registration opens January 5th
classes begin the week of January 14th

classes

art
children's programming
computers
dance
enrichment
financial
job training / careers
languages
martial arts
music
photography
recreation / sports

register and pay securely online at:
https://apex.slcschools.org/commed

for online classes register at:
https://www.ed2go.com/highlandce
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.
   Use your Visa, MasterCard or Discover to register. 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

Address

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

Email Address

City/Zip

Cell Phone

( ) ( )
Salt Lake Community Learning Centers

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<td>241 North 300 West, 84103</td>
<td>801-578-8518</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

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Tiffany Sandberg, Vice President . . . Precinct 1
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Janet Roberts, Business Administrator

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Identification Statement Salt Lake City Community Education: Salt Lake Community Education (USPS 023-413) is published four times per year (March, May, August, December) by the staff of Salt Lake Community Education, 440 East 100 South, Salt Lake City, UT 84111. Periodicals postage paid at Salt Lake City, UT. POSTMASTER: Send address changes to Salt Lake Community Education, 440 East 100 South, Salt Lake City, UT 84111-1802.
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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
All classes are held at East High School, 840 South 1300 East (unless otherwise noted).

**WATERCOLOR PAINTING (INTERMEDIATE)**

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.

**WATERCOLOR PAINTING (BEGINNING)**

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.

**DRAWING FOR PAINTERS**

This class focuses on basic techniques used to create the foundation for paintings. We will use estimating, sighting, blocking in, and visual perspective. We will also experiment with ways to incorporate or apply drawing techniques and mediums into paintings of various mediums. Materials list will be emailed.

**ART**

**GUITAR FOR KIDS (BEGINNING)**

This class covers basic techniques used to create the foundation for paintings. We will use estimating, sighting, blocking in, and visual perspective. We will also experiment with ways to incorporate or apply drawing techniques and mediums into paintings of various mediums. Materials list will be emailed.

**KARATE - NEW STUDENTS**

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**

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.

**BALLROOM AND LATIN DANCE**

Basics of Fox trot, 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, & Salsa instructor with 25+ years teaching experience.

**DANCE STYLES OF INDIA**

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.

**FLAMENCO DANCE**

Learn the amazing and passionate art form of Spanish Flamenco Dance. This is a beginner class and will focus on footwork, rhythms, arm and hand technique, and FUN. Flamenco is for men and women of all ages and abilities. Dress in a fun, easy to learn setting. Learn 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.

**Ballet**

Improve your basic ballet technique and increase flexibility and strength of 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.

**Children's Programming**

**Dance Floor in Style! Couples and singles welcome. Taught by a highly trained professional Ballroom, Swing, and Salsa instructor with 25+ years experience.**

**ALL THINGS SWING**

**BIG BAND SWING DANCING**

**CHILDREN'S PROGRAMMING**

**GUITAR FOR KIDS (BEGINNING)**

This class covers basic techniques used to create the foundation for paintings. We will use estimating, sighting, blocking in, and visual perspective. We will also experiment with ways to incorporate or apply drawing techniques and mediums into paintings of various mediums. Materials list will be emailed.

**FLAMENCO DANCE**

Learn the amazing and passionate art form of Spanish Flamenco Dance. This is a beginner class and will focus on footwork, rhythms, arm and hand technique, and FUN. Flamenco is for men and women of all ages and abilities. Dress in a fun, easy to learn setting. Learn 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.

**Salsa and Bachata Dance**

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.

**Register Online:** https://apex.slcschools.org/commed
**ENRICHMENT**

**CPR CERTIFICATION (ADULTS, CHILDREN AND INFANTS)**

**DATE:** Jan. 29  
**DAY:** T  
**TIME:** 6:30 PM - 9:00 PM  
**PLACE:** East  
**COST:** $35  
**AGE:** 18 and up  
**INSTRUCTOR:** Abby White

Become empowered to SAVE LIVES! CPR is knowledge everyone needs! Classes are taught by an American Heart Association (AHA) certified instructor. Fee includes workbook and 2 year certification. Must pass written test with 80% and hands-on skill test for certification.

**FIRST AID**

**DATE:** Jan. 31  
**DAY:** Th  
**TIME:** 6:30 PM - 9:00 PM  
**PLACE:** East  
**COST:** $35  
**AGE:** 18 and up  
**INSTRUCTOR:** Abby White

Learn First Aid and be the difference between LIFE and DEATH! Taught by an American Heart Association (AHA) certified instructor. Fee includes workbook and 2 year certification. Must pass written test with 80% and hands-on skill test for certification.

**FINANCIAL**

**BABY BOOMER 101: RETIREMENT AND MEDICARE STRATEGIES**

**DATE:** Jan. 29  
**DAY:** T  
**TIME:** 6:30 PM - 8:30 PM  
**PLACE:** East  
**COST:** $10  
**AGE:** 50 and up  
**INSTRUCTOR:** Mark Shniruowych

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.

**FIRST-TIME HOME BUYER**

**DATE:** Jan. 22  
**DAY:** T  
**TIME:** 6:30 PM - 8:30 PM  
**PLACE:** East  
**COST:** $10 ($15 Couple)  
**AGE:** Adults  
**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:** Feb. 05, Feb. 12  
**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 policies. 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**

**ITALIAN (BEGINNING)**

**DATE:** Jan. 16 to Mar. 06  
**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.

**RUSSIAN (BEGINNING)**

**DATE:** Jan. 16 to Mar. 06  
**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:** Jan. 16 to Mar. 06  
**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:** Jan. 15 to Mar. 05  
**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. 10 student minimum. Pre-registration appreciated.

**SPANISH (ADVANCED BEGINNING)**

**DATE:** Jan. 16 to Mar. 06  
**DAY:** W  
**TIME:** 6:00 PM - 7:30 PM  
**PLACE:** East  
**COST:** $67  
**AGE:** 18 and up  
**INSTRUCTOR:** Tatyana Davis, Linguistics Professor

Requires some knowledge of using verbs in present tense and some basic vocabulary. Continue basic conversation, grammar and reading. 10 student minimum. Pre-registration appreciated.

**MARTIAL ARTS**

**KARATE - ADULTS**

**DATE:** Jan. 16 to Mar. 20  
**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.

**KARATE - NEW STUDENTS**

**DATE:** Jan. 16 to Mar. 20  
**DAY:** T  
**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:** Jan. 16 to Mar. 20  
**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.

**KUNG FU (BEGINNING)**

**DATE:** Jan. 14 to Mar. 07  
**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.
## Music

### TAI CHUAN
**DATE:** Jan. 16 to Mar. 06  
**DAY:** W  
**TIME:** 6:40 PM - 7:45 PM  
**PLACE:** East  
**COST:** $60  
**AGE:** 16 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.

### BEG. MUSIC THEORY & EAR TRAINING
**DATE:** Jan. 24 to Feb. 14  
**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 (BEGINNING)
**DATE:** Jan. 15 to Mar. 05  
**DAY:** T  
**TIME:** 6:30 PM - 7:30 PM  
**PLACE:** East  
**COST:** $65  
**AGE:** 12 and up  
**INSTRUCTOR:** Debbie Rebaza  
Learn to play the guitar 'just for fun.' Learn basic chords, strumming, and finger picking. No previous music experience needed. Bring your guitar or rent one-call 801 688-2845 to reserve a guitar.

### GUITAR (ADVANCED BEGINNING)
**DATE:** Jan. 15 to Mar. 05  
**DAY:** T  
**TIME:** 7:30 PM - 8:30 PM  
**PLACE:** East  
**COST:** $65  
**AGE:** 12 and up  
**INSTRUCTOR:** Debbie Rebaza  
An extension of the first beginning class. Some knowledge of the basic chords and strumming is required. Bring your guitar or rent one-call 801 688-2845 to reserve a guitar.

### GUITAR FOR KIDS (BEGINNING)
**DATE:** Jan. 15 to Mar. 05  
**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.

### RHYTHM UKULELE
**DATE:** Jan. 22 to Feb. 12  
**DAY:** T  
**TIME:** 6:30 PM - 7:30 PM  
**PLACE:** East  
**COST:** $45  
**AGE:** Adults  
**INSTRUCTOR:** Bill Stoye  
This class will focus on learning new styles of playing ukulele, including new ways to strum, pluck and pick. Learn how dynamics and combining rhythms will bring songs to life. You only need to know some chords and a few songs to join.

### MUSIC-

### PHOTOGRAPHY

### PHOTOGRAPHY-DIGITAL (FUNDAMENTALS TO INTERMEDIATE)
**DATE:** Jan. 17 to Feb. 07  
**DAY:** Th  
**TIME:** 6:00 PM - 7:30 PM  
**PLACE:** East  
**COST:** $80 (incl. $5 material fee)  
**AGE:** 18 and up  
**INSTRUCTOR:** Doug Sims  
Own a DSLR camera? Want to maximize your camera knowledge? This course will teach you about composition, lighting principles, portraiture, ISO settings, white balance, shutter speed, F stops (aperture), manual modes, how to freeze motion for sports photography and principles of long exposures. Learn how to use your DSLR camera and enjoy all it has to offer.

### PHOTOGRAPHY CC FUNDAMENTALS (BEGINNING-ADVANCED BEGINNING)
**DATE:** Jan. 17 to Feb. 07  
**DAY:** Th  
**TIME:** 7:30 PM - 9:00 PM  
**PLACE:** East  
**COST:** $80 (incl. $5 material fee)  
**AGE:** 18 and up  
**INSTRUCTOR:** Doug Sims  
Introduction to image correction and image manipulation. Learn how to make an image print worthy along with other effects and image enhancements including color correction, levels adjustments, masking, selections, cropping, and layers. Example images provided or bring your own on a thumb drive.

### RECREATION/SPORTS

### AEROBIC DANCE
**DATE:** Jan. 14 to Mar. 06  
**DAY:** M/W  
**TIME:** 5:45 PM - 6:45 PM  
**PLACE:** East  
**COST:** $80  
**AGE:** 18 and up  
**INSTRUCTOR:** Marilyn Pack  
An aerobic dance class consisting of warm-up stretching, dance steps for a cardio workout, cool down stretching, and weight training. Bring your own weights and your own mats. Come and have FUN while we workout, and get fit together.

### INTRODUCTION TO MINDFULNESS MEDITATION
**DATE:** Jan. 17 to Mar. 07  
**DAY:** W  
**TIME:** 5:30 PM - 6:30 PM  
**PLACE:** East  
**COST:** $50  
**AGE:** Adults  
**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.

### KUNDALINI YOGA, MEDITATION & GONG RELAXATION
**DATE:** Jan. 17 to Mar. 07  
**DAY:** Th  
**TIME:** 5:45 PM - 7:15 PM  
**PLACE:** East  
**COST:** $65  
**AGE:** Adults  
**INSTRUCTOR:** Amanjot 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.
PILATES
DATE: Jan. 17 to Mar. 07
DAY: Th
TIME: 5:30 PM - 6:25 PM
PLACE: 155 East 900 South, 2nd Floor
COST: $90
AGE: 18 and up
INSTRUCTOR: Maven STRONG
If you’re looking for a true core Pilates workout, this is the class for you. This mixed levels mat class is the best cross-training class to sculpt your waistline and/or improved performance. Props will be used to challenge your core while continuing to lengthen and strengthen muscles for a longer leaner look. This is a class for anyone wanting to feel lifted, limber and connected to your core. We will supply yoga mats for this class but invite you to bring your own.

VETO RIDE & SWEAT
DATE: Jan. 15 to Mar. 05
DAY: T
TIME: 6:30 PM - 7:25 PM
PLACE: 155 East 900 South, 2nd Floor
COST: $90
AGE: 18 and up
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.

YOGA
DATE: Jan. 15 to Mar. 05
DAY: T
TIME: 6:00 PM - 7:00 PM
PLACE: East
COST: $60
AGE: Adults
INSTRUCTOR: Bobbi Ikegami
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.

YOGA FOR FITNESS
DATE: Jan. 15 to Mar. 05
DAY: T
TIME: 7:40 PM - 8:50 PM
PLACE: East
COST: $60
AGE: Adults
INSTRUCTOR: Maura Hahnenberger
In this class we will use yoga poses to strengthen and tone your muscles while also relaxing and gaining flexibility. We will focus on integrating breath with movement for a full mind and body workout. Dress comfortably and bring a mat to class.

YOGA FOR LESS FLEXIBLE BODIES
DATE: Jan. 16 to Mar. 06
DAY: W
TIME: 7:00 PM - 8:00 PM
PLACE: East
COST: $50
AGE: All
INSTRUCTOR: David Keyes
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.

ZUMBA
DATE: Jan. 17 to Mar. 07
DAY: Th
TIME: 5:30 PM - 6:45 PM
PLACE: East
COST: $65
AGE: 18 and up
INSTRUCTOR: Julia Garcia
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.
## Community Education

**Website:** highland.slcschools.org

**Email:** highlandce@slcschools.org

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

**NO Classes:** Jan. 21, Feb. 18

### ACADEMIC SUPPORT FOR ADULTS

<table>
<thead>
<tr>
<th>Praxis Core Preparation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DATE:</strong> Ongoing</td>
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<tr>
<td><strong>DAY:</strong> Call for Info</td>
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<tr>
<td><strong>TIME:</strong> Call for Info</td>
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<tr>
<td><strong>PLACE:</strong> Online</td>
</tr>
<tr>
<td><strong>COST:</strong> $105 fee paid via <a href="http://www.ed2go.com/highlandce">www.ed2go.com/highlandce</a></td>
</tr>
<tr>
<td><strong>AGE:</strong> 18 and up</td>
</tr>
<tr>
<td><strong>INSTRUCTOR:</strong> Katie Paxton</td>
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</tbody>
</table>

Prepare to take 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.

<table>
<thead>
<tr>
<th>Grammar Refresher Series</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DATE:</strong> Ongoing</td>
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<td><strong>TIME:</strong> Call for Info</td>
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<td><strong>PLACE:</strong> Online</td>
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<tr>
<td><strong>COST:</strong> $199 fee paid via <a href="http://www.ed2go.com/highlandce">www.ed2go.com/highlandce</a></td>
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<tr>
<td><strong>AGE:</strong> 18 and up</td>
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<tr>
<td><strong>INSTRUCTOR:</strong> Curt Simmons</td>
</tr>
</tbody>
</table>

The key to effective writing and speaking is English grammar. Whether you are just now learning the basics of grammar or if you 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!

### ACADEMIC SUPPORT FOR YOUTH

<table>
<thead>
<tr>
<th>SAT/ACT Preparation</th>
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<tbody>
<tr>
<td><strong>DATE:</strong> Ongoing</td>
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<tr>
<td><strong>PLACE:</strong> Online</td>
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<tr>
<td><strong>COST:</strong> $105 fee paid via <a href="http://www.ed2go.com/highlandce">www.ed2go.com/highlandce</a></td>
</tr>
<tr>
<td><strong>AGE:</strong> 9th-12th grade</td>
</tr>
<tr>
<td><strong>INSTRUCTOR:</strong> Benjamin N. Giallareto</td>
</tr>
</tbody>
</table>

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!

<table>
<thead>
<tr>
<th>Drawing for the Absolute Beginner</th>
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<tbody>
<tr>
<td><strong>DATE:</strong> Ongoing</td>
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<td><strong>DAY:</strong> Call for Info</td>
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<td><strong>TIME:</strong> Call for Info</td>
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<tr>
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<tr>
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</tr>
<tr>
<td><strong>AGE:</strong> 18 and up</td>
</tr>
<tr>
<td><strong>INSTRUCTOR:</strong> Chad Walker</td>
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</tbody>
</table>

Have you always been interested in drawing, but never really knew how to get started? If so, then this is definitely the course for you! You'll gain a solid understanding of the many tools of the trade. You'll become intimately familiar with paper types, drawing styles, rendering techniques, and the basic principle of perspective, layout, design, lighting, volume, and space.

<table>
<thead>
<tr>
<th>Glass Studio: Beginning Bead Making</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DATE:</strong> Feb. 12 to Feb. 19</td>
</tr>
<tr>
<td><strong>DAY:</strong> T</td>
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<tr>
<td><strong>TIME:</strong> 6:00 PM - 8:00 PM</td>
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<tr>
<td><strong>PLACE:</strong> Highland</td>
</tr>
<tr>
<td><strong>COST:</strong> $90 (includes $25 material fee)</td>
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<tr>
<td><strong>AGE:</strong> 14 and up</td>
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<tr>
<td><strong>INSTRUCTOR:</strong> Kerry Collett</td>
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</table>

Have you watched people at the torch at fairs and marveled at the skill? Learning to make your own glass beads at the torch is a great way to begin! Learn the secrets to making a perfectly round bead, pull straight strings and how to decorate that bead using different techniques. Soon you’ll be making your own unique jewelry using one of a kind glass beads!

<table>
<thead>
<tr>
<th>Glass Studio: Intro to Fused Glass</th>
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</thead>
<tbody>
<tr>
<td><strong>DATE:</strong> Jan. 15 to Feb. 05</td>
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<tr>
<td><strong>DAY:</strong> T</td>
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<tr>
<td><strong>TIME:</strong> 6:00 PM - 8:00 PM</td>
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<td><strong>PLACE:</strong> Highland</td>
</tr>
<tr>
<td><strong>COST:</strong> $150 (includes $50 materials fee)</td>
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<tr>
<td><strong>AGE:</strong> 14 and up</td>
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<tr>
<td><strong>INSTRUCTOR:</strong> Kerry Collett</td>
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</table>

The art of melting glass in a kiln is a fun and amazing process to learn! This class will take you through kiln information, jewelry making, small gift items and a small plate or bowl, several projects to display or wear! This class is perfect for anyone wanting an overview of several different glass fusing techniques!

**Week 1:** Introduction and making jewelry
**Week 2:** Texture fusing - night lights
**Week 3:** Kiln carving - sun catchers
**Week 4:** Small bowl or plate

<table>
<thead>
<tr>
<th>Glass Studio: Jewelry Making</th>
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<tbody>
<tr>
<td><strong>DATE:</strong> Feb. 13 to Feb. 20</td>
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<tr>
<td><strong>DAY:</strong> W</td>
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<tr>
<td><strong>TIME:</strong> 6:00 PM - 8:00 PM</td>
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<tr>
<td><strong>PLACE:</strong> Highland</td>
</tr>
<tr>
<td><strong>COST:</strong> $75 (includes $25 materials fee)</td>
</tr>
<tr>
<td><strong>AGE:</strong> 14 and up</td>
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<tr>
<td><strong>INSTRUCTOR:</strong> Kerry Collett</td>
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</tbody>
</table>

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!

<table>
<thead>
<tr>
<th>Introduction to Digital Scrapbooking</th>
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<tbody>
<tr>
<td><strong>DATE:</strong> Ongoing</td>
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<td><strong>DAY:</strong> Call for Info</td>
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</tr>
<tr>
<td><strong>AGE:</strong> 18 and up</td>
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<tr>
<td><strong>INSTRUCTOR:</strong> Beverly Richards Schulz</td>
</tr>
</tbody>
</table>

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.

<table>
<thead>
<tr>
<th>Knitting &amp; Crochet</th>
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<tbody>
<tr>
<td><strong>DATE:</strong> Jan. 16 to Mar. 06</td>
</tr>
<tr>
<td><strong>DAY:</strong> W</td>
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<tr>
<td><strong>TIME:</strong> 6:00 PM - 8:30 PM</td>
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<tr>
<td><strong>PLACE:</strong> Highland</td>
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<tr>
<td><strong>COST:</strong> $55</td>
</tr>
<tr>
<td><strong>AGE:</strong> 18 and up</td>
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<tr>
<td><strong>INSTRUCTOR:</strong> Jill Astin</td>
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</tbody>
</table>

Learn how to complete knitting or crochet patterns. Take your skills to the next level whether you are a beginner or an intermediate knitter. Bring your size US8 needles and worsted weight yarn the first night of class. Patterns are available.

<table>
<thead>
<tr>
<th>Pottery, Hand and Wheel</th>
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<tbody>
<tr>
<td><strong>DATE:</strong> Jan. 15 to Mar. 05</td>
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<td><strong>DAY:</strong> T</td>
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<tr>
<td><strong>TIME:</strong> 6:15 PM - 8:45 PM</td>
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<tr>
<td><strong>PLACE:</strong> Highland</td>
</tr>
<tr>
<td><strong>COST:</strong> $135 (Includes $35 material fee)</td>
</tr>
<tr>
<td><strong>AGE:</strong> 18 and up</td>
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<tr>
<td><strong>INSTRUCTOR:</strong> Chris Marcotte</td>
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</tbody>
</table>

Explore a variety of wheel thrown and hand built pottery techniques. Utilize a selection of demonstrations tailored to the desires and abilities of the class to create functional and/or sculptural objects. Aspects of the ceramic process from making to glazing and firing will be discussed. Emphasis on improving skill and craftsmanship. Includes one block of clay.

<table>
<thead>
<tr>
<th>Watercolor and Oil Studio Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DATE:</strong> Jan. 15 to Mar. 05</td>
</tr>
<tr>
<td><strong>DAY:</strong> T</td>
</tr>
<tr>
<td><strong>TIME:</strong> 5:30 PM - 8:30 PM</td>
</tr>
<tr>
<td><strong>PLACE:</strong> Highland</td>
</tr>
<tr>
<td><strong>COST:</strong> $90 (plus materials)</td>
</tr>
<tr>
<td><strong>AGE:</strong> 16 and up</td>
</tr>
<tr>
<td><strong>INSTRUCTOR:</strong> Holli Yoho</td>
</tr>
</tbody>
</table>

Open studio time allows for those with a range of experience to paint together in a fun, energetic environment. This is not a teaching course, so some painting knowledge is required. Recommended mediums: watercolor, acrylic, and oil. Call the office for a suggested supply list.
BLOGGING AND PODCASTING

DATE: Jan. 15 to Mar. 05
DAY: T
TIME: 5:15 PM - 6:00 PM
PLACE: Highland
COST: $80
AGE: 3-4 years
INSTRUCTOR: Aimee Swenson

This class is a fun way for children to express themselves through movement. Children will be introduced to the love of dancing while building coordination, enhancing character and encouraging creativity. Parents will attend and participate as well.

MUSICAL THEATRE: CENTER STAGE PLAYERS

DATE: Jan. 17 to May 3
DAY: Th
TIME: 4:30 PM - 6:30 PM
PLACE: Highland
COST: $200 (Fee paid to Center Stage Players)
AGE: K-12th
INSTRUCTOR: CSP Staff

Center Stage Players offers youth the complete performing experience by integrating acting, singing, and dancing techniques into our curriculum. Performers receive an hour and a half of professional instruction each week, as they work together to prepare a musical stage show custom-tailored for the cast and performed in the Usrey Alford Little Theatre at Highland High! Check out www.csputah.com for more information, including photo and video highlights. Call 801.889.6267 to register.

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: 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.

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: Laurie Fuller

Learn to use Google Analytics to make the most of your online traffic. Track not just the traffic to all of your online content, but also determine which content is most appealing, where your visitors came from, what devices they used, how long they stayed, which links they clicked, and where they went when they left. Also find out about Google AdWords and other tools to enhance traffic as well!

LEARN TO BUY AND SELL ON EBAY

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 request a fundamental knowledge of Microsoft Office, and it’s the most widely used software students. 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.

BELLY DANCE (BEGINNING)

DATE: Jan. 24 to Feb. 28
DAY: Th
TIME: 6:30 PM - 7:30 PM
PLACE: Highland
COST: $50
AGE: 18 and up
INSTRUCTOR: Jennifer Long-Pratt

Learn basic belly dance technique and fundamentals in this beginning belly dance class. We will break down moves, practice technique drills, and put them together in fun combinations. This class welcomes new beginners as well as those with previous experience. Wear clothing you can move and stretch in there will be a short warm-up and cool-down for each class.

DANCE: BEGINNING BALLROOM

DATE: Jan. 29 to Mar. 05
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.
**GENEALOGY BASICS**

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 Rabbkin

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!

**BRIDGE LESSONS (BEGINNING)**

DATE: Jan. 17 to Mar. 07  
DAY: Th  
TIME: 5:30 PM - 7:30 PM  
PLACE: Highland  
COST: $60  
AGE: All  
INSTRUCTOR: Staff

Whether you’re new to the game or need a refresher, this class is for you! Each class will include tips, encouragement and the fundamentals of Bridge. Great for couples, singles, and families.

**DESTINATION: INTERNATIONAL BALLROOM DANCE**

DATE: Jan. 29 to Mar. 05  
DAY: T  
TIME: 8:00 PM - 9:00 PM  
PLACE: Highland  
COST: $45  
AGE: 18 and up  
INSTRUCTOR: Doug Mather, assisted by Shelia 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.

**INSTRUCTORS**

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.

**FREE 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.

**GETTING 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: Joanna Sandsmark

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!

**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 Rabbkin

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!

**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 time 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 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.

**INTRODUCTION TO 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.

**LOVINGKINDNESS BUDDHIST MEDITATION**

DATE: Jan. 16 to Mar. 06  
DAY: W  
TIME: 6:45 PM - 8:45 PM  
PLACE: Highland  
COST: $60  
AGE: 16 and up  
INSTRUCTOR: Thomi Liebich

This workshop is based on Sharon Salzberg’s book Lovingkindness: The Revolutionary Art of Happiness. Lovingkindness Meditation is the extraordinary practice of awakening and strengthening within ourselves the four qualities of Lovingkindness, known as the Four Immeasurable Abodes, or Brahma Viharas in Buddhist teaching.

**SASSY CHAIR ROUTINES**

DATE: Jan. 14 to Mar. 04  
DAY: M  
TIME: 7:00 PM - 8:30 PM  
PLACE: Highland  
COST: $45  
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.

**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.

Register Online: https://apex.slcschools.org/commed
WELDING/METAL ARTS
DATE: Jan. 15 to Mar. 05
DAY: W
TIME: 5:30 PM - 8:00 PM
PLACE: Highland
COST: $200 (includes $25 lab fee, students provide materials)
AGE: 18 and up
INSTRUCTOR: Ted Condie
Learn 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 own metal. Shop tools and equipment are provided. NO SHORTS, NO OPEN TOE SHOES.

WELDING/METAL ARTS
DATE: Jan. 16 to Mar. 06
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TIME: 5:30 PM - 8:00 PM
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WOODWORKING
DATE: Jan. 15 to Mar. 05
DAY: T
TIME: 5:30 PM - 8:00 PM
PLACE: Highland
COST: $150 (includes $10 machine maintenance fee)
AGE: 18 and up
INSTRUCTOR: Rio Sabella
Bring your own materials and supplies and get help from an instructor to complete your ideas. Class open to all levels, beginning to advanced. Students must provide their own wood and other materials associated with their project. Must pre-register. Space is limited.

WOODWORKING
DATE: Jan. 16 to Mar. 06
DAY: W
TIME: 5:30 PM - 8:30 PM
PLACE: Highland
COST: $150 (includes $10 machine maintenance fee)
AGE: 18 and up
INSTRUCTOR: Larry Richardson
Bring your own materials and supplies and get help from an instructor to complete your ideas. Class open to all levels, beginning to advanced. Students must provide their own wood and other materials associated with their project. Must pre-register. Space is limited.

WRITING THE FANTASY NOVEL
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: Laura K. Anderson
The course will cover the writing process, fantasy-specific tips, and even publishing. It’s perfect whether you have an idea for a book or even if you don’t know where to start.

FAMILY/PARENTING
HEALTHY RELATIONSHIP SUITE
DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $299 fee paid via www.ed2go.com/highlandce
AGE: 18 and up
INSTRUCTOR: Staff
In this course, you will learn theKeys 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.

HELPING ELDERLY PARENTS
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: Marsiea 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
DATE: Jan. 22
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: Feb. 05
DAY: T
TIME: 6:00 PM - 8:30 PM
PLACE: Highland
COST: $5
AGE: 18 and up
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.

ACCOUNTING FUNDAMENTALS
DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $10 fee paid via www.ed2go.com/highlandce
AGE: 18 and up
INSTRUCTOR: LeeAnne Krusemark
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: 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.

SAVY SOCIAL SECURITY PLANNING
DATE: Jan. 23
DAY: W
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.

JOB TRAINING/CAREERS
INCOME TAXES & ACCOUNTING PRINCIPLES
DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $150 (includes $25 lab fee, students provide materials)
AGE: 18 and up
INSTRUCTOR: Staff
Learn 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 own metal. Shop tools and equipment are provided. NO SHORTS, NO OPEN TOE SHOES.

INCOME TAXES & ACCOUNTING PRINCIPLES
DATE: Jan. 16 to Mar. 06
DAY: W
TIME: 5:30 PM - 8:00 PM
PLACE: Highland
COST: $200 (includes $25 lab fee, students provide materials)
AGE: 18 and up
INSTRUCTOR: Ted Condie
Learn 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 own metal. Shop tools and equipment are provided. NO SHORTS, NO OPEN TOE SHOES.

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DATE: Jan. 15 to Mar. 05
DAY: T
TIME: 5:30 PM - 8:00 PM
PLACE: Highland
COST: $150 (includes $10 machine maintenance fee)
AGE: 18 and up
INSTRUCTOR: Rio Sabella
Bring your own materials and supplies and get help from an instructor to complete your ideas. Class open to all levels, beginning to advanced. Students must provide their own wood and other materials associated with their project. Must pre-register. Space is limited.

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COST: $150 (includes $10 machine maintenance fee)
AGE: 18 and up
INSTRUCTOR: Larry Richardson
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DATE: Ongoing
DAY: Call for Info
TIME: Call for Info
PLACE: Online
COST: $10 fee paid via www.ed2go.com/highlandce
AGE: 18 and up
INSTRUCTOR: LeeAnne Krusemark
This course will give you a solid foundation in financial matters.

INCOME TAXES & ACCOUNTING PRINCIPLES
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.

INCOME TAXES & ACCOUNTING PRINCIPLES
DATE: Jan. 23
DAY: W
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.

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DATE: Ongoing
DAY: Call for Info
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Learn 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 own metal. Shop tools and equipment are provided. NO SHORTS, NO OPEN TOE SHOES.

INCOME TAXES & ACCOUNTING PRINCIPLES
DATE: Jan. 16 to Mar. 06
DAY: W
TIME: 5:30 PM - 8:00 PM
PLACE: Highland
COST: $200 (includes $25 lab fee, students provide materials)
AGE: 18 and up
INSTRUCTOR: Ted Condie
Learn 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 own metal. Shop tools and equipment are provided. NO SHORTS, NO OPEN TOE SHOES.

INCOME TAXES & ACCOUNTING PRINCIPLES
DATE: Jan. 15 to Mar. 05
DAY: T
TIME: 5:30 PM - 8:00 PM
PLACE: Highland
COST: $150 (includes $10 machine maintenance fee)
AGE: 18 and up
INSTRUCTOR: Rio Sabella
Bring your own materials and supplies and get help from an instructor to complete your ideas. Class open to all levels, beginning to advanced. Students must provide their own wood and other materials associated with their project. Must pre-register. Space is limited.
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.

MASTERING 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

You can 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 present your deliveries skillfully and how to manage one of the most common public speaking barriers—fear.

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 Aksomitis

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.

STARTING A NONPROFIT

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 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.

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: Dan Mikel

Imagine yourself speaking, reading and writing American Sign Language! Now you can with Speed Spanish!

LANGUAGES

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.

SPEED SPANISH

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: Dan Mikel

Imagine yourself speaking, reading and writing Spanish pronto. Now you can with Speed Spanish!

MARTIAL ARTS

TAE KWON DO (BEGINNING)

DATE: Jan. 14 to Mar. 06
DAY: M/W
TIME: 6:15 PM - 7:15 PM
PLACE: Highland
COST: $70 (Half off second family member)
AGE: 6 and up
INSTRUCTOR: Bill Dubbeld, 8th Degree Black Belt

Class focuses on basic self-defense and fundamental exercises.

TAE KWON DO (INTERMEDIATE-ADVANCED)

DATE: Jan. 14 to Mar. 06
DAY: M/W
TIME: 6:15 PM - 7:45 PM
PLACE: Highland
COST: $70 (Half off second family member)
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.

TAE KWON DO (ADVANCED)

DATE: Jan. 14 to Mar. 06
DAY: MW
TIME: 7:15 PM - 8:45 PM
PLACE: Highland
COST: $70 (Half off second family member)
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.

MUSIC

BAND-PHONIX JAZZ AND SWING BAND

DATE: Jan. 16 to Mar. 06
DAY: W
TIME: 6:30 PM - 8:30 PM
PLACE: Highland
COST: $20
AGE: 10-18 years
INSTRUCTOR: YACP Staff

Audition required. Questions? Call Doug Buhrer at 801-969-2350

GUITAR (BEGINNING 1)

DATE: Jan. 16 to Mar. 06
DAY: W
TIME: 6:00 PM - 7:00 PM
PLACE: Highland
COST: $65
AGE: 18 and up
INSTRUCTOR: Miles Biddulph

Come learn to read and play music. Must bring own guitar.

GUITAR (BEGINNING 2)

DATE: Jan. 16 to Mar. 06
DAY: W
TIME: 7:00 PM - 8:00 PM
PLACE: Highland
COST: $65
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.

GUITAR (INTERMEDIATE)

DATE: Jan. 16 to Mar. 06
DAY: W
TIME: 8:00 PM - 9:00 PM
PLACE: Highland
COST: $65
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: Jan. 15 to Mar. 05
DAY: T
TIME: 6:00 PM - 8:00 PM
PLACE: Highland
COST: $55 (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: Jan. 14 to Mar. 06
DAY: M/W
TIME: 6:00 PM - 7:00 PM
PLACE: Highland
COST: $65
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.
Enrichment

**BOOKBINDING: THE ART OF THE HAND-BOUND BOOK**

- **DATE:** Jan. 17 to Feb. 21
- **DAY:** Th
- **TIME:** 6:30 PM - 8:30 PM
- **PLACE:** West
- **COST:** $100 (includes materials)
- **AGE:** Adults

**INSTRUCTOR:** Michael Rogerson

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.
HOW TO BUY A USED TRAVEL TRAILER
DATE: Jan. 17
DAY: Th
TIME: 6:30 PM - 8:30 PM
PLACE: West
COST: $20
AGE: Adults
INSTRUCTOR: Dan Hall
Used travel trailers, vintage or otherwise, can be a great addition to anyone’s camping set up. This class will help you understand what to look for when buying a used travel trailer. Avoid common mistakes and potential expensive headaches by learning how to inspect the trailer before buying.

INTRODUCTION TO MASSAGE THERAPY
DATE: Jan. 23 to Feb. 27
DAY: W
TIME: 7:00 PM - 8:15 PM
PLACE: West
COST: $60 ($100 for couple)
AGE: Adults
INSTRUCTOR: Chad Nielson
This class will provide you with skills to provide relief from pain and bring comfort to friends and loved ones. You will learn safe and sustainable healing touch techniques to use in the comfort of your own home. Each class will be student-driven, so you will learn the skills most important to you. It is recommended that you register with a friend, family member, or loved one to practice with. The instructor is a licensed massage therapist.

KICK START YOUR HEALTH IN THE NEW YEAR!
DATE: Jan. 16 to Feb. 27
DAY: W
TIME: 6:30 PM - 8:30 PM
PLACE: West
COST: $130 (Includes materials)
AGE: Adults
INSTRUCTOR: Valerie Fauver
Kick start your health with this 7-WEEK vegan, gluten-free cooking and nutrition course. Discover how vegetables, fruit, whole-grains and beans are optimal for long-term weight management. Learn about various health topics including blood pressure and digestion. Get empowered with practical cooking skills, and taste delicious, healthy dishes all in a group setting. Curriculum based on The Physicians Committee’s successful national Food For Life program.

MEETING AND UNDERSTANDING YOUR ANGELS AND GUIDES
DATE: Jan. 28, Feb. 04, and Feb. 11
DAY: M
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 assist contacting and identifying your specific guides, plus aligning information available from higher realms.

PERSONALITY SCIENCE (FACE READING)
DATE: Jan. 22, Jan. 29, and Feb. 05
DAY: Th
TIME: 6:30 PM - 8:30 PM
PLACE: West
COST: $45
AGE: Adults
INSTRUCTOR: Sharon Crandall
See the face & know the person behind it! Be powerful in all relationships—business or personal—at—by reading personality traits in facial features. Each person has 60+ genetically based traits that set him/her apart. Come and learn about your major traits and how they affect the areas of money, tolerance, career, communication, time management, emotions, thinking, and confidence. Instructor has 30+ years of experience.

FINANCIAL
HOW TO BUY YOUR FIRST HOME
DATE: Jan. 31
DAY: Th
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!

FOOD HANDLER PERMIT
DATE: Ongoing
DAY: T
TIME: 6:00 PM - 8:00 PM
PLACE: West
COST: $30 (cash only)
AGE: 14 and up
INSTRUCTOR: Staff
The Food Handler classes are held on the first and third Tuesday of each month, except for July. The class is offered in English and Spanish. Please arrive 20 minutes early to register.

Spanish 1
DATE: Jan. 15 to Mar. 05
DAY: T
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 no previous exposure to the Spanish language. Students will learn vowels and their sounds, cognates, the alphabet, numbers, adjectives, and greetings. Students will learn to pronounce, read and spell properly and will learn the simple present tense. No prerequisite required.

Spanish 2
DATE: Jan. 16 to Mar. 06
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 que (to have to), necesitar (to need to), querer (to want), poder (to be able, can, may), and ir a (to go to). Prerequisite: Spanish 1 or its equivalent.

Spanish 3
DATE: Jan. 17 to Mar. 07
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 (preterite, progressive past, used to, and imperfect) and future tenses. Prerequisite: Spanish 2 or its equivalent.

Spanish 4
DATE: Jan. 14 to Mar. 11
DAY: M
TIME: 6:00 PM - 8:00 PM
PLACE: West
COST: $80 (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.
SWEDISH 1 & 2

DATE: Jan. 16 to Mar. 06
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.

BLUEGRASS BANJO 1

DATE: Jan. 14 to Mar. 11
DAY: M
TIME: 7:00 PM - 8:00 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.

BLUEGRASS GUITAR 1

DATE: Jan. 15 to Feb. 26
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 basic to intermediate rhythms and explore flatpicking melodies and various lead techniques. Previous experience helps but is not required. Please bring guitar, tuner, notebook, and a pen to class. Supplemental class materials are offered.

UKULELE - BEGINNING

DATE: Jan. 14 to Mar. 11
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.

CELL PHONE PHOTOGRAPHY: TIPS & TRICKS

DATE: Jan. 24, Jan. 31, and Feb. 07
DAY: Th
TIME: 6:30 PM - 8:00 PM
PLACE: West
COST: $45
AGE: 18 and up
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 to get better composition, aim to get off auto, fun with apps, enhance shots with gear, and how to share and save photos.

BLUEGRASS BANJO 2

DATE: Jan. 15 to Feb. 26
DAY: T
TIME: 8:00 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 I class but is open to all levels. Lessons include moveable chords, partial fingerpicking techniques, 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 2

DATE: Jan. 15 to Feb. 26
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 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.

MUSIC

MANDOLIN 2

DATE: Jan. 15 to Feb. 26
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 fingerpicking 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.

DANCE & DRAMA

UKULELE - INTERMEDIATE

DATE: Jan. 14 to Mar. 11
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: Jan. 22 to Feb. 26
DAY: T
TIME: 6:00 PM - 8:00 PM
PLACE: West
COST: $55 (incl. $5 materials fee)
AGE: 18 and up
INSTRUCTOR: Cecile Paakett
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 want 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.

RECREATION/SPORTS
INDOOR ROWING FOR FITNESS
DATE: Call for Info
DAY: Call for Info
TIME: Call for Info
PLACE: West
COST: Call for Info
AGE: Adults
INSTRUCTOR: Irene Lysenko
Come learn how to use a rowing machine to achieve a full-body workout while keeping in shape this winter! Each student will have a custom workout designed for their skill and endurance levels with logbook entries to track improvement. Weights will also be utilized to enhance strength.