TRADITIONAL CLASS REGISTRATION

4 ways to register

1. ONLINE - https://apex.slcschools.org/commed
   The fastest, easiest way to register! Pay securely online with Visa, MasterCard, American Express or Discover! Your credit card statement will show payment made to SLC-CE.

2. MAIL - Send check or money order with completed registration form to site where class is held.
   Consider yourself enrolled unless you're notified that the class is full.
   Make checks payable to SLCSD Community Education.

3. IN PERSON - At the Community Education site where the class is held.
   Show up in person during office hours at the site you wish to attend and sign up.

4. PHONE - Call The Community Education site where the class is held.
   Phone payments processed through SQUARE. Please call Monday - Thursday from 2:00 pm to 8:00 pm.

PLEASE NOTE: Fees listed are tuition and materials where applicable unless otherwise noted. Additional supplies or materials may be needed. There is a $20 charge for returned checks.

REFUNDS: If you cannot attend a class as planned, you may receive a full tuition refund if you notify the school where the class is held at least one business/working day(s) before the class starts. You may receive a refund for half of the tuition after the first class starts and before the second class begins. Material fees cannot be refunded once the class starts. If Community Ed cancels a class, patrons will receive a full refund. If you pay by credit card, your card will be refunded minus the convenience fee. Refunds for checks are issued after the check has cleared.

CANCELLATION: Sign up early! A class may be canceled if people wait to register until the last minute.

REGISTRATION FORM

Name

Email Address

Address

City/Zip

Home Phone

( )

Class: ___________________ Start Date: ___________ School: ___________ Amount: $ ___________

Class: ___________________ Start Date: ___________ School: ___________ Amount: $ ___________

Class: ___________________ Start Date: ___________ School: ___________ Amount: $ ___________

Class: ___________________ Start Date: ___________ School: ___________ Amount: $ ___________

Make checks payable to SLCSD Community Education
### Salt Lake Community Learning Centers

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<td>801-584-2901</td>
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<td><a href="mailto:eastce@slcschools.org">eastce@slcschools.org</a></td>
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<td>Highland Community Learning Center</td>
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IF YOU HAVE A QUESTION ABOUT AN ONLINE COURSE, PLEASE CONTACT HIGHLAND COMMUNITY LEARNING CENTER. FOR ALL OTHER CLASS QUESTIONS, PLEASE CALL THE SCHOOL WHERE THE CLASS IS HELD.

### BOARD OF EDUCATION • SALT LAKE CITY SCHOOL DISTRICT

**Salt Lake Board of Education**
- Heather Bennett, President, Precinct 5
- Kathrine Kennedy, Vice President, Precinct 3
- Tiffany Sandberg, Precinct 1
- Micheal J. Nemelka, Precinct 2
- Nate Salazar, Precinct 4
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**District Administration**
- Dr. Lexi Cunningham, Superintendent of Schools
- Janet Roberts, Business Administrator

No district employee or student shall be subjected to discrimination in employment or any district program or activity on the basis of age, color, disability, gender, gender identity, genetic information, national origin, pregnancy, race, religion, sexual orientation, or veteran status. The district is committed to providing equal access and equal opportunity in its programs, services and employment including its policies, complaint processes, program accessibility, district facility use, accommodations and other Equal Employment Opportunity matters. The district also provides equal access to district facilities for all youth groups listed in Title 36 of the United States Code, including scouting groups. The following person has been designated to handle inquiries and complaints regarding unlawful discrimination, harassment, and retaliation: Tina Hatch, Compliance and Investigations, 440 East 100 South, Salt Lake City, Utah 84111, (801) 578-8388. You may also contact the Office for Civil Rights, Denver, CO, (303) 844-5695.

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**RECREATION/SPORTS**

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**ONLINE CLASSES**

Visit www.ed2go.com/highlandce for more online class choices and to register for online courses.

- ACHIEVING SUCCESS WITH DIFFICULT PEOPLE
- BLOGGING AND PODCASTING FOR BEGINNERS
- GENEALOGY BASICS
- GET FUNNY!
- HOW TO GET STARTED IN GAME DEVELOPMENT
- INTRODUCTION TO DIGITAL SCRAP-BOOKING
- INTRODUCTION TO NATURAL HEALTH AND HEALING
- LEARNING HOW TO BUY AND SELL ON EBAY
- MARRIAGE AND RELATIONSHIPS: KEYS TO SUCCESS
- SPEED READING: MERRILL REAM-APPROACH
- START A PET SITTING BUSINESS
- TRAVEL PHOTOGRAPHY FOR THE DIGITAL PHOTOGRAPHER
- TRAVEL WRITING
- UNDERSTANDING THE CLOUD
- AND MANY MORE!

Contact Highland Community Learning Center with any questions. highlandce@slcschool.org
EAST COMMUNITY EDUCATION

NO Classes: March 25-29
Office Hours: 2:00 - 8:00 M-Th
Phone: 801-584-2901
Email: eastce@slicschools.org
Website: https://apex.slicschools.org/commed

All classes are held at East High School, 840 South 1300 East (unless otherwise noted)

ART

ACRYLIC PAINTING (BEGINNING)
DATE: Mar. 20 to May 08
DAY: W
TIME: 6:30 PM - 8:30 PM
PLACE: East
COST: $75
AGE: Adults
INSTRUCTOR: Toni Youngblood

ACRYLIC PAINTING BEGINNING: In this fun class you will learn the basics of this versatile medium. The lusciousness of oils and the translucent qualities of watercolor are possible with this clean water-based paint. Materials, basic painting techniques, light and shadow, and color will be discussed each week. Lots of support and instruction. Materials list will be distributed and discussed during the first class session.

ACRYLIC PAINTING (INTERMEDIATE)
DATE: Mar. 20 to May 08
DAY: W
TIME: 6:30 PM - 8:30 PM
PLACE: East
COST: $75
AGE: Adults
INSTRUCTOR: Toni Youngblood

This class focuses on basic techniques used to create the foundation for paintings. We will experiment with ways to incorporate or apply drawing techniques and mediums into paintings of various mediums. Materials list will be emailed.

WATERCOLOR PAINTING (BEGINNING)
DATE: Mar. 18 to May 06
DAY: M
TIME: 7:00 PM - 9:00 PM
PLACE: East
COST: $75 (incl. some materials)
AGE: Adults
INSTRUCTOR: Linda Moffitt

Learn traditional watercolor techniques; including basics in color, washes, shadows and glazing. Lots of support and instruction. A fun beginning class. Call for materials list.

WATERCOLOR PAINTING (INTERMEDIATE)
DATE: Mar. 18 to May 06
DAY: M
TIME: 6:30 PM - 9:00 PM
PLACE: East
COST: $75 (incl. some materials)
AGE: Adults
INSTRUCTOR: Linda Moffitt

This course is designed for students with some previous experience. Enjoy learning more advanced techniques. There will be lessons on composition, color theory and class demonstrations. Students will receive one-on-one input. Call for materials list.

CHILDREN’S PROGRAMMING

GUITAR FOR KIDS (BEGINNING)
DATE: Mar. 19 to May 07
DAY: T
TIME: 5:30 PM - 6:30 PM
PLACE: East
COST: $65
AGE: 7-11 years
INSTRUCTOR: Debbie Rebaza

Learn the basics of the guitar. No music experience necessary. Bring your own guitar or rent one - call 801-688-2845 to reserve a guitar.

KARATE - NEW STUDENTS
DATE: Apr. 03 to May 29
DAY: W
TIME: 5:30 PM - 6:10 PM
PLACE: East
COST: $7 (per class + $2 reg. fee)
AGE: 5-18 years
INSTRUCTOR: America’s Youth Karate

Basics of Foxtrot, Swing, and Cha-Cha taught in a fun, easy to learn setting. Learn patterns plus lead, follow, styling and technique to help you become a stylish, confident dancer. Couples and singles welcome. Taught by a highly-trained professional Ballroom, Swing, and Salsa instructor with 25+ years teaching experience.

DANCE

ALL THINGS SWING
DATE: Mar. 18 to Apr. 29
DAY: M
TIME: 6:00 PM - 7:00 PM
PLACE: East
COST: $45
AGE: All
INSTRUCTOR: Margene Anderson

Discover the fun of swing dancing and how it translates to many dance settings. Explore different styles including East Coast Swing and West Coast Swing. Learn basic patterns plus lead, follow, styling and technique. HIT THE DANCE FLOOR IN STYLE! Couples and singles welcome. Taught by a highly-trained professional Ballroom, Swing, and Salsa instructor with 25+ years experience.

BALLROOM AND LATIN DANCE
DATE: Mar. 18 to Apr. 29
DAY: T
TIME: 7:00 PM - 8:00 PM
PLACE: East
COST: $45
AGE: All
INSTRUCTOR: Maura Hahnenberger

Improve your basic ballet technique and increase flexibility and strengthen your arms, legs and core. Barre and center work will be combined to give a great ballet workout in a relaxed environment. Whether you are an experienced dancer looking to improve technique, or want to try ballet for the first time, this class is right for you! Open to all levels of experience.

BIG BAND SWING DANCING (BEGINNING)
DATE: Apr. 02 to Apr. 30
DAY: T
TIME: 7:30 PM - 8:30 PM
PLACE: East
COST: $20 ($40 couple)
AGE: Adults
INSTRUCTOR: Mike Lucero

Learn Big Band Swing. In a few weeks you’ll be ready to hit the dance floor and look like a pro. Plenty of singles are looking for partners. No class April 16th

DANCE STYLES OF INDIA
DATE: Apr. 04 to May 09
DAY: Th
TIME: 7:00 PM - 8:00 PM
PLACE: East
COST: $45
AGE: Adults
INSTRUCTOR: Sonali Loomba

This class will cover various dance styles of India, including the Indian classical dance, Kathak, folk dance such as Bhangra and the popular style known as Bollywood. The instructor is a performer/dancer and Indian dance teacher in Salt Lake City.

Register Online: https://apex.slicschools.org/commed
SALSA AND BACHATA DANCE
DATE: Mar. 18 to Apr. 29
DAY: M
TIME: 8:00 PM - 9:00 PM
PLACE: East
COST: $45
AGE: All
INSTRUCTOR: Margene Anderson
Learn Salsa and Bachata basics including patterns, lead, follow, styling and technique to help you become a stylish, confident dancer. Couples and singles welcome. Taught by a highly trained professional Ballroom, Swing, Salsa & Bachata instructor with 25+ years experience.

FIRST-TIME HOME BUYER
BABY BOOMER 101: RETIREMENT AND MEDICARE STRATEGIES
DATE: Apr. 23
DAY: T
TIME: 6:30 PM - 8:30 PM
PLACE: East
COST: $10
AGE: 50 and up
INSTRUCTOR: Mark Shnurwycz
Answer the questions you have about how Medicare works and what your health plan options are, how the Patient Protection and Affordable Care Act (“Obamacare”) will affect Medicare, when you should take Social Security, and why Long Term Care Insurance is no longer a waste of money as a result of the Pension Protection Act

INSTRUCTOR: Spencer Stott
The perfect guide to buying your first home! Learn about FHA, VA, and conventional loans as well as down payment options! Learn the step-by-step process on how to purchase your first home all the way to the closing table!

GUIDE TO INVESTING
DATE: Apr. 09, Apr. 16
DAY: T
TIME: 6:00 PM - 7:30 PM
PLACE: East
COST: $20
AGE: Adults
INSTRUCTOR: Steve Goalen, CFP
In this course we will discuss the spectrum of investment options including mutual funds, ETFs, individual stock and bonds and insurance polices. Whether you are investing in a company 401(k) plan, an individual IRA, your own brokerage account, or are interested in getting started, we will guide you in how to efficiently invest to achieve life goals. We will help you understand what your options are to best prepare yourself for maximizing your investments and having them work for you.

LANGUAGES
GERMAN (BEGINNING)
DATE: Mar. 20 to May 08
DAY: W
TIME: 6:00 PM - 7:00 PM
PLACE: East
COST: $60
AGE: 18 and up
INSTRUCTOR: Petra Linares
Learn numbers, alphabet, basic vocabulary, basic conversation, grammar and beginning reading.

ITALIAN (BEGINNING)
DATE: Mar. 20 to May 08
DAY: W
TIME: 7:30 PM - 8:30 PM
PLACE: East
COST: $60
AGE: 18 and up
INSTRUCTOR: Tatyana Davis
Learn numbers, alphabet, basic vocabulary, basic conversation, grammar and beginning reading.

ITALIAN (ADVANCED BEGINNING)
DATE: March 19- May 08
DAY: T
TIME: 6:00 PM-7:00 PM
PLACE: East
COST: $60
AGE: 18 and up
INSTRUCTOR: Tatyana Davis
Requires some knowledge of using verbs in present tense and some basic vocabulary. Continue basic conversation, grammar and reading.

RUSSIAN (BEGINNING)
DATE: Mar. 20 to May 08
DAY: W
TIME: 6:00 PM - 7:30 PM
PLACE: East
COST: $68
AGE: Adults
INSTRUCTOR: Adrian Ruiz
Learn alphabet, basic vocabulary, basic rules governing case endings, basic conversations, rules of grammar, etc.

RUSSIAN (INTERMEDIATE)
DATE: Mar. 20 to May 08
DAY: W
TIME: 7:30 PM - 9:00 PM
PLACE: East
COST: $68
AGE: Adults
INSTRUCTOR: Adrian Ruiz
Continuation of beginning class. Includes more complex forms of speech and verb usage.

SPANISH (BEGINNING)
DATE: Mar. 19 to May 07
DAY: T
TIME: 7:00 PM - 8:30 PM
PLACE: East
COST: $67
AGE: 18 and up
INSTRUCTOR: Tatyana Davis, Linguistics
Professor
Learn numbers, alphabet, basic vocabulary, basic conversation, grammar, and beginning reading.

MARTIAL ARTS
KARATE - NEW STUDENTS
DATE: Apr. 03 to May 29
DAY: W
TIME: 5:30 PM - 6:10 PM
PLACE: East
COST: $7 (per class + $2 reg. fee)
AGE: 5-18 years
INSTRUCTOR: America's Youth Karate
Class offers self-defense and safety awareness. A complete goal oriented program, not just instruction. This program is designed to promote a higher level of self confidence, improve self-esteem, discipline, concentration, and coordination. Register the 1st day of class.

KARATE - RETURNING STUDENTS
DATE: Apr. 03 to May 29
DAY: W
TIME: 6:15 PM - 6:55 PM
PLACE: East
COST: $7 (per class + $2 reg. fee)
AGE: 5-18 years
INSTRUCTOR: America's Youth Karate
Must hold yellow belt or above.

KARATE - ADULTS
DATE: Apr. 03 to May 29
DAY: W
TIME: 7:00 PM - 8:30 PM
PLACE: East
COST: $7 (per class + $2 reg. fee)
AGE: 18 and up
INSTRUCTOR: America's Youth Karate
Class offers self-defense and safety awareness. A complete goal oriented program, not just instruction. This program is designed to promote a higher level of self confidence, improve self-esteem, discipline, concentration, and coordination. Register the 1st day of class.

KUNG FU (BEGINNING)
DATE: Mar. 18 to May 09
DAY: M/Th
TIME: 7:30 PM - 8:30 PM
PLACE: East
COST: $75
AGE: 18 and up
INSTRUCTOR: Matt Aldous
Focused on technique, flexibility, and fitness, Kung Fu generates enormous power. Students will develop excellent self-defense abilities while building self-confidence and awareness. Some Jiu-Jitsu also taught. All ability levels welcome.

Register Online: https://apex.slc scho ols.org/commed

East Community Education
East Community Education

TAI CHI CHUAN
DATE: Mar. 20 to May 08
DAY: T
TIME: 6:30 PM - 7:45 PM
PLACE: East
COST: $60
AGE: 18 and up
INSTRUCTOR: Tracy Foster
Tai Chi is an internal Chinese martial art form of meditation in motion using slow and graceful movements taught from an exercise perspective. It is practiced for both its defense training and its health benefits.

MUSIC

BEG. MUSIC THEORY & EAR TRAINING
DATE: Apr. 04 to Apr. 25
DAY: Th
TIME: 6:30 PM - 7:30 PM
PLACE: East
COST: $45
AGE: Adults
INSTRUCTOR: Bill Stoye
This class will give students a greater understanding and awareness of pitch and interval identification in music and also the context of melody and harmony in the chord structure of songs. We will also see how rhythm plays an important role in shaping the identity of a song. No former music theory is required - but an interest to understand what you're hearing, and how it's constructed. We'll use a piano keyboard and voice for reference and interval training.

GUITAR FOR KIDS (BEGINNING)
DATE: Mar. 19 to May 07
DAY: T
TIME: 5:30 PM - 6:30 PM
PLACE: East
COST: $65
AGE: 7-11 years
INSTRUCTOR: Debbie Rebaza
Learn the basics of the guitar. No music experience necessary. Bring your own guitar or rent one - call 801 688-2845 to reserve a guitar.

INSTRUCTOR:  David Keyes
This beginning class will practice a variety of breathing techniques to use during meditation. We'll explore how to do it when moving, sitting, lying down, or standing. We'll try it with eyes opened and closed. And we'll discover different ways to focus attention during meditation.

INTRODUCTION TO MINDFULNESS MEDITATION
DATE: March 20 to May 08
DAY: Th
TIME: 6:30-7:30 PM
PLACE: East
COST: $50
AGE: All
INSTRUCTOR: David Keyes
If you can breathe you can meditate! In this beginning class we'll practice a variety of breathing techniques to use during meditation. We'll explore how to do it when moving, sitting, lying down, or standing. We'll try it with eyes opened and closed. And we'll discover different ways to focus attention during meditation.

RECREATION/SPORTS

AEROBIC DANCE
DATE: Mar. 18 to May 08
DAY: M/W
TIME: 5:45 PM - 6:45 PM
PLACE: East
COST: $60
AGE: 18 and up
INSTRUCTOR: Marilyn Pack

INSTRUCTOR:  Maven STRONG
We just tricked you into cardio with interval training! Mission: utilizing HIIT circuit style training, keep your body burning longer. Expect: 15-20 minutes of circuit training through class, raising your heart rate multiple times during class.

KUNDALINI YOGA, MEDITATION & GONG RELAXATION
DATE: April 18 to May 9
DAY: Th
TIME: 5:45 PM - 7:15 PM
PLACE: East
COST: $35
AGE: Adults
INSTRUCTOR: Amritgobind Singh
Kundalini Yoga is known as the yoga of awareness. It is a journey, practice and science that connects you with your deepest Self, your Soul. We incorporate ancient yogic technologies including yoga postures, meditation, pranayama (breath work) & mantra, to improve the quality of our lives; It is a self liberation! These tools will empower you to cultivate compassion and stability even during life's most challenging circumstances. A gong will be played during relaxation at each class.

YOGA
DATE: Mar. 19 to May 07
DAY: T
TIME: 6:00 PM - 7:00 PM
PLACE: East
COST: $60
AGE: Adults
INSTRUCTOR: Bobbi Ikeygami
This unique class encourages flexibility, strength, and a sense of deep, peaceful ease in body, mind and spirit. All levels welcome. Bring a yoga mat and wear comfortable clothing.

Register Online:  https://apex.slcschools.org/commed
<table>
<thead>
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<th><strong>YOGA FOR LESS FLEXIBLE BODIES</strong></th>
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<tr>
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<td><strong>DATE:</strong> Mar. 21 to May 09</td>
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<td><strong>DAY:</strong> W</td>
<td><strong>DAY:</strong> Th</td>
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<td><strong>TIME:</strong> 7:00 PM - 8:00 PM</td>
<td><strong>TIME:</strong> 5:30 PM - 6:45 PM</td>
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<td><strong>PLACE:</strong> East</td>
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<td><strong>COST:</strong> $50</td>
<td><strong>COST:</strong> $65</td>
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<td><strong>AGE:</strong> All</td>
<td><strong>AGE:</strong> 18 and up</td>
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<tr>
<td><strong>INSTRUCTOR:</strong> David Keyes</td>
<td><strong>INSTRUCTOR:</strong> Julia Garcia</td>
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<td>This slower paced yoga class is all about taking time in easier poses (no handstands or pretzels!) to slowly open tight muscles in a comfortable environment. Recommended for those who wish to gently increase strength, range of motion, and flexibility. No prior yoga experience is necessary. Bring your mat.</td>
<td>Ditch the workout, join the party. An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party. Jam-packed with moderate dance steps, pulsating Latin and international rhythms and feel-it-to-the-core routines, this invigorating dance-fitness party will have you moving, rocking, and shaking the weight off. Light weight toning sticks available to increase targeted body-sculpting.</td>
</tr>
</tbody>
</table>

Register Online: [https://apex.slcschools.org/commed](https://apex.slcschools.org/commed)
**SAT/ACT PREPARATION**

**DATE:** Ongoing

**DAY:** Call for Info

**TIME:** Call for Info

**PLACE:** Online

**COST:** $105 fee paid via www.ed2go.com/highlandce

**AGE:** 18 and up

**INSTRUCTOR:** Benjamin N. Gialloreto

Prepares for students who are planning to take the SAT and ACT. This course will teach useful test-taking strategies and provide practice sessions designed to help students achieve their best possible scores.

**DRAWING FOR THE ABSOLUTE BEGINNER**

**DATE:** Ongoing

**DAY:** Call for Info

**TIME:** Call for Info

**PLACE:** Online

**COST:** $105 fee paid via www.ed2go.com/highlandce

**AGE:** 18 and up

**INSTRUCTOR:** Chad Walker

This course is designed for absolute beginners. You will learn the basics of drawing, including line, shading, perspective, and proportion. The course is ideal for anyone looking to improve their drawing skills.

**GLASS STUDIO: OPEN STUDIO TIME**

**DATE:** Apr. 23 to Apr. 30

**DAY:** T

**TIME:** 6:00 PM - 8:00 PM

**PLACE:** Highland

**COST:** $75 (includes $25 material fee)

**AGE:** 14 and up

**INSTRUCTOR:** Kerry Collett

Open studio time allows for those with a range of experience to paint together in a fun, energetic studio format with one-on-one guidance from the instructor.

**GLASS STUDIO: PAINTING ON FUSED GLASS**

**DATE:** Mar. 19 to Apr. 15

**DAY:** T

**TIME:** 6:00 PM - 8:00 PM

**PLACE:** Highland

**COST:** $150 (includes $50 material fee)

**AGE:** 14 and up

**INSTRUCTOR:** Kerry Collett

Learn how to create a scene or pattern in fused glass by painting on multiple layers of glass and fusing them together in one art piece. Students will learn how to use a type of glass enamel paint that fires onto glass, and then can be encased in other layers of glass as well.

**GLASS STUDIO: JEWELRY MAKING**

**DATE:** Apr. 24 to May 01

**DAY:** W

**TIME:** 6:00 PM - 8:00 PM

**PLACE:** Highland

**COST:** $75 (includes $25 material fee)

**AGE:** 14 and up

**INSTRUCTOR:** Kerry Collett

A great introduction to the world of melting glass in a kiln, making fused glass jewelry is easy and fun! Learn tricks of controlling temperature, design and how to avoid common mistakes in fusing. Each participant will create 4-5 pieces of their own beautiful jewelry to wear with a smile!

**INTRODUCTION TO DIGITAL SCRAPBOOKING**

**DATE:** Ongoing

**DAY:** Call for Info

**TIME:** Call for Info

**PLACE:** Online

**COST:** $105 fee paid via www.ed2go.com/highlandce

**AGE:** 18 and up

**INSTRUCTOR:** Beverly Richards Schultz

Learn to use digital editing techniques to show off your photos and memorabilia in Introduction to Digital Scrapbooking! Using Photoshop Elements 11, 12, or 13, this course will teach you how to make the most of your scrapbooking talents and artistic ideas when you combine traditional and digital scrapbooking.

**ART**

**HIGHLAND COMMUNITY EDUCATION**

**NO Classes:** March 25-March 29

**Office Hours:** 2:00 - 8:00 M-Th

**Phone:** 801-481-4891

**Email:** highlandce@slcschools.org

**Website:** highland.slcschools.org/community/community-education

**Register for ONLINE classes at:** http://www.ed2go.com/highlandce

**ACADEMIC SUPPORT FOR YOUTHS**

**PRAXIS CORE PREPARATION**

**DATE:** Ongoing

**DAY:** Call for Info

**TIME:** Call for Info

**PLACE:** Online

**COST:** $199 fee paid via www.ed2go.com/highlandce

**AGE:** 18 and up

**INSTRUCTOR:** Curt Simmons

Prepare for the Praxis Core Exam. This course will teach useful test-taking strategies and provide practice questions similar to those on the exam. You’ll also have the opportunity to take a full-length practice test in each subject area.

**GRAMMAR REFRESHER SERIES**

**DATE:** Ongoing

**DAY:** Call for Info

**TIME:** Call for Info

**PLACE:** Online

**COST:** $105 fee paid via www.ed2go.com/highlandce

**AGE:** 18 and up

**INSTRUCTOR:** Katie Paxton

Learn how to solve word problems, common grammar mistakes, and even get into the details of phrases, clauses, adjectives, foundational sentence construction, and we’ll teach you the basics of grammar. Whether you are just now learning grammar, or need a refresher, this course will help you develop the foundational skills you need. In this course, you’ll explore the eight parts of speech, punctuation and mechanics, foundational sentence construction, and we’ll even get into the details of phrases, clauses, problem words, common grammar mistakes, and much more!

**SAT/ACT PREPARATION**

**DATE:** Ongoing

**DAY:** Call for Info

**TIME:** Call for Info

**PLACE:** Online

**COST:** $105 fee paid via www.ed2go.com/highlandce

**AGE:** 9th-12th grade

**INSTRUCTOR:** Benjamin N. Gialloreto

Universities and colleges throughout the U.S. require applicants to take the SAT or ACT as part of their evaluation package. This course will prepare you for both tests. Students will receive pointers in time management, anxiety relief, scoring, and general standardized test-taking. You will leave feeling prepared for all undergraduate entrance exams!
INTRODUCTION TO GOOGLE ANALYTICS

DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via
   www.ed2go.com/highlandce
AGE: 18 and up
INSTRUCTOR: Chris Minnick

The vast majority of Web traffic comes from search engines. In this course, you’ll gain the knowledge you need to boost your website’s visibility.

BLOGGING AND PODCASTING FOR BEGINNERS

DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via
   www.ed2go.com/highlandce
AGE: 18 and up
INSTRUCTOR: John Agress

Learn how to create attractive, sophisticated blogs and websites—without any coding! WordPress is an easy-to-use solution that will help you put your site on the Web in far less time than by coding, and at a much lower cost than hiring a professional. The WordPress.org version covered in this class is the platform the pros use. While it normally requires a paid hosting account, this course includes a totally free, no obligation SiteGround hosting account for three months, along with a private place on the Web for practice.

CREATING WORDPRESS WEBSITES

DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via
   www.ed2go.com/highlandce
AGE: 18 and up
INSTRUCTOR: Chuck Minnick

If you’re thinking of starting a blog or just beginning one, this course is for you. Perhaps you’d like to try out podcasting too. You can and it’s easy. In this course, you’ll learn how to create, manage, and promote your own blog and audio and video podcast using tools that you already have on your computer—no paid software or equipment is needed.

INTRODUCTION TO MICROSOFT EXCEL 2013

DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via
   www.ed2go.com/highlandce
AGE: 18 and up
INSTRUCTOR: Chad Wambolt

It’s easy to learn Excel in this fun, step-by-step online course. Learn dozens of tricks for setting up fully formatted worksheets quickly and efficiently and the secrets behind writing powerful mathematical formulas to automatically calculate statistics, loan payments, future value, and more.

MICROSOFT OFFICE 2016 VALUE SUITE

DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $334 fee paid via
   www.ed2go.com/highlandce
AGE: 18 and up
INSTRUCTOR: Staff

An impressive 67.6% of all middle-skill jobs now normally require a fundamental knowledge of Microsoft Office, and it’s the most widely used software in the workplace. This Value Suite combines three foundational Microsoft Office 2016 courses, teaching you the ins and outs of: Microsoft Word 2016, Microsoft Excel 2016, Microsoft PowerPoint 2016.

LEARN TO BUY AND SELL ON EBAY

DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via
   www.ed2go.com/highlandce
AGE: 18 and up
INSTRUCTOR: Kara Gordon and Shirley Muse

You’ll learn how to safely conduct financial transactions, how to accept credit card payments, and how to pack and ship any item hassle-free. You’ll also learn how to protect yourself against fraud, and how to negotiate prices and closing auctions, so you can sell for the best possible price, and how to research and analyze your competition, so you can sell for the best possible price.

LEARN TO BUY AND SELL ON EBAY

DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via
   www.ed2go.com/highlandce
AGE: 18 and up
INSTRUCTOR: Doug Mather, assisted by
   Sheila Privett

Once you have the basics, why not try a little more. Let the music sweep you away into the romance of other Ballroom Dances. This makes for a great date night. Tuition is for each person but you should bring a partner with you.

DANCE: BEGINNING BALLROOM

DATE: Mar. 19 to Apr. 30
DAY: T
TIME: 7:00 PM - 8:00 PM
PLACE: Highland
COST: $45
AGE: 18 and up
INSTRUCTOR: Doug Mather, assisted by
   Sheila Privett

Learn fun beginning level patterns in 4 dances. Slow Dance, Swing, Cha Cha and Waltz. This will include leading, following, and technique so that you can hit the dance floor in style. Tuition is for each person but you should bring a partner with you.

DANCE: INTERMEDIATE BALLROOM

DATE: Mar. 19 to Apr. 30
DAY: T
TIME: 8:00 PM - 9:00 PM
PLACE: Highland
COST: $45
AGE: 18 and up
INSTRUCTOR: Doug Mather, assisted by
   Sheila Privett

DANCE: SASSY CHAIR ROUTINES

DATE: Mar. 18 to May 06
DAY: M
TIME: 7:00 PM - 8:30 PM
PLACE: Highland
COST: $50
AGE: 18 and up
INSTRUCTOR: Tiffany Martinez

Unleash your inner diva and show some attitude while learning sassy burlesque style choreography. This class is a full body workout with muscle conditioning, sassy moves, and lots of fun.

SCOTTISH COUNTRY DANCING

DATE: Mar. 20 to May 08
DAY: W
TIME: 6:15 PM - 7:45 PM
PLACE: Highland
COST: $50
AGE: 12 and up
INSTRUCTOR: Alice Drake

Learn Scottish jigs, reels, and strathspeys to great Scottish music. Open to singles, couples, and family groups. All levels welcome. Wear comfortable clothing and soft, ballet-type shoes.
ZUMBA  
**DATE:** Mar. 18 to May 10  
**DAY:** M/Th  
**TIME:** 5:30 PM - 6:30 PM  
**PLACE:** Highland  
**COST:** $75  
**AGE:** All  
**INSTRUCTOR:** Jennifer Heighton  

Zumba takes the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

GET FUNNY!  
**DATE:** Ongoing  
**DAY:** Call for Info  
**TIME:** Call for Info  
**PLACE:** Online  
**COST:** $105 fee paid via www.ed2go.com/highlandce  
**AGE:** 18 and up  
**INSTRUCTOR:** Judy Snyder, Ph.D.  

The ability to create humor is a skill many people don’t have, yet wish they did. You’ll learn how to write a one-liner, use physical humor, target your audience, find the humor in everyday events and more!

HOW TO GET STARTED IN GAME DEVELOPMENT  
**DATE:** Ongoing  
**DAY:** Call for Info  
**TIME:** Call for Info  
**PLACE:** Online  
**COST:** $105 fee paid via www.ed2go.com/highlandce  
**AGE:** 18 and up  
**INSTRUCTOR:** Dr. Edward Lavieri  

Learn the fundamentals of game genres, platforms, and audiences. Learn tools and techniques to help you make better design decisions and achieve greater efficiencies. Gain the experience and confidence to start developing your own game.

INTRODUCTION TO INTERIOR DESIGN  
**DATE:** Ongoing  
**DAY:** Call for Info  
**TIME:** Call for Info  
**PLACE:** Online  
**COST:** $105 fee paid via www.ed2go.com/highlandce  
**AGE:** 18 and up  
**INSTRUCTOR:** Sarah Smallwood  

Interior design takes training as well as talent, and these lessons will give you the know-how you need to design a room from floor to ceiling. You’ll delve into color theory, industry trends, spatial arrangements, floor plans, traditional and modern interior design ideas, and other basics. In addition, you’ll explore a range of careers in interior design and get insider tips for entering this exciting field.

INTRODUCTION TO SCREENWRITING  
**DATE:** Ongoing  
**DAY:** Call for Info  
**TIME:** Call for Info  
**PLACE:** Online  
**COST:** $105 fee paid via www.ed2go.com/highlandce  
**AGE:** 18 and up  
**INSTRUCTOR:** William Rabkin  

This course will teach you everything you need to know to create a script that can sell. You’ll start with the fundamentals of stories, how to create characters audiences can believe in, and get hands-on experience!

START A PET SITTING BUSINESS  
**DATE:** Ongoing  
**DAY:** Call for Info  
**TIME:** Call for Info  
**PLACE:** Online  
**COST:** $105 fee paid via www.ed2go.com/highlandce  
**AGE:** 18 and up  
**INSTRUCTOR:** Dr. Jeff Grognet  

Start your own pet sitting business to translate your passion into a profitable career! Discuss pet care, including nutrition, exercise, first aid, and identification of common diseases. Delve into finances and explore start-up costs, accounting, fee-setting, business plans, and low-cost marketing.

START YOUR OWN EDIBLE GARDEN  
**DATE:** Ongoing  
**DAY:** Call for Info  
**TIME:** Call for Info  
**PLACE:** Online  
**COST:** $105 fee paid via www.ed2go.com/highlandce  
**AGE:** 18 and up  
**INSTRUCTOR:** Katie Powell-Lee  

Grow delicious, nutritious fruit and vegetables in your own backyard! In this course, you’ll learn how to give your garden a healthy start and keep it growing strong all season. Whether you want to provide your family with nutritious food, save money, get some exercise, or just be more self-sufficient, this course will give you the skills and knowledge you need to be on your way to a successful harvest.

TRAVEL WRITING  
**DATE:** Ongoing  
**DAY:** Call for Info  
**TIME:** Call for Info  
**PLACE:** Online  
**COST:** $105 fee paid via www.ed2go.com/highlandce  
**AGE:** 18 and up  
**INSTRUCTOR:** Eva Shaw, Ph.D.  

Develop the skills of a travel writer by translating what is seen, heard, tasted, touched, smelled and felt into publishable articles and books. You’ll understand the writing styles and methods needed to sell material in today’s competitive market.

WELDING/METAL ARTS  
**DATE:** Mar. 19 to May 07  
**DAY:** T  
**TIME:** 5:30 PM - 8:00 PM  
**PLACE:** Highland  
**COST:** $195 (includes $25 lab fee, student provides materials)  
**AGE:** 18 and up  
**INSTRUCTOR:** Ted Condie  

Start your own welding business or translate your passion into a profitable career! Discussion welding safety, use of metal shop tools, and basic fundamentals for creating small projects, such as yard art, tables, fire pits, etc. Several different welding processes are taught. Must provide your own metal. Shop tools and equipment are provided. NO SHORTS, NO OPEN TOE SHOES.
HELPING ELDERLY PARENTS

DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via www.ed2go.com/highlandce

INSTRUCTOR: Mansiea Warren
Learning how to help parents or other loved ones through their transition can prepare us for our own. This compassionate and comprehensive class will give you the tools, techniques, and insights for this passage. Growing older is a part of life. Some aspects are joyful, some bittersweet, some frustrating, some frightening. You will learn what to expect, what to watch for, how to deal with physical and emotional challenges, and where to find resources to help.

FINANCIAL

SELLING A HOME: THE BASICS EVERY SELLER SHOULD KNOW

DATE: Apr. 02
DAY: T
TIME: 6:00 PM - 8:00 PM
PLACE: Highland
COST: $5
AGE: 18 and up

INSTRUCTOR: Leslie Neebling
Selling a home, either on your own or with a real estate agent isn’t as simple as it seems. Marketing a home and attracting prospective buyers is only half the challenge. Getting under-contract and getting the house to close is the other. Learn about the real estate market, pricing and appraisals, what to know about inspections, prepping a home to sell and find out what the seller obligations and responsibilities are. Leslie has been a licensed REALTOR and real estate consultant for over 16 years. She is associated with Coldwell Banker Residential Brokerage-Sugarhouse.

HOME BUYING 101

DATE: Apr. 16
DAY: T
TIME: 6:00 PM - 8:30 PM
PLACE: Highland
COST: $5
AGE: Adults

INSTRUCTOR: Kathy Jensen
Buy right the first time by learning the steps of home buying, including the role of real estate agents, mortgage lenders, credit and interest rates, as well as down payment programs, closing costs and loan programs. Fee includes workbook.

FAMILY/PARENTING

24/7 DAD

DATE: Apr. 4 to May 2
DAY: Th
TIME: 5:30 PM - 7:30 PM
PLACE: Highland
COST: Free
AGE: 18 and up

INSTRUCTOR: Steven Burge
This free 5-session course for fathers and father-figures is filled with activities to increase your capacity to care for yourself, your children, and your relationships. It helps fathers elevate their self-awareness, care for self, fathering, parenting skills, and relationship skills.

HEALTHY RELATIONSHIP SUITE

DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via www.ed2go.com/highlandce
AGE: 18 and up

INSTRUCTOR: Staff
In this course, you will learn the Keys to Success in Marriage and Relationships, which targets how to build a solid foundation for your relationship that is lasting. Interpersonal Communication will show you how to manage the conscious and unconscious codes we send to each other, and how to respond. Lastly in this course bundle, you will learn Individual Excellence which develops career-enhancing skills, creative abilities, confidence and personal organization.

SAVY SOCIAL SECURITY PLANNING

DATE: Apr. 09
DAY: T
TIME: 6:00 PM - 7:30 PM
PLACE: Highland
COST: $5
AGE: 18 and up

INSTRUCTOR: John Engh, MBA, CFP®
After being told that Social Security is "going broke," baby boomers are realizing that it will soon be their turn to collect. You will learn: 5 factors to consider before applying; how to coordinate spousal benefits; and how to maximize benefits and minimize taxes on Social Security benefits.

ACCOUNTING FUNDAMENTALS

DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via www.ed2go.com/highlandce
AGE: 18 and up

INSTRUCTOR: Charlene Messier
Whether you’re a sole proprietor looking to manage your business finances or you simply want to gain an understanding of accounting basics for career advancement or for personal use, this course will give you a solid foundation in financial matters.

BEGINNER’S GUIDE TO GETTING PUBLISHED

DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via www.ed2go.com/highlandce
AGE: 18 and up

INSTRUCTOR: LeeAnne Krusemark
This course will provide you with instant access to critical information most other writers don’t discover for years. The experienced instructor will walk you through every step of the publishing process including copyright, agents, and the use of pseudonyms.

HOW TO MAKE MONEY FROM YOUR WRITING

DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via www.ed2go.com/highlandce
AGE: 18 and up

INSTRUCTOR: Eva Shaw
You really can make money with your writing. Whether you want to create your own business, add to your income, supplement your retirement, or boost what you’re earning as a writer, you’ll find the how-to’s here.

INDIVIDUAL EXCELLENCE

DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via www.ed2go.com/highlandce
AGE: 18 and up

INSTRUCTOR: Becky and Tony Swaim
Develop career-enhancing skills in a single course that covers twelve popular one-day seminar topics, including goal setting, time management, and personal organization. You’ll learn how to improve your creative abilities, gain confidence with financial matters, and how to minimize conflict in your life. Develop a fulfilling career plan and improve relationships with co-workers, friends, and family.
MAKING BUSINESS
START YOUR OWN GIFT BASKET
MASTERING PUBLIC SPEAKING

Highland Community Education
Register Online: https://apex.slcschools.org/commed

**TAE KWON DO (BEGINNING)**
DATE: Mar. 18 to May 08
DAY: M/W
TIME: 6:15 PM - 7:45 PM
PLACE: Highland
COST: $75 (1/2 off second family member, in office only)
AGE: 18 and up
INSTRUCTOR: Bill Dubbeld, 8th Degree Black Belt
Class focuses on basic self-defense and fundamental exercises.

**TAE KWON DO (INTERMEDIATE-ADVANCED)**
DATE: Mar. 18 to May 08
DAY: M/W
TIME: 6:15 PM - 7:45 PM
PLACE: Highland
COST: $75 (1/2 off second family member, in office only)
AGE: 6 and up
INSTRUCTOR: Bill Dubbeld, 8th Degree Black Belt
Intermediate and advanced classes focus on traditional Tae-Kwon Do as taught by the founder, General Choi Hong Hi. All instructors certified by the USTF.

**DISCOVER SIGN LANGUAGE**
DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via ed2go.com/highlandce
AGE: 18 and up
INSTRUCTOR: Linda Kissam
Learn the fundamentals of ASL (American Sign Language), including elementary vocabulary, fingerspelling, and grammar. Basic information about deaf community and culture will also be covered.

**PUBLISH AND SELL YOUR E-BOOKS**
DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via ed2go.com/highlandce
AGE: 18 and up
INSTRUCTOR: Curt Simmons
Become an effective public speaker! In this fun and hands-on course, you’ll find out how to talk confidently and persuasively to both large audiences and small groups. You’ll learn how to plan and deliver your presentations skillfully and how to manage one of the most common public speaking barriers—fear. By the time you finish this course, you’ll have an entire set of skills you can use on the job, in social settings, and in any other situation where you need to communicate with ease and authority.

**START A NONPROFIT**
DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via ed2go.com/highlandce
AGE: 18 and up
INSTRUCTOR: Linda Kissam
This highly interactive, hands-on course is ideal for anyone who is interested in forming a new nonprofit, converting an informal group to tax-exempt status.

**MARTIAL ARTS**
**TAE KWON DO (ADVANCED)**
DATE: Mar. 18 to May 08
DAY: M/W
TIME: 7:15 PM - 8:45 PM
PLACE: Highland
COST: $75 (1/2 off second family member, in office only)
AGE: 6 and up
INSTRUCTOR: Bill Dubbeld, 8th Degree Black Belt
Intermediate and advanced classes focus on traditional Tae-Kwon Do as taught by the founder, General Choi Hong Hi. All instructors are certified by the USTF.

**BAND-YOUNG ARTIST CHAMBER PLAYERS**
DATE: Mar. 18 to May 06
DAY: W
TIME: 6:00 PM - 7:00 PM
PLACE: Highland
COST: $20
INSTRUCTOR: YACP Staff
Audition required. Questions? Contact Becky Hesterman at hesterbunny@gmail.com

**BAND-PHOENIX JAZZ AND SWING BAND**
DATE: Mar. 18 to May 06
DAY: W
TIME: 6:30 PM - 8:30 PM
PLACE: Highland
COST: $20
INSTRUCTOR: Doug Buhler
Audition required. Questions? Call Doug Buhler at 801-969-2350

**BAND-PHOENIX JAZZ AND SWING BAND**
DATE: Mar. 20 to May 08
DAY: W
TIME: 3:30 PM - 5:30 PM
PLACE: Highland
COST: $20
INSTRUCTOR: Doug Buhler
Audition required. Questions? Call Doug Buhler at 801-969-2350

**GUITAR (BEGINNING 1)**
DATE: Mar. 20 to May 08
DAY: W
TIME: 6:00 PM - 7:00 PM
PLACE: Highland
COST: $60
AGE: 18 and up
INSTRUCTOR: Miles Biddulph
Come learn to read and play music. Must bring own guitar.

**GUITAR (BEGINNING 2)**
DATE: Mar. 20 to May 08
DAY: W
TIME: 7:00 PM - 8:00 PM
PLACE: Highland
COST: $60
AGE: 18 and up
INSTRUCTOR: Miles Biddulph
For beginners that already know some basic chords and strumming. Learn chords, strum patterns and music theory to be able to play songs. Must bring own guitar.

**SPEED SPANISH**
DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via ed2go.com/highlandce
AGE: 18 and up
INSTRUCTOR: Dan Mikel
Imagine yourself speaking, reading and writing Spanish pronto. Now you can with Speed Spanish!

**START YOUR OWN GIFT BASKET MAKING BUSINESS**
DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via ed2go.com/highlandce
AGE: 18 and up
INSTRUCTOR: Shirley George Frazier
This course will tell you everything you need to know about starting a gift basket business, and running it successfully. You’ll learn how to make gift baskets that stand out from everyone else’s, where to find products, and how to set up your design studio.

**MASTERS IN PUBLIC SPEAKING**
DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via www.ed2go.com/highlandce
AGE: 18 and up
INSTRUCTOR: Curt Simmons
Become an effective public speaker! In this fun and hands-on course, you’ll find out how to talk confidently and persuasively to both large audiences and small groups. You’ll learn how to plan and deliver your presentations skillfully and how to manage one of the most common public speaking barriers—fear. By the time you finish this course, you’ll have an entire set of skills you can use on the job, in social settings, and in any other situation where you need to communicate with ease and authority.

**DISCOVER SIGN LANGUAGE**
DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via www.ed2go.com/highlandce
AGE: 18 and up
INSTRUCTOR: Erin Trimble
Learn the fundamentals of ASL (American Sign Language), including elementary vocabulary, fingerspelling, and grammar. Basic information about deaf community and culture will also be covered.

**PUBLISH AND SELL YOUR E-BOOKS**
DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via www.ed2go.com/highlandce
AGE: 18 and up
INSTRUCTOR: Linda Aksamitis
Indie authors are becoming overnight sensations in the New York Times, USA Today, on Amazon and everywhere e-books are sold. If you can use a word processor, have a book written—or have an idea for one—and want to see your name in print, you just might have what it takes to succeed in self-publishing.

**START YOUR OWN GIFT BASKET MAKING BUSINESS**
DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via www.ed2go.com/highlandce
AGE: 18 and up
INSTRUCTOR: Shirley George Frazier
This course will tell you everything you need to know about starting a gift basket business and running it successfully. You’ll learn how to make gift baskets that stand out from everyone else’s, where to find products, and how to set up your design studio.

**MASTERS IN PUBLIC SPEAKING**
DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via www.ed2go.com/highlandce
AGE: 18 and up
INSTRUCTOR: Curt Simmons
Become an effective public speaker! In this fun and hands-on course, you’ll find out how to talk confidently and persuasively to both large audiences and small groups. You’ll learn how to plan and deliver your presentations skillfully and how to manage one of the most common public speaking barriers—fear. By the time you finish this course, you’ll have an entire set of skills you can use on the job, in social settings, and in any other situation where you need to communicate with ease and authority.
GUITAR (INTERMEDIATE)
DATE: Mar. 20 to May 08
DAY: W
TIME: 8:00 PM - 9:00 PM
PLACE: Highland
COST: $60
AGE: 18 and up
INSTRUCTOR: Miles Biddulph
Learn chords, bar strum patterns, and music theory to be able to play songs on the guitar. Must bring own guitar.

MUSIC MADE EASY
DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via www.ed2go.com/highlandce
AGE: 18 and up
INSTRUCTOR: Marianne Murawski
If you enjoy music and would like to know more about what makes it work, this is the course for you. You’ll gain a complete understanding of rhythm, melody, and harmony, and you’ll be able to recognize pitches on the musical staff and on the keyboard.

PHOTOGRAPHY
FUNDAMENTALS OF PHOTOGRAPHY
DATE: Mar. 19 to May 07
DAY: T
TIME: 6:00 PM - 8:00 PM
PLACE: Highland
COST: $50 (includes $5 material fee)
AGE: 18 and up
INSTRUCTOR: CJ Lester
Fundamentals of Photography will teach students the technical aspects of photography, including exposure control and composition. Analog and digital photographers are welcome. Class is for people who wants to learn photo basics, or want to switch from point-and-shoot to (D)SLR photography. Classes will include time for instruction, evaluation, practice and feedback. Students need an SLR or DSLR camera, or point-and-shoot with manual settings. Bring your camera manual.

TRAVEL PHOTOGRAPHY FOR THE DIGITAL PHOTOGRAPHER
DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $105 fee paid via www.ed2go.com/highlandce
AGE: 18 and up
INSTRUCTOR: Beverly Richards Schultz
Join us and discover this fascinating world through a photographer’s eye. We’ll focus on specific tips for digital photographers, and how to use both traditional techniques as well as those unique to digital equipment.

RECREATION/SPORTS
BODY CONDITIONING/WEIGHT TRAINING (WOMEN)
DATE: Mar. 18 to May 08
DAY: M/W
TIME: 6:00 PM - 7:00 PM
PLACE: Highland
COST: $70
AGE: 18 and up
INSTRUCTOR: Monica French
Strength training and body conditioning in a friendly environment. Increase your flexibility, strengthen and tone muscles in the shoulders, back, arms, belly, and legs.
DANCE

BOLLYWOOD DANCE - ADULTS
DATE: Mar. 18 to Apr. 22
DAY: M
TIME: 7:30 PM - 8:30 PM
PLACE: West
COST: $50
AGE: Adults
INSTRUCTOR: Divya Narayanan
Shake those hips and get moving in this fun-filled, action-packed dance class. Bollywood dance is a form of Indian hip-hop that includes lots of jumping, spinning, and smiling, set to energetic and exotic music. Students will learn sets of basic steps and movements, and then put their new knowledge to work! It's a good way to stay active and, of course, have fun.

BOLLYWOOD DANCE - CHILDREN
DATE: Mar. 18 to Apr. 22
DAY: W
TIME: 6:30 PM - 7:30 PM
PLACE: West
COST: $50
AGE: 5-12 years
INSTRUCTOR: Divya Narayanan
Shake those hips and get moving in this fun-filled, action-packed dance class. Bollywood dance is a form of Indian hip-hop that includes lots of jumping, spinning, and smiling, set to energetic and exotic music. Students will learn sets of basic steps and movements, and then put their new knowledge to work! It's a good way to stay active and, of course, have fun.

POLYNESIAN DANCE - BEGINNING
DATE: Mar. 20 to May 15
DAY: W
TIME: 7:30 PM - 8:30 PM
PLACE: West
COST: $50
AGE: 18 and up
INSTRUCTOR: Malialole Dance Studio
This class is for dancers with previous Polynesian dance experience. Enhance your knowledge of Pacific Island dance with art forms including Ura Cook Islands, Siva Samoa, Ori Tahiti, and Hula Hawaii. Wear comfortable clothing.

POLYNESIAN DANCE - INTERMEDIATE
DATE: Mar. 20 to May 15
DAY: W
TIME: 7:30 PM - 8:30 PM
PLACE: West
COST: $50
AGE: 18 and up
INSTRUCTOR: Malialole Dance Studio
This class is for dancers with previous Polynesian dance experience. Enhance your knowledge of Pacific Island dance with art forms including Ura Cook Islands, Siva Samoa, Ori Tahiti, and Hula Hawaii. Wear comfortable clothing.

BOOKBINDING: THE ART OF THE HAND-BOUND BOOK
DATE: Mar. 21 to May 02
DAY: Th
TIME: 6:30 PM - 8:30 PM
PLACE: West
COST: $100 (Includes materials)
AGE: Adults
INSTRUCTOR: Michael Rogerson
Ever wondered how books are bound? Enroll in this class and learn how! This is a hands-on class! Various styles of bookbinding will be explored; from simple, non-adhesive projects to more complicated hand-sewn, glued, and bound hardback books, using leather or cloth covers. Students may be required to purchase some materials.

CAKE DECORATING BASICS
DATE: Apr. 09 to May 02
DAY: T/Th
TIME: 6:30 PM - 8:30 PM
PLACE: West
COST: $125 (Includes book)
AGE: 18 and up
INSTRUCTOR: Anna Zumwalt
Learn the basics of cake, cupcake and dessert decorating including cake baking, cake layer fillings, cake frosting and cake design decorating. Other fundamentals include rosettes, flowers and leaf designs, borders, writing techniques and much more. Materials fee includes a complete Wilton Beginning Cake Decorating Kit, the 1st batch of frosting, frosting colors, cake board and several cake and frosting recipes. FUN DECORATIONS ARE THE ICING ON THE CAKE!

INTEGRITY & TRUST
DATE: Apr. 09 to Apr. 18
DAY: T/Th
TIME: 6:00 PM - 7:30 PM
PLACE: West
COST: $175 (Includes materials)
AGE: Adults
INSTRUCTOR: Kigen Curtice
Learn the basics of tying flies for fly fishing. We will learn to tie a variety of different fly patterns to catch a variety of different fish. Cost of course includes all necessary supplies and equipment.

ELECTRICAL WIRING / RESIDENTIAL
DATE: Apr. 09 to May 02
DAY: T/Th
TIME: 6:30 PM - 8:30 PM
PLACE: West
COST: $125 (Includes book)
AGE: 18 and up
INSTRUCTOR: Michael Barnhurst
This class will introduce you to residential electrical wiring. You will receive instruction and hands-on experience with wiring various devices such as outlets, switches, light fixtures, bathroom outlets, and multiple light switches. You will also be taught basic techniques in safety and diagnostics. *After the first night, you will need to bring a meter, wire strippers, a utility knife, and a 4 in 1 screwdriver.

KARATE - NEW STUDENTS
DATE: Mar. 21 to May 23
DAY: Th
TIME: 6:00 PM - 7:00 PM
PLACE: West
COST: $7 (per class + $2 reg fee)
AGE: 5-12 years
INSTRUCTOR: America’s Youth Karate
Class offers self-defense and safety awareness. A complete goal oriented program, not just instruction. This program is designed to promote a higher level of self confidence, improve self-esteem, discipline, concentration, and coordination. Register the 1st day of class.

KARATE - RETURNING STUDENTS
DATE: Mar. 21 to May 23
DAY: Th
TIME: 6:00 PM - 8:00 PM
PLACE: West
COST: $7 (per class + $2 reg fee)
AGE: 5-12 years
INSTRUCTOR: America’s Youth Karate
Must hold yellow belt or above.

ENRICHMENT

Register Online: https://apex.slcschools.org/commed
MEETING AND UNDERSTANDING YOUR ANGELS AND GUIDES

DATE: Mar. 18, Apr. 01, and Apr. 08
DAY: W
TIME: 6:30 PM - 8:00 PM
PLACE: West
COST: $30
AGE: 21 and up
INSTRUCTOR: Larissa Jones

This fascinating class will show you how to become more aware of divine presences that guide and support you. Increase receptivity and awareness of unseen assistance and messages all around you. Learn techniques to contact and identifying your specific guides, plus aligning information available from higher realms.

FINANCIAL

HOW TO BUY YOUR FIRST HOME

DATE: Apr. 03
DAY: T
TIME: 6:30 PM - 8:30 PM
PLACE: West
COST: $10 ($15 per couple)
AGE: Adults
INSTRUCTOR: Spencer Stott

The perfect guide to buying your first home! Learn about FHA, VA, conventional loans and down payment options! Learn the step-by-step process on how to purchase your first home all the way to the closing table!

TRAVEL TRAILER RESTORATION

- WHAT TO KNOW

DATE: Apr. 04, Apr. 11, and Apr. 18
DAY: Th
TIME: 6:30 PM - 8:30 PM
PLACE: West
COST: $80 (incl. restoration book)
AGE: Adults
INSTRUCTOR: Dan Hall

This class will help you understand what is involved with restoring your travel trailer. Each week will be dedicated to two areas of the restoration process. Topics will include electrical, plumbing, chassis, skin, interior decor and more. This is an informational class, no work on trailers will be done. The class is designed to help you understand the many aspects of trailer restoration including time, costs, prioritizing projects, sourcing materials, etc.

REGISTRATION

Register Online: https://apex.slcschools.org/commed
### SPANISH 2
**DATE:** Mar. 20 to May 15  
**DAY:** W  
**TIME:** 6:00 PM - 8:00 PM  
**PLACE:** West  
**COST:** $90 (Includes materials)  
**AGE:** 18 and up  
**INSTRUCTOR:** Jaime Perez  
This class is designed for students with some knowledge or previous exposure to the Spanish language and desire to expand their skills. Students will learn the progressive present tense, regular and irregular verbs including Tener (to have to), necesitar (to need to), querer (to want to), poder (to be able, can, may), and ir a (to go to). Prerequisite: Spanish 1 or its equivalent.

### SPANISH 3
**DATE:** Mar. 21 to May 16  
**DAY:** Th  
**TIME:** 6:00 PM - 8:00 PM  
**PLACE:** West  
**COST:** $90 (Includes Materials)  
**AGE:** 18 and up  
**INSTRUCTOR:** Jaime Perez  
This class is designed to help students understand and speak the Spanish language correctly. Students will review the present tense as they learn the four past (pretense, progressive past, used to, and imperfect) and future tenses. Prerequisite: Spanish 2 or its equivalent.

### SPANISH 4
**DATE:** Mar. 18 to May 13  
**DAY:** M  
**TIME:** 6:00 PM - 8:00 PM  
**PLACE:** West  
**COST:** $90 (Includes materials)  
**AGE:** 18 and up  
**INSTRUCTOR:** Jaime Perez  
This class will focus on reflexive verbs and their pronouns and direct and indirect objects and their pronouns. Students will review all conjugations and vocabulary. Prerequisite: Spanish 3 or its equivalent.

### SPANISH FOR FIRST RESPONDERS 1
**DATE:** Call for Info  
**DAY:** Call for Info  
**TIME:** Call for Info  
**PLACE:** West  
**COST:** Call for Info  
**AGE:** 21 and up  
**INSTRUCTOR:** Staff  
This class is designed for students who have no background in Spanish. During class, we learn vocabulary and useful expressions. Then we practice different dialogues suited for accidents, burns, poisonings and other situations encountered by first responders. Handout material is included (just bring a pen to take notes). Pre registration encouraged.

### SPANISH FOR LAW ENFORCEMENT 1
**DATE:** Call for Info  
**DAY:** Call for Info  
**TIME:** Call for Info  
**PLACE:** West  
**COST:** Call for Info  
**AGE:** 21 and up  
**INSTRUCTOR:** Staff  
This course offers a basic survival guide to students who have no background in Spanish. During class, we learn vocabulary and useful expressions. Then we practice different dialogues suited for traffic stops, burglary, emergencies and other aspects of law enforcement work. Handout material is included (just bring a pen to take notes). Pre registration encouraged.

### SPANISH 1 & 2
**DATE:** Mar. 20 to May 15  
**DAY:** W  
**TIME:** 6:00 PM - 7:30 PM  
**PLACE:** West  
**COST:** $68  
**AGE:** 18 and up  
**INSTRUCTOR:** Martina Sprague  
This class builds on Introduction to Swedish. We will review basic grammar and continue learning vocabulary and sentence structure. We will have brief discussions around culture and history. This class is perfect for those who are new to the Swedish language, and also for those who know some Swedish and wish to improve their listening and speaking skills.

### SWEDISH 1 & 2
**DATE:** Mar. 18 to May 13  
**DAY:** M  
**TIME:** 7:00 PM - 9:00 PM  
**PLACE:** West  
**COST:** $70 (Includes Music)  
**AGE:** 16 and up  
**INSTRUCTOR:** Tim Morrison  
Bluegrass Banjo 1 is a beginning 5-String banjo class and no previous experience is required. We will learn basic “Earl Scruggs” picking styles in a bluegrass setting. Lessons include tuning, roll-patterns, chords and chord progressions, and accompaniment techniques. A 5-String banjo is required for this course. Bring your banjo, notebook, and a pen to the first class.

### MUSIC

#### BLUEGRASS BANJO 1
**DATE:** Mar. 18 to May 13  
**DAY:** M  
**TIME:** 7:00 PM - 9:00 PM  
**PLACE:** West  
**COST:** $70 (Includes Music)  
**AGE:** 16 and up  
**INSTRUCTOR:** Tim Morrison  
Bluegrass Banjo 2 is a continuation of the Bluegrass Banjo 1 class and is open to all levels. Lessons include moveable chords, partial fingerpicking, intermediate roll-patterns, string tricks, backup techniques, and an in-depth exploration of the fingerboard. A 5-String banjo is required for this course. Bring your banjo, notebook, and a pen to the first class.

#### BLUEGRASS GUITAR 1
**DATE:** Mar. 18 to May 13  
**DAY:** M  
**TIME:** 6:00 PM - 7:00 PM  
**PLACE:** West  
**COST:** $70 (Includes Music)  
**AGE:** 16 and up  
**INSTRUCTOR:** Tim Morrison  
In Bluegrass Guitar 1 you will study lead and rhythm guitar in a bluegrass music setting, strumming and picking popular old time and contemporary bluegrass tunes. We cover intermediate rhythms and explore flatpicking melodies and various lead techniques. Previous experience helps but is required. Please bring guitar, tuner, notebook, and a pen to class. Supplemental class materials are offered.

#### BLUEGRASS GUITAR 2
**DATE:** Mar. 19 to May 14  
**DAY:** T  
**TIME:** 6:00 PM - 7:00 PM  
**PLACE:** West  
**COST:** $70 (Includes Music)  
**AGE:** 16 and up  
**INSTRUCTOR:** Tim Morrison  
In Bluegrass Guitar 2 you will study lead and rhythm guitar in a bluegrass music setting, strumming and picking popular old time and contemporary bluegrass tunes. We cover intermediate rhythms and explore flatpicking melodies and various lead techniques. Previous experience helps but is required. Please bring guitar, tuner, notebook, and a pen to class. Supplemental class materials are offered.

### MANDOLIN 1
**DATE:** Mar. 18 to May 13  
**DAY:** M  
**TIME:** 8:00 PM - 9:00 PM  
**PLACE:** West  
**COST:** $70 (Includes Music)  
**AGE:** 16 and up  
**INSTRUCTOR:** Tim Morrison  
Mandolin 1 is a beginning class with a folk and bluegrass emphasis, no previous experience is required. Lessons include tuning, basic chords & progressions, strumming, picking, tremolo, and finger picking techniques. Build a foundation for more advanced playing while learning one to three chord songs. An eight string acoustic mandolin is required for this course. Please bring your mandolin, notebook, and a pen to the first class.

### MANDOLIN 2
**DATE:** Mar. 19 to May 14  
**DAY:** T  
**TIME:** 7:00 PM - 8:00 PM  
**PLACE:** West  
**COST:** $70 (Includes Music)  
**AGE:** 16 and up  
**INSTRUCTOR:** Tim Morrison  
Mandolin 2 is not a beginning class, previous Mandolin experience is required. Lessons include tuning, basic chords & progressions, strumming, picking, tremolo, and finger picking techniques. Build a foundation for more advanced playing while learning one to three chord songs. An eight string acoustic mandolin is required for this course. Please bring your mandolin, notebook, and a pen to the first class.

### UKULELE - BEGINNING
**DATE:** Mar. 18 to May 06  
**DAY:** M  
**TIME:** 6:00 PM - 7:00 PM  
**PLACE:** West  
**COST:** $60 (Includes Music)  
**AGE:** 16 and up  
**INSTRUCTOR:** Steve Butler  
Learn to play the Ukulele! Learn basic chords, strumming techniques and fingerpicking. Learn songs of different genre including Hawaiian, Tin Pan Alley, Swing, Country, Rock, Gospel, and Pop. For soprano, concert and tenor ukuleles (G, C, E, A tuning). Bring your own ukulele or rent one. Call 385-777-6923 to reserve a ukulele.
UKULELE - INTERMEDIATE
DATE:  Mar. 18 to May 06
DAY:   M
TIME:  7:00 PM - 8:00 PM
PLACE: West
COST:  $60 (Includes Music)
AGE:   16 and up
INSTRUCTOR: Steve Butler
Want to advance your basic ukulele skills? Learn strumming patterns, picking, and more difficult chords to take your ukulele songs to a new level. Learners must have prior knowledge of basic strum and ukulele chords. Call 385-777-6923 to reserve a ukulele.

FUNDAMENTALS OF PHOTOGRAPHY
DATE:  Apr. 02 to May 07
DAY:   T
TIME:  6:00 PM - 8:00 PM
PLACE: West
COST:  $55 (Incl. $5 materials fee)
AGE:   18 and up
INSTRUCTOR: Cecile Paskett
Fundamentals of Photography will teach students the technical aspects of photography, including exposure control and composition. Analog and digital photographers are welcome. Class is for people who wants to learn photo basics, or want to switch from point-and-shoot to (D)SLR photography. Classes will include time for instruction, evaluation, practice and feedback. Students need an SLR or DSLR camera, or point-and-shoot with manual settings. Bring your camera manual.

PHOTOGRAPHY

CELL PHONE PHOTOGRAPHY: TIPS & TRICKS
DATE:  Apr. 04, Apr. 11, and Apr. 18
DAY:   Th
TIME:  6:30 PM - 8:00 PM
PLACE: West
COST:  $45
AGE:   Adults
INSTRUCTOR: Nicole Bernard
Learn smartphone photography tips and tricks in the moment and on the go. Explore how to take the best selfies, travel, outdoor, and group photographs on your iPhone or Android. Students will improve their cell phone photography by learning the basic features on a cell phone camera. They will have hands on practice and will be able to ask questions. Students will learn six basic skills and techniques used to improve cell phone photography, including how get better composition, aim to get off auto, fun with apps, enhance shots with gear, and how to share and save photos.

RECREATION/SPORTS

BACKPACKING FOR BEGINNERS
DATE:  Apr. 04, Apr. 11, and Apr. 18
DAY:   Th
TIME:  6:30 PM - 8:00 PM
PLACE: West
COST:  $40
AGE:   18 and up
INSTRUCTOR: Brian O'Neal
This introductory class will cover: route planning, equipment, drinking water, fishing, fire building, map and compass reading, using Google earth, cooking, trail safety, emergencies, etc. Instructor has more than 35 years of experience in Alpine and Desert environments. Call 801-578-8377 with any questions regarding this course.