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BUSINESS

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 approved for 8 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



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 approved for 4 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

RETAINING EMPLOYEES: MOTIVATION AND DEVELOPMENT

Motivated and engaged employees are key to organizational effectiveness. If you are a new supervisor, this course will help you be successful in your role. It will provide essential knowledge and skills to motivate, engage, and develop employees. You will learn new tools and how to apply them in real-life situations. This course has been approved for 3 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

NEW RISK MANAGEMENT FOR YOUR BUSINESS

Gain the knowledge and tools to implement safety, security, and preparedness in your business. This course equips you to build a risk management system that protects your staff, assets, and operations. It covers securing facilities, emergency preparedness, vendor contracts, and more, all tailored to any business size, ensuring long-term resilience and security. This course has been submitted for HRCI and SHRM credit.

B-HR08 Lifelong Learning \$28
 # Session-1 Day-Th 11/14-11/14
 1:00 PM-4:00 PM Rango, Tony

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





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

INTRODUCTION TO LOGO DESIGN

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

CYBERSECURITY BASICS FOR SMALL BUSINESSES

Learn the basics of cybersecurity, focusing on best practices for small businesses and individuals. Designed for all skill levels, this class will equip you with the knowledge to protect yourself and your business from common cyber threats. No prior experience or supplies are needed. All the information and guidance you need to improve your cybersecurity awareness and defenses will be provided.

C-IT06 Lifelong Learning \$58
 # Session-1 Day-We 12/18-12/18
 1:00 PM-4:00 PM Enos, Darren

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

CAREER TRAINING

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
 5:30 PM-9:00 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-8:30 PM Hill, Jana



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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.

- Fast-paced hybrid program (virtual and in-person) for experienced learners.
- Prepares students for both administrative and clinical medical assistant credentials.
- Virtual classes on most Tuesday and Thursday evenings.
- In-person meetings in Missoula on six Saturdays: Jan 18, Feb 1, Feb 22, Mar 8, Mar 29, Apr 26.
- In-person exams on April 1 and May 15.
- Eligible for the Certified Clinical Medical Assistant (CCMA) and Certified Medical Administrative Assistant (CMAA) exams through the National Healthcare Association (NHA).
- Tuition includes textbook and exam fees.

H-MA01 Lifelong Learning \$1,795
 #Session-41 Day-Tu/Th 01/18-05/15
 6:00 PM-9:00 PM Roper, Lisa Rae

CERTIFIED MEDICAL ADMINISTRATIVE ASSISTANT (CMAA) - HYBRID

As a front office certified medical administrative assistant, you will help keep healthcare offices running efficiently and effectively. Front office staff members are the first to greet patients and can help set the stage for a quality patient experience. In this hybrid course, you will meet with your instructor virtually on Tuesday and Thursday 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. In addition, testing on Thursday May 15 is an in person requirement. 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



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



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.

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LEARN MORE

The advertisement features a smiling woman in the background. The text is arranged in a clear, bold layout with a blue background for the main title and a white background for the bullet points and call-to-action button.

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/>



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-1Day-
Tu 10:00 AM-11:00 AM or
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 10/31-11/21
1:00 PM-4:00 PM Enos, Darren

INTRODUCTION TO PC

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

C-PC07 Lifelong Learning \$148
Session-3 Day-Th 12/05-12/19
1:00 PM-4:00 PM Enos, Darren

NEW WINDOWS 11: ESSENTIAL TIPS & TOOLS

Are you struggling with Windows 11 after an upgrade or on a new laptop? Learn to navigate its new features, including managing Windows, using the virtual desktop, customizing your desktop and Start menu, and protecting your computer with built-in security tools. Also, explore the updated File Explorer, Edge browser, and Cortana. Prerequisite: Computer Fundamentals or equivalent skills.

C-WIN07 Lifelong Learning \$58
Session-1 Day-We 11/20-11/20
1:00 PM-4:00 PM Enos, Darren

FILE MANAGEMENT BOOTCAMP

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

C-PC03 Lifelong Learning \$58
Session-1 Day-Mo 12/09-12/09
1:00 PM-4:00 PM Enos, Darren



CLEAN UP & SPEED UP YOUR PC

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

C-FIX02 Lifelong Learning \$58
Session-1 Day-Mo 11/11-11/11
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
9:00 AM-12:00 PM Enos, Darren

C-WEB05 Lifelong Learning \$103
Session-2 Day-Fr 11/01-11/08
1:30 PM-4:30 PM Enos, Darren

IPHONE AND IPAD BASICS

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

C-AP03 Lifelong Learning \$103
Session-2 Day-Tu 12/10-12/17
1:00 PM-3:00 PM Enos, Darren

INTRODUCTION 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-Tu 11/19-12/03
1:00 PM-4:00 PM Enos, Darren

SAVE \$5.00

Per Class with
Early Bird Registration!

PROTECTING YOUR IDENTITY ONLINE

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

C-IT05 Lifelong Learning \$58
Session-1 Day-We 11/06-11/06
1:00 PM-4:00 PM Enos, Darren

CYBERSECURITY BASICS FOR SMALL BUSINESSES

Learn the basics of cybersecurity, focusing on best practices for small businesses and individuals. Designed for all skill levels, this class will equip you with the knowledge to protect yourself and your business from common cyber threats. No prior experience or supplies are needed. All the information and guidance you need to improve your cybersecurity awareness and defenses will be provided.

C-IT06 Lifelong Learning \$58
Session-1 Day-We 12/18-12/18
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

GETTING STARTED WITH EXCEL

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

C-EX09 Lifelong Learning \$173
Session-3 Day-Tu 10/29-11/12
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 11/22-11/22
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

C-EX02 Lifelong Learning \$143
Session-1 Day-Fr 12/06-12/06
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-Th 10/31-11/21
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



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

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

RECLAIMED WOOD PICTURE FRAME


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

T-HRS11 Home ReSource \$55
 # Session-2 Day-Fr 11/01-11/08
 5:00 PM-8:00 PM Reilly, J

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 11/13-11/20
 5:00 PM-8:00 PM Reilly, J



Open Woodshop Hours!

Thursdays, 5-8pm
@ Home ReSource

Learn more
& Register



Visit homeresource.org/workshops

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-Fr 12/06-12/13
 5:00 PM-8:00 PM Reilly, J



NATIVE (MASON) BEE BOXES

Grab some tools and build a house for native solitary bees using reclaimed lumber at this woodworking workshop. You will learn shop safety, proper tool use, and how to work with reclaimed materials - skills that can be applied to future reuse projects! Native solitary bee houses improve plant pollination, and since these little bees don't swarm, they are safe to welcome into your garden. Home Resource will provide all the materials.

T-HRS08 Home ReSource \$35
 # Session-1 Day-We 12/18-12/18
 5:30 PM-8:00 PM Reilly, J

BUILD YOUR OWN CRIBBAGE BOARD

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

T-HRS03 Home ReSource \$40
 # Session-1 Day-Fr 12/20-12/20
 5:00 PM-8:00 PM Reilly, J

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 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

ADVANCED CONVERSATIONAL SPANISH

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

L-SP08 Lifelong Learning \$177
 # Session-8 Day-We 10/30-12/18
 6:00 PM-8:30 PM Partidas, Ismara

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

NEW CONTINUING GROUP PIANO

Welcome to our second-level piano class, designed for adults who have mastered the basics and are ready to elevate their skills! In this course, we will delve into more complex musical concepts and techniques. You will explore intermediate-level music that introduces new keys, time signatures, and challenging fingerings to help you build your skill. By the end of this course, you'll be more confident in your playing, capable of tackling more intricate pieces, and prepared to continue your musical journey with greater independence and creativity.

M-PI02 Hellgate EL \$43
 # Session-5 Day-Mo 10/28-11/25
 6:30 PM-7:30 PM Guidoni, Kristen

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 11/12-12/17
 7:00 PM-8:30 PM Walther, Peter

FOOD & COOKING

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 11/16-11/16
11:00 AM-1:00 PM McClain, Jasmine



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 Lifelong Learning \$60
Session-1 Day-Tu 11/12-11/12
5:30 PM-8:00 PM Birdsell, Becca

NEW HOLIDAY TREE CUPCAKE DECORATING

Learn to decorate cupcakes in the shape of a festive holiday tree! This fun, hands-on class will guide you through the steps to create a delicious and eye-catching centerpiece for your holiday gatherings. Perfect for beginners and seasoned bakers alike, you'll leave with a batch of beautifully decorated cupcakes to impress your guests.

FC-HO96 Lifelong Learning \$60
Session-1 Day-We 12/18-12/18
6:00 PM-8:00 PM Birdsell, Becca

YOU AND YOUR CHILD: CHRISTMAS CUPCAKE DECORATING!

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

P-PC27 Lifelong Learning \$35
Session-1 Day-Sa 11/23-11/23
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

PASTA FROM SCRATCH

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

FC-HO65 Lifelong Learning \$50
Session-1 Day-Tu 12/03-12/03
4:00 PM-6:30 PM Leary, Kathryn

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

CHEESE TASTING

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

FC-HO79 Lifelong Learning \$43
Session-1 Day-Fr 12/06-12/06
6:00 PM-8:00 PM Kunkle, Tandy

SWEET AND SAVORY ARTISAN BREADS

Sweet and Savory Artisan bread class will introduce you to the world of homemade, fresh, crusty, deliciously rustic breads! You will have the opportunity to see the dough in its various stages of the process, learn how to shape and score the loaves, and eat a sweet and savory slice of this delicious bread warm from the oven. After 2 hours of hands-on learning, you will have created your dough to bake at home the following day. Expect step-by-step, interactive instruction, time for asking questions, and warm bread on the way out. Please bring two large bowls so you can take your dough home. And your favorite apron, if you like!

FC-HO72 Lifelong Learning \$45
Session-1 Day-We 11/06-11/06
6:00 PM-8:30 PM Wright, Kellie

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

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

NEW KOREAN HARVEST

Chuseok (추석) is a festival in Korea that is celebrated on the 15th lunar day of the 8th lunar month during the day of the largest full moon. It's when families come together to thank and pay their respects to their ancestors for a bountiful harvest. A full spread of food, including rice cakes, savory pancakes, vegetable and meat dishes, soup, fish, fruits, and jujubes, was often prepared to offer to their ancestors to enjoy. For our celebration, the class will be making and sharing some common Chuseok dishes together as a community, including a vegetable and fruit water kimchi called nabak kimchi (나박김치) along with tteokguk (떡국), a rice cake soup and various vegetable banchan (side dishes).

FC-HO97 Lifelong Learning \$60
Session-1 Day-Th 11/14-11/14
5:30 PM-8:30 PM Brand, Ariel

SEWING

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 11/26-12/17
7:00 PM-8:30 PM Bragg, Keller

EMBROIDERY 201

Expand your understanding of the art of embroidery and master the skills learned in Embroidery 101. Each week, you will practice new ways to use old stitches, creating different-sized art pieces to hang in your home or gift to friends! You will also make a larger final project that will take all four weeks to complete. Prior experience with the back stitch, chain stitch, satin stitch, and fishbone stitches or completion of Embroidery 101 is recommended to thrive in this fast-paced and exciting embroidery class. All supplies are included.

SQ-EM02 Lifelong Learning \$80
Session-4 Day-We 11/13-12/04
6:00 PM-8:00 PM Lodato, Brooke

NEW MINI EMBROIDERY SERIES: SNOWFLAKES

Create a mini-embroidered snowflake! Learn how to use a simple whipped stitch to create your own unique hanging art piece. You will come away with a hooped framed holiday decoration to keep or gift! All supplies are included, and all levels are welcome.

SQ-EM03 Lifelong Learning \$30
Session-1 Day-We 12/11-12/11
6:00 PM-8:00 PM Lodato, Brooke

EASY TABLE TOPPER

Want a fun sewing project? Sew this easy table topper. Select a large-print or holiday-themed fabric, and pair it with two coordinating prints for the borders. You will learn basic machine sewing techniques to create your one-of-a-kind table topper ready for your next festive gathering! The pattern for making a table runner will be provided, along with instructions. All materials provided.

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

NEW DRESDEN PLATE TABLE TOPPER

The Dresden Plate is a timeless quilt design. In this class, you'll create a reversible table topper or make multiple pieces to use as placemats. Choose colors that complement your decor or reflect the season or holiday. With simple construction and quilting techniques, you'll be able to finish at least one project during the class. It's a fun way to refresh your holiday decorations or craft a thoughtful handmade gift. All supplies are included, and all levels are welcome.

SQ-S22 Lifelong Learning \$58
Session-1 Day-Fr 12/06-12/06
10:00 AM-3:00 PM Sterrett, Suzanne



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

PHOTOGRAPHY

BEYOND THE BASICS: LEARNING MORE ABOUT YOUR DIGITAL CAMERA

Learn additional camera controls and apply your skills to several common photography subjects in this intermediate class. After reviewing exposure, you learn techniques for landscapes and buildings, portraits, sports and action, close-ups, and low-light photography. You discover how to adjust the colors the camera records to improve fall color, sunset, and indoor shots. And you learn to control the built-in flash for natural-looking photos of people. You will depart with the necessary tools to capture improved photographs across different scenarios. NOTE: To get the most from this class, you should be familiar with the shutter speed, aperture, and ISO controls on your camera. Your camera must have Program, Shutter Priority, Aperture Priority, and Manual exposure modes. Check your camera manual to see if these features are listed.

PH-PC62 Lifelong Learning \$65
Session-1 Day-Sa 11/02-11/02
8:30 AM-5:00 PM 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-1 Day-Sa 11/23-11/23
8:30 AM-5:00 PM Eyster, Kathy

PHOTOGRAPHY CHALLENGE 7

Challenge yourself to photograph new subjects, including the color blue, a sense other than sight, and SOOC (straight out of the camera). See suggestions and get tips for making pictures of these topics. Share your results and see what everyone else created. You also complete a final project you worked on throughout the course. All cameras, including smartphones, are welcome. This class meets every other week, so you have two weeks to complete each practice.

PH-PC26.7 Lifelong Learning \$65
Session-4 Day-Mo 10/28-12/09
6:30 PM-8:30 PM Eyster, Kathy

MAKING BETTER CLOSE-UP PHOTOS

Are you fascinated by the world's details? Then share them through close-up photography. Whether you are lured by flowers and insects, intrigued by patterns in metal and wood, or fascinated by stamps and jewelry, discover how to create sharp pictures, use effective lighting, and compose intriguing shots that bring out the details in your subject. You may use either a smartphone or a digital camera. The class includes an indoor practice session.

PH-PC72 Lifelong Learning \$58
#Session-3 Day-Th/Sa 11/14-11/21
Th 6:30 PM-8:30 PM
Sa 9:00 AM-12:00 PM Eyster, Kathy

NEW PHOTOGRAPHY FOR THE HOLIDAYS

Get started on your holiday pictures by making images of winter details, festive lights, seasonal decorations, and family portraits. Learn tips for turning your best photos into holiday cards. Use your favorite camera, traditional or phone, to create your photos.

PH-PC73 Lifelong Learning \$50
Session-3 Day-We 12/04-12/18
6:30 PM-8:30 PM Eyster, Kathy



CREATIVE ARTS

NEW CERAMIC PENDANTS

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

A-CL18 Lifelong Learning \$50
Session-1 Day-Tu 10/29-10/29
1:00 PM-3:00 PM Alvshere, Chris

NEW CERAMIC HOLIDAY ORNAMENTS

Transform your ideas into creative holiday ornaments out of clay! Learn how to add texture, pattern, and details to your individualized colorful ornaments. 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-CL16 Lifelong Learning \$50
Session-1 Day-Sa 11/16-11/16
10:30 AM-12:30 PM Alvshere, 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 Alvshere, Chris

NEW MAKING A SQUARE POT ON A ROUND WHEEL

Are you looking to try something new on the potter's wheel or to grow your skills? Join us for this three-part special topic class! You will create a squared dish using wheel-thrown and hand-built parts and decorate them to create individualized dishes! 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-CL17 Lifelong Learning \$113
Session-3 Day-We 11/06-11/20
6:00 PM-8:30 PM Alvshere, Chris

NEW THE POTTER'S WHEEL

Are you curious about what it takes to make your own clay object on a potter's wheel? Get your hands dirty and learn the steps of creating a pot. You will come home with a unique handmade and painted vessel. Novices 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-CL19 Lifelong Learning \$128
Session-3 Day-Mo 12/02-12/16
5:30 PM-8:30 PM Alvshere, Chris

NEW CREATIVE CERAMICS: OPEN STUDIO

Are you looking for some studio time? Do you have a project to complete or need expert advice on a technique? In the Open Studio, you have an opportunity to explore and practice your ceramics skills. Whether you want to throw pots on the wheel or create a slab wall hanging, the choice is yours. Let your creativity flow in this weekly structured free time. Some supplies are included.

A-CL20 Lifelong Learning \$165
Session-5 Day-Tu 11/12-12/10
12:00 PM-3:00 PM Alvshere, Chris

SAVE \$5.00

Per Class with
Early Bird Registration!



ANYONE CAN DRAW

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

A-DR03 Lifelong Learning \$100
 # Session-6 Day-Th 11/07-12/19
 6:00 PM-8:00 PM Miller, Scott

SKETCH LIKE A PRO! - BASICS

From basic to advanced techniques, learn how to communicate using a sketchbook. Discover how to unlock your drawing abilities using pencil, pen, and ink. Expand your visual thinking! Create works from imagination to reality. From beginners to seasoned Sketchers, you will build your drawing skills. All supplies are included, and all levels are welcome.

A-DR30 Lifelong Learning \$75
 # Session-4 Day-Mo 11/04-11/25
 6:00 PM-8:00 PM Poole, Jason

SKETCH LIKE A PRO! - PROGRESSING

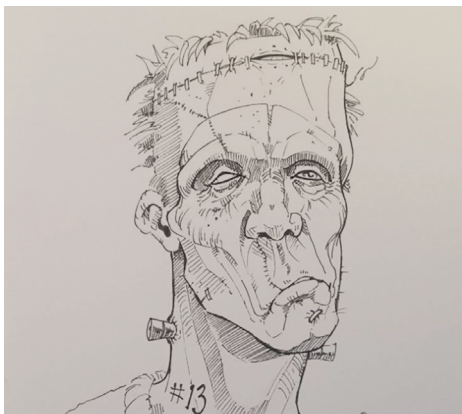
Ready to advance your sketching skills? This course is for students who have already completed Sketch Like a Pro! - Basics and are ready to move into sketching still lifes, faces, hands, and more! You will improve your sketching and reinforce the fundamentals. All supplies are included.

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

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, you will receive a sketchbook, pen, pencils and eraser. and all levels are welcome.

A-DR15 Lifelong Learning \$80
 # Session-4 Day-Fr 11/01-11/22
 10:00 AM-12:00 PM Kunkle, Tandy



NEW MONSTER MASH

Design and draw your own Monster! What better way to get ready for Halloween than creating creatures to spook, scare, and surprise? You will learn expert drawing techniques in graphite and ink. There will be an option to color in your work!

A-DR39 Lifelong Learning \$38
 # Session-1 Day-Tu 10/29-10/29
 6:00 PM-9:00 PM Poole, Jason

WATERCOLOR BASICS: COLOR AND DESIGN

Discover the art of watercolor painting in this beginner-friendly class! You'll learn the basics of watercolor techniques while exploring how to work with light, color, and design to create your own beautiful work of art. All supplies are included, and all levels are welcome.

A-PA88 Lifelong Learning \$133
 # Session-6 Day-Tu 11/12-12/17
 6:00 PM-8:30 PM Miller, Scott

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

MISTAKES & MAGIC IN WATERCOLOR

Have you ever created a watercolor artwork and made a mistake? Wondering "What Happened?" During this class, you will bring in 2-3 of your own pieces with which you want some feedback. In this group, you will have the chance to share, reflect, and learn from others in a supportive environment. Grow your artistry and receive encouragement and suggestions, turning mistakes into magic! Please bring your own artwork as well as any personal art supplies.

A-PA61 Lifelong Learning \$88
Session-3 Day-Mo 10/28-11/11
8:30 AM-11:30 AM Wills, Kathleen

PAINTING LIGHT IN WATERCOLOR

Is there anything more sublime than capturing sunlight shining through trees? In this class, you'll build on your fundamental watercolor skills as you use them to depict a scene where light passes through a canopy. You will choose a season and time of day to capture this moment of natural beauty. Experience in beginning watercolor is recommended. All supplies are included.

A-PA63 Lifelong Learning \$88
Session-3 Day-Mo 11/18-12/02
8:30 AM-11:30 AM Wills, Kathleen

EXPANDING WATERCOLOR CONCEPTS

Do you want to advance your watercolor skills? This class offers a continuation from the basics into more techniques to enhance your practice. Each class will cover a new technique or concept building on your foundation. Expect to create more in-depth artwork and expand your skills! Prior watercolor instruction is recommended. All supplies are included.

A-PA57 Lifelong Learning \$165
Session-6 Day-We 11/06-12/11
12:30 PM-3:30 PM Wills, Kathleen

SUMI-E: THE FOUR GENTLEMAN

Learn the art of Japanese Sumi (Black ink) -E (painting). You will learn the history of Asian Brush painting and how Sumi-E differs from Chinese painting, with a concentration on the classic paintings of the Four Gentlemen, also known as the Four Seasons: Plum, Orchid, Bamboo, and Chrysanthemum. This class builds on the strokes learned in The Art of Chinese Calligraphy, though that is not a requirement for this class. Each student will receive the basic supplies to take home (felt, paper, brush, and ink).

A-PA87 Lifelong Learning \$105
Session-4 Day-Mo 10/28-11/18
1:00 PM-3:00 PM Sparks, Jane

BEGINNING ACRYLIC PAINTING

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

A-PA22 Lifelong Learning \$128
Session-6 Day-Th 11/07-12/19
1:30 PM-4:00 PM Miller, Scott

ACRYLIC PAINT POUR: DUTCH POUR

Acrylic paint pouring is a method in which thinned paints are poured onto a surface and then manipulated to create colorful, feathery designs. This simple, relatively inexpensive fluid art form is easy to learn, requires no previous painting experience, and produces striking pieces in a short amount of time. During this class, you will experiment with Dutch Pour—a technique that uses a straw, hairdryer, or other implements to blow and blend extra-thin paint across a slightly thicker base coat. Participants will create two canvases, which can be picked up 72 hours after class. Prior experience with paint pouring is recommended but not required, as we will briefly review the basic materials and preparations used in acrylic paint pouring. All supplies are included.

A-PA90 Lifelong Learning \$98
Session-1 Day-Fr 11/08-11/08
9:00 AM-3:30 PM Smith, Arielle

NEW COLLAGED HOLIDAY CARDS WITH ACRYLIC PAINT SKINS

Learn to use acrylic paint skins, decorative paper, and other collage materials to create a set of four Holiday cards. Acrylic paint pouring is often tilted or blown off a canvas or other surface, leaving a puddle of excess paint at the end of a pour. If left to dry and cure, this paint creates a thin, colorful veneer or 'skin' that can be cut up and used in future projects. Some paint skins and collage materials will be provided, but you are encouraged to bring your own if you have them! All supplies are included, and all levels are welcome.

A-PA89 Lifelong Learning \$50
Session-1 Day-Fr 12/06-12/06
10:00 AM-2:00 PM Smith, Arielle

FALL BEAUTY IN GOUACHE!

Learn how to capture all the beauty that fall brings in this gouache (gwash) painting class. Gouache is an approachable form of opaque water-soluble painting. Either expand your technique or approach gouache as a new medium! Take your inspiration from our mountains, rivers, and changing fall lights! All supplies are included, and all levels are welcome.

A-PA91 Lifelong Learning \$143
Session-6 Day-Tu 11/11-12/17
1:00 PM-3:30 PM Miller, Scott

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 \$73
Session-4 Day-Mo 11/25-12/16
6:00 PM-8:00 PM Chambers, Blaise

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 Lifelong Learning \$80
Session-1 Day-Sa 11/02-11/02
9:30 AM-4:00 PM Snider, Stephanie

STAINED GLASS: COPPER FOIL

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

A-GL06.2 Lifelong Learning \$93
Session-3 Day-Mo 10/07-10/21
10:00 AM-1:00 PM Snider, Stephanie

A-GL06.1 Lifelong Learning \$93
Session-3 Day-Fr 11/01-11/15
5:30 PM-8:30 PM Snider, Stephanie

A-GL06.2 Lifelong Learning \$93
Session-3 Day-Th 11/07-11/21
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-GL01.2 Lifelong Learning \$165
 # Session-5 Day-We 10/16-11/13
 10:00 AM-1:00 PM Snider, Stephanie

PURSuing THE ART OF STAINED GLASS

This studio class builds on your beginning stained glass skills with individualized instruction based on your project, with a great workspace and tools to design and complete your art! You will work on the project of your choice using the lead or copper foil technique and get expert assistance in design, glass selection, basic skill improvement, and specialized techniques. Before the class, contact the instructor for advanced project development or wait until the first session for ideas and guidance. Please note that materials are not included in this class. Prerequisite: Any beginning stained glass class or equivalent experience with instructor permission.

A-GL05 Lifelong Learning \$178
 # Session-6 Day-Tu 10/29-12/03
 5:30 PM-9:00 PM Patten, Catherine

NEW STAINED GLASS: SNOWFLAKES

Learn the art of stained glass with bevels by creating your own unique snowflake design. Under the guidance of experienced instructors, you'll learn essential techniques, including foiling, soldering, and patina. The bevels will catch the light and create a stunning, iridescent effect. Your snowflake will be a genuine work of art, showcasing the beauty and complexity of stained glass with bevels.

A-GL19 Lifelong Learning \$83
 # Session-1 Day-Th 12/05-12/05
 9:00 AM-4:00 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-We 12/11-12/18
 6:00 PM-9:00 PM Patten, Catherine

EXPLORE GLASS FUSING: THE DIMENSIONAL PENDANT

This class will focus on working small and creating texture by using dichroic glass and a lower percentage of melt. In the first session, students will design two pendants and load the kiln. In the second session, students will glue on a silver bail and attach it to a 24-inch black chord. Alternative methods of creating pendants, design possibilities, and sources for materials will be covered. Students will leave the second session with two pendants ready to wear.

A-GL17 Lifelong Learning \$80
 # Session-2 Day-Th 11/14-11/21
 6:00 PM-9:00 PM Patten, Catherine

EXPLORE GLASS FUSING: DESIGNING WITH REACTIONS

Some glasses contain chemicals that interact with each other when fired in the kiln, allowing for unique patterns and interesting results. Designing with these possibilities is both exciting and surprising! You will explore reactions by creating small test tiles in the first session, followed by the creation of a 6-inch plate in the second. The plate will then be fused and slumped by the third session. All supplies and tools are included. Prerequisite: Introduction to Glass Fusing or instructor approval.

A-GL14 Lifelong Learning \$90
 # Session-2 Day-Mo 11/18-11/25
 6:00 PM-9:00 PM Patten, Catherine

NEW GLASS FUSING: WINTER ORNAMENTS

Create a beautiful glass-fused winter decoration for your home in this introductory class. You'll have the chance to try your hand at glass fusing and leave with a one-of-a-kind art piece, perfect for catching the light of a holiday tree or the glow of winter moonlight. All supplies are included, and all levels are welcome. Please allow one week for work to be picked up.

A-GL18 Lifelong Learning \$53
Session-1 Day-We 12/04-12/04
6:00 PM-9:00 PM Patten, Catherine

NEW 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

NEW THE GRATITUDE WREATH

Join us for a grounding in gratitude workshop as we celebrate and honor the harvest season through the crafting of a gratitude harvest wreath. Each guest will bring home their own personally crafted harvest wreath using dried dusty miller representing the forthcoming winter season adorned with dried florals representing the harvest. All flowers were grown locally. The technique involves pinning the materials into a straw wreath.

A-CR41 Frenchtown \$52
Session-1 Day-Mo 11/11-11/11
6:30 PM-8:30 PM Davidson, Molly

NEW HOLIDAY WREATH MAKING

Create your own beautiful Holiday Wreath. With guidance, you will use sustainable and ethically foraged flowers, herbs, and greenery to create a modern holiday wreath. With a focus on innovative design concepts, this natural wreath will complement your decor throughout the winter. This workshop is accessible for novice to experienced floral designers and plant enthusiasts alike. All supplies are included.

A-CR40 Lifelong Learning \$90
Session-1 Day-Th 12/12-12/12
6:00 PM-8:00 PM Lafontaine, Melissa

SAVE \$5.00

Per Class with
Early Bird Registration!

PRINTMAKING WORKSHOP

Linoleum block printmaking is a type of relief printing. This is done by cutting or carving a design into linoleum, rolling ink on the linoleum, and transferring the ink to a surface. During 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 11/23-11/23
10:00 AM-3:00 PM Radloff, Kaitlynn

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 \$85
Session-3 Day-Mo 10/28-11/11
5:30 PM-7:30 PM Radloff, Kaitlynn

NEW PRINTED HOLIDAY CARDS

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. You will learn the entire printing process from image design, carving, proof printing, and finally, creating a small edition of your final image. This image will be printed on 5x7 inch card-stock cards with matching envelopes. You will leave with a set of 4-8 cards. Please come prepared with final holiday image ideas and/or reference photos. All supplies are included, and all levels are welcome.

A-CR38 Lifelong Learning \$50
Session-1 Day-Sa 11/16-11/16
10:00 AM-1:30 PM Radloff, Kaitlynn

INTRODUCTION TO SOLDERING

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

A-JE014 Lifelong Learning \$110
Session-1 Day-Fr 11/01-11/01
9:00 AM-3:30 PM Miller, Dona

SIMPLE PRONG SETTING

Whether you prefer an organic, rustic style, a refined, elegant one, or something in between, stone can be the perfect inspiration for your design. Refresh your sawing and soldering skills while exploring ways to create prong settings for stone slices. You will explore various prong styles, each offering a unique look to your settings. This set of skills can open up your design options and take your creations to the next level. You must have completed Basic Silver Smithing and Intro to Soldering, or have experience working with a jeweler's saw and torch. Bring a sack lunch.

A-JE25 Lifelong Learning \$123
Session-1 Day-Mo 12/02-12/02
10:00 AM-4:30 PM Miller, Dona

SPINNER RING

Create a spinner ring in Sterling Silver! Learn the basics of cutting, soldering, texturing, and forming a basic ring band as well as the stack rings that make up the spinners. These techniques are the basis for many ring styles. You will make the central ring band and then create the rings that float around the central band to create the spinners. These rings are also known as meditation or fidget rings. Leave with your new creation on your finger or make one for a friend. You should have some experience with a torch and soldering for this class. Basic Silversmithing and Intro to Soldering are highly recommended.

A-JE14 Lifelong Learning \$120
Session-1 Day-Fr 12/06-12/06
9:00 AM-3:30 PM Miller, Dona



SPECIAL INTEREST

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-We 11/06-11/20
6:00 PM-8:00 PM Coley, Noelle

S-FISH04.2 Lifelong Learning \$58
Session-3 Day-Tu 12/03-12/17
6:00 PM-8:00 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 11/13-11/13
10:00 AM-2:00 PM Vargas, Racheal

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

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 WATERFOWL IDENTIFICATION 101

Have you ever visited Lee Metcalf National Wildlife Refuge in Stevensville to bird-watch? Every fall and spring, thousands of waterfowl, including ducks, grebes, swans, coots, and white pelicans, pass through for migration, resting on several large ponds. In this 2-part class, we will start with a classroom session to learn how to identify approximately 30 species of waterfowl by examining their shape, color, and behavior. On Saturday morning, we will visit the refuge to practice our skills.

S-LND38 Lifelong Learning \$43
#Session-2Day-We/Sa 10/30-11/02
We 4:00 PM-6:00 PM
Sa 10:00 AM-12:30 PM Ulev, Elena

SPECIAL INTEREST

CIVILIAN RESPONSE TO ACTIVE SHOOTER EVENTS

This class is taught by local law enforcement, and is designed for businesses and community members to take a proactive approach to their safety in the event of an active shooter or violent intrusion. The Civilian Response to Active Shooter Events (CRASE) course was designed and built on the Avoid, Deny Defend (ADD) strategy developed by Advanced Law Enforcement Rapid Response Training (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-MISC61.4 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

S-MISC61.1 Lifelong Learning FREE
Session-1 Day-Th 11/21-11/21
10:00 AM-12:30 PM PD, Missoula

S-MISC61.2 Lifelong Learning FREE
Session-1 Day-Mo 12/02-12/02
5:30 PM-8:00 PM PD, Missoula

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

MINIMALISM FOR BEGINNERS

Learn more about a minimalist lifestyle with our course that guides you through decluttering just in time for the spring cleaning season! Explore various styles of minimalism to find what suits you best, debunk common clutter-keeping myths, and learn effective decluttering strategies adaptable to any lifestyle. Discover maintenance strategies that will keep you on track with your minimalist journey, and gain access to valuable resources and online communities for ongoing support in your pursuit of a clutter-free life.

S-ORG11 Lifelong Learning \$20
Session-1 Day-Fr 11/22-11/22
6:00 PM-8:00 PM Kunkle, Tandy

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

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

NEW YOGIC PHILOSOPHY: THE 5 KOSHAS

Delve into the study of Yogic Philosophy. Enhance your personal yoga or meditation practice by learning about the 5 Koshas or sheaths of the body. Each week you will discover how to get into harmony with these layers. We will read from both Vedantic texts and modern literature to gain a better understanding of your physical, emotional, and mental bodies.

S-PE52 Lifelong Learning \$43
 # Session-5 Day-Th 11/07-12/12
 4:15 PM-5:15 PM Crouch, Kate



NEW MASSAGE WORKSHOP

Learn basic massage techniques and their benefits, including pain relief, injury treatment, and relaxation. Professional massage tables will be used for hands-on demonstrations, with presentations on anatomy and wellness. Wear comfortable clothing and bring a set of twin sheets for added comfort. Partners are required, and the price is per person.

S-MA03 Lifelong Learning \$22
 # Session-1 Day-Sa 11/16-11/16
 10:00 AM-12:00 PM Fiske, Jay

S-MA03.2 Lifelong Learning \$22
 # Session-1 Day-Th 12/12-12/12
 6:00 PM-8:00 PM Fiske, Jay

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

Why Register Early?

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

SPECIAL INTEREST

PARENTING

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



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

COMMUNICATE SO THEY WILL HEAR YOU

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

P-FF25 Meadow Hill MS FREE
Session-1 Day-Tu 11/05-11/05
6:00 PM-8:00 PM Families, First

POSITIVE PARENTING PRACTICES

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

P-FF19 Jefferson School FREE
Session-1 Day-We 12/04-12/04
6:00 PM-8:00 PM Families, First

Families First Annual Banquet & COMEDY NIGHT

November 19th, 2024

A night of stand-up comedy
about the joys of parenting.

a signature event of



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Call us at 406-549-8765

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: 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

YOU AND YOUR CHILD: CHRISTMAS CUPCAKE DECORATING!

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

P-PC27 Lifelong Learning \$35
Session-1 Day-Sa 11/23-11/23
10:00 AM-12:00 PM Birdsell, Becca

NEW YOU AND YOUR CHILD: CREATING HOLIDAY COLLAGE CARDS!

You and your child can create hand-crafted holiday greeting cards that will be a great complement to any gift. We will use a variety of media to create collage-inspired cards, allowing you to add a personal touch. The supplies for the cards will be holiday-themed. The class fee includes all materials and tools. One child (8-14 years old) per parent.

P-PC07 Lifelong Learning \$18
Session-1 Day-Sa 11/23-11/23
1:00 PM-3:00 PM Kunkle, Tandy



HEALTH & SAFETY

HEARTSAVER® COMBINATION FIRST AID WITH CPR

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

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

H-CPR03.4 Lifelong Learning \$100
Session-1 Day-Sa 11/02-11/02
8:30 AM-3:00 PM Mandell, Liz

H-CPR03.5 Lifelong Learning \$100
Session-2 Day-Tu/Th 12/10-12/12
5:30 PM-9:00 PM Haack, Leila

HEARTSAVER® PEDIATRIC FIRST AID/CPR/AED

This course is designed to meet regulatory requirements for childcare and for those who want to be prepared in the event of an emergency. In this class, you will learn hands-on techniques to respond 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-1 Day-Sa 10/12-10/12
8:30 AM-3:00 PM Mandell, Liz

H-CPR03.4a Lifelong Learning \$100
Session-1 Day-Sa 11/02-11/02
8:30 AM-3:00 PM Mandell, Liz

H-CPR05.a Lifelong Learning \$100
Session-2 Day-Tu/Th 12/10-12/12
5:30 PM-9:00 PM Haack, Leila

BASIC LIFE SUPPORT (BLS) - CPR AND AED

The American Heart Association® (BLS) course is designed for healthcare professionals and others who need to know how to perform CPR and basic cardiovascular life support skills in 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-Th 11/21-11/21
5:00 PM-9:30 PM Roper, Lisa Rae

H-CPR04.4 Lifelong Learning \$70
Session-1 Day-Mo 12/09-12/09
5:00 PM-9:30 PM Haack, Leila



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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
 5:30 PM-9:00 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-8:30 PM Hill, Jana

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.

- Fast-paced hybrid program (virtual and in-person) for experienced learners.
- Prepares students for both administrative and clinical medical assistant credentials.
- Virtual classes on most Tuesday and Thursday evenings.
- In-person meetings in Missoula on six Saturdays: Jan 18, Feb 1, Feb 22, Mar 8, Mar 29, Apr 26.
- In-person exams on April 1 and May 15.
- Eligible for the Certified Clinical Medical Assistant (CCMA) and Certified Medical Administrative Assistant (CMAA) exams through the National Healthcare Association (NHA).

Tuition includes textbook and exam fees. H-MA01 Lifelong Learning \$1,795
Session-41 Day-Tu/Th 01/18-05/15
6:00 PM-9:00 PM Roper, Lisa Rae



CERTIFIED MEDICAL ADMINISTRATIVE ASSISTANT (CMAA) - HYBRID

As a front office certified medical administrative assistant, you will help keep healthcare offices running efficiently and effectively. Front office staff members are the first to greet patients and can help set the stage for a quality patient experience. In this hybrid course, you will meet with your instructor virtually on Tuesday and Thursday 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. In addition, testing on Thursday, May 15 is an in person requirement. 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



Fitness At A Glance...

MONDAY

Mo	7:00 AM	Pilates Barre Fusion
Mo	7:00 AM	Intermediate Pickleball
Mo	8:45 AM	Barre Yoga Fusion: Intermed
Mo	8:45 AM	Barre Yoga Fusion: Intermed - Zoom
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	9:30 AM	Easy Rider Indoor Cycling
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	11:00 AM	Intermediate Pickleball
Mo	12:00 PM	CoreAlign® Continuing
Mo	12:15 PM	OULA Power Express
Mo	1:00 PM	Introduction to Pickleball
Mo	1:00 PM	Strategic Dinking
Mo	3:30 PM	Back in Motion
Mo	4:15 PM	Pilates Reformer Found
Mo	4:30 PM	UPLIFT
Mo	4:30 PM	Foundations of Mat Pilates
Mo	4:30 PM	Gentle Yoga
Mo	5:30 PM	CoreAlign® Continuing
Mo	5:45 PM	Barre Strength & Balance
Mo	5:45 PM	Strength and Core Intervals
Mo	5:45 PM	SHiNE Dance Fitness
Mo	5:45 PM	Yoga for the "Working Stiffs"
Mo	6:45 PM	Indoor Cycle Training
Mo	7:00 PM	Beginning Country Swing Dance

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® Foundations
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 and FIT
Tu	10:30 AM	Over 50 and 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	Continuing Salsa Dance
Tu	6:45 PM	CoreAlign® Foundations
Tu	7:00 PM	Pickleball Skills & Drills
Tu	7:30 PM	Beginning Salsa Dance



WEDNESDAY

We	6:00 AM	Cycle Blast
We	7:00 AM	Beginning Pickleball
We	8:15 AM	Cycling HIIT w/ 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	10:15 AM	Beginner's Qigong (Chi-gong)
We	10:30 AM	Beginning Aerial Fitness
We	10:30 AM	Power Yoga
We	10:45 AM	CoreAlign® Continuing
We	10:45 AM	Small Group Fitness
We	12:00 PM	Introduction to Barre
We	12:00 PM	Pilates Reformer Found
We	12:15 PM	Pickleball Skills & Drills
We	1:45 PM	Pickleball Skills & Drills
We	4:15 PM	Pilates Reformer Continuing
We	4:30 PM	UPLIFT
We	4:30 PM	Cycle & Stretch
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 and FIT
We	5:45 PM	OULA
We	5:45 PM	Beginning Yoga
We	7:00 PM	Intro to Country Line Dancing
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	8:45 AM	Barre Yoga Fusion - Zoom
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 and FIT
Th	11:15 AM	CoreAlign® Continuing
Th	12:00 PM	Beginning Pickleball
Th	12:30 PM	Pilates Reformer Found/ Cont
Th	1:30 PM	Intermediate Pickleball
Th	3:00 PM	Yoga Align and Strong
Th	4:15 PM	Aerial Yoga
Th	4:15 PM	Pilates Reformer Continuing
Th	4:30 PM	UPLIFT
Th	4:30 PM	Foundations of Mat Pilates
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	7:00 PM	Introduction to Pickleball
Th	7:00 PM	Open Play Pickleball
Th	7:00 PM	Strategic Dinking

FRIDAY

Fr	6:00 AM	Yoga Sculpt
Fr	8:30 AM	Beginning Pickleball
Fr	9:00 AM	Pilates Reformer Found
Fr	9:00 AM	Gentle Yoga
Fr	9:30 AM	Intermediate Pickleball
Fr	10:15 AM	Mat Pilates
Fr	10:30 AM	Self Myofascial Release
Fr	11:00 AM	Intermediate Pickleball
Fr	12:00 PM	CoreAlign® Foundations
Fr	12:00 PM	Introduction to Barre
Fr	1:00 PM	Open Play Pickleball
Fr	1:30 PM	Ageless Movements
Fr	5:00 PM	Self Myofascial Release
Fr	5:15 PM	Strength & Core Intervals
Fr	5:30 PM	UPLIFT
Fr	5:30 PM	Replenishing Sound Bath
Fr	7:00 PM	Stress Reduction
Fr	7:00 PM	Intermediate Pickleball

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 10/29-12/17
6:00 AM-7:00 AM Sedgwick, Kelly

F-CAR08.R Lifelong Learning \$31
Session-7 Day-Th 10/31-12/19
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.M Lifelong Learning \$35
Session-8 Day-Mo 10/28-12/16
5:45 PM-6:45 PM Sanfilippo, Erin

F-CAR57.F Lifelong Learning \$31
Session-7 Day-Fr 11/01-12/20
5:15 PM-6:15 PM Sanfilippo, Erin

SMALL GROUP FITNESS

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 equipment such as weights, benches, BOSU, TRX, and ladders. Bring water, a sweat towel, and a yoga mat.

F-MOV15 Lifelong Learning \$58
Session-7 Day-We 10/30-12/18
10:45 AM-11:45 AM Knell, Nora

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 \$76
Session-15 Day-Tu/Th 10/29-12/19
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 10/29-12/17
10:30 AM-11:45 AM Knell, Nora

F-CAR02.W Lifelong Learning \$35
Session-8 Day-We 10/30-12/18
5:45 PM-6:45 PM Sanfilippo, Erin

F-CAR02.R Lifelong Learning \$31
Session-7 Day-Th 10/31-12/19
10:30 AM-11:30 AM Knell, Nora

OVER 50 AND FIT - ZOOM

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

F-CAR02Z.T Virtual \$43
Session-8 Day-Tu 10/29-12/17
10:30 AM-11:45 AM Knell, Nora

OVER 60 BALANCE, STRENGTHEN & 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 Therabands, 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 \$31
 # Session-7 Day-Th 10/31-12/19
 10:15 AM-11:15 AM Adams, Missy

OVER 60 BALANCE, STRENGTHEN & 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 \$31
 # Session-7 Day-Th 10/31-12/19
 10:15 AM-11:15 AM Adams, Missy

INTRODUCTION TO BARRE

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

F-CAR63.W Lifelong Learning \$35
 # Session-8 Day-We 10/30-12/18
 12:00 PM-1:00 PM Kerber, Jenifer

F-CAR63.F Lifelong Learning \$31
 # Session-7 Day-Fr 11/01-12/20
 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.M Lifelong Learning \$35
 # Session-8 Day-Mo 10/28-12/16
 10:15 AM-11:15 AM Adams, Missy

F-CAR14.T1 Lifelong Learning \$35
 # Session-8 Day-Tu 10/29-12/17
 9:00 AM-10:00 AM Johnson, Lisa

F-CAR14.T2 Lifelong Learning \$35
 # Session-8 Day-Tu 10/29-12/17
 5:30 PM-6:30 PM Hathaway, Erin

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 \$35
 # Session-8 Day-Mo 10/28-12/16
 10:15 AM-11:15 AM Adams, Missy

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 10/30-12/18
 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 10/30-12/18
 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 \$35
 # Session-8 Day-Mo 10/28-12/16
 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 \$39
 # Session-7 Day-Th 10/31-12/19
 8:45 AM-10:00 AM Adams, Missy

BARRE YOGA FUSION - ZOOM

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

F-CAR28Z.R Virtual \$39
 # Session-7 Day-Th 10/31-12/19
 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 \$43
 # Session-8 Day-Mo 10/28-12/16
 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 \$43
 # Session-8 Day-Mo 10/28-12/16
 8:45 AM-10:00 AM Adams, Missy



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 \$35
 # Session-8 Day-Mo 10/28-12/16
 10:30 AM-11:30 AM Gourguechon, Paul

BEGINNER'S QIGONG (CHI-GONG)

A classic form of Chinese moving meditation, Qigong is a 5,000-year-old 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 10/30-12/18
 10:15 AM-11:15 AM Cho, Young-ee

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 10/30-12/18
 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 \$58
 # Session-7 Day-Fr 11/01-12/20
 1:30 PM-2:30 PM Kerber, Jenifer

DYNAMIC STRENGTH FOR THE ACTIVE AGING

This workshop is designed for the aging population that is already active. This workshop is designed to show you how to build and maintain strength, stability, and mobility. Whether you have a desire to increase endurance for activities of daily living, or sports-specific training, you will walk away with drills and movement patterns you can implement in your training and give you a fresh, invigorating perspective on the aging process. What to Bring: Sweat Towel, Athletic shoes, Mat, water bottle.

F-MISC26 Lifelong Learning \$13
Session-1 Day-Sa 11/02-11/02
9:00 AM-10:30 AM Graef, Denise

BACK IN MOTION

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

F-MOV11 Lifelong Learning \$58
Session-7 Day-Mo 10/28-12/16
3:30 PM-4:30 PM Hodges, Mari

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 10/29-12/17
9:45 AM-10:45 AM Rehbein, Toni

F-MOV07.R Lifelong Learning \$58
Session-7 Day-Th 10/31-12/19
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 \$58
Session-7 Day-Fr 11/01-12/20
10:30 AM-12:00 PM Smith, Lucinda

AUTUMN UNWIND: SELF MYOFASCIAL RELEASE WORKSHOP

Learn how to release tension and actively relax in this evening workshop. Be guided through movements using therapy balls for deep tissue and trigger point treatment. Participants will receive their own set of therapy balls and comprehensive worksheets, empowering you to practice and apply these techniques at home. Whether you're new to myofascial release or looking to deepen your practice, this session will provide valuable tools for self-care and recovery. Bring a yoga mat and a water bottle.

F-MISC27 Lifelong Learning \$35
Session-1 Day-Fr 11/22-11/22
5:00 PM-7:00 PM Smith, Lucinda

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

F-MISC23.F1Lifelong Learning \$20
 # Session-1 Day-Fr 11/08-11/08
 7:00 PM-9:00 PM Waters, Susan

F-MISC23.F2Lifelong Learning \$20
 # Session-1 Day-Fr 12/06-12/06
 7:00 PM-9:00 PM Waters, Susan



NEW REPLENISHING SOUND BATH

Nurture your mind and body with a Replenishing Sound Bath. The experience begins with guided gentle movement and focus on the breath, then relaxing with a soothing sound bath. Sound bath sounds include crystal singing bowls C, F, and G notes, and chimes. This is the time for you to unplug from external stimuli for deep rest and replenishment. The less-structured sounds in a sound bath allow the listener to release, refresh, and go deeper into their own experience. Sound bath benefits include stress reduction, better quality of sleep, and improved mood. No experience is necessary. Bring a Yoga mat.

F-MISC25 Lifelong Learning \$20
 # Session-1 Day-Fr 11/15-11/15
 5:30 PM-6:30 PM Wyche, Marla

YOGA FOR MOBILITY

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

F-YOG42.T Lifelong Learning \$35
 # Session-8 Day-Tu 10/29-12/17
 9:00 AM-10:00 AM Crouch, Kate

YOGA FOR MOBILITY - ZOOM

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

F-YOG42Z.T Virtual \$35
 # Session-8 Day-Tu 10/29-12/17
 9:00 AM-10:00 AM Crouch, Kate

BEGINNING YOGA

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

F-YOG33.W Lifelong Learning \$35
 # Session-8 Day-We 10/30-12/18
 5:45 PM-6:45 PM Caldwell, Sherie

Why Register Early?

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

GENTLE YOGA

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

F-YOG01.M Lifelong Learning \$35
 # Session-8 Day-Mo 10/28-12/16
 4:30 PM-5:30 PM Caldwell, Sherie

F-YOG01.M2 Frenchtown \$44
 # Session-8 Day-Mo 10/28-12/16
 5:45 PM-6:45 PM Cash, Pearl

F-YOG01.T Lifelong Learning \$35
 # Session-8 Day-Tu 10/29-12/17
 4:30 PM-5:30 PM Crow, Renee

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

F-YOG01.R1 Lifelong Learning \$31
 # Session-7 Day-Th 10/31-12/19
 9:00 AM-10:00 AM Crouch, Kate

F-YOG01.R2 Lifelong Learning \$31
 # Session-7 Day-Th 10/31-12/19
 4:30 PM-5:30 PM Wyche, Marla

F-YOG01.F Lifelong Learning \$39
 # Session-7 Day-Fr 11/01-12/20
 9:00 AM-10:15 AM Cho, Young-ee

GENTLE YOGA - ZOOM

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

F-YOG01Z.R1 Virtual \$31
 # Session-7 Day-Th 10/31-12/19
 9:00 AM-10:00 AM Crouch, Kate

SAVE \$5.00

Per Class with
 Early Bird Registration!

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 10/29-12/17
 10:15 AM-11:30 AM Crouch, Kate

SUNRISE YOGA

Start your day off right with this early morning yoga class. This practice combines the flow of sun salutations with strength, balance, and flexibility poses. After each session, you will depart with an enhanced sense of clarity, alignment, and tranquility. All levels are welcome. A yoga mat is required.

F-YOG02.T Lifelong Learning \$44
 # Session-8 Day-Tu 10/29-12/17
 6:00 AM-7:00 AM Smith, Lucinda

F-YOG02.R Lifelong Learning \$40
 # Session-7 Day-Th 10/31-12/19
 6:00 AM-7:00 AM Smith, Lucinda

YIN YOGA

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

F-YOG03.M Lifelong Learning \$43
 # Session-8 Day-Mo 10/28-12/16
 9:00 AM-10:15 AM Caldwell, Sherie

F-YOG03.T2 Lifelong Learning \$35
 # Session-8 Day-Tu 10/29-12/17
 5:45 PM-6:45 PM Matthias, Kimberly

YIN YOGA ZOOM

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

F-YOG03Z.M Virtual \$43
 # Session-8 Day-Mo 10/28-12/16
 9:00 AM-10:15 AM Caldwell, Sherie



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 \$44
 # Session-8 Day-Mo 10/28-12/16
 4:15 PM-5:15 PM Sears, Laurel

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 10/30-12/18
 9:00 AM-10:15 AM Caldwell, Sherie

YOGA FOR THE "WORKING STIFFS"

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

F-YOG19.M Hellgate EL \$44
 # Session-8 Day-Mo 10/28-12/16
 5:45 PM-6:45 PM Sears, Laurel

F-YOG19.M1 Lifelong Learning \$35
 # Session-8 Day-Mo 10/28-12/16
 5:45 PM-6:45 PM Caldwell, Sherie

F-YOG19.R Lifelong Learning \$31
 # Session-7 Day-Th 10/31-12/19
 5:45 PM-6:45 PM Wyche, Marla

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 \$31
 # Session-7 Day-Th 10/31-12/19
 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 \$31
 # Session-7 Day-Fr 11/01-12/20
 6:00 AM-7:00 AM Sedgwick, Kelly

POWER YOGA

Power Yoga is a vinyasa-style yoga class that connects breath to movement through a dynamic sequence of poses designed to build endurance, strength, stability, and equanimity. This practice offers the experience of a moving meditation that flows through a diversity of postures while providing steady and deliberate transitions between the poses. This class is for anyone interested in a powerful and invigorating yoga practice that is grounded in mindful movement.

F-MOV14.W Lifelong Learning \$35
 # Session-8 Day-We 10/30-12/18
 10:30 AM-11:30 AM Smith, Lucinda

NEW BEGINNING AERIAL FITNESS

Improve your strength, coordination, and balance while learning basic skills in Aerial Fitness. You will use an aerial hammock for various exercises. Expect to move from a mat on the floor into the hammock working into supported inversions. No experience is necessary. Wear clothing that allows your body to move freely. Bring water.

F-AF01 Lifelong Learning \$62
 # Session-8 Day-We 10/30-12/18
 10:30 AM-11:30 AM Caplis, Dylan

AERIAL YOGA

Aerial Yoga uses a looped fabric (hammock) that is connected at two points on an overhead beam. 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 \$71
 # Session-8 Day-Tu 10/29-12/17
 10:30 AM-11:45 AM Warr, Caitlin

F-AF02.W Lifelong Learning \$71
 # Session-8 Day-We 10/30-12/18
 5:45 PM-7:00 PM Warr, Caitlin

F-AF02.R Lifelong Learning \$67
 # Session-7 Day-Th 10/31-12/19
 4:15 PM-5:30 PM Warr, Caitlin

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 \$35
 # Session-8 Day-Mo 10/28-12/16
 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.M Lifelong Learning \$35
 # Session-8 Day-Mo 10/28-12/16
 4:30 PM-5:30 PM Ludwig, Shannon

F-PIL14.R Lifelong Learning \$31
 # Session-7 Day-Th 10/31-12/19
 4:30 PM-5:30 PM 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.

F-PIL02.T Lifelong Learning \$28
 # Session-8 Day-Tu 10/29-12/17
 1:30 PM-2:15 PM Crouch, Kate

F-PIL02.F Lifelong Learning \$31
 # Session-7 Day-Fr 11/01-12/20
 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-8 Day-Mo 10/28-12/16
 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.M Lifelong Learning \$35
 # Session-8 Day-Mo 10/28-12/16
 4:30 PM-5:30 PM Dolan, Lizzie

F-CAR62.T Lifelong Learning \$35
 # Session-8 Day-Tu 10/29-12/17
 5:45 PM-6:45 PM Dolan, Lizzie

F-CAR62.W Lifelong Learning \$35
 # Session-8 Day-We 10/30-12/18
 4:30 PM-5:30 PM Rossmiller, Stacey

F-CAR62.W2 Frenchtown \$25
 # Session-7 Day-We 10/30-12/18
 6:30 PM-7:30 PM Hallgrimson, Anna

F-CAR62.R Lifelong Learning \$31
 # Session-7 Day-Th 10/31-12/19
 4:30 PM-5:30 PM Dolan, Lizzie

F-CAR62.F Lifelong Learning \$31
 # Session-7 Day-Fr 11/01-12/20
 5:30 PM-6:30 PM Rossmiller, Stacey

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 \$31
 # Session-7 Day-Th 10/31-12/19
 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.M Lifelong Learning \$35
 # Session-8 Day-Mo 10/28-12/16
 5:45 PM-6:45 PM Dolan, Lizzie

F-DAN21.T Lifelong Learning \$35
 # Session-8 Day-Tu 10/29-12/17
 4:30 PM-5:30 PM Dolan, Lizzie

F-DAN21.R Frenchtown \$25
 # Session-7 Day-Th 10/31-12/19
 6:30 PM-7:30 PM Hallgrimson, Anna

SMASH

Turn up the heat with SMASH (Sensual Movement And Spiritual Healing)! This choreographed dance and conditioning class begins with a short group discussion and then heats up with uninhibited movement to hip-hop and pop music (explicit lyrics possible). Reconnect with your sensual and spiritual self! Please remember to bring your yoga mat.

F-DAN26.W Lifelong Learning \$20
 # Session-4 Day-We 10/30-11/20
 7:00 PM-8:00 PM Eubank, Tayler

F-DAN26.W2 Lifelong Learning \$20
 # Session-4 Day-We 11/27-12/18
 7:00 PM-8:00 PM Eubank, Tayler



OULA.ONE

Oula.One is a heart-based, musically-inspired yoga 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 \$31
 # Session-7 Day-Th 10/31-12/19
 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 10/29-12/17
 4:30 PM-5:30 PM Rossmiller, Stacey

F-DAN02.W Lifelong Learning \$35
 # Session-8 Day-We 10/30-12/18
 5:45 PM-6:45 PM Loobey, Jennifer

F-DAN02.R Lifelong Learning \$31
 # Session-7 Day-Th 10/31-12/19
 5:35 PM-6:35 PM Rossmiller, Stacey

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-8 Day-Mo 10/28-12/16
 12:15 PM-12:45 PM Kirk, Melissa



INTRODUCTION TO COUNTRY LINE DANCING

Learn the basics of popular line dances, perfect for beginners with no dance experience. This class will focus on learning some of the most common line dances you'll encounter at social events and live music venues. Each week, the dances will increase in complexity with more steps and faster tempos. You'll also learn how to count music along with common footwork sequences seen in line dances across the country.

F-CD08 Lifelong Learning \$43
 # Session-8 Day-We 10/30-12/18
 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 10/28-12/16
 7:00 PM-8:15 PM Childers, Nicole

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 10/29-12/17
 7:30 PM-8:45 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 10/29-12/17
 6:00 PM-7:15 PM Corbin, Jennifer

Pilates REFORMER

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. You must be able to get up and down from the floor and the Reformer without assistance. This class is a prerequisite to taking Pilates Reformer Continuing.

F-PR01.M1 Lifelong Learning \$150
Session-8 Day-Mo 10/28-12/16
10:15 AM-11:15 AM Hedstrom, Jeanine

F-PR01.M2 Lifelong Learning \$150
Session-8 Day-Mo 10/28-12/16
4:15 PM-5:15 PM McQuarrie, Devan

F-PR01.T Lifelong Learning \$150
Session-8 Day-Tu 10/29-12/17
10:15 AM-11:15 AM Hedstrom, Jeanine

F-PR01.T2 Lifelong Learning \$150
Session-8 Day-Tu 10/29-12/17
11:30 AM-12:30 PM Hedstrom, Jeanine

F-PR01.W Lifelong Learning \$135
Session-7 Day-We 10/30-12/18
12:00 PM-1:00 PM Knell, Nora

F-PR01.R1 Lifelong Learning \$135
Session-7 Day-Th 10/31-12/19
8:30 AM-9:30 AM Knell, Nora

F-PR01.F Lifelong Learning \$135
Session-7 Day-Fr 11/01-12/20
9:00 AM-10:00 AM Hedstrom, Jeanine

F-PR01.R2 Lifelong Learning \$120
Session-6 Day-Th 11/07-12/19
10:00 AM-11:00 AM Graef, Denise

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.R1 Lifelong Learning \$120
Session-6 Day-Th 11/07-12/19
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.M Lifelong Learning \$150
Session-8 Day-Mo 10/28-12/16
9:00 AM-10:00 AM Hedstrom, Jeanine

F-PR02.R Lifelong Learning \$135
Session-7 Day-Th 10/31-12/19
4:15 PM-5:15 PM McQuarrie, Devan

F-PR02.R2 Lifelong Learning \$135
Session-7 Day-Th 10/31-12/19
5:30 PM-6:30 PM McQuarrie, Devan

F-PR02.W1 Lifelong Learning \$135
Session-7 Day-We 11/06-12/18
4:15 PM-5:15 PM Graef, Denise

F-PR02.W2 Lifelong Learning \$135
Session-7 Day-We 11/06-12/18
9:30 AM-10:30 AM Graef, Denise

F-PR02.W3 Lifelong Learning \$135
Session-7 Day-We 11/06-12/18
5:30 PM-6:30 PM Graef, Denise



COREALIGN® DYNAMIC BALANCE AND CONTROL

Learn how The CoreAlign® can help your body improve your balance and your core strength dynamically. You will experience challenges with your balance in all planes of motion. You will walk away with greater awareness of how your core strength supports you in motion.

F-CA14 Lifelong Learning \$60
 # Session-1 Day-Sa 11/16-11/16
 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.T2 Lifelong Learning \$150
 # Session-8 Day-Tu 10/29-12/17
 4:15 PM-5:15 PM McQuarrie, Devan

F-CA12.T3 Lifelong Learning \$150
 # Session-8 Day-Tu 10/29-12/17
 6:45 PM-7:45 PM McQuarrie, Devan

F-CA12.F Lifelong Learning \$135
 # Session-7 Day-Fr 11/01-12/20
 12:00 PM-1:00 PM Crouch, Kate

F-CA12.T1 Lifelong Learning \$135
 # Session-7 Day-Tu 11/05-12/17
 9:00 AM-10:00 AM Holst, Jane

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.M1 Lifelong Learning \$150
 # Session-8 Day-Mo 10/28-12/16
 12:00 PM-1:00 PM McQuarrie, Devan

F-CA02.M2 Lifelong Learning \$150
 # Session-8 Day-Mo 10/28-12/16
 5:30 PM-6:30 PM McQuarrie, Devan

F-CA02.T1 Lifelong Learning \$150
 # Session-8 Day-Tu 10/29-12/17
 5:30 PM-6:30 PM McQuarrie, Devan

F-CA02.W Lifelong Learning \$135
 # Session-7 Day-We 11/06-12/18
 10:45 AM-11:45 AM Graef, Denise

F-CA02.R Lifelong Learning \$120
 # Session-6 Day-Th 11/07-12/19
 11:15 AM-12:15 PM Graef, Denise



EASY RIDER INDOOR CYCLING

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

F-CYC20.M Lifelong Learning \$40
 # Session-8 Day-Mo 10/28-12/16
 9:30 AM-10:30 AM Cook, Tina

F-CYC20.R Lifelong Learning \$25
 # Session-7 Day-Th 10/31-12/19
 9:45 AM-10:15 AM Knell, Nora

CYCLE & STRETCH

Join this excellent match of indoor cycling and stretching. Indoor cycling is go-at-your-own-pace, making it great for the seasoned rider or anyone wanting to try it out. You will warm up on the bikes and take a "group ride" for the first 45 minutes of class. Following, you will be led through a series of complementary post-ride stretches. Perfect for any rider wanting to get in a swift workout and enjoy a long toning stretch and cool down. All levels are welcome!

F-CYC23.W Lifelong Learning \$40
 # Session-8 Day-We 10/30-12/18
 4:30 PM-5:30 PM Cook, Tina

INDOOR CYCLE TRAINING

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

F-CYC13.M Lifelong Learning \$40
 # Session-8 Day-Mo 10/28-12/16
 6:45 PM-7:45 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 10/30-12/18
 6:00 AM-6:45 AM Blakely, Molly

CYCLING & CORE STRENGTH

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

F-CYC06.T Lifelong Learning \$40
 # Session-8 Day-Tu 10/29-12/17
 12:00 PM-1:00 PM Knell, Nora

CYCLING HIIT & HILLS WITH MAT PILATES

The first half of class is dedicated to indoor cycling. We get the heart pumping to great music with High-Intensity Interval Training and strengthen the legs with Hill Climbs. In the second half of class, we go to the mat for both classical and contemporary Pilates to strengthen your core for a complete full-body workout. Bring a sweat towel and water bottle!

F-CYC22.W Lifelong Learning \$36
 # Session-7 Day-We 11/06-12/18
 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.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

F-PB01.M1 Lifelong Learning \$17
 # Session-1 Day-Mo 12/09-12/09
 1:00 PM-3:00 PM Fortmann, Monique

F-PB01.R1 Lifelong Learning \$17
 # Session-1 Day-Th 12/12-12/12
 7:00 PM-9:00 PM Fortmann, Brian

PICKLEBALL SKILLS & DRILLS

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

F-PB09.T1 Lifelong Learning \$31
 # Session-3 Day-Tu 12/03-12/17
 1:15 PM-2:45 PM Fortmann, Brian

F-PB09.T2 Lifelong Learning \$31
 # Session-3 Day-Tu 12/03-12/17
 2:45 PM-4:15 PM Fortmann, Brian

F-PB09.T3 Lifelong Learning \$35
 # Session-3 Day-Tu 12/03-12/17
 7:00 PM-9:00 PM Fortmann, Monique

F-PB09.W1 Lifelong Learning \$31
 # Session-3 Day-We 12/04-12/18
 12:15 PM-1:45 PM Fortmann, Monique

F-PB09.W2 Lifelong Learning \$31
 # Session-3 Day-We 12/04-12/18
 1:45 PM-3:15 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.M1 Hellgate EL \$44
 # Session-8 Day-Mo 10/28-12/16
 6:00 PM-7:00 PM Lerew, Dory

F-PB11.M2 Target Range School \$40
 # Session-7 Day-Mo 10/28-12/16
 6:00 PM-7:00 PM Cook, David

F-PB11.W1 Lifelong Learning \$44
 # Session-8 Day-We 10/30-12/18
 7:00 AM-8:00 AM Lerew, Dory

F-PB11.R1 Lifelong Learning \$58
 # Session-7 Day-Th 10/31-12/19
 12:00 PM-1:30 PM Siegel, Ethan

F-PB11.F1 Lifelong Learning \$40
 # Session-7 Day-Fr 11/01-12/20
 8:30 AM-9:30 AM 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.M1 Lifelong Learning \$62
Session-8 Day-Mo 10/28-12/16
7:00 AM-8:30 AM Lerew, Dory

F-PB12.M2 Lifelong Learning \$62
Session-8 Day-Mo 10/28-12/16
11:00 AM-12:30 PM Cook, David

F-PB12.M3 Target Range School \$58
Session-7 Day-Mo 10/28-12/16
6:00 PM-7:30 PM Cook, David

F-PB12.M4 Hellgate EL \$62
Session-8 Day-Mo 10/28-12/16
7:05 PM-8:35 PM Lerew, Dory

F-PB12.M5 Target Range \$58
Session-7 Day-Mo 10/28-12/16
7:30 PM-9:00 PM Cook, David

F-PB12.R1 Lifelong Learning \$58
Session-7 Day-Th 10/31-12/19
1:30 PM-3:00 PM Siegel, Ethan

F-PB12.F1 Lifelong Learning \$58
Session-7 Day-Fr 11/01-12/20
9:30 AM-11:00 AM Cook, David

F-PB12.F2 Lifelong Learning \$58
Session-7 Day-Fr 11/01-12/20
11:00 AM-12:30 PM Cook, David

F-PB12.F3 Lifelong Learning \$58
Session-7 Day-Fr 11/01-12/20
7:00 PM-8:30 PM Lerew, Dory

Why Register Early?

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

STRATEGIC DINKING

In this workshop, we will concentrate on improving dinking skills. Through a variety of drills, we will cover offensive and defensive dinking and partner strategies to improve the effectiveness of the dink shot.

F-PB14.M1 Lifelong Learning \$17
Session-1 Day-Mo 12/16-12/16
1:00 PM-3:00 PM Fortmann, Monique

F-PB14.R1 Lifelong Learning \$17
Session-1 Day-Th 12/19-12/19
7:00 PM-9:00 PM Fortmann, Monique



OPEN PLAY PICKLEBALL

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

F-PB06.T3 Lifelong Learning \$17
Session-1 Day-Tu 10/08-10/08
7:00 PM-9:00 PM Fortmann, Brian

F-PB06.R1 Lifelong Learning \$17
Session-1 Day-Th 12/05-12/05
7:00 PM-9:00 PM Fortmann, Brian

F-PB06.F1 Lifelong Learning \$17
Session-1 Day-Fr 12/06-12/06
1:00 PM-3:00 PM Fortmann, Brian

F-PB06.F2 Lifelong Learning \$17
Session-1 Day-Fr 12/13-12/13
1:00 PM-3:00 PM Fortmann, Brian

FRENCHTOWN

THE GRATITUDE WREATH

Join us for a grounding in gratitude workshop as we celebrate and honor the harvest season through the crafting of a gratitude harvest wreath. Each guest will bring home their own personally crafted harvest wreath using dried dusty miller representing the forthcoming winter season adorned with dried florals representing the harvest. All flowers were grown locally. The technique involves pinning the materials into a straw wreath.

A-CR41 Frenchtown \$52
Session-1 Day-Mo 11/11-11/11
6:30 PM-8:30 PM Davidson, Molly

GENTLE YOGA

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

F-YOG01.M2 Frenchtown \$44
Session-8 Day-Mo 10/28-12/16
5:45 PM-6:45 PM Cash, Pearl

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.W2 Frenchtown \$25
Session-7 Day-We 10/30-12/18
6:30 PM-7:30 PM Hallgrimson, Anna

SHINE DANCE FITNESS

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

F-DAN21.R Frenchtown \$25
Session-7 Day-Th 10/31-12/19
6:30 PM-7:30 PM Hallgrimson, Anna

FRENCHTOWN



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

Call us at 406-549-8765



PARENTING EDUCATION CLASSES & SUPPORT

*Strengthening Families since 1981.
Parenting is a tough job! We are here
to support you.*



Our Services:

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Learn more about: Expectations, Empathy, Discipline, Family Roles & Building Power/ Independence in our children.
- ✓ **Parenting A Second Time Around (PASTA) Classes**
Designed for foster/kinship caregivers. Learn about: Rebuilding a Family; Legal Issues & Advocacy; Teen Challenges; Discipline & Guidance; Having Tough Conversations; Self Care & more!
- ✓ **Home-Visiting Program**
Meet with a trained professional once a week to tailor services that meet your needs.
- ✓ **ACEs and Trauma Informed Care Training**
Learn what trauma is, why it matters and how to be trauma informed & responsive.

Why Choose Us:

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

Thank you!"

Contact Us:

- ☎ 406-728-5437
- 🌐 www.parentingplace.net
- 📍 1644 S 8th St W. Missoula, MT 59801



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

HiSET® GED

No matter where life has taken you, Montana now offers two testing options—the HiSET® and GED® exams—to help you earn a High School Equivalency (HSE) diploma. It's a new way to obtain the same high school credential and take the first step toward success in the workplace or continuing your education. Choose the test that works best for you and take your future in a new direction.

- **FREE CLASSES!**
- **START ANYTIME!**
- **SELF-PACED!**



Call us at 406-549-8765

HiSET® & GED® Testing

No matter where life has taken you, Montana now offers two testing options—the HiSET® and GED® exams—to help you earn a High School Equivalency (HSE) diploma. It's a new way to obtain the same high school credential and take the first step toward success in the workplace or continuing your education. Choose the test that works best for you and take your future in a new direction.

WHO CAN TAKE THE EXAM?

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

- 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 and permission to take a High School Equivalency.

Bring withdrawal letter and PSI ID or GED number from your HiSET online account to LLC to have your account unblocked so you can schedule your test.

WHAT IS THE HISET?

Five Computer Based subtests:

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

WHAT IS THE GED?

Four Computer Based subtests:

- Reasoning through Language Arts (Includes typed essay)
- Mathematics
- Science
- Social Studies

HOW DO I DECIDE IF I AM READY AND WHICH TEST TO TAKE?

Take a practice test and/or enroll in classes with the Academic Success Program to help with your decision.

- HiSET: hiset.org/hiset-practice-tests/
- GED: ged.com/study/ged_ready/

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

Go to the GED.com Website

- Sign up for or log into
- Use the exact name on your ID
- Pay \$26 per subtest to GED.org
- Schedule your tests within 24 hours before the first test session

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.

Oct. 29, Nov. 5, 15, 19, 26, Dec. 3, 13, 17

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

GED testing can be scheduled through GED.com. Testing is offered every Wednesday from 9:00 AM - 1:00 PM.

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) or General Educational Development (GED), 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 LEARNING & DEVELOPMENT

The Adult Learning & Development 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.

USCIS CITIZENSHIP TRAINING

What does it mean to become a citizen of the United States? What benefits and rights do citizens enjoy? What are the responsibilities of citizenship? This course will prepare you for each section of the U.S. Citizenship Test.

1. Topics covered:

- U.S. Government
- U.S. History
- U.S. Geography
- American Symbols and Celebrations
- Reading and Writing

2. Provides study tips and interview preparation.

3. Bring a copy of form N-400, if completed.

Text 406-530-9205 or email rbodden@mcpst.org for more information.

S-MISC48 Lifelong Learning FREE
Tuesdays Starting 01/14
5:30 PM-7:30 PM Barrett-Catton, Shelley

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.

Cancellation & Refund Policy

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

Participation and Age Requirements

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

Bookstore

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

Special Accommodations

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

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