

THE LIFELONG LEARNING CENTER

# COURSE CATALOG

2025

MARCH AND APRIL



“You never know at what point in your life  
it is time for you to learn a new skill.”  
- M. Fortmann



*Fundamentals of Photo Composition*  
*Saturday, April 26th from 8:30 AM - 5:00 PM*

## CATEGORIES

---

Academic Success Program .....	69
Business .....	6
Career Training .....	8
Computer .....	12
Creative Arts .....	26
Ed2Go Certifications .....	10
Fitness at a Glance .....	44
Fitness .....	46
Food & Cooking .....	20
Frenchtown .....	67
Health & Safety .....	42
Hellgate Community .....	66
HiSET & GED Testing .....	70
Knitting & Sewing .....	24
Language & Music .....	18
Parenting .....	39
Photography .....	25
Refund Policy .....	70
Registration Information .....	70
Special Interest .....	34
Trades & Crafts .....	16
What's New? .....	3

# WHAT'S NEW?

## **NEW** DRONE ENGINEERING AND FLIGHT BASICS

Discover the engineering and computer science behind drones as you build, configure, and prepare a class-owned model for flight. Learn key drone laws, regulations, and subsystem components, then practice takeoff, hovering, landing, and basic maneuvers using drones provided by the Lifelong Learning Center. Perfect for aspiring drone enthusiasts eager to take their skills to new heights!

S-DRO1 Lifelong Learning \$193  
# Session-4 Day-Th 04/10-05/01  
5:00 PM-8:00 PM Enos, Darren

## **NEW** BREW YOUR BEST BEER

Learn to brew your best beer from grain to glass. In this class you will learn how to make a balanced recipe and turn it into beer you would be proud of. Learn tips and techniques to help ensure you end up with your best beer.

S-PE58 Lifelong Learning \$65  
# Session-4 Day-Mo/We 03/31-04/09  
6:00 PM-8:00 PM Kochel, Sean

## **NEW** INDOOR SEED STARTING FOR MONTANA GARDENS

Starting seeds indoors allows you to grow a wider variety of plants in Montana and can help extend your harvest season. In this hands-on class, you will learn practical techniques for successfully starting seeds indoors and preparing them for transplant into your garden. Topics will include seed selection, seed starting media, suitable types of pots, fertilization, heat, water, and lighting needs. You'll also explore how to properly transplant your seedlings outdoors to ensure strong, healthy growth. As part of the class, you will plant and take home four jiffy pots, giving you a head start on your gardening season. This highly interactive class encourages you to bring your questions, experiences, successes, and challenges to share and discuss.

S-LND40 Lifelong Learning \$65  
#Session-2 Day-Tu 03/04-03/11  
10:00 AM-12:00 PM Basket, Sally

## **NEW** DAILY PHOTOGRAPHY CHALLENGE

Get inspired to practice photography every day. In the first class, you receive a list of topics to photograph, one each day. Tips on how to set up your camera for best results are included. Over the next week, you have fun making pictures on each topic. Then we meet again to see what everyone created. All cameras, including phones, are welcome.

PH-PC80 Lifelong Learning \$35  
# Session-2 Day-We 03/12-03/19  
6:30 PM-8:30 PM Eyster, Kathy

## **NEW** SAUSAGE AND PESTO PINWHEEL BISCUITS

This recipe is a household favorite and a crowd-pleaser, perfect for hosting guests or sharing at a potluck. These savory, buttery biscuits are delicious hot or cold, and make a versatile option for any meal or snack. In this class, you'll prepare a buttery biscuit dough from scratch, roll it out, and layer it with homemade pesto, sausage, sautéed vegetables, and cheese. Then, you'll roll the dough into a log, slice it into pinwheels, and arrange these beautifully swirled treats for baking. Please bring a cookie sheet from home to place your assembled pinwheel biscuits on. After class, you can take them home to bake and enjoy!

FC-HO106 Lifelong Learning \$47  
# Session-1 Day-Mo 03/03-03/03  
1:00 PM-3:30 PM Ulev, Elena

## **NEW** CHILAQUILES ROJOS CON HUEVOS ESTRELLADOS

Chilaquiles Rojos con Huevos Esrellados (Red Chilaquiles with fried eggs) is a beloved Mexican breakfast dish that's quick, easy, and absolutely delicious. Made with budget-friendly, readily available ingredients, it's perfect for breakfast or brunch. The dish features crunchy tortilla chips smothered in tangy salsa—whether roja, verde, or ranchera—then topped with cheese, cream, and onions. It's also an excellent way to repurpose leftover tortillas! A classic version, Chilaquiles Rojos, uses crispy corn tortilla chips coated in red salsa, often served with eggs for an added touch.

FC-HO110 Lifelong Learning \$45  
# Session-1 Day-Mo 04/28-04/28  
9:00 AM-12:00 PM Gomez, Marilyn

**NEW ART OF ENCAUSTICS**

Encaustic painting is an ancient technique that uses a mixture of beeswax, damar resin, and either oil paint or natural powdered pigments for color. The molten mixture is applied to a surface, typically prepared wood, though canvas and other materials can also be used. In this class, you'll learn how to create a simple encaustic painting using melted pigments along with images from maps and other found objects. All supplies are included, and all levels are welcome.

A-PA95.1 Lifelong Learning \$145  
# Session-1 Day-Fr 04/11-04/11  
9:00 AM-4:00 PM Larson, Kris

A-PA95.2 Lifelong Learning \$145  
# Session-1 Day-Sa 04/12-04/12  
9:00 AM-4:00 PM Larson, Kris

**NEW PAPIER MACHE MASK MAKING**

Design, create, and paint your own papier-mâché mask in this fun and creative class! Learn the crafting technique of using shredded paper and water to sculpt and shape your mask. Whether you want to embody a character you've imagined or create something special for yourself or a little one for the Wild Walk, this class guarantees mess, silliness, and transformation. All supplies are included, and all levels are welcome.

A-CR46 Lifelong Learning \$115  
# Session-4 Day-Th 03/27-04/17  
6:00 PM-9:00 PM Stein, Taylor

**NEW GLASS CASTING: SPRING MOTIF**

Receive a hands-on introduction to the fascinating world of glass casting using glass molds. By the end of the class, you will have a deeper understanding of this ancient art form and the skills to create your unique glass cast pieces using preformed glass molds. You will choose a mold design, colors, and embellishments to come home with a 9 x 12-inch plate. All supplies are included, and all levels are welcome. Please allow 1-2 weeks to pick up your artwork.

A-GL23 Lifelong Learning \$60  
# Session-1 Day-Tu 03/25-03/25  
5:00 PM-9:00 PM Snider, Stephanie

A-GL23.2 Frenchtown \$53  
# Session-1 Day-Sa 04/05-04/05  
1:00 PM-5:00 PM Snider, Stephanie

**NEW FAMILY YOGA (3-5 YEAR OLDS)**

Share a weekly yoga class with your child! Learn how to take care of yourself, mind, body and spirit, while learning lifelong tools for you and your family. You will practice fun breathing and relaxation techniques to help your child (and you!) navigate emotional waters and focus with more ease. Simple postures and movement will improve flexibility, strength, and overall well-being. This beginning level class is appropriate for parents, grandparents, and caregivers. Wear comfortable clothing and bring a mat. One child (ages 3-5) per adult.

P-PC05 Lifelong Learning \$10  
# Session-4 Day-Fr 04/04-04/25  
10:00 AM-10:30 AM Matthias, Kimberly

**NEW BETTER BALANCE WITH ALEXANDER TECHNIQUE®**

This workshop will help you to improve your balance with less effort or strain. Explore how to engage the entire body and mind to achieve optimal body alignment and ease of movement. You'll discover how you can naturally change unhelpful patterns of unnecessary effort and tension to rediscover freedom and ease of movement in standing, sitting, walking, and other activities. The Alexander Technique is a mindful approach to integrating the whole body. This transformative practice equips us with the skills to reduce and prevent stress and stress-related tension, and to find greater balance in all aspects of life. Bring indoor shoes or socks.

F-MOV17.S Lifelong Learning \$20  
# Session-1 Day-Sa 03/08-03/08  
12:00 PM-2:00 PM Hodges, Mari



# JobSiteReady

ONLINE INSTRUCTION + ONSITE TRAINING

# MOBILE

## MARCH 1-2

📍 2795 37TH AVE., MISSOULA, MT 59804

Job Site Ready (JSR) equips participants with the essential skills required to start a career in the construction trades. Participants are given exposure to tool use and maintenance, materials handling, workplace safety, construction math, blueprint reading, basic framing, and more.

- **Approximately 30-hours of online, self-paced modules**
- **15-hours of hands-on instruction on March 1-2**
- **Student tool set to keep**
- **Must be 16+ to participate**
- **Earn Job Site Ready credential**

**Learn more and Register:**

<https://tinyurl.com/JSRMissoula>



[www.jobsitereadymt.com](http://www.jobsitereadymt.com)



[info@jobsitereadymt.com](mailto:info@jobsitereadymt.com)

Call us at 406-549-8765

## **NEW** TIME MANAGEMENT & PRODUCTIVITY

Time management is a crucial skill that involves the efficient and effective allocation of one's available time to accomplish tasks and achieve goals. It includes the process of planning, organizing, prioritizing, and controlling the way you use your time to maximize productivity and minimize wasted hours. Effective time management, not only allows you to complete your responsibilities and meet deadlines, but also helps reduce stress, increase focus, and create a better work-life balance. Submitted for HRCI and SHRM Credit.

B-OF06 Lifelong Learning \$28  
 # Session-1 Day-Mo 03/10-03/10  
 9:00 AM-12:00 PM Kirley-Mackay, Meegan

## 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. Submitted for HRCI and SHRM credits.

B-MA06 Lifelong Learning \$73  
 # Session-3 Day-Fr 03/28-04/11  
 9:00 AM-12:00 PM O'Connell, Clare

## **NEW** BUILDING TEAMWORK

Could your organization benefit by improving teamwork? This interactive course will teach you the importance and value of building and maintaining a strong team, but also how to build a culture of leaders throughout your organization. Submitted for HRCI and SHRM Credit.

B-HR09 Lifelong Learning \$28  
 # Session-1 Day-Th 04/24-04/24  
 1:00 PM-4:00 PM Kirley-Mackay, Meegan

## **NEW** CAREER DEVELOPMENT 101

Have you been thinking about a new career path? Be inspired to design a clear and meaningful journey toward success and discover what truly drives you as you identify your purpose, values, and passions. Through guided exercises and practical tools, you'll gain the confidence to set actionable goals and create a vision for your future. Whether you're starting fresh or shifting directions, this class will help you turn your aspirations into reality.

B-PE02 Lifelong Learning \$35  
 # Session-1 Day-Tu 04/01-04/01  
 12:00 PM-4:00 PM Doody, Pat

## KEYS TO PERSONAL AND PROFESSIONAL SUCCESS

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

B-PE01 Lifelong Learning \$35  
 # Session-1 Day-Tu 04/08-04/08  
 1:00 PM-5:00 PM Doody, Pat

## **NEW** THE ART OF GIVING & RECEIVING FEEDBACK

The success of any organization lies in identifying, nurturing, and rewarding high-potential employees to ensure their retention and growth. Future leaders need training and experience to think differently using problem-solving and critical thinking. This course will show them how to build meaningful relationships and lead effectively. This intensive and interactive learning experience will address the necessary competencies to lead effectively. Sending your high-potential employees to this course is a crucial investment in retaining top talent within your organization. Submitted for HRCI and SHRM Credit.

B-OF07 Lifelong Learning \$28  
 # Session-1 Day-We 04/16-04/16  
 9:00 AM-12:00 PM Kirley-Mackay, Meegan



**BUY 2  
GET 1 FREE**

**Buy any two business classes per person and get a third class of equal or lesser value FREE!**

**CALL TO REGISTER** 406-549-8765

## 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 \$103  
# Session-3 Day-Mo 03/03-03/17  
6:00 PM-8:00 PM Chambers, Blaise

## EMAIL MARKETING: WRITING EFFECTIVE EMAILS

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

B-MA10 Lifelong Learning \$21  
# Session-1 Day-Th 03/13-03/13  
11:30 AM-1:30 PM Humphreys, Shelby

## 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-Th 04/17-04/17  
11:30 AM-1:30 PM Humphreys, Shelby

## **NEW** NONPROFIT 101: BUILDING A FOUNDATION FOR LASTING IMPACT

Are you looking to start or grow a small, startup nonprofit, whether your focus is local, national, or global? Learn how to assess the real needs of your target communities and ensure your organization effectively addresses them. The workshop will cover essential topics such as building a strong founding board of directors, defining the roles and responsibilities of key officers, and obtaining federal tax-exempt status while maintaining tax compliance. You'll also receive practical guidance on setting up your nonprofit's operational foundations, including creating a website, establishing bank accounts, and choosing the right software tools. Finally, the workshop will help you explore strategies for building sustainable revenue streams and developing effective fundraising approaches to support your organization's mission and long-term success.

S-PE60 Lifelong Learning \$28  
# Session-1 Day-Mo 04/28-04/28  
9:30 AM-12:30 PM Bernhardt, Alyssa

**SAVE \$5.00**

Per Class with  
Early Bird Registration!

**Call us at 406-549-8765**

# CAREER TRAINING

## CAREER TRAINING



### WELDING 1

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

T-WEL04Msla College-W Campus \$418  
# Session-10 Day-We 04/02-06/04  
6:30 PM-9:30 PM Dollinger, Nicholas

### 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-15 Day-Tu/Th 03/04-04/22  
6:30 PM-9:30 PM Graybeal, Brian

### INTUIT BOOKKEEPING AND QUICKBOOKS CERTIFICATION

In our 12-week certification program, you'll embark on an enriching journey through bookkeeping and QuickBooks Online. The first eight weeks are dedicated to mastering fundamental accounting principles, including the accounting cycle, journal entries, and financial statements. At the end of this period, you'll take a proctored Certiport exam for Bookkeeping certification. The subsequent four weeks focus on applying these principles in QuickBooks Online, ensuring you become proficient in navigating the program. Here, you'll cover a brief introduction to QuickBooks Desktop. After the program, you'll take another proctored Certiport exam for QuickBooks Online certification, giving you a valuable edge in your career. Don't miss this opportunity to become a certified bookkeeper and QuickBooks Online expert -enroll today and set the course for a successful future! Two exam vouchers are included.

C-QB08 Lifelong Learning \$855  
# Session-26 Day-Tu/Th 02/04-04/24  
9:00 AM-12:00 PM Garner, Becky

### CERTIFIED NURSING ASSISTANT TRAINING PROGRAM

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

H-CNA01 Lifelong Learning \$802  
# Session-24 Day-Tu/Th 04/01-06/14  
5:30 PM-9:30 PM Dotson, Tara



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

As a front office certified medical administrative assistant, you will help keep health-care 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 also 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



**CAREER TRAINING**



### **• Phlebotomy Training Program**

Call 406-549-8765 to be added to our Medical Inquiry List, where you can receive up to date information regarding health training programs.

**Call us at 406-549-8765**



### ED2GO CAREER TRAINING

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

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

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

ment. Computer labs may be available to enrolled students.

Many additional Certifications are available including:

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

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

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

**CAREER  
ONLINE  
TRAINING**

**Jump Start  
Your Career  
or Find a  
New One!**

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

**LEARN MORE**

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



COMPUTER

## CUSTOMIZED TECHNOLOGY TRAINING

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

C-FIX05 Lifelong Learning \$68  
# Session-1 Day-Tu  
10:00 AM-11:00 AM 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-Tu 03/04-03/25  
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-Mo 03/03-03/17  
1:00 PM-4:00 PM Enos, Darren

## FILE MANAGEMENT BOOTCAMP

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

C-PC03 Lifelong Learning \$58  
# Session-1 Day-Mo 02/24-02/24  
1:00 PM-4:00 PM Enos, Darren

C-PC03 Lifelong Learning \$58  
# Session-1 Day-Tu 04/01-04/01  
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 04/14-04/14  
1:00 PM-4:00 PM Enos, Darren

## EMAIL AND OTHER GOOGLE APPS

Work with all the Google apps available after installing the Google Chrome browser on your computer. Learn how to access and organize your Gmail account and add documents, files, and folders to your Google Drive or a shared drive. You will learn to create, save, and share documents and spreadsheets. Cover how to set up and use the calendar feature, join or host a meeting, and manage contacts within Google Chrome. Come prepared with your Google account and password.

C-WEB05 Lifelong Learning \$103  
# Session-2 Day-Tu 04/08-04/15  
1:00 PM-4:00 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 04/22-04/29  
1:00 PM-4:00 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-Mo 03/24-04/07  
1:00 PM-4:00 PM Enos, Darren

## CHATGPT FOR EVERYDAY USE

Learn to use ChatGPT to boost productivity, creativity, and learning. Through hands-on practice, you'll learn effective prompt techniques, explore practical uses, and avoid common pitfalls. Perfect for beginners or those with experience, this course will help you use ChatGPT confidently and responsibly to achieve your personal or professional needs.

C-WEB38 Lifelong Learning \$58  
# Session-1 Day-Mo 04/21-04/21  
1:00 PM-4:00 PM Enos, Darren

## CREATING LANDSCAPES IN DIGITAL PAINTING

Learn how to create digital backgrounds and landscapes. Using Adobe Photoshop™ and a Wacom™ drawing tablet, you'll learn the skills needed to bring your artwork to life. The course covers essential techniques for building composition, mastering values, adding textures, and enhancing storytelling in your finished pieces. You'll engage in lectures and hands-on exercises in digital drawing. While this class builds on concepts from Digital Painting Fundamentals, no prior experience is required.

C-DES06 Lifelong Learning \$133  
# Session-4 Day-Mo 04/07-04/28  
6:00 PM-8:00 PM Chambers, Blaise

## 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 \$103  
# Session-3 Day-Mo 03/03-03/17  
6:00 PM-8:00 PM Chambers, Blaise

## INTRODUCTION TO INDESIGN

Learn all the basic aspects of the InDesign CC interface including tools and palettes as well as how to create documents and master pages, import and style text, graphics, and objects, create custom colors, print and package documents as well as export documents to PDF files. This course will also include an introduction to Adobe CC Libraries as it pertains to InDesign. You will learn to create appealing flyers, newsletters and brochures. Prerequisite: Intro to PC or Computer and Windows experience.

C-ID01 Lifelong Learning \$223  
 # Session-4 Day-We 03/26-04/16  
 2:00 PM-5:00 PM Webber, Dennis

## INTRODUCTION TO PHOTOSHOP

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

C-PS06 Lifelong Learning \$223  
 # Session-4 Day-We 03/26-04/16  
 5:30 PM-8:30 PM Webber, Dennis

## INTRODUCTION TO WORDPRESS

Learn the basics of WordPress, the world's leading content management system that powers 43% of websites today. This beginner-friendly course introduces you to essential features like installation, themes, widgets, WooCommerce, and content management. Whether you're looking to create your own website, manage content for others, or explore web development, this class provides the foundational skills you need to get started. No prior experience is required--join us and start building your WordPress expertise today!

C-WEB03 Lifelong Learning \$153  
 # Session-4 Day-Th 03/13-04/03  
 1:30 PM-4:30 PM Enos, Darren

## PYTHON BOOTCAMP

High-level programming languages like Python are useful tools for anyone working in technology. With Python's intuitive syntax and platform-agnostic runtime environment, you can start writing functional code without prior experience! In this course, we will uncover the core functions of Python and apply them to real-world examples. Prerequisite: Intro to PC or equivalent experience.

C-WEB24 Lifelong Learning \$148  
 # Session-3 Day-Th 02/06-02/20  
 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** 





## 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. OPI Renewal Units Available.

C-EX01      Lifelong Learning      \$143  
 # Session-1 Day-Fr      03/14-03/14  
 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. OPI Renewal Units Available.

C-EX02      Lifelong Learning      \$143  
 # Session-1 Day-Fr      04/18-04/18  
 8:30 AM-4:00 PM      Enos, Darren

## INTUIT BOOKKEEPING AND QUICKBOOKS CERTIFICATION

In our 12-week certification program, you'll embark on an enriching journey through bookkeeping and QuickBooks Online. The first eight weeks are dedicated to mastering fundamental accounting principles, including the accounting cycle, journal entries, and financial statements. At the end of this period, you'll take a proctored Certiport exam for Bookkeeping certification. The subsequent four weeks focus on applying these principles in QuickBooks Online, ensuring you become proficient in navigating the program. Here, you'll cover a brief introduction to QuickBooks Desktop. After the program, you'll take another proctored Certiport exam for QuickBooks Online certification, giving you a valuable edge in your career. Don't miss this opportunity to become a certified bookkeeper and QuickBooks Online expert -enroll today and set the course for a successful future! Two exam vouchers are included.

C-QB08      Lifelong Learning      \$855  
 # Session-26 Day-Tu/Th      02/04-04/24  
 9:00 AM-12:00 PM      Garner, Becky

**SAVE \$5.00**

Per Class with  
 Early Bird Registration!

# TRADES & CRAFTS

## BUILD YOUR OWN BIRD FEEDER

Welcome the spring bird population back to town with this elegant bird feeder. This project uses durable reclaimed cedar scraps and hangs from rope or chain to ensure it is long-lasting and easy to refill. Work in the Home ReSource community workshop, and learn how to use the miter saw, drill, sander, and nail gun to complete this project.

T-HRS09 Home ReSource \$45  
# Session-1 Day-Fr 02/28-02/28  
1:00 PM-4:00 PM Reilly, J

T-HRS09 Home ReSource \$45  
# Session-1 Day-We 04/30-04/30  
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-Th 03/06-03/13  
5:00 PM-8:00 PM Reilly, J

## UPCYCLED PALLET WALL CLOCK

Learn how to safely design and complete a woodworking project while reducing our environmental impact by selecting pallet material and reclaimed plywood to create a unique wall clock. Choose from a round or rectangle design, stain, paint, and decorate as desired, and learn to add clock movements to a project.

T-HRS19 Home ReSource \$85  
# Session-2 Day-We/Fr 02/19-02/21  
5:00 PM-8:00 PM Reilly, J



## **NEW** MAGNETIC KNIFE HOLDER

Transform reclaimed wood into a practical kitchen storage solution or elegant gift. Master essential shop tools, including the miter saw, drill press, random orbital sander, and hand tools. Skillfully produce a sleek design by concealing strong magnets, installing keyhole hangers, and applying a urethane and oil finish for a professional woodwork piece. No experience is necessary.

T-HRS20 Home ReSource \$75  
# Session-1 Day-We 03/19-03/19  
5:00 PM-8:00 PM Reilly, J



## **NEW** STORAGE BENCH

Join Home ReSource for another fun reclaimed wood creation! Learn the basics of storage chest construction, hardware selection, and installation. This reclaimed barn wood project offers many opportunities to learn techniques applicable to any woodworking project. You will receive training on and operate various tools, such as the planer, jointer, table saw, miter saw, nail guns, and hand tools, to complete this design. No experience is necessary.

T-HRS21 Home ReSource \$225  
# Session-4 Day-We/Th 03/26-04/03  
5:00 PM-8:00 PM Reilly, J

## **NEW** SMALL RECLAIMED OAK GARDEN STOOL

Craft a small garden stool in this hands-on workshop. Create a lasting piece using beautiful, durable reclaimed white oak. You will learn how to use essential woodworking tools, such as the jointer, planer, miter saw, table saw, and hand tools, to prepare and assemble your project.

T-HRS23 Home ReSource \$80  
# Session-2 Day-We/Th 04/23-04/24  
5:00 PM-8:00 PM Reilly, J





## **NEW** BUILD A CUSTOM CEDAR TRELLIS

Create a custom wood trellis for your home and garden! Learn to design and build a trellis sized perfectly for your space. In this hands-on workshop, you will train on essential woodworking tools including the jointer, planer, table saw, and nailers. No experience is necessary and all are welcome!

T-HRS22 Home ReSource \$95  
 # Session-2 Day-We/Th 04/16-04/17  
 5:00 PM-8:00 PM Reilly, J

## 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-Fr 02/14-02/14  
 10:00 AM-1:00 PM Sabella, Rio

## 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-15 Day-Tu/Th 03/04-04/22  
 6:30 PM-9:30 PM Graybeal, Brian

## WELDING 1

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

T-WEL04Msla College-W Campus \$418  
 # Session-10 Day-We 04/02-06/04  
 6:30 PM-9:30 PM Dollinger, Nicholas



**Home ReSource**  
A COMMUNITY SUSTAINABILITY CENTER

## Open Woodshop Hours!

**Our tools,  
Your projects**



**Hours, Info, & Registration** →

Visit [homeresource.org/workshops](http://homeresource.org/workshops)



## BEGINNING FRENCH 2

Beginning French course designed for students with some experience in French. The goal of this course is to continue to learn how to speak, read, write, and comprehend spoken French at the novice level. Special emphasis is placed on developing communication skills and on increasing awareness of cultures in the French-speaking world. Prerequisite: Beginning French I or 20 hours of formal study.

L-F09 Lifelong Learning \$140  
 # Session-9 Day-Fr 03/07-05/09  
 11:15 AM-1:15 PM Lokowich, Anna

## LOW INTERMEDIATE FRENCH

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

L-F14 Lifelong Learning \$140  
 # Session-9 Day-Fr 03/07-05/09  
 9:00 AM-11:00 AM Lokowich, Anna

## HIGH INTERMEDIATE FRENCH

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

L-F12 Lifelong Learning \$140  
 # Session-9 Day-Th 03/06-05/08  
 4:00 PM-6:00 PM Lokowich, Anna

## HIGH INTERMEDIATE FRENCH - ZOOM

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

L-F12Z Virtual \$140  
 # Session-9 Day-Th 03/06-05/08  
 4:00 PM-6:00 PM Lokowich, Anna



## 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. Spanish program syllabus

L-SP14 Lifelong Learning \$95  
 # Session-6 Day-Tu 03/11-04/22  
 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. Spanish program syllabus

L-SP11 Lifelong Learning \$158  
 # Session-8 Day-Tu 03/11-05/06  
 6:00 PM-8:30 PM Partidas, Ismara

## 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 03/25-04/29  
 6:30 PM-8:00 PM Walther, Peter



# FOOD & COOKING

## YOU AND YOUR CHILD: DECORATING ST. PATRICK'S DAY CUPCAKES!

Join us for this hands-on class that will teach you and that special child in your life, (8+ years) how to decorate fun, festive St. Patrick's Day cupcakes! Working together, you and your child will learn decorating techniques such as the zig-zag, dot, line, and grass. Leave the baking to us, and create delicious and original cupcakes to share with the whole family--one child per adult. No childcare is available.

P-PC29 Lifelong Learning \$35  
# Session-1 Day-Sa 03/08-03/08  
10:00 AM-12:00 PM Birdsell, Becca

## YOU AND YOUR CHILD: SPRINGTIME CUPCAKE DECORATING!

Would you and your child like to create beautiful springtime cupcakes? Bring that special child in your life (8+ years) and learn new decorating techniques together. Leave the baking to us while you and your child create festive and bright cupcakes to share with family and friends. One child per adult. No childcare will be provided for additional children.

P-PC30 Lifelong Learning \$35  
# Session-1 Day-Sa 04/12-04/12  
10:00 AM-12:00 PM McClain, Jasmine

## TRICOLOR CUPCAKE DECORATING

Learn to make delicious, homemade frosting and create a show-stopping dozen cupcakes with a beautiful tricolor design. This hands-on class will guide you through blending perfect frosting hues and mastering decorating techniques that will leave your guests in awe. Perfect for beginners or anyone looking to elevate their decorating skills!

FC-HO103 Lifelong Learning \$60  
# Session-1 Day-Fr 03/28-03/28  
5:30 PM-8:00 PM Birdsell, Becca

**SAVE \$5.00**

Per Class with  
Early Bird Registration!

## 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-HO85.2 Lifelong Learning \$58  
# Session-1 Day-Sa 02/22-02/22  
11:00 AM-1:00 PM McClain, Jasmine

## **NEW** ROYAL ICING FLOWERS

Take your cake and cupcake decorating skills to the next level with royal 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-HO105 Lifelong Learning \$58  
# Session-1 Day-Sa 04/26-04/26  
12:00 PM-2:00 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 03/11-03/11  
5:30 PM-8:00 PM Birdsell, Becca

## **NEW** CAKE DECORATING 201

Take your cake-decorating skills to the next level! In this class, you will learn how to construct and decorate a two-layer cake with buttercream frosting made from scratch. Build on the foundational techniques from Cake Decorating 101 as you use decorating tools to create smooth finishes, sharp edges, stunning borders, and elegant embellishments. By the end of the class, you'll take home your beautifully decorated two-layer cake to wow your friends and family! Prerequisite: Cake Decorating 101 or Equivalent Experience.

FC-HO107 Lifelong Learning \$65  
# Session-1 Day-We 04/16-04/16  
5:30 PM-8:00 PM Birdsell, Becca

## **SOURDOUGH BAKING 101**

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

FC-HO83 Lifelong Learning \$53  
# Session-1 Day-Fr 03/21-03/21  
3:00 PM-6:00 PM Hawkins-Pinchers, Sarah

## **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-Tu 04/08-04/08  
6:00 PM-8:30 PM Wright, Kellie



## **NEW** SAUSAGE AND PESTO PINWHEEL BISCUITS

This recipe is a household favorite and a crowd-pleaser, perfect for hosting guests or sharing at a potluck. These savory, buttery biscuits are delicious hot or cold, and make a versatile option for any meal or snack. In this class, you'll prepare a buttery biscuit dough from scratch, roll it out, and layer it with homemade pesto, sausage, sautéed vegetables, and cheese. Then, you'll roll the dough into a log, slice it into pinwheels, and arrange these beautifully swirled treats for baking. Please bring a cookie sheet from home to place your assembled pinwheel biscuits on. After class, you can take them home to bake and enjoy!

FC-HO106 Lifelong Learning \$47  
# Session-1 Day-Mo 03/03-03/03  
1:00 PM-3:30 PM Ulev, Elena

## **RED LENTIL DAL**

Dals are a staple in Indian cuisine and are basically a curry made with lentils, a variety of spices, and a couple of special ingredients. Dals can be enjoyed in various ways: as a soup, served over rice, or used as a dip. They are rich in protein, fiber, and vitamins and are also affordable to prepare. They make a particularly comforting meal to share with family and friends during the cold winter months. Expect step-by-step, hands-on instruction. Bring a container that holds 6 cups of dal to take home.

FC-HO102 Lifelong Learning \$45  
# Session-1 Day-Th 03/13-03/13  
1:00 PM-3:30 PM Ulev, Elena

## 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 tortilla chips, and a rice and beans side dish. 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 Big Sky High \$28  
# Session-1 Day-Th 03/06-03/06  
5:30 PM-7:30 PM Gomez, Marilyn

## **NEW** YOU AND YOUR CHILD: COOKING GROUND BEEF PICADILLO!

Get ready for a fun cooking class where we'll whip up Mexican picadillo, an easy and tasty ground beef dish packed with flavor! We'll show you how to turn this mouthwatering filling into burritos that make perfect school lunches or quick family dinners. Plus, you'll learn how to repurpose picadillo for taco nights, enchiladas, nachos, or even pasta. Along the way, parents and kids will learn essential kitchen skills, discover new meal prep ideas, and share lots of laughs in the kitchen. Come hungry and leave with delicious food and memories to last a lifetime! One child (10+ years) per registered adult.

P-PC62 Big Sky High \$23  
# Session-1 Day-Th 03/13-03/13  
5:30 PM-7:30 PM Gomez, Marilyn

## YOU AND YOUR CHILD: COOKING BREAKFAST BURRITOS!

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

P-PC50 Big Sky High \$30  
# Session-1 Day-Sa 03/15-03/15  
10:00 AM-12:00 PM Gomez, Marilyn

## QUESADILLAS FRITAS DE PICADILLO

Quesadillas fritas are a beloved Mexican dish for good reason! These deep-fried masa tortillas are folded and filled with ingredients like savory picadillo (seasoned ground beef), creating a delicious combination of crispy, fluffy, and soft textures. Each bite is warm, gooey, and packed with flavor. Join us to learn how to make these irresistible treats garnished with queso fresco, lettuce, and fresh salsa.

FC-HO104 Lifelong Learning \$50  
# Session-1 Day-Th 02/27-02/27  
5:30 PM-8:00 PM Gomez, Marilyn

## **NEW** SOPA DE FIDEO CON QUESADILLAS

Savor the comforting flavors of Mexican sopa de fideo (Mexican Noodle Soup), paired with warm, cheesy quesadillas. Similar to the classic American pairing of tomato soup and grilled cheese, this noodle soup is a cherished staple of Mexican home cooking and a nostalgic favorite. In this class, you'll prepare a flavorful soup topped with fresh garnishes and create simple yet delicious quesadillas that perfectly complement the dish. By the end, you'll have the skills to recreate this authentic and heartwarming meal anytime you crave a taste of Mexican tradition.

FC-HO111 Lifelong Learning \$38  
# Session-1 Day-We 03/05-03/05  
10:00 AM-12:00 PM Gomez, Marilyn

## **NEW** TORTA DE CARNE ASADA

Savor the bold flavors of Mexico with this classic torta recipe. A torta is a hearty Mexican sandwich that's perfect for a quick, satisfying meal. Popular at street vendors and markets, this version includes marinated steak, refried beans, lettuce, tomatoes, onions, jalapeños, and avocado. Whether you're an experienced chef or new to cooking, this torta is a delicious choice for lunch or dinner. Customize it with cheese or extra jalapeños for a personal touch, and enjoy the vibrant taste of Mexico anytime!

FC-HO112 Lifelong Learning \$50  
# Session-1 Day-Mo 04/14-04/14  
10:00 AM-1:00 PM Gomez, Marilyn

**NEW** **CHILAQUILES ROJOS CON HUEVOS ESTRELLADOS**

Chilaquiles Rojos con Huevos Esrrellados (Red Chilaquiles with fried eggs) is a beloved Mexican breakfast dish that's quick, easy, and absolutely delicious. Made with budget-friendly, readily available ingredients, it's perfect for breakfast or brunch. The dish features crunchy tortilla chips smothered in tangy salsa--whether roja, verde, or ranchera--then topped with cheese, cream, and onions. It's also an excellent way to repurpose leftover tortillas! A classic version, Chilaquiles Rojos, uses crispy corn tortilla chips coated in red salsa, often served with eggs for an added touch.

FC-HO110 Lifelong Learning \$45  
 # Session-1 Day-Mo 04/28-04/28  
 9:00 AM-12:00 PM Gomez, Marilyn

**DOENJANG-JJIGAE**

In the cold winter months, there is nothing better than eating a bowl of hot jjigae (Korean stew). While incorporating as many local ingredients as possible, you will learn hands-on to make doenjang jjigae, a pot of diced potatoes, onions, and zucchini all swimming in a bath of doenjang, fermented soybean paste. Along with the doenjang jjigae, we will be making a few banchan (side dishes) to round out a little Korean bapsang (meal), which will be shared at the end of class.

FC-HO108 Lifelong Learning \$45  
 # Session-1 Day-We 03/19-03/19  
 4:00 PM-7:00 PM Brand, Ariel

**KIMCHI ON THE TABLE**

Kimchi is an essential part of every Korean meal, always present on the table. It might appear as a small side dish accompanying a variety of other dishes, folded into fried rice (kimchi bokkeumbap), simmering in a pot with tofu and pork belly (kimchi jjigae), or mixed into a batter to make a savory pancake (kimchi jeon). The ways to enjoy kimchi are endless! In this class, we'll explore a few of these delicious options and conclude by sharing a meal together.

FC-HO109 Lifelong Learning \$45  
 # Session-1 Day-We 04/02-04/02  
 4:00 PM-7:00 PM Brand, Ariel

**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 04/11-04/11  
 4:00 PM-6:00 PM Hawkins-Pinchers,Sarah



**HEALTHY SMOOTHIES AT HOME**

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

FC-HO82 Lifelong Learning \$33  
 # Session-1 Day-Fr 05/02-05/02  
 4:00 PM-6:00 PM Hawkins-Pinchers,Sarah

# KNITTING & SEWING

## EMBROIDERY 101

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

SQ-EM01 Lifelong Learning \$75  
# Session-4 Day-Mo 03/03-03/24  
6:00 PM-8:00 PM Lodato, Brooke

## 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 \$65  
# Session-3 Day-Tu 04/15-04/29  
6:00 PM-8:00 PM Lodato, Brooke

## MINI EMBROIDERY SERIES

Join in this monthly mini embroidery class. Each class will be seasonally themed for a mini creation ready to bring home that same evening! Come and learn how to create a work of art using basic embroidery stitches. No experience needed all material provided.

SQ-EM04.2 Lifelong Learning \$30  
# Session-1 Day-Tu 02/11-02/11  
6:00 PM-8:00 PM Lodato, Brooke

SQ-EM04.1 Lifelong Learning \$30  
# Session-1 Day-We 04/23-04/23  
6:00 PM-8:00 PM Lodato, Brooke

## **NEW** EMBROIDERED THROW PILLOWS

Continue your stitching with this continuing class. You will add to your embroidery repertoire to create and design your own artwork to stitch on a pillowcase or throw pillow! Prerequisite: Embroidery 101 or 201 or equivalent experience. All materials included.

SQ-EM06 Lifelong Learning \$55  
# Session-2 Day-We 03/05-03/12  
6:00 PM-8:00 PM Lodato, Brooke



## CONTINUING KNITTING

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

SQ-KN04 Lifelong Learning \$68  
# Session-4 Day-Mo 04/07-04/28  
7:00 PM-8:30 PM Bragg, Keller

## INTRODUCTION TO HAND SPINNING- MAKING YOUR OWN YARN

Learn how to spin wool into yarn using a simple spindle, one of humankind's oldest tools. We will learn how to draft the wool fibers, spin them into yarn, and ply the yarn to make it suitable for knitting, weaving, or crocheting. We will also learn some simple techniques for preparing fleece for spinning. In the second session, students will have a chance to try spinning on a spinning wheel. All supplies are included, and all levels are welcome.

SQ-SP01 Lifelong Learning \$75  
# Session-4 Day-We 04/09-04/30  
7:00 PM-9:00 PM Bragg, Kelle



# PHOTOGRAPHY

## 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 03/08-03/08  
8:30 AM-5:00 PM Eyster, Kathy

## WINTER NATURE PHOTOGRAPHY TIPS

Explore the photographic possibilities of nature during winter. Discover tips for better photos of the pristine landscape blanketed with snow and plants covered with frost. You learn how to prepare yourself and your camera for the cold. Then move on to adjusting exposure and color for great pictures. Both smartphones and digital cameras are welcome!

PH-PC78 Lifelong Learning \$20  
# Session-1 Day-We 02/05-02/05  
6:30 PM-8:30 PM Eyster, Kathy

## INTRODUCTION TO EDITING RAW PHOTOS

Are you curious about what a camera raw picture is? This introductory course teaches you how to edit this digital photo format. Using the school's computers, learn to straighten, crop, correct exposure, and adjust color in your raw photos with Adobe Camera Raw (included with Photoshop). Then, you can make copies of your finished images to share on social media or print. NOTE: The techniques you learn are available in all camera raw editors, including Lightroom.

PH-PC76 Lifelong Learning \$51  
# Session-1 Day-Sa 02/22-02/22  
8:30 AM-1:00 PM Eyster, Kathy

## **NEW** DAILY PHOTOGRAPHY CHALLENGE

Get inspired to practice photography every day. In the first class, you receive a list of topics to photograph, one each day. Tips on how to set up your camera for best results are included. Over the next week, you have fun making pictures on each topic. Then we meet again to see what everyone created. All cameras, including phones, are welcome.

PH-PC80 Lifelong Learning \$35  
# Session-2 Day-We 03/12-03/19  
6:30 PM-8:30 PM Eyster, Kathy

## **NEW** 10 CREATIVE PHOTOGRAPHY TECHNIQUES

Have fun making pictures that are more than a record of the subject. Learn to look for reflections, shadows, patterns, and textures to create interesting photos. Discover how to create captivating silhouettes, dramatic sunbursts, and dynamic motion effects. You will also learn techniques for photographing city lights and the moon after dark. Be inspired with ideas for all the new pictures you can make.

PH-PC79 Lifelong Learning \$43  
# Session-1 Day-Sa 04/12-04/12  
8:30 AM-1:00 PM Eyster, Kathy

## FUNDAMENTALS OF PHOTO COMPOSITION

Improve your pictures by deciding what your photo is about and using composition techniques to convey that idea. Find out when to shoot a horizontal or vertical frame, where to place the main subject, how to use lines to direct attention, what effects backgrounds have, and why different angles create unique images. By applying composition, you can turn a snapshot into a photograph. All cameras, including phones, are welcome in this class.

PH-PC64 Lifelong Learning \$65  
# Session-1 Day-Sa 04/26-04/26  
8:30 AM-5:00 PM Eyster, Kathy

# CREATIVE ARTS

## INTRODUCTION TO CLAY

Are you looking for a chance to create personalized, unique ceramic pieces? This class is for you! Consider this a clay sampler class. Learn the fundamentals of pottery, including wheel-throwing basics, hand-building techniques like slabs and pinch pots, and a glazing session! 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-CL23 Lifelong Learning \$135  
# Session-4 Day-Th 04/03-04/24  
5:30 PM-8:30 PM Alvshere, Chris

## HAND BUILDING: CLAY PLANTERS

Learn to hand-build a unique planter with a clay slab, perfect for indoor or outdoor plants. You'll design, add texture, and apply color to create a finished piece ready to gift or proudly display in your home. 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-CL24 Lifelong Learning \$58  
# Session-1 Day-Sa 04/26-04/26  
10:00 AM-12:30 PM Alvshere, Chris

## CLAY POTS ON THE WHEEL

Have you ever wondered how to create your own clay project on a potter's wheel? Join us for an introductory class where you'll get hands-on experience in making ceramic pots! Perfect for beginners, this class will guide you through the entire process--from throwing on the wheel and trimming to adding attachments and glazing your creations. Get your hands dirty and unleash your creativity! 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-CL22 Lifelong Learning \$100  
# Session-3 Day-Th 03/06-03/20  
6:00 PM-8:30 PM Alvshere, Chris

## HANDMADE TILE MOSAICS

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

A-CL10 Lifelong Learning \$120  
# Session-4 Day-Tu 03/11-04/08  
1:00 PM-3:00 PM Alvshere, Chris

## FUNDAMENTALS OF DRAWING

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

A-DR01 Lifelong Learning \$105  
# Session-6 Day-Th 03/13-04/17  
6:00 PM-8:00 PM Miller, Scott



## THE SKETCHBOOK HABIT

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

A-DR15 Lifelong Learning \$110  
# Session-6 Day-Fr 03/14-04/18  
10:30 AM-12:30 PM Kunkle, Tandy

## INTRODUCTION TO WATERCOLOR

Bring a little creativity into your life with this fun introduction to watercolor. In this class you will complete a full lesson with techniques, practice, and a finished painting. This class is perfect for the painting novice in watercolor. All supplies are included, and all levels are welcome.

A-PA25 Lifelong Learning \$88  
# Session-3 Day-We 03/05-03/19  
5:30 PM-8:30 PM Chambers, Blaise



## 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 03/11-04/15  
1:00 PM-3:30 PM Miller, Scott

## MOVING ALONG WITH WATERCOLOR

This class is designed to give you information and opportunity to apply some advanced techniques and expand on your basic knowledge of painting in watercolor. We will talk about composition and taking your work to another level. You should be familiar with the basics of watercolor painting. You may bring your preferred supplies or use provided class supplies.

A-PA31 Lifelong Learning \$180  
# Session-6 Day-We 03/12-04/16  
12:30 PM-3:30 PM Wills, Kathleen

## WATERCOLOR: MIXING BEYOND PRIMARY COLORS

Dramatic watercolor paintings that are created with the primary colors can be a challenge. Often we reach for one tube of paint without realizing that other unique pigments are available to us that offer subtle, rich shades lifting our paintings to a new level. Creating unique shades can be achieved by combining commonly used pigments with other hues to warm or cool a section of our composition. Come play with new color mixes and explore some colors available through Daniel Smith. All supplies are included. Prerequisite: Introduction to watercolor or similar experience.

A-PA96 Lifelong Learning \$80  
# Session-2 Day-We 04/23-04/30  
12:30 PM-3:30 PM Wills, Kathleen

## CONTINUING WATERCOLOR TECHNIQUES

Build on your foundational watercolor skills to develop and expand your techniques. You will explore creating loose intuitive landscapes, semi-abstract paintings, and ways to capture light. No supplies are included in this class so bring your paints, brushes and paper to expand on your current supplies and skills.

A-PA98 Hellgate EL/MS \$65  
# Session-3 Day-Tu 04/08-04/22  
5:30 PM-8:00 PM Wills, Kathleen

## SUMI-E

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

A-PA55 Lifelong Learning \$90  
# Session-4 Day-Mo 04/07-04/28  
1:00 PM-3:00 PM Sparks, Jane

## **NEW** ASIAN BRUSH PAINTING: FLOWERS AND BIRDS

Learn to paint birds and flowers from an Asian Brush painting perspective. This class will focus on Asian watercolors, which use pigments distinct from those found in traditional Western watercolors. You will also use Sumi-E inks and brushes. All supplies are included, and all levels are welcome.

A-PA94 Lifelong Learning \$90  
# Session-3 Day-Mo 03/03-03/17  
1:00 PM-3:00 PM Sparks, Jane

## **NEW** ASIAN BRUSH PAINTING: PANDAS

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

A-PA97 Lifelong Learning \$25  
# Session-1 Day-Mo 04/28-04/28  
10:00 AM-12:00 PM Sparks, Jane



## **BEGINNING OIL PAINTING**

Picture yourself crafting exquisite oil paintings! Dive into the world of oil painting. Throughout the course, you'll learn color mixing, values, temperature, and more while creating your own stunning oil artwork. Explore a range of techniques and receive valuable tips designed to guide beginners in this exciting medium. Come and experiment with this new artistic adventure. All supplies included no experience needed.

A-PA15 Lifelong Learning \$138  
# Session-6 Day-Tu 03/11-04/15  
6:00 PM-8:30 PM Miller, Scott

## **NEW** ART OF ENCAUSTICS

Encaustic painting is an ancient technique that uses a mixture of beeswax, damar resin, and either oil paint or natural powdered pigments for color. The molten mixture is applied to a surface, typically prepared wood, though canvas and other materials can also be used. In this class, you'll learn how to create a simple encaustic painting using melted pigments along with images from maps and other found objects. All supplies are included, and all levels are welcome.

A-PA95.1 Lifelong Learning \$145  
# Session-1 Day-Fr 04/11-04/11  
9:00 AM-4:00 PM Larson, Kris

A-PA95.2 Lifelong Learning \$145  
# Session-1 Day-Sa 04/12-04/12  
9:00 AM-4:00 PM Larson, Kris

## **INTRODUCTION TO PASTELS**

Pastels are artist pigments in a solid form. Soft pastel, sometimes referred to as chalks, produce vivid art that is tactile, immediate, and fun. Oil Pastels are deep rich and enticing to work with. This class will familiarize you with the various types of pastel, learning to use them and create beautiful works of art in no time. No experience is required and all supplies are provided.

A-PA48 Lifelong Learning \$110  
# Session-6 Day-Th 03/13-04/17  
1:00 PM-3:00 PM Miller, Scott

## **GLASS PROGRAMS OPEN HOUSE**

Are you an aspiring glass artist or simply curious about what the Lifelong Learning Center's glass program has to offer? Come explore our new glass fusing studio! It features a wide selection of Bullseye glass, frit, stringers, and an incredible array of molds, stencils, and glass paint. Our studio is also equipped with a sandblaster, spray booth, coldworking tools, and two new kilns to bring your creations to life. Plus, we offer glass-cutting options and a large variety of stained glass, along with all the supplies you need to complete your masterpiece.

A-MISC Lifelong Learning FREE  
# Session-1 Day-Mo 03/03-03/03  
6:00 PM-7:00 PM Patten, Catherine

A-MISC Lifelong Learning FREE  
# Session-1 Day-Mo 04/28-04/28  
10:00 AM-11:00 AM Patten, Catherine

## GLASS CUTTING WORKSHOP

Whether you're a beginner or looking to refine your skills, this session is tailored for everyone. Dive into the art of precise glass cutting, suitable for a variety of projects beyond just stained glass. This comprehensive Beginning Glass Cutting class provides a solid foundation in the art of working with glass. You'll learn about different types of glass, explore various scoring and snapping techniques, and develop safe and efficient cutting practices. This class is ideal for beginners of all ages and skill levels, providing the knowledge and confidence to embark on your own glasswork adventures.

A-GL12 Lifelong Learning \$25  
# Session-1 Day-Mo 04/28-04/28  
9:30 AM-11:30 AM Snider, Stephanie

## STAINED GLASS: COPPER FOIL

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

A-GL06.1 Lifelong Learning \$93  
# Session-3 Day-We 02/26-03/12  
10:00 AM-1:00 PM Snider, Stephanie

A-GL06.2 Lifelong Learning \$93  
# Session-3 Day-Mo 03/31-04/14  
5:30 PM-8:30 PM Snider, Stephanie

## STAINED GLASS: LEAD

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

A-GL01 Lifelong Learning \$165  
# Session-5 Day-Tu 04/08-05/06  
6:00 PM-9:00 PM Patten, Catherine

## STAINED GLASS WORKSHOP: SUNCATCHERS

Begin your stained glass art journey with this beginner-friendly workshop! Learn how to create a stunning stained glass suncatcher using the copper foil method. With pre-cut glass, you'll assemble, foil, solder, and patina your piece. The designs are seasonally inspired and perfect for display. All supplies are included, and all levels are welcome.

A-GL25.1 Lifelong Learning \$90  
# Session-1 Day-Sa 03/08-03/08  
9:30 AM-4:00 PM Snider, Stephanie

A-GL25.2 Frenchtown \$79  
# Session-2 Day-Th F 03/13-03/14  
5:30 PM-8:00 PM Snider, Stephanie

A-GL25.3 Lifelong Learning \$90  
# Session-1 Day-Fr 04/25-04/25  
9:30 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. Please allow 1-2 weeks to pick up your completed projects.

A-GL09.2 Lifelong Learning \$80  
# Session-2 Day-Tu 02/25-03/04  
1:00 PM-4:00 PM Patten, Catherine

### Why Register Early?

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

## **NEW** INTRODUCTION TO GLASS FUSING AND SLUMPING

Learn the fundamentals of glass fusing in this hands-on class. Each session will build on your skills, guiding you to create a beautiful and functional piece of art. You'll explore glass cutting, slumping, and fusing techniques. You will also learn how to load a kiln, understand different types of glass fusing, and master the cold-working process for your plate. By the end of the course, you'll have developed your skills and created a 6-inch square plate to take home. All supplies are included, and all levels are welcome. Please allow 1-2 weeks to pick up your completed projects.

A-GL21 Lifelong Learning \$118  
# Session-3 Day-Mo 03/10-03/24  
6:00 PM-9:00 PM Patten, Catherine

## **NEW** GLASS FUSING: FRIT FUN!

Learn the art of glass fusing in this beginner-friendly class. You will discover how to create glass fused pieces using an assortment of frit. The class will introduce techniques including stencils, "freeze and fuse" and small frit casting in molds. All supplies are included, and all levels are welcome. Please allow 1-2 weeks for project firing and pick up.

A-GL24 Lifelong Learning \$55  
# Session-2 Day-Th 03/27-04/03  
2:00 PM-4:00 PM Radloff, Kaitlynn

## 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. During the third session, you will prepare the glass plates for slumping and load them into the kiln for firing. Prerequisite: An Intro to Fusing class, and previous glass fusing experience. All supplies and tools are included. Please allow 1-2 weeks to pick up your artwork.

A-GL14 Lifelong Learning \$118  
# Session-3 Day-We 04/09-04/28  
6:00 PM-9:00 PM Patten, Catherine

## **NEW** FUSED MOSAIC TILES

Unleash your creativity in our Beginning Fused Glass Mosaic class! Learn how to transform individual glass pieces into vibrant, unique works of art. This class covers essential skills such as glass cutting, design composition, and fusing. You will come home with four beautiful 4 x 4-inch dynamic tiles to add to a backsplash or mosaic piece. Whether you're a beginner or want to try a new artistic medium, this class is the perfect starting point. All supplies are included, and all levels are welcome. Please allow 1-2 weeks to pick up your artwork.

A-GL22 Lifelong Learning \$88  
# Session-2 Day-Fr 04/18-04/25  
5:30 PM-8:30 PM Snider, Stephanie

## GLASS MOSAICS

Unleash your inner artist with mosaics! This Mosaic class is a fun and creative way to explore the ancient art of creating stunning images with small pieces of colored glass. Whether you're a beginner or have some experience, this class is perfect for anyone wanting to learn new skills and express creativity. You will come home with your own mounted mosaic work of art. All materials provided.

A-GL20 Frenchtown \$96  
# Session-3 Day-Tu 04/08-04/22  
5:30 AM-8:30 PM Snider, Stephanie

## **NEW** GLASS CASTING: SPRING MOTIF

Receive a hands-on introduction to the fascinating world of glass casting using glass molds. By the end of the class, you will have a deeper understanding of this ancient art form and the skills to create your unique glass cast pieces using preformed glass molds. You will choose a mold design, colors, and embellishments to come home with a 9 x 12-inch plate. All supplies are included, and all levels are welcome. Please allow 1-2 weeks to pick up your artwork.

A-GL23 Lifelong Learning \$60  
# Session-1 Day-Tu 03/25-03/25  
5:00 PM-9:00 PM Snider, Stephanie



## 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-Fr 04/25-04/25  
 10:00 AM-3:00 PM Radloff, Kaitlynn

## PRINTMAKING: LAYERS OF COLOR & IMAGES

In this studio class, you'll receive guidance and feedback as you create your own beautiful printmaking art. Using the Linocut method, students will design, carve, and print their artwork. Choices to work on a small or larger scale will be available. You'll learn techniques for creating layers with color and images. All supplies are included, and prior experience is required.

A-CR50 Lifelong Learning \$93  
 # Session-3 Day-Mo 03/03-03/17  
 6:00 PM-9:00 PM Radloff, Kaitlynn

## PRINTMAKING: FLORALS & LANDSCAPES

Enhance your linocut skills in this intermediate-level class, where you'll learn the jigsaw method to create layered prints with depth. Use this technique to design a landscape or print a variety of flowers with multiple colors. All supplies are included, and basic linoleum-cutting skills are recommended.

A-CR47 Lifelong Learning \$85  
 # Session-4 Day-We 03/26-04/16  
 5:30 PM-7:30 PM Radloff, Kaitlynn

## PAPERMAKING WITH ELEMENTS

Learn how to make beautiful handmade paper using natural elements. You will have the option to add colors, dried flowers, or other embellishments to create a one-of-a-kind design. This paper can be used to make journals, cards, or even a personal love letter. All supplies are included, and all levels are welcome.

A-CR49 Lifelong Learning \$50  
 # Session-2 Day-Mo 03/10-03/17  
 3:30 PM-5:30 PM Radloff, Kaitlynn

## PAPERMAKING & BOOKBINDING

Papermaking is a fun and simple way to turn scraps into treasure! You will learn how to make your own paper and how to sew your paper into a journal! Create a unique, artistic cover for your journal, transforming it into a personal work of art. Inside, blank pages await your next adventure, reflections, or sketches. All supplies are included, and all levels are welcome.

A-CR43 Lifelong Learning \$90  
 # Session-4 Day-Mo 04/14-05/05  
 6:00 PM-8:00 PM Radloff, Kaitlynn



## **NEW** PAPIER MACHE MASK MAKING

Design, create, and paint your own papier-mâché mask in this fun and creative class! Learn the crafting technique of using shredded paper and water to sculpt and shape your mask. Whether you want to embody a character you've imagined or create something special for yourself or a little one for the Wild Walk, this class guarantees mess, silliness, and transformation. All supplies are included, and all levels are welcome.

A-CR46 Lifelong Learning \$115  
 # Session-4 Day-Th 03/27-04/17  
 6:00 PM-9:00 PM Stein, Taylor

## **NEW** LEARN TO MAKE YOUR OWN ZINE!

Create your own Art Zine! A Zine is a personally produced mini magazine based on your artwork and interests. You will learn the imposition printing technique and the process of creating an original 8-page zine. Learn how to enhance your work with color, text, and images. By the end of the class, you'll have a completed zine that's ready for reproduction. All supplies are included, and all levels are welcome.

A-CR45 Lifelong Learning \$55  
# Session-1 Day-Sa 04/12-04/12  
9:00 AM-1:00 PM Stein, Taylor



## HANKO JAPANESE NAME STAMP

**NEW** A Hanko is a traditional Japanese stamp, unique to each individual, used for sealing and signing documents, letters, and personal items. In this course, you'll learn how to design and carve your own personalized Hanko name stamp. Using wood carving tools and techniques, you'll create a one-of-a-kind stamp with your name. All supplies are included, and all levels are welcome.

A-CR44 Lifelong Learning \$100  
# Session-3 Day-Fr 04/04-04/18  
11:00 AM-1:30 PM Matsuoka, Emi

## **NEW** WOOD BURNING: WELCOME SIGN

Design and create your own Welcome Sign using the wood-burning technique! You'll learn how to use wood-burning tools, explore different types of wood, and practice various techniques. By the end of the one-day class, you'll have a decorative sign ready to hang at home or to give as a gift. All supplies are included, and all levels are welcome.

A-CR48 Lifelong Learning \$50  
# Session-1 Day-We 03/26-03/26  
1:00 PM-5:00 PM Radloff, Kaitlynn

## SCREEN PRINTING WORKSHOP

Screen printing is the technique of transferring an image by forcing ink through a fine mesh screen. In this workshop, you will learn to create a custom screen-printed design. You'll start by designing and drawing your image, then transfer it onto a tote bag. All supplies are included, and all levels are welcome.

A-CR42 Lifelong Learning \$50  
# Session-1 Day-Fr 03/14-03/14  
9:00 AM-1:00 PM Radloff, Kaitlynn

## **NEW** UPCYCLED SCREEN PRINTING

Learn how to design and print your own custom images on upcycled fabric. Need custom band tees, tote bags, or a business logo design? Bring your old shirts, hoodies, bandanas, or any fabric, and create something unique! You will learn how to find and make images and letters to print one or multiple designs. All supplies are included, and all levels are welcome.

A-CR60 Lifelong Learning \$63  
# Session-3 Day-Mo 04/14-04/28  
4:00 PM-5:30 PM Radloff, Kaitlynn



## GELLI© PLATE WORKSHOP

Work with a 5x7-inch Gelli© Plate to create one-of-a-kind postcards. You will explore multiple techniques, such as layering with stencils and everyday objects, making prints using botanical elements, image transfers, and more! You will also work with different papers to enhance your custom collection. You will leave with unique postcards ready to display or send to friends or family. All supplies are included, and all levels are welcome.

A-CR28 Lifelong Learning \$43  
# Session-1 Day-Fr 03/21-03/21  
9:30 AM-12:30 PM Thompson, Adeline



## 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. All supplies are included, and all levels are welcome.

A-CR27 Lifelong Learning \$98  
# Session-1 Day-Th 04/24-04/24  
5:30 PM-8:30 PM Lafontaine, Melissa



## BASIC SILVER SMITHING

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

A-JE04 Lifelong Learning \$105  
# Session-1 Day-Fr 05/02-05/02  
10:00 AM-4:30 PM Miller, Dona

## BEZEL SET PENDANT

Do you love interesting cabochon stones? In this class, you will learn how to create pendants by selecting the correct bezel wire, creating and sizing the bezel to a cabochon, adjusting the height of the cab, and setting the cab with a clean, finished look. Cabochons will be provided for class projects. You are welcome to bring your own stones to class. Bring a sack lunch. Prerequisite: Basic Silver Smithing and Intro to Soldering or similar experience required.

A-JE24 Lifelong Learning \$138  
# Session-1 Day-Fr 02/28-02/28  
10:00 AM-4:30 PM Miller, Dona

## EMBELLISHED STACK RINGS

Who doesn't love the fun and flexibility of stack rings? You will explore several different ways to both create and embellish stack rings. The rings will be created from silver wire, and the embellishments will include simple standard bezes, shapes cut from copper circles, and silver balls. You will solder all the embellishments onto the stack rings. The techniques you will be exploring will open the world of ring-making. You should have some experience with a torch and soldering for this class. Bring a sack lunch. Prerequisite: Basic Silver Smithing and Intro to Soldering are highly recommended.

A-JE34 Lifelong Learning \$118  
# Session-1 Day-Mo 03/03-03/03  
10:00 AM-4:30 PM Miller, Dona

## **NEW** CRAFTING POLYMER CLAY EARRINGS

Polymer clay is a versatile modeling clay that hardens when baked, allowing it to hold its shape. In this class, you'll learn essential techniques for working with polymer clay and create a pair of custom lightweight earrings to take home. Perfect for beginners and creative enthusiasts alike. All supplies are included, and all levels are welcome.

A-JE35 Lifelong Learning \$58  
# Session-1 Day-Tu 03/25-03/25  
5:30 PM-8:30 PM McClellan, Addy

# SPECIAL INTEREST

## FLY TYING 101

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

S-FISH101 Lifelong Learning \$79  
# Session-3 Day-We 02/05-02/19  
6:00 PM-8:00 PM Coley, Noelle

## BEEKEEPING AND HIVE MANAGEMENT

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

S-AN02 Lifelong Learning \$80  
# Session-4 Day-Tu/Th 02/04-02/13  
6:00 PM-8:30 PM Kochel, Sean



## BIRDWATCHING FOR BEGINNERS

Have you ever wanted to learn how to identify birds in our area by sight and by song? Montana Master Naturalist and local guide Elena Ulev will teach you how to identify 25 species of birds commonly found in our forest, grassland, and riparian habitats. The first class is interactive and held at the Lifelong Learning Center and the second is in the field birding at a local hotspot.

S-AN15 Lifelong Learning \$43  
# Session-2 Day-Th/Sa 04/10-04/12  
4:00 PM-6:00 PM Ulev, Elena

## PET FIRST AID AND DISASTER RESPONSE

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

S-AN19 Lifelong Learning \$61  
# Session-1 Day-Th 04/10-04/10  
10:00 AM-2:00 PM Vargas, Racheal

## **NEW** INDOOR SEED STARTING FOR MONTANA GARDENS

Starting seeds indoors allows you to grow a wider variety of plants in Montana and can help extend your harvest season. In this hands-on class, you will learn practical techniques for successfully starting seeds indoors and preparing them for transplant into your garden. Topics will include seed selection, seed starting media, suitable types of pots, fertilization, heat, water, and lighting needs. You'll also explore how to properly transplant your seedlings outdoors to ensure strong, healthy growth. As part of the class, you will plant and take home four jiffy pots, giving you a head start on your gardening season. This highly interactive class encourages you to bring your questions, experiences, successes, and challenges to share and discuss.

S-LND40 Lifelong Learning \$65  
#Session-2 Day-Tu 03/04-03/11  
10:00 AM-12:00 PM Basket, Sally

## **NEW** BUZZ & BLOOM: CRAFTING YOUR POLLINATOR GARDEN

Learn how to design and create your very own pollinator garden! You'll discover how to select the right plants, design a garden layout, and maintain a space that attracts bees, butterflies, and other essential pollinators. You'll also plant and take home four jiffy pots to jump-start your pollinator-friendly space. Whether you're a beginner or a seasoned gardener, you'll gain the tools to cultivate a vibrant, eco-friendly garden that supports biodiversity.

S-LND39 Lifelong Learning \$38  
# Session-1 Day-Fr 04/25-04/25  
1:30 PM-4:30 PM Crouch, Kate

SPECIAL INTEREST

## **NEW** DRONE ENGINEERING AND FLIGHT BASICS

Discover the engineering and computer science behind drones as you build, configure, and prepare a class-owned model for flight. Learn key drone laws, regulations, and subsystem components, then practice takeoff, hovering, landing, and basic maneuvers using drones provided by the Lifelong Learning Center. Perfect for aspiring drone enthusiasts eager to take their skills to new heights!

S-DRO1 Lifelong Learning \$193  
# Session-4 Day-Th 04/10-05/01  
5:00 PM-8:00 PM Enos, Darren

## **SKI & SNOWBOARD TUNING BASICS**

Are you looking to get the best performance out of your skis or snowboard this winter? Learn how to properly tune edges and perform basic base repairs, hot waxing, and binding adjustments. You can bring ONE pair of skis or a snowboard to practice the skills taught so you can be comfortable doing it from your home. If you need binding adjustments, you will also need to bring your boots. Materials for in-class demonstrations will be provided. The instructor will discuss affordable options for purchasing your own materials to help you save on mountain expenses.

S-PE55.3 Lifelong Learning \$45  
# Session-1 Day-Tu 02/25-02/25  
5:30 PM-8:30 PM Bodden, Rob



## **NEW** BREW YOUR BEST BEER

Learn how to brew your best beer from grain to glass. In this class you will learn how to make a balanced recipe and turn it into beer you would be proud of. Learn tips and techniques to help ensure you end up with your best beer.

S-PE58 Lifelong Learning \$65  
# Session-4 Day-Mo/We 03/31-04/09  
6:00 PM-8:00 PM Kochel, Sean

## **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-MISC61.3 Lifelong Learning FREE  
# Session-1 Day-Th 02/13-02/13  
10:00 AM-12:30 PM Arnold, Lydia

S-MISC61.4 Lifelong Learning FREE  
# Session-1 Day-Th 02/27-02/27  
5:30 PM-8:00 PM Arnold, Lydia

S-MISC61.1 Lifelong Learning FREE  
# Session-1 Day-Th 03/06-03/06  
5:30 PM-8:00 PM Arnold, Lydia

S-MISC61.2 Lifelong Learning FREE  
# Session-1 Day-We 03/12-03/12  
11:00 AM-1:30 PM Arnold, Lydia

S-MISC61.3 Lifelong Learning FREE  
# Session-1 Day-Tu 04/08-04/08  
10:00 AM-12:30 PM Arnold, Lydia

S-MISC61.4 Lifelong Learning FREE  
# Session-1 Day-We 04/16-04/16  
5:00 PM-8:30 PM Arnold, Lydia

### **Why Register Early?**

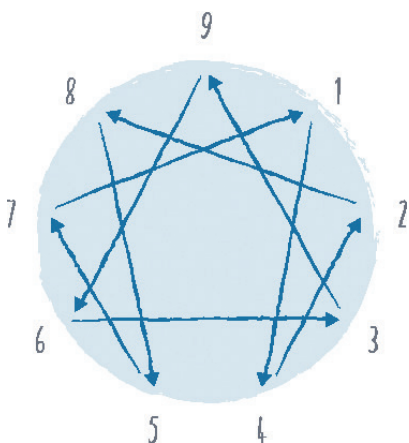
- Some classes fill quickly
- We can create new sections for high demand classes
- Fewer classes cancelled
- Save \$\$ with early bird discounts

**SPECIAL INTEREST**

## **NEW** POETRY AND PLAY

Discover your expressive side through poetry! Drawing inspiration from the techniques of the Fluxus Movement, Dada, and Surrealism, this class is packed with playful writing exercises designed to breathe new life into your poetry--no matter your experience level. You'll also get to explore a visual art component but don't worry if you're new to it. You'll be encouraged to experiment with whatever sparks your creativity, whether it's painting, pastels, collages, or other mediums available in the art room. In the final class, you'll help create a multimedia poem to display in the hallways of the LLC for the community to enjoy.

S-COM20 Lifelong Learning \$95  
# Session-4 Day-Fr 03/28-04/18  
1:00 PM-3:30 PM Stein, Taylor



## **ENNEAGRAM 101**

Enneagram 101 is a workshop that explains the personality tool that provides a framework for understanding oneself and others through both behavioral and thought patterns. Each type on the enneagram is distinguished by easy to understand characteristics such as greatest fear, deepest desire, and core motivation. With the knowledge of the enneagram, we can increase our acceptance of and compassion for ourselves and others and improve relationships. Participants will determine their own enneagram type and understand the basics of all nine types.

S-PE39 Lifelong Learning \$43  
# Session-3 Day-We 03/12-03/26  
5:00 PM-6:30 PM Bernhardt, Alyssa

## **NEW** NONPROFIT 101: BUILDING A FOUNDATION FOR LASTING IMPACT

Are you looking to start or grow a small, startup nonprofit, whether your focus is local, national, or global? Learn how to assess the real needs of your target communities and ensure your organization effectively addresses them. The workshop will cover essential topics such as building a strong founding board of directors, defining the roles and responsibilities of key officers, and obtaining federal tax-exempt status while maintaining tax compliance. You'll also receive practical guidance on setting up your nonprofit's operational foundations, including creating a website, establishing bank accounts, and choosing the right software tools. Finally, the workshop will help you explore strategies for building sustainable revenue streams and developing effective fundraising approaches to support your organization's mission and long-term success.

S-PE60 Lifelong Learning \$28  
# Session-1 Day-Mo 04/28-04/28  
9:30 AM-12:30 PM Bernhardt, Alyssa

## **RETIREMENT: CREATING A DYNAMIC SECOND ACT**

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

S-PE50 Lifelong Learning \$73  
# Session-6 Day-Mo 02/24-03/31  
1:00 PM-2:30 PM Mangan, Kathy

S-PE50 Lifelong Learning \$73  
# Session-6 Day-Mo 04/14-05/19  
1:00 PM-2:30 PM Mangan, Kathy

**SAVE \$5.00**

Per Class with  
Early Bird Registration!



**MAS**  
MISSOULA  
aging  
SERVICES

**Aging is a journey.**  
Let us be your trusted guide.  
(406) 728-7682  
missoulaagingservices.org

## THE AGING MASTERY PROGRAM®

The Aging Mastery Program® (AMP) is a comprehensive and fun approach to aging well that encourages adults age 55+ to take action to enhance their health, financial well-being, social connectedness, and overall quality of life. Central to the AMP philosophy is the belief that modest lifestyle changes can produce big results and that people can be empowered and supported to cultivate health and longevity. Montana residents can receive a no-cost ticket. For more information, please call 406-728-7682.

S-PE56 Lifelong Learning \$40  
# Session-10 Day-Tu/Th 04/08-05/08  
1:00 PM-3:00 PM MissoulaAgingServices

## **NEW** NAVIGATING ADHD HOLISTICALLY

With so many research studies, opinions, and treatment options available, it can feel daunting and sometimes overwhelming to know how to navigate ADHD and its related hyperactivity and inattention. Whether to seek a formal diagnosis or not, why medication may or may not be a good idea, which medication is best, what natural therapies exist, and if they are effective are just some of the many questions that people with ADHD and their loved ones have. This course aims to help participants know how to navigate these many different voices and do so in a balanced, holistic way. Taught by a local naturopathic physician, this class will not provide personalized medical advice. Instead, it will weave together the best conventional and naturopathic wisdom, providing education and resources for individuals to make informed decisions about ADHD.

S-PE59 Lifelong Learning \$65  
# Session-5 Day-Tu 04/01-04/29  
6:00 PM-7:30 PM Smith, Michael

## THE FUNDAMENTALS OF AYURVEDA

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

S-PE16 Lifelong Learning \$35  
# Session-2 Day-Th 03/06-03/13  
5:00 PM-7:00 PM Caldwell, Sherie

## **NEW** PRANA: THE BREATH OF YOGA

This class focuses on Prana, the life force in Yogic Philosophy. You will explore various breathing techniques to help move Prana through and around your body. The class will primarily consist of discussions, with some time spent lying down, sitting, and standing. Please bring a mat if you prefer. No prior experience is necessary.

S-PE61 Lifelong Learning \$28  
# Session-3 Day-Th 04/17-05/01  
4:15 PM-5:15 PM Crouch, Kate



**Call us at 406-549-8765**

37

**NEW** SOOTHE SCIATICA  
WITH SELF MASSAGE

Dealing with sciatic nerve pain can be both uncomfortable and frustrating. In this hands-on workshop, you'll learn simple, yet effective, self-massage techniques to help relieve sciatica symptoms at home. You'll discover how to target specific pressure points, improve circulation, and reduce inflammation. By the end of the class, you'll have a personalized plan to incorporate self-massage into your daily routine. We'll cover the anatomy of the sciatic nerve and the common causes of sciatica, then explore various massage techniques for the hips, glutes, and lower back. You'll have the opportunity to practice these methods with guidance from an experienced instructor, using any massage tools you already own, as well as therapy balls provided in the class. Wear loose, comfortable clothing, and bring any handheld massage tools you have at home.

S-MA04 Lifelong Learning \$35  
# Session-1 Day-We 03/12-03/12  
10:30 AM-12:30 PM Orford, Rue

**NEW** TMJ TENSION RELEASE  
WORKSHOP

In this hands-on workshop, you'll learn soothing self-massage techniques for the temporomandibular joint (TMJ) to help alleviate discomfort and tension. We'll cover jaw anatomy and common triggers, and you'll discover gentle massage methods to release tight muscles, providing instant relief from symptoms like headaches and jaw pain. You'll gain practical skills to improve jaw mobility and flexibility, making this session perfect if you're dealing with TMJ-related issues. Please bring a metal spoon (dinner spoon, teaspoon, or soup spoon), and lip balm, and wear clothing that allows easy access to your neck and upper shoulders for effective self-massage.

S-MA06 Lifelong Learning \$20  
# Session-1 Day-Th 03/27-03/27  
5:30 PM-7:30 PM Orford, Rue

**NEW** LET IT GO: DIY FOR  
NECK AND SHOULDER  
PAIN

Are you tired of dealing with nagging neck and shoulder pain? In this hands-on, informative class, you'll learn effective self-massage techniques to relieve discomfort in these common problem areas. Discover methods to release muscle knots, improve circulation, and promote relaxation. You'll also learn about the key muscles that cause neck and shoulder pain and how to target them effectively. Master a variety of self-massage techniques using your hands and common tools. By the end of the class, you'll have a toolkit of self-care strategies and therapy balls to incorporate into your daily routine. Please wear comfortable, loose-fitting clothing and bring any massage tools you already have. Get ready to melt away neck and shoulder stress in this friendly, interactive class--your body will thank you!

S-MA05 Lifelong Learning \$35  
# Session-1 Day-We 04/09-04/09  
10:30 AM-12:30 PM Orford, Rue

**NEW** WRISTFUL THINKING:  
SELF MASSAGE FOR  
CARPAL TUNNEL RELIEF

Do you struggle with discomfort from carpal tunnel syndrome? In this hands-on workshop, you'll learn effective techniques to ease pain and discomfort at home. Guided self-massage methods will teach you how to target and relieve tension in your hands, wrists, and forearms, giving you the tools to take charge of your pain relief. You'll explore the anatomy of carpal tunnel syndrome and gain simple, proven strategies to manage flare-ups and prevent future issues. By the end of the class, you'll have a personalized self-care routine to help keep symptoms under control. To prepare, wear a short-sleeved shirt and bring a thick-lipped coffee mug to use as a unique massage tool (we'll explain during class!). Join us for practical knowledge and empowering techniques to reclaim your comfort and mobility.

S-MA07 Lifelong Learning \$20  
# Session-1 Day-Th 04/24-04/24  
5:30 PM-7:30 PM Orford, Rue

SPECIAL INTEREST

# PARENTING

## YOU AND YOUR CHILD: MAKING A CANDY DISPENSER!

Using pre-cut reclaimed materials courtesy of Home ReSource, you and your child (10+ years) will work together to assemble your very own wood and mason jar candy dispenser. Using hand tools and power drills we'll learn to follow the steps of DIY assembly leading us to a sweet treat.

P-PC56 Home ReSource \$35  
# Session-1 Day-We 04/09-04/09  
4:00 PM-7:00 PM Lessard, Michael

## ART EXPLORATION FOR EARLY CHILDHOOD CAREGIVERS

Parents and caregivers play an important role in facilitating young children's creative growth. In this class, caregivers for children 3-5 years old will learn how to facilitate their child's creativity by understanding milestones and fostering artistic development. Participants will explore how to converse constructively with their child about art, and to create dedicated spaces within their home or program for safe, independent arts exploration. Participants will learn about additional resources for obtaining art materials and will explore project ideas in class. This class is approved for 3 credits on the MTECP registry.

P-GUID27 Lifelong Learning \$16  
# Session-1 Day-Sa 02/22-02/22  
9:00 AM-12:00 PM Kunkle, Tandy

## SEW FUN! BEGINNING SEWING FOR FAMILIES

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

P-PC02 Lifelong Learning \$22  
# Session-1 Day-Th 03/06-03/06  
3:00 PM-5:30 PM Claypool, Diann

## FAMILY ART: PAINTING WITH YOUR CHILD!

Do you have a budding artist at home? Is there an empty wall that you are looking to spruce up? Then join us for this hands-on painting class that will get you and your child (8+ years) working and playing together. With step-by-step instruction, you will learn the process to create an original and gorgeous painting that you and your family can enjoy for years to come. You and your child's finished pieces can be coordinated to hang together or separately. All of the materials will be provided in class. One child per adult. No child care available.

P-PC24 Lifelong Learning \$23  
# Session-1 Day-Sa 03/08-03/08  
10:00 AM-12:00 PM Kunkle, Tandy

## **NEW** FAMILY YOGA (3-5 YEAR OLDS)

Share a weekly yoga class with your child! Learn how to take care of yourself, mind, body and spirit, while learning lifelong tools for you and your family. You will practice fun breathing and relaxation techniques to help your child (and you!) navigate emotional waters and focus with more ease. Simple postures and movement will improve flexibility, strength, and overall well-being. This beginning level class is appropriate for parents, grandparents, and caregivers. Wear comfortable clothing and bring a mat. One child (ages 3-5) per adult.

P-PC05 Lifelong Learning \$10  
# Session-4 Day-Fr 04/04-04/25  
10:00 AM-10:30 AM Matthias, Kimberly

## YOU AND YOUR CHILD: DECORATING ST. PATRICK'S DAY CUPCAKES!

Join us for this hands-on class that will teach you and that special child in your life, (8+ years) how to decorate fun, festive St. Patrick's Day cupcakes! Working together, you and your child will learn decorating techniques such as the zig-zag, dot, line, and grass. Leave the baking to us, and create delicious and original cupcakes to share with the whole family--one child per adult. No childcare is available.

P-PC29 Lifelong Learning \$35  
# Session-1 Day-Sa 03/08-03/08  
10:00 AM-12:00 PM Birdsell, Becca

## YOU AND YOUR CHILD: SPRINGTIME CUPCAKE DECORATING!

Would you and your child like to create beautiful springtime cupcakes? Bring that special child in your life (8+ years) and learn new decorating techniques together. Leave the baking to us while you and your child create festive and bright cupcakes to share with family and friends. One child per adult. No childcare will be provided for additional children.

P-PC30 Lifelong Learning \$35  
# Session-1 Day-Sa 04/12-04/12  
10:00 AM-12:00 PM McClain, Jasmine

## 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 tortilla chips, and a rice and beans side dish. 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 Big Sky High \$28  
# Session-1 Day-Th 03/06-03/06  
5:30 PM-7:30 PM Gomez, Marilyn

## **NEW** YOU AND YOUR CHILD: COOKING GROUND BEEF PICADILLO!

Get ready for a fun cooking class where we'll whip up Mexican picadillo, an easy and tasty ground beef dish packed with flavor! We'll show you how to turn this mouthwatering filling into burritos that make perfect school lunches or quick family dinners. Plus, you'll learn how to repurpose picadillo for taco nights, enchiladas, nachos, or even pasta. Along the way, parents and kids will learn essential kitchen skills, discover new meal prep ideas, and share lots of laughs in the kitchen. Come hungry and leave with delicious food and memories to last a lifetime! One child (10+ years) per registered adult.

P-PC62 Big Sky High \$23  
# Session-1 Day-Th 03/13-03/13  
5:30 PM-7:30 PM Gomez, Marilyn

## YOU AND YOUR CHILD: COOKING BREAKFAST BURRITOS!

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

P-PC50 Big Sky High \$30  
# Session-1 Day-Sa 03/15-03/15  
10:00 AM-12:00 PM Gomez, Marilyn

## 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 Lewis & Clark EL FREE  
# Session-1 Day-Th 03/27-03/27  
6:00 PM-8:00 PM Families, First

## HELPING KIDS MANAGE STRESS

Young children experience stress too! Whether it's your eleven-year-old throwing their pencil across the room at homework time when they can't solve a problem, or your fourteen-year-old staying up late worrying about friendships, stress and how to deal with it can become a daily challenge if you don't create plans and strategies for dealing with it. Join us and other parents to learn more techniques to help your child manage stress. Child care is available- please register in advance to secure your spot.

P-FF09 Chief Charlo EL FREE  
# Session-1 Day-Tu 03/04-03/04  
6:00 PM-8:00 PM Families, First





# FAMILIES FIRST

455 E. MAIN ST.  
MISSOULA, MT 59802

406.721.4690  
INFO@FAMILIESFIRSTMT.ORG



## CHILD ENRICHMENT

Our child enrichment programming inspires hands-on exploration and play while focusing on building empathy & kindness, social emotional development, cultural expression, and imaginative & dramatic play.

*Join us for children's programming at the Missoula Public Library*  
0-3 Playgroups • Kid's Cooking Classes • STEM Play

## DREAM BIGGER AFTERSCHOOL

Empowering teens to Do, Go, Build, Write, Create, Problem Solve, and Innovate.

This afterschool program offers students opportunities to explore career paths and lead projects with the support of professional mentors.



## PARENTING SUPPORT

Education & Skill Building Classes

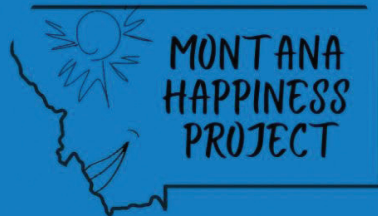
- Dads & Dialogue
- Circle of Security
- The Parent Team

*Check out the Lifelong Learning Center catalog for our list of current and upcoming parenting workshops*



## MONTANA HAPPINESS PROJECT

*Dedicated to supporting mental health, promoting well-being, and reducing suicide rates through professional education, consultation, and supervision.*



*To create a community where families feel supported, empowered, and inspired to learn and play together*

Call us at 406-549-8765

# HEALTH & SAFETY

## HEARTSAVER® COMBINATION FIRST AID WITH CPR

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

H-CPR01.4 Lifelong Learning \$100  
# Session-1 Day-Sa 03/08-03/08  
8:30 AM-3:00 PM Mandell, Liz

H-CPR01.5 Lifelong Learning \$100  
# Session-1 Day-Sa 04/26-04/26  
8:30 AM-3:00 PM Wafstet, Bob

## HEARTSAVER® PEDIATRIC FIRST AID/CPR/AED

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

H-CPR01.4a Lifelong Learning \$100  
# Session-1 Day-Sa 03/08-03/08  
8:30 AM-3:00 PM Mandell, Liz

H-CPR01.5a Lifelong Learning \$100  
# Session-1 Day-Sa 04/26-04/26  
8:30 AM-3:00 PM Wafstet, Bob





## 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-CPR01.2 Lifelong Learning \$70  
# Session-1 Day-Mo 02/24-02/24  
5:00 PM-9:30 PM Wafstet, Bob

H-CPR01.1 Lifelong Learning \$70  
# Session-1 Day-Mo 03/10-03/10  
5:00 PM-9:30 PM Wafstet, Bob

H-CPR001.3 Lifelong Learning \$70  
# Session-1 Day-Tu 04/15-04/15  
5:00 PM-9:30 PM Haack, Leila

H-CPR01.2 Lifelong Learning \$70  
# Session-1 Day-Mo 04/28-04/28  
9:00 AM-1:30 PM Roper, Lisa Rae

## CERTIFIED NURSING ASSISTANT TRAINING PROGRAM

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

H-CNA01 Lifelong Learning \$802  
# Session-24 Day-Tu/Th 04/01-06/14  
5:30 PM-9:30 PM Dotson, Tara

## 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 also 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	5:45 AM	Cycle Blast
Mo	7:00 AM	Intermediate Pickleball
Mo	8:45 AM	Barre Yoga Fusion: Interm
Mo	8:45 AM	Barre Yoga Fusion: Interm- 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, Core & Tone
Mo	10:15 AM	Barre
Mo	10:15 AM	Barre - Zoom
Mo	10:15 AM	Pilates Reformer Foundational
Mo	10:30 AM	Introduction to QiGong
Mo	10:30 AM	Slow Flow Yoga
Mo	11:00 AM	Intermediate Pickleball
Mo	12:00 PM	CoreAlign® Continuing
Mo	12:15 PM	OULA Power Express
Mo	12:30 PM	Intermediate Pickleball
Mo	2:15 PM	Coached Open Play Pickleball
Mo	3:00 PM	Intro to Pilates Reformer
Mo	3:30 PM	Ease of Movement
Mo	4:15 PM	Pilates Reformer Foundational
Mo	4:30 PM	Aerial Yoga
Mo	4:30 PM	UPLIFT
Mo	4:30 PM	Dynamic Stretching
Mo	4:30 PM	PoundFit
Mo	4:30 PM	Gentle Yoga
Mo	5:30 PM	CoreAlign® Continuing
Mo	5:40 PM	Strength and Core Intervals
Mo	5:45 PM	Barre Strength & Balance
Mo	5:45 PM	SHiNE Dance Fitness
Mo	5:45 PM	Yoga for the "Working Stiffs"
Mo	6:50 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	7:00 AM	CoreAlign® Continuing
Tu	8:30 AM	Circuit Strength/Conditioning
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	Intermediate Pickleball
Tu	4:15 PM	Beginning Aerial Fitness
Tu	4:15 PM	CoreAlign® Foundations
Tu	4:30 PM	OULA
Tu	4:30 PM	SHiNE Dance Fitness
Tu	4:30 PM	Gentle Yoga
Tu	5:30 PM	CoreAlign® Continuing
Tu	5:30 PM	Barre
Tu	5:45 PM	UPLIFT
Tu	5:45 PM	Yin Yoga
Tu	6:00 PM	Beginning Cowboy Jitterbug
Tu	6:00 PM	Beginning Salsa Dance
Tu	7:30 PM	Country Two Step and Swing
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 & Hills
We	9:00 AM	Barre: Intermediate
We	9:00 AM	Barre: Intermediate - Zoom
We	9:00 AM	Flow Yoga
We	9:30 AM	Pilates Reformer Continuing
We	9:30 AM	QiGong: Art of Self-Healing
We	10:30 AM	Beginning Aerial Fitness
We	10:45 AM	CoreAlign® Strength
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	Beginning Pickleball
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	Replenishing Sound Bath
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	Country Line Dancing
We	7:00 PM	Pickleball: Mixed Doubles
We	7:00 PM	Pickleball: Women's Doubles

## THURSDAY

Th	6:00 AM	Bootcamp
Th	6:00 AM	Sunrise Yoga
Th	8:30 AM	Power Hour
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 Foundational
Th	10:15 AM	Over 60 Balance
Th	10:15 AM	Over 60 Balance - Zoom
Th	10:30 AM	Over 50 and FIT
Th	10:30 AM	QiGong Flow
Th	11:15 AM	CoreAlign® Strength
Th	12:00 PM	Beginning Pickleball
Th	12:30 PM	Pilates Reformer Found/Cont
Th	1:30 PM	Intermediate Pickleball
Th	3:00 PM	Introduction to QiGong
Th	3:00 PM	Yoga Align and Strong
Th	4:15 PM	Pilates Reformer Continuing
Th	4:30 PM	Aerial Yoga
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	SMASH

## FRIDAY

Fr	6:00 AM	Yoga Sculpt
Fr	8:30 AM	Beginning Pickleball
Fr	9:00 AM	Pilates Reformer Foundational
Fr	9:00 AM	Gentle Yoga
Fr	9:30 AM	Intermediate Pickleball
Fr	10:15 AM	Mat Pilates
Fr	10:30 AM	Intro to Pilates Reformer
Fr	10:30 AM	Cont Yoga-Vinyasa Flow
Fr	11:00 AM	Intermediate Pickleball
Fr	12:00 PM	CoreAlign® Foundations
Fr	12:00 PM	Introduction to Barre
Fr	1:00 PM	Introduction to Pickleball
Fr	1:00 PM	Strategic Dinking
Fr	3:00 PM	Open Play Pickleball
Fr	5:30 PM	UPLIFT
Fr	6:00 PM	Beginning Pickleball
Fr	7:00 PM	Self Care: Release & Relax
Fr	7:05 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 \$39  
# Session-9 Day-Tu 03/04-04/29  
6:00 AM-7:00 AM Sedgwick, Kelly

F-CAR08.R Lifelong Learning \$39  
# Session-9 Day-Th 03/06-05/01  
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 \$39  
# Session-9 Day-Mo 03/03-04/28  
5:40 PM-6:40 PM Sanfilippo, Erin

## CIRCUIT STRENGTH AND CONDITIONING

Find your personal space, gather your equipment, and get ready to strengthen your muscles and break a sweat! This total-body workout incorporates exercises using bands, weights, and jump ropes, with plenty of options to suit your pace and help you achieve your personal fitness goals. Don't forget to bring a yoga mat, water, and a sweat towel.

F-CAR46.T Lifelong Learning \$39  
# Session-9 Day-Tu 03/04-04/29  
8:30 AM-9:30 AM MacArthur, Amanda

## POWER HOUR

This dynamic one-hour class combines core, strength, and stability for a powerful workout. Drawing from Pilates principles, you'll engage deep muscles to tone and build strength. The class incorporates weights and other props, with movements transitioning between floor and standing positions.

F-CAR66.R Lifelong Learning \$39  
# Session-9 Day-Th 03/06-05/01  
8:30 AM-9:30 AM Gendrow, Chloe



## 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.W Lifelong Learning \$73  
# Session-9 Day-We 03/05-04/30  
10:45 AM-11:45 AM Knell, Nora

## 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 \$24  
# Session-9 Day-Mo 03/03-04/28  
12:15 PM-12:45 PM Kirk, Melissa

F-DAN15.W Hellgate EL/MS \$26  
# Session-8 Day-We 03/05-04/30  
6:00 PM-6:30 PM Kirk, Melissa

## **NEW** DYNAMIC STRETCHING: FLEXIBILITY AND TONING

In this low-intensity class, you will use dynamic stretching and bodyweight exercises to build strength and flexibility. Each session will guide you through a series of movements to enhance your stability and help you feel strong. Expect to transition from the floor to standing positions, incorporating moderate resistance bands and weights. The class meets every other week to allow you to progress at a comfortable pace.

F-CAR67.M Lifelong Learning \$24  
# Session-5 Day-Mo 03/03-04/28  
4:30 PM-5:30 PM Sanfilippo, Erin

## **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 \$50  
# Session-9 Day-Tu 03/04-04/29  
10:30 AM-11:45 AM Knell, Nora

F-CAR02.W Lifelong Learning \$39  
# Session-9 Day-We 03/05-04/30  
5:45 PM-6:45 PM Sanfilippo, Erin

F-CAR02.R Lifelong Learning \$39  
# Session-9 Day-Th 03/06-05/01  
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 \$50  
# Session-9 Day-Tu 03/04-04/29  
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 \$39  
# Session-9 Day-Th 03/06-05/01  
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 \$39  
# Session-9 Day-Th 03/06-05/01  
10:15 AM-11:15 AM Adams, Missy

## **INTRODUCTION TO BARRE**

Are you 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. Bring a yoga mat.

F-CAR63.W Lifelong Learning \$39  
# Session-9 Day-We 03/05-04/30  
12:00 PM-1:00 PM Kerber, Jenifer

F-CAR63.F Lifelong Learning \$39  
# Session-9 Day-Fr 03/07-05/02  
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 \$39  
 # Session-9 Day-Mo 03/03-04/28  
 10:15 AM-11:15 AM Adams, Missy

F-CAR14.T1 Lifelong Learning \$39  
 # Session-9 Day-Tu 03/04-04/29

F-CAR14.T2 Lifelong Learning \$39  
 # Session-9 Day-Tu 03/04-04/29  
 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 \$39  
 # Session-9 Day-Mo 03/03-04/28  
 10:15 AM-11:15 AM Adams, Missy

### Why Register Early?

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

## 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 \$39  
 # Session-9 Day-We 03/05-04/30  
 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 \$39  
 # Session-9 Day-We 03/05-04/30  
 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 03/10-04/28  
 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 \$50  
# Session-9 Day-Th 03/06-05/01  
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 \$50  
# Session-9 Day-Th 03/06-05/01  
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 \$50  
# Session-9 Day-Mo 03/03-04/28  
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 \$50  
# Session-9 Day-Mo 03/03-04/28  
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-QI05.M Lifelong Learning \$39  
# Session-9 Day-Mo 03/03-04/28  
10:30 AM-11:30 AM Gourguechon, Paul

F-QI05.R Lifelong Learning \$39  
# Session-9 Day-Th 03/06-05/01  
3:00 PM-4:00 PM Heileman, Janell

## QIGONG: ART OF SELF-HEALING

Qigong is an ancient Chinese practice that uses slow movements and synchronized breathing to cultivate Qi (chi) or vital energy. When Qi flows freely throughout the body, it has the power to heal and revitalize. Our practice will be guided by exploring Qigong movements and techniques, such as meditation and creative visualization. Suitable for all fitness levels, this class will help you develop your personal Qigong practice. Please bring a yoga mat and a water bottle.

F-QI04.W Lifelong Learning \$39  
# Session-9 Day-We 03/05-04/30  
9:30 AM-10:30 AM Heileman, Janell

## QIGONG FLOW

Connect with your body through the energetic movements of QiGong. In this class, you will learn how to harness your internal qi to find balance. Experiencing each movement sequence to gain the most benefit and then flow into the next one. A holistic practice for the whole body. All abilities and levels are welcome. Expect to be standing for the majority of the class.

F-QI07.R Lifelong Learning \$39  
# Session-9 Day-Th 03/06-05/01  
10:30 AM-11:30 AM O'Brien, Bridey

## 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 \$73  
# Session-9 Day-Tu 03/04-04/29  
9:45 AM-10:45 AM Rehbein, Toni

F-MOV07.R Lifelong Learning \$73  
# Session-9 Day-Th 03/06-05/01  
9:45 AM-10:45 AM Rehbein, Toni

## ALEXANDER TECHNIQUE© FOR EASE OF MOVEMENT

Recover the natural elasticity of your muscles and free up joints to move in this not-your-usual-movement class. In this gentle movement class, you'll learn to bend, twist, reach, rise, and sit, go to the floor and get up again, balance, lift, and walk with greater ease, flexibility, freedom, balance, and stability. You'll discover how you can improve your biomechanics, reduce muscle tension, and get greater benefits out of moving in daily life and exercise. Movements are based on the Alexander Technique, a method shown to reduce pain and stress, and to improve balance, posture, respiratory function, and ease and range of motion. We'll also practice mindful rest at the end of each class so you leave refreshed and relaxed.

F-MOV16.M Lifelong Learning \$58  
# Session-7 Day-Mo 03/03-04/21  
3:30 PM-4:30 PM Hodges, Mari



## **NEW** BETTER BALANCE WITH ALEXANDER TECHNIQUE©

This workshop will help you to improve your balance with less effort or strain. Explore how to engage the entire body and mind to achieve optimal body alignment and ease of movement. You'll discover how you can naturally change unhelpful patterns of unnecessary effort and tension to rediscover freedom and ease of movement in standing, sitting, walking, and other activities. The Alexander Technique is a mindful approach to integrating the whole body. This transformative practice equips us with the skills to reduce and prevent stress and stress-related tension, and to find greater balance in all aspects of life. Bring indoor shoes or socks.

F-MOV17.S Lifelong Learning \$20  
# Session-1 Day-Sa 03/08-03/08  
12:00 PM-2:00 PM Hodges, Mari

## **NEW** WALKING WONDERS WITH ALEXANDER TECHNIQUE©

Get more enjoyment and benefit out of walking with the Alexander Technique. This holistic method of integrating the whole body will help you rediscover greater ease of movement, balance, and vitality. This workshop includes activities such as walking, resting, sitting, and lying down, all while exploring the connection between the body and mind. No prior experience is required, and you are encouraged to participate at your own pace. This transformative practice will help you discover better balance and ease of movement that you can apply to walking for exercise, work, daily life, and pleasure. Bring indoor walking shoes (optional).

F-MOV18.S Lifelong Learning \$20  
# Session-1 Day-Sa 04/12-04/12  
12:00 PM-2:00 PM Hodges, Mari

## **NEW** SOOTHE SCIATICA WITH SELF MASSAGE

Dealing with sciatic nerve pain can be both uncomfortable and frustrating. In this hands-on workshop, you'll learn simple, yet effective, self-massage techniques to help relieve sciatica symptoms at home. You'll discover how to target specific pressure points, improve circulation, and reduce inflammation. By the end of the class, you'll have a personalized plan to incorporate self-massage into your daily routine. We'll cover the anatomy of the sciatic nerve and the common causes of sciatica, then explore various massage techniques for the hips, glutes, and lower back. You'll have the opportunity to practice these methods with guidance from an experienced instructor, using any massage tools you already own, as well as therapy balls provided in the class. Wear loose, comfortable clothing, and bring any handheld massage tools you have at home.

S-MA04 Lifelong Learning \$35  
# Session-1 Day-We 03/12-03/12  
10:30 AM-12:30 PM Orford, Rue

## **NEW** TMJ TENSION RELEASE WORKSHOP

In this hands-on workshop, you'll learn soothing self-massage techniques for the temporomandibular joint (TMJ) to help alleviate discomfort and tension. We'll cover jaw anatomy and common triggers, and you'll discover gentle massage methods to release tight muscles, providing instant relief from symptoms like headaches and jaw pain. You'll gain practical skills to improve jaw mobility and flexibility, making this session perfect if you're dealing with TMJ-related issues. Please bring a metal spoon (dinner spoon, teaspoon, or soup spoon), and lip balm, and wear clothing that allows easy access to your neck and upper shoulders for effective self-massage.

S-MA06 Lifelong Learning \$20  
# Session-1 Day-Th 03/27-03/27  
5:30 PM-7:30 PM Orford, Rue

**SAVE \$5.00**

Per Class with  
Early Bird Registration!

## **NEW** LET IT GO: DIY FOR NECK AND SHOULDER PAIN

Are you tired of dealing with nagging neck and shoulder pain? In this hands-on, informative class, you'll learn effective self-massage techniques to relieve discomfort in these common problem areas. Discover methods to release muscle knots, improve circulation, and promote relaxation. You'll also learn about the key muscles that cause neck and shoulder pain and how to target them effectively. Master a variety of self-massage techniques using your hands and common tools. By the end of the class, you'll have a toolkit of self-care strategies and therapy balls to incorporate into your daily routine. Please wear comfortable, loose-fitting clothing and bring any massage tools you already have. Get ready to melt away neck and shoulder stress in this friendly, interactive class--your body will thank you!

S-MA05 Lifelong Learning \$35  
# Session-1 Day-We 04/09-04/09  
10:30 AM-12:30 PM Orford, Rue

## **NEW** WRISTFUL THINKING: SELF MASSAGE FOR CARPAL TUNNEL RELIEF

Do you struggle with discomfort from carpal tunnel syndrome? In this hands-on workshop, you'll learn effective techniques to ease pain and discomfort at home. Guided self-massage methods will teach you how to target and relieve tension in your hands, wrists, and forearms, giving you the tools to take charge of your pain relief. You'll explore the anatomy of carpal tunnel syndrome and gain simple, proven strategies to manage flare-ups and prevent future issues. By the end of the class, you'll have a personalized self-care routine to help keep symptoms under control. To prepare, wear a short-sleeved shirt and bring a thick-lipped coffee mug to use as a unique massage tool (we'll explain during class!). Join us for practical knowledge and empowering techniques to reclaim your comfort and mobility.

S-MA07 Lifelong Learning \$20  
# Session-1 Day-Th 04/24-04/24  
5:30 PM-7:30 PM Orford, Rue

## SELF CARE: 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.F2 Lifelong Learning \$20  
# Session-1 Day-Fr 02/21-02/21  
7:00 PM-9:00 PM Waters, Susan

F-MISC23.F Lifelong Learning \$20  
# Session-1 Day-Fr 03/07-03/07  
7:00 PM-9:00 PM Waters, Susan

F-MISC23.R Hellgate EL/MS \$20  
# Session-1 Day-Th 04/03-04/03  
7:00 PM-9:00 PM Waters, Susan

## 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.W Lifelong Learning \$20  
# Session-1 Day-We 03/19-03/19  
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 \$39  
# Session-9 Day-Tu 03/04-04/29  
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 \$39  
# Session-9 Day-Tu 03/04-04/29  
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 \$39  
# Session-9 Day-We 03/05-04/30  
5:45 PM-6:45 PM Caldwell, Sherie



## GENTLE YOGA

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

F-YOG01.M Lifelong Learning \$39  
# Session-9 Day-Mo 03/03-04/28  
4:30 PM-5:30 PM Caldwell, Sherie

F-YOG01.T Lifelong Learning \$39  
# Session-9 Day-Tu 03/04-04/29  
4:30 PM-5:30 PM Crow, Renee

F-YOG01.W Lifelong Learning \$39  
# Session-9 Day-We 03/05-04/30  
4:30 PM-5:30 PM Caldwell, Sherie

F-YOG01.R1 Lifelong Learning \$39  
# Session-9 Day-Th 03/06-05/01  
9:00 AM-10:00 AM Crouch, Kate

F-YOG01.R2 Lifelong Learning \$39  
# Session-9 Day-Th 03/06-05/01  
4:30 PM-5:30 PM Wyche, Marla

F-YOG01.F Lifelong Learning \$50  
# Session-9 Day-Fr 03/07-05/02  
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 \$39  
# Session-9 Day-Th 03/06-05/01  
9:00 AM-10:00 AM Crouch, Kate

## 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.T Lifelong Learning \$50  
# Session-9 Day-Tu 03/04-04/29  
10:15 AM-11:30 AM Crouch, Kate

F-YOG22.F Lifelong Learning \$35  
# Session-8 Day-Fr 03/14-05/02  
10:30 AM-11:30 AM Crouch, Kate

## YIN YOGA

Yin Yoga is a quiet, simple practice of deeply working the body. Sequences target connective tissues, ligaments, joints, bones, and the deep fascia networks, rather than the muscles. Poses are held for 3 to 10 minutes, allowing for a meditative experience. This class is accessible for all abilities and includes supportive props to enhance comfort and alignment. A yoga mat is required

F-YOG03.M Lifelong Learning \$50  
# Session-9 Day-Mo 03/03-04/28  
9:00 AM-10:15 AM Caldwell, Sherie

F-YOG03.T Lifelong Learning \$39  
# Session-9 Day-Tu 03/04-04/29  
5:45 PM-6:45 PM Matthias, Kimberly

F-YOG03.W Hellgate EL/MS \$44  
# Session-8 Day-We 03/05-04/30  
4:15 PM-5:15 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 \$50  
# Session-9 Day-Mo 03/03-04/28  
9:00 AM-10:15 AM Caldwell, Sherie

## **NEW** SLOW FLOW YOGA

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

F-YOG17.M Lifelong Learning \$39  
# Session-9 Day-Mo 03/03-04/28  
10:30 AM-11:30 AM Otte, Caitlin

## FLOW YOGA

This class allows you to connect or re-connect your breath with your movement as you progress through a series of yoga-inspired poses. You will begin with a gentle practice that warms the body from the inside out, then move with the fluidity of your breath into 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 \$50  
# Session-9 Day-We 03/05-04/30  
9:00 AM-10:15 AM Caldwell, Sherie

## 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 \$49  
# Session-9 Day-Tu 03/04-04/29  
6:00 AM-7:00 AM Smith, Lucinda

F-YOG02.R Lifelong Learning \$49  
# Session-9 Day-Th 03/06-05/01  
6:00 AM-7:00 AM Smith, Lucinda

## YOGA FOR THE "WORKING STIFFS"

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

F-YOG19.M Lifelong Learning \$39  
# Session-9 Day-Mo 03/03-04/28  
5:45 PM-6:45 PM Caldwell, Sherie

F-YOG19.R Lifelong Learning \$39  
# Session-9 Day-Th 03/06-05/01  
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 \$39  
# Session-9 Day-Th 03/06-05/01  
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 \$39  
# Session-9 Day-Fr 03/07-05/02  
6:00 AM-7:00 AM Sedgwick, Kelly

**AERIAL YOGA TRAINING**

**MAY 30 - JUNE 1**  
AT THE LIFELONG LEARNING CENTER

- 20 HOUR TRAINING
- BREAK DOWN OF POSES & EXERCISES
- 1:1 FEEDBACK

**\$595**

**JOIN NOW**

WWW.AERIALWORKSCO.COM

## 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.T Lifelong Learning \$58  
# Session-9 Day-Tu 03/04-04/29  
4:15 PM-5:15 PM Caplis, Dylan

F-AF01.W Lifelong Learning \$62  
# Session-9 Day-We 03/05-04/30  
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.M Lifelong Learning \$62  
# Session-9 Day-Mo 03/03-04/28  
4:30 PM-5:30 PM Warr, Caitlin

F-AF02.T Lifelong Learning \$80  
# Session-9 Day-Tu 03/04-04/29  
10:30 AM-11:45 AM Warr, Caitlin

F-AF02.W Lifelong Learning \$80  
# Session-9 Day-We 03/05-04/30  
5:45 PM-7:00 PM Warr, Caitlin

F-AF02.R Lifelong Learning \$80  
# Session-9 Day-Th 03/06-05/01  
4:30 PM-5:45 PM Warr, Caitlin

## YOGA PILATES FUSION

This class includes a warm-up, bodywork, and cool-down, using a variety of props, and encourages you to explore and embrace movement and breath through the practices of yoga and Pilates. Learning to listen to your body's needs helps you improve body awareness and create a balanced connection between mind and body. By blending these two disciplines, you can achieve better health and well-being. Benefits include improved core and muscle strength, enhanced movement efficiency, increased mobility and stability, a calm and relaxed mind, and renewed energy. Please bring a yoga mat.

F-PIL05.M Frenchtown \$56  
# Session-9 Day-Mo 03/03-04/28  
5:45 PM-6:45 PM Buller, Michele

## 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.R Lifelong Learning \$39  
# Session-9 Day-Th 03/06-05/01  
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 \$31  
# Session-9 Day-Tu 03/04-04/29  
1:30 PM-2:15 PM Crouch, Kate

F-PIL02.F Lifelong Learning \$39  
# Session-9 Day-Fr 03/07-05/02  
10:15 AM-11:15 AM Hedstrom, Jeanine

## POUND UNPLUGGED

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

F-MISC20.M Lifelong Learning \$35  
# Session-7 Day-Mo 03/10-04/28  
9:15 AM-9:45 AM Johnson, Lisa



## POUNDFIT

PoundFit is a high-energy, total-body conditioning workout designed to leave you feeling both exhilarated and accomplished. The class begins with easy-to-follow warm-up moves that are incorporated throughout the session. Using lightly weighted drumsticks provided in class, you'll combine rhythmic movements with cardio, strength training, conditioning, and Pilates-inspired exercises to create a full-body workout. Instead of just listening to the music, you become the music! This class meets every other week, giving you time to recover and get ready to rock out again. A yoga mat is highly recommended for added comfort during the session.

F-MISC05.M Lifelong Learning \$20  
# Session-4 Day-Mo 03/10-04/28  
4:30 PM-5:30 PM Johnson, Lisa

## SOUND STRENGTH®

Sound Strength® is a low-impact, high-burn strength class set to music that uses simple equipment to target all major muscle groups. Each song has a different focus and uses 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 \$39  
# Session-9 Day-Th 03/06-05/01  
5:45 PM-6:45 PM Dolan, Lizzie

## 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 \$39  
# Session-9 Day-Mo 03/03-04/28  
4:30 PM-5:30 PM Dolan, Lizzie

F-CAR62.T Lifelong Learning \$39  
# Session-9 Day-Tu 03/04-04/29  
5:45 PM-6:45 PM Dolan, Lizzie

F-CAR62.W1 Lifelong Learning \$39  
# Session-9 Day-We 03/05-04/30  
4:30 PM-5:30 PM Rossmiller, Stacey

F-CAR62.W2 Frenchtown \$30  
# Session-9 Day-We 03/05-04/30  
6:30 PM-7:30 PM Hallgrimson, Anna

F-CAR62.R Lifelong Learning \$39  
# Session-9 Day-Th 03/06-05/01  
4:30 PM-5:30 PM Dolan, Lizzie

F-CAR62.F Lifelong Learning \$39  
# Session-9 Day-Fr 03/07-05/02  
5:30 PM-6:30 PM Rossmiller, Stacey

## 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 \$39  
# Session-9 Day-Mo 03/03-04/28  
5:45 PM-6:45 PM Dolan, Lizzie

F-DAN21.T Lifelong Learning \$39  
# Session-9 Day-Tu 03/04-04/29  
4:30 PM-5:30 PM Dolan, Lizzie

F-DAN21.R Frenchtown \$28  
# Session-8 Day-Th 03/06-05/01  
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.R1 Lifelong Learning \$20  
 # Session-4 Day-Th 03/06-03/27  
 7:00 PM-8:00 PM Eubank, Tayler

F-DAN26.R2 Lifelong Learning \$24  
 # Session-5 Day-Th 04/03-05/01  
 7:00 PM-8:00 PM Eubank, Tayler

## OULA.ONE

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

F-DAN13.T Hellgate EL/MS \$35  
 # Session-6 Day-Tu 03/04-04/15  
 5:30 PM-6:30 PM Erickson, Brittany

F-DAN13.R Lifelong Learning \$39  
 # Session-9 Day-Th 03/06-05/01  
 5:45 PM-6:45 PM McCarthy, Jobyna

## OULA.ONE GET GROUNDED!

Oula.One is a heart-centered, music-inspired fusion of yoga and dance. This immersive class takes you on a journey through your body, combining warm-ups, activation, and relaxation. With heart-opening movements, guided breathing, and uplifting music, you'll release stress and reconnect with yourself on a deeper level. Open to all experience levels--no prior experience required!

F-DAN33.S Lifelong Learning \$20  
 # Session-1 Day-Sa 04/12-04/12  
 9:00 AM-10:30 AM 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 \$39  
 # Session-9 Day-Tu 03/04-04/29  
 4:30 PM-5:30 PM Rossmiller, Stacey

F-DAN02.W Lifelong Learning \$39  
 # Session-9 Day-We 03/05-04/30  
 5:45 PM-6:45 PM Loobey, Jennifer

F-DAN02.R Lifelong Learning \$39  
 # Session-9 Day-Th 03/06-05/01  
 5:35 PM-6:35 PM Rossmiller, Stacey

## 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.W Lifelong Learning \$24  
# Session-4 Day-We 03/26-04/16  
7:00 PM-8:15 PM Childers, Nicole

## BEGINNING COWBOY JITTERBUG DANCE

Learn one of the best dances of all time. Starting with basics into turns, spins, and pivots, this dance is easy to learn and has a lot of interesting variations and changes. After this class, you and your partner will set the dance floor on fire. Smooth-soled shoes required. A partner is recommended and both need to register for the class.

F-CD06.T Lifelong Learning \$43  
# Session-4 Day-Tu 04/01-04/22  
6:00 PM-7:15 PM Corbin, Jennifer

## 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 \$31  
# Session-4 Day-Mo 03/24-04/14  
7:00 PM-8:15 PM Childers, Nicole

## COUNTRY COMBO: TWO STEP AND SWING

Learn the basics of two dances in this combo class, where you can learn how to put them together by gliding from one to the other in the same song. We'll enjoy learning two-step, swing turns, and dips. You will impress others on the dance floor after taking this class. A partner is recommended for this class. Both will need to register and pay the tuition.

F-CD02.T Lifelong Learning \$43  
# Session-4 Day-Tu 03/04-03/25  
7:30 PM-8:45 PM Corbin, Jennifer

## BEGINNING SALSA DANCE

Salsa dance uses complete spins, sharp movements, and crisp turns done to an infectious rhythm. It is an energetic Latin dance for couples that is fun to learn and practice. 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 \$43  
# Session-4 Day-Tu 03/04-03/25  
6:00 PM-7:15 PM Corbin, Jennifer

F-DAN10.T2 Lifelong Learning \$43  
# Session-4 Day-Tu 04/01-04/22  
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 \$43  
# Session-4 Day-Tu 02/04-02/25  
6:00 PM-7:15 PM Corbin, Jennifer

## COREALIGN® FOUNDATIONS

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

F-CA12.T1 Lifelong Learning \$165  
# Session-9 Day-Tu 03/04-04/29  
9:00 AM-10:00 AM Holst, Jane

F-CA12.T2 Lifelong Learning \$165  
# Session-9 Day-Tu 03/04-04/29  
4:15 PM-5:15 PM McQuarrie, Devan

F-CA12.F Lifelong Learning \$150  
# Session-8 Day-Fr 03/14-05/02  
12:00 PM-1:00 PM Crouch, Kate

## 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 \$165  
# Session-9 Day-Mo 03/03-04/28  
12:00 PM-1:00 PM McQuarrie, Devan

F-CA02.M2 Lifelong Learning \$165  
# Session-9 Day-Mo 03/03-04/28  
5:30 PM-6:30 PM McQuarrie, Devan

F-CA02.T1 Lifelong Learning \$165  
# Session-9 Day-Tu 03/04-04/29  
7:00 AM-8:00 AM Holst, Jane

F-CA02.T2 Lifelong Learning \$165  
# Session-9 Day-Tu 03/04-04/29  
5:30 PM-6:30 PM McQuarrie, Devan



## COREALIGN® STRENGTH AND CONDITIONING

This class builds from both Foundational and Continuing CoreAlign® classes. By progressing at your own level, you will learn different exercises, including core-controlled strength training, stability, mobility and functional movements. This dynamic workout can be sports-specific and will continue to challenge you, and improve your overall body conditioning. Bring clean athletic shoes and a water bottle. Prerequisite: CoreAlign® Continuing or Instructor approval.

F-CA15.W Lifelong Learning \$165  
# Session-9 Day-We 03/05-04/30  
10:45 AM-11:45 AM Graef, Denise

F-CA15.R Lifelong Learning \$165  
# Session-9 Day-Th 03/06-05/01  
11:15 AM-12:15 PM Graef, Denise



# Pilates REFORMER

## INTRODUCTION TO PILATES REFORMER

Are you curious about The Pilates Reformer? This dynamic machine supports you to find tonality and strength. In this introductory class, you will learn how to work on the reformer using basic Pilates techniques. Core stability and strength training are some of the benefits of this practice. No experience is needed. Please note that you will need to be able to get up and down from a reclined position without assistance.

F-PR09.F1 Lifelong Learning \$90  
# Session-4 Day-Fr 03/07-03/28  
10:30 AM-11:30 AM Ludwig, Shannon

F-PR09.M1 Lifelong Learning \$90  
# Session-4 Day-Mo 03/10-03/31  
3:00 PM-4:00 PM Adams, Missy

F-PR09.F2 Lifelong Learning \$90  
# Session-4 Day-Fr 04/04-04/25  
10:30 AM-11:30 AM Ludwig, Shannon

F-PR09.M2 Lifelong Learning \$90  
# Session-4 Day-Mo 04/07-04/28  
3:00 PM-4:00 PM Adams, Missy

## PILATES REFORMER FOR A HEALTHY BACK

This class focuses on using the Pilates Reformer to promote optimal movement and strength for those living with osteoporosis, osteopenia, osteoarthritis, and non-specific low back pain. In this class, you will use breathing techniques combined with mindful movement to reduce tension, enhance circulation, and promote relaxation of the back muscles. Through carefully selected exercises, you will learn how to engage your core, improve posture, and enhance spinal mobility; Prerequisite: Pilates Reformer Foundations or instructor approval

F-PR10.S Lifelong Learning \$45  
# Session-1 Day-Sa 03/08-03/08  
9:00 AM-10:15 AM Graef, Denise

## 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 \$165  
# Session-9 Day-Mo 03/03-04/28  
10:15 AM-11:15 AM Hedstrom, Jeanine

F-PR01.M2 Lifelong Learning \$165  
# Session-9 Day-Mo 03/03-04/28  
4:15 PM-5:15 PM McQuarrie, Devan

F-PR01.T1 Lifelong Learning \$165  
# Session-9 Day-Tu 03/04-04/29  
10:15 AM-11:15 AM Hedstrom, Jeanine

F-PR01.T2 Lifelong Learning \$165  
# Session-9 Day-Tu 03/04-04/29  
11:30 AM-12:30 PM Hedstrom, Jeanine

F-PR01.W Lifelong Learning \$165  
# Session-9 Day-We 03/05-04/30  
12:00 PM-1:00 PM Knell, Nora

F-PR01.R1 Lifelong Learning \$165  
# Session-9 Day-Th 03/06-05/01  
8:30 AM-9:30 AM Knell, Nora

F-PR01.R2 Lifelong Learning \$165  
# Session-9 Day-Th 03/06-05/01  
10:00 AM-11:00 AM Graef, Denise

F-PR01.F Lifelong Learning \$165  
# Session-9 Day-Fr 03/07-05/02  
9:00 AM-10:00 AM Hedstrom, Jeanine



### 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 \$165  
 # Session-9 Day-Mo 03/03-04/28  
 9:00 AM-10:00 AM Hedstrom, Jeanine

F-PR02.W1 Lifelong Learning \$165  
 # Session-9 Day-We 03/05-04/30  
 9:30 AM-10:30 AM Graef, Denise

F-PR02.W2 Lifelong Learning \$165  
 # Session-9 Day-We 03/05-04/30  
 4:15 PM-5:15 PM McQuarrie, Devan

F-PR02.W3 Lifelong Learning \$165  
 # Session-9 Day-We 03/05-04/30  
 5:30 PM-6:30 PM McQuarrie, Devan

F-PR02.R1 Lifelong Learning \$165  
 # Session-9 Day-Th 03/06-05/01  
 4:15 PM-5:15 PM McQuarrie, Devan

F-PR02.R2 Lifelong Learning \$165  
 # Session-9 Day-Th 03/06-05/01  
 5:30 PM-6:30 PM McQuarrie, Devan

### PILATES REFORMER FOUNDATIONAL/CONTINUING

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

F-PR07.R Lifelong Learning \$165  
 # Session-9 Day-Th 03/06-05/01  
 12:30 PM-1:30 PM Graef, Denise

#### Why Register Early?

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



## 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 \$44  
 # Session-9 Day-Mo 03/03-04/28  
 6:50 PM-7:50 PM Cook, Tina

## 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.R Lifelong Learning \$29  
 # Session-9 Day-Th 03/06-05/01  
 9:45 AM-10:15 AM Knell, Nora

## CYCLE BLAST

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

F-CYC09.M Lifelong Learning \$33  
 # Session-8 Day-Mo 03/03-04/28  
 5:45 AM-6:30 AM Blakely, Molly

F-CYC09.W Lifelong Learning \$33  
 # Session-7 Day-We 03/05-04/30  
 6:00 AM-6:45 AM Blakely, Molly

## 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 \$44  
 # Session-9 Day-We 03/05-04/30  
 4:30 PM-5:30 PM Cook, Tina

## 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 \$44  
 # Session-9 Day-Tu 03/04-04/29  
 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 \$44  
 # Session-9 Day-We 03/05-04/30  
 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.F2 Lifelong Learning \$17  
# Session-1 Day-Fr 02/07-02/07  
1:00 PM-3:00 PM Fortmann, Brian

F-PB01.F1 Lifelong Learning \$17  
# Session-1 Day-Fr 03/07-03/07  
1:00 PM-3:00 PM Fortmann, Brian

F-PB01.T1 Lifelong Learning \$17  
# Session-1 Day-Tu 03/11-03/11  
7:00 PM-9:00 PM Fortmann, Brian

F-PB01.F2 Lifelong Learning \$17  
# Session-1 Day-Fr 03/21-03/21  
1:00 PM-3:00 PM Fortmann, Brian

F-PB01.T2 Lifelong Learning \$17  
# Session-1 Day-Tu 04/01-04/01  
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 \$44  
# Session-5 Day-Tu 03/04-04/01  
1:15 PM-2:45 PM Fortmann, Brian

F-PB09.W1 Lifelong Learning \$44  
# Session-5 Day-We 03/05-04/02  
12:15 PM-1:45 PM Fortmann, Monique



## BEGINNING PICKLEBALL

Whether you're new to Pickleball or looking to build your confidence, this class is for you! In this beginner-friendly class, players are welcome to learn and refine the fundamentals of the game. This fast-growing sport is easy to learn and fun for everyone! You'll review the rules, practice essential skills, and develop your gameplay through drills and coached sessions. The class is great for players with minimal experience, ranging from those just learning to serve and develop a forehand to those who can execute basic strokes--forehand, backhand, volley, overhead, and serve--and have some understanding of doubles court positioning. Wear athletic attire and court or tennis shoes. All equipment is provided, but feel free to bring your paddle if you have one!

F-PB11.M2 Target Range School \$35  
# Session-6 Day-Mo 03/03-04/14  
6:00 PM-7:00 PM Cook, David

F-PB11.W1 Lifelong Learning \$49  
# Session-9 Day-We 03/05-04/30  
7:00 AM-8:00 AM Lerew, Dory

F-PB11.W2 Lifelong Learning \$44  
# Session-5 Day-We 03/05-04/02  
1:45 PM-3:15 PM Fortmann, Monique

F-PB11.R1 Lifelong Learning \$62  
# Session-8 Day-Th 03/06-05/01  
12:00 PM-1:30 PM Siegel, Ethan

F-PB11.F1 Lifelong Learning \$49  
# Session-9 Day-Fr 03/07-05/02  
8:30 AM-9:30 AM Cook, David

F-PB11.F2 Lifelong Learning \$49  
# Session-9 Day-Fr 03/07-05/02  
6:00 PM-7:00 PM Lerew, Dory

## INTERMEDIATE PICKLEBALL

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

F-PB12.M1 Lifelong Learning \$71  
 # Session-9 Day-Mo 03/03-04/28  
 7:00 AM-8:30 AM Lerew, Dory

F-PB12.M2 Lifelong Learning \$71  
 # Session-9 Day-Mo 03/03-04/28  
 11:00 AM-12:30 PM Cook, David

F-PB12.M3 Lifelong Learning \$71  
 # Session-9 Day-Mo 03/03-04/28  
 12:30 PM-2:00 PM Cook, David

F-PB12.M4 Target Range School \$49  
 # Session-6 Day-Mo 03/03-04/14  
 6:00 PM-7:30 PM Cook, David

F-PB12.M5 Target Range School \$49  
 # Session-6 Day-Mo 03/03-04/14  
 7:30 PM-9:00 PM Cook, David

F-PB12.T1 Lifelong Learning \$44  
 # Session-5 Day-Tu 03/04-04/01  
 2:45 PM-4:15 PM Fortmann, Brian

F-PB12.R1 Lifelong Learning \$62  
 # Session-8 Day-Th 03/06-05/01  
 1:30 PM-3:00 PM Siegel, Ethan

F-PB12.F1 Lifelong Learning \$71  
 # Session-9 Day-Fr 03/07-05/02  
 9:30 AM-11:00 AM Cook, David

F-PB12.F2 Lifelong Learning \$71  
 # Session-9 Day-Fr 03/07-05/02  
 11:00 AM-12:30 PM Cook, David

F-PB12.F3 Lifelong Learning \$71  
 # Session-9 Day-Fr 03/07-05/02  
 7:05 PM-8:35 PM Lerew, Dory



## **NEW** PICKLEBALL STRATEGIES: MIXED DOUBLES

Looking to improve your pickleball skills with your regular or tournament partner, or even compete in your first tournament? This two-session class is designed for mixed doubles and will boost your strategies and confidence to take your game to the next level. You'll focus on movement, court coverage, communication, and stacking. Both you and your partner will need to register and pay tuition, and you will play together for the duration of the session. Prerequisite: Beginning Pickleball or having a solid understanding of the rules and executing basic pickleball skills.

F-PB16 Lifelong Learning \$26  
 # Session-2 Day-We 03/05-03/12  
 7:00 PM-9:00 PM Cook, David

## **NEW** PICKLEBALL STRATEGIES: WOMEN'S DOUBLES

Looking to improve your pickleball skills with your regular or tournament partner, or even compete in your first tournament? This two-session class is designed for women's doubles and will boost your strategies and confidence to take your game to the next level. You'll focus on movement, court coverage, communication, and stacking. Both you and your partner will need to register and pay tuition, and you will play together for the duration of the session. Prerequisite: Beginning Pickleball or having a solid understanding of the rules and executing basic pickleball skills.

F-PB17 Lifelong Learning \$26  
 # Session-2 Day-We 04/23-04/30  
 7:00 PM-9:00 PM Cook, David

## 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.F1 Lifelong Learning \$17  
 # Session-1 Day-Fr 03/14-03/14  
 1:00 PM-3:00 PM Fortmann, Monique





### COACHED OPEN PLAY PICKLEBALL

Coached Open Play Pickleball is designed for intermediate players wanting to improve court and partner strategies. Play will be in a round-robin format and may stop during matches to discuss shot placements and other strategies to improve competitiveness.

F-PB15.M1 Lifelong Learning \$53  
 # Session-5 Day-Mo 03/03-03/31  
 2:15 PM-4:15 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.F2 Lifelong Learning \$17  
 # Session-1 Day-Fr 02/07-02/07  
 3:00 PM-5:00 PM Fortmann, Brian

F-PB06.T1 Lifelong Learning \$17  
 # Session-1 Day-Tu 03/04-03/04  
 7:00 PM-9:00 PM Fortmann, Brian

F-PB06.F2 Lifelong Learning \$17  
 # Session-1 Day-Fr 03/07-03/07  
 3:00 PM-5:00 PM Fortmann, Brian

F-PB06.F1 Lifelong Learning \$17  
 # Session-1 Day-Fr 03/14-03/14  
 3:00 PM-5:00 PM Fortmann, Monique

F-PB06.T2 Lifelong Learning \$17  
 # Session-1 Day-Tu 03/18-03/18  
 7:00 PM-9:00 PM Fortmann, Brian

F-PB06.F3 Lifelong Learning \$17  
 # Session-1 Day-Fr 03/21-03/21  
 3:00 PM-5:00 PM Fortmann, Brian

F-PB06.T3 Lifelong Learning \$17  
 # Session-1 Day-Tu 03/25-03/25  
 7:00 PM-9:00 PM Fortmann, Brian

Join ROW Now

**VOLUNTEER TO READ WITH A STUDENT**

**READWITHROW.ORG**

ROW is a reading program where volunteers are paired with elementary-aged students to create a positive reading experience. Students who can benefit from 1-on-1 reading time will receive the attention they need to advance their reading skills. Please donate your time to help these students.

**Read with a child and help us turn the page for future generations.**

## HELLGATE

**OULA.ONE**

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

F-DAN13.T Hellgate EL/MS \$35  
 # Session-6 Day-Tu 03/04-04/15  
 5:30 PM-6:30 PM Erickson, Brittany

**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.W Hellgate EL/MS \$26  
 # Session-8 Day-We 03/05-04/30  
 6:00 PM-6:30 PM Kirk, Melissa

**YIN YOGA**

Yin Yoga is a quiet, simple practice of deeply working the body. Sequences target connective tissues, ligaments, joints, bones, and the deep fascia networks, rather than the muscles. Poses are held for 3 to 10 minutes, allowing for a meditative experience. This class is accessible for all abilities and includes supportive props to enhance comfort and alignment. A yoga mat is required

F-YOG03.W Hellgate EL/MS \$44  
 # Session-8 Day-We 03/05-04/30  
 4:15 PM-5:15 PM Matthias, Kimberly

**SELF CARE: 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.R Hellgate EL/MS \$20  
 # Session-1 Day-Th 04/03-04/03  
 7:00 PM-9:00 PM Waters, Susan

**CONTINUING WATERCOLOR TECHNIQUES**

Build on your foundational watercolor skills to develop and expand your techniques. You will explore creating loose intuitive landscapes, semi-abstract paintings, and ways to capture light. No supplies are included in this class so bring your paints, brushes and paper to expand on your current supplies and skills.

A-PA98 Hellgate EL/MS \$65  
 # Session-3 Day-Tu 04/08-04/22  
 5:30 PM-8:00 PM Wills, Kathleen

# FRENCHTOWN

## STAINED GLASS WORKSHOP: SUNCATCHERS

Begin your stained glass art journey with this beginner-friendly workshop! Learn how to create a stunning stained glass suncatcher using the copper foil method. With pre-cut glass, you'll assemble, foil, solder, and patina your piece. The designs are seasonally inspired and perfect for display. All supplies are included, and all levels are welcome.

A-GL25.2 Frenchtown \$79  
# Session-2Day-Th F 03/13-03/14  
5:30 PM-8:00 PM Snider, Stephanie

## GLASS MOSAICS

Unleash your inner artist with mosaics! This Mosaic class is a fun and creative way to explore the ancient art of creating stunning images with small pieces of colored glass. Whether you're a beginner or have some experience, this class is perfect for anyone wanting to learn new skills and express creativity. You will come home with your own mounted mosaic work of art. All materials provided.

A-GL20 Frenchtown \$96  
# Session-3 Day-Tu 04/08-04/22  
5:30 AM-8:30 PM Snider, Stephanie

## YOGA PILATES FUSION

This class includes a warm-up, bodywork, and cool-down, using a variety of props, and encourages you to explore and embrace movement and breath through the practices of yoga and Pilates. Learning to listen to your body's needs helps you improve body awareness and create a balanced connection between mind and body. By blending these two disciplines, you can achieve better health and well-being. Benefits include improved core and muscle strength, enhanced movement efficiency, increased mobility and stability, a calm and relaxed mind, and renewed energy. Please bring a yoga mat.

F-PIL05.M Frenchtown \$56  
# Session-9 Day-Mo 03/03-04/28  
5:45 PM-6:45 PM Buller, Michele



## 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 \$30  
# Session-9 Day-We 03/05-04/30  
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 \$28  
# Session-8 Day-Th 03/06-05/01  
6:30 PM-7:30 PM Hallgrimson, Anna



**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](http://www.missoulahousing.org)



FRENCHTOWN

# 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/](http://hiset.org/hiset-practice-tests/)
- GED: [ged.com/study/ged\\_ready/](http://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.

**March 6, 10, 28, April 3, 7, 17, 25, May 1**

Other times and dates can be found at [www.HiSET.org](http://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), 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—11:30 AM or 12:30 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.

## DIGITAL LITERACY

Learn essential digital skills for navigating today's technology-driven world. This course covers keyboarding, mouse use, hardware, software, email, Internet, file management, and personal devices for home or work. Start with the basics and build the skills needed for advanced computer classes.

ASP-COMP.02 Lifelong Learning      FREE  
Day-Mo & We      01/20-06/18  
11:30 AM-12:30 PM      Enos, Darren

## MICROSOFT OFFICE

Enhance your Microsoft Office skills and boost productivity with this comprehensive course. You'll learn essential tools in Word, Excel, PowerPoint, and Outlook, learning everything from document formatting to advanced data analysis. Whether you're a beginner or looking to refine your expertise, this course prepares you for real-world applications and professional certification.

ASP-COMP.01 Lifelong Learning      FREE  
Day-Tu & Th      01/21-06/19  
11:30 AM-12:30 PM      Enos, Darren

## COLLEGE SUCCESS SKILLS

College requires a significant investment of time and money. Become an effective consumer of your education and learn how to navigate the college system. We will explore the resources and processes to help you understand college expectations and review and improve your study skills to build confidence and success.

E-CP17      Lifelong Learning      FREE  
# Session-9 Day-Fr      02/21-04/25  
9:00 AM-10:30 AM      Bentham, Renee

## 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—12:30 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.

## PROJECT-BASED ENGLISH

Through project-based learning and multilingual mentor support, you'll develop language skills, collaborate on meaningful projects, and connect with others. Interpretation services ensure full participation, fostering confidence and community in a supportive environment.

- Sign up for Monday through Thursday, 9:00 AM—12:30 PM.
  - Monday - Swahili
  - Tuesday - Dari and Pashto
  - Wednesday - Arabic
  - Thursday - Spanish

## Questions?

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

## 24 Hour Satisfaction Guarantee

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

## Cancelation & Refund Policy

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

## Participation and Age Requirements

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

## Bookstore

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

## Special Needs

If you require special services (i.e. access to elevators, sign language interpreters, etc.) call the Adult Education office at 406-549-8765 two weeks before the class begins or if registering prior to that, at the time of registration.

## Disclaimer

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

## Policy of Nondiscrimination

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

## Easy Ways To Register...

Payment is due at the time of registration.  
On The Web 24/7  
[www.MissoulaClasses.com](http://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](http://www.ed2go.com/learningcenter)

# Register Now!

## REGISTRATION FORM

First Name

Last Name

Home Address

City

State

Zip

Phone

Email

1st Choice

2nd  
Choice

Class Title

Class #

Class #

Fee

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

Total Fee

### Method of Payment

Check Payable to: Adult Education

Visa / Mastercard \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Expiration Date \_\_\_\_\_ / \_\_\_\_\_ CVV#: \_\_\_\_\_

Signature \_\_\_\_\_

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

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

Call us at 406-549-8765

71

 The  
Lifelong  
Learning Center

MCPS Adult Education Division  
310 S Curtis  
Missoula, MT 59801

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



Where Education Meets Community!  
[www.MissoulaClasses.com](http://www.MissoulaClasses.com)