

Exploration is ageless. We give you more possibilities.

COMMUNITY EDUCATION

January through April 2015 classes



Spread your wings!

Hundreds of courses to choose from! Don't miss TMCC Workforce Development programs in the back of this magazine.

- **Lower your watering bill with xeriscaping**, page 5
- **Get fit with Boot Camp Training**, page 10
- **Religion Goes to the Movies**, page 13
- **Explore Mark Twain's West**, page 7
- **Enroll your kids in our golf league**, page 23



775-829-9010
washoecommunityed.org

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Enhance your professional skills with WDCE's classes in the back of this publication.

Explore. Create. Get fit. Play. Rejuvenate.



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Creative Arts

Arts and Crafts

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

Crafts

NEW!

Ceramic Bisque Figurines

Learn the art of ceramics by using ceramic molds, pouring slip into molds and creating greenware. Discover how greenware becomes ceramic bisque, when and where to use glazes and how to apply the finishing touches. \$35 materials fee

1/22-1/29 TH 6-8 p.m.
 Burkhart
 TMCC Meadowood Center S103 \$69



NEW!

Ceramic Bisque Bells

Create delicate ceramic bells by pouring slip into molds, creating greenware and learning when and where to use glazes on your artwork. \$35 materials fee

2/19-2/26 TH 6-8 p.m.
 Burkhart
 TMCC Meadowood Center S103 \$69

Pottery on the Wheel

Immerse your hands in raw, wet clay and transform it into a functional piece of pottery. Learn how to prepare clay and dabble in the techniques of center and throw, pinch, slab and coil. Experiment with different glazing and firing methods to produce beautiful pieces of art. \$50 materials fee

2/3-2/24 T 5:30 - 7:30 p.m. OR
 3/3-3/24 T 5:30 - 7:30 p.m.

Gandolfo
 Reno High Industrial Arts 4 \$99



Clay Building Techniques

Join us for an exploration of various hand-building clay techniques like coiling, slab making and pinching. Learn how to make functional clay projects that you can use at your kitchen table, in your garden, and as ornaments and sculptures. Experiment with many unique glazing and firing techniques. \$50 materials fee

2/3-2/24 T 5:30 - 7:30 p.m. OR
3/3-3/24 T 5:30 - 7:30 p.m.
Gandolfo
Reno High Industrial Arts 4 \$99

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

2/21 S 9 a.m. - 12 p.m. OR
4/18 S 9 a.m. - 12 p.m.
Shaw
TMCC Meadowood Center S103 \$49

Mosaics

Create fabulous works of art by learning this centuries-old decorative craft. Work with broken pottery and tile as you learn basic nipping techniques, design and grouting.

2/13-2/14 F 12 - 3 p.m.
S 10 a.m. - 1 p.m. OR
3/20-3/21 F 3 - 6 p.m.
S 10 a.m. - 1 p.m.
Lark/Borges
Wonderland Art Annex \$69

NEW!

Garden Mosaics: Stepping Stone

Create a cement mosaic stepping stone for your yard or patio. Explore new adhesives and surfaces for outdoor projects using tile, ceramics, glass and other materials.

4/9-4/11 TH,F 3 - 6 p.m.
S 10 a.m. - 1 p.m.
Lark/Borges
Wonderland Art Annex \$89

Three in Three Book Art

Discover the art of hand-making your own books. Craft three different books (Leporello, Stacked Folio and Pamphlet) in an accordion-like style, a variation of a hardbound pocket book and a pamphlet-bound version. These books are perfect for showcasing photographs, memories or your innermost thoughts.

2/22 SU 12 - 3 p.m. OR
3/15 SU 12 - 3 p.m.
Borges
Wonderland Art Annex \$69

Why take art classes?

Art frees you to express your feelings and ideas in a non-rigid, therapeutic way, says Shelley Frost, an eHow contributor.

NEW!

Japanese Woodblock Printing with Color Reduction

Learn the ancient art of moku-hanga, traditional Japanese woodblock printing. Carve wood blocks, then emboss and print them using watercolors and rice paste. \$15 materials fee

3/14-3/15 S,SU 9 a.m. - 2 p.m.
Brown
Wonderland Art Annex \$99

NEW!

Victorian Ribbonwork

Learn how to fashion ribbon flowers for pins, bouquets and hair ornaments. Create ribbonwork for special events like weddings or to set off an everyday outfit. All materials are provided.

3/14 S 1 - 4 p.m.
Rhuy
TMCC Meadowood Center S104 \$59

NEW!

Handmade Paper

Discover the materials and process of making handmade paper using cotton fibers, recycled paper, string and textured fabric scraps. Be prepared to play and get wet.

4/25 S 10 a.m. - 1 p.m.
Brown
Wonderland Art Annex \$39

Painting and Drawing

HOT!

Drawing I

Improve your drawing skills by using graphite, pencils and ink pens as you learn about proportion, shading, value, negative shapes, basic perspective and the tools to create realistic drawings.

1/23-2/20 F 1 - 4 p.m.
Woodard
TMCC Meadowood Center S320 \$119

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.

3/6-4/3 F 1 - 4 p.m.
Woodard
TMCC Meadowood Center S103 \$119

Portrait Drawing

Draw portraits from photographs and models by better understanding line, form, value and the structure and planes of the human face. Explore your individual style and subject matter through artistic problem-solving and critical thinking.

1/27-3/19 T,TH 6 - 8 p.m.
Rumbaugh
Pine Middle School \$189

Calligraphy: The Letterary Arts

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 award-winning instructor will show you how rewarding it is to learn this graceful artistry. \$5 materials fee

3/17-4/7 T 2 - 4 p.m.
Foldvary-Anderson
TMCC Meadowood Center S103 \$69

Coloring Between the Lines with Colored Pencils

Create greater depth and interest in your 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 nice to fabulous. Practice in a coloring book fashion to experience this novel process of looking, playing and experimenting with color. This technique applies to other mediums as well. \$5 materials fee

3/18-4/8 W 2 - 4 p.m.
Foldvary-Anderson
TMCC Meadowood Center S103 \$69

"This class really got my creative juices flowing again."

-Amy M., colored pencils student

Oil Pastel Smudge: Landscapes, Abstracts and Flowers

Create beautiful landscapes in minutes with oil pastels. Whether you are a beginner or have some experience, this is a straightforward, simple-to-learn artistic style. Look at the world and art differently as you finish five to eight images ready for framing, cards and gift giving. \$10 materials fee

4/14-4/28 T 10 a.m. - 12 p.m.
Foldvary-Anderson
TMCC Meadowood Center S103 \$69

Decorative Tole Painting

Enjoy this folk art of painting acrylics on wooden surfaces and objects as you learn the art's origins and terminology. Practice surface preparations, the right way of holding and loading paint onto different brushes, a variety of strokes, mixing and floating color to produce shading and highlights. \$25 materials fee

3/9-4/13 M 6 - 9 p.m.
Adams
TMCC Meadowood Center S103 \$159

Bob Ross: Painting Nevada

Learn how to paint a desert scene in the shape of Nevada. The Bob Ross wet-on-wet painting method is easy to learn, even for beginners. This technique leads you step-by-step into the wonderful world of art. \$45 materials fee

4/16 TH 5:30 - 8:30 p.m.
Burkhart
TMCC Meadowood Center S103 \$39

HOT!

Advanced Watercolor Technique

Explore and refine a variety of watercolor techniques to discover your own style while learning more versatile possibilities for watercolor painting. Use color theory, composition and design to make your paintings shine. Prerequisite: Watercolor Technique I and II

2/3-2/24 T 1 - 5 p.m.
Nichols
TMCC Meadowood Center S103 \$129

HOT!

Advanced Watercolor Technique II

Further refine your painting style as you explore a greater range of watercolor painting possibilities. Rely on your imagination, sketches, prior paintings, photos and other source materials for individual paintings while focusing on composition, design and your continued artistic development. Prerequisite: Watercolor Technique I and II and Advanced Watercolor Technique.

3/3-3/24 T 1 - 5 p.m.
Nichols
TMCC Meadowood Center S103 \$129

Make Art Your Business

Let your left brain know what your right brain is doing. Take your art to the next level by making it your business. Learn alternate ways to present yourself as an artist and discover excellent resources for marketing and promotion of your arts company. The instructor, an award-winning designer, is happy to share her art business knowledge with you to give you the competitive edge.

4/16-4/30 TH 2 - 4 p.m.
Foldvary-Anderson
TMCC Meadowood Center S324 \$59

Textiles

Sewing

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.

1/28-4/1 W 6:30 - 9:30 p.m.
Pelham
TMCC Meadowood Center S103 \$169

HOT!

Quilting

Experience the joy of piecing together colorful fabrics to create traditional, yet practical works of art. Practice safe rotary cutting techniques while learning about quilting tools, fabric selection, design, piecing, sewing construction, applique and binding. Complete a quilting project and acquire the skills to continue this rewarding, artistic craft. \$10 materials fee

2/21-4/18 S 9 a.m. - 12 p.m.
Ford
TMCC Meadowood Center S104 \$169

Glass Art

Glass Fusion

Experience the beauty and fun of creating glass art through basic fusing, design, glass cutting, grinding and fixing techniques. You will look forward to showing off the wonderful art you've crafted. \$30 materials fee

2/20-2/21 F 5:30 - 8 p.m.
S 8 - 10 a.m. OR
4/17-4/18 F 5:30 - 8 p.m.
S 8 - 10 a.m.

Howell
Kadam Glass \$79

Watch our glass fusion class video!

<http://bit.ly/glassfusion>

Flamework Bead Making

Fashion stunning glass beads using a torch and the same technique artisans have used for more than 3,000 years. Discover the basics of this fascinating decorative and functional art form as you build a bead, make stringers and twisty stringers, use frit and silver foil, and learn to set up and operate a propane-oxygen torch. \$40 materials fee

2/10-2/12 T,TH 6 - 9 p.m. OR
4/14-4/16 T,TH 6 - 9 p.m.
Tachihara
Tapestry Glass Studio \$99



Food and Beverage



NEW!

Healthy Lunchbox for a Busy Family

Get your family on the path to better nutrition. Learn the basics of meal planning, creating positive food behaviors and involving your kids in that process. You'll discover necessary nutrients for tweens and teens, how to cook for a picky eater, eating on a budget and the best foods to enjoy on-the-go.

2/17-3/10 T 9:30 - 10:30 a.m.
Saint Mary's Fitness Center \$199

Paleo Lifestyle

Discover the paleo diet as a way to combat obesity, America's biggest health challenge. Explore the science of paleo foods for weight loss and athletic performance and potential paleo benefits for those with autoimmune diseases like diabetes. Make better food choices and learn which foods to avoid. \$25 materials fee

2/17-3/10 T 7 - 9 p.m.
Walker
TMCC Meadowood Center S324 \$79

Challah, Traditional Jewish Bread

Have a fun time learning to bake challah, the traditional bread served on the Jewish Sabbath. Discover some of the rich heritage of Judaism while you enjoy a nosh of traditional Jewish food.

4/23 TH 6 - 8 p.m.
Beyer
Temple Beth Or \$39

HOT!

Homemade Pasta

Making fresh, simple pasta is easier than you might think. With only a handful of ingredients, you can make one of the all-time favorite comfort foods. You'll create three versions—spaghetti, linguine and gnocchi—using whole wheat and regular flours. You'll also learn to make a few simple pasta sauces to complete the meal. \$10 materials fee

2/26 TH 6 - 8:30 p.m.
Long
Damonte Ranch High 117 \$39

"This class was fun! It was neat learning how to make my own pasta, and working with the other students in the class was quite enjoyable."

-Saray W., pasta student

HOT!

Scrumptious Pies from Scratch

Learn how to make perfect pies, from pie crusts to cream, custard and fruit fillings. Discover tips for choosing fruit, several thickener options and a short history of the American pie. Spend the second class hour creating your own delicious, handcrafted pie from scratch, to share with your family. \$10 materials fee

3/19 TH 6:30 - 8:30 p.m.
Deason
Damonte Ranch High 117 \$39

Easy Bread Making

Learn the step-by-step, hands-on process of bread making. Make yeast dough for popular breads like focaccia, ciabatta and pizza. Learn how yeast works and the importance of its freshness. Discover why fresh ingredients are crucial to producing delicious breads at home. \$10 materials fee

3/26 TH 6 - 8:30 p.m.
Long
Damonte Ranch High 117 \$39

Cake Decorating: Fondant

After you've taken the Buttercream course, learn to decorate with fondant. It's an edible clay frosting that is beautiful on cakes, whether you're covering the whole cake or just using embellishments to create a one-of-a-kind piece of art. \$33.99 materials fee

2/23-3/30 M 6:30 - 8:30 p.m.
Thez
Biggest Little Cake Shoppe \$59

Royal Icing Flowers

Use this smooth, hard-drying icing to create cake flowers and trims. Make these decorations in advance and place them on your cake when you're ready. Once hardened and properly stored, these decorations will not soften or crumble. \$25.99 materials fee

4/13-4/27 M 6:30 - 8:30 p.m.
Thez
Biggest Little Cake Shoppe \$49

Home and Garden

Wood I, II or III

Shape wood by learning how to work safely with a planer, jointer, table saw, hand-held power tools, belt sander and more. Start with cutting boards and benches and then continue with more complex projects suggested by you or the instructor. Learn about finishing techniques such as sanding and staining. Advanced students will design and create their own masterpieces ranging from boxes to furniture. \$30 materials fee

1/28-5/6 W 6:30 - 9:30 p.m.
Hayes/Sutherland
Clayton Middle School \$219

Basic Home Repair

Save money and avoid scheduling repairmen by fixing it yourself! Learn from a local construction professional how to do light repairs on drywall, plumbing, electrical and carpentry. \$20 materials fee

2/4-3/11 W 6 - 8 p.m.
Shumway
TMCC/IGT Applied Technology Center \$99

Upholstery

Develop the skills necessary to do your own upholstery work as you learn the tools and materials of the trade. Start with frame construction and work your way through webbing, spring tying, sewing and fabric layouts as you give new life to a piece of your own furniture. \$30 materials fee

3/5-4/9 TH 6-9 p.m.
Murdoch
TMCC Meadowood Center S103 \$99

High Desert Gardening Basics

Get better results in your garden by understanding the horticultural conditions of northern Nevada. Learn proper pruning of trees, shrubs, perennials and roses. Discover how to recognize damage from insects, diseases and cultural problems. Enjoy gardening success while minimizing cost and labor.

4/1 W 6-9 p.m.
Adams
TMCC Meadowood Center S315 \$49

HOT!

High Desert Edible Gardening

Grow the fruits, vegetables and herbs you love despite living in a desert climate. Learn the appropriate conditions for the development of your plants and watch your hard work come to life. Organic methods of fertilization, pest control, companion planting and crop rotation will all be discussed in class, as you will be eating the items you learn to grow.

3/18 W 6-9 p.m.
Adams
TMCC Meadowood Center S315 \$49

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 permaculture and fire-safe gardening. Be able to select and plant edible and ornamental trees, shrubs, perennials, annuals, ground covers and lawns.

3/25 W 6-9 p.m.
Adams
TMCC Meadowood Center S315 \$49

NEW!

High Desert Xeriscape Gardening

Overcome Nevada's unique gardening challenges by learning which plants to select and how to work the soil to maximize the success of your garden. Discover how to water during times of drought and increase your home's safety from wildfires.

4/8 W 6-9 p.m.
Adams
TMCC Meadowood Center S315 \$49

Why take a gardening class?

Gardening "therapy" has been found to relieve anxiety and depression, as well as improve heart disease and post-surgery recoveries, according to an article in USA Today.

Floral Arranging for Fun: Spring Colors

Create beautiful flower arrangements like a pro that will 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. Classes that fall near a holiday will explore ways to make holiday-themed pieces that are great to use as gifts or to decorate your home or office. Take home your colorful creation after each class. Every class makes unique designs so repeat students are welcome.

4/7-4/14 T 5-6:30 p.m.
Henderson
Sparks Florist Design Center \$59

"It was fun to take my flowers home! I created easy arrangements that I can make again at home."

-Theresa K., floral student

NEW!

Moving 101

Save time and money, safeguard your valuables, and organize your possessions for a smooth transition to your new location. Discover best practices for storing belongings during a home renovation.

4/18 S 12-3 p.m.
Tolliver
TMCC Meadowood Center S300 \$39

Music



NEW!

Music Appreciation Lite

Enjoy exploring the basics of music, without the pretension, and find out how it's evolved over the centuries. Learn about musical forms and structures, the uniqueness of each musical instrument, influential composers who were the rock stars of their time, and why a symphony is not a concerto. Every session will be a treat for your ears.

2/12-3/19 TH 5:30-7 p.m.
Ross
TMCC Meadowood Center S106 \$49

Voice

Feel comfortable and confident singing, whether it's with your radio or in public. Find out how to sing vowels and breathe properly along with how to use warm-up exercises, phrasing techniques and musical stage presence.

1/26-5/11 M 7-9 p.m.
Lee
Swope Middle School \$149

"You get to learn so many new things. It's a great class for anyone who wants to know more about singing."

-Aliana R., Voice student



Ukulele

Learn basic techniques that will get you started playing the ukulele. Experience the joy of creating your own music in a variety of song styles including folk, rock, country and classical, and try your hand at ensemble playing. Develop skills with open chords and strum patterns, practice note and rhythm playing, and begin to read music. Ukulele, book and music stand required.

1/27-6/9 T 6:30 - 8 p.m.
Hollman/Stern
Aria School of Music & Art \$109

Jazz Ensemble

Channel your inner Duke Ellington or Benny Goodman by joining a traditional 18-piece big band that plays everything from standard dance band music to more contemporary literature. Hone your reading and improv chops as you develop new musical skills. You must be able to read at an advanced high school level, and you must audition for this class if you are not already a member.

1/29-4/30 TH 7 - 9:30 p.m.
Molt
TMCC Vista Bldg B206 \$60

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

1/29-5/7 TH 6:30 - 8:30 p.m.
Smith
TMCC Red Mountain Bldg 242 \$119

Why take a music class?

"Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything." –Plato

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. Book required.

4/7-5/26 T 6 - 8 p.m.
Trotter
TMCC Meadowood Center S320 \$99

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 and improvisation. Book required.

4/8-5/27 W 6 - 8 p.m.
Trotter
TMCC Meadowood Center S320 \$99

Watch our guitar class video!
<http://bit.ly/guitarvideo>

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. Book required.

4/9-5/28 TH 6 - 8 p.m.
Trotter
TMCC Meadowood Center S320 \$99

Photography

Photographing the Quiet Beauty of Winter

Find out how to easily overcome the challenges of winter photography, so you can capture the essence of this photogenic season. Through a lecture and photography field trip, further develop your photography skills by strengthening your composition and use of natural light, color, patterns and textures. Furnish your own transportation, winter walking gear and camera equipment.

1/31 S 9 a.m. - 12 p.m.
Vollmer
TMCC Meadowood Center S320 \$94

Why take photography?

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

Photo Basics

Capture the images you've always wanted with your camera. Learn about the different functions and features so you can take compelling scenics, portraits and more. Explore using the flash, macro, zoom and self-timer tools, as well as become familiar with your camera's menu. You'll also learn about selecting, using and caring for your memory cards and batteries.

3/24-3/26 T,TH 6 - 9 p.m.
TMCC Meadowood Center S321 \$99

View the video on our photo basics class!

<http://bit.ly/camerabasics>

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. By building upon your own working knowledge of your camera, increase your knowledge about camera settings and simple accessories to take full advantage of nature's glow.

4/18 S 9 a.m. - 12 p.m.
Vollmer
TMCC Meadowood Center S320 \$94

Writing

Symbolism in Literature

Add intriguing layers of meaning and complexity to your writing through symbolism. Explore the use of various symbols to enhance your writing and how to address symbolism in a natural, unforced way.

1/29-3/26 TH 6 - 8 p.m.
Castleman
TMCC Meadowood Center S320 \$119

“Great class! Symbolism adds profound depth and meaning to a story. Get inspired, release your creativity, take your story to new heights! Virginia is a brilliant writer and teacher.”

—Cheryl B., symbolism student

NEW!

Read and Go: Explore Twain's West

Experience what Mark Twain experienced of the Wild West and wrote about in the book *Roughing It*. Examine the art of the memoir and compare showing to telling in Twain's writing. Discover how he was able to draw readers into his characters and the unfolding of history. Engage in a writing exercise and then visit the Twain museum in Virginia City for a firsthand look at his old stomping grounds. Book required. Transportation and museum fee not included.

3/17-3/28 T 5:30 - 7:30 p.m.
T 5:30 - 7:30 p.m.
S 10 a.m. - 1 p.m.
Castleman
TMCC Meadowood Center S300 \$59

Word Up: 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.

2/21 S 10 a.m. - 12 p.m.
Slater
TMCC Meadowood Center S300 \$39

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

1/24 S 10 a.m. - 4 p.m.
Grimes
TMCC Meadowood Center S300 \$79

Fiction Plotting

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

1/31 S 10 a.m. - 4 p.m.
Grimes
TMCC Meadowood Center S324 \$79

Novel Writing

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

3/4-3/25 W 6 - 8 p.m.
Grimes
TMCC Meadowood Center S320 \$99

Creative Writing

Relate your stories in an engaging fashion that will captivate readers. Explore all the elements of writing including character, plot, theme, setting and point of view. Discover the primary character types as you learn from a published author how to write for children and adults.

1/26-3/23 M 6 - 8 p.m.
Castleman
TMCC Meadowood Center S320 \$119



HOT!

TMCC Writers' Conference

Meet outstanding creative leaders who will help you hone your craft, better market your work and explore your publishing options. David Kranes, novelist and artistic director of the Sundance Playwrights Lab, will share how to create realistic and compelling dialogue. Self-publishing phenom Kristen James, who's sold more than 100,000 books in less than three years, will discuss the tactics she's used to become an Amazon bestseller. Create a strong author platform with advice from Brooke Warner. Polish your work with rewriting tips from memoirist Robert Leonard Reid and strengthen your story through point-of-view from fiction writer Eric Neuenfeldt. Discover how to stand out from the crowd with Bona Fide Books publisher Kim Wyatt and ask questions of literary agents Gordon Warnock and Elizabeth Kracht. Meet your peers and get to know our speakers in this intimate atmosphere that encourages interaction. Meet one-on-one for an optional private meeting with one of our speakers or agents for an additional \$32. Bring your lunch or purchase one from the conference for \$12 and dine with the speaker of your choice. Increase your motivation to move those creative projects forward and pursue your writing dreams. Save \$15 when you register by March 10.

4/18 S 8:40 a.m. - 4:25 p.m.
TMCC Sierra Bldg. 108 \$119

Why write?

“Don't try to figure out what other people want to hear from you; figure out what you have to say.”
—Barbara Kingsolver, Pulitzer Prize nominee.



Write An Effective Query Letter

You've finished your novel. Now it's time to let agents and publishers know about your masterpiece. Learn to write a query letter that will get your work noticed. Discover why query letters are a crucial component of getting published and the information you need to include in them. Bring your current query letter if you have one, and get ready to whip it into shape.

3/21 S 10 a.m. - 2 p.m.
Grimes
TMCC Meadowood Center S324 \$59

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 a compelling cover letter.

2/2-3/2 M 7 - 9 p.m.
Slater
TMCC Meadowood Center S300 \$179

Writing, Publishing and Marketing Your First Book or Seventh

Learn a ten-step plan to develop and complete your manuscript in just six weeks from an author of ten books, some of which have won awards and are bestsellers. Create a page-turner, whether you are writing fiction, nonfiction, a cookbook or textbook. Discover how to submit your work to a publisher, how to self-publish and how each decision effects your time, money and the percentage of profits you keep. Discuss and view forms, contracts and samples. Plus learn about PODs, ebooks and more. Focus on the six-step marketing plan which includes how to make a profit before your book is printed, setting up book signings, presenting seminars and writing news releases. \$15 materials fee

4/8 W 6 - 10 p.m.
Christensen
TMCC Meadowood Center S103 \$79

NEW!

How to Get Lucky: Breaking Into Publishing

Get honest, clearheaded advice from a prolific local author about your likelihood of getting published. Discover how and why manuscripts are rejected, how to put your best foot forward with a query letter, and lots of strategies that will increase your chances of getting lucky as a published writer.

2/28 S 10 a.m. - 12 p.m.
Slater
TMCC Meadowood Center S300 \$39

Recreation and Wellness

Dance

Social Dance

Dance well in any social setting after taking this class. Regardless of your dance experience enjoy learning the cha-cha, nightclub two-step, West Coast swing and country two-step. Singles are welcome. To better develop your partnering skills, you will rotate partners during each class.

1/26-3/23 M 7 - 9 p.m.
Renner
Piccolo School \$79

Why take dance?

Aerobic dance is just as helpful for losing weight and increasing aerobic power as cycling and jogging, according to the *Journal of Physiological Anthropology*.



Line Dancing

Pull on those boots and go scootin' with like-minded folks in a lively session of line dancing. You'll be smiling as you catch on quickly to country dance steps like Sweet Sensations and Boot Scoot Boogie. Become familiar with more intricate and challenging routines, increase your variety of dances and learn 48 and 54 count patterns that are popular at local dance clubs. Have fun in this comfortable, private classroom setting.

1/26-3/16 M 7 - 9 p.m. OR
4/13-6/1 M 7 - 9 p.m.
Wilson
Sparks Middle School \$69

Sizzling Salsa

Build on your individual styles and partnership skills while learning basic salsa moves. Practice exciting combinations in a relaxed and fun environment.

1/27-3/3 T 6 - 7 p.m.
Smith
Starlite Dance Center \$69

Belly Dancing

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.

1/30-4/24 F 5:30 - 6:45 p.m.
Carver
TMCC Red Mountain Bldg 240 \$79

View the video on our belly dancing classes!

<http://bit.ly/bellydancingclass>

Belly Dancing II

Further develop your dance technique through music interpretation, improvisation and choreography. Delve into the world of costuming.

1/30-4/24 F 6:45 - 8:15 p.m.
Carver
TMCC Red Mountain Bldg 240 \$79

NEW!

Wedding Dance

Make your wedding day truly magical by learning to dance with your partner for that special event. Select your favorite song and celebrate your love by learning romantic turns, sways and dips that will add elegance to the celebration and create a lifelong memory.

3/4-3/25 W 6 - 7 p.m.
Feilen
Never Enough Ballroom \$59

Basic Ballroom

You don't have to dance like a star to feel like one. Feel more relaxed and confident in any social situation. Learn the foxtrot, waltz, rumba, East Coast swing, tango and more. Gain an understanding and application of dance concepts, lead/follow, music interpretation, creative expression and partnership.

3/10-4/14 T 6 - 7 p.m.
Smith
Starlite Dance Center \$69

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.

4/14-5/5 T 6:30 - 8 p.m.
Rizzoli
Caughlin Ranch Elementary \$59

"It's a positive thing to do, a great stress reliever and fun."

-Morgan M., Hoop Dance student

Fitness and Sports

See also Health and Wellness, page 12. For Pilates, see page 11.



Yoga

Yoga I

Learn the principles, philosophy, movements, breathing and relaxation techniques of yoga. The focus is on the building blocks of yoga including skillful breath, basic postures, proper alignment and awareness.

1/28-3/11 W 5:30 - 6:30 p.m. OR
3/18-5/13 W 5:30 - 6:30 p.m.
MacLellan
Depoali Middle School \$99

Lunchtime Yoga

Enjoy a moderately paced yoga session that includes stretching and strength moves, along with stress relief. Improve your balance and mobility while you're having fun. All levels are welcome in this easygoing, open-structured class. Yoga mat is recommended.

1/13-2/5 T,TH 12 - 12:45 p.m. OR
2/10-3/5 T,TH 12 - 12:45 p.m. OR
3/10-4/2 T,TH 12 - 12:45 p.m. OR
4/14-5/7 T,TH 12 - 12:45 p.m.

Kurowski
TMCC Meadowood Center S308 \$99

Gentle, Restorative Yoga

Relax, de-stress 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.

1/27-3/10 T 4:45 - 5:45 p.m. OR
3/17-5/12 T 4:45 - 5:45 p.m.

MacLellan
Swope Middle School \$99

Why take yoga?

Ninety percent of people with chronic low-back pain who participated in yoga had significantly less disability, pain and depression after six months, according to the National Center for Complementary and Alternative Medicine.

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.

3/17-5/12 T 6 - 7 p.m.
MacLellan
Swope Middle School \$99



Martial Arts



HOT!

Tai Chi I

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

1/20-3/5 T,TH 6:30 - 7:30 p.m. OR
3/10-4/23 T,TH 6:30 - 7:30 p.m. OR
4/28-6/11 T,TH 6:30 - 7:30 p.m.

Jones
TMCC Meadowood Center S308 \$89

Why take tai chi?

This gentle form of exercise can prevent many ills of aging and is a great activity you can do the rest of your life, according to Harvard Health Publications.

Tai Chi II and III

If you have completed the basic tai chi course, take the next step and learn the second and third sets of the Yang Long form. You'll try new postures and sequences, and you'll continue your practice of breath work and qigong exercises for health. Discover new elements of meditation, tai chi philosophy, history and the martial aspects of the art.

1/21-3/11 M,W 6:30 - 7:30 p.m. OR
3/16-4/29 M,W 6:30 - 7:30 p.m.

Jones
TMCC Meadowood Center S308 \$89

Tai Chi Intermediate

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

1/20-3/5 T,TH 5:15 - 6:15 p.m. OR
3/10-4/23 T,TH 5:15 - 6:15 p.m. OR
4/28-6/11 T,TH 5:15 - 6:15 p.m.

Jones
TMCC Meadowood Center S308 \$89

Philippine Stick Fighting: Modern Arnis

Learn this complete system of armed and unarmed self-defense techniques. Stick fighting techniques are applied using sticks, double sticks, cane, rolled up newspaper, a knife or empty hands. Unarmed techniques encompass striking, trapping, locking, throwing and disarming.

1/23-3/13 F 6:30 - 8 p.m. OR
3/20-5/22 F 6:30 - 8 p.m.

Collins
Pine Middle School \$69

"It's great for balance and confidence!"

-Philippine Stick Fighting student

Aikido Principles

Increase harmony by learning this Japanese martial art to maintain a calm and focused mind. Aikido's basic principles can be applied to all types of attacks and conflict. The movements are circular, fun and promote good health. Through practice, you will improve all facets of your life.

2/4-3/11 W 6 - 7 p.m.

Salvatore
Aikido of Reno \$59

Cardio

NEW!

Strength and Conditioning

Master the best practices for increasing strength, whether you're an athlete or non-athlete. Learn proper lift techniques including squat, bench press and power clean and understand the importance of safety, speed and agility.

1/27-3/19 T,TH 6 - 7:30 p.m.

Snelling
McQueen High \$99

NEW!

healthSTART

Fulfill those elusive fitness and nutrition goals by transforming your behaviors. Achieve long-lasting, positive results through the combined guidance and encouragement of health coaches, personal trainers and a registered dietitian.

1/26-3/16 M 5:30 - 6:30 p.m.
Saint Mary's Fitness Center \$249

NEW!

Boot Camp Training

If you're an experienced exerciser, take it up a notch with a challenging, yet highly functional workout led by a tri-athlete. No fancy dance steps here, just hard work and great results through a combination of cardio and strength drills. A guest pass, a \$20 value, is included on the first day of class to access all fitness center amenities.

1/26-2/23 M,W 12 - 1 p.m.
Saint Mary's Fitness Center \$99

Training for a 5K and Beyond

Train to run in a local 5K race by learning the mechanics of running. Create a training plan that will reduce injury risk and maximize your success, practice supervised running and get tips on nutrition, training, running form and sports psychology. Supplies required.

3/10-4/14 T 5:30 - 6:30 p.m.

Evans
Reno High \$89

"I learned there is a correct way to run!"

-5K student

Body Sculpting

Hone your body and get fighting fit with a combination of strength training and cardio exercises. Start with a light warm-up and plenty of stretching before using a variety of weights and resistance bands to really get your muscles working. Focus on typical problem areas including your core, legs, rear, arms and stomach.

2/2-3/30 M,W 5:30 - 6:30 p.m.

Fralick
Midtown Fitness Gym \$99

Functional Interval Training

Less equipment, more workout. This incredible format combines exercises to improve both cardiovascular and muscular endurance. Not for the faint of heart. A guest pass, a \$20 value, is included on the first day of class to access all fitness center amenities.

1/26-2/23 M,F 9:10 - 10:10 a.m. OR
3/2-3/27 M,F 9:10 - 10:10 a.m.
Saint Mary's Fitness Center \$99

Release and Relieve Cycling

Feel better than ever with this workout that will leave you energized. With Schwinn's latest and greatest indoor cycling program, you'll take on a challenging and calorie-burning ride for all levels. A guest pass, a \$20 value, is included on the first day of class to access all fitness center amenities.

1/26-2/23 M,F 9 - 10 a.m. OR
3/2-3/27 M,F 9 - 10 a.m.
Saint Mary's Fitness Center \$99

Sports

Golf for Beginners

Tap into your desire to become a better sports person 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. Learn to putt, 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

3/26-4/30 TH 6:15 - 7:15 p.m.
Williams
Grand Sierra Resort Driving Range \$99

NEW!

Golf League for Adults

Keep your golf game active during the winter months with open league indoor sessions. Play nine holes each week on the simulator to compete against other players. You'll be ready to hit the outdoor courses when spring arrives.

1/29-3/5 TH 6:30 - 8:30 p.m.
Williams
Grand Sierra Resort Bunker Indoor Golf \$159

Archery

Explore a 12,000-year-old skill as a recreational sport. Learn archery safety and proper form, technique and etiquette. Use recurve and compound bows, score target archery and experience the thrill of traditional target, 3-D target and trap archery. \$35 materials fee

2/3-4/21 T 2 - 3 p.m.
Pitts
Wasting Arrows Archery \$99

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.

2/3-3/24 T 6:30 - 7:30 p.m. OR
3/31-5/19 T 6:30 - 7:30 p.m.
Samples
Midtown Fitness Gym \$69

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 washoecommunityed.org and click on Register Now, then Pilates. Classes, held at the TMCC Meadowood Center S200, are offered weekdays, weeknights and Saturdays. Cost is \$99 for eight sessions.

Feel your best: Join the TMCC Fitness Center

Take a Community Education or WDCE course and you'll qualify for membership in the TMCC Fitness Center, located at the Dandini Campus.

Get fit in our clean, convenient facility as you work out with free weights, machines and cardio equipment. Personal trainers are available to assist you year-round (call for appointment details).

Memberships are a bargain: just \$50 a semester (\$30 summer) for Community Education and WDCE students. Day passes are available for \$5. The center is open 11 a.m. to 7 p.m., Mondays through Thursdays, and 11 a.m. to 4 p.m. on Fridays.

To join us, purchase your TMCC Fitness Center membership at the cashier's office in Red Mountain building, room 318.

Why strengthen your core muscles?

A strong core gives you better posture, which in turn can slow down the aging process compared to those who slouch, wrote Emma Haak in *O Magazine*.

Watch the video about our Pilates class!

<http://bit.ly/pilatesvideo>

Pilates: Pelvic Floor Pilates for Women

Increase your pelvic muscular strength and endurance through Pelvic Floor Pilates, or Ppilates. Go beyond Kegel exercises and explore the physiology behind pelvic muscular function. Ppilates is ideal for women with urinary incontinence, pre- or post-natal pelvic floor weakness or bladder control issues.

4/27 M 6 - 9 p.m.
Dobler
TMCC Meadowood Center S308 \$39



Health and Wellness

NEW!

Changing Your Operating System

Transform your fear of change and transition by learning tools that will reboot your life and equip you for long-term success. Identify the changes you want to make with help from the author of "Reboot Your Life," an essay in the newest Chicken Soup for the Soul series.

3/28 S 12-4 p.m.

Zackery

TMCC Meadowood Center S300 \$49

Therapeutic Massage for Couples

Maybe it's time you and your partner rediscovered the healing effects of physical touch. Give each other the gift of relaxing Swedish massage, surrounded by soothing aromatherapy. Partners will learn and practice techniques and prepare massage oil that can easily be created at home. Massage is a relaxing way to celebrate life. Wear your swimsuit and comfortable clothes. Price covers two individuals, and you must have a partner. \$5 materials fee

2/7 S 9 a.m. - 2 p.m.

Anderson

TMCC Meadowood Center S217 \$79

Meditation

If a health professional suggested meditation or if you need to create peaceful space in a busy schedule, this is the class for you. A number of techniques will be presented so you may select a meditation style which best fits your personal needs.

3/2-3/30 M 6-8 p.m.

Anderson

TMCC Meadowood Center \$79

"Many different ideas and techniques were presented, so we could choose what best fits our needs."

-Gabrielle R., Meditation student

Pfirates: Pelvic Floor Pilates for Women

Increase your pelvic muscular strength and endurance through Pelvic Floor Pilates, or Pfirates. Go beyond Kegel exercises and explore the physiology behind pelvic muscular function. Pfirates is ideal for women with urinary incontinence, pre- or post-natal pelvic floor weakness or bladder control issues.

4/27 M 6-9 p.m.

Dobler

TMCC Meadowood Center S308 \$39

Paleo Lifestyle

Discover the paleo diet as a way to combat obesity, America's biggest health challenge. Explore the science of paleo foods for weight loss and athletic performance and potential paleo benefits for those with autoimmune diseases like diabetes. Make better food choices and learn which foods to avoid. \$25 materials fee

2/17-3/10 T 7-9 p.m.

Walker

TMCC Meadowood Center S324 \$79

Outdoors



Bald Eagle Expedition

Experience the largest wintering bald eagle population in the continental United States, in the Lower Klamath Basin of northeastern California. We'll find these regal creatures all around us, perched on fences, ice lakes and in trees, along with potentially thousands of tundra swans, snow geese and other wintering waterfowl. Transportation, food and lodging not provided.

Lecture: 1/21 W 6:30 - 8:30 p.m.

Field Trip: 1/30-2/1 F-SU All Weekend

Gubanich

TMCC Meadowood Center S324 \$89

Why engage in an outdoor activity?

Breathing fresh air in a natural, serene environment helps many to relax, while reducing anxiety, according to Livestrong.com.

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 visit Bodega Bay, then tour Point Reyes on Sunday morning. Transportation, lodging and food not provided.

Lecture: 4/8 W 6:30 - 8 p.m.

Field Trip: 4/17-4/19

F-SU

All Weekend

Gubanich

TMCC Meadowood Center S300 \$89

How to Identify Birds, Local and Elsewhere

Learn the fundamentals of bird identification from the vice president of the Lahontan Audubon Society. If you don't know a sparrow from a swallow or wonder why we have bluebirds instead of blue jays in Nevada, you'll be able to identify all the birds in your yard and also the birds where you hike, camp or relax. Explore the best equipment and bird guides to use and get up-to-date knowledge on the latest technological gadgets available for birding. An optional field trip will let you practice your skills in a real-life situation.

Lectures: 3/17-3/19

T, TH

6-9 p.m.

Field Trip: 3/21 S

8-11 a.m.

Gubanich

TMCC Meadowood Center S117 \$59

"Dr. Gubanich presents the material in a very entertaining way. He's patient and engaging and he encourages his students to observe the different bird characteristics."

-Paula F., bird identification student

Under The Night Sky

Gain insight into what you're actually seeing when you star gaze with the assistance of a professional outreach astronomer. Explore galaxies, planets and stars, stellar evolution and how planetary systems are formed. Gain an understanding of the 4-dimensional view into space and the basics of telescope viewing, including what can and cannot be seen through the eyepiece. During the last class see what you've been learning about when you visit the MacLean Observatory to view astronomical phenomena through its powerful telescopes.

3/10-3/31 T 7-9 p.m.
Berendsen
TMCC Meadowood Center S210 \$69

Beginning Fly Fishing

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

4/25 S 8:30 a.m. - 12:30 p.m.
Wharton
Hidden Valley Regional Park \$50

Why exercise outside?

Those who exercise outdoors tend to work out longer, since they are distracted by the environment, and blast more calories as varied terrain offers a more complex workout, according to *Women's Health*.

NEW!

Basic Bike Repairs

Give your bike a once-over so it's ready for all of your riding adventures. Get it running optimally as you learn how to perform a basic tune-up and maintain your current ride.

4/27 M 6-8 p.m.
Peloton Bike Shop \$39

Special Topics

Beauty



Makeup Made Easy

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

1/25 SU 11 a.m. - 1:30 p.m. OR
2/22 SU 11 a.m. - 1:30 p.m.
Samuels
TrésImage Salon \$39

HOT!

Braiding for Beginners

Give your hair a braiding makeover. Learn the beautiful, ancient art of braiding hair, from basic styles to advanced. Practice with different methods including traditional, French, fishtail, five-strand, waterfall and rope.

3/16 M 4:30 - 6:30 p.m.
Chachas
TrésImage Salon \$39

"It was exactly what I wanted.
Now all the girls at work want me
to show them what I learned!"

—Kimberly K., braiding student

NEW!

A Spiritual Quest Across Spain

Delve into the spiritual practice of pilgrimage by hearing the first-hand account of the instructor's 500-mile spiritual quest. Learn what it was like to walk along the ancient Camino de Santiago de Compostela, The Way of St. James, across Northern Spain. Her encounters traveling through the Pyrenees mountains, ancient cities and forlorn villages will be illustrated with stories and photos of the journey.

3/10 T 6-8:30 p.m.
Nichols
TMCC Meadowood Center S320 \$39

Cultures and Religions

NEW!

Religion Goes to the Movies

Religion and spirituality have been cinematic themes since movies began. Explore how four contemporary films and several short documentary films portray religion and why these films affect us. Discover whether movies mimic life and vice versa, and how these films are made, from script to post-production.

3/5-3/26 TH 6-9 p.m.
Zackery
TMCC Meadowood Center S205 \$59

A Course in Miracles, An Introduction

Increase your awareness of the power of love and remove obstacles that impede it by studying this spiritual guidebook. Scribed by medical psychologists, this non-denominational book will advance your personal journey, while you receive guidance from a long-time marriage and family counselor. Discover how this course came to be and explore the meaning of its text. \$15 materials fee

3/3-3/10 T 6-8 p.m.
Schaeffer
TMCC Meadowood Center S320 \$49



World Religions

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

2/4-3/4 W 6-9 p.m.
Zed
TMCC Meadowood Center S324 \$169

Why take cultural classes?

Northwestern's Adam Galinsky showed that studying another culture can help increase creativity.

Judaism

Gain insight into Judaism and the history of Jewish people by engaging in an open dialog. Explore denominations and their differences, holidays and rituals, and how Judaism differs from Christianity.

2/5-2/26 TH 6-7:30 p.m.
Beyer
TMCC Meadowood Center S324 \$79

"There were many aspects about Judaism I was not previously aware of, which I am glad now to know."

-Zachary B., Judaism student

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.

2/10 T 6-9 p.m.
Zed
TMCC Meadowood Center S320 \$39

Languages



Mandarin Chinese

Learn basic conversational skills for the most widely spoken language of China. Practice the most commonly used greetings, phrases and questions used in everyday conversation while gaining an understanding of Chinese culture through its traditions, history and geography. The class is taught by an instructor from China who is fluent in both English and Mandarin Chinese.

2/3-3/24 T 5:30-7 p.m.
Nelson
McQueen High School S120 \$159

Conversational Spanish I

If you know a little bit of Spanish or none at all, this class will teach you beginning conversational skills. Have fun learning phrases in a safe environment. No grammar is presented in this course.

1/21-3/25 W 5:30-7 p.m.
Sefchick
TMCC Meadowood Center S104 \$159

Conversational Spanish II

If you speak some Spanish and are looking for a way to practice and refine your conversational skills, this class is for you. A number of interesting topics including Hispanic culture will be covered. The class will be conducted entirely in Spanish.

4/1-4/29 W 5:30-7 p.m.
Sefchick
TMCC Meadowood Center S104 \$79

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.

4/13-5/4 M 6:30-8 p.m.
Andrini
TMCC Meadowood Center S104 \$69

Why learn a language?

Psychology and Aging reports that learning a second language can help offset age-related cognitive losses.

Practical French I

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.

1/27-4/14 T 6-8:30 p.m.
Seelye
TMCC Meadowood Center S120 \$179

Practical French II

Take this intermediate step from French beginner to full conversationalist, or reinforce your knowledge of French and learn more advanced material through a relaxed approach to this elegant language.

1/29-4/2 TH 6-8:30 p.m.
Seelye
TMCC Meadowood Center S120 \$159

Practical French III

Practice your reading and speaking skills as you further your understanding of French. Delve deeper into grammar, vocabulary and pronunciation while also discussing France, its culture, places to visit and current events.

1/29-4/2 TH 2:30 - 5 p.m.
Seelye
TMCC Meadowood Center S120 \$159

Practical Italian I

Enrich your Italian cultural experience by learning common expressions of courtesy along with travel vocabulary, hotel lingo, food, shopping and sightseeing greetings. Practice pronunciation and conversations in class. \$3 materials fee

2/4-3/25 W 6:30 - 8:30 p.m.
Manca
Swope Middle School \$159

Money and Investing



HUD Properties for First-time Home Buyers

Learn the benefits of purchasing a HUD home and how to successfully navigate the system. Understand what a HUD property is, the basics of purchasing and financing your purchase. Find out how the bidding process works, what the timelines are and how to complete the sales contract package. Locate HUD properties, approved brokers, and be aware of the idiosyncrasies of the HUD system.

1/21 W 6 - 9 p.m.
Kraus
TMCC Meadowood Center S300 \$39

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. Also, gain advice on how to save money on taxes, manage investment risks and protect your assets from potential long-term health care expenses.

1/27-2/3 T 6 - 9 p.m. OR
1/31-2/7 S 9 a.m. - 12 p.m.
Costelloe
TMCC Meadowood Center S300 \$69

Budget Basics for Financial Freedom

Explore techniques to manage your finances better and pay off those debts sooner. Learn about cash management, spending and saving behaviors, how to create a budget and establish an emergency savings account. Discuss strategies to living on less than you earn, how to wisely use credit, good interest vs. bad interest, credit consolidation and loans.

1/28 W 6 - 8:30 p.m.
Silverio
TMCC Meadowood Center S300 \$39

Why learn to manage your own finances?

Seeing your wealth building first-hand helps you spend less, according to *U.S. News and World Report*.

The Power of a Plan: Women and Wealth

Discover 10 simple steps to financial freedom whether you're a stay-at-home mom, divorcee, grandmother or primary breadwinner. Review the unique investment challenges women face, how they can affect your financial future and what you can do now to overcome them. Learn to set clear financial goals, establish an investment plan and protect your assets through smart estate planning.

1/29 TH 6 - 9 p.m.
Garol
TMCC Meadowood Center S300 \$39

Stocks and Bonds

Feel confident navigating the stock market by making smarter investment decisions. Learn to manage your own assets by understanding stocks, bonds, mutual funds, options and their roles in the market.

2/4-3/4 W 6:30 - 9 p.m.
Gant
TMCC Meadowood Center S300 \$99

"Provides great information on market and investment options."

-stocks student

Estate Planning: Control Your Legacy

Estate strategies are not just for the wealthy. Discover how a strong estate plan gives you control over what is financially and personally important to you. Plan for the expected, prepare for the unexpected and position your portfolio.

2/5 TH 6 - 9 p.m.
Garol
TMCC Meadowood Center S300 \$39

NEW!

Financial Success

Gain the tools you need to develop your personalized financial strategy. Delve into different investment opportunities from the stock market and mutual funds to tax-free investing and fixed-income investments. Regardless of your age, learn how to plan for the retirement you've always wanted.

2/10-2/12 T,TH 6 - 9 p.m.
Palmer
TMCC Meadowood Center S300 \$49

HOT!

Financial Aid and Scholarships: What Parents Need to Know

If you're navigating the maze of paying for your child's college education, learn the best approach you can take to apply for financial aid and scholarships. Understand how and when to apply and how to motivate your child to advocate for herself or himself. Design your child's college roadmap. Due to space constraints, one parent per student may register.

2/26 TH 6-8 p.m. OR
3/23 M 6-8 p.m.
Wurm
TMCC Meadowood Center S315 Free

Tax Talk

Feel calm and confident when you file your income tax return. Learn about new tax changes this year, age limits on claiming your children as dependents, and what to do if you've made an error on your tax return. Understand your filing status, itemized and standard deductions and how to accurately complete tax forms.

3/17 T 6-8 p.m.
Garol
TMCC Meadowood Center S320 \$39

Build Your Portfolio on \$50 a Month or Less

Give yourself the gift of financial security. Discover how to safely turn fifty dollars a month into one hundred thousand by using proven techniques and create your own personal retirement fund without paying a broker. Investing is open to everyone, requires no college or even being employed. It takes very little money, creates passive income, has very low risk and is as easy as writing a check. \$15 materials fee

4/9 TH 6-9 p.m.
Christensen
TMCC Meadowood Center 306 \$49

HOT!

Free Vacations, Plus Make Money Doing It

You can still afford a vacation. Learn hundreds of ways to get free airline tickets, hotels, cruises, tours, car rentals, meals and more. Discover how to maximize your frequent flyer miles, get bumped and fly for free. Fly as an air courier, teach English, get a tour guide job or organize your own tours for family and friends. Write articles, shoot photos, volunteer or get paid to drive. Learn the best travel web sites, tips on packing light, solo travel, safety, health, culture, the seven effective ways to negotiate, and the 50 most important words in any language that will empower you to travel anywhere. Your instructor has traveled to 80 countries and 40 states. \$15 materials fee

3/26 TH 6-9:30 p.m.
Henry
TMCC Meadowood Center S117 \$39

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. Support our children's education by visiting washoeschools.net/volunteering Click on opportunities and check out all the many requests for help. We also seek organizations and businesses to volunteer.

Call us at 348-0346 or email volunteerservices@washoeschools.net if you have an interested group.

Special Interest

Make Great Movies

Making movies is terrific fun, and most new cameras include a video feature. New moviemakers will learn how to tell engaging stories, capture memorable images and add exciting soundtracks. It's your ticket to the tools, techniques and terms you need to make great movies. \$5 materials fee

4/16-4/23 TH 6-8:30 p.m.
Adams
TMCC Meadowood Center S300 \$49

"I have an idea of how to film now."
 -movies student

NEW!

Dyslexia Strategies

Learn the causes of dyslexia and other reading disorders, and use the simple Reading Vision System to overcome those difficulties. Discover why many disorders like dyslexia, migraine, autism and Tourette's syndrome have a similar origin. Participants are encouraged to attend with a child or student who is a struggling reader, so both feel confident with the system. Price per couple.

2/24-3/3 T 6-9 p.m.
de Braga
TMCC Meadowood Center S203 \$49

NEW!

Read and Go: Explore Twain's West

Experience what Mark Twain experienced of the Wild West and wrote about in the book *Roughing It*. Examine the art of the memoir and compare showing to telling in Twain's writing. Discover how he was able to draw readers into his characters and the unfolding of history. Engage in a writing exercise and then visit the Twain museum in Virginia City for a firsthand look at his old stomping grounds. Book required.

3/17-3/28 T 5:30 - 7:30 p.m.
T 5:30 - 7:30 p.m.
S 10 a.m. - 1 p.m.

Castleman
TMCC Meadowood Center S300 \$59

Silver College

Silver Arts

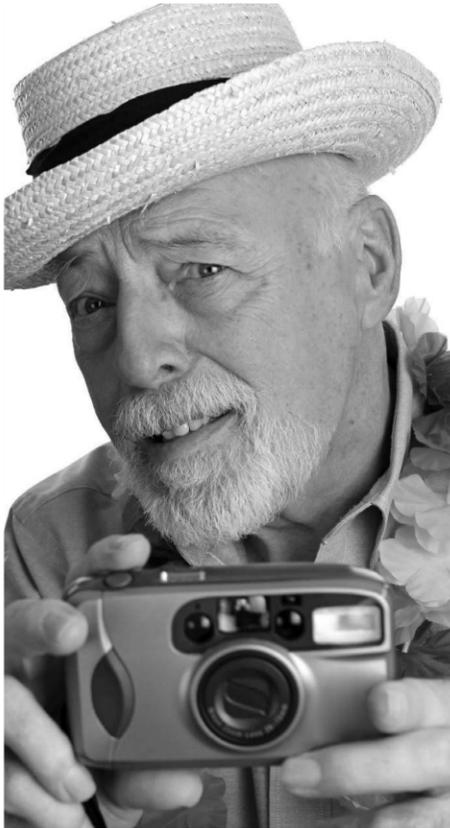


Photo Basics

Capture the images you've always wanted to with your camera. Learn about the different functions and features of your camera so you can take compelling scenics, portraits and more. Explore using the flash, macro, zoom and self-timer tools, as well as become familiar with your camera's menu. You'll also learn about selecting, using and caring for your memory cards and batteries.

2/2-2/23 M 9 a.m. - 12 p.m.
Welch
TMCC Meadowood Center S115 \$79

Creative Writing

Channel your inner Jane Austen or John Steinbeck. Explore a variety of creative writing genres including non-fiction, fiction and poetry and see which ones you'd like to write. Develop your unique writing voice and style while tapping into your creativity.

2/3-4/7 T 1-3 p.m.
Brown
TMCC Meadowood Center S324 \$99

The Pleasures of Poetry

Discover the delights of reading and writing poetry in this combination of discussion and solo writing time. Explore a variety of classic and modern poets, and experiment with several styles of writing poetry to find the one that best expresses your talent.

4/16-4/30 TH 1-3 p.m.
Olds
TMCC Meadowood Center S300 \$49

Silver Watercolor

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. Materials required.

1/8-1/29 TH 9 a.m. - 12 p.m. OR
2/5-2/26 TH 9 a.m. - 12 p.m. OR
3/5-3/26 TH 9 a.m. - 12 p.m.
Nichols
TMCC Meadowood Center S103 \$59

Photoshop Elements

Unleash the artist inside you through the digital computer palette of Photoshop Elements, a mid-range photo editing software. Take the images held captive inside your camera and jazz them up to create eye-popping photos. Learn how to use this software's wide array of features including the organizer and editor. If you have photos scattered all over your computer in hundreds of folders, this class will help you get organized.

3/11-3/25 W 9 a.m. - 12 p.m.
Welch
TMCC Meadowood Center S115 \$79

"I really enjoyed the class and walked away with a much better knowledge of the program."

-Photoshop Elements student

Silver Guitar

Fulfill your lifelong dream to play guitar. Develop skills in basic chord strumming and note reading by playing standard songs from folk, country, pop, jazz and classical styles.

1/7-2/25 W 3:30 - 5 p.m.
Trotter
TMCC Meadowood Center S320 \$89

HOT!

Piano I

You may have never played before or you might want to pick up where you left off. Develop your musical creativity, build piano skills and have fun learning all the basics of piano playing, sight-reading and playing by ear.

2/5-3/19 TH 10 - 11 a.m.
Smith
Steinway Piano Gallery \$69

Watch the video on our photo basics class!

<http://bit.ly/camerabasics>



Piano II

Review all major keys and accompaniment styles in this continuation of Piano I. Gain confidence playing minor scales and chords, understand accompaniment patterns, sight-read and play by ear.

3/26-5/7 TH 10 - 11 a.m.
Smith
Steinway Piano Gallery \$69

Why take a piano class?

The benefits of playing a musical instrument—according to effectivemusicteaching.com—include: increased memory capacity, enhanced hand-eye coordination and a sense of achievement.

Piano III

Fill your home with music. If you are comfortable playing or have completed Piano II, build on concepts and lessons previously learned. Increase your confidence playing minor scales, chords and understanding accompaniment patterns, sight-reading and playing by ear.

2/5-3/19 TH 11 a.m. - 12 p.m.
Smith
Steinway Piano Gallery \$69

"A good class to become acquainted with the piano."

—Tonya C., Piano III student

Piano IV

Fulfill your desire to play your dream pieces. Continue to build your skills in theory, accompaniment patterns, improvisation and ensemble playing at its best.

3/26-5/7 TH 11 a.m. - 12 p.m.
Smith
Steinway Piano Gallery \$69

Silver Just for Fun

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.

1/21-3/25 W 4 - 5 p.m.
Sefchick
TMCC Meadowood Center S324 \$59

Cross Country Skiing

Discover the winter backcountry pleasures and healthy exercise of cross country skiing at the Tahoe Donner ski area. You don't need prior skiing experience to enjoy the benefits of this sport, and you can learn or improve at your own pace. Supplies required.

2/6-2/20 F 9 a.m. - 1 p.m.
Holden
Tahoe Donner Cross Country \$99

NEW!

Transform a Room with Color

One of the quickest, most inexpensive ways to do a room makeover is through color, and spring is an ideal time for it. Learn to create a color palette that suits your home's personality. Discover which shades work best together, the psychology behind colors and how to choose patterns to complement your design scheme.

3/11 W 1 - 4 p.m.
Tawzer
TMCC Meadowood Center S300 \$39

Why take a Silver College class?

People aged 70 and older can extend their lives by 22 percent by keeping an active social life, according to the Australian Longitudinal Study of Aging.

Silver Technology



NEW!

Musical Heaven with iTunes

Immerse yourself in an endless variety of music, movies and TV shows by installing iTunes on your iPhone, iPad or iPod. Find out how to shop for the entertainment you want and how to organize it so you can enjoy it anywhere.

4/8 W 1 - 3:30 p.m.
Lenga
TMCC Meadowood Center S322 \$39

Computer Basics

In the world of computers, we all have to start someplace. Become comfortable with the basic terms, components and functions of a modern personal computer including the mouse, keyboard, desktop and taskbar. Experience the sense of accomplishment that comes from learning this technology.

1/20-1/29 T,TH 2 - 4 p.m.
Bennett
TMCC Meadowood Center S115 \$59

Exploring Word

Discover a wealth of word processing possibilities as you become comfortable with this software's ribbon, button, menu and command features. Create, edit and format text, and save loads of time by using templates, text effects and images to jazz up your documents.

1/20-2/5 T,TH 9 a.m. - 12 p.m.
Lish
TMCC Meadowood Center S115 \$89

Word II

Perform word-processing tasks confidently with this program's advanced formatting and drawing tools. Customize column layouts and images to build snazzy, sophisticated documents. Have fun creating a newsletter, a piece of stationery, a poster and an invitation.

2/10-2/26 T,TH 9 a.m. - 12 p.m.
Lish
TMCC Meadowood Center S115 \$89

Exploring Excel

Discover what this software can do as you enter data in cells, do basic math, format worksheets, set up pages for printing and apply mathematical formulas. Create and save a workbook, then practice creating budget reports and a simple chart.

1/26-2/11 M,W 9 a.m. - 12 p.m.
Lish
TMCC Meadowood Center S322 \$89

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.

2/27-3/13 F 9 a.m. - 12 p.m.
Lenga
TMCC Meadowood Center S322 \$49

Photoshop Elements

Unleash the artist inside you through the digital computer palette of Photoshop Elements, a mid-range photo editing software. Learn how to use this software's wide array of features including the organizer and editor. If you have photos scattered all over your computer in hundreds of folders, let us help you get organized.

3/11-3/25 W 9 a.m. - 12 p.m.
Welch
TMCC Meadowood Center S115 \$79

Communicate by Email

Become a great online communicator by learning how to check your inbox, compose, send, reply and forward emails. Manage, organize and search your email messages and attach photos and document files to an email message. Learn to create and edit a contact list and sign up for a free email account through Gmail or Yahoo.

3/2-3/25 M,W 9 - 11 a.m.
Lish
TMCC Meadowood Center S322 \$79

Navigate the Internet

Hop online and check out the amazing things you can do and the places you can go in cyberspace. Learn to use the Internet web browser to make your surfing easier and more enjoyable. Become proficient in Internet vocabulary like search engine, web site and hyperlink and find online newspapers, coupons, banking and plane reservations.

3/3-3/26 T,TH 9 - 11 a.m.
Lish
TMCC Meadowood Center S322 \$79

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.

2/27-3/20 F 1 - 3 p.m.
Lenga
TMCC Meadowood Center S322 \$59

"Wow, I learned much more than I thought I would."

-Katherine B., Buying and Selling on the Web student

View the video on our Buying and Selling on the Web class!

<http://bit.ly/webcommerce>

NEW!

Google Apps

These tools will make your life easier. Enjoy email wherever you have Internet access and create computer documents, spreadsheets and a slideshow with these free, valuable applications. Create your own simple web site using Google Sites and find your documents anywhere through Google Drive.

3/3-3/12 T,TH 2 - 4 p.m.
Bennett
TMCC Meadowood Center S322 \$59

Before You Buy an Electronic Tablet

A handheld electronic tablet offers astonishing new possibilities for communication. Learn what makes a tablet different from a personal computer and a laptop. Have fun sorting through the features, reliability and costs of different tablets like iPad and Kindle before you buy one.

2/13 F 1 - 3:30 p.m.
Lenga
TMCC Meadowood Center S322 \$39

Now That You Own an iPad

Discover the exciting communication possibilities that your iPad offers. Download and manage applications, set up an e-book account with the Washoe County Library, configure your email account, access the world of social media, learn how to use your iPad camera, or watch movies and TV shows. Find out about gesturing and how to add content to your device. Bring your iPad to class.

1/27-2/3 T,TH 9 - 11 a.m.
Lenga
TMCC Meadowood Center S322 \$59

Get to Know Your Android Tablet

Now that your tablet is out of the box, discover how to get the most out of it. From setting up your email and enjoying an e-book to changing your input methods, you'll be full of ideas about how to harness the power of your new tool. Bring your Android tablet to class.

2/3-2/10 T,TH 1 - 3 p.m.
Lenga
TMCC Meadowood Center S322 \$59



Before You Buy a Smartphone

A smartphone works as a cellphone, but that's just the beginning. It also plays music and videos, takes digital photos, sends and receives emails and offers nearly limitless other options. Before you spend money on a smartphone, compare the features and versatility of the most popular brands to know which one is right for you.

2/18 W 1 - 3:30 p.m.
Lenga
TMCC Meadowood Center S322 \$39

HOT!

Now That You Have an iPhone

Find out how easy and fun it is to access the world on your new iPhone. Experience the amazing array of functions and applications available to you and learn how to access the Internet, create photo galleries, view videos, listen to music and so much more with the touch or swipe of your finger. Bring your iPhone to class.

3/4-3/11 W 1 - 3:30 p.m.
Lenga
TMCC Meadowood Center S322 \$59

NEW!

Explore Your Android Smartphone

You bought an Android smartphone or received one as a gift. Now find out how much fun you can have with it. Learn to set up and manage its features and discover how to explore, install and effectively use the phone's available apps. Bring your Android phone to class.

3/27-4/3 F 1 - 3:30 p.m.
Lenga
TMCC Meadowood Center S322 \$59

Silver Wellness



Child Development for Grandparents

Respond lovingly and wisely when you interact with your grandchildren by understanding the milestones in their development. Learn about a different age range in each class session and share your stories and wisdom as a grandparent. Learn how you can be helpful and have fun in your grandchild's classroom.

4/7-4/30 T,TH 9 - 10:30 a.m.
Willson-Schafer
TMCC Meadowood Center S315 \$59

NEW!

Intimacy and Aging

Our sexual selves can stay alive and well into our senior years. Take part in a comfortable, honest overview of how sexual expression changes and can actually improve as we age. Learn about boundaries of safe touch and knowing when to say no, relearn the process of dating and discuss best methods for preventing sexually transmitted diseases. \$10 materials fee

3/12-4/16 TH 1 - 3:30 p.m.
Hurst
TMCC Meadowood Center S315 \$79

HOT!

Silver Yoga

Discover the multiple health benefits of yoga including greater mobility and flexibility. Relieve tight back and shoulder muscles as you improve your strength through fun stretching and strength exercises. Progress at your own pace within a structure of group personal training.

1/13-2/5 T,TH 10:30 - 11:30 a.m. OR
2/10-3/5 T,TH 10:30 - 11:30 a.m. OR
3/10-4/2 T,TH 10:30 - 11:30 a.m. OR
4/14-5/7 T,TH 10:30 - 11:30 a.m.

Kurowski
TMCC Meadowood Center S308 \$39

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.

1/20-3/5 T,TH 4 - 5 p.m. OR
1/21-3/11 M,W 10:30 - 11:30 a.m. OR
3/10-4/23 T,TH 4 - 5 p.m. OR
3/16-4/29 M,W 10:30 - 11:30 a.m. OR
4/28-6/11 T,TH 4 - 5 p.m.

Jones
TMCC Meadowood Center S308 \$79

"This class feels physically and mentally good."

—Silver Tai Chi student

Silver Tai Chi II

Elevate your tai chi skills and knowledge as you refine your form and delve deeper into the principles, history and philosophy of this ancient balanced, healing Chinese art. This course is for you if you have already taken Silver Tai Chi, the 24 Yang Short form.

1/21-3/11 M,W 5:15 - 6:15 p.m. OR
3/16-4/29 M,W 5:15 - 6:15 p.m.

Jones
TMCC Meadowood Center S308 \$79

Fitness Forever

Take a step toward lifelong wellness with gentle exercises that combine cardiovascular and strength training, both seated and standing. Improve your body's ability to perform day-to-day activities with ease and without pain while improving your flexibility, balance and endurance.

2/10-3/5	T,TH	8 - 9 a.m.
3/17-4/9	T,TH	8 - 9 a.m.
Wade		
Saint Mary's Fitness Center		\$99

HOT!

Silver Pilates

Pilates is an effective, low-impact exercise ideal for people over 60. Enhance your stamina, strength and posture while improving your balance and reducing the risk of falls. Through this activity, you'll find you move more comfortably and have more energy. Silver Pilates is a class for those who would like a slower pace while stretching and strengthening the core muscles. For days and times, visit washoecommunityed.org and click on Register Now! \$89 for eight sessions.

Kids and Teens

Camps for Kids



Winter Break Camps

Scene Study Acting Camp: Ages 6-17

Introduce your children to the magic of the stage during this high-energy week. Through storytelling and short scenes, they'll work on scene study basics, script analysis, listening and engaging with scene partners. They'll also practice cold readings, improvisation and memorization. On the final day, the children will present a performance for parents. \$25 materials fee

1/5-1/9	M-F	9 a.m. - 2 p.m.
Kidscape		
Damonte Ranch High Theater		\$199

HOT!

Minecraft Convention: Ages 7-11

Treat your kids to a Minecraft Convention. This video game lets players create and break apart blocks in 3-dimensional worlds. It's an exercise in building, exploration, creativity and collaboration, and it's a fun way for kids to learn digital skills. This game, used in classrooms around the world, educates children in subjects ranging from science and history to city planning and speaking a new language.

1/5-1/9	M-F	9 a.m. - 12 p.m. OR
1/5-1/9	M-F	1 - 4 p.m.
TMCC Meadowood Center S123		\$99

"A fun class! It builds creative minds."

-Minecraft student

NEW!

Golf Camp: Ages 8-14

Get your kids in the swing of things with a golf camp that includes instruction and putting and chipping contests. Pizza is provided the last day of class along with prizes from the driving range.

1/5-1/9	M-F	10 a.m. - 12 p.m.
Williams		
Grand Sierra Resort Bunker Indoor Golf		\$125

First Lego League Robotics Camp: Ages 9-14

Working in small robotic teams, your children will design, build, program and compete in challenges using First Lego challenge missions called Nature's Fury. These highly involved camps use Lego NXT Mindstorm EV3 robots to introduce robotics to aspiring engineers and scientists.

1/5-1/9	M-F	9 a.m. - 2 p.m.
TMCC Meadowood Center S315		\$239

HOT!

Jr. First Lego Robotics Camp: Ages 6-9

Let your children explore robotics in a playful learning environment and build actual working models using Lego moving parts. They'll learn how to work in small teams, program their models with simple motors and gears, and present their ideas in a take-home display.

1/5-1/9	M-F	9 a.m. - 12 p.m. OR
TMCC Meadowood Center S320		\$149



Spring Break Camps

Explore Archery Camp: Ages 9-14

Develop your child's coordination and upper body strength through archery. Archers will practice the fundamentals to succeed at this sport. Kids will work on proper shooting form, as well as challenge themselves. This class will leave them wanting more. \$50 materials fee

3/30-4/3 M-F 1 - 4 p.m. OR

4/6-4/10 M-F 1 - 4 p.m.

Pitts

Wasting Arrows Archery \$125

HOT!

Junior First Lego Robotics Camp:

Ages 6-9

Let your children explore robotics in a playful learning environment and build actual working models using Lego moving parts. They'll learn how to work in small teams, program their models with simple motors and gears, and present their ideas in a take-home display.

3/30-4/3 M-F 9 a.m. - 12 p.m.

Mendive Middle School \$149

First Lego League Robotics Camp:

Ages 9-14

Working in small robotic teams, your children will design, build, program and compete in challenges using First Lego challenge missions called Nature's Fury. These highly involved camps use Lego NXT Mindstorm EV3 robots to introduce robotics to aspiring engineers and scientists.

4/6-4/10 M-F 9 a.m. - 2 p.m.

Depoali Middle School \$239

HOT!

Improvisational Acting Camp:

Ages 5-15

Strengthen your children's self esteem, confidence and presentation skills by practicing spontaneity through acting. Explore hidden talents and build their abilities through improving communication skills and igniting their imaginations. The curriculum for this camp was created at Juilliard in New York City and the Yale School of Drama. This high-energy camp covers the elements of the improvisational process, emphasizing theatrical and comedic skills, stage directions and movement. Each actor will implement these tools in their scenes and recognize how this will help in school and beyond. The camp will end with a free impromptu show for parents and the community. Repeat students are encouraged to attend. \$25 materials fee

4/6-4/10 M-F 9 a.m. - 2 p.m.

KidScape

Spanish Springs High Theater \$199

NEW!

Foil Fencing Camp: Ages 10-17

Learn the Olympic sport of foil fencing and practice your lunging, parrying and riposting skills. Have fun while you sharpen your footwork, strategy and knowledge of the rules.

3/30-4/3 M-F 1 - 4 p.m. OR

4/6-4/10 M-F 1 - 4 p.m.

Korn

Reno Silver Blades Fencing Academy \$169

Teach for us!

Share your expertise with others. We're always looking for new topics to offer. Visit washoecommunityed.org and click on "Teach for Us."

More camps have been added!



Give your children an experience that will last a lifetime!

Our camps fill up quickly, so register early. To view our complete list of kids camps and classes go to washoecommunityed.org and click on "Register Now!"

Youth Classes



Beginning Guitar: Ages 9-17

There may be a potential Segovia or Eric Clapton in your house. Introduce your child to the basics of guitar playing including how to tune and care for the instrument and how to do first position, scales, chords and chord structure and basic music theory. \$10 materials fee

2/19-3/16 M,TH 3:30 - 4:30 p.m.
Maes
Pine Middle School \$99

NEW!

Indoor Golf: Ages 9-14

Give your daughter or son an entry into the sport of golf. Kids will learn the basic rules and etiquette of the game by playing in putting and chipping contests on golf simulators. Prizes will be part of the fun, and each child will take home a 7 iron or putter as a gift. \$20 materials fee

1/13-2/17 T 6 - 7 p.m.
Williams
Grand Sierra Resort Bunker Indoor Golf \$99

Foil Fencing: Ages 10-17

Experience the basics of this Olympic sport from a certified fencing master. Practice the fencing moves of lunging, parrying, riposting and footwork as you learn the strategy and rules in a fun, nurturing way.

2/3-3/26 T,TH 5:30 - 7 p.m.
Kom
Reno Silver Blades Fencing Academy \$249

NEW!

Golf Tournament League: Ages 8-14

Enroll your kids in competitive fun with match, stroke and scramble play. Kids will play nine holes of golf each week, compete for prizes in chipping and putting contests and be handicapped after the second session. They will be treated to pizza the last week of class and a take-home golf club of their own.

2/24-3/31 T 4:30 - 6:30 p.m.
Williams
Grand Sierra Resort Bunker Indoor Golf \$159

NEW!

Coloring Between the Lines with Colored Pencils: Ages 10+

Take your art from nice to wow. Learn to create depth and interest in your art through this innovative coloring technique. You'll practice in a coloring book fashion to look, play and experiment in color with a technique that applies to other mediums. \$5 materials fee

4/1-4/8 W 10 a.m. - 12 p.m.
Foldvary-Anderson
Pine Middle School \$39

Novel Writing: 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 re-usable 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 workshopped by peers and the instructor.

2/28-3/28 S 10 a.m. - 12 p.m.
Grimes
TMCC Meadowood Center S102 \$79

HOT!

Ace the SAT—Math: Ages 14+

Boost your chances of scoring high on the SAT test with in-depth preparation. Learn general strategies and approaches to the SAT, strengthen your math skills, and find tips on how to raise your scores. Discover the background and purpose of this test that is crucial to college admission. Book required.

2/21 S 9 a.m. - 3 p.m. OR
4/11 S 9 a.m. - 3 p.m.
McClish
TMCC Meadowood Center \$99



Ace the SAT—Reading/Writing Comprehension: Ages 14+

Boost your chances of scoring high on the SAT test with in-depth preparation. This course is for students who have already attempted the exam. Learn general strategies and approaches to the SAT, strengthen your reading and writing comprehension, and find tips on how to raise your scores. Discover the background and purpose of this test that is crucial to college admission. Book required.

2/28-3/7 S 9 a.m. - 3 p.m.
Walsh
TMCC Meadowood Center S117 \$179

“I’ve learned so much more than in any of my English classes and the teacher’s personality made the class exciting.”

—Ashlyn R., Ace the SAT student

Makeup 101 for Teens

Learn how to apply everyday makeup and special occasion looks for proms and formals using tools and products that will give you a polished and sophisticated appearance. We will cover proper skincare, makeup application and recommended tools and supplies. Bring a simple makeup brush set and the makeup you currently use.

2/2 M 6 - 9 p.m.
Short
TMCC Meadowood Center S103 \$39

NEW!

Makeup for Prom and Special Occasions

Instead of paying someone to do your makeup, learn how to apply makeup for proms and formal occasions using tools and products that will give you a polished and sophisticated appearance. Take your basic makeup routine to the next level and apply makeup like a pro including how to choose and properly apply false eyelashes for a more dramatic eye.

2/18 W 6 - 9 p.m.
Short
Swope Middle School \$39

OR
3/3 T 6 - 9 p.m.
Short
Depoali Middle School \$39

Wheatley Taekwon-Do: Ages 6-17

Girls and boys of all ages can improve their concentration, increase their discipline, build confidence, develop respect, and more through practicing this martial art. Your children will gain leadership skills that will help them throughout their lives. The instructor is the president of the International Taekwon-Do Federation in the United States.

Caughlin Ranch Elementary School
1/12-3/23 M 3:10 - 4:20 p.m.
\$139 OR
4/13-6/8 M 3:10 - 4:20 p.m.
\$129

Hunsberger Elementary School
1/14-3/25 W 2:50 - 4 p.m.
\$169 OR
4/15-6/10 W 2:50 - 4 p.m.
\$139

Isshinryu Karate for Kids and Adults: Ages 7+

Have your children learn this effective mixed martial art for self-defense. They’ll practice Aikido, Judo and Jiu Jitsu, as well as practice using your elbows and knees, ground techniques, physical readiness basics and tournament fighting. \$10 materials fee

1/21-3/25 M,W 6:30 - 8:30 p.m. OR
4/13-6/10 M,W 6:30 - 8:30 p.m.
Soto
Lois Allen Elementary \$99

HOT!

Kenpo Karate: Ages 5 and Up

Kindergarten to twelfth grade students 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. Children ages five through 11 attend 6:30 to 7:30 p.m., and older students from 7:30 to 8:30 p.m. See the flier sent through your child’s school or visit washoecommunityed.org.

NEW!

Dyslexia Strategies

Learn the causes of dyslexia and other reading disorders, and use the simple Reading Vision System to overcome those difficulties. Discover why many disorders like dyslexia, migraine, autism and Tourette’s syndrome have a similar origin. Participants are encouraged to attend with a child or student who is a struggling reader, so both feel confident with the system. Cost per couple.

2/24-3/3 T 6 - 9 p.m.
de Braga
TMCC Meadowood Center S203 \$49

Community Education and TMCC Workforce Development and Continuing Education Class Locations

Aikido of Reno, 135 S. Wells Ave., Reno, Bus Rt. 12

Aria School of Music & Art, 3941 S. McCarran Blvd., Reno, Bus Rt. 54

Beasley Elementary School, 2100 Canyon Pkwy., Sparks, Bus Rts. 54, 25

Biggest Little Cake Shoppe, 205 Moana Ln., Reno, Bus Rt. 6

Caughlin Ranch Elementary, 4881 Village Green Pkwy., Reno

Clayton Middle School, 1295 Wyoming Ave., Reno, Bus Rt. 3

Damonte Ranch High, 10500 Rio Wrangler Pkwy., Reno, Bus Rt. 57

DeLaMare Library, UNR, 1664 N. Virginia St., Reno, Bus Rt. 7

Depoali Middle School, 9300 Wilbur May Pkwy., Reno, Bus Rt. 56

Elizabeth Lenz Elementary, 2500 Homeland Dr., Reno

Galena High, 3600 Butch Cassidy Dr., Reno

Grand Sierra Resort, 2500 E. Second St., Reno, Bus Rts. 14, 14A

Hidden Valley Regional Park, 4740 Parkway Dr., Reno

Hunsberger Elementary, 2505 Crossbow Ct., Reno

Kadam Glass, 47 Glen Carran Cir., Sparks, Bus Rt. 18

Lois Allen Elementary, 5155 McGuffey Rd., Sun Valley, Bus Rt. 5

McQueen High, 6055 Lancer St., Reno, Bus Rts. 3, 4

Midtown Fitness, 600 S. Center St. #300, Reno, Bus Rt. 1

Never Enough Ballroom, 4016 Kietzke Ln., Reno, Bus Rt. 12

North Valleys High, 1470 E. Golden Valley Rd., Reno

Peloton Bike Shop, 1635 Robb Dr. #3, Reno, Bus Rt. 4

Pine Middle School, 4800 Neil Rd., Reno, Bus Rt. 9

Reed High, 1350 Baring Blvd., Sparks, Bus Rt. 22

Reno High, 395 Booth St., Reno, Bus Rt. 16

Reno Silver Blades Fencing Academy, 2500 Valley Rd., Reno, Bus Rts. 16, 47

Saint Mary's Fitness Center, 645 N. Arlington #100, Reno, Bus Rt. 4

Spanish Springs High, 1065 Eagle Canyon Dr., Sparks

Sparks Florist Design Center, 1440 Hymer Ave., Sparks, Bus Rts. 18, 18X

Sparks Middle School, 2275 18th St., Sparks, Bus Rt. 2

Starlite Dance Studio, 3945 S. McCarran Blvd., Reno

Steinway Piano Gallery, 500 E. Moana Ln., Reno, Bus Rt. 6

Swope Middle School, 901 Keele Dr., Reno, Bus Rt. 16

Tahoe Donner Cross Country, 15275 Alder Creek Rd., Truckee

Tapestry Glass, 4690 Longley Ln. #40, Reno, Bus Rt. 54

Temple Beth Or, 1150 Selmi Dr. #502, Reno, Bus Rts. 5, 9, 12, 15

TMCC IGT Applied Technology Center, 475 Edison Wy., Reno, Bus Rt. 14

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

TMCC Red Mountain Bldg., 7000 Dandini Blvd., Reno, Bus Rts. 15, 10

TMCC Vista Bldg., 7000 Dandini Blvd., Reno, Bus Rt. 15

TrésImage Salon, 9660 McCarran Blvd., Reno, Bus Rt. 3CL

Wasting Arrows Archery, 8975 Double Diamond Pkwy. #A8, Reno, Bus Rt. 56

Wonderland Art Annex, 2360 Wonder St., Reno, Bus Rt. 19

Wooster High, 1331 E. Plumb Ln., Reno, Bus Rt. 12

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.

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.

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.

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.



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.

Should you cancel one class and transfer into another, you will be charged a \$10 transfer fee.

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.

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 washoeschools.net 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.

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.

Self Funded Classes

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

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.

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.

Registration Form

Name _____

Street Address _____ City _____ State _____ Zip _____

Email 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.

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.

We've added more than 50 new topics. Look for the **NEW!** icon to learn more.

What's hot right now in Community Education

Find out why these courses are so popular!

- Drawing I
- Pilates with a Reformer
- Homemade Pasta
- Braiding for Beginners
- Guitar I
- Silver Tai Chi
- Free Vacations
- Advanced Watercolor Technique
- Lego Robotics 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). If your teen cannot attend a scheduled driver education course, an accredited online course is available.

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