

Exploration is ageless. We give you more possibilities.

COMMUNITY EDUCATION

April through Aug. 2016 classes



Start a wondrous journey.

Browse our hundreds of personal enrichment and professional development courses, now offered through TMCC Workforce Development and Community Education!

- **Enroll your kids in full- or half-day summer camps**, pages 18-22
- **Launch a health career in medical casting**, page 9
- **Put your lyrics to music as a songwriter**, page 12
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- **Discover what it takes to be a Hollywood screenwriter**, page 15

775-829-9010
wdce.tmcc.edu

facebook.com/WashoeCommunityEd



**Truckee Meadows Community College
Workforce Development and Community Education**

Why take a **Community Education** course?

Community Education classes:

- Are taught by experts in their fields
- Start weekly at dozens of area locations
- Are held evenings, weekdays and weekends
- Are offered in hundreds of topics

Our most popular classes fill quickly, so register today.

Here's a sampling of our most in-demand classes. To see more, look for the **HOT!** icon next to the class title.

- Clinical Medical Assistant
- eBay I and II
- Birds of Bodega Bay

- Kids' Camps
- Silver Tai Chi and Yoga
- Golf for Beginners

- TMCC Writers' Conference
- Upholstery
- Guitar I

Help your child become a safe driver



Driver's Education in the Classroom

Send your teens to school break or Saturday classes and help them build a strong base to become a safe driver. Classes are available online or at many area high schools.

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

For full details and to register, visit <http://bit.ly/CommEdDriversEd> or call 829-9010.

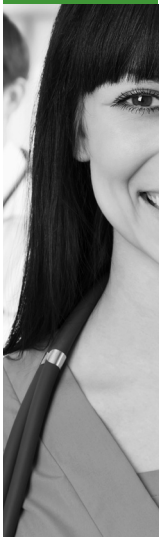
TMCC offers more education at half the cost.



Register Now for Summer Classes
www.tmcc.edu * 775-673-7111

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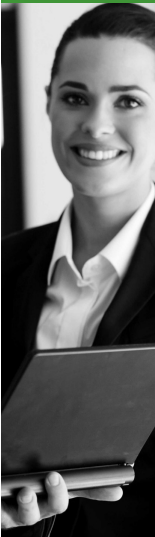
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Arts, Crafts, Photography



Most art classes require additional supplies and/or a materials fee. Supply lists for individual classes are available online at wdce.tmcc.edu.

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.

5/12-5/26 TH 6-8 p.m.
Anderson
TMCC Meadowood Center S320 \$79

Textiles

Sewing I

Explore this versatile craft, while becoming inspired by everything you can create. Make several fun projects while you practice basics such as how to use your machine, insert a zipper, follow a pattern and more. Save money by learning how to make basic clothing alterations. Supplies required.

5/11-7/13 W 6-9 p.m.
Willoughby
TMCC Meadowood Center S103 \$169

Keepsake Quilts

Repurpose clothing to create fun and meaningful quilts. Whether it's to commemorate a special event or to preserve your family's history, learn how to construct comfy quilts that tell a story. Develop artistic expression by learning basic sewing and quilting techniques. Find out how to disassemble clothing and which fabrics are best suited for quilting. Learn about different designs and variations to create a signature quilt. These quilts can be made into wall hangings, bed coverings, a lap quilt and more. Assemble fabric blocks in class and discuss finishing options. Supplies required.

4/25-5/23 M 6-9 p.m.
Banks
TMCC Meadowood Center S103 \$129

Crafts

Stained Glass I

Create stunning stained glass art using the Tiffany copper foil method. Gain glass cutting, foiling and soldering skill experience. \$30 materials fee

4/26-4/28 T,TH 5:30-8:30 p.m.
Howell
The Glass Studio \$99

NEW!

Decorative Wall Finishes

Add dimension and texture to your walls to create a special ambiance in your home. Play with several plaster and glazing techniques including Tuscan texture, and gain expert advice on how to create beautiful decorative walls. Using five to six sample boards, you'll see how to work with and without plaster, as well as how to avoid common mistakes. Supplies required. \$15 materials fee

5/2-5/16 M 6-8 p.m.
Moore
TMCC Meadowood Center S103 \$59

HOT!

Yard Art

Recycle old glass, tea cups, plates and other unique items into beautiful art for your yard and garden. Learn building techniques, esthetics and ways to glue and mount your pieces.

5/4-5/25 W 6-7:30 p.m.
Carr
TMCC Meadowood Center S103 \$79

Woodcarving

Learn the art of carving wood by discovering various types of carving, the tools and techniques for each, the characteristics of different woods and how to carve safely. You'll carve a small cowboy boot, use woodburning for detail, and then clean, oil and buff it. Beginners welcome. Supplies required.

6/8-6/29 W 2-5 p.m.
Moser
TMCC Meadowood Center S103 \$99

"What art offers is space—a certain breathing room for the spirit." – John Updike

Spinning Flag Dance

Enjoy this creative medium that combines crafting, artistic expression and dance. Build your cardio endurance, upper body strength and coordination through this trendy flow art. Start by creating your own unique pair of flags and then use them in a mesmerizing fashion. This dance is a perfect gateway into other flow arts, such as spinning fire and juggling. Through instructor demonstrations, learn spin flag dance techniques, such as the windmill, basic figure eight, side spins and more. Discover the exhilaration of moving with your beautiful, colorful silks. \$27 materials fee

7/7-7/28 TH 6-8 p.m.
Adams
TMCC Meadowood Center S10 \$49

Photography

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.

Lecture:			
4/2	S	9 a.m. - 12 p.m.	
Field Shoot:			
4/2	S	3 - 7 p.m.	
Vollmer			
TMCC Meadowood Center S105			\$89

NEW!

Sports Photography

Whether you want to capture your child's exploits on the field or seek to shoot sporting events, learn how to take great action photos. Discover which elements make for a perfect picture, how to set up your camera, where to position yourself and what equipment you'll need to be successful. Find out what photo editors are looking for and discuss the software available for editing and distributing your work. During a field trip at an area sporting event, put your newfound knowledge to use under the guidance of a professional photographer.

Lecture:			
4/18	M	6 - 9 p.m.	
Field Shoot:			
4/23	S	1 - 3 p.m.	
Upton			
TMCC Meadowood Center S315			\$69

Capture Desert's Spring Colors

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

Lecture:			
5/12	TH	6 - 9 p.m.	
Field Shoot:			
5/14	S	3 - 8:30 p.m.	
Vollmer			
TMCC Meadowood Center S105			\$89

Garden Photography

Capture the essence of beautiful gardens with the help of an expert photographer. Learn to create powerful images in public gardens or your own backyard using either your digital or film camera. Improve your images by strengthening composition, harnessing natural light, and incorporating patterns and textures. Bring your garden shots to class and gain a critique on how to improve your art.

6/4	S	9am-12pm.& 2-6pm.	
Vollmer			
TMCC Meadowood Center S105			\$89

"I learned about not only the technical side, but also emotional aspects of a photo. I loved the photo shoot location." –Karen T., photo student

NEW!

Photographing Reno at Night

Discover the secrets to capturing low-light scenes in a high-impact fashion. During the lecture, become familiar with your camera's settings, proper flash techniques and how to add nighttime effects to your photos. Then put your newfound knowledge to work during a night shoot in downtown Reno. Transportation not included.

Lecture:			
6/20	M	5:30 - 7:30 p.m.	
Field Shoot:			
6/20	M	8 - 9 p.m.	
Upton			
TMCC Meadowood Center S324			\$49

Outdoor Portraits

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

7/12-7/14	T,TH	10 a.m. - 2 p.m.	
Forsyth			
TMCC Meadowood Center S322			\$69

Digital photography courses are also offered in for-credit areas that emphasize the use of Photoshop. For details, visit schedule.tmcc.edu.

Painting and Drawing

Bob Ross Seascapes

Use Bob Ross' legacy and oil painting technique to create beautiful canvases of oceans, beaches, lighthouses, rowboats, waves, stormy skies and rocky shores. Master the ability to blend colors on canvas and properly use Ross' painting supplies and brush strokes. Supplies required. \$20 materials fee

4/7-4/21	TH	5:30 - 8:30 p.m.	
Burkhart			
TMCC Meadowood Center S103			\$99

Drawing: Circles, Patterns and Lines

Develop your drawing skills using patterns in black and white in a fashion similar to Zentangle. Work in images representing the current season, receive personal attention and use worksheets to see your abilities grow. Supplies required. \$5 materials fee

4/8-4/22	F	2:30 - 4:30 p.m.	
Foldvary-Anderson			
TMCC Meadowood Center S103			\$79

"I recommend this class because the instructor is very open and welcoming. We each received individual attention."

–Drawing circles student

Oil Pastel Smudge Technique

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. Finish five to eight images for framing, cards or gift giving for special holidays. Supplies required. \$10 materials fee

4/8-4/22 F 11:30 a.m. - 1:30 p.m.
 Foldvary-Anderson
 TMCC Meadowood Center S103 \$79

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. Supplies required. \$5 materials fee

5/12-5/26 TH 3 - 5 p.m.
 Foldvary-Anderson
 TMCC Meadowood Center S104 \$79

Pen and Ink Drawing

Nurture your creativity and have fun experimenting with inks. Combine traditional techniques with gestural lines, shapes and expressive movements. Using a variety of ink media, play with abstract, non-objective shapes and watch your artistic inhibitions fade away. Supplies required.

5/24-5/26 T-TH 11 a.m. - 3 p.m.
 Woodard
 TMCC Meadowood Center S324 \$89

HOT!

Watercolor Techniques I

Take the first step in becoming an artist. Enjoy personalized step-by-step instruction while learning practical watercolor techniques. Build a strong foundation of both traditional and unconventional techniques, while gaining a deep understanding of color study, value relations, compositions and more to create luminous paintings. Materials required.

5/10-5/31 T 1 - 5 p.m.
 Nichols
 TMCC Meadowood Center S103 \$129

This is “the best class I’ve ever taken.” –Morgan S., watercolor student

Spring Watercolor Flowers

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

4/12-5/3 T 1 - 5 p.m.
 Nichols
 TMCC Meadowood Center S103 \$129

Painting the Sierra in Watercolor

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

4/20-5/11 W 6 - 9 p.m.
 Mueller
 TMCC Meadowood Center S103 \$99

Watercolor Plein Air Painting

Find your muse by painting outdoors at some of our area’s most scenic spots. In the past, students have seen wild horses, spectacular wildflower displays, rustic ranches and more. All levels welcome. Bring your favorite medium. Supplies required.

4/30-5/1 S,SU 9 a.m. - 1 p.m.
 Mueller
 TMCC Meadowood Center Front Lobby \$89

Summer Flowers in Watercolor

Learn the basics of watercolor painting including color theory and both traditional and unconventional methods of applying paint on paper. Explore wet-into-wet, dry brushing, color changes, values, glazing, lost and found edges and negative painting techniques to create luminous summer flowers in watercolor from beginner to intermediate level.

6/7-6/28 T 1 - 5 p.m.
 Nichols
 TMCC Meadowood Center S103 \$119

Watercolor Portraits

Capture the essence of the person you are painting. Bring life to your portraits by capturing emotion and the proportions of the human face and torso. Learn how to paint faces, skin tones, eyes and hair. Supplies required.

7/6-7/8 W-F 9 a.m. - 4 p.m.
 Aubrey
 TMCC Meadowood Center S103 \$269

Computers and Software



Excel Essentials I

Get rid of that calculator. Become familiar with Excel’s most popular features and you’ll wonder how you ever got through a work day without them. Start off learning the basics such as entering text and numbers into spreadsheets and continue building your skills by learning formatting and formulas.

5/24-5/26 T,TH 9 a.m. - 12 p.m.
 Lengua
 TMCC Meadowood Center S321 \$99

Excel Essentials II

Building on concepts covered in Excel Essentials, learn how to work with large files by freezing panes and splitting the window, how to use named ranges to make navigation easier, and how to use styles and conditional formatting. Learn to create pie, bar, column, XY and other charts to present your numeric data in a professional-looking and easy-to-read format. Explore sorting and filtering to manage data lists and practice working with formulas and functions.

6/14-6/16 T,TH 9 a.m. - 12 p.m.
Lenga
TMCC Meadowood Center S322 \$99

Outlook Essentials

Reduce daily stress by better managing your time and information. Find out how easy it is to schedule appointments and meetings, manage priorities, keep track of tasks and organize emails. Work with the software's calendar, contacts and task list features.

4/5-4/7 T,TH 9 a.m. - 12 p.m.
Lenga
TMCC Meadowood Center S322 \$99

QuickBooks

Streamline your accounting procedures with this popular program. Learn the basics and how to create invoices and billing statements. Work with bank accounts to learn how to enter and pay bills by using a QuickBooks check, and gain skills in using the program for accounts payable.

5/2-5/11 M,W 1 - 5 p.m.
Lenga
TMCC Meadowood Center S322 \$179

Whether your interest lies in computer programming or everyday computer basics, TMCC offers for-credit courses in a wide variety of related topics. For details, visit schedule.tmcc.edu

Internet

Mastering LinkedIn

Discover why being active and well-represented on this social network is essential in connecting with your target employers. Fine-tune your existing LinkedIn profile, learn the ways employers find you, how to use the site to locate opportunities yourself and recognize the importance of LinkedIn Groups. A LinkedIn account is required.

4/12-4/26 T 6 - 8 p.m.
Evans
TMCC Meadowood Center S321 \$69

eBay I: The Basics of Selling on eBay

Learn the tips, tricks and traps in order to succeed in all your eBay dealings. Sell more effectively by learning how to create a seller account, post listings and set up credit card payments. Streamline packing and shipping procedures, monitor listings and upload great pictures. Taught by an award-winning eBay instructor. Save \$15 when you register for both eBay courses at the same time.

4/13 W 6 - 9 p.m.
Boyd
TMCC Meadowood Center S320 \$49

eBay II: Advanced Selling Strategies

Learn the insider tips and strategies that will draw the most bids, maximize sales and beat your competition. Cover how to find a profitable niche, what to sell, what to avoid and how to use drop shippers to minimize inventory costs. Save \$15 when you register for both eBay courses at the same time.

4/14 TH 6 - 9 p.m.
Boyd
TMCC Meadowood Center S320 \$49

"Everything you need to know to get started selling on eBay." –eBay student

Create a Website for Fun, Profit and Business

Discover easy-to-use, drag-and-drop design tools to build your personal or business website in one hour. Learn social media marketing, how to optimize your site for smartphones, tips for professional-looking website design and how to create affiliate websites that generate more money. No programming is required.

4/12 T 6 - 9:30 p.m.
Boyd
TMCC Meadowood Center S320 \$99

Cultures and Spirituality

See Spiritual Exploration on page 14.

Dance



Line Dancing II

Become familiar with more intricate and challenging routines. This intermediate class will teach MIB, Sweet Sensations, Toes, Chill Factor, She Bangs, Boot Scoot Boogie and Big Green Tractor.

4/4-5/16 M 7 - 9 p.m.
Wilson
Mendive Middle School Gym \$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.

4/5-4/26 T 6-8 p.m.
Rizzoli
Caughlin Ranch Elementary \$59

“It took me out of my comfort zone and now I love to hoop.”

—Kathryn M., dance student

Polynesian Dance

Explore the history of the islands through dance while gaining an appreciation of its rich cultures. Learn hula and implements dances, as well as Tahitian, Maori and Samoan styles.

5/31-7/5 T 6-7 p.m.
Kanjanasatien
TMCC Red Mountain Bldg. \$49

Hip Hop

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

7/7-8/11 TH 7:15 - 8:15 p.m.
Buck
Heart and Sole Dance Academy \$69

Spinning Flag Dance

Enjoy this creative medium that combines crafting, artistic expression and dance. Build your cardio endurance, upper body strength and coordination through this trendy flow art. Start by creating your own unique pair of flags and then use them in a mesmerizing fashion. This dance is a perfect gateway into other flow arts, such as spinning fire and juggling. Through instructor demonstrations, learn spin flag dance techniques, such as the windmill, basic figure eight, side spins and more. Discover the exhilaration of moving with your beautiful, colorful silks. \$27 materials fee

7/7-7/28 TH 6-8 p.m.
Adams
TMCC Meadowood Center S103 \$49

Calling all dancers: turn your love of performance into an associate of arts, fine arts degree with an emphasis in dance. For details, visit schedule.tmcc.edu.

Fitness and Sports

See also *Health and Wellness*, page 8. For *Pilates*, see page 13.

Martial Arts

Shaolin Qi Gong

Gain strength, improve health, reduce stress and add years to your life by learning meditation based on the synchronicity of simple body movements. Use slow graceful movements and controlled breathing techniques to promote circulation, energy and mental focus. Increase strength and stamina, build confidence and self-control. Explore Chinese culture and traditions within the Shaolin temple.

7/9-7/30 S 11 a.m. - 12:30 p.m.
McLoyrd
TMCC Meadowood Center Patio \$69

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.

4/26-6/9 T,TH 6:30 - 7:30 p.m. OR
6/14-7/28 T,TH 6:30 - 7:30 p.m.
Jones

TMCC Meadowood Center S308 \$89

HOT!

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.

5/4-6/22 M,W 6:30 - 7:30 p.m. OR
6/27-8/15 M,W 6:30 - 7:30 p.m.
Jones

TMCC Meadowood Center S308 \$89

“Great for physical and mental well-being!”

—Marian W., Tai Chi II and III student

Tai Chi Intermediate

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

4/26-6/9 T,TH 5:15 - 6:15 p.m. OR
6/14-7/28 T,TH 5:15 - 6:15 p.m.
Jones

TMCC Meadowood Center S308 \$89

Yoga

Gentle Yoga

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

4/5-5/10 T 4:45 - 5:45 p.m.
MacLellan
Swope Middle School \$99

Yoga Basics

Enjoy this total mind-body workout that incorporates strength building, stretching and deep breathing. Delve into yoga's principles and philosophies, as well as practice postures, proper alignment, skillful breathing and awareness techniques. Research has shown that yoga can lower blood pressure, as well as help alleviate depression, pain, anxiety and insomnia.

4/6-5/11 W 5:30 - 6:30 p.m.
 MacLellan
 Depoali Middle School \$99

Alignment Flow Yoga

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

4/5-5/10 T 6 - 7 p.m.
 MacLellan
 Swope Middle School \$99

Sports

NEW!

Beach Volleyball

Enjoy the fast-paced challenge of playing on sand with two-person teams. Become familiar with this sport's smaller courts, softer and lighter balls, and different rules. Learn fundamental beach volleyball techniques such as passing, setting, hitting and blocking while you become familiar with its regulations and situational game strategies. The last class will be held outdoors.

5/16-6/27 M 5:30 - 7 p.m.
 Williamson
 Northern Nevada Juniors Volleyball Club \$79

Golf for Beginners

Tap into your desire to become a better sportsperson by learning the basics of golf. Gain tips on how to swing and the rules and etiquette of the game from a professional. 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

For Women
 6/7-7/12 T 7 - 8 p.m.
 Williams
 Grand Sierra Resort Driving Range \$99

All Beginners

4/7-5/12 TH 6 - 7 p.m. OR
 6/9-7/14 TH 7 - 8 p.m. OR
 7/21-8/25 TH 7 - 8 p.m.
 Williams
 Grand Sierra Resort Driving Range \$99

NEW!

Golf at Canyon Nine at Somerset

Establish your technique at the Canyon Nine Golf Course. Learn the fundamentals such as proper grip, stance and an effective golf swing when putting, chipping and driving. Put your newfound skills to use playing this 9-hole, par three course. Bring your own clubs.

5/17-6/21 T 6 - 7 p.m. OR
 7/12-8/16 T 6 - 7 p.m.
 Ramsey
 Canyon Nine Golf Course at Somerset \$99

Cardio

TRX Suspension Training

This technique, pioneered by the Navy Seals, leverages gravity and your body weight to help you simultaneously develop strength, balance, flexibility and core stability. Exercise with your hands or feet in straps according to your fitness level. This program hits every major muscle group and will get you sweating.

5/4-6/8 W 5 - 6 a.m. OR
 6/15-7/20 W 5 - 6 a.m.
 Gonzalez
 Sparks Marina \$89

Feel your best: Join the TMCC Fitness Center



Take one of our noncredit courses 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 WDCE students. 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.

Pedal and Pulse

This fusion of indoor cycling and barre work combines a challenging cardio workout with complementary strength building exercises. After 30 minutes of cycling, work your core, lower and upper body on the barre to achieve increased fitness.

5/4-6/8 W 8 - 9 a.m. OR
 6/15-7/20 W 8 - 9 a.m.
 Caughlin Club \$69

Circuit Cardio

Up your cardio game with this program that incorporates weights and agility drills. No matter your fitness level, build your strength and feel your body's renewed power.

5/6-6/10 F 8-9 a.m. OR
 6/17-7/22 F 8-9 a.m.
 Caughlin Club \$69

Food and Beverage



NEW!

Discovering Wine

Learn tasting techniques from a certified sommelier and explore the characteristics and wine styles of the world's major grape varieties. Impress your friends when you identify wine varietals in a blind tasting. Build a knowledge base for a lifetime of wine enjoyment and appreciation. \$15 materials fee

5/3-5/24 T 6:30 - 8:30 p.m.
 Davidson
 TMCC Meadowood Center S315 \$99

NEW!

Make Perfect Limoncello

Learn to make limoncello, a delicious Italian citrus-based lemon liqueur that is served chilled in the summer. This refreshing libation is equally pleasing as a palate cleanser or an after-dinner drink. Limoncello is considered the national drink of Italy, and you'll discover why.

6/4 S 1-3 p.m.
 Hoppe
 Holy Cross Lutheran Church \$39

A Taste of Persia

Discover how to make authentic Middle Eastern chicken or lamb kebabs, a mixed rice dish called biryani, and a scrumptious walnut-and-pomegranate flavored meat and rice dish known as fesenjan. Create fruit-and-nut stuffed meatballs, and dazzle your guests with javaher polo, a multi-colored wedding rice that includes saffron, orange peel, caramelized carrots, berries, almonds and pistachios. \$25 materials fee

4/2-4/23 S 10 a.m. - 1 p.m.
 Zahedni
 Holy Cross Lutheran Church \$79

NEW!

Culinary Italy

Give your taste buds a mouthwatering tour of Italy. Discover the complexity and elegance of this country's cuisine and wines as you explore nine distinct regions and their food traditions. Indulge in authentic Italian dishes and learn how to pair wines with food for any occasion. You'll pick up tidbits of its culture and phrases along the way. \$18 materials fee

5/12-6/2 TH 6:30 - 8:30 p.m.
 Hunter
 Holy Cross Lutheran Church \$79

NEW!

A Taste of Reno History

Enjoy food, drink and a side order of local history on a summer afternoon as you visit classic eateries on the Lincoln Highway, aka Reno's historic 4th Street. Your experienced guide will meet you at five locations chosen for their distinctive menus and unique historic roles. Discover why these restaurants and bars have been local favorites for decades. \$25 materials fee

6/11 S 2-5 p.m.
 Honig-Bear
 Reno \$49

TMCC now offers an associate's degree and a certificate in Culinary Arts Entrepreneurship for those who wish to open their own eatery, bakery or food truck. For details, visit catalog.tmcc.edu

Health and Wellness



NEW!

Gratitude and Its Life-Changing Power

Embrace thankfulness to release unconscious worries, disappointments and resentments. Increase your emotional freedom by learning the four ways to incorporate gratefulness into your life on a daily basis. Studies show that practicing gratitude can enhance emotional, spiritual and physical well-being.

4/13 W 6:30 - 9 p.m.
 Woodard
 TMCC Meadowood Center S300 \$39

Weeds, Worts, and Roots: Foraging for Edible and Medicinal Plants

Come outside and explore the wild-growing plants found around the Truckee Meadows. Gain practical knowledge by touching, smelling and tasting more than 20 plants used for food or medicine. Recipes and resources for learning more about foraging will be provided. \$5 materials fee

5/21 S 9 a.m. - 4 p.m.
 Broderick/Powers
 Reno \$79

The instructors are "extremely knowledgeable. I always enjoy these classes." –Abby L., plant student

Pfilates: Pelvic Floor Pilates for Women

Increase your pelvic muscular strength and endurance. Go beyond Kegel exercises and explore the physiology behind pelvic muscular function. Pfilates is ideal for women with bladder control issues or pre- or post-natal pelvic floor weakness.

7/11 M 6-9 p.m.
 Dobler
 TMCC Meadowood Center S308 \$39

Health Career Certificates



Pharmacy Technician

In just 50 hours, gain the training you need to take the Pharmacy Technician Certification Board's Exam and be well on your way to a new career. The U.S. Department of Labor Statistics predicts job growth in this field at 32 percent through 2020, with starting pay averaging \$14 an hour. Work under the supervision of a registered pharmacist in hospitals, home infusion pharmacies, pharmacies and other health care settings. Learn medical terminology specific to your new occupation, reading and interpreting prescriptions and defining drugs by generic and brand names. Find how to calculate dosages, IV flow rates, drug compounding, dose conversions, dispensing of prescriptions, inventory control, billing and reimbursement.

6/14-8/2 T,TH 5:30 - 9 p.m.
Harrison
TMCC Meadowood Center S315 \$1199

TMCC's Maxine S. Jacobs School of Nursing offers an associate's degree that is fully articulated with four-year institutions. For details, visit catalog.tmcc.edu

HOT!

Clinical Medical Assistant

The U.S. Department of Labor Statistics predicts 31 percent job growth in the medical assistant field through 2020, with starting pay averaging \$13 an hour. Be a part of this in-demand career by working in a private medical practice, hospital, clinic or other medical facility. This accelerated program is intended for students who want to prepare for an exciting, challenging and rewarding career in healthcare. This program will train students to assist physicians by performing functions related to the clinical responsibilities of a medical office. Instruction includes among other things preparing patients for examination and treatment, routine laboratory procedures, diagnostic testing, technical aspects of phlebotomy and the cardiac life cycle. Students will review important topics including phlebotomy, pharmacology, the proper use and administration of medications, taking and documenting vital signs, cardiology including proper lead placements, professional workplace behavior, ethics and the legal aspects of healthcare. This program includes approximately 150 hours of classroom lecture and hands on labs and an optional clinical externship opportunity at a local healthcare provider. To be eligible for the optional externship, students must successfully complete the program, pass the national certification exam, submit to a thorough background check, drug screening and meet other requirements. Upon successful completion of this program, students would be eligible to sit for the National Healthcareer Association (NHA) Certified Clinical Medical Assistant (CCMA) national examination. The CCMA examination cost is included in the price of this course. Optional externship provided.

5/31-8/24 M-W 5:45 - 9:30 p.m.
Kolar
TMCC Meadowood Center S103 \$2999

"The teacher is great and I learned a lot. I can't wait to start working as a CCMA."

—clinical medical student

NEW!

Casting Technologies

Help someone recover well from broken bones. Casting technologists are in demand locally, and experienced techs are paid between \$16 and \$20 an hour. Learn how to apply, adjust and remove casts, splints and dressings, as well as to provide basic wound care. Delve into anatomy and patient care. Prepare for the national certification exam and enjoy a day job-shadowing a tech at Reno Orthopaedic Clinic. Find out how casting is an art more than a science in that it must be functional, but also must look good. Textbook required.

5/16-7/18 M 6 - 9 p.m.
Likes/Gruenewald
TMCC Meadowood Center S315 \$699

Home and Garden



High Desert Low Water Gardening

Overcome Nevada's unique gardening challenges by learning which plants to select and how to work the soil to minimize your labor and achieve successful plant development. Discover how to water during times of drought and increase your home's safety from wildfires.

4/11 M 6 - 9 p.m.
Adams
TMCC Meadowood Center S315 \$49

NEW!**Organic Gardening**

Implementing natural gardening methods can be rewarding, productive and save you money. Gain tips from a master gardener on growing and maintaining quality plants and vegetables, while decreasing water use and increasing your plant production. Find out how to limit the amount of chemicals you use as well as how to attract beneficial insects to your yard.

4/25 M 6-9 p.m.
Adams
TMCC Meadowood Center S315 \$49

“To forget to dig the earth and to tend the soil is to forget ourselves.” – Mahatma Gandhi

Upholstery

Give new life to your furniture and save money, too. Develop the skills to refurbish a piece, as you learn basic terminology and then work your way through webbing, sewing and fabric layouts. \$30 materials fee

4/28-6/16 TH 6-9 p.m. OR
8/4-9/22 TH 6-9 p.m.
Murdoch
TMCC Meadowood Center S103 \$119

“I recommend this class. I learned so much in a short amount of time.” – Jessika B.

Interior Design I

Learn professional design secrets that will allow you to create a beautiful décor for any room. Apply design elements and principles to decorate a space in your home and experiment with different design approaches that fit your personal style.

4/4-4/18 M 6-9 p.m.
Tawzer
TMCC Meadowood Center S320 \$49

NEW!**Interior Design II**

Take your decorating knowledge to new heights. Explore the history of furniture and how it shapes design today. Find out how to use hard and soft materials in your spaces, as well as how to choose the right type of lighting. Create a room concept based on the principles you've learned including color, art, accessories, architectural elements and more.

6/9-6/23 TH 6-9 p.m.
Tawzer
TMCC Meadowood Center S103 \$49

NEW!**Decorative Wall Finishes**

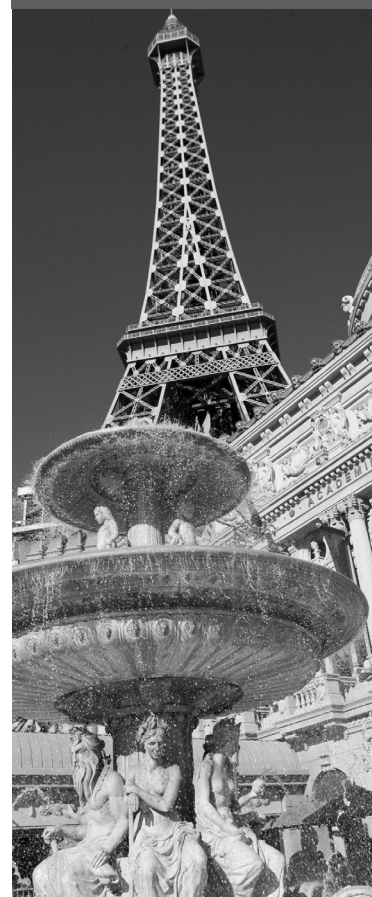
Add dimension and texture to your walls to create a special ambiance in your home. Play with several plaster and glazing techniques including Tuscan texture, and gain expert advice on how to create beautiful decorative walls. Using five to six sample boards, you'll see how to work with and without plaster, as well as how to avoid common mistakes. Supplies required. \$15 materials fee

5/2-5/16 M 6-8 p.m.
Moore
TMCC Meadowood Center S103 \$59

Floral Arranging for Fun: Summer Fun

Create flower arrangements 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.

Take home your colorful creation after each class. Every class makes unique designs so repeat students are welcome!
6/21-6/28 T 5-6 p.m.
Henderson
Sparks Florist Design Center \$59

Languages**HOT!****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.

4/5-4/26 T 6:30-8 p.m.
Andrini
TMCC Meadowood Center S300 \$69

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 such as Hispanic culture will be covered. The class will be conducted entirely in Spanish.

6/8-8/10 W 5:30 - 7 p.m.
 Sefchick
 TMCC Meadowood Center S324 \$159

“Many learning tools, handouts, cultural differences and games. He makes the class interesting.”

-Fran M., Spanish student

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.

5/17-7/19 T 6 - 8:30 p.m.
 Seelye
 TMCC Meadowood Center S300 \$179

“A different language is a different vision of life.”

- Federico Fellini

Tour Italy Like a Native

Transcend the typical tourist experience of Italy. Gain insider tips on accommodations, transportation, where to visit and getting the most out of your trip. Learn essential phrases to effectively communicate with the people you meet.

7/26-8/30 T 6:30 - 8:30 p.m.
 Hunter
 TMCC Meadowood Center S315 \$59

For-credit courses are offered in French, German, Italian, Japanese, Russian and Spanish. For details, visit schedule.tmcc.edu.

Languages in the Workplace

Professional ELL

In this highly advanced class, build upon your English skills so you can succeed in a multitude of personal and professional settings. Incorporating the National College and Career Readiness Standards, you will be able to segue confidently into the professional arena. Enjoy listening to guest speakers who will address specific professional issues.

5/4-6/8 W 9 a.m. - 12 p.m.
 Donohue
 TMCC Meadowood Center S315 \$69

Massage Therapist Training/LMT CEUs



Chair Massage

Take your current skills and adapt them to chair massage. Chair massage is a great tool for marketing your business and introducing your touch to people. If you have a massage chair, bring it to class.

6/4 S 9 a.m. - 5 p.m.
 Grubaugh
 TMCC Meadowood Center S217 \$79

Ethics for Massage Therapists

Review the ethics of professionalism including the laws and regulations governing massage, boundaries, disclosure, ethical conduct and the guidelines for working with clients and other professionals. This course fulfills the requirement for renewal of state licensure.

4/16 S 9 a.m. - 5 p.m.
 Grubaugh
 TMCC Meadowood Center S217 \$79

Prenatal Massage

Prerequisite: For current massage students or LMTs. Explore the unique physical and physiological changes that occur during pregnancy, as well as the many benefits prenatal massage offers both mother and baby. Gain confidence by practicing positioning, draping and massage techniques specific to the prenatal client. This class qualifies for state board CEUs and license renewal.

4/8-4/9 F,S 8 a.m. - 5 p.m.
 Ferruccio
 TMCC Meadowood Center S217 \$159

Acupressure Made Simple

Explore the acupressure system of energy locks for the 12 meridians, their location and usage. Learn a system for addressing these energy locks and the symptoms of blockage along the meridian lines. In addition, practice palpation of the 26 locations on each side of the body and simple release techniques. This course fulfills the requirement for state licensure and renewal.

7/11-7/18 M 5:30 - 9:30 p.m.
 Anderson
 TMCC Meadowood Center S217 \$89

Sports Massage

Explore basic techniques, strokes and stretching used in sports settings.

4/22-4/23 F,S 9 a.m. - 5 p.m.
 Grubaugh
 TMCC Meadowood Center S217 \$159

Myofascial Release

Prerequisite: For current massage students or LMTs. Learn to identify and free fascial restrictions using advanced techniques. Understand the importance of fascial layering and freedom as it applies to human structure and chronic pain. Bring a set of sheets to class.

6/17-6/18 F,S 9 a.m. - 5 p.m.
 Asay
 TMCC Meadowood Center S217 \$159

Money and Investing



Build Your Portfolio on \$50 a Month or Less

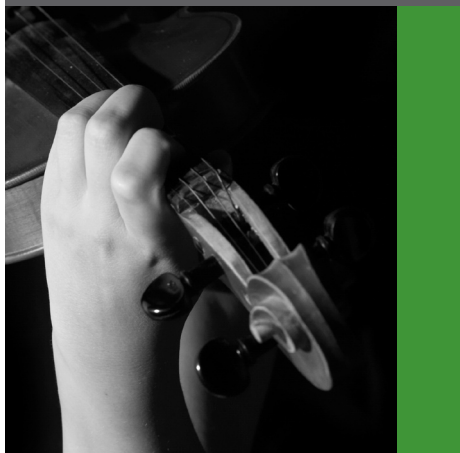
Give yourself the gift of financial security. Discover how to safely turn \$50 a month into \$100,000 by using proven techniques and create your own personal retirement fund without paying a broker. Investing is open to everyone, requires no college or even employment. It takes very little money, creates passive income, has very low risk and is as easy as writing a check. \$17 materials fee

4/2 S 9 a.m. - 12 p.m.
Christensen
TMCC Meadowood Center S315 \$49

"I thought I had a great strategy but discovered a better approach. Yea!"

—Julie H., build your portfolio student

Music



NEW!

Irish Fiddle

Learn to play tunes on the violin/fiddle in a relaxed group setting. Become familiar with the parts of a fiddle, proper playing technique, effective practice methods and pattern identification. Discover the instrument's history, its use in various cultures and the varieties of music it can create, while you learn basic music theory and how to read music. Supplies required.

5/9-6/13 M 10-11:30 a.m.
Sternberg
McKinley Arts Center \$59

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, rhythm and blues, country and classical styles. Book required.

4/18-6/30 M,TH 7:30 - 9 p.m.
Trotter
TMCC Meadowood Center S320 \$99

Watch our guitar class video!

<http://bit.ly/guitarvideo>

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.

4/19-7/5 T 7:30 - 9 p.m.
Trotter
TMCC Meadowood Center S320 \$99

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.

4/20-7/6 W 7:30 - 9 p.m.
Trotter
TMCC Meadowood Center S320 \$99

TMCC offers for-credit courses in piano, guitar and vocal techniques. For details, visit schedule.tmcc.edu.

NEW!

Songwriting Basics

Gain the musical tools you need to take that song out of your head and turn it into a professional product. Engage in improvisational techniques that will open your creative floodgates, while you learn about the elements needed to create personally significant songs. Find out how to quiet your inner critic and collaborate with your peers. Near the conclusion of class, you will have the opportunity to record a live demo of your completed song.

5/4-6/1 W 6 - 8 p.m.
McLaren
McKinley Arts Center \$79

Outdoors



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. Spend Friday and Saturday in Bodega Bay, then move to Point Reyes on Sunday morning. Transportation, lodging and other fees not included.

Lecture:
4/13 W 6 - 8 p.m.
Field Trip:
4/22-4/24 F-SU All Weekend
Gubanich
TMCC Meadowood Center S117 \$89

Fly Fishing for Beginners

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

4/30 S 8:30 a.m. - 12:30 p.m.
Wharton
Hidden Valley Regional Park \$49

Mother Lode Gold Panning

Find out why gold panning is one of the fastest-growing outdoor recreational activities in the country. Take in the beauty of a Sierra river while you practice your gold panning skills. You must provide your own transportation. \$10 materials fee

Lecture:
6/6 M 7 - 8:30 p.m.
Field Trip:
6/11 S 7 a.m. - 6 p.m.
Mela
TMCC Meadowood Center S324 \$69

"It's a fun, great way to enjoy the outdoors."

—Mother Lode Gold Panning student

Gold Sluicing

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

Lecture:
6/13 M 7 - 8:30 p.m.
Field Trip:
6/18 S 7 a.m. - 6 p.m.
Mela
TMCC Meadowood Center S324 \$69

Many careers are available in the field of Environmental Science. Earn your associate's degree and learn about natural resources. For details, visit catalog.tmcc.edu

Photography

See arts and crafts, page 3.

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 wdce.tmcc.edu 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.

Watch the video about our Pilates class!

<http://bit.ly/pilatesvideo>

Property Management



Property Management: 30 Years in 24 Hours

Take this state-approved, 24-hour pre-licensing course to obtain the Nevada Property Management Permit. The U.S. Bureau of Labor Statistics predicts 6 percent growth in this career field through 2020, with starting pay averaging \$24 an hour. Explore related laws, as well as the daily practice of the profession. Prior to taking the property management test, you must have a valid Nevada real estate license.

4/20-4/22 W-F 8 a.m. - 5 p.m. OR
 6/15-6/17 W-F 8 a.m. - 5 p.m. OR
 8/17-8/19 W-F 8 a.m. - 5 p.m.
 Cook
 TMCC Meadowood Center S315 \$499

Special Interest



Improvisation

Develop your spontaneity and creativity through learning improv. Try your hand at long-form improv, the same acting technique that SNL has made famous. Bring an open mind and find out how to make a basic three line scene. At the end of class, you'll be confident enough to give a short performance.

4/12-4/26 T 7 - 8:30 p.m.
 Salvatore
 Aikido of Reno \$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 and meals. Learn 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. Optional \$15 materials fee

4/30 S 9 a.m. - 12 p.m.
 Henry
 TMCC Meadowood Center S315 \$39

HOT!

Bridge I for Beginners

Besides the game's fun and social contact, bridge has been shown to sharpen the mind, improve critical thinking, planning and concentration, and more. Learn to play one of the world's most popular card games using the American Contract Bridge League's introduction to the principles of bidding and how to play a bridge hand. Find out how to use the Stayman convention over no-trump opening bids, how to play weak two-bids and other pre-empts, and how to bid a strong hand. Discover how to effectively work and cooperate with a partner.

6/2-8/11 TH 7 - 9 p.m.
 Gordon
 TMCC Meadowood Center S324 \$99

Spiritual Exploration

Bhagavad-Gita

This Hindu scripture's name is Sanskrit for Song of the Lord. Its call for selfless action inspired leaders like Mahatma Gandhi. Whatever your faith tradition, use this text to expand your thinking, deal with grief and work toward a higher spiritual understanding.

4/6 W 6 - 9 p.m.
 Zed
 TMCC Meadowood Center S320 \$39

“One cannot help but be in awe when he contemplates the mysteries of eternity, of life, of the marvelous structure of reality.... Never lose a holy curiosity.”
 –Albert Einstein

NEW!

The Journey After Life

Investigate cross-cultural views of where we go after we die. Learn which ideas of the afterlife are common to many belief systems and which are unique. Begin to conceptualize the journey of your loved ones and yourself when death comes.

4/13-4/20 W 6 - 8 p.m.
 Linesch
 TMCC Meadowood Center S324 \$39

Writing



HOT!

TMCC Writers' Conference

Meet outstanding creative leaders who will help you hone your craft, better market your work and explore your publishing options. Some of the topics of presentations include query letters, authenticity, success tips, building anticipation, self publishing, screenwriting, and much more. Our list of presenters and literary agents includes Shaun Griffin, Todd Borg, Paul Hoppe, Virginia Castleman, Katie Reed, Michael Larson, Jennifer Chen Tran and Douglas Lee. This diverse group of presenters will provide invaluable tools and takeaways for aspiring writers. 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 literary agents for \$32 to pitch your project or get help on a query letter. Bring your lunch or purchase one from the conference for \$14 and dine with the speaker of your choice. Increase your motivation to move those creative projects forward and pursue your writing dreams.

4/16 S 8 a.m. - 3:30 p.m.
TMCC Sierra Bldg. 108 \$119

"Every year I get excellent information on a business that is constantly changing."

—Jane G., conference participant

Writing, Publishing and Marketing Your First Book or Seventh

Learn a 10-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 percentage of profits you keep. Includes forms, contracts and samples. 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

4/2 S 1-5 p.m.
Christensen
TMCC Meadowood Center S315 \$79

Writing for Hollywood

Take the mystery out of writing a screenplay by learning from a professional who has repeatedly sold movies to Tinseltown studios. Discover vital tips, as well as the formula and structure necessary to create a product producers want to buy. Examine the five stories that drive Hollywood and write a polished first act of your script. Learn if a screenwriting career is a good fit for you.

4/25-5/26 M,TH 6-9 p.m.
Hoppe
TMCC Meadowood Center S324 \$99

"The idea is to write it so that people hear it and it slides through the brain and goes straight to the heart."

— Maya Angelou

Unlock the Writer Within

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.

5/2-6/27 M 5:30 - 7:30 p.m.
Castleman
TMCC Meadowood Center S300 \$119

NEW!

Songwriting Basics

Gain the musical tools you need to take that song out of your head and turn it into a professional product. Engage in improvisational techniques that will open your creative floodgates, while you learn about the elements needed to create personally significant songs. Find out how to quiet your inner critic and collaborate with your peers. Near the conclusion of class, you will have the opportunity to record a live demo of your completed song.

5/4-6/1 W 6-8 p.m.
McLaren
McKinley Arts Center Music Room \$79

Whether you prefer writing fiction, non-fiction, poetry or drama, TMCC has for-credit courses available to fit your needs. For details, visit schedule.tmcc.edu.

Silver College Arts



Art Technique Tuesdays

Explore a different art medium every week with an award-winning artist, from drawing and coloring with colored pencils to oil pastel smudge. Learn a new artistic technique or practice a technique you've already learned. Supplies required. \$10 materials fee

6/7-6/21 T 1-3 p.m.
Anderson
TMCC Meadowood Center S300 \$79

"Carol always presents a fun and creative class and takes time to explain what you don't understand."

— Art student

Silver College Technology



Computer Basics for Retirees

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

5/2-5/11 M,W 1-4 p.m.
Lish
TMCC Meadowood Center S115 \$59

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.

6/8-6/15 W 1-3:30 p.m.
Lenga
TMCC Meadowood Center S322 \$59

“There is a fountain of youth: it is your mind, your talents, the creativity you bring to your life and the lives of people you love. When you learn to tap this source, you will truly have defeated age.”

– Sophia Loren

HOT!

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.

6/10-6/17 F 1-3:30 p.m.
Lenga
TMCC Meadowood Center S322 \$59

Silver College Wellness



HOT!

Silver Tai Chi

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

4/26-6/9 T,TH 4-5 p.m. OR
6/14-7/28 T,TH 4-5 p.m. OR
5/4-6/22 M,W 10:30 - 11:30 a.m. OR
6/27-8/15 M,W 10:30 - 11:30 a.m.
Jones
TMCC Meadowood Center S308 \$79

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.

5/4-6/22 M,W 5:15 - 6:15 p.m. OR
6/27-8/15 M,W 5:15 - 6:15 p.m.
Jones
TMCC Meadowood Center S308 \$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 balance through fun stretching and strength exercises. Progress at your own pace within a structure of group personal training.

4/12-5/3 T 10:30 - 11:30 a.m. OR
5/10-5/31 T 10:30 - 11:30 a.m. OR
6/14-7/5 T 10:30 - 11:30 a.m. OR
7/12-8/2 T 10:30 - 11:30 a.m. OR
8/16-9/6 T 10:30 - 11:30 a.m. OR
4/14-5/5 TH 10:30 - 11:30 a.m. OR
5/12-6/2 TH 10:30 - 11:30 a.m. OR
6/16-7/7 TH 10:30 - 11:30 a.m. OR
7/14-8/4 TH 10:30 - 11:30 a.m. OR
8/18-9/8 TH 10:30 - 11:30 a.m.
Kurowski
TMCC Meadowood Center S308 \$39

“Great workout that won’t injure you. It was fun and I met great people.”

–Silver Yoga student

Senior Balance

Correct those physical imbalances that develop from age or injury. Take part in a fun and functional workout with Indo boards, Bosu trainers, TRX and the buddy system to improve your overall balance, confidence and well-being.

4/8-5/6 F 1-2 p.m.
Gonzalez
Sparks Marina \$79

HOT!**Silver Cardio Lite**

Strengthen your heart through low-impact step exercise including stationary walking, side-stepping and dance moves. Tone muscles, increase bone density and give your cardiovascular system a tune-up in a safe, friendly environment.

4/15-5/6	F	10:30 - 11:30 a.m. OR
5/11-6/1	W	12 - 1 p.m. OR
6/15-7/6	W	12 - 1 p.m. OR
7/13-8/3	W	12 - 1 p.m. OR
8/17-9/7	W	12 - 1 p.m. OR
5/13-6/3	F	10:30 - 11:30 a.m. OR
6/17-7/8	F	10:30 - 11:30 a.m. OR
7/15-8/5	F	10:30 - 11:30 a.m. OR
8/19-9/9	F	10:30 - 11:30 a.m.

Kurowski

TMCC Meadowood Center S308 \$39

NEW!**SeniorFit**

Live more fully and be able to partake in all the activities you love by safely increasing your heart rate, muscle strength and balance. In this fun, non-strenuous workout, you'll strengthen your core to better prevent falls and see improvement in your overall fitness level.

6/6-6/27 M 1 - 2 p.m.

Key

TMCC Meadowood Center S308 \$39

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 the complete schedule, visit wdce.tmcc.edu and click on "Register Now," then "Silver Wellness."

Raising Your Grandchild

Nurturing a grandchild brings a new set of challenges and rewards. Respond lovingly and wisely to your grandchild with a refresher course on how young children develop and what to expect along the way. Explore a different childhood age range in each session and bring your grandchild to designated sessions agreed upon in the first day of class. Share your stories and wisdom with other grandparents and benefit from a local pediatrician as guest speaker.

4/5-4/28 T,TH 9 - 10:30 a.m.

Willson-Schafer

TMCC Meadowood Center S324 \$59

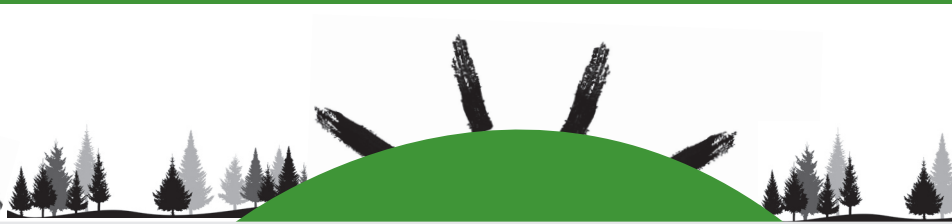
Veterans: Prepare for Your Success



TMCC's Veterans Upward Bound offers programs to help you succeed in college and in your career. Call us today at 829-9007.

Teach for us!

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

Theme of the Week



June 13-17	June 20-24	June 27-July 1	July 5-8
The World	Green Garden	Magic Castles	Safari
			
½ Day: Morning Ages 6 to 9 8 a.m. to 1 p.m.*			
Magic Tricks (8-10 a.m.) Computer Coding (10 a.m.-12 p.m.)	Reading Explorer (8-10 a.m.) Minecraft (10 a.m.-12 p.m.)	Magic Tricks (8-10 a.m.) Computer Coding (10 a.m.-12 p.m.)	Reading Explorer (8-10 a.m.) Minecraft (10 a.m.-12 p.m.)
½ Day: Morning Ages 10 to 13 8 a.m. to 1 p.m.*			
Minecraft (8-10 a.m.) Reading Explorer (10 a.m.-12 p.m.)	Computer Coding (8-10 a.m.) Magic Tricks (10 a.m.-12 p.m.)	Minecraft (8-10 a.m.) Reading Explorer (10 a.m.-12 p.m.)	Computer Coding (8-10 a.m.) Magic Tricks (10 a.m.-12 p.m.)
½ Day: Afternoon Ages 6 to 9 12 to 5 p.m.*			
Science Adventure (1-3 p.m.) LEGO (3-5 p.m.)	Movie Making (1-3 p.m.) Project Art (3-5 p.m.)	Science Adventure (1-3 p.m.) LEGO (3-5 p.m.)	Movie Making (1-3 p.m.) Project Art (3-5 p.m.)
½ Day: Afternoon Ages 10 to 13 12 to 5 p.m.*			
Project Art (1-3 p.m.) Movie Making (3-5 p.m.)	LEGO (1-3 p.m.) Science Adventure (3-5 p.m.)	Project Art (1-3 p.m.) Movie Making (3-5 p.m.)	LEGO (1-3 p.m.) Science Adventure (3-5 p.m.)
Full Day Ages 6 to 9 8 a.m. to 5 p.m.*			
Reading Explorer (8-10 a.m.) Minecraft (10 a.m.-12 p.m.) Movie Making (1-3 p.m.) Project Art (3-5 p.m.)	Computer Coding (8-10 a.m.) Magic Tricks (10 a.m.-12 p.m.) Science Adventure (1-3 p.m.) LEGO (3-5 p.m.)	Reading Explorer (8-10 a.m.) Minecraft (10 a.m.-12 p.m.) Movie Making (1-3 p.m.) Project Art (3-5 p.m.)	Computer Coding (8-10 a.m.) Magic Tricks (10 a.m.-12 p.m.) Science Adventure (1-3 p.m.) LEGO (3-5 p.m.)
Full Day Ages 10 to 13 8 a.m. to 5 p.m.*			
Computer Coding (8-10 a.m.) Magic Tricks (10 a.m.-12 p.m.) LEGO (1-3 p.m.) Science Adventure (3-5 p.m.)	Minecraft (8-10 a.m.) Reading Explorer (10 a.m.-12 p.m.) Project Art (1-3 p.m.) Movie Making (3-5 p.m.)	Computer Coding (8-10 a.m.) Magic Tricks (10 a.m.-12 p.m.) LEGO (1-3 p.m.) Science Adventure (3-5 p.m.)	Minecraft (8-10 a.m.) Reading Explorer (10 a.m.-12 p.m.) Project Art (1-3 p.m.) Movie Making (3-5 p.m.)
<p>Camps this week run Tues. - Fri. Half-day camp costs \$129 Full-day camp costs \$229</p>			

TMCC Camps

Innovative. Educational. Fun.



July 11-15

July 18-22

July 25-29

Aug 1-5

Space



Nevada



Superheroes



Olympics



½ Day: Morning Ages 6 to 9 8 a.m. to 1 p.m.*

Magic Tricks (8-10 a.m.)
Computer Coding (10 a.m.-12 p.m.)

Reading Explorer (8-10 a.m.)
Minecraft (10 a.m.-12 p.m.)

Magic Tricks (8-10 a.m.)
Computer Coding (10 a.m.-12 p.m.)

Reading Explorer (8-10 a.m.)
Minecraft (10 a.m.-12 p.m.)

½ Day: Morning Ages 10 to 13 8 a.m. to 1 p.m.*

Minecraft (8-10 a.m.)
Reading Explorer (10 a.m.-12 p.m.)

Computer Coding (8-10 a.m.)
Magic Tricks (10 a.m.-12 p.m.)

Minecraft (8-10 a.m.)
Reading Explorer (10 a.m.-12 p.m.)

Computer Coding (8-10 a.m.)
Magic Tricks (10 a.m.-12 p.m.)

½ Day: Afternoon Ages 6 to 9 12 to 5 p.m.*

Science Adventure (1-3 p.m.)
LEGO (3-5 p.m.)

Movie Making (1-3 p.m.)
Project Art (3-5 p.m.)

Science Adventure (1-3 p.m.)
LEGO (3-5 p.m.)

Movie Making (1-3 p.m.)
Project Art (3-5 p.m.)

½ Day: Afternoon Ages 10 to 13 12 to 5 p.m.*

Project Art (1-3 p.m.)
Movie Making (3-5 p.m.)

LEGO (1-3 p.m.)
Science Adventure (3-5 p.m.)

Project Art (1-3 p.m.)
Movie Making (3-5 p.m.)

LEGO (1-3 p.m.)
Science Adventure (3-5 p.m.)

Full Day Ages 6 to 9 8 a.m. to 5 p.m.*

Reading Explorer (8-10 a.m.)
Minecraft (10 a.m.-12 p.m.)
Movie Making (1-3 p.m.)
Project Art (3-5 p.m.)

Computer Coding (8-10 a.m.)
Magic Tricks (10 a.m.-12 p.m.)
Science Adventure (1-3 p.m.)
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Computer Coding (8-10 a.m.)
Magic Tricks (10 a.m.-12 p.m.)
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Science Adventure (3-5 p.m.)

Minecraft (8-10 a.m.)
Reading Explorer (10 a.m.-12 p.m.)
Project Art (1-3 p.m.)
Movie Making (3-5 p.m.)

Computer Coding (8-10 a.m.)
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LEGO (1-3 p.m.)
Science Adventure (3-5 p.m.)

Minecraft (8-10 a.m.)
Reading Explorer (10 a.m.-12 p.m.)
Project Art (1-3 p.m.)
Movie Making (3-5 p.m.)

Full- and half-day week-long camps are held weekly from June 13 through Aug. 5.

Half-day camps, which run either 8 a.m. to 1 p.m. or noon to 5 p.m., include two classes and cost \$159 per week.

Full-day camps, held 8 a.m. to 5 p.m., include four classes and cost \$279 per week.

*Optional supervised lunch period is between noon and 1 p.m. Provide own lunch, snack and beverage.

Youth Camps



For further details, visit camps.tmcc.edu. See chart on pages 18-19.

Camp class descriptions

Morning half-day camps consist of either Magic Tricks and Computer Coding or Reading Explorer and Minecraft classes.

Afternoon half-day camps consist of either Science Adventures and LEGO or Movie Making and Project Art.

Full-day camps consist of Reading Explorer, Minecraft, Movie Making and Project Art or Computer Coding, Magic Tricks, LEGO and Science Adventures.

Computer Coding

Give your children essential 21st century computer skills and a uniquely enjoyable week as they experiment with Scratch, Gamestar Mechanic, Kodu and Kahn Academy software. Creativity, storytelling, problem solving and friendly collaboration are all ingredients in this fun approach to coding. They don't need previous programming or design skills to develop fascinating content.

LEGO

Invite your kids into the realms of engineering, architecture and physics through creative play with LEGO blocks. They'll learn to think in three dimensions while satisfying their curiosity. They'll figure out how things work, as well as be part of a design and construction team that comes up with its own amazing structures.

Magic Tricks

Let your children discover the delight of performing magic. They'll practice a variety of tricks to mystify, amuse and entertain family and friends while building their own confidence and sharpening their problem-solving and communication skills. They'll practice showmanship and discover techniques that command the attention of an audience.

Minecraft

This video game lets kids create and break apart blocks in 3-dimensional worlds. It's an exercise in building, exploration, creativity and collaboration and a fun way for them to learn digital skills. Minecraft is popular in classrooms around the world because it exposes kids to subjects as varied as science, history, art, music and city planning.

Movie Making

Give your kids the chance to create their own stop-motion film project (ages 6 to 9) or produce movies (ages 10-13). They'll develop their thought processes as well as learn screenwriting and camera techniques in order to produce a short movie. Film is well suited to a child's sense of creativity and teaches them how to tell a good story.

Project Art

Watch your kid's creativity blossom as they use color and lines to draw a series of pictures and then complete each picture using painting, mosaics, collages or recycled art. They'll learn to draw cartoon characters and how to tell a story through their artwork.

Reading Explorer

Have your kids strengthen their reading and comprehension skills by pairing age-appropriate stories with hands-on activities. They'll gain confidence and in the process, boost their future academic success.

Science Adventures

Have your kids explore the limitless worlds of science and nature. Through fun, hands-on experiments, they'll learn about the powerful impact that outdoor science has on our planet. They'll come away with stronger critical thinking and data interpretation skills.

Youth and Teen Classes



HOT!

Drivers' Education for Teens: Ages 15-18

Teens, ages 15 to 18, must complete 30 hours in a driver's education class and 50 hours behind the wheel to be eligible for a Nevada driver's license. This class fulfills the 30-hour classroom requirement. Parents are responsible for the 50 hours behind-the-wheel requirement. For the class schedule, see wdce.tmcc.edu and click on "Register Now!", then "Drivers' Ed." Dates and locations vary. Cost is \$99.

HOT!

LEGO Robotics: Ages 9-12

Children will explore robotics in a playful learning environment and build actual working models using LEGO Mindstorm moving parts. They will learn how to work in small teams, program their models with simple motors and gears and present their ideas. \$20 materials fee

4/4-5/23 M 4:30 - 6 p.m.
Hester
Smithridge Elementary \$129

HOT!**3D Printing: Ages 12-17**

Let your children explore this cutting-edge technology and come up with their own designs to print as 3D objects. They'll access online resources, 3D library collections and design communities, as well as practice using 3D rendering tools. The \$20 materials fee covers the cost of printing one item. Basic computer skills required.

6/20-6/24 M-F 1 - 4 p.m.
TMCC Meadowood Center S116 \$179

Kids in the Kitchen

Take a break from the stove and let your children experience the fun of creating their own meals and snacks. They will learn to prepare food from recipes and eat their own creations or take them home to share with the family. In addition, your child will pick up cooking safety tips and techniques that will help them become knowledgeable cooks. All classes, taught by Kathy Ishoy, are held at Damonte Ranch High in room 117 or at the Holy Cross Lutheran Church kitchen. Materials fees range from \$40 to \$50.

DAMONTE RANCH HIGH**Picnic and Summer Foods****Ages 6-9**

4/5-4/26 T 4:30 - 6 p.m.
\$69

Ages 10-12

4/5-4/26 T 6:30 - 8 p.m.
\$69

HOLY CROSS LUTHERAN CHURCH**Asian, German and European Dishes****Ages 9+**

6/21-6/23 T-TH 10 a.m. - 2 p.m.
\$89

Chicken and Philly Cheese Steaks**Ages 9+**

7/12-7/14 T-TH 10 a.m. - 2 p.m.
\$89

Family Picnic**Ages 8+**

7/18 M 6:30 - 8 p.m.
\$40

Italian and Asian**Ages 9+**

7/26-7/28 T-TH 10 a.m. - 2 p.m.
\$89

Guitar: Ages 9-17

There may be a potential Segovia or Eric Clapton in your house. Have your kids learn this instrument's basics. They'll find out how to tune and care for their guitars, as well as learn first position, scales, chords and chord structure and basic music theory. Supplies required.

7/18-7/22 M-F 9 - 10 a.m.
Sparks
TMCC Meadowood Center S308 \$69

Sports**Volleyball Clinic: Ages 3-6**

Kids Court is a great opportunity for your kids to experience volleyball. They'll be introduced to this sport's concepts and develop other athletic skills. Drills will improve their hand-eye coordination, spacial awareness, motor skills and muscle strength.

6/4-6/25 S 9 - 10 a.m. OR
7/2-7/23 S 9 - 10 a.m.
Northern Nevada Juniors Volleyball Club \$49

Volleyball Clinic

Develop your child's communication and teamwork skills while they learn to pass, set, serve and hit in a fun, disciplined atmosphere. As your children's abilities progress, they'll practice increasingly advanced concepts and engage in competitive drills.

Ages 6-14 at Northern Nevada Juniors Volleyball

6/27-6/29 M-W 9 a.m. - 12 p.m. OR
7/18-7/20 M-W 9 a.m. - 12 p.m. OR
7/25-7/27 M-W 9 a.m. - 12 p.m.
Northern Nevada Juniors Volleyball Club \$125

Ages 6-13 at Spanish Springs High School

5/31-6/3 T-F 4 - 5:30 p.m. OR
6/20-6/23 M-TH 12 - 2 p.m. OR
7/11-7/14 M,W,TH 12 - 2 p.m.
Sandomenico
Spanish Springs High School Large Gym \$59

Improvisational Acting: Ages 6-16

Join us for a high-energy week filled with laughter and learning. KidScape Productions will introduce your kids to the professional process of improv. They'll find out how to free their body and voice to become comfortable onstage in front of an audience. They'll further flex their creativity by creating skits and scenes. There will be a free, all-ages community performance on the final day. Improv will help your kid improve their concentration, quick thinking, conflict resolution, flexibility, teamwork, risk-taking, empathy-building and storytelling abilities. \$25 materials fee

6/20-6/24 M-F 8:30 a.m. - 1 p.m. OR
6/20-6/24 M-F 1 - 5:30 p.m.
Reno \$199

6/20-6/24 M-F 8:30 a.m. - 5:30 p.m.
Reno \$289

Archery Camp: Ages 9-14

Develop your coordination and upper body strength through this exciting sport. Practice the fundamentals and work on proper shooting form. Challenge yourself in this fun atmosphere. \$50 materials fee

6/13-6/17 M-F 9 a.m. - 12 p.m. OR
6/27-7/1 M-F 9 a.m. - 12 p.m. OR
7/11-7/15 M-F 9 a.m. - 12 p.m. OR
7/25-7/29 M-F 9 a.m. - 12 p.m.
Pitts
Wasting Arrows Archery \$129

"A fun way for my son to experience a new sport in a safe setting. He came home each day excited about his new skills."

- Kate K., parent of 10-year-old archery student

Indoor Rock Climbing: Ages 10-17

Have your kids build their overall fitness while having fun. As a result of practicing this sport, they'll build their confidence and critical problem solving skills. With close staff supervision, they'll practice the basics of bouldering, roped climbing and slack lining. Safety techniques will be emphasized. \$20 materials fee.

6/27-7/1 M-F 9 a.m. - 12 p.m.
Whitney Peak Hotel \$149

Foil Fencing: Ages 9-14

Learn the Olympic sport of foil fencing. Lunging, parrying and riposting is taught by a USFCA-certified fencing master. Learn footwork, strategy and rules of the game in a fun, nurturing environment. All equipment is provided. Students will need to become non-competitive members of USFA at a cost of \$10 per year.

6/20-6/24 M-F 1 - 4 p.m. OR
7/18-7/22 M-F 1 - 4 p.m.

Korn
Dallyon Tae Kwon-Do \$179

7/5-7/8 T-F 1 - 4 p.m.

Korn
Dallyon Tae Kwon-Do \$149

Cheerleading: Ages 6-12

Build your children's self-confidence and social skills through cheerleading. They'll have a great time learning tumbling, stunts, motions, jumps and dance steps. By the end of camp, they'll perform a short routine that combines everything they've learned.

6/28-6/30 T-TH 9 a.m. - 1 p.m.

Metz
Jump n' Shout \$89

Kenpo Karate: Ages 6-17

Develop your child's self confidence and physical fitness while increasing their self-respect and moral character through this adaptation of the Japanese martial art. They'll increase their coordination as they learn to perform quick hand strikes in rapid succession. Practicing this technique instills lessons to become more positive members of society. \$12 materials fee required.

4/4-4/27 M,W 6 - 8 p.m. OR
5/2-5/25 M,W 6 - 8 p.m.

Ryan
Stead Elementary School \$29

4/5-4/28 T,TH 2:15 - 4:15 p.m. OR
5/3-5/26 T,TH 2:15 - 4:15 p.m.

Ryan
Mendive Middle School \$29

Class Locations

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

Canyon Nine Golf Course at Somerset, 7650 Town Square Ln., Reno

Caughlin Club, 4100 Caughlin Pkwy., Reno

Caughlin Ranch Elementary School, 4885 Village Green Pkwy., Reno

Dallyon Tae Kwon-Do, 9410 Prototype Dr. #18, Reno, Bus Rt. 56

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

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

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

Heart and Sole Dance Academy, 5655 Riggins Court # 3, Reno, Bus Rts. 12, 54, 56

Holy Cross Lutheran Church, 4895 S. McCarran Blvd., Reno, Bus Rt. 54

Hunsberger Elementary School, 2505 Crossbow Court, Reno

Jump n' Shout, 8543 White Fur St., Reno

McKinley Arts Center, 925 Riverside Dr., Reno, Bus Rt. 16

Mendive Middle School, 1900 Whitewood Dr., Sparks

Northern Nevada Juniors Volleyball Club, 1575 Linda Way #101, Sparks, Bus Rt. 18

Spanish Springs High School, 1065 Eagle Canyon Dr., Sparks

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

Sparks Marina, 325 Harbour Cove Dr. #107, Sparks, Bus Rt. 21

Stead Elementary School, 10580 Stead Blvd., Reno, Bus Rt. 7

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

The Glass Studio, 47 Glen Carran Cir., Sparks, Bus Rt. 18

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 Sierra Bldg., 7000 Dandini Blvd., Reno, Bus Rt. 15

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

Whitney Peak Indoor Climbing, 255 N. Virginia St., Reno

**Bus routes subject to change.*

TMCC is an EEO/AA (equal opportunity/affirmative action) institution. For details, visit eeo.tmcc.edu.

Policies and General Information

Office Hours

TMCC Workforce Development and Community Education is located at TMCC's Meadowood Center, 5270 Neil Rd., room 216 (across from the Sears Auto Center). We are open weekdays from 8 a.m. to 5 p.m.

Senior Citizen Tuition Assistance/Discount

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

Seniors 65 and older may receive a 10 percent discount on Community Education regular personal enrichment classes with the exception of Silver College, conferences/series/events, online classes and a few select other classes. Professional/career courses offered through TMCC WDCE do not qualify for discounts.

Employer-Paid Tuition

An employer or third party may pay for any TMCC Workforce Development and Community Education 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 wdce.tmcc.edu or by calling 775-829-9010.

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. All classes cancelled by TMCC Workforce Development and Community Education will return 100 percent of the tuition back to each student.

Incident Weather Class Cancellations

For courses held at TMCC, visit 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

TMCC Workforce Development and Community Education 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

TMCC Workforce Development and Community Education classes are funded solely by class registrations.

Non-Grading

TMCC Workforce Development and Community Education classes do not issue grades. Should you need documentation to prove you successfully completed a course, please notify the instructor in class.

Accessibility

All TMCC Workforce Development and Community Education classes 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.

Registration Form

Name _____

Street Address _____ City _____ State _____ Zip _____

Email Address _____ Birthdate (mm/dd/yy) _____

Daytime Phone _____ Cell Phone _____

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

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

65 or older? Subtract 10%. 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.

*Do not include materials fee. Those are paid to instructor.



Introducing full-day and half-day youth camps this summer.

- **Small class sizes**
- **Expert adult instructors**
- **STEM and art classes ranging from Minecraft and movie making to computer coding and magic**

Find details on pages 18-20.



Train for a job that's in DEMAND.

All of these careers are expected to exceed the national average growth rate of 11%

(U.S. Bureau of Labor Statistics).

TECHNOLOGY



HTML5 Programming



Business Intelligence

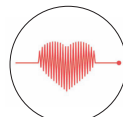


3D Printing

HEALTH CARE



Pharmacy Technician



EKG Technician



Clinical Medical Assistant

PROFESSIONAL ADVANCEMENT



Bookkeeping



Florist Fundamentals



Grant Writing

For all of our Career Certificate programs, see:

Health Careers, page 9

Languages in the Workplace, page 11

Massage Therapist, page 11

Property Management, page 14

Technology, pages 4, 5

**Many programs will begin in the fall.*



Truckee Meadows Community College
Workforce Development and Community Education
7000 Dandini Boulevard
Reno, NV 89512-3999

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Fulfill all your noncredit class needs through TMCC's Workforce Development and Community Education.

**Pursue your interests. Connect with others.
Get in. Get out. Get a job!**

What others say about WDCE instructors

"Eva is not only a fine artist but is able to explain and demonstrate techniques. She makes suggestions for improving work in progress." –Kathryn M., Watercolor Techniques I student about instructor Eva Nichols

"No one is more knowledgeable, communicates it better or makes it more real than Judy." –Robert S., Property Management: 30 Years in 24 Hours student about instructor Judy Cook

"Margie has infinite patience with this newest user of the computer. My confidence has risen exceptionally!" –Mary T., Computer Basics for Retirees student about instructor Margie Lish

"Judy's knowledge and enthusiasm shine through with every class session." – Line Dancing student about instructor Judy Wilson

Want to earn a college degree?

Truckee Meadows Community College offers degrees and certificate programs that transfer to the university or will help you get a job. Registration opens for summer courses on March 3 and for the fall semester on April 28. Call us at 775-673-7111 for details.