

■ 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. It 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 fee of \$25. Additional supplies required include a yardstick, bucket, pencil, scissors, pliers, and screwdriver. Min. Age: 18.

63102 9:00 AM - 3:00 PM S 6/13 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.

63003 9:00 AM - 3:00 PM S 6/27 MVC

Basket Weaving: Mail Basket **\$30** ARTZ 1000 **4 HRS**

This 10x9 basket can be used to put all your letters and cards in. Basket hangs on a hook or doorknob. Ornaments can be used to decorate for the season. Kits available on first day of class for a fee of \$20. Min. Age: 18.

63702 10:00 AM - 2:00 PM S 7/18 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.

61704 7:00 PM - 9:00 PM T 6/16 - 7/14 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. Min. Age: 18.

61006 10:00 AM - 12:00 PM S 6/6 - 6/27 MVC

61005 6:30 PM - 8:30 PM T 6/9 - 6/30 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. Min. Age: 18.

61105 10:00 AM - 12:00 PM S 7/11 - 8/1 MVC

61104 6:30 PM - 8:30 PM T 7/14 - 8/4 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 in making 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. The tiered cake construction will be discussed. Students will also learn a techniques such as string work and garlands. Min. Age: 18.

61504 6:30 PM - 8:30 PM R 7/9 - 7/30 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! Min. Age: 18.

61603 6:30 PM - 8:30 PM R 6/11 - 7/2 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 introductory class. Supply list will be provided the first night of class. Min. Age: 18.

62904 7:00 PM - 9:00 PM M 6/15 - 7/13 MVC

62905 7:00 PM - 9:00 PM M 7/20 - 8/17 MVC

Candy Making **\$15** RECZ 1000 **2 HRS**

Do you have a sweet tooth? Try your hand at making your own sweet treats in this hands-on class. Unlock the secrets of homemade candy! Learn how to create an assortment of candies that taste as good as they look. Great for parties, holidays and all other occasions. Min. Age: 18.

62301 1:00 PM - 3:00 PM S 7/25 MVC

62302 1:00 PM - 3:00 PM S 8/15 MVC

Cookie Decorating: Mommy & Me **\$10**
2 HRS
RECZ 1000

Spend some quality time together and have fun in this cookie decorating class. Come with me “Under the Sea”! You and your child will learn how to transfer an under the sea pattern on to a Giant Cookie! We will use a variety of colored gel icings, to give your child a sparkling vision of being under the sea. This will be fun activity for you and child. Maximum two children per each adult. Min. Age: 4.

62101	1:00 PM - 3:00 PM	S	6/6	MVC
62102	1:00 PM - 3:00 PM	S	7/11	MVC

Cookie Fun **\$18**
4 HRS
RECZ 1000

Cookie bouquets make great gifts. In this hands-on class students will decorate flower cookies and make a beautiful arrangement from them. Min. Age: 18.

62201	10:00 AM - 12:00 PM	S	6/20 - 6/27	MVC
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Creative Greeting Cards **\$40**
10 HRS
ARTZ 1000

Learn to make unique cards to mark special occasions. Personalize holiday or special occasion greeting and announcement cards with flair. Learn to combine techniques such as stenciling and stamping, embellish using ribbon, fabric, paints, and markers. Min. Age: 18.

61507	7:00 PM - 9:00 PM	R	6/18 - 7/16	MVC
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Crochet I: Just the Basics **\$40**
10 HRS
ARTZ 1000

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.

60208	7:00 PM - 9:00 PM	M	6/15 - 7/13	MVC
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Crochet II: Afghans **\$40**
10 HRS
ARTZ 1000

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.

60308	7:00 PM - 9:00 PM	M	7/20 - 8/17	MVC
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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.

61202	10:00 AM - 12:00 PM	S	5/16	MVC
61203	1:00 PM - 3:00 PM	S	6/13	MVC
61204	1:00 PM - 3:00 PM	S	8/8	MVC

Mirror, Mirror, on the Wall **\$45**
10 HRS
ARTZ 1000

In this figure drawing class, there will be no models. Students learn how to draw the figure using their own bodies as guides, employing touch, observation, and movement. Classes begin with stretching and walking exercises, which will be directed by the instructor. This loosening-up session will ready the student to approach the drawing projects in a stress-free frame of mind. Students are paired, posing for each other, in positions taken during the movement session. Each study will be 5-15 minutes long. Emphasis is on loose action sketches, quick face drawings, and negative space study. The class will end with another raucous exercise session, then 3-5 minutes of quiet introspection on what has been experienced. Min. Age: 18.

63203	6:00 PM - 8:00 PM	MW	6/15 - 6/29	MVC
63204	6:00 PM - 8:00 PM	MW	7/13 - 7/27	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.

60103	7:00 PM - 9:30 PM	T	6/16 - 7/21	MVC
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■ **DANCE**

Ballroom Dance **\$45**
8 HRS
DANZ 1000

If gliding across the floor is your style, join us as we learn the fox trot, tango, waltz, rumba, cha-cha, and swing. These dances are easy to learn and great for singles and couples alike. Min. Age: 18.

60501	7:00 PM - 9:00 PM	S	6/6 - 6/27	MVC
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Salsa Dance **\$45**
8 HRS
DANZ 1000

Step into the hottest Latin dance around—the salsa. Salsa is an energetic combination of mambo, samba, merengue, and open freestyle dancing that sizzles on the dance floor in the hottest Latin styles. If you have ever seen the movies, “Dirty Dancing” or “Mambo Kings,” you will see the energy of salsa dancing at its best. Don’t be left out the next time you hear high-energy Latin music. Join the numbers of people steaming up the dance floor and put this dance on the top of your collection. Newcomers are welcome! Min. Age: 18.

60401	7:00 PM - 9:00 PM	S	7/11 - 8/1	MVC
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Strictly Swing Dance **\$45**
8 HRS
DANZ 1000

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.

60201	7:00 PM - 9:00 PM	S	8/8 - 8/29	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

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.

60209	9:00 AM - 2:30 PM	S	5/16	MVC
60210	9:00 AM - 2:30 PM	S	6/13	MVC
60211	9:00 AM - 2:30 PM	S	7/18	MVC
60212	9:00 AM - 2:30 PM	S	8/15	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.

62907	3:00 PM - 4:30 PM	F	6/12 - 8/7	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.

60605	5:00 PM - 6:30 PM	F	6/12 - 8/7	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.

64004	7:00 PM - 8:30 PM	F	6/12 - 8/7	MVC
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HEALTH & WELLNESS

Acupressure, Introduction HLTZ 1000

\$75
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.

60103	7:30 PM - 10:00 PM	W	6/3 - 6/24	MVC
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Acupressure, Intermediate HLTZ 1000

\$75
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.

60203	7:30 PM - 10:00 PM	W	7/1 - 7/22	MVC
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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.

60509	4:00 PM - 5:00 PM	WF	6/17 - 7/29	MVC
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Personal Trainer Instruction PHEZ 1000

\$66
18 HRS

This course provides hands-on skills of personal training, including leadership and basic principles and methods of teaching resistance training. Using a variety of teaching techniques, students gain proficiency in leading and demonstrating safe and effective methods of exercise by applying the fundamental principles of exercise science. Min. Age: 18.

64604	5:30 PM - 6:30 PM	TR	6/9 - 7/30	MVC
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Pilates Basic **\$50**
PHEZ 1000 **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 your body without building bulk or stressing your joints. Appropriate for all fitness levels: young, old, athletic or sedentary. Min. Age: 18.

60409	5:00 PM - 6:00 PM	WF	6/17 - 7/29	MVC
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Yoga, Basics **\$35**
PHEZ 1000 **8 HRS**

This course introduces the student 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 you feeling refreshed and relaxed. Loose clothing should be worn. Students should bring a yoga mat. Min. Age: 18.

64807	7:15 PM - 8:15 PM	F	6/19 - 8/14	MVC
64808	5:00 PM - 6:00 PM	U	6/21 - 8/16	MVC

Zumba Dance **\$35**
DANZ 1000 **8 HRS**

Zumba dance is aerobic dance with Latin and international music which enables a high energy workout. It is a fusion of Latin international music dance themes creating a dynamic, exciting, effective fitness system! 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.

61416	6:00 PM - 7:00 PM	F	6/19 - 8/14	MVC
61417	4:00 PM - 5:00 PM	U	6/21 - 8/16	MVC

RECREATION

Aerobic Trainer Instruction **\$66**
PHEZ 1000 **16 HRS**

This course provides hands-on skills of personal training. Learn basic theory, principles, and methods of teaching aerobics for physical fitness. Min. Age:18.

64703	4:00 PM - 5:00 PM	TR	6/9 - 7/30	MVC
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Boot Camp Training **\$50**
PHEZ 1000 **10 HRS**

Escape the gym! Our boot camp will get you in the best shape of your life with fun and challenging exercises. Our classes are 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.

65501	6:00 PM - 7:00 PM	TR	6/2 - 7/2	MVC
65502	7:00 PM - 8:00 PM	TR	6/2 - 7/2	MVC
65503	6:00 PM - 7:00 PM	TR	7/14 - 8/13	MVC
65504	7:00 PM - 8:00 PM	TR	7/14 - 8/13	MVC

Golf, Beginning & Intermediate **\$50**
PHEZ 1000 **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	8:00 AM - 10:00 AM	S	6/6 - 7/18	MVC
61302	10:00 AM - 12:00 PM	S	6/6 - 7/18	MVC
61303	8:00 AM - 10:00 AM	S	7/25 - 8/29	MVC
61304	10:00 AM - 12:00 PM	S	7/25 - 8/29	MVC

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

Have you 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 you how to correctly use machines and free weights, and how to lose weight and maintain a workout schedule. Min. Age: 18.

66101	8:30 PM - 9:30 PM	MW	6/1 - 7/1	MVC
66102	8:30 PM - 9:30 PM	MW	7/13 - 8/12	MVC

Swimming, Beginning for Adults **\$55**
PHEZ 1000 **8 HRS**

This course is designed to teach a non-swimmer or shallow-water swimmer to become a safe and efficient deep-water swimmer. Basic skills such as the front crawl, elementary backstroke, sidestroke, breaststroke, back crawl, diving and treading water will be taught. Individualized programs will be incorporated for the development of endurance and nutritional needs. Min. Age: 18.

63301	5:00 PM - 5:50 PM	MTWR	6/8 - 6/18	MVC
63302	5:00 PM - 5:50 PM	MTWR	6/22 - 7/2	MVC
63303	5:00 PM - 5:50 PM	MTWR	7/13 - 7/23	MVC
63304	5:00 PM - 5:50 PM	MTWR	7/27 - 8/6	MVC
63305	5:00 PM - 5:50 PM	MTWR	8/10 - 8/20	MVC



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■ RECREATION Continued

Swimming, Beginning for Adults \$65 10 HRS PHEZ 1000

This course is designed to teach a non-swimmer or shallow-water swimmer to become a safe and efficient deep-water swimmer. Basic skills such as the front crawl, elementary backstroke, sidestroke, breaststroke, back crawl, diving and treading water are taught. Individualized programs will be incorporated for the development of endurance and nutritional needs. Min. Age: 18.

63401 10:00 AM - 10:50 AM S 6/13 - 8/22 MVC

Tae Kwon Do \$50 12 HRS PHEZ 1000

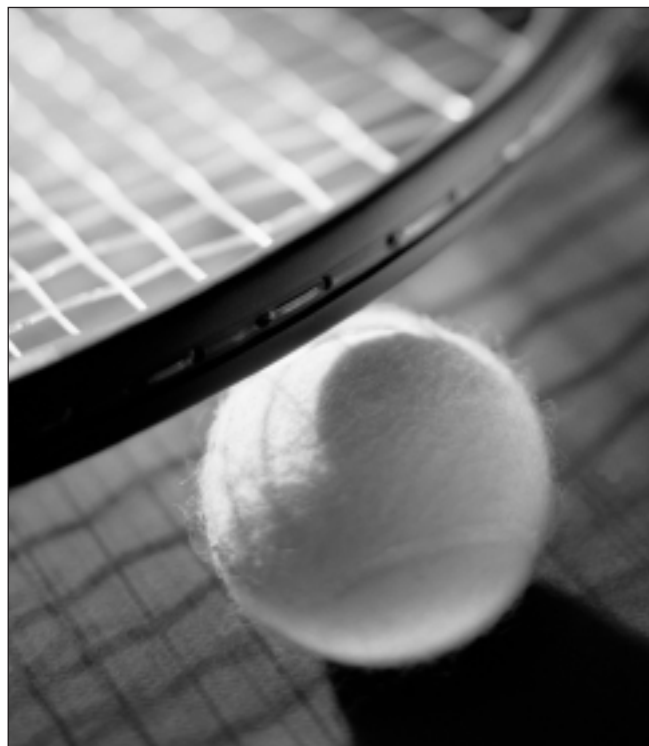
This course will introduce the basics of one of the most popular martial arts, Tae Kwon Do. Students learn strategies of self-defense, self-discipline, self-control and gain confidence. Come challenge yourself in mind, body, and spirit. Class instruction led by Sensei Nava. Students should wear comfortable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

65403 7:00 PM - 8:30 PM MW 6/22 - 7/15 MVC

Tai Chi I & II \$50 12 HRS PHEZ 1000

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.

61408 9:00 AM - 10:30 AM S 6/13 - 8/8 MVC



Tennis, Beginning for Adults \$45 9 HRS PHEZ 1000

Students learn the fundamentals of the game which include terminology, rules, and proper court etiquette. On-court instructions cover stance, grip, forehand and backhand strokes, overhands and lobs, serves and 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.

65904	7:00 PM - 8:30 PM	MW	6/8 - 6/24	MVC
65901	7:00 PM - 8:30 PM	TR	6/9 - 6/25	MVC
65905	7:00 PM - 8:30 PM	MW	7/13 - 7/29	MVC
65902	7:00 PM - 8:30 PM	TR	7/14 - 7/30	MVC
65906	7:00 PM - 8:30 PM	MW	8/4 - 8/20	MVC
65903	7:00 PM - 8:30 PM	TR	8/4 - 8/20	MVC

Tennis, Beginning for Adult/Child \$42 8 HRS PHEZ 1000

Students learn the fundamentals of the game which include terminology, rules, and proper court etiquette. On-court instructions cover stance, grip, forehand and backhand strokes, overhands and lobs, serves and 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: 10.

65701	6:00 PM - 8:00 PM	S	6/6 - 6/27	MVC
65702	6:00 PM - 8:00 PM	S	7/11 - 8/1	MVC
65703	6:00 PM - 8:00 PM	S	8/8 - 8/29	MVC

Tennis, Beginning for Adults \$42 8 HRS PHEZ 1000

Students learn the fundamentals of the game which include terminology, rules, and proper court etiquette. On-court instructions cover stance, grip, forehand and backhand strokes, overhands and lobs, serves and 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.

65601	9:30 AM - 11:30 AM	S	6/6 - 6/27	MVC
65602	9:30 AM - 11:30 AM	S	7/11 - 8/1	MVC
65603	9:30 AM - 11:30 AM	S	8/8 - 8/29	MVC

Tennis, Advanced for Adults \$42 8 HRS PHEZ 1000

Students will learn on-court strategies of the game for singles and doubles play. Intense drill work to cover forehands, backhands, and refinement of all other basic strokes of the game. Footwork skills are also covered 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 tennis balls. Min. Age: 18.

65801	7:00 PM - 9:00 PM	S	8/8 - 8/29	MVC
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Tennis, Advanced for Adults \$45 9 HRS PHEZ 1000

Students will learn on-court strategies of the game for singles and doubles play. Intense drill work to cover forehands, backhands, and refinement of all other basic strokes of the game. Footwork skills are also covered 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 tennis balls. Min. Age: 18.

66001	8:00 PM - 9:30 PM	MR	8/3 - 8/20	MVC
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