

PERSONAL ENRICHMENT

PERSONAL ENRICHMENT INSTRUCTOR PROFILES

Christopher Ashley (Recreation) has taught and performed nationwide in theater, dance and teaches independently. He specializes in jitterbug, swing, Latin, ballroom, country and western, and choreography. He has appeared on "Good Morning Texas" on WFAA-TV Channel 8 in Dallas.

Skip Boyden (Sports) has coached and officiated sports at all levels from youth league to high school varsity level and division two college sports. He brings years of experience to Mountain View College. He shares his knowledge and expertise in tennis, bowling, volleyball, coaching and refereeing classes. Skip has been with Mountain View since 2003 and is currently coaching high school varsity sports in the DFW area along with managing SkipStarSports and Youth League Tennis programs.

T.J. Friedel (Photography) graduated from The University of Texas at Arlington with a degree in photo-journalism in 1978. She has been teaching photography to adults since 1990. She has been teaching at Mountain View since Fall 1998 and is the owner of her own photography studio.

Bryan Hoben (Martial Arts) is a Black Belt in tae kwon do.

Terry Norman (Health & Wellness) presents workshops on acupressure and traditional Chinese medicine for physical therapists, chiropractors and osteopaths. He has had experience teaching in therapy since the early 1970's and has studied extensively in China. He is a national massage provider under category A with NCBTMB.

James Pearson (Computer Training) is a technical trainer who has been teaching computer hardware, software and programming courses through Mountain View Continuing Education since 1981.

Lisha Reed (Catering & Event Planning) is the owner of Simply Divalicious, a local gourmet food and event planning service. She is also a licensed chef and state-certified serve safe food manager with a master florist diploma.

ART

Calligraphy

ARTZ 1000

\$65

20 HRS

This course is designed to introduce students to the Foundational Alphabet, which will provide a solid basis for learning other calligraphic alphabets. This class also explores a variety of calligraphy tools, inks and papers and how they can be used in different projects and with other related art forms. Min. Age: 16.

61602 7:00pm - 9:00pm M 3/3 - 5/5 MVC

Cartooning For Fun

ARTZ 1000

\$38

10 HRS

Students create their own comic characters, write and draw stories, and learn how to layout an original comic strip. Penciling and inking techniques and other secrets of professional cartoonists are revealed. Your imagination and funny bones are needed! Bring to the first class: 11" x 14" sketch pad; two HB pencils. Additional supply list will be given at first class. Min. Age: 18.

62401 1:00pm - 3:00pm R 4/3 - 5/1 MVC

Creative Greeting Cards

ARTZ 1000

\$40

10 HRS

Learn to make unique cards for special occasions and personalize cards with flair. Learn to combine techniques such as stenciling and stamping, embellish using ribbon, fabric, paints, and markers. Min. Age: 18.

61503 7:00pm - 9:00pm R 4/10 - 5/8 MVC

Photo Silkscreen Workshop

ARTZ 1000

\$30

7 HRS

Whether it's a great graphic on a t-shirt or an abstract image on a silk scarf or pillowcase, silkscreen prints can be made by transferring an image from a photograph onto fabric. In this hands-on workshop, learn how to scan an image, print a transparency, coat a silkscreen with photo-emulsion and burn the image onto the silkscreen frame. The final image will be printed onto a fabric or garment of your choice. Bring up to five surfaces to work on. All other supplies are provided. Approximate supply fee is \$10. Min. Age: 18.

60506 9:00am - 4:00pm S 3/8 - 3/8 MVC

Plastic Canvas Design

PERZ 1000

\$40

10 HRS

Learn the fun craft of Plastic Canvas Design. In this introduction class, students learn how to combine plastic canvas and yarn to create a beautiful gift item. Supply list furnished first day of class. Min. Age: 18.

62601 7:00pm - 9:00pm T 4/1 - 4/29 MVC

You Too Can Draw!

ARTZ 1000

\$38

10 HRS

Have you always wanted to draw? This class is a basic introduction to drawing and composition skills. Students learn tips on observing and drawing better. Create a "masterpiece" or two! Bring to the first class: 11" x 14" sketchpad; two 4B pencils; two charcoal pencils; and a kneaded eraser. Additional supply list will be given at first class session. Min. Age: 18.

62201 1:00pm - 3:00pm T 2/5 - 3/4 MVC

The following credit classes are approved for non-credit enrollment. Find class information in the spring credit schedule and course description information in the college catalog. If a class is listed in the credit schedule and you want to take it for non-credit, call the Continuing Education Office at 214-860-8835 to request permission to add the class.

2D Design					96	HRS
ARTZ 1000	60703	12:30pm - 3:20pm	MW	MVC	\$117	
3D Design					96	HRS
ARTZ 1000	61403	12:30pm - 3:20pm	MW	MVC	\$117	
Acting					80	HRS
DRAZ 1000	60501	11:00am - 1:20pm	TR	MVC	\$117	
DRAZ 1000	60502	6:30pm - 8:50pm	TR	MVC	\$117	
Art Appreciation					48	HRS
ARTZ 1000	61802	9:05am - 10:00am	MWF	MVC	\$117	
ARTZ 1000	61803	10:10am - 11:05am	MWF	MVC	\$117	
ARTZ 1000	61804	8:00am - 9:20am	TR	MVC	\$117	
ARTZ 1000	61805	9:30am - 10:50am	TR	MVC	\$117	
ARTZ 1000	61806	11:00am - 12:20pm	TR	MVC	\$117	
ARTZ 1000	61807	6:00pm - 9:00pm	T	MVC	\$117	
Ceramics					96	HRS
ARTZ 1000	61307	12:30pm - 3:20pm	TR	MVC	\$117	
ARTZ 1000	61308	6:00pm - 8:50pm	TR	MVC	\$117	
Drawing					96	HRS
ARTZ 1000	60915	10:00am - 1:00pm	MW	MVC	\$117	
ARTZ 1000	60916	10:30am - 1:20pm	MW	MVC	\$117	
ARTZ 1000	60913	12:30pm - 3:20pm	TR	MVC	\$117	
ARTZ 1000	60917	6:00pm - 8:50pm	TR	MVC	\$117	
ARTZ 1000	60914	10:10am - 1:00pm	F	MVC	\$117	
Film Appreciation					48	HRS
DRAZ 1000	60701	12:30pm - 3:20pm	M	MVC	\$117	
DRAZ 1000	60705	7:00pm - 8:20pm	MW	MVC	\$117	
Painting					96	HRS
ARTZ 1000	61008	12:30pm - 3:20pm	TR	MVC	\$117	
ARTZ 1000	61009	6:00pm - 8:50pm	TR	MVC	\$117	
Printmaking					96	HRS
ARTZ 1000	60803	12:30pm - 3:20pm	MW	MVC	\$117	
Survey Art History					48	HRS
ARTZ 1000	62501	11:15am - 12:10pm	MWF	MVC	\$117	
Sculpture					96	HRS
ARTZ 1000	61203	12:30pm - 3:20pm	MW	MVC	\$117	
Stagecraft					80	HRS
DRAZ 1000	60201	11:15am - 1:20pm	MWF	MVC	\$117	
Theater Introduction					48	HRS
DRAZ 1000	61101	9:30am - 10:50am	TR	MVC	\$117	
Theatre Workshop/Improv					80	HRS
DRAZ 1000	60902	11:15am - 1:20pm	MWF	MVC	\$117	



Coming to MVC in summer 2008.

This dynamic four-part series focuses on a practical, common-sense approach to parenting teens.

The series will highlight:

respect | responsibility | love | action

Presented in partnership with Beverly Russell Consulting

HELP! My child is a TEENAGER!

PERSONAL ENRICHMENT

CRAFTS

Crochet I | Just the Basics

ARTZ 1000 10 HRS **\$40**
 Are you new to crocheting? This class can help you get started. Learn basics such as how to make a starting chain, crochet a single and double stitch, weave in ends, add another color, combine stitches, and read a pattern. During this course you will begin a simple project using the above techniques. Supply list will be provided the first night of class. Min. Age: 18.

60204 7:00pm - 9:00pm M 3/3 - 3/31 MVC

Crochet II | Afghans

ARTZ 1000 10 HRS **\$40**
 Build your crocheting skills and create beautiful afghans for presents. Course focuses on crocheting a traditional granny square spread and various finishing edges, as well as more practice reading patterns. Min. Age: 18.

60304 7:00pm - 9:00pm M 4/7 - 5/5 MVC

Scrapbooking | Basics

ARTZ 1000 10 HRS **\$40**
 Learn to preserve your memories for a lifetime. Basic and time-saving scrapbooking elements will be shared, in addition to tips for better family photos. Photo cropping techniques, page layout and design ideas and the importance of journaling will be covered in this class for scrapbooking beginners. Bring at least two rolls of recently developed film to the first class meeting. Min. Age: 18.

60404 7:00pm - 9:00pm R 3/6 - 4/3 MVC

Sewing | Beginning

HECZ 1000 15 HRS **\$50**
 This course is an introduction to the wonderful world of sewing. Topics include: how to use a sewing machine; basic tools of the trade; fabric types (their care and difficulty); how to read, and if necessary, alter patterns; sewing terminology; how to put in zippers; and basic hemming techniques. Each student will complete a demo pillow during this class. Students must bring their own sewing machine the first night. A material list will be shared the first night of class. Min. Age: 18.

60102 7:00pm - 9:30pm T 2/5 - 3/11 MVC

Sewing | Intermediate

HECZ 1000 12 HRS **\$45**
 Get better acquainted with your sewing machine and learn how to make buttonholes and sew on buttons on your machine. Learn how to put in a zipper. Also learn how to read a pattern and adjust it to fit. We make a pair of pants or shorts and a shirt. Min. Age: 18.

60202 7:00pm - 9:00pm T 4/1 - 5/6 MVC

DANCE

Caliente Dance

DANZ 1000 8 HRS **\$35**
 Become part of the nightclub phenomenon and learn Latin couple and freestyle combinations in cha-cha, east coast swing, salsa, the hustle and merengue. It's easier than it looks and that's the fun. Learn the high-energy dances that will have you steaming up the nightclub dance floor! Min. Age: 18.

60103 7:00pm - 9:00pm S 2/2 - 2/23 MVC

Country & Western, Line Dance & Tejano

DANZ 1000 8 HRS **\$35**
 Like country music but can't dance, then this is the class for you. Start with basic line dances such as the Cotton-Eyed Joe, the schottische and the freeze. Then learn the basics of the two-step, swing, and country-and-western Tejano. Learn the basics of leading and following done to the tempos of both traditional and contemporary country music. Don't ever be left off the dance floor again! Of course, no partner is necessary. Min. Age: 18.

60302 7:00pm - 9:00pm S 3/1 - 4/5 MVC

Latin Rhythms Dance

DANZ 1000 8 HRS **\$35**
 Are you ready to learn dance steps that will put a new pizzazz in your step? Then this class is for you. This sultry, sensuous dance will add a Latin beat to your dance repertoire. Each class focuses on one Latin dance from among the favorites: Bolero, Cha-Cha, Rumba, Samba, Merengue, and the Tango. It's easier than it looks and that's the magic. Min. Age: 18.

61502 7:00pm - 9:00pm S 5/10 - 5/31 MVC

Strictly Swing Dance

DANZ 1000 8 HRS **\$35**
 Learn the various swing tempos (single, double, triple time) from the 30s, 40s, and 50s. Dance to the Big Band music as well as the up-tempo, retro music of the 90s and new millennium. Come learn the ins and outs of the most upbeat tempo of all ballroom dances—The Swing. Min. Age: 18.

60202 7:00pm - 9:00pm S 4/12 - 5/3 MVC

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Ballet				64	HRS
DANZ 1000	60802	1:30pm - 3:20pm	TR	MVC	\$117
DANZ 1000	60801	7:30pm - 9:20pm	TR	MVC	\$117
Ballroom Dance				32	HRS
DANZ 1000	61902	6:30pm - 8:20pm	M	MVC	\$39
DANZ 1000	61903	2:00pm - 3:50pm	F	MVC	\$39
Body Conditioning				32	HRS
DANZ 1000	61004	12:30pm - 1:25pm	TR	MVC	\$39
Dance Appreciation				48	HRS
DANZ 1000	61703	11:15am - 12:10pm	TR	MVC	\$117
DANZ 1000	61704	5:30pm - 6:50pm	TR	MVC	\$117
Hip Hop				48	HRS
DANZ 1000	62201	9:30am - 10:50am	TR	MVC	\$78
DANZ 1000	62202	6:00pm - 7:20pm	TR	MVC	\$78
Pilates				32	HRS
DANZ 1000	62101	4:00pm - 4:55pm	MW	MVC	\$39
Tap				32	HRS
DANZ 1000	61802	5:30pm - 6:25pm	TR	MVC	\$39

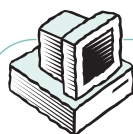
LIFELONG LEARNING

Acupressure | Introduction

HLTZ 1000 10 HRS **\$75**
 Discover a simple, non-invasive, and exciting way to reduce minor pains and many chronic illnesses. Students learn Chinese medical procedures dating back over 3,000 years. Many of these are still used today. This course covers the basic principles of traditional Chinese medicine, how to increase healing within the body through acupressure (the carefully applied pressure on acupuncture points with fingers and thumbs), Chinese massage (Tuina), and energy release techniques. Students learn an upper body procedure utilizing acupressure and Chinese massage (Tuina) to reduce pain, stress and tension. Such conditions as sinusitis, headaches, nausea, depression, constipation and neck pain are just a few of the types of disorders that acupressure can help to reduce or actually eliminate. Join us in learning a fun way to reduce pain and become healthier. Textbook required. Min. Age: 18.

60102 7:30pm - 10:00pm W 1/16 - 2/6 MVC
 60103 7:30pm - 10:00pm W 3/26 - 4/16 MVC

PERSONAL ENRICHMENT



For the most up-to-date schedule listing, go to:
www.econnect.dcccd.edu
 and select CONTINUING EDUCATION STUDENT MENU

Lifelong Learning Continued

Acupressure | Intermediate

\$75

HLTZ 1000

10 HRS

This course is a continuation of Acupressure, Introduction. Students cover lifestyle changes that can lead to a healthier and pain-free life, such as yoga flexibility stretches, and the six conditions of good health. Students continue with the acupressure and massage procedures learned in the first course by learning a full-body massage using acupressure and a procedure using energy releasing and orthopedic massage techniques. Although both courses teach fundamental techniques for the lay person, professional massage, physical therapy, and chiropractic practitioners can learn valuable and powerful techniques that can enhance their practices. Textbook required. Prerequisite: Acupressure, Introduction and permission of instructor. Min. Age: 18.

60201	7:30pm - 10:00pm	W	2/13 - 3/5	MVC
60202	7:30pm - 10:00pm	W	4/23 - 5/14	MVC

Backyard Astronomy

\$55

RECZ 1000

12 HRS

Can you find the Milky Way, the Big Dipper, the Southern Cross, Orion, Betelgeuse, Procyon in Canis Minor, or any of the other 1000-1500 constellations of stars visible on a really dark night? This course, designed for beginning observers interested in learning how to locate objects in the night sky, focuses on observation with the unaided eye and binoculars, although selecting and using a telescope are discussed. Learn to identify the major constellations, the brightest stars, the five bright planets and their locations as well as the motion of objects in the sky from season to season. Resources on the Internet and reference material are introduced and a field trip to the Richland College Planetarium are planned. Min. Age: 18.

60103	7:00pm - 9:00pm	W	2/6 - 3/12	MVC
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CPR & First Aid | Adult

\$55

HLTZ 1000

7 HRS

This course teaches participants to call and work with EMS, care for conscious and unconscious choking victims, perform CPR and care for breathing and cardiac emergencies in adults. Students also learn to recognize emergency situations, care for wounds, head and spinal injuries, burns, manage sudden illness, stroke, seizure, bites, and poisoning. American Red Cross certification will be awarded upon successful completion of the course. Min. Age: 18.

60701	9:00am - 4:00pm	S	2/16	MVC
60702	9:00am - 4:00pm	S	4/19	MVC

Primeros Auxillios y RCP para Adultos

\$55

HLTZ 1000

7 HRS

Esta clase da personas las habilidades y conocimientos necesarios para reconocer y dar atencion basica en emergencias respiratorias y cardiacas, lesiones y enfermedades repentinas. Edad minima: 17 años.

60901	9:00am - 4:00pm	S	3/8	MVC
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Do-It-Yourself Home Maintenance

\$34

RECZ 1000

9 HRS

Learn how to repair small jobs around the house yourself and save money. Concentration is on electrical and some plumbing. Topics covered in the course include: replacing wall receptacles and switches, installing fans, troubleshooting minor electrical problems like bad switches, receptacles, and fans; installing wiring for cable TV and networks; fixing leaky faucets; replacing toilet valves. Min. Age: 18.

60402	1:00pm - 4:00pm	S	5/10 - 5/24	MVC
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Everyday Math

\$32

MATZ 1000

8 HRS

Have a fear of numbers? Gain confidence in your basic math skills. Explore the world of numbers using calculators, figuring discounts, and managing income and expenses. Min. Age: 18.

60203	6:00pm - 8:00pm	TR	3/4 - 3/13	MVC
60204	6:00pm - 8:00pm	TR	5/6 - 5/15	MVC

Gardening with the Masters

\$37

HORZ 1000

10 HRS

Improve your skills and your garden with the Dallas County Master Gardeners, a volunteer arm of the Texas Cooperative Extension Service as they discuss gardening and landscaping issues, ideas, plant materials and "how-to" techniques specifically for Dallas County. Topics include: which soils work best for North Texas; proper bed preparation; Asian inspired landscaping design; shade gardening; and rainwater harvesting techniques for the urban landscape. Min. Age: 18.

60103	7:00pm - 9:00pm	T	2/5 - 3/4	MVC
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Hollywood Classics History

\$60

RECZ 1000

20 HRS

Are you a movie fan? Then this class is for you. View classic films and discuss the history behind the making of the films. Films included star Laurel and Hardy, Bing Crosby, Charlie Chaplin, Humphrey Bogart, Katherine Hepburn. You may want to bring some popcorn!

60501	1:00pm - 3:00pm	MW	3/17 - 4/16	MVC
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JrFinance Train-the-Trainer

\$150

TECZ 1000

20 HRS

Learn how to deliver enrichment courses on financial management. The course covers basic financial terminology and strategies to personal financial planning. Min. Age: 18.

60101	9:00am - 5:00pm	RFS	1/10 - 1/12	MVC
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Write Your Novel!

\$90

CRWZ 1000

24 HRS

If you've ever had an idea for a book, but haven't taken the time to begin, we invite you to join us for a tips and techniques class that will get you started. Classes include how to structure a novel, plotting, characterization, consistency, editing and some great ideas for overcoming writer's block. Bring a pocket dictionary, your favorite pen, and plenty of paper! Min. Age: 18.

60201	7:00pm - 9:00pm	T	2/5 - 4/22	MVC
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Writing Skills Refresher

\$40

Business Writing

POFT 1004

8 HRS

A study of the basic elements of composition. Skill development in comparing paragraphs, expressing clear and correct sentences, and using the rules of grammar. Whether you need to polish your work-related writing or whether you are headed back to school to advance your career, it is never too late to improve your spelling, grammar and sentence construction. Practice paragraph and essay organization for business reports and school, and increase your reading comprehension skill. Min. Age: 18.

64909	7:00pm - 9:00pm	R	2/7 - 3/6	MVC
64910	7:00pm - 9:00pm	R	4/3 - 4/24	MVC

PERSONAL ENRICHMENT

MUSIC

Guitar | Introduction

\$40

MUAZ 1000 12 HRS

Is there a musician hiding inside of you? Have you always wanted to learn to play the guitar? Start now! Learn to play in a fun and relaxed atmosphere. This introduction class will cover basic guitar techniques, simple melodies and a variety of chords and strumming patterns. Guitar required. Min. Age: 18.

62903 10:00am - 11:30am F 2/1 - 4/4 MVC

Guitar | Intermediate

\$40

MUAZ 1000 12 HRS

This intermediate class will continue building on basic guitar techniques, melodies, and chords. Min. Age: 18.

60602 10:00am - 11:30am F 4/11 - 5/30 MVC

Guitarra Introduccion | Bilingual

\$40

MUAZ 1000 12 HRS

Hay un musico oculto dentro de ti? Siempre has querido aprender guitarra? Empieza ya! Aprende a tocar en un ambiente divertido y relajado. Esta clase de introduccion cubrira tecnicas basicas sobre la guitarra, simple melodias, y una variedad de acordes y rasqueos. Guitarra requerida. Edad minima: 18 años.

61604 2:00pm - 3:30pm F 2/1 - 4/4 MVC

Guitarra, Intermediaria | Bilingual

\$40

MUAZ 1000 12 HRS

Esta clase intermediaria ayuda con el mejoramiento de técnicas básicas de guitarra, melodías, y cuerdas. Edad mínima: 18 años.

63501 2:00pm - 3:30pm F 4/11 - 5/30 MVC

Songwriting | Introduction

\$40

MUAZ 1000 12 HRS

Have you ever wanted to learn how to make your own song? Well now you can! Learn how to create your own chord progression and learn about basic songwriting techniques. This fun class will help build your musical creativity. Some experience playing chords and strumming rhythms is required. Acoustic guitar required. Min. Age: 15.

63401 12:30pm - 2:00pm S 3/29 - 5/17 MVC

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Band				48	HRS
MUAZ 1000	63102	7:00pm - 9:50pm	T	MVC	\$39
Chorus				48	HRS
MUAZ 1000	62401	7:00pm - 9:50pm	M	MVC	\$39
Computer Music Notation				64	HRS
MUAZ 1000	62301	9:00am - 10:50am	TR	MVC	\$117
Foundation of Music				48	HRS
MUAZ 1000	62701	11:00am - 12:20pm	TR	MVC	\$117
Guitar Class				32	HRS
MUAZ 1000	62801	9:05am - 9:55am	MW	MVC	\$39
MUAZ 1000	62802	5:30pm - 6:20pm	TR	MVC	\$39
Guitar Ensemble				32	HRS
MUAZ 1000	62101	4:00pm - 5:20pm	MW	MVC	\$39
Jazz Band				48	HRS
MUAZ 1000	63202	7:00pm - 9:50pm	R	MVC	\$39
Jazz Improv				48	HRS
MUAZ 1000	63901	5:30pm - 6:50pm	MW	MVC	\$78
Keyboard Ensemble				48	HRS
MUAZ 1000	60102	12:30pm - 1:50pm	TR	MVC	\$39
Latin Jazz Ensemble				48	HRS
MUAZ 1000	60402	7:00pm - 9:50pm	W	MVC	\$39
Mariachi Band				48	HRS
MUAZ 1000	63701	7:00pm - 9:50pm	T	MVC	\$39
Music Appreciation				48	HRS
MUAZ 1000	63801	5:30pm - 6:50pm	MW	MVC	\$117
Musicianship				48	HRS
MUAZ 1000	61903	1:00pm - 2:20pm	MW	MVC	\$39
MUAZ 1000	61902	1:00pm - 2:20pm	MW	MVC	\$39

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Piano Class					32	HRS
MUAZ 1000	61801	9:05am - 9:55am	MW	MVC	\$39	
MUAZ 1000	61804	10:00am - 10:50am	MW	MVC	\$39	
MUAZ 1000	61805	6:00pm - 7:50pm	M	MVC	\$39	
MUAZ 1000	61802	9:00am - 9:50am	TR	MVC	\$39	
MUAZ 1000	61803	10:00am - 10:50am	TR	MVC	\$39	
String Ensemble				48	HRS	
MUAZ 1000	63601	4:00pm - 5:20pm	TR	MVC	\$39	
Vocal Ensemble				48	HRS	
MUAZ 1000	62202	12:30pm - 1:30pm	TR	MVC	\$39	
Voice Articulation				48	HRS	
DRAZ 1000	60401	11:15am - 12:10pm	MW	MVC	\$117	
DRAZ 1000	60402	12:30pm - 1:50pm	MW	MVC	\$117	
DRAZ 1000	60403	7:00pm - 8:20pm	TR	MVC	\$117	
Voice Class				32	HRS	
MUAZ 1000	61702	11:00am - 11:50am	TR	MVC	\$39	
MUAZ 1000	61703	2:00pm - 2:50pm	TR	MVC	\$39	
MUAZ 1000	61701	6:00pm - 7:50pm	T	MVC	\$39	
World Drumming				48	HRS	
MUAZ 1000	62502	7:00pm - 9:50pm	M	MVC	\$39	

PHOTOGRAPHY

Photography for the Novice

\$30

PHOZ 1000 8 HRS

This course is for those who simply want to take better pictures. Do you want to improve your vacation photos and family pictures? Need to take the mystery out of choosing the right film for the job? Want to experiment with black and white? This class is open to owners of point-and-shoot cameras, as well as 35mm and digital cameras. Be ready to take great pictures of your vacation this summer. This is an excellent beginner's class for people of all ages. Shooting assignments and a field trip are included to insure the best experience and lots of fun. Students should have a camera and owner's manual. No textbook is required. Students will have to buy 3-4 rolls of film and pay for developing. Min. Age: 18.

60104 6:00pm - 8:00pm W 3/5 - 3/26 MVC

Photography | Basic

\$65

PHOZ 1000 18 HRS

Improve your knowledge of 35mm photography and/or digital photography with shooting experiments, on location shooting, and homework assignments. Learn more about f-stops, shutter speeds and ISO ratings. Students must furnish camera and owners manual. Students must also purchase six rolls of film and/or pay for digital printing expenses. This class is excellent for those wishing to learn how to manually operate their camera. Camera must have manual setting in addition to automatic setting to benefit the most from this class. Two field trips for location photography are a part of this class to insure hands on training. Textbook required. Min. Age: 18.

60204 6:00pm - 9:00pm M 1/28 - 3/3 MVC

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Computer Graphics I: Photoshop					96	HRS
ARTZ 1000	61903	12:30pm - 3:20pm	MW	MVC	\$117	
Digital Art				96	HRS	
ARTZ 1000	61105	12:30pm - 3:20pm	MW	MVC	\$117	
Digital Imaging				96	HRS	
PHOZ 1000	60401	12:30pm - 3:20pm	TR	MVC	\$117	
Introduction To News Photography, Digital				96	HRS	
PHOZ 1000	60603	9:05am - 11:55am	MW	MVC	\$117	
PHOZ 1000	60602	11:00am - 1:50pm	TR	MVC	\$117	
PHOZ 1000	60604	7:00pm - 9:50pm	TR	MVC	\$117	
Photography				96	HRS	
PHOZ 1000	60302	12:30pm - 2:50pm	MW	MVC	\$117	
PHOZ 1000	60303	7:00pm - 9:50pm	MW	MVC	\$117	
PHOZ 1000	60301	8:00am - 10:50am	TR	MVC	\$117	

PERSONAL ENRICHMENT

RECREATION

Boot Camp Training

PHEZ 1000 14 HRS **\$60**

Escape the gym! Our boot camp will get you in the best shape of your life with fun and challenging exercises. It's boot camp minus the yelling and screaming. Working at your own pace, you will be pushed and motivated to get stronger, leaner and healthier. Min. Age: 18.

63201	12:30pm - 1:30pm	TR	1/29 - 3/13	MVC
63202	7:00pm - 8:00pm	TR	1/29 - 3/13	MVC
63203	12:30pm - 1:30pm	TR	3/18 - 5/1	MVC
63204	7:00pm - 8:00pm	TR	3/18 - 5/1	MVC

Golf | Beginning & Intermediate

PHEZ 1000 12 HRS **\$50**

Learn the proper grip, stance, drive approach shots and putting, as well as the rules and etiquette of golf. Special emphasis is placed on taking advantage of each person's particular strengths and understanding the philosophy of the game. The first meeting will be in a classroom with the remainder of the class meeting at Sunset Golf Club, 4906 E. Main Street, Grand Prairie. Students must furnish their own golf balls and equipment. Please bring an iron club #7, #8 or #9 to the first class. Min. Age: 16.

61306	8:00am - 10:00am	S	4/5 - 5/10	MVC
61305	10:00am - 12:00pm	S	4/5 - 5/10	MVC

Kickboxing

PHEZ 1000 12 HRS **\$50**

This class takes the excitement, music, and energy of an aerobics program, and adds punching, blocking, and kicking in an action-packed workout. You can burn up to 800 calories an hour doing aerobic kickboxing to music. Min. Age: 18.

60504	3:00pm - 4:00pm	R	2/28 - 5/15	MVC
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Personal Defense Readiness

RECZ 1000 16 HRS **\$75**

Be your own bodyguard! This course focuses on realistic self-defense training for men and women who are interested in learning how to effectively defend themselves. The Personal Defense Readiness program provides comprehensive training in various aspects of self-defense and confrontation management. No uniforms and no fancy kicks. Students are exposed to basic strikes, blocks, escapes and verbal skills training for the sole purpose of surviving a hostile or violent confrontation. This is a system that is designed for everyone and one that focuses on realistic responses to realistic attacks. You may not be able to afford a celebrity bodyguard, but you can train to be your own. Min. Age: 18.

60602	2:00pm - 3:00pm	F	2/1 - 5/30	MVC
60601	6:00pm - 7:00pm	W	2/6 - 5/21	MVC

Personal Fitness Training | Basic

PHEZ 1000 14 HRS **\$60**

Have you ever wanted a personal trainer, but did not want to pay the high prices? This course is designed to help individuals make lasting changes in their overall health. This course shows students how to correctly use machines and free weights, and how to lose weight and maintain a workout schedule. Min. Age: 18.

64001	12:00pm - 1:00pm	MW	1/28 - 3/12	MVC
64002	8:30pm - 9:30pm	MW	1/28 - 3/12	MVC
64003	12:00pm - 1:00pm	MW	3/17 - 4/30	MVC
64004	8:30pm - 9:30pm	MW	3/17 - 4/30	MVC

Pilates | Basic

PHEZ 1000 12 HRS **\$50**

This course is designed to strengthen the "Powerhouse" - the muscles of the lower abdomen, lower back, buttocks and pelvic floor. The exercises selected are based on breath, core strength and stabilization methods, and mindfulness as it applies to movement. The Pilates exercise system is a safe and highly effective way to improve posture, increase flexibility, strengthen and streamline your body without building bulk or stressing your joints. Appropriate for all fitness levels: young, old, athletic or sedentary. Min. Age: 18.

60404	4:00pm - 5:00pm	R	2/28 - 5/15	MVC
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Pilates, Mat Work Small Apparatus | Introduction

PHEZ 1000 12 HRS **\$50**

Take core training to the next level using new training techniques on the bosu ballast ball. Add fresh elements to abdominal and back training. Challenge every muscle in your "power center". This training will improve your balance, coordination, breathing, core stability. Great for improving posture, increasing flexibility and strengthening all muscles without stress on the joints. Class appropriate for all fitness levels. Students must bring a pilates or yoga mat and bottle of water. Exercise clothes and shoes should be worn. Ten inch ball will be provided. Min. Age: 18.

63801	5:30pm - 6:30pm	T	2/5 - 4/22	MVC
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Power Yoga

PHEZ 1000 12 HRS **\$50**

This is intermediate-level class for people who like challenges, spiritual benefits, and want to improve their health and fitness. Synchronous breathing with strong, flowing movements combine for a hot, high energy workout. Students will build strength, flexibility and mental focus with the final results being a release of tension. Loose fitting, comfortable clothing should be worn. Bring a yoga mat and bottle of water. Min. Age: 18.

63901	6:45pm - 7:45pm	T	2/5 - 4/22	MVC
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Tai Chi I & II

PHEZ 1000 12 HRS **\$50**

This course introduces the student to Tai Chi and allows previous students to continue their study. Tai Chi is an ancient breathing exercise coupled with slow, non-aerobic, martial arts movements designed to take the body through a wide range of motion. Tai Chi is a gentle form of exercise that can be practiced by anyone regardless of age or physical condition. Loose fitting, comfortable clothing should be worn. Min. Age: 18.

61405	6:00pm - 7:30pm	M	2/4 - 3/24	MVC
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Tennis | Beginning & Intermediate

PHEZ 1000 9 HRS **\$42**

Students learn the fundamentals of the game which include terminology, rules and proper court etiquette. On-court instructions will cover stance, grip, forehand and backhand strokes, overheads and lobs, serves and volleys, and scoring. Competitive drills and activities are included for proper footwork. Bring two new cans of Wilson tennis balls and a racquet to the first day of class. Min. Age: 10.

60703	10:00am - 11:30am	S	3/29 - 5/3	MVC
60704	12:00pm - 1:30pm	S	3/29 - 5/3	MVC

Tennis | Intermediate & Advanced

PHEZ 1000 9 HRS **\$42**

Students learn on-court strategies of the game for singles and doubles play. Intense drill work to cover forehands and backhands and refinement of all other basic strokes of the game. Footwork skills teach you how to cover the court from all angles with use of specialty shots. Competitive match play for singles and doubles are included. Students must furnish their own racquet and two new unopened cans of Wilson match play tennis balls. Prerequisite: Beginning Tennis class or previous experience with instructor's permission. Min. Age: 14.

60803	10:00am - 11:30am	U	3/30 - 5/4	MVC
60804	12:00pm - 1:30pm	U	3/30 - 5/4	MVC

Yoga Basics

PHEZ 1000 12 HRS **\$50**

This course introduces the student to the vast benefits of yoga exercise and breathing. Yoga postures improve every part of the body, stretching and toning muscles and improving flexibility of the spine, joints and the entire skeletal system. Yoga breathing revitalizes the body and helps to calm the mind, leaving you feeling refreshed and relaxed. Loose clothing should be worn. Bring a yoga mat to sit on. Min. Age: 18.

60604	7:15pm - 8:45pm	F	2/1 - 4/4	MVC
60605	7:15pm - 8:45pm	F	4/11 - 5/30	MVC

Zumba Dance

DANZ 1000 8 HRS **\$35**

Zumba dance is aerobic dance with Latin and international music which enables a high energy workout. It fuses Latin international music dance themes creating a dynamic, exciting, effective fitness system! It's a mixture of body sculpting movements with easy to follow dance steps that target areas such as gluteus, legs, arms, abdominal, and the heart. Loose clothing and exercise shoes should be worn. Students should bring a bottle of water to class. Min. Age: 18.

61404	6:00pm - 7:00pm	F	2/1 - 4/4	MVC
61405	6:00pm - 7:00pm	F	4/11 - 5/30	MVC