

■ ARTS & CRAFTS

Basket Weaving: Algonquin Laundry Basket \$45 ARTZ 1000 6 HRS

In this beginner's class, students will create a large sturdy basket that can be used for laundry or newspapers. Basket dimensions: 16"x18". The basket has a solid woven base and is woven solid halfway up, then brought in toward the top leaving openings for handles. Many weaving techniques will be taught. Color choices will be available in class. Students will leave class with a finished basket to impress family and friends! Basket kits will be available on the first day of class for a \$25 fee. Additional supplies required include a yardstick, bucket, pencil, scissors, pliers, and screwdriver. Min. Age: 18.

63104 9:00AM - 3:00PM S 2/27 MVC

Basket Weaving: Colorful Market Basket \$45 ARTZ 1000 6 HRS

In this beginner's class, students will create an 8"x15" sturdy, colorful basket with a D-handle. It includes wrapping your handle to give it a finished look. Color choices will be available in class. Basket kits will be available on the day of class for a fee of \$25. Additional supplies required include a yardstick, bucket, pencil, scissors, pliers, and screwdriver. Min. Age 18.

63005 9:00AM - 3:00PM S 4/17 MVC

Bow Making \$40 ARTZ 1000 10 HRS

In this hands-on class you'll learn simple techniques for creating beautiful bows for all occasions. Add your personal touch to gift wrapping by learning how to create your very own bows. A variety of bows will be demonstrated. Min. Age: 18.

61706 7:00PM - 9:00PM T 3/2 - 3/30 MVC

Cake Decorating, Basic \$35 RECZ 1000 8 HRS

In this introductory class students learn to use basic cake tools to begin decorating. This includes making icing, how to level, tort, fill, and frost a cake. Learn basic cake borders and helpful tips to bake a great cake from scratch. Other highlights include: figure piping, character cakes, making roses and arranging floral arrangements. Supplies required. Ask for supply list at time of registration. Min. Age: 18.

61001 6:30PM - 8:30PM T 1/26 - 2/16 MVC

Cake Decorating, Intermediate \$35 RECZ 1000 8 HRS

This course will build on the skills learned in the basic cake decorating class and more. Learn how to create different types of flowers with royal icing and how to translate a picture from a book onto a cake. New borders and a basket weave technique will be introduced. Supplies required. Ask for supply list at time of registration. Min. Age: 18.

61101 6:30PM - 8:30PM T 3/2 - 3/30 MVC

Cake Decorating, Advanced \$35 RECZ 1000 8 HRS

This course is for those who really want to make the most of the decorating skills learned in previous courses. Students will learn advanced techniques such as working with fondant to make a present cake with a bow and fondant rose. Students also work with the lily nail to make fluted flowers such as the Easter lily, morning glory, petunia, and the slightly fluted poinsettia. Tiered cake construction and string work and garland techniques will be discussed. Supplies required. Ask for supply list at time of registration. Min. Age: 18.

61501 6:30PM - 8:30PM W 4/7 - 4/28 MVC

Cake Decorating: Fondant Gum Paste \$35 RECZ 1000 8 HRS

Discover a great new way to add excitement to your cakes using easy to shape rolled fondant icing. Create floral accents with beautiful detail using Fondant Fun tools. Ready to use gum paste, cookie cutters, and cake decorating accessories. See for yourself how easy it is to cut and shape amazing textured ribbons and borders. Each new technique will prepare you to decorate a grand finale cake you will be proud to take home! Supplies required. Ask for supply list at time of registration. Prerequisite: Cake Decorating, Basic. Min. Age: 18.

61604 6:30PM - 8:30PM T 4/6 - 4/27 MVC

Calligraphy, Introduction \$33 ARTZ 1000 10 HRS

Ready to practice an ancient and exotic art? Explore the delicate and precise craft of calligraphy in this introduction class. Supply list will be provided the first night of class. Min. Age: 18.

62906 7:00PM - 9:00PM M 2/8 - 3/8 MVC

62907 7:00PM - 9:00PM M 4/5 - 5/3 MVC

Crochet I: Just the Basics \$40 ARTZ 1000 10 HRS

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 students will begin a simple project using the above techniques. Supply list will be provided the first night of class. Min. Age: 18.

60201 7:00PM - 9:00PM M 2/8 - 3/8 MVC

Crochet II: Afghans \$40 ARTZ 1000 10 HRS

Build your crocheting skills and create beautiful afghans for presents. Course focuses on crocheting a traditional granny square spread and various finishing edges. Students will also learn to practice reading patterns. Min. Age: 18.

60301 7:00PM - 9:00PM M 3/22 - 4/19 MVC

■ ARTS & CRAFTS Continued

Cupcake Workshop \$15 2 HRS RECZ 1000

This workshop is short and sweet like a cupcake. This 2-hour session targets baby and wedding showers. The workshop includes instruction regarding butter cream and fondant techniques. This is great for beginners who want to see what decorating is all about. Min. Age: 18.

61206 10:00AM - 12:00PM S 2/6 MVC

61207 10:00AM - 12:00PM S 5/1 MVC

Easter Cupcakes \$15 2 HRS RECZ 1000

Learn to decorate cupcakes that will not only be a great dessert but will also double as a pretty centerpiece for your Easter Dinner table. This 2-hour class will introduce you to some of the basic skills of cake decorating. Don't miss this opportunity to discover the fun of cake decorating. Supplies required. Ask for a supply list at time of registration. Min. Age: 18.

65001 10:00AM - 12:00PM S 3/27 MVC

Easter Market Basket \$45 6 HRS ARTZ 1000

This is a small version of the regular market basket, using a hand-carved handle. It measures approximately 6x8 and includes Easter colors of dyed reed. Although it is intended for the Easter holiday, it can be used throughout the year. All beginning techniques will be used to construct this basket. Supplies available day of class for a fee of \$25. Min. Age: 18.

65001 9:00AM - 3:00PM S 3/27 MVC

Recycled T-Shirt Handbag \$20 4 HRS HECZ 1000

Do you have a favorite t-shirt and a cotton shirt you cannot wear anymore but can't bear to part with either? Want to find a new use for old garments? Interested in finding new ways to recycle, reuse, repurpose and still look fashionable? Then this class is for you! In this class we will take garments like a t-shirt and a cotton shirt, pair them together and make a fashion hand bag. This course is for the student who has basic sewing machine skills. Students must bring their t-shirt, shirts or other garments and their sewing machine to class. A tools and materials list will be given upon registration. Min. Age: 18.

60801 9:00AM - 1:00PM S 2/27 MVC

60802 9:00AM - 1:00PM S 4/24 MVC

Sewing, Beginning \$50 15 HRS HECZ 1000

This course introduces the wonderful world of sewing to those with no experience. 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 completes a demo pillow during this class. Students must bring their own sewing machine the first night. A material list is shared the first night of class. Min. Age: 18.

60102 7:00PM - 9:30PM T 2/2 - 3/9 MVC

Sewing, Intermediate \$55 12 HRS HECZ 1000

Get better acquainted with your sewing machine and learn how to make buttonholes and sew on buttons on your machine. Spanish speakers are welcome and there will be a Spanish-speaking assistant in this class. Learn how to put in a zipper, how to read a pattern and adjust it to fit. We will make a pair of pants or shorts and a shirt. Min. Age: 18.

60201 7:00PM - 9:00PM T 3/23 - 4/27 MVC

Silk Painting \$45 12 HRS ARTZ 1000

Get hooked on silk painting. Learn the basic skills and techniques of dying/painting on silk. Discover how the colors and design make the silk come alive. You will produce your own scarf, wall hanging, cards or brooch with surprising results. Materials will be available for sale in class. Approximate supply cost is \$75. Supplies required. Ask for supply list at time of registration. Min. Age: 18.

64901 9:00AM - 12:00PM S 1/16 - 2/6 MVC

64902 9:00AM - 12:00PM S 2/20 - 3/13 MVC

T-Shirt Quilt \$50 15 HRS HECZ 1000

Are your closets bursting with t-shirts you wore while making memories; t-shirts from high school, college, vacations, concerts, family reunions, sporting events and more? If that is your case, find a renewed, functional use for those t-shirts without giving them up! During this class each student will make a quilt made from their treasured t-shirts (jersey or sweatshirt too). This course is for the student who has basic sewing machine skills. Students must bring their t-shirts the first night and their sewing machine to subsequent classes. A material list is shared the first night of class. Min. Age: 18.

60603 6:30PM - 9:00PM T 2/2 - 3/9 MVC

60604 6:30PM - 9:00PM T 4/6 - 5/11 MVC



Valentine Cookie Bouquet \$15 2 HRS RECZ 1000

Ask someone special to be your valentine with a beautiful cookie bouquet! Cookies are delicious in their own right, of course, but adding decoration makes them that extra bit special. Students will decorate heart shaped cookies and arrange them in a container that will make a great gift or a wonderful centerpiece. Supplies required. Ask for a supply list at time of registration. Min. Age: 18.

64901 10:00AM - 12:00PM S 2/13 MVC

■ DEFENSIVE DRIVING

Defensive Driving DRVZ 1000

\$30
5 HRS

This is a National Traffic Safety Institute driving safety course. Our instructors are licensed by the Texas Department of Public Safety and approved by the Texas Education Association and the State Board of Insurance. A certificate is awarded upon successful completion; it entitles you, the principle driver, to a 10 percent reduction to each insurance policy, but it must be renewed every 3 years. By completing this course, you can fulfill the Texas courts' requirements for dismissal of misdemeanor traffic tickets. (You must contact the court having jurisdiction over your ticket dismissal.) All students must bring a valid Texas Driver's License to class. The Texas Education Association mandates that students enrolled in a defensive driving class must be present at the designated starting time to complete the full five hours of class, be tested at the end of the class, and pass with a minimum grade of 70 to receive a certificate. Certificates are issued from Austin and will be received in about two weeks. If the student fails or is a no-show, it is required that they register for another class, pay the tuition fee, and attend the additional class. Min. Age: 16.

60101	9:00AM - 3:30PM	S	1/16	MVC
60102	9:00AM - 3:30PM	S	2/20	MVC
60103	9:00AM - 3:30PM	S	3/13	MVC
60104	9:00AM - 3:30PM	S	4/17	MVC
60105	9:00AM - 3:30PM	S	5/15	MVC

■ GUITAR

Guitar, Introduction MUAZ 1000

\$40
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.

62901	3:00PM - 4:30PM	F	2/19 - 4/23	MVC
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Guitar, Intermediate MUAZ 1000

\$40
12 HRS

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

60601	4:45PM - 6:15PM	F	2/19 - 4/23	MVC
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Latin Guitar MUAZ 1000

\$40
12 HRS

Learn Latin American rhythms for the guitar. This class introduces scales, chords, different techniques, and various types of rhythmic styles of playing. Acoustic guitar required plus some experience. Min. Age: 18.

64001	6:30PM - 8:00PM	F	2/19 - 4/23	MVC
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For the most up-to-date schedule listing, go to:
www.econnect.dccd.edu
and select CONTINUING EDUCATION STUDENT MENU

■ HEALTH & WELLNESS

Acupressure, Introduction HLTZ 1000

\$80
10 HRS

Discover a simple, non-invasive, and exciting way to reduce minor pains and many chronic illnesses. Students learn Chinese medical procedures dating back 3,000 years. Many of these procedures are still practiced 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.

60101	7:30PM - 10:00PM	R	1/21 - 2/10	MVC
60102	7:30PM - 10:00PM	R	3/25 - 4/15	MVC

Acupressure, Intermediate HLTZ 1000

\$80
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	R	2/18 - 3/11	MVC
60202	7:30PM - 10:00PM	R	4/22 - 5/13	MVC

Healing With Your Own Hands HLTZ 1000

\$45
10 HRS

In this 6-week introductory therapy course students will learn the technique of hand reflexology for healing. Students will study the pressure points in the hands that help relieve many daily ailments without drug use. The correct use of herbs and oils to help heal whatever stresses you will be discussed. This basic course will teach you a way to help yourself the natural way. Min. Age: 18.

61001	6:00PM - 8:00PM	M	2/1 - 3/8	MVC
61003	6:00PM - 8:00PM	W	2/3 - 3/10	MVC
61001	6:00PM - 8:00PM	M	3/22 - 4/26	MVC
61001	6:00PM - 8:00PM	W	3/24 - 4/28	MVC

HEALTH & WELLNESS Continued

Kickboxing PHEZ 1000 \$50 12 HRS

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.

60501	4:30PM - 5:30PM	WF	2/10 - 3/26	MVC
60502	4:30PM - 5:30PM	WF	4/7 - 5/14	MVC

Pilates Basic PHEZ 1000 \$50 12 HRS

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, 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 the body without building bulk or stressing your joints. Appropriate for all fitness levels: young, old, athletic or sedentary. Min. Age: 18.

60401	5:35PM - 6:35PM	WF	2/10 - 3/26	MVC
60402	5:35PM - 6:35PM	WF	4/7 - 5/14	MVC

Yoga, Basics PHEZ 1000 \$35 8 HRS

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

64801	7:15PM - 8:15PM	F	1/22 - 3/12	MVC
64803	1:30PM - 2:30PM	R	2/11 - 4/8	MVC
64802	7:15PM - 8:15PM	F	3/26 - 5/21	MVC

Zumba Dance DANZ 1000 \$35 8 HRS

Zumba dance is aerobic dance with Latin and international music which enables a high energy workout. It's a fusion of Latin international music dance themes creating a dynamic, exciting, effective fitness system! A mixture of body sculpting movements with easy to follow dance steps 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.

61401	6:00PM - 7:00PM	F	1/22 - 3/12	MVC
61402	6:00PM - 7:00PM	F	3/26 - 5/21	MVC

LIFELONG LEARNING

Analysis of Psalms REZZ 1000 \$40 12 HRS

Analysis of Psalms is a course designed as an introduction to poetic structure and division development of the Book of Psalms. This course focuses on the standard psalm genres and the structure of each Psalm. Attention will be given to the book's development, theological themes, and the relationship between the Psalms and Israel's worship before and into the Common Era. Min. Age: 18.

60402	7:15PM - 8:45PM	TR	4/6 - 4/29	MVC
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Backyard Astronomy RECZ 1000 \$55 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. Selecting and using a telescope are discussed. Learn how 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. Internet resources and reference material are introduced and a field trip to the Richland College Planetarium is planned. Min. Age: 18.

60107	7:00PM - 9:00PM	W	2/10 - 3/17	MVC
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Community Chorus MUAZ 1000 \$41 28 HRS

A wide variety of music representing the literature of the great eras of music history is studied and performed. Min. Age: 18.

65302	7:00PM - 9:00PM	M	1/25 - 5/3	MVC
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Financial Empowerment Workshop BNKZ 1000 FREE 12 HRS

This financial literacy workshop is provided by the YWCA of the Metropolitan Dallas. Goal setting, budgeting, saving, banking, rebuilding credit and debt reduction are discussed. Min. Age: 16.

60103	9:00AM - 12:00PM	S	1/30 - 2/20	MVC
60104	9:00AM - 12:00PM	S	4/10 - 5/1	MVC
60105	9:00AM - 12:00PM	S	6/5 - 6/26	MVC
60106	9:00AM - 12:00PM	S	7/10 - 7/31	MVC

History of the Old Testament I REZZ 1000 \$40 12 HRS

History of the Old Testament I is a course designed to explore the origins of Israel and other civilizations that existed and influenced Israel's formation into a nation. This course focuses on the development of the Pentateuch, other ancient civilizations, and archeological discoveries used to support the authenticity of the Old Testament. Min. Age: 18.

60302	7:15PM - 8:45PM	TR	3/9 - 4/1	MVC
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Memoir Writing: What I Want You To Know Before I Go CRWZ 1000 \$55 4 HRS

Your simple memories and special moments can become a treasured family heirloom. This lively and engaging workshop gives participants a jumpstart on writing their life stories and preserving their history for personal use or publication. You do not have to be a writer to participate. All you need is a story to tell. Genealogical tips offered. Min. Age: 18.

60605	1:00PM - 5:00PM	S	2/20	MVC
60606	1:00PM - 5:00PM	S	4/17	MVC

Money Management 101 for College Students PFMZ 1000 \$75 16 HRS

This course is designed to introduce basic money and credit management skills. Topics include: managing finances, building wealth, developing a budget, opening a checking and savings account, balancing a checkbook as well as learning how to invest and plan for retirement. This personal finance course is easy to grasp, fun and beneficial. Min. Age: 17.

60803	FLEX	ONL	4/5 - 4/28	MVC
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■ PHOTOGRAPHY

Digital Camera, Introduction \$38 10 HRS

Learn how to really use your digital camera and your computer. This course focuses on selecting the right equipment; setting up your camera and computer; creating files and sending them as e-mail or saving them to a CD. Some working knowledge of Microsoft Windows is beneficial. Min. Age: 18.

60301 2:00PM - 4:00PM W 3/3 - 3/31 MVC

Digital Camera, Intermediate \$38 10 HRS

Improve your skills using your digital camera and computer. Learn how to enhance your digital photos in various ways, including correcting exposure, cropping, adding text, and sound. Develop your ability to share pictures via the World Wide Web while adding to your expertise in Microsoft Windows. Prerequisite: basic digital camera skills. Min. Age: 18.

60401 2:00PM - 4:00PM W 4/14 - 5/12 MVC

Photography: Basic \$65 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.

60201 6:00PM - 9:00PM M 1/25 - 3/1 MVC

Photography: Lighting \$40 8 HRS

The one thing we must have as photographers is light. We forget how to see light as we grow up and take it for granted. This class will help you identify the different types of light and instruct you on how to utilize both outdoor available lighting and indoor studio type lighting. We will experiment with reflectors, on-camera flash, and studio strobes. Supplies needed: Digital camera capable of full manual operation with PC connection or hot shoe connection. Min. Age: 18.

60901 7:00PM - 9:00PM M 3/8 - 3/29 MVC

Photography: Nature & Wildlife \$40 8 HRS

Ever wonder how to take the best photographs at a zoo or at the arboretum? This class will answer these questions and give you the advice to help you become a better nature and wildlife photographer. Learn how to photograph animals, shoot macro shots of flowers, and take breathtaking landscapes. All of this will be covered plus more. Supplies needed: Digital camera with interchangeable lenses and full manual settings, tripod, and separate electronic flash. Min. Age: 18.

61001 7:00PM - 9:00PM M 4/5 - 4/26 MVC

Photography: Portrait \$40 8 HRS

This course provides a basic understanding of how to select the right lens, pose and light a subject, and compose photographs of individuals and groups. Students should already have a basic working knowledge of digital photography and digital camera operation. Photographs will be taken in-studio and on location. Supplies needed: Digital camera capable of full manual operation. Digital single lens camera or advanced range finder type camera. Camera must have PC connection or hot shoe connection. Min. Age: 18.

61101 7:00PM - 9:00PM M 5/3 - 5/24 MV

■ RECREATION

Boot Camp Training \$50 10 HRS

Escape the gym! This boot camp will get students in the best shape of their lives with fun and challenging exercises. Classes are boot camp minus the yelling and screaming. In this self-paced class, students will be pushed and motivated to get stronger, leaner and healthier. Min. Age: 18.

65508	6:00PM - 7:00PM	MW	1/25 - 2/24	MVC
65509	6:00PM - 7:00PM	MW	3/1 - 4/7	MVC
65510	6:00PM - 7:00PM	MW	4/12 - 5/12	MVC

Boot Camp Training Extreme \$50 10 HRS

For those students that need the next step to boot camp training, join this one for a new workout. Min. Age: 18.

66501	8:30PM - 9:30PM	MW	1/25 - 2/24	MVC
66502	8:30PM - 9:30PM	MW	3/1 - 4/7	MVC
66503	8:30PM - 9:30PM	MW	4/12 - 5/12	MVC

Golf, Beginning & Intermediate \$55 12 HRS

Learn the proper grip, stance, drive approach shots, and putting involved with golf. Students will also learn the rules and etiquette of golf. Special emphasis is on taking advantage of each person's particular strengths and understanding the philosophy of the game. The first meeting is 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.

61301	8:00AM - 10:00AM	S	4/10 - 5/15	MVC
61302	10:00AM - 12:00PM	S	4/10 - 5/15	MVC

Kettlebell Training \$50 10 HRS

Kettlebell training is a class that will help improve an individual's overall physical fitness through a variety of physical training methods. With the combination of cardio and strength training kettlebell workouts will involve a circuit that gets your heart pumping while it strengthens muscles. This training is great for body fat loss and overall body conditioning. Participants should bring a yoga mat and water bottle and come dressed for a work-out. Kettlebells will be provided. Min. Age: 18.

66401	10:00AM - 11:00AM	S	2/6 - 3/6	MVC
66402	10:00AM - 11:00AM	S	4/10 - 5/8	MVC

■ RECREATION Continued

Personal Fitness Training, Basic PHEZ 1000 \$50 10 HRS

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

66106	7:00PM - 8:00PM	TR	1/26 - 2/25	MVC
66109	8:00PM - 9:00PM	TR	1/26 - 2/25	MVC
66107	7:00PM - 8:00PM	TR	3/2 - 4/8	MVC
66110	8:00PM - 9:00PM	TR	3/2 - 4/8	MVC
66108	7:00PM - 8:00PM	TR	4/13 - 5/13	MVC
66111	8:00PM - 9:00PM	TR	4/13 - 5/13	MVC

Tae Kwon Do Ages 12 & Up PHEZ 1000 \$50 12 HRS

This course will introduce the basics of one of the most popular martial arts, Tae Kwon Do. Students learn strategies of self-defense, self-discipline, self-control and gain confidence. Come challenge yourself in mind, body, and spirit. Class instruction led by Sensei Nava. Students should wear comfortable clothes and bring a towel and water. Min. Age: 12.

65406	8:05PM - 9:05PM	MW	3/29 - 5/5	MVC
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Tai Chi I & II PHEZ 1000 \$50 12 HRS

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.

61401	1:00PM - 2:30PM	S	1/30 - 3/27	MVC
61402	1:00PM - 2:30PM	S	4/10 - 5/29	MVC

Tennis, Beginning & Intermediate PHEZ 1000 \$45 9 HRS

Students learn the fundamentals of the game which include terminology, rules, and proper court etiquette. On-court instructions cover stance, grip, forehand, backhand strokes, overheads and lobs, serves, volleys, and scoring. Competitive drills and activities are included for proper footwork. Students must bring two new cans of Wilson tennis balls to the first day of class, along with their own racquet. Min. Age: 18.

64501	10:00AM - 12:00PM	S	3/6 - 3/27	MVC
64502	10:00AM - 12:00PM	S	4/10 - 5/1	MVC
64503	10:00AM - 12:00PM	S	5/8 - 5/29	MVC

Zumba Dance: Low Impact DANZ 1000 \$35 8 HRS

Enjoy the same health benefits in this less intense gentler dance workout. Zumba dance is aerobic dance set to Latin and international music to create a fun and effective fitness workout. It is 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.

62702	5:00PM - 6:00PM	F	1/22 - 3/12	MVC
62703	5:00PM - 6:00PM	F	3/26 - 5/21	MVC

■ SUSTAINABILITY

Do-It-Yourself Home Maintenance RECZ 1000 \$34 9 HRS

Learn how to repair small jobs around the house yourself and save money. Concentration will be on electrical and some plumbing. Topics covered in the course: replace wall receptacles and switches, install fans, troubleshoot minor electrical problems such as bad switches/receptacles/fans; install wiring for cable TV and networks; how to fix leaky faucets; replace toilet valves. Min. age: 18.

60403	9:00AM - 12:00PM	S	2/27 - 3/13	MVC
60404	9:00AM - 12:00PM	S	4/10 - 4/24	MVC

GO GREEN Energy Workshop HARZ 1000 \$30 8 HRS

In this GO GREEN Workshop students will learn how to implement proven green solutions which will lead them to a healthier more sustainable lifestyle. Students will develop an action plan that they can put to work at their own pace. Topics of focus include toxic-free living, composting, water purity, indoor air quality and energy efficiency. Min. Age: 18.

60201	9:00AM - 1:00PM	S	4/17 - 4/24	MV
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Homeowners Energy Saving Tips INDS 1010 \$28 8 HRS

Small changes can make a big difference in savings. Learn how to reduce energy and save money in the home. Practical ideas will be discussed that can easily be incorporated to help make a more energy-efficient home. Min. Age: 18.

60101	6:00PM - 7:30PM	TR	2/9 - 2/18	MVC
60102	6:00PM - 7:30PM	TR	4/6 - 4/15	MVC

Rainwater Harvesting RECZ 1000 \$35 2 HRS

Homeowners wanting to conserve water and save on bills are looking to rainwater harvesting as an old concept with a new value in a time of water shortage and droughts. Efficient water use is increasingly important to Texas. With the state's growing population and limited supply of both groundwater and surface water, Texans must use water wisely. Learn how to capture, divert, store, and distribute rainwater for later use. Rainwater harvesting can be as simple as using a rain barrel or creating a rain garden, to as extensive as collecting and using for in home potable use. Supplies required. Ask for supply list at time of registration. Min. Age: 18.

62702	10:00AM - 12:00PM	S	3/6	MVC
62703	10:00AM - 12:00PM	S	5/1	MVC

Recycled T-Shirt Handbag HECZ 1000 \$20 4 HRS

Do you have a favorite t-shirt and a cotton shirt you cannot wear anymore but can't bear to part with either? Want to find a new use for old garments? Interested in finding new ways to recycle, reuse, repurpose and still look fashionable? Then this class is for you! In this class we will take garments like a t-shirt and a cotton shirt, pair them together and make a fashion hand bag. This course is for the student who has basic sewing machine skills. Students must bring their t-shirt, shirts or other garments and their sewing machine to class. A tools and materials list will be given upon registration. Min. Age: 18.

60801	9:00AM - 1:00PM	S	2/27	MVC
60802	9:00AM - 1:00PM	S	4/24	MVC