

Exploration is ageless. We give you more possibilities.

# COMMUNITY EDUCATION

Jan. through April 2016 classes



## Learning bears fruit.

*Discover how far a class can take you. Hundreds of courses to choose from!*

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775-829-9010  
wdce.tmcc.edu

[facebook.com/WashoeCommunityEd](https://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.

- Bald Eagle Expedition
- Bookkeeping Certificate
- Mental Health First Aid
- Lego Robotics Camp
- Meditation
- Spanish for Fun and Travel
- TMCC Writers' Conference
- Excel Essentials I
- Floral Arranging for Fun

### Help your child become a safe driver



#### Driver's Education in the Classroom

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

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 Spring Classes**  
[www.tmcc.edu](http://www.tmcc.edu) \* 775-673-7111

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## Workforce Development

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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](http://wdce.tmcc.edu).

### Painting and Drawing

**HOT!**

#### Watercolor Techniques I

Delve into the basics of watercolor painting, using both traditional and unconventional methods. Find inspiration while playing and experimenting with colors and techniques to create luminous works of art. No previous painting or drawing experience is needed. Supplies required.

2/2-2/23 T 1-5 p.m.  
Nichols  
TMCC Meadowood Center S103 \$129

#### 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

**“This class was amazing! I found this course challenging and fun.”**

—Rachel M., Spring flowers student

#### Watercolor Plein Air Painting

Paint pristine landscapes in the outdoors. Experiment with a looser, impressionistic style where you'll play with composition and values that add depth to your subjects. Learn how to make a watercolor start, where you'll sketch, choose color and begin with washes, then receive individual suggestions from the instructor on how best to finish your work. Enjoy painting at locations such as Bartley Ranch or Little Washoe Lake. All levels welcome. Supplies required.

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

#### 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

#### 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 ready for framing, cards and 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

**“Carol is the perfect teacher for a community art class. She is professional and knowledgeable. Makes learning this process easy.”**

—Vivian O., Oil Pastel Smudge student

**NEW!**

#### Acrylic Painting on Wood

Turn a plain wood panel into a work of art that you'll be proud to display. Explore different acrylic painting techniques and mediums, practice working with color and texture, and then apply your new skills on a wood canvas. Supplies required.

3/24-3/31 TH 6-9 p.m.  
Kurt  
TMCC Meadowood Center S103 \$69

**NEW!**

#### Chalk Art

Discover this newly popularized art form. Learn how to layer and blend chalks to create unique illustrations. Then, incorporate artistically drawn words to create works that both inform and attract. Learn about sign painting and techniques to perfect your hand-lettering. Supplies required.

3/21-3/23 M,W 6-8 p.m.  
Benjamin  
TMCC Meadowood Center \$49

#### Bob Ross Landscapes

Create amazing works of art using this easy-to-learn style made famous on PBS. This method of painting allows you to create realistic landscapes, seascapes and water scenes you'll be proud to hang in your home. Find out about paints, brushes, wet-on-wet technique, color mixing and more. Complete one painting per class. Supplies required. \$20 materials fee

1/21-2/4 TH 5:30 - 8:30 p.m.  
Burkhart  
TMCC Meadowood Center S103 \$99

**NEW!**

#### Date Night with Oil Painting

Enjoy a night out with that special someone while you create a beautiful painting that you can take home. Even if you have never picked up a brush before, you and your partner can paint a work of art experimenting with the wet-on-wet technique without buying a ton of supplies beforehand. Price is per couple. \$35 materials fee

2/18 TH 6-9 p.m.  
Burkhart  
TMCC Meadowood Center S103 \$79

### Bob Ross Water Scenes

Bring beautiful water scenes to life using the Bob Ross oil painting wet-on-wet technique. Create picturesque lakes, creeks, streams, swamps and an Oriental waterfall. Learn how easy it is to capture the moodiness of water. You will have a completed masterpiece at the end of each class. Supplies required. \$20 materials fee

3/3-3/17 TH 5:30 - 8:30 p.m.  
Burkhart  
TMCC Meadowood Center S103 \$99

### 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

### Travel Book Journaling

Vividly preserve your memories by incorporating a variety of artistic mediums ranging from watercolor and ink to using stickers. Find out how your creativity can be tapped to create interesting pages, whether the journal is for a special trip or everyday use. Enjoy two classroom sessions and a painting field trip. Supplies required. \$35 materials fee

3/7-3/19 M 6 - 9 p.m.  
S 9 a.m. - 1 p.m.  
Mueller  
TMCC Meadowood Center S306 \$99

**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. Supplies required.

1/29-2/26 F 1 - 4 p.m.  
Woodard  
TMCC Meadowood Center S324 \$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. Supplies required.

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

### 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

### Radiant Mandala Drawing

A mandala is a visual interpretation of life itself. Find out how to create a safe space in your life for healing and personal growth through drawing your own radiant mandala. Explore its origins and the significance of these designs in various cultures. Through drawing, allow your inner self to manifest in a physical design filled with color and intricacy. Still your mind and body to increase relaxation and allow your mandalas to flow onto the paper. Supplies required.

1/30 S 1 - 4:30 p.m.  
Surber  
TMCC Meadowood Center S103 \$49

### 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

2/12-2/26 F 11:30 a.m. - 1:30 p.m.  
Foldvary-Anderson  
TMCC Meadowood Center S320 \$79

### CommEd Facebook Art Show!

**Show us your favorite artistic creation, and you may earn a \$75 gift certificate good for any of our Community Ed classes.**

If you've taken or are taking one of CommEd's drawing or painting classes between January 2014 and March 2016, you are eligible to enter. The first-prize winner will also have their art featured inside the 2016 fall course guide. Second and third prizes also will be awarded. For full show details, see <http://bit.ly/wdceArtShow>.

**Haven't taken one of our great art classes yet? There's still time!**  
See pages 2 and 3.

### Textiles

#### Sewing

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 and follow a pattern. Save money by learning how to make basic clothing alterations. Supplies required.

2/3-4/6 W 6 - 9 p.m.  
Willoughby  
TMCC Meadowood Center S103 \$169

#### 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. You'll complete a quilting project and learn the skills to continue this rewarding, artistic craft. Supplies required. \$10 materials fee

2/20-4/23 S 9 a.m. - 12 p.m.  
Ford  
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

### Glass Fusion

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

1/26-1/28 T 5:30 - 8:30 p.m.  
 TH 5:30 - 7:30 p.m. OR  
 3/15-3/17 T 5:30 - 8:30 p.m.  
 TH 5:30 - 7:30 p.m.  
 Howell  
 Kadam Glass \$79

**Watch our glass fusion class video!**

<http://bit.ly/glassfusion>

### Stained Glass

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  
 Kadam Glass \$99

### Flamework Bead Making

Wielding a torch, fashion stunning glass beads in 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

2/9-2/11 T,TH 6 - 9 p.m.  
 Tachihara  
 Kadam Glass \$99

### 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

2/2-2/23 T 5:30 - 7:30 p.m.  
 Gandolfo  
 Reno High Art Room \$99

**"What art offers is space—a certain breathing room for the spirit."**

— John Updike

**NEW!**

### Handmade Stamp Greeting Cards

Send cards as special as those who mean the world to you. Carve your own rubber stamps to create unique and beautiful greeting cards and envelopes. Experiment with several card making and stamping techniques. At the end of class, you'll take home a completed collaborative project, as well as several handmade cards and envelopes. \$6 materials fee

1/27 W 6 - 9 p.m.  
 Case  
 TMCC Meadowood Center S103 \$39

## Photography

### 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, all while becoming familiar with your camera's menu. You'll also learn about selecting, using and caring for your memory cards and batteries.

2/1-2/3 M,W 10 a.m. - 1 p.m.  
 Forsyth  
 TMCC Meadowood Center S115 \$99

### 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.

Lecture:  
 1/30 S 9 a.m. - 12 p.m.  
 Field Shoot:  
 1/30 S 2 - 6 p.m.  
 Vollmer  
 TMCC Meadowood Center S105 \$99

**"The instructor was knowledgeable and very engaging. He inspired this beginning photographer."**

—Photography student

### 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 \$99

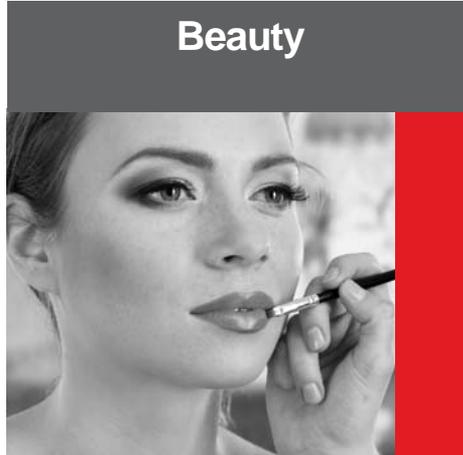
**NEW!**

### 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

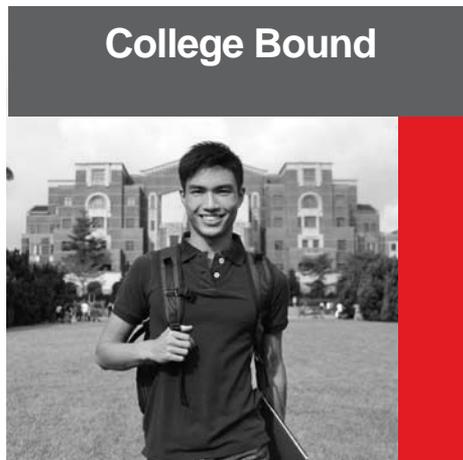
Digital photography courses are also offered in for-credit areas that emphasize the use of Photoshop. For details, visit [schedule.tmcc.edu](http://schedule.tmcc.edu).



### Makeup Made Easy

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

2/9 T 6 - 8 p.m.  
TMCC Meadowood Center S320 \$39



### Ace the ACT/SAT: Math-Ages 14+

Boost your chances of scoring high on the ACT or SAT test with in-depth preparation. Learn general strategies and approaches to the ACT/SAT, strengthen your math skills and discover tips on raising your scores. Discover the background and purpose of these tests and why they are so crucial to college admission.

1/30 S 9 a.m. - 3 p.m.  
TMCC Meadowood Center \$99  
3/21-3/23 M-W 9 a.m. - 12 p.m.  
Collaro  
TMCC Meadowood Center \$149

### Land Those Scholarships

In this competitive environment, applying for college scholarships can feel intimidating. Gain a strategic advantage by learning how to search and apply for scholarships, while learning what groups want from students. In this hands-on class, you'll discover how to collect the necessary information, such as letters of recommendation, and craft your scholarship letter. Find out how to tell your story in a way that works for you. Discuss timeframes and how to be prepared before the peak scholarship application season approaches.

2/8 M 7 - 9 p.m.  
Lynch  
TMCC Meadowood Center S315 \$39

### Accuplacer Test Prep

Accuplacer is a suite of academic placement tests required by over 1,500 institutions, including TMCC and WNC. Whether you are a high school senior or an adult pursuing higher education, performing well on these tests will allow you to skip lower-level classes entirely, saving you time and money.

**Fractions**  
2/16 T 6 - 9 p.m. OR  
**Geometry**  
2/23 T 6 - 9 p.m.  
TMCC Meadowood Center S320 \$39

Learn about the college environment and develop your personal and academic skills. Enroll in EPY 101: Educational, Career and Personal Development. For details, visit [schedule.tmcc.edu](http://schedule.tmcc.edu).

## Computers and Software



See *Technology Career Certificates* on pages 22 and 23.

### 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.

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

**"I feel ready to use QuickBooks confidently."**

—Rhonda C., QuickBooks student

## Microsoft

### Word Essentials

Typing letters and reports has never been easier. Learn tabs, groups and commands as you move and copy your text, set margins and spruce up your work with different fonts and colors. Discover how to check your spelling and grammar, create bulleted lists, customize envelopes and mailing labels for letters, and save and print your work.

2/22-2/24 M,W 9 a.m. - 12 p.m.  
Lenga  
TMCC Meadowood Center S322 \$99

**HOT!**

### 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. Save \$15 when you register for all three Excel Essentials courses at the same time.

1/27-1/29 W,F 9 a.m. - 12 p.m.  
Lenga  
TMCC Meadowood Center S322 \$99

**This class is "extremely beneficial for personal finance, business and rental."**

—Syd M., Excel student

### Excel Essentials II

Building on concepts covered in Excel Essentials, this intermediate course shows you 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 in Excel 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. Save \$15 when you register for all three Excel Essentials courses at the same time.

2/23-2/25 T,TH 1 - 4 p.m.  
Lenga  
TMCC Meadowood Center S322 \$99

### Excel Essentials III

Take your knowledge of Excel to the next level with advanced techniques that include making pivot tables and charts and using intricate formulas and data analysis to make tasks easier at your workplace. Learn how to use various financial functions, grouping skills and how to consolidate your worksheets. Save \$15 when you register for all three Excel Essentials courses at the same time.

4/19-4/21 T,TH 9 a.m. - 12 p.m.  
Lenga  
TMCC Meadowood Center S322 \$129

Register 24/7 at [wdce.tmcc.edu](http://wdce.tmcc.edu)

### Microsoft Excel Chart Basics

Create Excel charts with ease. Use the Chart Wizard to construct line, area, bar, columnar and pie charts and discover how to customize your charts with formatting. You must be familiar with Excel basics.

3/28 M 9 - 11 a.m.  
Lenga  
TMCC Meadowood Center S322 \$49

### Ask the Expert: Excel

If you have questions about how to increase your productivity in Microsoft, meet one-on-one with a software expert to iron out your concerns and make your work truly shine. Each appointment is 30 minutes in length. Call 829-9010 for your appointment.

10/1 TH Between 9 a.m. - 12 p.m.  
Lenga  
TMCC Meadowood Center \$29

**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](http://schedule.tmcc.edu)**

### Outlook Essentials

Microsoft Outlook provides an integrated solution for managing your time and information. Learn how to use Outlook's calendar, contacts, task list and email functions. Schedule appointments and meetings for groups, stay organized by filing email messages in folders, track demographics and put contacts in categories. Explore Outlook's To-Do bar, which can help you organize your day and manage priorities.

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

## Internet

### Google Analytics

Find out the visitor metrics you need to gauge the success of your website and web-based campaigns. Discover your most popular pages, how long people visit each page and how visitors find you. Generate detailed marketing statistics about a website's traffic and traffic sources, and measure conversions and sales with the world's most widely used website analytical service. Discover in detail who is visiting your site by tracking visitors from all referrals including search engines and social media.

2/17 W 9 a.m. - 12 p.m.  
Lenga  
TMCC Meadowood Center S322 \$49

### Instagram for Your Business

Almost half of the 18- to 29-year-old demographic uses Instagram. If your business serves this technologically savvy group, learn how to increase your business productivity with this online photo- and video-sharing and social networking service. Shoot pictures and videos, apply digital filters to them, and share them on social networks like Facebook and Twitter.

3/11 F 9 a.m. - 12 p.m.  
Lenga  
TMCC Meadowood Center S322 \$49

### 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

### 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 how to 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

**HOT!**

### eBay I: The Basics of Selling on eBay

Learn the tips, tricks and the traps in order to succeed in all your eBay dealings. Sell more effectively by developing procedures on how to set up a seller account, create listings and how to 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. Explore eBay research, marketing and photography tips, and eBay stores. 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 \$59

### Internet Blogging and Promotion

Establish yourself as an expert, promote your product and gain a following by writing a blog. Learn what blogging is, how to connect your blog to social media networks and how to automatically update your sites. Find out how to compose articles in advance and schedule them to automatically upload to your website. Learn about various apps that can be used in conjunction with your blog to turn it into a money-making machine.

3/23 W 8:30 a.m. - 12:30 p.m.  
Lenga  
TMCC Meadowood Center S322 \$59

## Cultures and Spirituality

See *Spiritual Exploration* on page 22.

## Dance



### 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

### 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.

1/25-3/14 M 7-9 p.m.  
Wilson  
Sparks Middle School \$69

**"I love it and it is good exercise for me."**

—Line Dancing student

### 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  
Sparks Middle School Gym \$69

**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](http://schedule.tmcc.edu).**

### 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.

2/5-5/13 F 5:30 - 6:45 p.m.  
Carver  
TMCC Red Mountain Bldg. \$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, and delve into the world of costuming.

2/5-5/13 F 6:45 - 8:15 p.m.  
Carver  
TMCC Red Mountain Bldg. \$79



See also *Health and Wellness*, pages 10 and 11. For *Pilates*, see page 19.

### 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.

1/25-2/29 M 6:30 - 7:30 p.m. OR  
3/7-4/11 M 6:30 - 7:30 p.m.  
Gonzalez  
Sparks Marina \$69

**HOT!**

### 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.

1/26-3/3 T,TH 6 - 7:30 p.m.  
Snelling  
McQueen High \$99

### Martial Arts

#### 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.

1/12-2/25 T,TH 6:30 - 7:30 p.m. OR  
3/1-4/21 T,TH 6:30 - 7:30 p.m. OR  
4/26-6/9 T,TH 6:30 - 7:30 p.m.  
Jones  
TMCC Meadowood Center S308 \$89

#### 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.

1/13-3/7 M,W 6:30 - 7:30 p.m. OR  
3/9-5/2 M,W 6:30 - 7:30 p.m.  
Jones  
TMCC Meadowood Center S308 \$89

**HOT!**

#### 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.

1/12-2/25 T,TH 5:15 - 6:15 p.m. OR  
3/1-4/21 T,TH 5:15 - 6:15 p.m. OR  
4/26-6/9 T,TH 5:15 - 6:15 p.m.  
Jones  
TMCC Meadowood Center S308 \$89

### 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.

2/3-3/9 W 6-7 p.m.  
 Salvatore  
 Aikido of Reno \$59

### Philippine Stick Fighting: Modern Arnis

This is a 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.

2/9-3/15 T 6:30 - 8 p.m. OR  
 4/5-5/10 T 6:30 - 8 p.m.  
 Collins  
 Pine Middle School \$69

## 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.

1/26-3/1 T 4:45 - 5:45 p.m. OR  
 4/5-5/10 T 4:45 - 5:45 p.m.  
 MacLellan  
 Swope 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.

1/26-3/1 T 6-7 p.m. OR  
 4/5-5/10 T 6-7 p.m.  
 MacLellan  
 Swope Middle School \$99

### Yoga Basics

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.

1/27-3/2 W 5:30 - 6:30 p.m. OR  
 4/6-5/11 W 5:30 - 6:30 p.m.  
 MacLellan  
 Depoali Middle School \$99

## Sports

**HOT!**

### 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

4/7-5/12 TH 6-7 p.m.  
 Grand Sierra Resort Driving Range \$99

### 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

1/29-4/15 F 1-2 p.m.  
 Pitts  
 Wasting Arrows Archery \$99

### 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.

### Fencing

You've seen it in movies, now make the art of swordplay a part of your reality. Discover this sport's artful grace, coordination and timing through demonstrations, exhibitions and hands-on exercises. Equipment provided. \$25 materials fee

2/2-3/1 T 7:10 - 8:30 p.m. OR  
 3/8-4/5 T 7:10 - 8:30 p.m.  
 Korn  
 Dallyon Tae Kwon-Do \$79

## Floral Industry

See Professional Advancement Certificates on page 20.

## Food and Beverage



### Indian Cooking

Shake up your normal dinner routine by creating exotic meals of India. Discover how savory Indian spices are used and how they are believed to help heal the body. Prepare and sample inexpensive lentil-based entrees, healthy dishes including chicken masala and vegetable curry, and mouth-watering desserts like kheer, a rice pudding, and halwa, a confection of sesame seeds and honey. \$20 materials fee

1/26-2/16 T 6 - 7:30 p.m.  
 Zed  
 Holy Cross Lutheran Church \$79

### NEW!

### Creative Leftovers

Learn how to cook one meal and turn it into multiple meals you can enjoy throughout the week. Enjoy the convenience of cooking less often but still having delicious meal variations that aren't the same old leftovers.

3/12 S 10 a.m. - 12 p.m.  
 Lynch  
 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 kofte berenji, which are fruit-and-nut stuffed meatballs, and dazzle your family or 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

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 [schedule.tmcc.edu](http://schedule.tmcc.edu).

## Grant Writing

See Professional Advancement Certificates on page 19.



## Health and Wellness

### NEW!

### Authentic Happiness

Apply principles of Eastern wisdom combined with Western positive psychology to achieve an advanced sense of well-being. Remove obstacles that block authentic happiness while you enjoy practices that lead to a fulfilling lifestyle.

1/21-2/11 TH 6 - 9 p.m.  
 Dahl  
 TMCC Meadowood Center S320 \$79

### 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

1/30 S 9 a.m. - 2 p.m.  
 Anderson  
 TMCC Meadowood Center S217 \$79

**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

**NEW!**

### Building Happy Families

Enhance the relationships within your family, whether you're a single parent, part of a two-parent family or a couple without children. Learn to create an environment of respectful communication that will minimize conflict and enhance your family's social and problem-solving skills through scheduled meetings. Whatever your family's makeup, enjoy a strong connection with one another that makes it fun to spend time together.

2/3-2/24 W 7 - 8:30 p.m.  
Quillitch  
TMCC Meadowood Center S324 \$49

### The West's Healing Tree: Balsam Poplar

Learn to identify the Balsam Poplar tree in its native habitat and how to ethically harvest the usable parts while out in the field. In the lab, steep the Balsam buds into an oil and then transform it into a therapeutic salve. \$10 materials fee

2/6 S 9 a.m. - 5 p.m.  
Broderick/Powers  
Reno \$79

**HOT!**

### 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.

2/22-3/14 M 6 - 8 p.m.  
Anderson  
TMCC Meadowood Center S320 \$79

**"I love the fact that we have covered all types of meditation so we can choose what works best for us."**

—Linda F., Meditation student

### Take Control of End of Life Matters

Gain peace of mind by knowing you'll leave this earth on your terms, while ensuring your affairs are in order for your loved ones. Discover how to encourage family conversations on health care issues such as advanced healthcare directives and the treatments you all want or don't want, hospice and insurance coverage. Look at burial options and budgeting. Discuss financial matters and evaluate if you need beneficiaries or co-signers on your accounts or real estate deeds. Learn how to take care of your loved one's assets and liabilities including dealing with Social Security and how to file taxes for a deceased person.

2/25 TH 6 - 9 p.m.  
Garol  
TMCC Meadowood Center S324 \$39

**HOT!**

### Pilates: 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 pre- or post-natal pelvic floor weakness or bladder control issues.

3/7 M 6 - 9 p.m.  
Dobler  
TMCC Meadowood Center S308 \$39

### Pet CPR and First Aid

During emergencies, every second counts. Gain the knowledge that may one day save your furry family member's life. Discuss how to stock an effective first aid kit, and how to quickly respond to allergic reactions and snake bites. Recognize the symptoms of heatstroke, frostbite, seizures and doggie dementia. Become comfortable treating wounds and stopping bleeding. Understand the steps to performing pet CPR, choke rescue techniques and how to track your pet's vitals, so you can more easily detect health issues. Increase your dog or cat's comfort by learning how to remove sap, ice balls, tar or gum from paws and fur. Learn how to prevent household poison hazards. Please do not bring pets to this class.

3/15 T 6 - 8 p.m.  
Rew  
TMCC Meadowood Center S320 \$39

### Get a massage and help a student!



Our advanced massage therapy students must complete mandatory hours of body work before they can graduate from our program. So help others while being pampered with a \$25 full-body massage.

Our \$25 massage clinic will be held Tuesdays and Thursdays, Feb. 2 through May 5, at 5:30 p.m. and 6:45 p.m. Register at [wdce.tmcc.edu](http://wdce.tmcc.edu) by clicking on "Register Now!"

## Health Career Certificates



**NEW!**

### Patient Service Assistant

Gain a well-rounded introduction to medical administration so you can learn the necessary skills to obtain an administrative assistant position in the health care field. This 50-hour course prepares you to function effectively in many of the administrative and clerical positions in the health care industry. Medical administrative assistants, secretaries and records clerks are all positions in great demand. The U.S. Department of Labor Statistics predicts job growth in this field to be 20 percent through 2020, with starting pay averaging \$14 an hour. Delve into important background information on the medical assisting profession, interpersonal skills, ethics and law, terminology, basics of insurance billing and coding, telephone techniques, scheduling appointments, records management and management of practice finances. This program does not include state or national certification.

**3/7-4/25**      **M,W**      **5:30 - 9 p.m.**  
**Stinson**           **\$999**

TMCC's Maxine S. Jacobs School of Nursing offers an associate's degree that is fully articulated with four-year institutions. For details, visit [schedule.tmcc.edu](http://schedule.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. Note: 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.

**1/25-4/25**      **M-W**      **5:45 - 9:30 p.m.**  
**TMCC Meadowood Center S103**      **\$2999**

### Community Health Worker

Become a non-medical health provider who makes a difference in your community by facilitating access to housing, food, education, employment, civil rights and healthcare resources. Learn how to evaluate a client's needs and create a plan to address them, and explore HIPAA guidelines for client rights and confidentiality, required documentation and reporting, and safe boundaries for interpersonal relationships. Discover your advocacy role, how to develop community resources and partnerships, how to be sensitive to ethnic, cultural, religious and gender diversity, and case management strategies that will best serve your clients. Find out how to navigate the Nevada healthcare system and promote healthy living through nutrition and disease prevention. Understand the importance of time management and how to manage your own self-care with coping skills that reduce the stress of emotional attachment and help you debrief difficult cases.

**2/20-4/23**      **S**      **8:30 a.m. - 4 p.m.**  
**Kolar**  
**TMCC Meadowood Center S315**      **\$959**

### EKG Technician

Train for a new health care career in just 50 hours of instruction. This career field is projected by the U.S. Bureau of Labor Statistics to grow 70 percent through 2020, with starting pay averaging \$23 an hour. Acquire the skills you need to prepare for the ASPT-Electrocardiograph Technician Exam, other national certification exams and to serve as an EKG Technician. Learn about the heart's fascinating anatomy, physiology, medical disease processes, medical terminology, medical ethics, legal aspects of patient contact, laboratory assisting, electrocardiography and echocardiography. Gain experience practicing with equipment and getting hands-on time in labs working with an EKG machine, the normal anatomy of the chest wall for proper lead placement, 12-lead placement and other clinical practices.

**3/7-4/25**      **M,W**      **5:30 - 9 p.m.**  
**Pearson**           **\$999**

## Dialysis Technician

Enter this growing health care field that helps others enjoy a better quality of life. The U.S. Bureau of Labor Statistics projects this field to grow 13 percent through 2020, with an average starting pay of \$15 an hour. This 50-hour Dialysis Technician program provides students with the knowledge and skills needed to perform the duties required of Dialysis Technicians. Under the supervision of physicians and registered nurses, Dialysis Technicians operate kidney dialysis machines, prepare dialyzer reprocessing and delivery systems as well as maintain and repair equipment. Furthermore, technicians work with patients during dialysis procedures and monitor and record vital signs as well as administer local anesthetics and drugs as needed. Additionally, they may also be involved in the training of patients for at-home dialysis treatment. Note: This program does not include a national or state certification as part of its overall objectives.

3/7-4/25 M,W 5:30 - 9 p.m.  
Schultz \$999

## 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.

3/8-4/26 T,TH 5:30 - 9 p.m.  
TMCC Meadowood Center S315 \$1199

**"The program was excellent. I am ready to go to work in a pharmacy right now!"**

—Barbara D., Pharmacy Technician student

## Physical Therapy Technician

Train to be a technician in the growing field of physical therapy. According to the Bureau of Labor Statistics, there is a 41 percent job growth rate through the year 2020. In this comprehensive 50-hour program, delve into the non-technical duties of physical therapy, such as preparing treatment areas, ordering devices and supplies, and transporting patients working under the direction of the physical therapist. You will also learn how to assist physical therapists in providing services that help improve mobility, relieve pain and prevent or limit permanent physical disabilities of patients suffering from injuries or disease. The job opportunities in this field are great, with positions available in nursing homes, hospitals, sports rehabilitation centers and orthopedic clinics. This program does not include national or state certification.

3/8-4/26 T,TH 5:30 - 9 p.m.  
TMCC Meadowood Center S324 \$999

**HOT!**

## Mental Health First Aid

Discover how to handle a mental health emergency in the workplace. Find out how to help someone who is suffering through a mental health crisis. Develop an understanding of addictions and mental disorders and debunk common misconceptions. Develop a plan for approaching, engaging and assessing someone in need. This is not a certificate program.

3/12 S 8 a.m. - 5 p.m.  
Fortner  
TMCC Meadowood Center S315 \$199

## Work at Home as a Medical Transcriptionist

Medical transcription is a \$12 billion per year industry in the U.S. Make good money, work from home and transcribe fascinating information. Find out what it takes to start a medical transcription business from the ground up and enjoy being your own boss, having flexible hours and earning a great salary. This is not a certificate program. \$20 materials fee

2/9 T 6 - 9 p.m.  
Burns  
TMCC Meadowood Center S324 \$49

## Home and Garden



**HOT!**

## Floral Arranging for Fun: Spring

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.

3/15 & 4/5 T 5 - 6:30 p.m.  
Henderson  
Sparks Florist Design Center \$59

**HOT!**

## 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 by 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

1/20-5/4 W 6:30 - 9:30 p.m.  
Hayes/Sutherland  
Clayton Middle School \$219

**HOT!****Upholstery**

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

4/28-6/16 TH 2-5 p.m. OR  
4/28-6/16 TH 6-9 p.m.  
Murdoch  
TMCC Meadowood Center S103 \$119

**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

2/3-3/9 W 6-8 p.m.  
Shumway  
TMCC Applied Technology Center \$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.

3/7 M 6-9 p.m.  
Adams  
TMCC Meadowood Center S315 \$49

**The instructor was “energetic and passionate about her subject. I learned so much and filled in the ‘holes’ of my knowledge.”**

—Mary M., gardening student

**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.

3/28 M 6-9 p.m.  
Adams  
TMCC Meadowood Center S315 \$49

**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

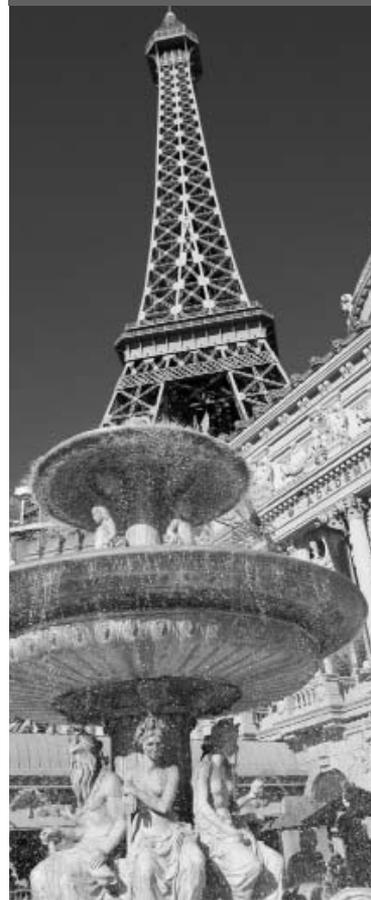
**“To forget to dig the earth and to tend the soil is to forget ourselves.”**

— Mahatma Gandhi

**Interior Design 101**

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

**Languages****Conversational Spanish I**

Whether 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.

1/20-3/23 W 5:30-7 p.m.  
Sefchick  
TMCC Meadowood Center S306 \$169

### 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 the Hispanic culture will be covered. The class will be conducted entirely in Spanish.

3/30-4/27 W 5:30 - 7 p.m.  
 Seftchick  
 TMCC Meadowood Center S306 \$79

**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

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

– Federico Fellini

### 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.

1/26-3/29 T 6 - 8:30 p.m.  
 Seelye  
 TMCC Meadowood Center S306 \$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.

1/28-3/31 TH 6 - 8:30 p.m.  
 Seelye  
 TMCC Meadowood Center S300 \$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.

1/28-3/31 TH 3 - 5 p.m.  
 Seelye  
 TMCC Meadowood Center S315 \$159

### Practical Italian I

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

1/27-3/16 W 6:30 - 8:30 p.m.  
 Manca  
 TMCC Meadowood Center S210 \$159

For-credit courses are offered in French, German, Italian, Japanese, Russian and Spanish. For details, visit [schedule.tmcc.edu](http://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.

2/10-3/16 W 9 a.m. - 12 p.m.  
 Donohue  
 TMCC Meadowood Center S320 \$69

**“Professional ELL has helped me to break through a plateau in my English learning. It has made me think and speak in English quickly without first doing it in my language.”**

–Fumiko S., ELL student

### Spanish-English Translation and Interpretation Certificate

Translators and interpreters are in high demand and work flexible hours from home. The U.S. Department of Labor says that the career field for certified translators can expect 40 percent job growth through 2020, with an average starting salary of \$20 an hour. As a proficient Spanish-English bilingual, develop the knowledge and skills necessary for translation. To participate, you must possess a high level of proficiency in both languages. This course prepares you for the state certification test. \$30 materials fee

1/23-4/23 S 9 a.m. - 12 p.m.  
 Griggs  
 TMCC Meadowood Center S324 \$599

**“This course taught me a lot considering my native language is Spanish. It made me realize there is a lot more to learn.”**

–Elizabeth R., translation student

### Spanish-English Legal Interpreting Certificate

Get closer to becoming a certified court interpreter by preparing for the federal or state exams. Court interpreters are in high demand. This field is projected to grow by 42 percent through 2020 with an average starting salary of \$20 an hour, according to the U.S. Department of Labor. You must have native fluency in Spanish and English to register for this course. No internship provided. \$10 materials fee

2/1-5/23 M 6 - 8 p.m.  
 Seftchick  
 TMCC Meadowood Center \$599

## Massage Therapist Training/LMT CEUs



### Massage Therapy, An Introduction

Have all your questions answered regarding a possible career in massage. Learn about TMCC's massage certification program, career opportunities and licensing procedures in Nevada.

1/23 S 9 a.m. - 4:30 p.m.

Grubaugh

TMCC Meadowood Center S217 \$79

### View the video on our Massage Therapy program!

<http://bit.ly/massagecertification>

### Anatomy and Physiology I

Prerequisite: TMCC massage or personal trainer program students, LMTs or personal trainers. Learn the structure and function of the body's systems and relate them to their chosen field. This course fulfills the requirement for state and national licensure.

1/26-5/12 T,TH 9 - 11 a.m.

Broderick

TMCC Meadowood Center S217 \$359

### 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

### Oriental Massage

Relieve stress and related problems with hands-on reflexology, Shiatsu and soft tissue manipulation. Herbal oils will be used.

1/25-3/21 M 6 - 8 p.m.

Eddy

TMCC Meadowood Center S217 \$159

### Business/Marketing for Massage Professionals

Ensure that your business succeeds by learning how to set up and market your service. Learn about bookkeeping systems, time management, customer services practices, client scheduling techniques, target markets and business plan formation.

2/6-4/2 S 8 a.m. - 4:30 p.m.

TMCC Meadowood Center S217 \$279

### Reiki

Learn the story and benefits of working with Reiki. Hand positions, philosophy and a general understanding of light work will be presented. Attunements are available by appointment after completing this one-day workshop.

2/27 S 8 a.m. - 4:30 p.m.

Anderson

TMCC Meadowood Center S217 \$99

**“Reiki is an interesting modality. Definitely something you need to try to believe.”**

—Reiki student

### Trigger Point Therapy

Prerequisite: Currently enrolled students in the TMCC massage program or currently LMTs. Explore the location and affects of trigger points within muscular tissue. Then learn a system for addressing the pain patterns that result from trigger points and multiple techniques for releasing trigger points from the soft tissue. Practice palpation of the muscle directional fibers, location of trigger points, and the techniques to release trigger points.

3/11-3/12 F,S 9 a.m. - 5 p.m.

Anderson

TMCC Meadowood Center S217 \$159

### Facilitated Stretching and Muscle Energy Techniques

Discover how you can enhance your clients' active and passive range of motion with facilitated stretching and muscle energy techniques such as proprioceptive neuromuscular facilitation, known as PNF. Practicing what you've learned through hands-on exercises. This class qualifies for state board CEUs and license renewal.

3/25-3/26 F,S 9 a.m. - 5 p.m.

Grubaugh

TMCC Meadowood Center S217 \$159

### Prenatal Massage

Prerequisite: Currently enrolled students in the TMCC massage program or LMTs. Discuss 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

## Money and Investing



**HOT!**

### Stocks and Bonds I

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.

2/22-3/14 M 6:30 - 9 p.m.

Gant

TMCC Meadowood Center S324 \$99

### Stocks and Bonds II

Reinforce the knowledge you gained in Stocks and Bonds I while enhancing your investing expertise. Gain confidence while you build your own portfolio and learn how to adjust it over time. Discuss how much money you should invest and set up risk management tools so you can manage your investments more successfully.

3/28-4/18 M 6:30 - 9 p.m.  
 Gant  
 TMCC Meadowood Center S324 \$99

**HOT!**

### 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

**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

### 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.

1/25-1/27 M,W 6 - 9 p.m.  
 Palmer  
 TMCC Meadowood Center S300 \$49

### Retirement Planning Today

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

1/26-2/2 T 6 - 9 p.m. OR  
 1/30-2/6 S 9 a.m. - 12 p.m.  
 Costelloe  
 TMCC Meadowood Center S315 \$69

### The Power of a Plan: Women and Wealth

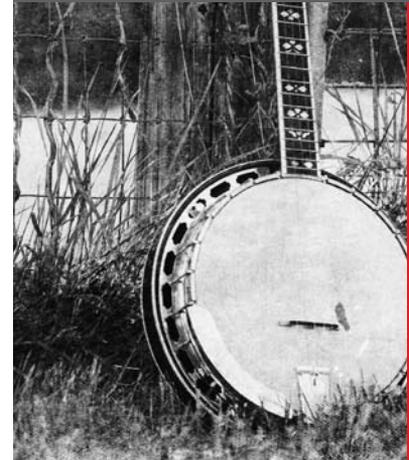
Discover 10 simple steps to financial freedom whether you're a stay-at-home mom, divorcee, grandmother or primary breadwinner. Review the unique investment challenges women face, how they can affect your financial future and what you can do now to overcome them. Learn to set clear financial goals, establish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

3/10 TH 6 - 9 p.m.  
 Garol  
 TMCC Meadowood Center S306 \$39

**"I believe all women should take a course like this one."**

—Women and Wealth student

## Music



**NEW!**

### Bluegrass Music

Bluegrass is a uniquely American brand of music that traces its beginnings to immigrants from Africa and the British Isles. Listen to musicians take turns playing the melody and improvising around it, while the others accompany it in tunes called breakdowns. Learn the history of this music, get your toes tapping during live musical demos by local bluegrass musicians, and try your hand at playing the banjo.

3/10-4/7 TH 6 - 8 p.m.  
 Gray  
 Mountain Music Parlor \$69

### 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.

1/25-5/2 M 7 - 9 p.m.  
 Lee  
 Swope Middle School \$149

**"I feel very grateful to benefit from the instructor's expertise. The class is fun, educational, challenging and I look forward to it each week."**

—Jody C., 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. Book, ukulele and music stand required.

1/26-5/3 T 6 - 7:30 p.m.  
**Holloman**  
**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 music at an advanced high school level, and must audition if you're not a member.

1/28-4/28 TH 7 - 9:30 p.m.  
**Molt**  
**TMCC Vista Bldg B206 \$60**

TMCC offers for-credit courses in piano, guitar and vocal techniques. For details, visit [schedule.tmcc.edu](http://schedule.tmcc.edu).

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

4/18-6/30 M 7:30 - 9 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.

4/19-7/5 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**

### Instant Piano Skills

It does not take years to learn piano. By practicing chords instead of traditional note reading, you can play any song on a piano, all in as little as a few hours. Develop an understanding of how chords work in a song, how to handle different keys and time signatures and how to simplify more than 12,000 complex chords. Save \$5 when you register for Instant Piano Skills and How To Play Piano By Ear at the same time. \$29 materials fee

2/27 S 9 a.m. - 12 p.m.  
**Coffman**  
**TMCC Meadowood Center \$39**

### Piano for Beginners

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

2/18-3/31 TH 6 - 8 p.m.  
**Pratt**  
**TMCC Red Mountain Bldg 242 \$89**

### How To Play Piano By Ear

Expand your musical horizons, free yourself from sheet music dependence and become the life of the party. Gain an introduction to this practical presentation of music theory including predicting chord progressions, learning from recordings and transposing. Discover how to find the starting note, determine when chords change and use the Circle of Fifths. Prior experience with chords is recommended. This is an ideal follow-up to the Instant Piano course. Save \$5 when you register for Instant Piano Skills and How To Play Piano By Ear at the same time. \$29 materials fee

2/27 S 1 - 3:30 p.m.  
**Coffman**  
**TMCC Meadowood Center \$39**

### 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.

**Watch our guitar class video!**

<http://bit.ly/guitarvideo>

## Outdoors



**HOT!**

### 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, lodging and other fees not included.

**Lecture:**  
 1/27 W 6-8 p.m.  
**Field Trip:**  
 2/5-2/7 F-SU All Weekend  
 Gubanich  
 TMCC Meadowood Center S324 \$89

### Birds and Wildlife of Bodega Bay

April is the height of the migration season. Explore two of the best spots for migrating shorebirds, waterfowl and breeding land birds in northern California. Friday and Saturday we'll be in Bodega Bay, then we'll move to Point Reyes on Sunday morning. Transportation, lodging and other fees not included.

**Lecture:**  
 4/13 W 6-8 p.m.  
**Field Trip:**  
 4/22-4/2 F-SU All Weekend  
 Gubanich  
 TMCC Meadowood Center S306 \$89

**This class was a "perfect chance to travel, see new things, and learn more about the world."**

—Bodega Bay student

### 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

Many careers are available in the field of Environmental Science. Earn your associate's degree and learn about natural resources. For details, visit [schedule.tmcc.edu](http://schedule.tmcc.edu).

## Photography

See Arts, Crafts, and Photography on pages 4 and 5.

## 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](http://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>

## Professional Advancement Certificates



See other career certificate programs under Health Careers, Languages in the Workplace, Technology, Massage Therapy, and Property Management sections.

### Grant Writing

Secure funding for your business or favorite charity by earning a grant writing certificate in only 32 hours. Create a persuasive proposal that will attract foundation, government and corporate money. Using the nine components of a grant and identify critical data that will produce a successful grant application. Find free funding sources that will save you money, and understand the importance of effectively managing the money after your organization receives it.

3/7-3/10 M-TH 8 a.m. - 5 p.m.  
 French  
 TMCC Meadowood Center S315 \$899

**"Excellent class. I had very little knowledge of the grant writing process, now I know an abundance of information."**

—Grant Writing student

**HOT!**

### Bookkeeping

Gain a thorough understanding of accounting principles, so you can confidently and accurately maintain financial books for a business. Become comfortable with accounting basics, debits and credits, charting accounts, accounting equations, adjusting entries and creating a balance sheet. Learn how to process payroll, calculate depreciation and cost of goods sold. You'll also work on financial accounting, produce an income statement and learn bank reconciliation steps, as well as deal with inventory and accounts payable. Job opportunities are expected to grow in this area with the U.S. Bureau of Labor Statistics projecting an 11 percent growth in the number of positions through 2022.

1/20-2/17 M,W 6-9 p.m.  
 TMCC Meadowood Center S322 \$549

**“The only way to do great work is to love what you do.”**

—Steve Jobs

### Apartment Maintenance Technician

Create an environment that makes people feel right at home. The U.S. Department of Labor Statistics projects 11 percent job growth in this career field through 2020, with average pay starting at \$16 an hour. Gain the skills you need to become an apartment maintenance technician during this comprehensive certificate program. Build a solid foundation in basic repair tasks including plumbing, drywall patching, electrical wiring, and prepping and painting. You'll also learn how to repair and re-key locks, as well as finish carpentry installation techniques. \$50 materials fee

3/30-5/18 W 6-9 p.m.  
 Shumway  
 TMCC Applied Technology Center \$499

### Florist Fundamentals

In just two weeks, get the training you need for a career as a floral handling or design assistant at a retail florist shop. Learn how to identify, care for and handle flowers. In addition, gain hands-on experience creating vase and basket arrangements, boutonnières and corsages. Taught by an experienced floral designer at a floral design center, this class will give you a realistic feel for this profession. \$25 materials fee

2/29-3/11 M-F 1-4 p.m.  
 Fiannaca  
 Sparks Florist Design Center \$299

**Business owners interested in marketing and public relations may also benefit from TMCC's for-credit degree or certificate in Entrepreneurship. For details, call 673-7132.**

### Become an indispensable administrative professional



Today's workplace relies on professionals skilled in the latest technology, management principles and customer relations. Whether you're seeking to be an office manager or an executive assistant, you'll find our Administrative Professionals certificate and degree will give you a competitive edge for the position you are seeking.

**“I've become a more valuable employee with each class in the TMCC Administrative Professionals degree program,”** said Cindy S., administrative professional student.

Learn more at [wdce.tmcc.edu](http://wdce.tmcc.edu) by clicking on “Programs We Offer” or call 775-829-9010.

## Professional Skills



**HOT!**

### 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

### How to Make It in Voiceovers

Break into the voiceover industry and join talented artists like James Earl Jones, Linda Hunt and Donald Sutherland. Get an introduction to the business from a Tony Award-nominated composer and producer and learn how you can turn voiceovers into a thriving full- or part-time career.

3/19 S 9-11 a.m.  
 Foster  
 TMCC Meadowood Center \$49

**“It's fun and has potential for good money and business.”**

—How to Make It in Voiceovers student



**Earn your career certificates from the comfort of your home.**

These online programs allow you the flexibility to learn at your convenience. All of these programs range from two to three months long.

- **Generational Learning Styles: K-12** ~ \$145
- **Social Media Online Tools: K-12** ~ \$145
- **Supervisory and Leadership** ~ \$395

**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.

2/17-2/19    W-F    8 a.m. - 5 p.m. OR  
 4/20-4/22    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 3-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

**NEW!**

**Bridge: Play**

Enhance your mastery of the game of bridge by learning how to declare a bridge hand: developing tricks, eliminating losers, watching out for opponents, managing the trump suit and care of entries. Strengthen your ability to plan and make your contracts, improve your bidding and learn the Jacoby Transfer Convention.

2/22-5/2    M    12:30 - 2:30 p.m.  
**Gordon**  
 TMCC Meadowood Center S324    \$99

**NEW!**

**Bridge: Defense**

Learn how to work with a partner to defend a bridge hand, take more tricks and defeat more contracts. Explore opening leads, third and second hand play, defensive signals, developing defensive tricks, interfering with the declarer and planning the defense. Review and improve your bidding and learn how to use Negative Doubles.

2/22-5/2    M    3 - 5 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

**NEW!**

### The Blueprint of Creation

Learn about the ancient science of sacred geometry, which is the genesis of all form and the blueprint of creation. This science explores and explains the energy patterns that create and unify all things, and reveals how the energy of creation organizes itself. Find out why ancient people believed that the patterns of sacred geometry were symbolic of our own inner realm. Discover basics of the Flower of Life and the Golden Mean, and draw your own Metatron's Cube.

1/27-2/3 W 6 - 8 p.m.

Linesch  
TMCC Meadowood Center \$39

**HOT!**

### Judaism

Find out how Jews relate to G-d. Discuss topics such as the messiah from a Jewish perspective, the literal truth of the Bible, the purpose of life and Jewish beliefs regarding heaven. Explore denominations and their differences, holidays and rituals, and how Judaism differs from Christianity.

2/4-2/25 TH 6:30 - 8 p.m.

Beyer  
TMCC Meadowood Center S324 \$79

**“Interesting content in a safe arena. Able to ask questions and further learn without fear.”**

—Judaism student

**NEW!**

### Pope Francis' Impact on the World

Explore the impact Pope Francis is having on the world and on the Catholic Church. Delve into the pope's encyclical, “On Care for Our Common Home,” which has drawn the attention of economists, environmentalists, politicians and spiritual leaders of many faiths. Learn about perceptions of the pope by Catholics and non-Catholics alike as he confronts the world's toughest social problems.

3/8-3/29 T 7 - 9 p.m.

Sloan  
TMCC Meadowood Center S320 \$59

**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 \$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!**

### Monastery Retreat

Experience a time of peace and reflection during a 3-day retreat at a northern California monastery. The Abbey of New Clairvaux is a Catholic Cistercian monastery near Chico. However, you need not be Catholic or Christian to attend the retreat. Explore your spirituality among the walnut groves and vineyards through silence and a group session with one of the abbey monks. The abbey is on the site of Leland Stanford's massive wine-making operation and features its own on-site winery. There will be an optional Eucharistic service in the chapel on Sunday.

4/15-4/17 F-SU 10 a.m. - 8 p.m.

Sorensen  
Abbey of New Clairvaux \$199

## Technology Certificates



For computer classes, see pages 6 and 7.

### HTML5 Programming for Website, App and Game Design

This programming language has taken the technology world by storm and those seeking careers in this sector need to be proficient in it. Even if you have no programming experience, gain the knowledge you need to create responsive websites, apps and games that work equally well on all browsers, Apple products, PCs, cell phones and tablets. This tool provides you with fast, flexible and reliable web development. Become confident in programming HTML5, JavaScript and Cascading Style Sheets, that give your sites, games and apps a consistent look. By the end of this class, you'll have designed a website and an app or game to add to your employment portfolio. Find out about resources that will help you stay abreast of updates and features to help you continue to strengthen your programming skills.

2/3-5/11 W 6 - 9 p.m.

Paine  
TMCC Meadowood Center S115 \$999

## Business Intelligence: Data Management

Find out why our nation's most successful companies use SQL and analytical techniques to gain the competitive advantage in their arenas. Transform your company by discovering how to break down overwhelming data into information you can use. Gain the skills you need to increase quality control, enhance staffing, present growth opportunities and maximize resources, regardless of your business' size. Through using SQL, Structured Query Language, and developing techniques to strengthen your personal analytical skills, create reports that connect reality with your data. Find out how to determine what's important for you to learn and then explore ways to mine that data to get the correct answers. Learn how to resolve the most common quality issues such as missing columns, bad data, wrong formats and more.

2/23-5/31 T 6-9 p.m.

Tobin

TMCC Meadowood Center S322 \$999

**HOT!**

## 3D Printing

3D printing has revolutionized the way businesses and people manufacture things. Discover the fundamentals of 3D printing and explore the uses of this cutting-edge technology in applications such as manufacturing, prototyping, prosthetics, toymaking, and more. Practice using two different industry-standard 3D modeling programs, AutoCAD Inventor and Sculpttris, while modeling complex shapes to be printed. Learn the mechanics of 3D printers and how to maintain them, and then visit a local business that uses 3D printing on a daily basis. Basic computing skills are required. An object will be printed by the last class session.

3/1-4/5 T 6-9 p.m.

Blacksmith

TMCC Meadowood Center S115 \$499

## 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. Presenters and literary agents include Shaun Griffin, Todd Borg, Paul Hoppe, Virginia Castleman, Katie Reed, Michael Larson and Douglas Lee. 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 (cost \$32) with one of our literary agents. 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.

4/16 S 8:15 a.m. - 4:30 p.m.

TMCC Sierra Bldg. 108 \$119

**"The whole vibe is centered around writers and writing. It is so deliciously indulgent and good for your soul."**

—Catherine W., 2015 conference participant

## 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.

2/1-3/21 M 6-8 p.m.

Castleman

TMCC Meadowood Center S300 \$119

**NEW!**

## Flash Writing: Get to the Point

Craft well-written fiction and nonfiction stories that are fewer than 1,500 words. Learn how to master vocabulary to make every word count and find out how this condensed method of writing can apply to your other writing projects. Refine your stories, then explore how to promote and seek publishers.

2/23-3/15 T 6-8 p.m.

Spires

TMCC Meadowood Center S300 \$59

## Write Through Your Battles

We face our own battles, whether on an actual battleground or within our minds. Develop life skills that help make sense of the straight and twisted times of life. Use the work of Joseph Campbell and Christopher Vogler in mythology and the "hero's journey" as a framework for revealing persistent patterns in the tribulations of our lives. You won't be required to share your story, but you'll receive support and guidance along your personal writing journey.

2/1-2/29 M 6-8 p.m.

Peterson

TMCC Meadowood Center S320 \$79

## Write with Depth and Meaning

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.

2/4-3/24 TH 6-8 p.m.

Castleman

TMCC Meadowood Center S306 \$119

**"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

### Writing, Publishing and Marketing Your First Book or Seventh Book

Learn a 10-step plan to develop and complete your manuscript in just six weeks from an author of 10 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 affects your time, money and the percentage of profits you keep. Discuss and view forms, contracts and samples and learn about print on demand and ebooks. Focus on the 6-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

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](http://schedule.tmcc.edu).

**HOT!**

### 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

## Silver College Arts



### Write Your Life Story

Everyone has a life story to tell. Describe the significant events in your history and preserve them for your children and grandchildren. Develop your own creative style, create memorable narratives and sharpen your writing skills in the process.

2/10-3/30 W 10 a.m. - 12 p.m.  
Hall  
TMCC Meadowood Center S324 \$79

**“Adrienne is delightful and shares her knowledge easily. I learned a lot in a little bit of time.”**

—Marge P., Life story student

### Digital Camera Basics for Retirees

Get comfortable with the basics of using your digital camera. Begin by learning the camera’s features including flash, macro, zoom, menus, modes and scenes and discuss selecting, using and caring for memory cards and batteries. You’ll take lots of pictures using the camera’s many settings, not just Auto.

2/22-3/14 M 9 a.m. - 12 p.m.  
White  
TMCC Meadowood Center S115 \$69

**Watch the video on our camera basics class!**

<http://bit.ly/camerabasics>

### 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.

1/20-3/23 W 4-5 p.m.  
Seřchick  
TMCC Meadowood Center S324 \$59

### Bob Ross Oil Painting for Retirees

Explore fun, relaxing oil painting techniques and start creating your own realistic landscapes. Learn the basics of paints, brushes, wet-on-wet and color mixing. Enjoy the simplicity of this technique created by the host of “The Joy of Painting” that ran on PBS in the 1980s and ‘90s. Bring paper towels and baby wipes for easy cleanup. \$10 materials fee

1/21-2/4 TH 12:30 - 3:30 p.m.  
Burkhardt  
TMCC Meadowood Center S103 \$79

### Acrylic Painting for Retirees

Discover the playfulness of art by learning to paint with acrylics. Experiment with color theory, composition and design. Use traditional and unconventional methods of applying paint to canvas and board including various brushes, glazing and dry brushing techniques and painting with a palette knife. No previous painting skills are necessary. Supplies required.

1/29-3/18 F 9 a.m. - 12 p.m.  
Leonard  
TMCC Meadowood Center S103 \$99

### 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

3/8-3/22 T 1-3 p.m.  
Foldvary-Anderson  
TMCC Meadowood Center S103 \$79

## Photoshop Elements Basics

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 both Organizer and Editor. If you have photos scattered all over your computer in hundreds of folders, let Photoshop Elements help you get organized.

3/23-4/6 W 9 a.m. - 12 p.m.  
White  
TMCC Meadowood Center S115 \$59

**HOT!**

## Piano I for Retirees

Bring more music into your life. Develop your musical creativity, build piano skills and have fun learning all the basics of playing, sight-reading and playing by ear.

2/4-3/17 TH 10 - 11 a.m.  
Pratt  
Steinway Piano Gallery \$69

**"This is my first piano course and I enjoyed it a lot."**

—Uzoma O., Piano I student

## Piano II for Retirees

Progress in your skills, so that you can play a wider range of music. 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.

3/24-5/5 TH 10 - 11 a.m.  
Pratt  
Steinway Piano Gallery \$69

## Piano III for Retirees

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.

2/4-3/17 TH 11 a.m. - 12 p.m.  
Pratt  
Steinway Piano Gallery \$69

## 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 modern personal computer including the mouse, keyboard, desktop and taskbar. Experience the sense of accomplishment that comes from learning this technology.

2/1-2/10 M,W 9 a.m. - 12 p.m.  
Lish  
TMCC Meadowood Center S115 \$59

## Getting to Know Windows 7

Learn how to navigate and use 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.

2/16-2/25 T,TH 9 a.m. - 12 p.m.  
Lish  
TMCC Meadowood Center S321 \$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!**

## Microsoft Word for Retirees

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

3/14-3/16 M,W 9 a.m. - 12 p.m.  
Lish  
TMCC Meadowood Center S321 \$49

## Navigate Email and the Internet

Sign up for a free email account and start communicating electronically. Learn how to check your inbox and compose, send, reply and forward emails. Manage, organize and search your email and attach photos and documents to your messages. Then check out the amazing places you can go in cyberspace. Find free online programs that protect your computer from viruses and become proficient in Internet vocabulary like search engine, web site and hyperlink. Explore online newspapers, recipes, coupons, games, banking, movies, sports, music, and hotel and plane reservations.

3/1-3/10 T,TH 9 a.m. - 12 p.m.  
Lish  
TMCC Meadowood Center S321 \$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.

2/17-2/24 W 1 - 3:30 p.m.  
Lenga  
TMCC Meadowood Center S322 \$59

### 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.

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

**“This class was very helpful in understanding what my phone can do.”**

–Android Phone student

### 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.

3/16 W 1 - 3:30 p.m.  
Lenga  
TMCC Meadowood Center S322 \$39

**NEW!**

### iPhone and iPad: Beyond the Basics

Take this short refresher class if you completed the basic iPad or iPhone course. Learn more about emailing, texting and other topics. Bring your iPad or iPhone to class and the questions you want answered about your electronic device.

3/21 M 9 - 11 a.m.  
Lenga  
TMCC Meadowood Center S322 \$39

**NEW!**

### Android Smartphone and Tablet II

Learn more about your Android device if you completed the basic Android tablet or Android smartphone course. Become more comfortable with texting, emailing and other features your device offers. Bring your tablet or phone to class.

3/28 M 1 - 3 p.m.  
Lenga  
TMCC Meadowood Center S322 \$39

## Silver College Wellness

### 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. Bring your own skiing equipment or rent it at the ski area.

1/15-2/5 F 9 a.m. - 1 p.m.  
Holden  
Tahoe Donner Cross Country \$99

**NEW!**

### 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.

1/15-2/5 F 10:30 - 11:30 a.m. OR  
2/12-3/4 F 10:30 - 11:30 a.m. OR  
3/11-4/8 F 10:30 - 11:30 a.m. OR  
4/15-5/6 F 10:30 - 11:30 a.m.  
Kurowski  
TMCC Meadowood Center S308 \$39

### Fixed-Income Investing for Retirees

Learn about investing on a fixed income. Explore the seven characteristics of fixed-income investments and the advantages of laddering your investments. Discover how a fixed income can be part of your personal investment strategy.

3/23 W 6 - 9 p.m.  
Garol  
TMCC Meadowood Center S300 \$39

### 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

**“Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.”**

– Henry Ford

**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.

1/12-2/25 T,TH 4 - 5 p.m. OR  
1/13-3/7 M,W 10:30 - 11:30 a.m. OR  
3/1-4/21 T,TH 4 - 5 p.m. OR  
3/9-5/2 M,W 10:30 - 11:30 a.m. OR  
4/26-6/9 T,TH 4 - 5 p.m.  
Jones  
TMCC Meadowood Center S308 \$79

**“For every phase of life, mentally and physically. It has truly helped my recovery from my cancer treatment.”**

–Debra L., 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.

1/13-3/7 M,W 5:15 - 6:15 p.m. OR  
3/9-5/2 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.

1/19-2/9	T	10:30 - 11:30 a.m. OR
1/21-2/11	TH	10:30 - 11:30 a.m. OR
2/16-3/8	T	10:30 - 11:30 a.m. OR
2/18-3/10	TH	10:30 - 11:30 a.m. OR
3/15-4/5	T	10:30 - 11:30 a.m. OR
3/17-4/7	TH	10:30 - 11:30 a.m. OR
4/12-5/3	T	10:30 - 11:30 a.m. OR
4/14-5/5	TH	10:30 - 11:30 a.m.

Kurowski

TMCC Meadowood Center S308 \$39

**"This is the best class to help me remember to breathe correctly and use muscles correctly."**

—Brenda N., Silver Yoga student

**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 on 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

**Medicare and Retirement**

As you approach retirement age, become savvy about the potential impact of rising health care costs on your retirement savings. Learn to assess Medicare coverage and costs, long-term care costs and your options for supplemental health care and long-term care insurance. Ensure that your golden years are a positive experience.

3/2 W 6 - 9 p.m.

Garol

TMCC Meadowood Center S324 \$39

**Durable Power for Healthcare and a Living Will**

Provide peace of mind for yourself and your loved ones by creating advanced directives for health care and a living will. These legal documents detail your choices in the event you're unable to make health care decisions yourself. You will have the opportunity to complete both documents in class and have them notarized.

3/22-3/29 T 2-4 p.m.

Gaskins

TMCC Meadowood Center S324 \$39

**Youth Camps**

For further details, visit [camps.tmcc.edu](http://camps.tmcc.edu).

**Winter Break Camps**

CAMP	AGE	DATE
Improvisational Acting	6-9 yrs.	12/28-12/31
Archery I	10-12 yrs.	12/28-12/31
Improvisational Acting	10-12 yrs.	12/28-12/31
Archery I	13-17 yrs.	12/28-12/31
Improvisational Acting	13-17 yrs.	12/28-12/31
Art for Kids	4-6 yrs.	1/4-1/8
Cheerleading	6-9 yrs.	1/4-1/8
Computer Programming	6-9 yrs.	1/4-1/8
Lego Robotics	6-9 yrs.	1/4-1/8
Minecraft	6-9 yrs.	1/4-1/8
Video Game Design	6-9 yrs.	1/4-1/8
Volleyball	6-9 yrs.	1/4-1/8
3D Printing	10-12 yrs.	1/4-1/8
Archery II	10-12 yrs.	1/4-1/8
Bluegrass Band Camp	10-12 yrs.	1/4-1/8
Cheerleading	10-12 yrs.	1/4-1/8
Computer Coding	10-12 yrs.	1/4-1/8
Foil Fencing	10-12 yrs.	1/4-1/8
French	10-12 yrs.	1/4-1/8
Minecraft	10-12 yrs.	1/4-1/8
Volleyball	10-12 yrs.	1/4-1/8
Yoga	10-12 yrs.	1/4-1/8
Amateur Ham Radio	13-17 yrs.	1/4-1/8
Archery II	13-17 yrs.	1/4-1/8
Bluegrass Band Camp	13-17 yrs.	1/4-1/8
Creative Writing for Teens	13-17 yrs.	1/4-1/8
Foil Fencing	13-17 yrs.	1/4-1/8
Remote-Controlled Car	13-17 yrs.	1/4-1/8
Sewing Machine Basics	13-17 yrs.	1/4-1/8
Volleyball	13-17 yrs.	1/4-1/8

**Questions?** Call 775-829-9010



## Spring Break Camps



CAMP	AGE	DATE
Art for Kids	6-9 yrs.	3/21-3/25
Improvistional Acting	6-9 yrs.	3/21-3/25
Lego Robotics	6-9 yrs.	3/21-3/25
Video Game Design	6-9 yrs.	3/21-3/25
Volleyball	6-9 yrs.	3/21-3/25
Archery I	10-12 yrs.	3/21-3/25
Art for Kids	10-12 yrs.	3/21-3/25
Bluegrass Band Camp	10-12 yrs.	3/21-3/25
French	10-12 yrs.	3/21-3/25
Improvistional Acting	10-12 yrs.	3/21-3/25
Indoor Rock Climbing	10-12 yrs.	3/21-3/25
Minecraft	10-12 yrs.	3/21-3/25
Tennis for Kids	10-12 yrs.	3/21-3/25
Volleyball	10-12 yrs.	3/21-3/25
Yoga	10-12 yrs.	3/21-3/25
Amateur Ham Radio	13-17 yrs.	3/21-3/25
Archery I	13-17 yrs.	3/21-3/25
Art for Kids	13-17 yrs.	3/21-3/25
Bluegrass Band Camp	13-17 yrs.	3/21-3/25
Creative Writing for Teens	13-17 yrs.	3/21-3/25
Improvistional Acting	13-17 yrs.	3/21-3/25
Indoor Rock Climbing	13-17 yrs.	3/21-3/25
Remote-Controlled Car	13-17 yrs.	3/21-3/25
Tennis for Kids	13-17 yrs.	3/21-3/25
Volleyball	13-17 yrs.	3/21-3/25
Computer Programming	6-9 yrs.	3/28-4/1
Volleyball	6-9 yrs.	3/28-4/1
Computer Coding	10-12 yrs.	3/28-4/1
Foil Fencing	10-12 yrs.	3/28-4/1
Indoor Rock Climbing	10-12 yrs.	3/28-4/1
Tennis for Kids	10-12 yrs.	3/28-4/1
Volleyball	10-12 yrs.	3/28-4/1
Yoga	10-12 yrs.	3/28-4/1
Foil Fencing	13-17 yrs.	3/28-4/1
Indoor Rock Climbing	13-17 yrs.	3/28-4/1
Tennis for Kids	13-17 yrs.	3/28-4/1
Volleyball	13-17 yrs.	3/28-4/1

## Winter Break Camps



**NEW!**

### STEM (Science, Technology, Engineering and Math)

#### Remote-Controlled Car

Gain an understanding of electronics and programming as you work with computer boards to control toy cars with smartphones, tablets and laptops. Through hands-on projects, explore the Internet of Things, a concept that enables new ways of interacting with our environment through technology. After you learn hardware and software basics, you'll program a car, which will be yours to take home upon the conclusion of class. \$50 materials fee. Camp is for ages 13 to 17.

1/4-1/8 M-F 8 a.m. - 12 p.m.

Chavez

TMCC Meadowood Center S116 \$129

**HOT!**

#### Lego Robotics

Children will explore robotics in a playful learning environment and build actual working models using LEGO® moving parts. They will learn how to work in small teams, program their models with simple motors and gears, and present their ideas in a take-home display. \$5 materials fee. Camp is for ages 6 to 9.

1/4-1/8 M-F 9 a.m. - 12 p.m.

Frewert

TMCC Meadowood Center S210 \$149

**NEW!**

### Amateur Ham Radio

Learn about electromagnetic energy in a fun way, while practicing the basics of how to operate a ham radio. Besides discovering how to send and receive messages, discuss FCC legal requirements, radio theory, emergency communication, remote vehicle control, satellite communication and more. During the last class, take the FCC Technician Level License Exam. This could open a door to a lifelong hobby, one where you interact with radio operators worldwide. \$30 materials fee. Camp is for ages 13 to 17.

1/4-1/8 M-F 1-4 p.m.  
Johnson  
TMCC Meadowood Center S117 \$99

### Computer Programming

Develop your children's technology prowess by having them learn this design-based programming language developed by MIT. They'll create interactive stories, animations, games, music and art. As they create and share their projects on the Scratch website, they'll learn important mathematical and computational ideas, while also building their creativity and reasoning skills. They'll also develop teamwork skills by working collaboratively. Camp is for ages 6 to 9.

1/4-1/8 M-F 9 a.m. - 12 p.m.  
Hester  
Smithridge Elementary School \$129

### Computer Coding

Earn your black belt in computer programming in this self-paced visual course. Students acquire logic and computational thinking while designing elegant algorithms and writing efficient computer code. It has four sections where students earn white, yellow, purple and black belts. Projects slowly increase in complexity to ensure an exciting and fulfilling learning experience for all students. \$5 materials fee. Camp is for ages 10 to 12.

1/4-1/8 M-F 1-4 p.m.  
Hester  
Smithridge Elementary School \$129

**"Fun and educational, I really liked it and it was interesting."**

-Sasha Q., Computer Coding student

**HOT!**

### 3D Printing

Let your children explore this cutting-edge technology as they create their own ideas to print as 3D objects. They'll work with online resources, 3D library collections and design communities, and use 3D rendering tools. The course fee includes the printing of one item worth \$20. Basic computer skills required. Camp is for ages 10 to 12.

1/4-1/8 M-F 1-5 p.m.  
Boyko  
TMCC Meadowood Center S115 \$199

### Video Game Design

Using a video game design platform developed by the University of Wisconsin, Madison, students will learn the principles of game design while building their own video game. They'll develop branching story lines and gameplay goals while engaging in systems-based thinking, creative problem-solving and aesthetics. \$5 materials fee. Camp is for ages 6 to 9.

1/4-1/8 M-F 1-4 p.m.  
Gryphon Education  
TMCC Meadowood Center S116 \$99

### Minecraft

Treat your kids to a Minecraft camp! Minecraft is a video game in which 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.

#### Ages 6-9

1/4-1/8 M-F 9 a.m. - 12 p.m.

Keglovits

TMCC Meadowood Center \$99

#### Ages 10-12

3/21-3/25 M-F 9 a.m. - 12 p.m.

Lovato

TMCC Meadowood Center \$99

## Art and Music

### Improvisational Acting

Strengthen your children's self esteem, confidence and presentation skills by practicing spontaneity through acting. This high-energy camp covers the elements of the improvisational process, emphasizing theatrical and comedic skills, stage directions and movement. The camp will end with a free improv show for parents and the community. Repeat students are encouraged to attend. Each camp is taught by KidScape.

#### Ages 6-9 or 10-12

12/28-12/31 M-TH 8:30 a.m. - 2:30 p.m.  
McQueen High \$179

#### Ages 13-17

12/28-12/31 M-TH 11 a.m. - 2:30 p.m.  
McQueen High \$99

### Art for Kids

In this camp, children will explore a variety of art forms and mediums such as cubism, papier-mache and even Aboriginal dot painting. They will have fun painting and creating while expanding their artistic development. Camp space is kept small to ensure personalized attention. Camp is for ages 4 to 6.

1/4-1/8 M-F 10 - 11:30 a.m.

Bayya  
TMCC Meadowood Center S103 \$79

**NEW!**

### French

Develop your child's language skills and open up a window of opportunity. Working with a native French speaker, your child will learn the basics of the French language and practice vocabulary and grammar in a personalized and engaging setting. Camp is for ages 10 to 12.

1/4-1/8 M-F 9 a.m. - 12 p.m.

Gbale  
TMCC Meadowood Center S120 \$129

### Bluegrass Band

Your child will develop rhythm, creativity and an appreciation for folk music while learning how to play string instruments in the bluegrass style. Have them pick their favorite instrument: mandolin, violin, banjo or guitar. They'll practice basic chords, simple one-string melodies, instrument tuning and scales. On the last day, these camps will all meet up to play their instruments together. Bring your own instrument or loaners may be available. Camp is for ages 10-17.

1/4-1/8 M-F 1 - 3 p.m.

Gray  
Mountain Music Parlor \$119

### Creative Writing for Teens

Spend part of your break improving your stories and learning about writing. Explore plotting, pacing, dialogue and more in a fun workshop setting. Get personalized assistance by having your work read. Camp is for ages 13 to 17.

1/4-1/8 M-F 9 a.m. - 3 p.m.

Spires  
TMCC Meadowood Center S207 \$149

### Sewing Machine Basics for Teens

Develop a strong foundation in sewing and become familiar with your sewing machine. Learn the different stitches for different fabrics and practice making ribbons and button holes. Learn how to thread, maintain, modify and troubleshoot your equipment. \$5 materials fee. Camp is for ages 13 to 17.

1/4-1/8 M-F 9 a.m. - 12 p.m.

Kasper  
TMCC Meadowood Center S104 \$99

## Sports

### Archery I

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 while improving their concentration. A \$50 materials fee is required. Camp is for ages 10 to 17.

12/28-12/31 M-TH 8:30 - 11:30 a.m.

Pitts  
Wasting Arrows Archery \$99

### Archery II

Build upon your child's previous archery experience and further develop their coordination and upper body strength. Archers will practice the fundamentals to succeed at this sport. Kids will work on proper shooting form while improving their concentration. A \$50 materials fee is required. Camp is for ages 10 to 17.

1/4-1/8 M-F 8:30 - 11:30 a.m.

Pitts  
Wasting Arrows Archery \$129

### Volleyball

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. Camp is for ages 6 to 9, 10 to 12 or 13 to 17.

1/4-1/6 M-W 9 a.m. - 12 p.m.

Northern Nevada Juniors Volleyball \$99

### Foil Fencing

Learn the Olympic sport of foil fencing. Lunging, parrying and riposting is taught by USFCA-certified fencing master Benjamin Korn. Students will learn footwork, strategy and rules of the game in a fun, nurturing environment. All equipment is provided. Camp is for ages 10 to 12 or 13 to 17.

1/4-1/8 M-F 1 - 4 p.m.

Korn  
Dallyon Tae Kwon-Do \$179

**NEW!**

### Cheerleading

Build your children's self confidence and social skills through cheerleading. Kids will 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. Camp is for ages 6 to 9 or 10 to 12.

1/4-1/6 M-W 9 a.m. - 1 p.m.

Jump n' Shout \$89

**NEW!**

### Yoga

Have your kids 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. Camp is for ages 10 to 12.

1/4-1/8 M-F 1:30 - 3:30 p.m.

Reno \$99

## Spring Break Camps



See Quick Reference Camps Chart on page 28.

### STEM (Science, Technology, Engineering and Math)

**HOT!**

#### Minecraft

Treat your kids to a Minecraft camp! Minecraft is a video game in which 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.

##### Ages 6-9

3/21-3/25 M-F 9 a.m. - 12 p.m.

Staff

TMCC Meadowood Center \$99

##### Ages 10-12

3/21-3/25 M-F 9 a.m. - 12 p.m.

Keglovits

TMCC Meadowood Center \$99

**"I loved the camp it was the funnest time I ever had on Minecraft."**

—Minecraft student

#### Video Game Design

Using a video game design platform developed by the University of Wisconsin, Madison, students will learn the principles of game design while building their own video game. They will develop branching story lines and gameplay goals while engaging in systems-based thinking, creative problem-solving and art/aesthetics. \$5 materials fee. Camp is for ages 10 to 12.

3/21-3/25 M-F 1-4 p.m.

Gryphon Education

TMCC Meadowood Center \$99

**HOT!**

#### Lego Robotics

Children will explore robotics in a playful learning environment and build actual working models using LEGO® moving parts. They will learn how to work in small teams, program their models with simple motors and gears, and present their ideas in a take-home display. \$5 materials fee. Camp is for ages 6 to 9.

3/21-3/25 M-F 9 a.m. - 12 p.m.

Frewert

TMCC Meadowood Center \$149

**"After Mia completed her Lego robotics camp, she said that math was fun."**

—Nicole M., parent of Lego student

**NEW!**

#### Amateur Ham Radio

Teach your children science without them knowing it. They'll learn about electromagnetic energy in a fun way, while practicing the basics of how to operate a ham radio. Besides discovering how to send and receive messages, they'll discuss FCC legal requirements, radio theory, emergency communication, remote vehicle control, satellite communication and more. During the last class, they'll have the opportunity to take the FCC Technician Level License Exam. This could open a door to a lifelong hobby, one where they interact with radio operators worldwide. \$30 materials fee. Camp is for ages 13 to 17.

3/21-3/25 M-F 1-4 p.m.

Johnson

TMCC Meadowood Center \$99

**NEW!**

#### Remote Controlled Car

Gain an understanding of electronics and programming as you work with computer boards to control toy cars with smartphones, tablets and laptops. Through hands-on projects, explore the Internet of Things, a concept that enables new ways of interacting with our environment through technology. After you learn hardware and software basics, you'll program a car, which will be yours to take home upon the conclusion of class. \$50 materials fee. Camp is for 13 to 17.

3/21-3/25 M-F 8 a.m. - 12 p.m.

Chavez

TMCC Meadowood Center \$129

#### Computer Programming

Develop your children's technology prowess by having them learn this design-based programming language developed by MIT. They'll create interactive stories, animations, games, music and art. As they create and share their projects on the Scratch website, they'll learn important mathematical and computational ideas, while also building their creativity and reasoning skills. They'll also develop teamwork skills by working collaboratively. Camp is for ages 6 to 9.

3/28-4/1 M-F 9 a.m. - 12 p.m.

Hester

Smithridge Elementary School \$129

#### Computer Coding

Earn your black belt in computer programming in this self-paced visual course. Students acquire logic and computational thinking while designing elegant algorithms and writing efficient computer code. It has four sections where students earn white, yellow, purple and black belts. Projects slowly increase in complexity to ensure an exciting and fulfilling learning experience for all students. \$5 materials fee. Camp is for ages 10 to 12.

3/28-4/1 M-F 1-4 p.m.

Hester

Smithridge Elementary School \$129

## Sports

### Indoor Rock Climbing

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. A \$20 materials fee is required. Camp is for ages 10 to 17.

3/21-3/25	M-F	9 a.m. - 12 p.m.	OR
3/28-4/1	M-F	9 a.m. - 12 p.m.	
BaseCamp Indoor Climbing Wall			\$149

**NEW!**

### Yoga

Have your kids 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. Camp is for ages 10 to 12.

3/21-3/25	M-F	1:30 - 3:30 p.m.	OR
3/28-4/1	M-F	1:30 - 3:30 p.m.	
Reno			\$99

### Volleyball

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. Camp is for ages 6 to 17.

3/21-23	M-W	9 a.m. - 12 p.m.	OR
3/28-3/30	M-W	9 a.m. - 12 p.m.	
Northern Nevada Juniors Volleyball			\$99

### Tennis for Kids

Build your child's coordination and fitness by having them play this classic sport. After learning forehands, backhands, volleys and serves, they'll move into live playing scenarios. They will learn about strategy and engage in specific exercises to help them excel at tennis. They'll become familiar with the rules of this game, while playing in a fun, yet competitive environment. Camp is for ages 10 to 17.

3/21-3/25	M-F	10 a.m. - 12 p.m.	OR
3/28-4/1	M-F	10 a.m. - 12 p.m.	
Reno Tennis Center			\$149

### Archery I

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 while improving their concentration. A \$50 materials fee is required. Camp is for ages 10 to 17.

3/21-25	M-F	8:30 a.m. - 11:30 a.m.	OR
3/28-4/1	M-F	8:30 - 11:30 a.m.	
Wasting Arrows Archery			\$129

### Foil Fencing

Learn the Olympic sport of foil fencing. Lunging, parrying and riposting is taught by USFCA-certified fencing master Benjamin Korn. Students will learn footwork, strategy and rules of the game in a fun, nurturing environment. All equipment is provided. Camp is for ages 10 to 17.

3/28-4/1	M-F	1 - 4 p.m.	
Korn			
Dallyon Tae Kwon-Do			\$179

## Art and Music

**HOT!**

### Improvisational Acting

Strengthen your children's self-esteem, confidence and presentation skills by practicing spontaneity through acting. This high-energy camp covers the elements of the improvisational process, emphasizing theatrical and comedic skills, stage directions and movement. The camp will end with a free improv show for parents and the community. Repeat students are encouraged to attend. Camps are taught by KidScape. A \$25 materials fee is required. Camp is for ages 6 to 12.

3/21-3/25	M-F	8:30 a.m. - 2:30 p.m.	
McQueen High			\$225

### Creative Writing for Teens

Spend part of your break improving your stories and learning about writing. Explore plotting, pacing, dialogue and more in a fun workshop setting. Get personalized assistance by having your work read. Camp is for ages 13 to 17.

3/21-3/25	M-F	9 a.m. - 3 p.m.	
Spires			
TMCC Meadowood Center			\$149

### Art for Kids

Come explore the wonderful world of art! Students will be introduced to a variety of art mediums: drawing, painting, air-dry clay building and more. They'll have fun creating while expanding their artistic development. A \$10 materials fee is required.

#### Ages 6-9

3/21-3/24	M-TH	1 - 2:30 p.m.
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#### Ages 10-12

3/21-3/24	M-TH	3 - 4:30 p.m.
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#### Neighbors

TMCC Meadowood Center	\$59
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**"I would recommend this class to a friend because it is very inspiring."**

—Art for Kids student

### Art for Teens: Wildlife Painting

Experience a sense of accomplishment when you complete 3 wild animal oil and acrylic paintings. Even if you've never painted before, have fun learning how to paint a tiger, cougar and an eagle. Experiment with shadowing techniques and detail work.

Camp is for ages 13 to 17.

3/21-3/25	M-F	1 - 5 p.m.	
Burkhart			
TMCC Meadowood Center			\$249

**NEW!**

### Bluegrass Band

Your child will develop rhythm, creativity and an appreciation for folk music while learning how to play string instruments in the bluegrass style. Have them pick their favorite instrument: mandolin, violin, banjo or guitar. They'll practice basic chords, simple one-string melodies, instrument tuning and scales. On the last day, these classes will all meet up to play their instruments together. Bring your own instrument or loaners may be available. Camps are for ages 10 to 12 or 13 to 17.

3/21-3/25	M-F	1-3 p.m.	OR
3/28-4/1	M-F	1-3 p.m.	
Mountain Music Parlor			\$119

**NEW!****French**

Develop your child's language skills and open up a window of opportunity. Working with a native French speaker, your child will learn the basics of the French language and practice French vocabulary and grammar in a personalized and engaging setting. Camp is for ages 10 to 12.

3/21-3/25 M-F 9 a.m. - 12 p.m.

Gbale

TMCC Meadowood Center \$129

**NEW!****Crochet**

Ramp up your creativity by learning this fun yarn art. Practice a variety of stitches and learn how to read charts and patterns. Choose the project you'd like to work on such as button boot cuffs, ear warmers or an apple cozy. This is a great, portable skill that you can do anywhere. A \$5 materials fee is required. Camp is for ages 10 to 17.

3/28-3/31 M-TH 1 - 5 p.m.

Raker

Academy of Arts, Careers & Technology \$99

**NEW!****Cheerleading**

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. Camps are for ages 6 to 9 or 10 to 12.

3/28-3/30 M-W 9 a.m. - 1 p.m.

Jump n' Shout \$89

**Youth Classes**

For college preparation classes, see College Bound on page 5.

**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 Tuesdays at Damonte Ranch High in room 117 and cost \$69 plus a \$40 materials fee.

**Muffins and Smoothies**

**Ages 6-9** 1/12-2/2 4:30 - 6 p.m.

**Ages 10-12** 1/12-2/2 6:30 - 8 p.m.

**American Classics**

**Ages 6-9** 2/9-3/1 4:30 - 6 p.m.

**Ages 10-12** 2/9-3/1 6:30 - 8 p.m.

**Fun with Spring Dishes**

**Ages 6-9** 3/8-3/29 4:30 - 6 p.m.

**Ages 10-12** 3/8-3/29 6:30 - 8 p.m.

**Cupcakes, Cakes and Frostings**

**Ages 6-9** 3/29-3/31 4:30 - 6 p.m.

**Ages 10-12** 3/29-3/31 6:30 - 8 p.m.

**Picnic and Summer Foods**

**Ages 6-9** 4/5-4/26 4:30 - 6 p.m.

**Ages 10-12** 4/5-4/26 6:30 - 8 p.m.

**"The kids gain confidence in the kitchen, and anymore that may be the best 'family time' we get."**

—Kids in the Kitchen parent

**Kenpo Karate**

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. Students will 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. Classes are for ages 6 to 17.

1/20-2/17 M,W 6 - 8 p.m. OR

2/22-3/16 M,W 6 - 8 p.m. OR

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

Ryan

Stead Elementary School MPR \$29

1/26-2/18 T, TH 2:15 - 4:15 p.m. OR

2/22-3/17 T, TH 2:15 - 4:15 p.m. OR

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

Ryan

Mendive Middle School \$29

**Class Locations**

**Abbey of New Clairvaux**, 26240 Seventh Street, Vina, Calif.  
**Academy of Arts, Careers & Technology**, 380 Edison Wy., Reno  
**Aikido at Reno**, 135 S. Wells Ave., Reno, Bus Rt. 12  
**Aria School of Music & Art**, 3941 S. McCarran Blvd., Reno  
**BaseCamp Indoor Climbing Wall**, 255 N. Virginia Street, Reno  
**Caughlin Ranch Elementary School**, 4885 Village Green Pkwy., Reno  
**Clayton Middle School**, 1295 Wyoming Ave., Reno, Bus Rt. 3  
**Dallyon Tae Kwon-Do**, 9410 Prototype Dr. #18, Reno  
**Damonte Ranch High School**, 10500 Rio Wrangler Pkwy., Reno, Bus Rt. 57  
**Depoali Middle School**, 9300 Wilbur May Pkwy., Reno, Bus Rt. 56  
**Galena High School**, 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  
**Holy Cross Lutheran Church**, 4895 S. McCarran Blvd., Reno  
**Jump n’ Shout**, 8543 White Fur St., Reno  
**Kadam Studios**, 47 Glen Carran Cir., Sparks, Bus Rt. 18  
**McQueen High School**, 6055 Lancer St., Reno, Bus Rts. 3, 4  
**Mendive Middle School**, 1900 Whitewood Dr., Sparks, Bus Rt. 25  
**Mountain Music Parlor**, 735 S. Center St., Reno  
**Northern Nevada Juniors Volleyball**, 1575 Linda Wy. #101, Sparks

**Pine Middle School**, 4800 Neil Rd., Reno, Bus Rt. 9  
**Reed High School**, 1350 Baring Blvd., Sparks, Bus Rt. 22  
**Reno High School**, 395 Booth St., Reno, Bus Rt. 16  
**Reno Tennis Center**, 2601 Plumas St., Reno  
**Smithridge Elementary**, 4801 Neil Rd., Reno, Bus Rt. 9  
**Spanish Springs High School**, 1065 Eagle Canyon Dr., Sparks  
**Sparks Florist Design Center**, 1440 Hymer Ave., Sparks, Bus Rts. 18, 18X  
**Sparks Marina**, 325 Harbour Cove Drive #107, Sparks  
**Sparks Middle School**, 2275 18th St., Sparks, Bus Rt. 2  
**Stead Elementary School**, 10580 Stead Blvd., Reno  
**Steinway Piano Gallery**, 500 E. Moana Ln., Reno, Bus Rt. 6  
**Swope Middle School**, 901 Keele Dr., Reno, Rt. 16  
**Tahoe Donner Cross Country**, 11509 Northwoods Blvd, Truckee, Calif.  
**TMCC Meadowood Center**, 5270 Neil Rd., Reno, Bus Rts. 6, 9, 54  
**TMCC William N. Pennington Health Science Center**, 18600 Wedge Pkwy., Reno  
**TMCC Red Mountain Bldg.**, 7000 Dandini Blvd., Reno, Bus Rts. 15, 10  
**TMCC Sierra Bldg**, 7000 Dandini Blvd., Reno, Bus Rt. 15  
**TMCC Vista Bldg**, 7000 Dandini Blvd., Reno, Bus Rt. 15  
**TMCC Applied Technology Center**, 475 Edison Way, Reno, Bus Rt. 14  
**Wasting Arrows Archery**, 8975 Double Diamond Pkwy. #A8, Reno, Bus Rt. 56  
**Wooster High School**, 1331 E. Plumb Ln., Reno, Bus Rt.9

**Teach for us!**

Share your expertise with others. We're always looking for new topics to offer. Visit [wdce.tmcc.edu](http://wdce.tmcc.edu) and click on "Teach for Us."

TMCC is an EEO/AA institution. For more information, visit <http://eoo.tmcc.edu>.

Qualified students with physical or documented learning disabilities have the right to free accommodation to ensure equal access to educational opportunities at TMCC.

For additional information regarding accommodations, contact the TMCC Disability Resource Center at 775-673-7277 or [tmcc.edu/drc](http://tmcc.edu/drc).

## 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](http://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.

### Inclement Weather Class Cancellations

For courses held at TMCC, visit [tmcc.edu](http://tmcc.edu) or call 673-7000. For classes held at a Washoe County School District facility, check [washoeschools.net](http://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 \$ \_\_\_\_\_

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.

### You may qualify for State of Nevada tuition assistance

If you are underemployed or unemployed, you may qualify for JOIN, Nevada Hospital Association or Community Services Agency tuition assistance for the following TMCC noncredit career certificate training programs.

- 3D Printing
- Apartment Maintenance
- Bookkeeping
- Business Intelligence: Data Management
- Clinical Medical Assistant
- Community Health Worker
- Dialysis Technician
- EKG Technician
- Grant Writing
- HTML5 Programming
- Mental Health First Aid
- Patient Services Assistant
- Pharmacy Technician
- Physical Therapy Technician
- Property Management
- Spanish/English Translation and Interpretation

For information on courses that are on the ETPL list, call us at 829-9010. To learn if you qualify for tuition assistance, call JOIN at 336-4450, Nevada Hospital Association at 827-0184 or the Community Services Agency at 786-6023.



# 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



Apartment Maintenance

For all of our Career Certificate programs, see:

- Health Careers, pages 12, 13
- Languages in the Workplace, page 15
- Massage Therapist, page 16
- Professional Advancement, pages 19, 20
- Property Management, page 21
- Technology, pages 22, 23

**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**

**"Excellent instructor. Tony's knowledgeable and open to questions, plus he's very talented."**  
—Florist Fundamentals student about instructor Tony Fiannaca.

**"Eva is amazing. I've never picked up a brush before, and she is very encouraging and inspirational."**  
—Watercolor student about instructor Eva Nichols.

**"Vicky is warm, friendly and really cares about her students. She teaches in an engaging and entertaining manner."** —Amber B., Clinical Medical Assistant student, about instructor Victoria Kolar.

**"Mary Ann is a very good instructor. She is clear with her instruction and patient, gentle and knowledgeable."** —Tai Chi student about instructor Mary Ann Jones.

### **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 is now open for fall courses. Spring and winter semester registration begins Thurs., Nov. 19. Call us at 775-673-7111 for details.