

Exploration is ageless. We give you more possibilities.

COMMUNITY EDUCATION

April through August 2013 classes



Find your highest and best self!

Two course guides in one! Community Education pages 1-20
and TMCC Workforce Development pages A-F

Paddleboard your way to fitness, page 6

Soothe your soul with essential oils, page 3

Check out our awesome summer camps, page 18-20

Shake it up with Roller Derby, page 6

Turn stones into sensational jewelry, page 1



Washoe County
School District

775-829-9010

www.washoecommunityed.org

www.facebook.com/WashoeCommunityEd



Two class schedules in one!

Business is working smarter and so is the Washoe County School District and Truckee Meadows Community College. By sharing registration systems and print production costs, we can more efficiently serve you. This publication showcases the gamut of noncredit courses offered through the school district's Community Education and TMCC Workforce Development and Continuing Education—whether for children, adults or our esteemed elders—available through a one-stop location offering noncredit personal enrichment and professional development classes.

What's hot right now in Community Education

Find out why these courses are so popular!

- Photoshop Elements
- Hoop Dance
- Conversational Spanish
- Silver Tai Chi
- Makeup Made Easy
- Guitar I
- Gentle, Restorative Yoga
- Video Game Design Camp

Browse this publication and look for the **Hot!** icon to see our screamingly popular topics.

Register at www.washoecommunityed.org and reserve your seat today!

Help your child become a safe driver



Driver's Education in the Classroom

Send your teens to after school and Saturday classes and help them build a strong base to become a safe driver. Classes are conveniently held at each area high school.

Designed for teens aged 15 to 18, these sessions fulfill the 30-hour classroom mandate required for a Nevada Driver's License (this class does NOT include behind-the-wheel instruction or the 50 required driving hours also needed to qualify for a license).

For full details and to register, visit www.washoecommunityed.org and click on classroom courses, or call 829-9010.

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Arts and Crafts

Most art classes require additional supplies or a materials fee. Supply lists for individual classes are available online at www.washoecommunityed.org.



Enameled Bowls

Learn how to enamel copper in the shape of bowls. Prerequisite: Enameling introductory class from Kadam Studio. \$35 materials fee

4/24-4/25 W,TH 5:30 - 8:30 p.m.
Salvagione
Kadam Studio \$75

Week-long Fused Glass Camp

Come enjoy a week of glass fusion. We will be doing a variety of projects. If there is something special you'd like to make that week, send the instructor an e-mail. Prerequisite: Glass Fusion from Kadam Studio. \$110 materials fee

4/14-4/20 S,SU 9 a.m. - 5 p.m.
M-F 5:30 - 8:30 p.m.
Salvagione
Kadam Studio \$275

Glass Fusion

Experience the beauty and fun of creating glass art through basic fusing, design, glass cutting, grinding and fixing techniques. Afterward, you will look forward to showing off the wonderful art you've crafted. \$40 materials fee

6/28-6/29 F 5:30-8 p.m.
S 8-10:30 a.m.
OR
8/16-8/17 F 5:30-8 p.m.
S 8-10:30 a.m.
Salvagione
Kadam Studio \$75

Watch this video on our glass fusion classes or go to the online course description for the link.



HOT!

Stained Glass

Create stunning stained glass art using the Tiffany copper foil method. Gain glass cutting, foiling and soldering skill experience. \$25 materials fee

6/29-7/6 S 1 - 4:30 pm OR
8/17-8/24 S 1 - 4:30 pm
Hutchison
Kadam Studio \$75

Jewelry: Wirewrap Stones

Use your favorite polished stones to create something new, exciting and one-of-a-kind by applying wrapping techniques to the stones. Individual expression is given free rein and beginners are welcome. \$45 materials fee

6/1 S 9 a.m. - 12 p.m. OR
6/13 TH 9 a.m. - 12 p.m.
Shaw
TMCC Meadowood Center S103 \$45

Textiles

Crochet Intermediate: Mile-A-Minute

We will be learning how fun and quick the Mile-A-Minute style of crochet can be. New stitches include half treble and front post single. Quickly creating strips to be assembled will allow for fun patterns, opening the imagination for this style of crochet.

4/18-5/9 TH 6 - 8 p.m.
Foote
Dilworth Middle School E7 \$54

"This definitely improved my skill level and knowledge. The instructor took the time to provide individual training."

—Gail S., crochet student

Sewing I

Experience the magic of needle and thread as you learn basic sewing techniques, understand patterns and cut fabric. Bring your sewing machine to class and know its basic operations so you can fashion your own fabric creations. Materials required.

6/5-7/31 W 6:30 - 9:30 p.m.
Pelham
TMCC Meadowood Center S103 \$125

Drawing and Painting



Calligraphy

Develop your own distinctive style by creating beautiful free-flowing letters. Explore the exciting ways you can use your newfound talent for scrapbooking, wedding and party invitations, specialty items and much more. Your multi award-winning instructor will show you how rewarding it is to learn this graceful artistry. Materials required.

4/3-4/24 W 6 - 7:30 p.m.
Foldvary-Anderson
TMCC Meadowood Center S300 \$59

Drawing II

Add dimension and realism to your drawings with shading techniques, accurate values and proportions, perspective and composition knowledge. Explore the use of pen and ink, charcoal and graphite techniques. Drawing I is suggested as a prerequisite to this class, though not required. Materials required.

4/8-5/6 M 1 - 4 p.m.
Woodard
TMCC Meadowood Center S103 \$119

Why take art?

Learning art teaches you "to see better, to persist, to be playful, to learn from your mistakes and to make critical judgments," according to Studio Thinking: The Real Benefits of Visual Arts Education.

Sketching in Nature

Using your favorite medium (watercolor, acrylic, colored pencils or pastels), learn how to capture nature's beauty through in-class and outdoor instruction. Find out about Nevada's nature palette, a set of complementary colors. You'll also explore seven basic texturing strokes, learn how to convey plants' shapes and sizes and create realistic wildlife. Practice techniques to develop your visual memory. Take a field trip to the Oxbow Nature Center during the third class.

7/20-8/3 S 9 a.m. - 12 p.m.
LaMorte
TMCC Meadowood Center S103 \$49

Coloring Between the Lines with Colored Pencils

Create greater depth and interest in your colored pencil art through this innovative coloring technique. Understand your personal color palette choices and gain a greater confidence working with all colors. Take your works from "that looks nice" to WOW. Practice in coloring book fashion to best experience this novel process of looking, playing and experimenting with color. This technique applies to other mediums.

6/4-6/11 T,TH 1 - 3 p.m.
Foldvary-Anderson
TMCC Meadowood Center S324 \$59

The instructor was "very helpful and good at explaining artistic perspective to someone who doesn't come by it naturally."

-Leah C., Coloring Between the Lines with Colored Pencils student

Painting the Sierra in Watercolor

Capture the essence of our splendid Sierra and advance your artistic abilities at the same time. Practice techniques to paint the components of a mountain landscape such as forests, peaks, snow patterns, lakes, reflections and more. Receive the one-on-one attention that you need to grow your talents. Materials required.

4/3-4/24 W 6 - 9 p.m.
Mueller
TMCC Meadowood Center S103 \$99

Spring Watercolor Flowers

Discover easy techniques to painting fresh, luminous spring flowers. Work with glazing, wet-into-wet, dry brushing, negative painting, lost and found edges and other tricks unique to this medium. Learn to use color theory, composition and design to make your florals shine. Materials required.

4/30-5/21 T 1 - 5 p.m.
Nichols
TMCC Meadowood Center S103 \$119

Landscapes in Watercolor

Find out how easy it is to create a landscape with depth, whether it is trees, rocks or mountains, when you approach it on a step-by-step basis. Make your artwork shine by gaining a better understanding of value and design. To be prepared for this class, have a basic knowledge of watercolor techniques.

4/2-4/23 T 1 - 5 p.m.
Nichols
TMCC Meadowood Center S103 \$119

Watercolor Techniques I

Enjoy personalized step-by-step instruction while learning practical watercolor techniques. Build a strong foundation of both traditional and unconventional techniques, while gaining a deep understanding of color study, value relations, compositions and more to create luminous paintings.

6/10-6/24 M 5 - 9 p.m.
Nichols
TMCC Meadowood Center S103 \$99

"Instructor is very knowledgeable, talented and makes class fun! She made everyone comfortable no matter what skill level they're at."

-Cindy P., Watercolor Techniques I student

Watercolor Collage

Unlock your creativity by combining watercolor with collage and creating a texture to enhance one of your previous paintings. Learn about composition and design, as well as how to apply layers of paper with glue and gel. Review positive and negative painting, collage techniques and how to create dimension and depth. Explore the endless possibilities the combined media have to offer.

6/11-6/25 T 5 - 9 p.m.
Nichols
TMCC Meadowood Center S103 \$99

Summer Watercolor Flowers

Focus on some of summer's favorite varieties of flowers including simple roses, calla lilies, sunflowers and pansies as you paint breathtaking floral groupings and closeups of individual flowers. Discover how to create water drops on petals and other effects to create depth and drama in your paintings. Learn about color choice and composition as well as brush strokes and finishing techniques to ensure your paintings look their best.

7/23-8/13 T 1 - 5 p.m.
Nichols
TMCC Meadowood Center S103 \$119

Beauty and Wellness



HOT!

Makeup Made Easy

Discover your makeup and fashion personality and how it influences the choices you make. Learn how to update your look with correct color choices. See live demonstrations for day, evening and special occasion makeup application. You will learn makeup tricks and how to use brushes and makeup tools more effectively.

4/18 TH 5:30 - 7:30 p.m.
Lopez
TrésImage Salon \$35

Dementia & Aging: The Basics

Longevity is terrific, provided we maintain adequate mental and physical health. Understand the nutrition, medication and psychosocial challenges that affect seniors as well as caregivers. Discuss the mixed blessings of aging and its cognitive consequences. Take control of your health, maintain independence and improve your quality of life.

7/20 S 9 a.m. - 12 p.m.
Rubin, MD
TMCC Meadowood Center \$20

The Healing Benefits of Citrus Oils

Freshen the air in your home, elevate your mood and learn about the anti-bacterial properties of citrus oils. Explore the unique therapeutic and holistic usages and benefits of orange, lemon and grapefruit oils. Each fruit has its own significance and specific qualities to benefit your body and home. The \$10 lab fee includes a bottle of each oil.

7/22 M 6 - 9 p.m.
Anderson
TMCC Meadowood Center S103 \$39

Essential Oils for Relaxation

Explore ways that essential oils can assist in relaxation and make you feel more balanced. Learn their sedative properties, while blending them for home use. Find out about the various functions of these oils and how to use them in a diffuser or a bath. \$10 materials fee

7/29 M 6 - 9 p.m.
Anderson
TMCC Meadowood Center S103 \$39

NEW!

Introduction to Chakras

The chakras are energetic structures where mind and body meet. We will focus on the seven major chakras, their history, origins and locations in the body, as well as their developmental, psychological and physical aspects.

5/8-6/26 W 6:30 - 8 p.m.
Rizzoli
TMCC Meadowood Center \$149

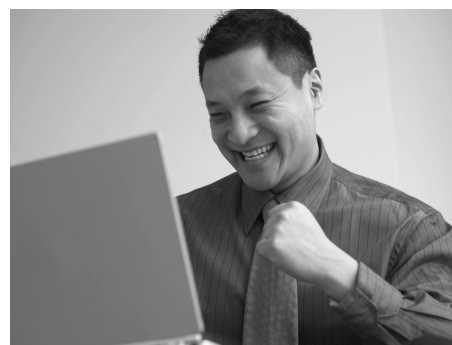
Introduction to Bioenergy Shaking Meditation

Learn how to revitalize your body, mind and spirit by practicing this ancient healing tradition. Awaken your untapped dormant energy to burn away your negative blocks. While listening to music, stand and shake to encourage the flow of kundalini.

6/15 S 9:30 - 11 a.m.
Rizzoli
TMCC Meadowood Center \$10

Computers for Home Use

For professional computer courses, see pages A-B.



NEW!

Master iCloud on Your PC

Make life easier by understanding how iCloud works and how to utilize it as a personal information manager (PIM). Keep data backed up on your PC, laptop, iPad and iPhone. Learn how to keep your e-mail, calendars, contacts, documents, apps and music synced and accessible from anywhere at any time. Discover the numerous features that help you back up, restore and share information.

7/16-7/23 T,TH 6 - 8 p.m.
Lenga
TMCC Meadowood Center S322 \$59

Digital Photo Software

Digital Camera and Your Computer

Learn how to copy your pictures from your camera to your computer, flash drive or burn a CD. Use Windows Explorer to create folders on your computer to keep your photos organized. Learn how to enjoy your photos as a computer slide show and add your photos to a Word document or e-mail them to friends and family.

4/25-5/2 TH 2:30 - 5:30 p.m.

Gage

Mendive Middle School Library \$99

6/25-6/27 T,TH 5:30 - 8:30 p.m.

Gage

TMCC Meadowood Center S115 \$99

HOT!

Photoshop Elements Basics

Unleash the artist inside you through the digital computer palette of Photoshop. Take the images held captive inside your camera and jazz them up to create eye-popping photos. Learn how to use the wide array of features of Adobe Photoshop Elements, a mid-range photo editing software. Find out how easy it is to use this software, even if you have no image editing experience.

7/30-8/1 T,TH 5:30 - 8:30 p.m.

Gage

TMCC Meadowood Center S115 \$99

Photoshop Elements Layers and Effects

Have fun building on the skills you learned in Photoshop Elements Basics. Explore the very powerful layers and effects palettes. Learn how to take yourself out of a photo in the kitchen and put yourself on a beach or climbing a mountain. Be able to take a photo and make it look like a pencil drawing or oil painting.

8/6-8/8 T,TH 5:30 - 8:30 p.m.

Gage

TMCC Meadowood Center S115 \$99

Photoshop Elements Projects

Take your Photoshop Elements skills to the next level by working on fun and exciting hands-on projects. Repair an old photo, add color to black-and-white photos, create a greeting card with your own photos, construct a panoramic photo and more. Learn how to use Photoshop's Organizer to tag, sort and filter your photos.

8/13-8/15 T,TH 5:30 - 8:30 p.m.

Gage

TMCC Meadowood Center S115 \$99

Cultures and Religions



A Taste of Kabbalah: Jewish Mysticism

Discover Kabbalah, the bridge between heaven and earth, while engaging in meditation, self-reflection and prayer. Color your world view and spark your passion to learn about the practices of Kabbalah. Become a more enlightened person and elevate your soul through Kabbalist teachings.

4/9-4/30 T 6:30 - 8:30 p.m.

Beyer

TMCC Meadowood Center 300 \$79

"She is smart, funny, interesting and a fantastic teacher. I thought it was great. I've had an interest in this class for a long time and so glad I took this course!

—Michelle R., Kabbalah student

HOT!

Tibetan Buddhism

Delve into the philosophies behind Tibetan Buddhism. Expand your knowledge about Buddhism and dispel the common misperceptions about this religion. Learn about many of the core beliefs of Buddhism including karma, future lives and meditation.

4/3-4/17 W 6 - 8 p.m.

Class

TMCC Meadowood Center S315 \$59

World Religions

Better understand our world by delving into 12 classical religions. Guest speakers will shed light on the beliefs of Christianity, Islam, Hinduism, Buddhism, Sikhism, Judaism, Confucianism, Taoism and more. Compare different faith traditions and discuss atheism.

5/7-6/4 T 6 - 9 p.m.

Zed

TMCC Meadowood Center S300 \$169

Why take cultural classes?

Northwestern's Adam Galinsky showed that studying another culture can help increase creativity. In Galinsky's lab, people were more creative after watching a slide show about China: a 45-minute session increased creativity scores for a week.

Bhagavad-Gita

Inspire deeper thinking and work toward a higher spiritual understanding by studying this universally acknowledged literary masterpiece. A Hindu classic, Bhagavad-Gita's appeal is for people of all faith traditions. This inspirational literature can even be used to help console grief.

5/8 W 6 - 9 p.m.

Zed

TMCC Meadowood Center S300 \$39

Dance



HOT!

Hoop Dance

Relive your childhood, relieve stress and laugh while taking this incredibly fun class led by a certified hoop dance instructor. Move in all directions while you learn the fundamentals of hooping on the waist. Explore transitions on- and off-the-body, change planes of rotations and add flair with tricks. Increase your body awareness and coordination through techniques that build cardiovascular endurance, strength and flexibility. Find the flow as you integrate skills with seamless transitions.

5/7-6/25 T 6:30 - 7:45 p.m.

Rizzoli

Caughlin Ranch Elementary \$89

This class was “a great opportunity to have fun, make new friends and learn something new!”

—Mandi G., Hoop Dance student

NEW!

Hula Hoop-Making for Ages 10 and Up

Enjoy the creativity and camaraderie of Hoop Dance by personalizing your own hoop. Let the colors that reflect your personality show in your design. Following the hoop-making workshop, there will be a 20-minute Hoop Dance instruction so you can play with your new hoop. All materials are provided. You may make additional hoops for \$25.

5/18 S 9:30 a.m. - 12 p.m.

Rizzoli

TMCC Meadowood Center \$45

HOT!

Belly Dancing I

Experience the beat of the Middle East. As a beginner, learn how to isolate and control muscles for performing the steps and movements. Enjoy this relaxing way to exercise.

5/31-8/16 F 5:30 - 6:45 p.m.

Carver

TMCC Red Mountain Bldg. 240 \$79

Hip Hop

Get in shape with this high-energy cardio workout, combining club and jazz dance. Listen to popular music while you learn the latest dance moves and tone your body.

5/7-6/25 T 7:30 - 8:30 p.m. OR

7/2-8/20 T 7:30 - 8:30 p.m.

Carabio

ACHIEVE Fitness \$69

Zumba

Ditch the workout and have some fun. Enjoy this exhilarating, easy-to-follow, calorie-burning dance fitness party. Incorporate Latin and international dance rhythms for a fun cardio fitness activity that helps you shed pounds and have a blast at the same time! Pick your own Zumba class dates!

Ongoing M 5:30 - 6:30 p.m.

Ongoing TH 6:30 - 7:30 p.m.

Carabio

ACHIEVE Fitness \$69

Why take dance?

Dance builds confidence because it requires a coordinated movement of the body that engages the mind, according to Examiner.com.

Fitness and Sports



Sports

Golf for Beginners

Tap into your desire to become a better sportsperson by learning the basics of golf. Gain tips on how to swing and the rules and etiquette of the game from a professional with more than 40 years of experience in the industry. Learn to putt and chip and to play with both iron and wood clubs. At the end of this course, you should be able to play at least a par three course. \$35 materials fee

6/5-7/10 W 6:15 - 7:15 p.m.

Krivanek
Grand Sierra Resort Driving Range \$99

NEW!

Paddleboard Fitness

Paddleboarding is an excellent full-body workout and cross-training activity that you do outdoors. Begin on dry land with a focus on the basics of paddle stroke, balance and stance. Then improve your core fitness and flexibility and tone your whole body as you paddle through the water. This workout is for everybody, from beginners to experts. Equipment provided.

6/5-7/10 W 10 - 11 a.m. OR

7/17-8/21 W 9 - 10 a.m.

Gonzalez
Sparks Marina \$150

NEW!

Roller Derby Basics Ages 12 and Up

Learn basic roller derby skills including how to roller skate, stop, fall and stride while having fun and getting a great workout. Training will focus on balance and building core muscles, as well as the rules and game play of women's roller derby. Skate and equipment rental information online with class details at www.washoecommunityed.org. \$25 materials fee

4/16-6/9 T 7:30 - 9:30 p.m.
SU 9 - 11 a.m. OR

6/11-8/4 T 7:30 - 9:30 p.m.
SU 9 - 11 a.m.

Neve
Reno Roller King \$120

Yoga

Why take yoga?

Yoga can reduce high blood pressure, high cholesterol and may even cut the number of atrial fibrillation episodes, according to the American College of Cardiology.

Gentle, Restorative Yoga

Relax and learn to listen to your body through practicing gentle, restorative yoga in a slow and supportive environment. Follow Anusara's basic Universal Principles of Alignment and focus on slow movement, stretching and strengthening postures as well as meditation. Modifications will be offered for all poses. No prior yoga experience is required.

4/16-5/21 T 4:45 - 5:45 p.m.

MacLellan
Swope Middle School \$79

This is "my favorite yoga course to date. Each time I finish class, I feel amazing and fulfilled."

—Gentle, Restorative Yoga student

Vinyasa Flow Yoga

If you have some yoga experience, explore the relationship between breath and movement, awareness and alignment in a non-competitive environment. Gain an understanding of the Universal Principles of Alignment as you move through a sequence of poses, standing postures and calming seated postures. End each session with a final relaxation pose and meditation. Find more balance and flexibility in your body, mind and life.

4/16-5/21 T 6 - 7 p.m.

MacLellan
Swope Middle School \$79

Cardio

Spinning

Enjoy this excellent, non-impact training that carries a low risk of injury and is one of the best cardiovascular exercises you can do, regardless of your age or fitness level. Ride a specially designed stationary cycle to music under the leadership of an experienced, certified instructor. Enjoy training at your own level and intensity.

5/15-7/10 M,W 5:30 - 6:30 p.m. OR

7/15-9/9 M,W 5:30 - 6:30 p.m.

Carabio
ACHIEVE Fitness \$94

Why exercise?

The Mayo Clinic says regular exercise can increase self-confidence and lower the symptoms associated with mild depression and anxiety. Exercise also can improve your sleep, which is often disrupted by stress, depression and anxiety. The result can be a calming sense of command over your body and life.

Spin for Weight Loss

Get in the spin of things with one of the safest and most effective cardiovascular programs for losing weight. In this 8-week program, learn how to use a heart monitor, track your nutritional intake and achieve fitness and weight goals.

5/11-7/6 S 8:30 - 9:30 a.m.
 T,TH 6:30 - 7:30 p.m. OR
 7/9-8/31 S 8:30 - 9:30 a.m.
 T,TH 6:30 - 7:30 p.m.

Carabio
 ACHIEVE Fitness \$124

Kickboxing

Use the bags for a sweat-dripping workout that can burn more than 600 calories per hour. Master authentic kickboxing moves, drills and combinations that deliver a total body workout. Improve your cardiovascular function and agility by working the bag like a real pro.

5/7-6/25 T 6:30 - 7:30 p.m. OR
 7/2-8/20 T 6:30 - 7:30 p.m.

Carabio
 ACHIEVE Fitness \$69

willPower & grace

Treat yourself to a full-body workout that is physical and philosophical. Experience this unique blend of cardio sculpt benefits, boot camp intensity, the self-awareness of yoga, the discipline of Pilates and the serenity of a meditation session. Strengthen your feet while correcting imbalances in your ankles, knees and hips.

4/8-5/13 M 6:30 - 7:30 p.m. OR
 6/3-7/8 M 6:45 - 7:45 p.m. OR
 7/15-8/19 M 6:45 - 7:45 p.m.

Carabio
 ACHIEVE Fitness \$69

Martial Arts



HOT!

Tai Chi

Gain more harmony and equilibrium in your life by integrating the mind and body elements of this ancient, balanced, healing Chinese art.

5/7-6/20 T,TH 6:30 - 7:30 p.m.

Sigler
 TMCC Meadowood Center S308 \$79

Why take tai chi?

UCLA found that adults who practiced tai chi had increased immunities to the diseases being studied.

Tai Chi Intermediate

Further explore tai chi by working on the Yang-style long-form second and third sets, as well as standing qi gong and moving meditation.

5/7-6/20 T,TH 5:15 - 6:15 p.m.

Sigler
 TMCC Meadowood Center S308 \$79

“I take this class each semester and become more fluid each time. This helps relieve stress and gives me something I can use for life.”

—Sunny A., Tai Chi Intermediate student

Karate Self Defense

Learn simple, yet effective self defense techniques in this Shorin-Ryu Karate class. Improve your self awareness and self confidence and learn how to avoid possible assault situations.

4/20 S 9 - 10:30 a.m. OR
 6/1 S 9 - 10:30 a.m. OR
 7/13 S 9 - 10:30 a.m.

Sedberry
 TMCC Meadowood Center \$29

Strength Training

Weight Training for Weight Loss

Dive into this challenging weight training workout designed for maximum muscular strength and endurance gains. Build a leaner physique with bars and dumbbells. Boost metabolism to burn more fat.

5/11-7/6 S 9:30 - 10:30 a.m.
 T,TH 5:30 - 6:30 p.m. OR
 7/9-8/31 S 9:30 - 10:30 a.m.
 T,TH 5:30 - 6:30 p.m.

Carabio
 ACHIEVE Fitness \$124

Pilates



HOT!

Pilates Using a Reformer

Feel refreshed and alert by applying basic Pilates conditioning principles on the reformer to give you an overall fitness workout. Through this method, enhance your core strength, flexibility and posture. For class dates, times and to register, go to wdce.tmcc.edu and click on Classroom Courses, then Pilates. Classes, held at the TMCC Meadowood Center S200, are offered weekdays, weeknights and Saturdays. Cost is \$99 for eight sessions.

“Excellent environment, excellent teaching, excellent workout and conditioning.”

—Robin D., Pilates student

View this video to learn about Pilates or go to the online course description for the link.



Food and Beverage



Cake Decorating III

Take your cake decorating technique up a notch while learning to cover cakes in fondant and create stunning accent flowers. Understand the architecture and construction of tiered cakes, then use your new skills to assemble a wedding cake. Take all three levels and earn a certificate of completion. Supplies required.

4/22-5/13 M 6:30 - 8:30 p.m.
Thez
TMCC Meadowood Center S103 \$49

NEW!

Gluten-Free Basics

Take the struggle out of gluten-free living. Learn what to look for on food labels and identify hidden sources of gluten. Turn your kitchen into a gluten-free haven by replacing flours, getting gluten-free staple recommendations and preventing contamination. \$10 materials fee

5/9 TH 6 - 8 p.m. OR
8/6 T 6 - 8 p.m.
Muth
TMCC Meadowood Center S324 \$29

NEW!

Gluten-Free Parents

Learn the ins and outs of raising a gluten-free child and how to help them feel included in group gatherings. Create play dough and other craft options, snacks and kid-happy foods and recipes. Understand how to plan for trips, parties and eating out. \$10 materials fee

5/21 T 6 - 8 p.m. OR
8/22 TH 6 - 8 p.m.
Muth
MCC Meadowood Center \$29

Home and Garden

HOT!

High Desert Plant Selection

Modify and enrich your existing gardens to make them more fun and less labor and resource intensive. Better understand high desert plant maintenance. Learn plant selection and culture for xeriscape, permaculture and fire-safe gardening. Be able to select and plant edible and ornamental trees, shrubs, perennials, annuals, ground covers and lawns.

4/3 W 6 - 9 p.m.
Adams
TMCC Meadowood Center S324 \$39

“The instructor teaches in such a way that you realize later how much you’ve learned!”

—High Desert Plant Selection student

Floral Arranging for Fun

Create flower arrangements that smell wonderful and decorate any room beautifully. Learn more about the specifics of floral design including the types of flowers used in bouquets, how to design flowers artistically and the steps necessary to make a flawless arrangement. Get a hands-on demonstration from an expert and an opportunity to use professional tools that will enhance your arrangements. Take home your colorful creation after each class. Every class makes unique designs, so repeat students are welcome!

4/4-4/11 TH 5 - 6:30 p.m.
Henderson
Sparks Florist Design Center \$49

Container Gardening

Turn patios and other paved areas into colorful, garden-like areas. Learn to grow healthy plants in containers by finding out about plant selection, fertilization and recognition of plant care concerns.

5/14 T 6 - 9 p.m.
Adams
TMCC Meadowood Center S324 \$39

This class provided “great information for all levels of gardeners!”

—Sara N., Container Gardening student

Learn a new language at your own pace with Rosetta Stone®

Enjoy maximum learning flexibility with Rosetta Stone®. Pace yourself with these online courses available 24/7 and immerse yourself in a world of rich, visual imagery to help you think in a new language.

Community Education has partnered with Rosetta Stone® to offer these online classes:

- Hindi
- Persian (Farsi)
- Swedish
- Latin
- Tagalog
- Vietnamese
- English (U.S. and U.K)
- Greek
- Spanish (Latin America and Spain)
- Portuguese
- Turkish
- Arabic
- Polish
- French
- Chinese
- German
- Japanese
- Italian
- Hebrew
- Russian
- Irish
- Korean
- Dutch

Rosetta Stone's Dynamic Immersion® method ensures a direct connection between words and their meanings. Become proficient in listening, comprehension, speaking, reading and writing.

You can take up to six months to complete a course, which costs \$150. You will need a computer with Internet access, a headset with microphone for voice recognition and a USB connector to take these courses.

For full details, visit <http://wcsd.rosettastoneclassroom.com>. Click on first time user to take the product tour. To register, visit www.washoecommunityed.org or call 829-9010.

Languages



Beginning Spanish for Fun and Travel

Boost the enjoyment when you vacation to a Spanish-speaking country by learning basic conversation. Practice basic grammar and vocabulary in a fun, relaxed environment.

4/16-5/7 T 6:30 - 8 p.m.
Andrini
Wooster High School \$59

"This instructor inspires me to travel and experience different cultures."

—Lisa D., Beginning Spanish student

HOT!

Conversational Spanish

If you once took Spanish, strengthen your conversational skills. Have fun learning phrases in a safe environment. No grammar is presented in this course.

6/12-8/14 W 5:30 - 7 p.m.
Seichick
TMCC Meadowood Center S324 \$149

Practical French

Whether you're traveling abroad or just want to sound well-traveled, you'll enjoy learning this elegant language. Receive tips on correct pronunciation from the real thing, an instructor who hails from France.

5/23-8/1 TH 6 - 8:30 p.m.
Seelye
TMCC Meadowood Center S300 \$149

Money and Investing

NEW!

Psychology of Money

Prosper during difficult economic times by learning new financial strategies. Explore the dramatic changes that have taken place in the psychology of the marketplace. Then use the psychology of investing to make a living and protect your wealth in unconventional ways that are tailored to your unique talents and skills. \$15 materials fee

5/18 S 10 a.m. - 2 p.m.
Teplitsky
TMCC Meadowood Center S324 \$49

HOT!

Retirement Planning Today

Devise a strategy to get ahead. Assess your financial situation and develop a personalized plan to achieve your retirement goals. Explore the many ways you can save for retirement, as well as the disadvantages and advantages of each method. Gain advice on how to save money on taxes, manage investment risks and protect your assets from potential long-term health care expenses.

6/25-7/2 T 6 - 9 p.m.
TMCC Meadowood Center S104 \$69
6/20-6/27 TH 6 - 9 p.m.
TMCC Meadowood Center S320 \$69
Costelloe

The instructor provided "clear, strong examples to enhance my learning experience. Everyone should have this information to get started with retirement planning."

—Retirement Planning student



Washoe County
School District

Music



Piano I

Bring music into your home. Join us in the TMCC piano lab to learn all the basics of piano playing including reading music. Be prepared to practice your newly acquired skills at home. \$15 materials fee

5/23-8/22 TH 6 - 8 p.m.
Smith
TMCC Red Mountain Bldg. 242 \$99

HOT!

Guitar I

Learn the beginner fundamentals of contemporary rhythm guitar. Develop skills in proper handling, coordination, timing, open-position chords, basic strum patterns and songbook use. Song playing includes folk, blues, rock, R&B, country and classical styles. \$7 materials fee

5/29-8/14 W 6 - 7:30 p.m.
Westmoreland
TMCC Meadowood Center S320 \$99

"I was hoping to get into Guitar II since I've been playing for years, but this course actually helped me quite a bit!"

—Moises M., Guitar I student

Guitar II

Elevate and refine your guitar playing by learning intermediate contemporary rhythm and lead guitar fundamentals. Practice playing a wide range of music including folk, blues, rock, rhythm and blues, country, classical and jazz styles. You'll learn about proper handling, coordination, timing, various chords, strumming and arpeggiating, chart navigation and improvisation. \$7 materials fee

5/29-8/14 W 7:30 - 9 p.m.
Westmoreland
TMCC Meadowood Center S320 \$99

Why take a music class?

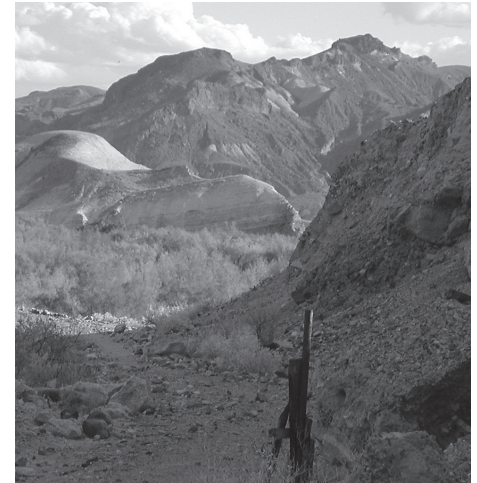
A research team at Penn State University found that people who listen to music—regardless of the type—were more optimistic, joyful, friendly, relaxed and calm.

Guitar III

Impress yourself and your friends with your musical prowess by practicing proper handling, using a tuner, tuning by ear and using a metronome. Work on open chords, power chords, barre chords, rhythms, arpeggios, written form, bass runs and chord embellishments. Learn about finger-style guitar, primary scales, advanced chord forms, harmonic theory, note reading fundamentals, songwriting and arrangement. Practice playing popular songs you couldn't play before. \$5 materials fee

5/28-8/13 T 7:30 - 9 p.m.
Westmoreland
TMCC Meadowood Center S320 \$99

Outdoors



First Time Backpacker

If you enjoy hiking, take it to the next level by learning what it takes to stay outside on a one night backpacking trip in the Sierra. The classroom session prior to the trip is a planning session and introduction to logistics, equipment, food and packing.

Lecture: 5/18 S 3 - 4:30 p.m.
Field Trip: 6/8-6/9 S,SU All Weekend
Carabio
ACHIEVE Fitness \$99

Birds and Wildlife of Bodega Bay

April is the height of the migration season. Explore two of the best spots for migrating shorebirds, waterfowl and breeding land birds in northern California. Friday and Saturday we'll be in Bodega Bay, then we'll move to Pt. Reyes on Sunday morning.

Lecture: 4/18 TH 6:30 - 8 p.m.
Field Trip: 4/26-4/28 F-SU All Weekend

Gubanich
TMCC Meadowood Center S320 \$89

"I would recommend this course for the beauty and diversity at Bodega Bay and Pt. Reyes, but Dr. Gubanich was a great trip leader and it would not have been the same without him."

—Bodega Bay student

Rock Climbing

Scale Sierra rock faces for a greater perspective of our beautiful and unique area. Head to the hills to learn about safety, equipment and emergency techniques. \$20 materials fee. Additional supplies may cost up to \$40.

4/6-4/27 S 9 a.m. - 5 p.m.
Spina
TMCC Meadowood Center S105 \$99

Why engage in an outdoor sport?

Being in the outdoors sparks your creativity, according to a University of Utah and University of Kansas study.

Beginning Fly Fishing

Experience the serenity of fly fishing by learning about casting strokes and techniques, equipment selection, knot tying, flies, landing trout and more. Gain in-depth information on fishing local waters. \$35 materials fee

4/27 S 8:30 a.m. - 12:30 p.m.
4/28 SU 8:30 a.m. - 12:30 p.m. OR

7/14 SU 8:30 a.m. - 12:30 p.m.
7/21 SU 8:30 a.m. - 12:30 p.m.

Wharton
Hidden Valley Regional Park \$50

Mother Lode Gold Panning

Find out why gold panning is one of the fastest-growing outdoor recreational activities in the country. Take in the beauty of a Sierra river while you practice your gold panning skills. You must provide your own transportation. About \$10 worth of supplies will be required after the classroom session.

Lecture: 6/3 M 7 - 8:30 p.m.
Field Trip: 6/8 S 7 a.m. - 6 p.m.
Mela
TMCC Meadowood Center S320 \$69

“Appreciate the extra help and helpful hints he provided throughout the field experience. So glad I took the class!”

—Liz D., gold panning student

Gold Sluicing

Build on the experience you have gained from the gold panning class. Try out sluicing and other prospecting techniques. Learn how to use the river's flow to find more gold. You must provide your own transportation. Prerequisite: Mother Lode Gold Panning

Lecture: 6/10 M 7 - 8:30 p.m.
Field Trip: 6/15 S 7 a.m. - 6 p.m.
Mela
TMCC Meadowood Center S300 \$69

Ruby Mountains and Ruby Marsh

Explore this Nevada jewel located 60 miles southeast of Elko. Often called the American Alps, the Ruby Mountains are a mass of jagged granite peaks and stunning green meadows. At the Ruby Lake National Wildlife Refuge, enjoy spectacular views, fine bird watching and brilliant wildflowers. You are responsible for your own food, transportation and lodging. Camping and other lodging options are available.

Lecture: 7/2 T 6:30 - 8 p.m.
Field Trip: 7/12-7/14
F-SU All Weekend

Gubanich
TMCC Meadowood Center S103 \$89

Photography



NEW!

Basics of Studio Lighting

Give your photography the look of a professional through the use of studio lighting. Learn lighting equipment, metering, white balance, lighting ratios and styles including short, butterfly, loop and Rembrandt lighting. You'll also learn how to pose your subject, one light and multiple light setups and creative lighting ideas.

4/1-4/8 M 6 - 9 p.m.
Solovyova-Vincent
TMCC Meadowood Center S315 \$89

Why take photography?

UC Davis found that those who engage in creative activity are more motivated, inventive and adaptable to change.

Capture Desert Spring Colors

Help your photos mirror the desert's spring majesty in this combination lecture and photo field trip class. Using his own award-winning work as examples, the instructor will demonstrate ways you can create powerful springtime photographs in your own backyard or abroad. Bring two prints and get personalized advice from the instructor to strengthen your work's impact. This class is for both film and digital users.

Lecture: 5/2 TH 6 - 9 p.m.
Field Shoot: 5/4 S 3 - 8:30 p.m.
Vollmer
TMCC Meadowood Center S206 \$89



Using Your Digital Camera for Outdoor Portraits

Learn how to work with natural lighting while becoming more comfortable using your digital camera. Increase your ability and technique to glean true expressive portraits of families and children.

6/1 S 9 a.m. - 12 p.m.
Johnstone
Reno Area \$39

Photograph Summer Landscapes

Whether you shoot film or digital, find out the secrets to creating powerful nature photographs in our own mountain backyard. Enjoy putting class advice to work during a day excursion into the Sierra. Provide your own transportation and hiking gear.

Lecture: 6/20 TH 6 - 9 p.m.
Field Shoot: 6/22 S 4 - 9 p.m.
Vollmer
TMCC Meadowood Center S206 \$89

Expressive Photographic Lighting

Discover how to harness nature's rich light during a lecture and on-site shoot. Learn how to use natural light for macro, landscape and outdoor portraits and how a reflector and flash unit can supplement the sun's rays. Increase your knowledge about camera settings and simple accessories to take full advantage of nature's glow.

Lecture: 8/8 TH 6 - 9 p.m.
Field Shoot: 8/10 S 3 - 8:30 p.m.
Vollmer
TMCC Meadowood Center S206 \$89

Digital Camera and Your Computer

Learn how to copy your pictures from your camera to your computer or flash drive or burn a CD. Use Windows Explorer to create folders on your computer to keep your photos organized. Learn how to enjoy your photos as a computer slide show and add your photos to a Word document or e-mail them to friends and family.

4/25-5/2 T 2:30 - 5:30 p.m.
Gage
Mendive Middle School Library \$99

HOT!

Digital Camera Basics

Get the best photos out of your camera by learning its features including flash, macro, zoom, menus, modes and scenes and discuss selecting, using and caring for memory cards and batteries. Use Windows Explorer to see your camera's photos, transfer images from your camera to your computer or USB flash drive, and how to burn CDs to backup photos. Find out how to use a computer slide show and add photos to a Word document. \$5 materials fee

4/4-4/18 TH 2:30 - 5:30 p.m.
Gage
Mendive Middle School Library \$99

6/18-6/20 T,TH 5:30 - 8:30 p.m.
Gage
TMCC Meadowood Center S115 \$99

"I learned so much and I am leaving feeling confident about working with my camera."

-Sue M., digital camera student

Scan this code with your smart phone to view a video on our Digital Camera Class or look under the class description for a link at www.wdce.tmcc.edu (click on register now).



Digital Camera Intermediate

Now that you are familiar with the features of your camera, it's time to take pictures. Get the results you want by managing aperture, shutter speed and exposure values. Control the colors in your shots with white balance. Experiment with depth-of-field and other focus techniques. Organize your photos in folders and explore numerous online printing services.

7/9-7/11 T,TH 5:30 - 8:30 p.m.
Gage
TMCC Meadowood Center S115 \$99

Special Interest

Stand Up Comedy

If you have always wanted to be a comic, but weren't sure where to get the exposure, look no further. Gain confidence in your public speaking abilities and learn to write jokes that will get the laughs you want. Learn to turn your life's ups and downs into joke materials, structure your performance and enhance your timing.

4/2-5/7 T 6 - 9 p.m.
Damon
TMCC Meadowood Center S324 \$149

NEW!

Reno in Film

Explore how Reno's setting impacts the storylines in "The Misfits," "Hard Eight," "Kingpin" and "The Cooler." Better understand how setting can further a film while you learn about the movies' writers, actors and directors. Gain an appreciation for the great stories, performances and themes surrounding each of the films reviewed.

7/8-8/5 M 6:30 - 9:30 p.m.
Rowe
TMCC Meadowood Center S315 \$89

Writing

For details on the TMCC Writers' Conference, please see page F.



NEW!

Publishing Fiction

Your goal as a fiction writer is to get published, whether through a major publisher, small press or self-publishing. Decide which option is best for your work while learning to write a query letter, get an agent, hire professional support and self-edit. Discuss your work and hopes with experienced authors from each area of publishing. \$5 materials fee

5/11 S 10 a.m. - 4 p.m.

Alburger

TMCC Meadowood Center S315 \$79

NEW!

Writing Picture Books for Publication

Discover how to create memorable picture book manuscripts. Develop at least one story in a friendly workshop environment and leave knowing how to market it to publishers. Delve into various aspects of writing including plot, dialogue, tone and how to write compelling cover and query letters.

5/15-6/26 W 7 - 9 p.m.

Slater

TMCC Meadowood Center S324 \$179

NEW!

Plan, Plot and Pitch the Perfect Picture Book

Learn how a widely published author took an unconventional path to publishing. Explore proven strategies to develop memorable plots, find publishers and launch your career.

5/18 S 10 a.m. - 12 p.m.

Slater

TMCC Meadowood Center S315 \$39

NEW!

Write Dialogue That Soars

Have fun while learning vital information on how to develop original, authentic and memorable dialogue. Gain tips on how to use dialogue to build suspense, show conflict, set tone and mood, establish character, advance the plot, foreshadow and demonstrate emotion.

6/1 S 10 a.m. - 12 p.m.

Slater

TMCC Meadowood Center S315 \$39

Creative Writing

Explore the diverse world of creative writing. Practice journal writing and collage, poetry and essay writing in an accepting and supportive environment. By the end of class, you will have a portfolio with writing samples and resources to help you in future writing endeavors.

6/5-7/31 W 6:30 - 8 p.m.

Wohlford

TMCC Meadowood Center S315 \$119

"This class is great. It helps get me out of my comfort zone, and the instructor has really great ideas to spur creativity."

—Creative Writing student

NEW!

Fiction Plotting Workshop

Take the first step to writing your novel by creating its plot. Make a reusable plot board and learn from novels and movies about the 3-act and 8-sequence story structures. Explore story pacing, self-editing, setting, character development and scene building. \$10 materials fee

6/15 S 10 a.m. - 4 p.m.

Alburger

TMCC Meadowood Center S315 \$79

NEW!

Novel Writing Workshop

Travel the literary road of Jane Austen, John Steinbeck and Stephen King. Sharpen your novel writing skills through character and scene building, self-editing and publishing—and stay motivated throughout the process. The first chapter of your novel will be critiqued by your instructor and fellow writing students. \$10 materials fee

7/31-8/21 W 6:30 - 8:30 p.m.

Alburger

TMCC Meadowood Center S308 \$99

Silver College

Why take Silver College courses?

The National Center for Creative Aging has shown that partaking in social and recreational activities later in life decreased morbidity and mortality as much as physical exercise.

Art for Seniors



Intermediate Crochet

Continuation of beginners class. Learn single crochet, double crochet, half double crochet, treble crochet, front and back post stitch and changing colors midstitch. Use creativity to switch up colors for a different feel or season while learning to make a granny square pillow and v-stitch blanket. Enjoy one-on-one attention. Supplies required.

4/26-5/17 F 1:30 - 3:30 p.m.
Foote
TMCC Meadowood Center S300 \$49

Quilt with Panels

Create your own masterpiece using fabric panels of various styles and themes. Start with a large center design, surround it with smaller designs and complementary colors, then complete your work with accents borders and corner blocks. Use those beautiful fabrics you've been hiding away. Supplies required.

4/8-4/29 M 9 a.m. - 12 p.m.
Lish
TMCC Meadowood Center S103 \$59

Quilting Basics

Discover how easy it is to create colorful and useful quilts. Learn time-saving techniques, how to calculate fabric size, attach binding, blind stitching and more. Be able to cut your fabric precisely and accurately, improve the overall look of your quilt and increase the speed at which you piece your blocks. Supplies required.

5/6-6/3 M 9 a.m. - 12 p.m.
Lish
TMCC Meadowood Center S103 \$59

Watercolor I/II

Whether you're a new or continuing Silver Watercolor student, discover your hidden talent while exploring magical watercolor techniques. Learn about color and composition principles, wet-on-wet, shapes, dimensions, gradation, soft and sharp edges, liftings, reflections and shadows. Experience a sense of accomplishment each week as you finish painting landscapes, winterscapes, seascapes or flowers.

7/10 - 8/28 W 9 a.m. - 12 p.m.
Mainer
TMCC Meadowood Center S103 \$79

HOT!

Piano: Bridging from II to III

Cross the bridge from beginning to intermediate piano by sharpening your skills in improvisation, ear training, sight reading and ensemble playing. Elevate your enjoyment as you practice these new skills.

6/13-8/1 TH 10 - 11 a.m.
Smith
Steinway Piano Gallery \$69

Pop Piano Workshop

Add your unique signature touch to pop, bossa nova, tango, ragtime and other types of music. Develop your own playing style while you enhance your piano skills.

6/13-8/1 TH 11 a.m. - 12 p.m.
Smith
Steinway Piano Gallery \$69

Photography for Seniors



HOT!

Digital Camera Basics

Have fun with your digital camera by taking great pictures indoors or outdoors – portraits, birthday parties, scenery and more. Take photos you like while learning the camera's features including flash, macro, zoom, self-timer and menus. Find out how to select, use and care for memory cards and batteries.

5/20-6/10 M 9 a.m. - 1 p.m.
Gage
TMCC Meadowood Center S115 \$59

"This class is a confidence builder when it comes to cameras. Now I know what camera I need to suit my needs."

—Digital Camera Basics student

Scan this code with your smart phone to view a video on our Digital Camera Class or look under the class description for a link at <http://wdce.tmcc.edu> (click on register now).



Digital Camera Intermediate

Discover how to take all kinds of pictures. Get the results you want by managing the aperture, shutter speed and exposure values, using bracketing and controlling the colors in your shots with the white balance. Experiment with depth-of-field and other focus techniques.

4/8-4/29 M 9 a.m. - 12 p.m. OR
Gage
7/29-8/12 M 9 a.m. - 1 p.m.
TMCC Meadowood Center S115 \$59



HOT!

Silver Tai Chi

Feel great by increasing your energy, range of motion and flexibility through the gentle movements of tai chi. Practice fluid, low-impact exercises that improve your balance, coordination and stamina.

4/23-6/6 T,TH 4-5 p.m. OR
6/11-7/30 T, TH 4-5 p.m.
Jones
TMCC Meadowood Center S308 \$79

“MaryAnn is wonderful, and this is perfect for seniors and people of all ages. It’s excellent for health and balance.”

–Estephania T., Silver Tai Chi student

Silver Spanish

If you have never taken Spanish or took classes years ago, this class will teach you the basics and have you speaking Spanish in a fun, comfortable environment. Learn conversational elements including salutations, commonly used words and phrases and Spanish customs. No grammar is presented in this course.

6/12-8/14 W 4-5 p.m.
Sefchick
TMCC Meadowood Center S320 \$59

NEW!

Lake Tahoe Luncheon Cruise

Mark Twain called it “the fairest picture the whole earth affords.” Experience Lake Tahoe during a relaxing 2-hour luncheon cruise on the M.S. Dixie and learn about the lake’s colorful history from your experienced tour guide. Bring a jacket and camera. Cost includes lunch and transportation to and from the lake.

6/12 W 9 a.m. - 3:30 p.m. OR
7/17 W 9 a.m. - 3:30 p.m.
Chadwick
TMCC Meadowood Center \$69

HOT!

Photoshop Elements Basics

Release the images held captive inside your camera and jazz them up to create eye-popping photos. Explore this software’s photo editing features including how to remove red-eyes or wrinkles, touch up scratches or blemishes, change the contrast or brightness of a photo, make it sepia or black-and-white, and crop out what you don’t want in a picture.

5/22-6/5 W 9 a.m. - 1 p.m.
Gage
TMCC Meadowood Center S115 \$59

“Jean Gage is well organized and a great communicator. She is inspiring and makes you want to practice and learn. This class also helps me alter photos for a photo book.”

–Jan Z., Photoshop Elements Basics student

NEW!

Magic and Music: Satisfying the Senses

Explore the science behind your enjoyment of the visual and musical arts. Discover how magicians deceive the eye and brain through misdirection, sleight-of-hand and illusions. Learn how music affects your moods and why it is called the “emotional language of the mind.” You’ll be entertained and enlightened at the same time.

6/20 TH 2-3:30 p.m.
Mehm
TMCC Meadowood Center S315 \$29

NEW!

Amaze Your Grandchildren with Simple Magic Tricks

You don’t have to be Houdini or David Copperfield to perform fun, “how did he do that?” illusions for your grandkids or friends. Delight your audience with card, rope, money and even levitation tricks. You’ll be the hit at your grandchild’s birthday party – or just at the kitchen table.

6/26-7/10 W 2-4 p.m.
Mehm
TMCC Meadowood Center S308 \$39

Technology for Seniors



Digital Camera and Your Computer

Learn how to copy your pictures from your camera to your computer or flash drive and burn a CD. Use Windows Explorer to create folders on your computer to keep your photos organized.

Learn how to enjoy your photos as a computer slide show and add your photos to a Word document or e-mail them to friends and family.

6/17-7/1 M 9 a.m. - 1 p.m.

Gage

TMCC Meadowood Center S115 \$59

Photoshop Elements Layers and Effects

Build on your Photoshop Elements class experience by exploring the very powerful layers and effects palettes.

Discover how to take yourself out of a photo and insert yourself into another, more exotic one. Try your hand at making a photo look like a pencil drawing or an oil painting. Find that your imagination is limitless.

6/12-6/26 W 9 a.m. - 1 p.m.

Gage

TMCC Meadowood Center S115 \$59

Photoshop Elements Projects

Take your Photoshop Elements skills to the next level by working through fun, hands-on projects. Create a slideshow with your own photos, design a photo collage, construct a panoramic photo, build a 3-D photo and much more. Tackle organizing your photos with Photoshop Elements Organizer.

4/10-5/1 W 9 a.m. - 12 p.m. OR

7/31 - 8/14 W 9 a.m. - 1 p.m.

Gage

TMCC Meadowood Center S115 \$59

Microsoft Word 2010

Don't let frustration get the best of you. Take control of your word processing. Explore the ribbon, tabs, groups and commands. Learn tips for making this program easier to use. Learn the basics, move and copy your text, set margins and spruce up your work with different fonts and colors. Be able to check spelling, grammar, save and print your work. Discover how easy it is to use bullets and numbers for lists and create envelopes and mailing labels.

5/28-6/20 T,TH 9 - 11 a.m.

Lish

TMCC Meadowood Center S115 \$79

Make the Most of Your Computer

Save money by keeping your computer running its best. Understand the difference between XP, Vista and Windows 7 operating systems. Discover why virus protection is important.

Know what to look for when buying a computer. Find out the difference between software and hardware along with what different hardware is used to build a computer. Be comfortable backing up your files to a disk, CD, DVD and flash drive.

6/4-6/20 T,TH 1 - 3 p.m.

Lenga

TMCC Meadowood Center S322 \$59

HOT!

Getting to Know Windows 7

Learn how to navigate and use new features, tools and programs efficiently and confidently. Gain the knowledge needed to perform basic preventative maintenance to keep your PC safe and running smoothly. Find out how to customize the desktop, easily store, locate and search for files and have fun getting to know this program.

6/14-6/28 F 9 a.m. - 12 p.m.

Lenga

TMCC Meadowood Center S115 \$45

The Fun Side of Windows 7

Easily turn your digital photos and videos into a fun movie slideshow. Learn transitions, motion effects, titles, credits and music. Use Windows Live to fix red-eyes, crop, straighten and create a panoramic photo. Simplify your online life with smarter ways to surf, shop and share photos.

7/12-7/26 F 9 a.m. - 12 p.m.

Lenga

TMCC Meadowood Center S115 \$45

HOT!

Buying and Selling on the Web

Become a successful buyer, seller or window shopper by learning how to safely use eBay, Craigslist and other Internet auction sites. Gain the skills necessary to sort the good from the bad, comparison shop and understand how e-commerce works.

7/12-8/2 F 1 - 3 p.m.

Lenga

TMCC Meadowood Center S115 \$39

NEW!

Should I Buy an iPad, Kindle or Nook?

The technology of handheld electronic tablets can add immensely to your life. Learn the differences between a personal computer, a laptop and a tablet. Get help and have fun sorting through the features, reliability, versatility and costs of electronic tablets before you invest in one.

6/7 F 1 - 3:30 p.m.

Lenga

TMCC Meadowood Center S115 \$29

NEW!

iPad Basics

Get comfortable with the vast possibilities of electronic tablet technology. Learn what gesturing is and how to type and add content to your device, download and manage apps, e-books, and pictures and configure e-mail accounts. Discover how to use your iPad camera and how to access social media. Bring your own iPad to class.

6/11-6/20 T,TH 9 - 11 a.m.

Lenga

TMCC Meadowood Center S115 \$39

NEW!

Smartphones—Oh, the Possibilities

It's not just for phone calls anymore. A smart phone can play music and video, take digital photos, send and receive e-mail, and perform lots of other functions. Learn the differences between cell phones and smart phones. Find out how easy and fun it can be to access the world on that handheld device.

7/24 W 1-3:30 p.m.

Lenga

TMCC Meadowood Center S115 \$29

**Volunteer
and make a
difference in a
child's education**



WCSD seeks volunteers to tutor elementary, middle or high school students; assist in office work; do book drives and more. Find out how you can support our children's education by visiting www.washoe.k12.nv.us/volunteering. Click on opportunities and check out all the many requests for help. We also seek organizations and businesses to volunteer as well.

Call us at 851-5655 or email volserv@washoeschools.net if you have an interested group.

Youth Classes



NEW!

Hula Hoop-Making for Kids and Adults—Ages 10 and Up

Enjoy the creativity and camaraderie of Hoop Dance by personalizing your own hoop. Let the colors that reflect your personality show in your design. Following the hoop-making workshop, there will be a 20-minute Hoop Dance instruction so you can play with your new hoop. All materials are provided. You may make additional hoops for \$25.

5/18 S 9:30 a.m. - 12 p.m.

Rizzoli

TMCC Meadowood Center \$45

Kenpo Karate—Ages 5 and Up

All students from kindergarten to twelfth grade are eligible to participate in this monthly martial arts class. Have your child learn discipline, while having fun with instructor Sam Brown, who has taught for more than 30 years. Hour-long classes are held twice a week at 13 area schools. If classes aren't at your school, you may attend a nearby school's program. Children ages five through 11 have class from 6:30 to 7:30 p.m., and older students meet from 7:30 to 8:30 p.m. Save 10 percent on the normal \$24 a month tuition, when you register online at least one week in advance at www.washoecommunityed.org. Or you can take a multi-child discount or three month pre-pay discount—for details see the Kenpo flier sent through your child's school. Additional fee: \$12 for six months of insurance. Questions? Call 829-9010 for details.

Beginning Guitar for Kids—Ages 9 and Up

There may be a potential Segovia or Eric Clapton in your house. If your children are in fifth through eighth grade, have them learn the basics of guitar playing. They'll learn how to tune and care for their instruments, as well as how to do first position, scales, chords and chord structure and basic music theory. \$10 materials fee

7/8-7/31 M,W 1:30 - 2:30 p.m.

Maes

Sparks Middle School \$99

NEW!

Roller Derby Basics—Ages 12 and Up

Learn basic roller derby skills including how to roller skate, stop, fall and stride while having fun and getting a great workout. Training will focus on balance and building core muscles, as well as the rules and game play of women's roller derby. Skate and equipment information online with class details at www.washoecommunityed.org. \$25 materials fee

4/16-6/9 T 7:30 - 9:30 p.m.

SU 9-11 a.m.

6/11-8/4 T 7:30 - 9:30 p.m.

SU 9 - 11 a.m.

Neve

Reno Roller King \$120

HOT!

Volleyball Clinics—Ages 8-12

Introduce your young female athletes to the fast-paced game of volleyball and improve their skills. Individual and group drills will be used to strengthen passing, serving, hitting, setting, blocking and agility. Redeem a discount when signing up for multiple clinics in advance by calling 829-9010.

5/7-5/10 T-F 4 - 6 p.m. OR

5/28-5/31 T-F 4 - 6 p.m. OR

6/11-6/14 T-F 4 - 6 p.m. OR

7/15-7/18 M-TH 4 - 6 p.m. OR

Sandomenico

Spanish Springs High Large Gym \$62



Weekly Camps

Engineering Camps—Ages 6-8 and 9-13

Give your kid a learning experience unlike any other. They'll explore science, technology, engineering and mathematics (STEM) concepts along with 21st century skills of critical thinking, problem solving, collaboration, agility and adaptability, curiosity and imagination. Sign up for half-day camps in Junior Engineering, Vehicle Engineering and Collision Cars. Each camp uses a specially-created LEGO® kit. A special take-home project is included with each camp. For more information go online to www.washoecommunityed.org or call 829-9010 for details.

Spring Break Drawing Camp—Ages 9-12

In this exciting drawing camp, students will learn how to use color and line in new and inspiring ways. Each day students will draw a series of pictures and then complete them in class using a variety of mediums. All materials provided.

4/8-4/11 M-TH 10 a.m. - 2 p.m.
Green
Clayton Middle School \$65

NEW! Gluten-Free Kids Camp— Ages 3 to 8 with Parent

Start each night with a gluten-free dinner or snack while making friends with other kids who have the same dietary challenges. Understand what gluten is and where to find it on labels. Be able to participate in meal planning and preparation. Realize that you are not alone, you can have fun, eat good food and learn about gluten-free crafts. For ages 3-8. One parent per child is required. There is no cost for a parent attending with their child. \$20 materials fee

5/28-5/30 T-TH 5:30 - 7:30 p.m.
Muth
TMCC Meadowood Center S219 \$59

Novel Writing for Teens—Ages 11-17

Write the novel you've been dreaming about. Discuss the basics of fiction writing, practical tips for setting goals and how to make time to write. Learn about publishing and how to stay motivated to follow a novel through to the end. Create your own reusable plot boards and learn how to organize a novel. Understand basic editing techniques and writing strategies for character and scene building. Have the first chapters of your novel critiqued by peers and the instructor. \$10 materials fee

7/31-8/21 W 3 - 5 p.m.
Alburger
TMCC Meadowood Center S308 \$79

"It was very informative and gave me good information on the structure of a novel. This helped me understand the process of writing."

—Novel Writing for Teens student

NEW!

Filmmaking for Teens—Ages 11 to 17

Discover dynamic ways to tell your stories on film. Gain the tools needed to write dynamic scripts, find the right actors and music, and release and promote your work. Learn how to utilize Reno locations and employ original shooting techniques. As a group, make a short film to be premiered in the last class.

7/11-8/1 TH 10 a.m. - 12 p.m.
Rowe
TMCC Meadowood Center S315 \$79

NEW!

Screenwriting for Teens—Ages 13 to 18

Make your script shine. Find out how to write a feature-length screenplay, while exploring character development, plot structure, dialogue and more. Find out about the three-act structure and how to create memorable, three-dimensional characters. Plus, learn how to enter competitions and sell your work.

7/10-7/31 W 10 a.m. - 12 p.m.
Rowe
TMCC Meadowood Center S324 \$79

HOT!

Kids in the Kitchen—Ages 9 and Up

Boys and girls will learn how to create their own meals and snacks. During hands-on classes, they will prepare food from recipes, eat their own creations or take them home to share with their family. In addition, they will learn cooking safety tips and techniques that will help them grow into knowledgeable cooks.

Cost is \$32, plus an additional \$25 materials fee (to cover all ingredients) is due at class. All classes are taught by Kathy Ishoy and are held Tuesdays, from 10:30 a.m. to 2:30 p.m. at Damonte Ranch High School.

Fresh Pasta: 6/11
Using Dough: 6/18
Layer Cake Making: 6/25
Cupcakes: 7/9
Cobblers: 7/16
Yeast Bread: 7/23
Flakey Pies: 7/30

Why should your kid learn to cook?

Penn State says that cooking can improve a child's reading, math and science skills by learning to follow recipes, measure ingredients and observe how food changes during cooking.

Wonderful World of Clay—Ages 9-17

Learn how to throw clay on a pottery wheel, hand-build clay using coil, slab and pinch techniques, paint and fire a bisque tile and make small tile mosaics. Explore painting acrylics on different types of clay. Because of time constraints, all projects will be made out of air-dry clay and will not be fired or useable with food or liquids. There will be walking trips to the Nevada Museum of Art and Idlewild Pool. \$45 materials fee

6/17-6/21	M-F	1 - 5 p.m. OR
7/22-7/26	M-F	1 - 5 p.m.

Gandolfo
Reno High Industrial Arts Building \$120

Fundamentals of Drawing— Ages 12 and Up

This small, beginner class will cover the basic principles of drawing: composition, techniques for enlargement, value (light and shadow), contour and line quality through a variety of drawing media. Class space is limited. \$15 materials fee

6/17-6/26	M,W	1 - 2:45 p.m.
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Neighbors
Mendive Middle School 200 \$66

Art Smart—Ages 8 and Up

Students will be introduced to a variety of art forms and mediums as they learn styles, techniques, culture and art history. Each art project has a theme and is designed to stimulate creativity. Class space is limited. \$20 materials fee

7/17-7/29	M,W	1 - 2:45 p.m.
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Neighbors
Mendive Middle School \$88

Volleyball Summer Camp—Ages 11-15

Learn volleyball basics by practicing game and play strategies. The serve, the score and the presentation are covered in a way that is fun and energetic. See food and equipment details under class description online at www.washoecommunityed.org.

7/22-7/25	M-TH	9 a.m. - 1 p.m.
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Flagtvedt
Reed High School Gym \$125

HOT!

Tennis for Kids

Tennis, anyone? Send your kids to this camp to learn basic tennis strokes, along with tennis rules and strategies. Players need tennis shoes, water bottles and sunscreen and/or hats. Rackets are provided unless you bring your own.

Ages 11-14		
7/8-7/11	M-TH	9 - 11 a.m. OR
7/15-7/18	M-TH	9 - 11 a.m.

Rapp
Spanish Springs High Tennis Courts \$82

Ages 11-17		
7/15-7/18	M-TH	9 - 11 a.m. OR
7/22-7/25	M-TH	9 - 11 a.m.

Payne
North Valleys High Tennis Courts \$82



Vocal Motion—Children's Summer Performing Group—Ages 5 to 13

Experience the excitement as your child learns fundamental dance steps and vocal technique. Watch your child's self-confidence soar while performing fun, age-appropriate song-and-dance numbers. There will be a recital on Saturday, June 22, at 2 p.m. Vocal Motion is dedicated to uncovering and developing your child's natural talents in an upbeat and encouraging environment. \$10 materials fee

6/17-6/21	M-F	9 a.m. - 12 p.m.
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Wambaugh
Spanish Springs High Theater \$100

Introduction to Computer Programming—Ages 11 to 14

This design-based programming language called Scratch was developed by the MIT Media Lab. It makes it easy to learn essential programming skills while creating interactive stories, animations, games, music and art. As students create and share their projects on the Scratch website, they learn important mathematical and computational ideas, while also learning to think creatively, reason systematically and work collaboratively. *These camps are sponsored by 3G Studios, Inc., a Reno-based video game development company.*

4/8-4/12	M-F	9 a.m. - 12 p.m.
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Hernandez
Moss Elementary \$89

6/17-6/21	M-F	1 - 4 p.m. OR
6/24-6/28	M-F	1 - 4 p.m. OR
7/8-7/12	M-F	9 a.m. - 12 p.m. OR
7/15-7/19	M-F	1 - 4 p.m. OR
7/22-7/26	M-F	9 a.m. - 12 p.m.

Hernandez
TMCC Meadowood Center \$89

More summer camps have been added!

Give your children a summer experience that will last a lifetime! See our complete list of summer programs at www.washoecommunityed.org

These camps fill up quickly. Register today! Here are a few of the camps your kids are going to love.

- Football conditioning and other sports camps
- Art, drama and music camps

HOT!

**Video Games I:
Learning and Design—Ages 9 to 12**

Using Gamestar Mechanic, a video game design platform developed by the University of Wisconsin, Madison, students will learn the principles of game design while building their own game. Through the game design process, students cultivate skills involving systems-based thinking, creative problem-solving, arts and aesthetics, writing and storytelling, and STEM (science, technology, engineering, mathematics). *These camps are sponsored by 3G Studios, Inc., a Reno-based video game development company.*

6/17-6/21	M-F	9 a.m. - 12 p.m. OR
7/8-7/12	M-F	1 - 4 p.m. OR
7/15-7/19	M-F	9 a.m. - 12 p.m.

Hernandez
TMCC Meadowood Center **\$89**

Scan this with your smart phone to watch video about these popular video game camps!



**Video Games II:
Learning and Design—Ages 11 to 14**

Using the premium version of Gamestar Mechanic, a video game design platform developed by the University of Wisconsin, Madison, students entering grades 6 - 9 will learn the principles of game design while building their own game. Through the game design process, students cultivate skills involving systems-based thinking, creative problem-solving, arts and aesthetics, writing and storytelling, and STEM (science, technology, engineering, mathematics). *These camps are sponsored by 3G Studios, Inc., a Reno-based video game development company.*

6/24-6/28	M-F	9 a.m. - 12 p.m. OR
7/22-7/26	M-F	1 - 4 p.m.

Hernandez
TMCC Meadowood Center **\$89**

NEW!

Summer Science: Carbon Dioxide Cars—Ages 9-12

In this one-week camp for children entering grades 4-7, they will design and construct their own carbon dioxide-powered car and launching system. They will participate in science experiments and witness demonstrations including phases of matter using liquid nitrogen and combustion using explosive mold spores. Bring a sack lunch and drink each day. \$40 materials fee

6/10-6/14	M-F	9 a.m. - 1:30 p.m.
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Shoulders
Melton Elementary **\$180**

Swimming

Jelly Bellies—Ages 6 months to 3 years

Give your child the skills that one day may save his life. Work with your child to teach basic survival floating skills, as well as how to close his mouth and hold his breath while his face is in the water. One adult must be in the water with each child. Please register using the child's name and age.

5/28-6/13	T-TH	5:30 - 6 p.m.
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Malone
Piccolo School Pool **\$85**

Sea Monkeys—Ages 2 to 4

If your child has taken Jelly Bellies or can show she has the ability to hold her breath underwater and float unassisted, this class is for her. She'll build her basic swim skills and learn how to flip onto her back to get her breath. One adult must be in the water with each child. Please register using the child's name and age.

5/28-6/13	T-TH	4:30 - 5 p.m.
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Malone
Piccolo School Pool **\$85**

Diving Dolphins—Ages 3 to 6

If your child is an experienced swimmer, this class is for him. He'll improve his stroke skills, learn to dive and improve his breath control and side breath technique. One adult must be in the water with each child. Please register using the child's name and age.

5/28-6/13	T-TH	6:30 - 7 p.m.
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Malone
Piccolo School Pool **\$85**

**Community Education
and TMCC Workforce
Development and
Continuing Education**

Class Locations

- ACHIEVE Fitness**, 600 So. Center Street, Reno, Bus Rt. 1
- Caughlin Ranch Elementary**, 4885 Village Green Pkwy., Reno
- Clayton Middle School**, 1295 Wyoming Ave., Reno, Bus Rt. 3
- Damonte Ranch High**, 10500 Rio Wrangler Pkwy., Reno, Rt. 57
- Dilworth Middle School**, 255 E. Prater Way, Sparks, Bus Rts. 21, 25, 26
- Galena High**, 3600 Butch Cassidy Way, Reno
- Grand Sierra Resort**, 2500 E. Second Street, Reno, Bus Rts. 14, 14A
- Hall Elementary**, 185 Shelby Dr., Sparks
- Hidden Valley Regional Park**, 4740 Parkway Dr., Reno
- Hunsberger Elementary**, 2505 Crossbow Ct., Reno
- Kadam Studios**, 47 Glen Carran Cir., Sparks, Rt. 18
- McQueen High**, 6055 Lancer St., Reno, Rts. 3, 4
- Melton Elementary**, 6575 Archimedes Lane, Reno
- Mendive Middle School**, 1900 Whitewood Dr., Sparks
- Mickey's School of Grooming**, 4950 Spectrum Blvd., Reno
- Moss Elementary**, 2200 Primio Way, Sparks
- North Valleys High School**, 1470 E. Golden Valley Rd., Reno
- Piccolo School**, 900 Foothill Road, Reno
- Pine Middle School**, 4800 Neil Road, Reno
- Reed High**, 1350 Baring Blvd., Sparks, Bus Rt. 22
- Reno High**, 395 Booth St., Reno, Bus Rt. 16
- Reno Roller Kingdom**, 515 East 7th Street, Reno
- Sierra Canyon**, 1798 Del Webb Pkwy., Reno
- Spanish Springs High**, 1065 Eagle Canyon Dr., Sparks
- Sparks Marina**, 325 Harbor Cove Dr. Sparks, Bus Rt. 21
- Sparks Florist Design Center**, 1440 Hymer, Sparks, Bus Rts. 18, 18X
- Sparks Middle School**, 2275 18th Street Sparks, NV, Bus Rt. 2
- Steinway Piano Center**, 500 E. Moana Lane, Reno, Bus Rt. 6
- Swope Middle School**, 901 Keele Dr., Reno, Rt. 16
- TMCC IGT Applied Technology Center**, 475 Edison Way, Reno, Bus Rt. 14



Washoe County
School District



TMCC Meadowood Center, 5270 Neil Rd., Reno, Bus Rts. 6, 9, 54

TMCC Sierra Building, 7000 Dandini Blvd., Reno, Bus Rts. 15, 10

TrésImage Salon, 9660 S. McCarran, Reno

Wooster High School, 1331 E. Plumb Ln., Reno

Policies and General Information

Office Hours

Both Community Education and TMCC WDCE are housed at TMCC's Meadowood Center at 5270 Neil Road in room 216 (across from the Sears Auto Center). We are open weekdays from 8 a.m. to 5 p.m.

Senior Citizen Tuition Assistance/Discount

Seniors 65 and older can apply for the Senior Sunshine Fund established by Helaine Greenberg. This fund provides \$20 toward any class priced \$50 or higher. To apply, call our office at 829-9010.

Seniors 65 and older may receive a 10 percent discount on Community Education regular personal enrichment classes with the exception of Silver College, conferences/series/events, online classes and a few select other classes. Professional/career courses offered through TMCC WDCE do not qualify for discounts. To learn if a course has a senior discount, visit www.washoecommunityed.org, click on Classroom Courses, then the class you're interested in. Each class lists available discounts.

Age Range for Classes

Adult courses are open to those 18 and older; some exceptions may be made, depending on the class, to allow students 16 or 17 years old. Silver College courses are open to those 55 and older. Children's courses stipulate the age group served. Some children's classes require a parent to attend.

Employer-Paid Tuition

An employer or third party may pay for any Community Education or TMCC WDCE class. Please provide a check, credit card or purchase order from the third party at the time of registration. Courses to be paid through check or purchase order, should be registered in person at our office. If paying by credit card, you may register online at www.washoecommunityed.org or by calling 775-829-9010.

Class Completion Certificates

If you would like a certificate to document CEUs earned or to prove your successful completion of a course, you may request a completion certificate for \$10. Some course fees include a certificate; check with the instructor. Call 775-829-9010 for details.

Non-Grading

Most TMCC WDCE and Community Education classes do not issue letter grades. Should you need documentation to prove you successfully completed a course, please notify the instructor at the beginning of class.

Refund Policy

Should you need to cancel your registration, you will receive

- A full refund, minus a \$10 cancellation fee, if you cancel at least three working days prior to the class start date;
- A 50 percent refund, minus a \$10 cancellation fee, if you cancel less than three working days out;
- No refund if you are a no-show or cancel after the course has begun.

This policy does not apply to conferences/events/series or online classes. Please see the policy for those programs. All classes cancelled by TMCC WDCE or Community Education will return 100% of the tuition cost back to each student.

Cancellation Policy

Both Community Education and TMCC WDCE classes are self-supporting, so if a course does not have enough students enrolled in it to cover costs, it will be cancelled and we will refund 100 percent back to you. Beyond providing a timely refund, we cannot assume any liability for expenses incurred by a student due to a cancellation.

Inclement Weather Class Cancellations

For courses held at TMCC, visit www.tmcc.edu or call 673-7000. For classes held at a Washoe County School District facility, check www.washoe.k12.nv.us for details. In the event of district-wide snow closures, all classes held at school district properties will cancel. For courses held at other locations, call us at 775-829-9010.

Accessibility

All classes, services and programs put on by Community Education and TMCC WDCE are readily accessible to and usable by persons with disabilities. We will make reasonable accommodations for the disabled, except for where to do so would: result in undue financial or administrative burden; require fundamental alteration in a program, service or activity; or threaten or destroy the significance of a historic property. Persons with special needs should call us at 829-9010 as far in advance of a class as possible.

Self Funded Classes

Both Community Education and WDCE classes are funded solely by class registrations.



Registration Form

Name _____

Street Address _____ City _____ State _____ Zip _____

E-mail Address _____ Birthdate (mm/dd/yy) _____

Daytime Phone _____ Evening Phone _____

1. Class Title _____ Beginning Date _____ Cost \$ _____

2. Class Title _____ Beginning Date _____ Cost \$ _____

Total Amount \$ _____

To pay by credit card, print your card number here: _____

Credit card expiration date: _____ Security Code (back of card): _____

Make your check payable to the "Board of Regents." Mail to TMCC WDCE, 5270 Neil Road S216, Reno, NV 89502.