

Glenwood Springs - Noncredit Classes Spring 2018 (schedule subject to change)

Course Code	Course Title	Start Date	End Date	Instructor Last Name	Instructor First Name	Cl. Hrs.	# of Classes	Start Time	End Time	Days	Fee	Decription
ACC-901-GW	Package Deal: QuickBooks	1/26/2018	2/9/2018	Snyder	Stan	18.00	3	9:00 AM	4:00 PM	F	\$230.00	Package Deal GW: Buy the 3 QuickBooks workshops in the accounting series in Glenwood and get this discounted rate. Must purchase before first class on 9/1.
ACC-901-GW	QuickBooks I (Windows)	1/26/2018	1/26/2018	Snyder	Stan	6.00	1	9:00 AM	4:00 PM	F	\$83.00	Emphasizes entering, saving, finding and editing basic transactions. Introduces fundamental concepts and reports.
ACC-901-GW	QuickBooks II (Windows)	2/2/2018	2/2/2018	Snyder	Stan	6.00	1	9:00 AM	4:00 PM	F	\$83.00	Covers manual checks, bank transfers, credit card transactions, reconciling bank and credit card accounts to third-party statements, and use of asset, liability and equity accounts to record transactions. Prerequisite: QB I or instructor consent.
ACC-901-GW	QuickBooks III (Windows)	2/9/2018	2/9/2018	Snyder	Stan	6.00	1	9:00 AM	4:00 PM	F	\$83.00	Topics include sales and payroll taxes, time keeping features, generating payroll tax returns, and using Quickbooks to calculate taxes, record transactions, produce reports and pay tax liabilities. Prerequisite: QB II or instructor consent.
AST-901-GW	Stargazing	4/21/2018	4/21/2018	Harris	Austin	2.00	1	8:30 PM	10:30 PM	S	\$25.00	Join us for an evening outside and learn to use star charts, identify constellations and planets, find satellites moving through the night sky, and simply enjoy the beautiful night sky. Bring a headlamp or flashlight and warm layers. We will meet in the parking lot of Alder Park in New Castle: 850 Alder Ave, New Castle, CO 81647. Call Instructor Austin Harris at 828-712-7006 to confirm location or to request more information. Registration open to younger stargazers (ages 10-17) if an adult guardian registers and also attends the course.

Course Code	Course Title	Start Date	End Date	Instructor Last Name	Instructor First Name	Cl. Hrs.	# of Classes	Start Time	End Time	Days	Fee	Decription
BUS-901-GW	Effective Supervisor Practices	3/23/2018	3/23/2018	Schneiger	John	7.50	1	8:30 AM	4:30 PM	F	\$115.00	This course will provide new and current supervisors with practical guidelines for improving their supervisor skills. Participants will learn how to deal with common problems and tricky situations, including managing time and stress and giving constructive feedback. Participants will be encouraged to share experiences and concerns in today's ever-changing workplace. The focus of the course will include: Importance of two-way communication and teamwork, empowerment of employees, need for accountability, multi-generational aspects of the workplace, coaching and mentoring, on-boarding new employees, and performance appraisals. Schedule includes a 1/2 hour lunch break.
CIS-901-GW	iPhone Crash Course	1/15/2018	1/15/2018	Brouhard	Alice	3.00	1	9:00 AM	12:00 PM	M	\$40.00	This 3-hour class is geared to help you get the most from your iPhone by introducing you to some of its many features. Learn how to customize your iPhone settings, use FaceTime, iMessage, surf the internet, take pictures and videos, begin to manage your photos and use the Map features. Bring your iPhone and Apple ID and Password with you to class.

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CIS-901-GW	iPad 1: Basics	2/5/2018	2/5/2018	Brouhard	Alice	3.00	1	9:00 AM	12:00 PM	M	\$40.00	Start to utilize your iPad to its full potential! If you are unsure of even the questions to ask, this class is for you! Explore some of the basic functions, features and settings. Make SIRI your friend and begin to understand some of the built in apps and iCloud! Learn how to find apps that will enrich your life. Most of all decrease your fear factor and have fun!! Bring your device and make sure you know your Apple ID and password for class time use. Alice Brouhard, RN and Trainer, researches applications and devices and teaches others to use technology to support their independence and self-management. That support comes in the form of iPad, iPod touch, smartphones and apps.

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CIS-901-GW	iPad 2: Advanced	2/20/2018	2/20/2018	Brouhard	Alice	3.00	1	9:00 AM	12:00 PM	T	\$40.00	Join the class for continued exploration of the iPad. Learn even more tips to customize and maximize the use of your device. Intro class not necessary, but must understand basic functions and settings of the iPad. Focus is on more built in apps, developing an even deeper friendship with SIRI, set up notifications, and more iCloud. We will touch on how to best utilize the camera and photos app specific to the latest iOS update. Learn how to add even more content to your device with apps like iTunes, Podcasts and iBooks. Continued exploration of how to best find apps to enrich your lives. Bring your device and make sure you know your Apple ID and password for class time use. Alice loves to teach about apps that increase self sufficiency for people with disabilities and apps that assist in "aging in place." Bring specific questions about the use of some of these apps. Alice Brouhard, RN and Trainer, researches applications and devices and teaches others to use technology to support their independence and self-management. That support comes in the form of iPad, iPad touch
CIS-901-GW	Fantastic Photos	3/5/2018	3/5/2018	Brouhard	Alice	3.00	1	1:00 PM	4:00 PM	M	\$40.00	Learn how to use the photo features on your iPad and iPhone. You will learn about the photo organization system and how to use iCloud to manage. You will learn how to create and organize albums, and how to set up slideshows with music. We will cover how to edit photos on your device with the built in photo app as well as look at some helpful third party apps. Must be comfortable in the use of an iPad or iPhone. Make sure you bring your Apple ID and password to class.

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CIS-901-GW	The Cloud - What's in it for me?	4/9/2018	4/9/2018	Brouhard	Alice	3.00	1	1:00 PM	4:00 PM	M	\$40.00	Ever wonder about “the cloud” and what and how to use it especially with your mobile devices??? This class will answer questions and provide instruction in how to utilize iCloud, Dropbox, Google Drive in everyday life. Bring your devices to class with any user names and passwords you may have already set up. Must be proficient in the use of your device.
CIS-901-GW	iPhone Crash Course	4/23/2018	4/23/2018	Brouhard	Alice	3.00	1	9:00 AM	12:00 PM	M	\$40.00	This 3-hour class is geared to help you get the most from your iPhone by introducing you to some of its many features. Learn how to customize your iPhone settings, use FaceTime, iMessage, surf the internet, take pictures and videos, begin to manage your photos and use the Map features. Bring your iPhone and Apple ID and Password with you to class.
CIS-901-GW	Smart Homes: What are they and how can I have one?	1/25/2018	1/25/2018	Brouhard	Alice	3.00	1	9:00 AM	12:00 PM	TH	\$40.00	Smart homes and voice activated assistants will be the norm in the not too distant future. For many, the current vast array of products and the lack of understanding of how to begin to use, for example Amazon Alexa, is very frustrating. This class will compare and contrast Amazon Alexa, Google Home, and other voice activated assistants, teach basic use of them and discuss and demonstrate some of the items needed to begin to set up a Smart Home!” Bring your smart phone or tablet to class if you have one as well as your passwords and any portable smart home devices you may have!

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CUA-901-GW	Ethiopian Cooking	1/19/2018	2/23/2018	Bartley	Etenesh	12.0	6	5:00 PM	7:00 PM	F	\$110.00	This cooking course will take you on a culinary and cultural expedition without leaving Glenwood Springs. Participants will learn about Ethiopian cooking and culture from Etenesh Bartley, a native of Ethiopian. The course will include preparation of healthy and nutritious vegetarian, vegan, and meat dishes along with how to bake bread the Ethiopian way. Etenesh will also be sharing personal insights about her culture throughout the course.
DAN-901-GW	Intermediate Ballet	1/15/2018	4/30/2018	Peterson	Dana	22.50	15	6:50 PM	8:20 PM	M	\$185.00	Intermediate Ballet is about learning and practicing a traditional art form in a fun and relaxed setting with great music and an engaging atmosphere. Students will learn basic and more advanced movements, get a great workout, gain strength and flexibility, and develop some musicality in the process. No prior dance experience required. A sense of humor and adventure is helpful. Wear yoga clothes and socks, or leotards and tights and please bring a water bottle.
DAN-901-GW	Swing Dance (couple price)	1/31/2018	2/21/2018	Harris	Austin	8.00	4	7:00 PM	9:00 PM	W	\$120.00	Students will learn the basics of East Coast swing dancing with a partner. Learn the swing step as well as variations, spins, dips, and other fun moves; we will branch out into learning some Lindy Hop and waltz steps as well. This is a great way to get some exercise, enjoy meeting people, and be able to improvise great dance moves at a party, wedding, or other social dance. Register with a partner for this discounted rate.
DAN-901-GW	Swing Dance (2nd person free registration)	1/31/2018	2/21/2018	Harris	Austin	8.00	4	7:00 PM	9:00 PM	W	\$0.00	This section is for the 2nd person to register for free.

Course Code	Course Title	Start Date	End Date	Instructor Last Name	Instructor First Name	Cl. Hrs.	# of Classes	Start Time	End Time	Days	Fee	Decription
DAN-901-GW	Swing Dance (Individual Rate)	1/31/2018	2/21/2018	Harris	Austin	8.00	4	7:00 PM	9:00 PM	W	\$65.00	Students will learn the basics of East Coast swing dancing with a partner. Learn the swing step as well as variations, spins, dips, and other fun moves; we will branch out into learning some Lindy Hop and waltz steps as well. This is a great way to get some exercise, enjoy meeting people, and be able to improvise great dance moves at a party, wedding, or other social dance. You do not need to come with a partner.
DAN-901-GW	Swing Dance (couple price)	2/28/2018	3/28/2018	Harris	Austin	8.00	4	7:00 PM	9:00 PM	W	\$120.00	Students will learn the basics of East Coast swing dancing with a partner. Learn the swing step as well as variations, spins, dips, and other fun moves; we will branch out into learning some Lindy Hop and waltz steps as well. This is a great way to get some exercise, enjoy meeting people, and be able to improvise great dance moves at a party, wedding, or other social dance. Register with a partner for this discounted rate. Class does not meet 3/14 during Spr Break.
DAN-901-GW	Swing Dance (2nd person free registration)	2/28/2018	3/28/2018	Harris	Austin	8.00	4	7:00 PM	9:00 PM	W	\$0.00	This section is for the 2nd person to register for free.
DAN-901-GW	Swing Dance (Individual Rate)	2/28/2018	3/28/2018	Harris	Austin	8.00	4	7:00 PM	9:00 PM	W	\$65.00	Students will learn the basics of East Coast swing dancing with a partner. Learn the swing step as well as variations, spins, dips, and other fun moves; we will branch out into learning some Lindy Hop and waltz steps as well. This is a great way to get some exercise, enjoy meeting people, and be able to improvise great dance moves at a party, wedding, or other social dance. You do not need to come with a partner. Class does not meet 3/14 during Spr Break.

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DAN-901-GW	Bluegrass and Country Dancing	4/11/2018	5/2/2018	Harris	Austin	8.00	4	7:00 PM	9:00 PM	W	\$65.00	Learn basic steps, spins, dips, and other fun moves to improvise a dance with a partner to bluegrass or country music. You do not have to bring a partner to class. We will also learn how to do solo clogging and buck dancing (flat footing) to bluegrass and country music. We will not be doing country line dancing. This course offers a great way to get some exercise, meet people, and learn to improvise great dance moves at a party, wedding, or other social dance.
ENV-901-GW	Colorado Water 101 - How Water Works in the West.	2/6/2018	2/20/2018	Neubecker	Ken	9.00	3	5:30 PM	8:30 PM	T	\$68.00	Colorado Water 101 – How Water Works in the West. Water has always been one of the most important aspects of life in Colorado. That has never been truer than today with the recent release of the Colorado Water Plan. This class will give an overview of how we got where we are today, what we’re doing about it and where we are headed as water and rivers shrink while population continues to grow. Do we need more reservoirs? Can conservation save us? And, what about keeping rivers healthy? Suggested text for this course is the "Citizens Guide to Colorado Water Law." Students may buy this for a discounted rate of \$6.00 from the instructor at the first class meeting.

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FIN-901-GW	Tax Preparation for the Layman	1/24/2018	1/24/2018	Daniells	Patty	3.00	1	9:00 AM	12:00 PM	W	free	Learn tax preparation with RSVP's Basic Tax Course. In this beginner to immediate tax preparation course, you will learn to prepare tax returns and research tax issues for most Form 1040 individual, non-business taxpayers, and small business taxpayers (self-employed/Schedule C). This class also teaches you the basic fundamentals of federal tax law based on real-life scenarios and enables you to internalize the knowledge that gives you a solid foundation you can continue to build on. By preparing practice tax returns manually instead of having tax software do it for you, you will learn the tax laws and be prepared to correctly prepare basic tax returns. There is a \$5.00 requested donation for printed materials.

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FIN-901-GW	Medicare 101 and Navigating "Medicare.gov" Website	4/24/2018	4/24/2018	Daniells	Patty	3.00	1	9:00 AM	12:00 PM	T	free	Do you have questions about Medicare? Here are some of the common ones. How do I enroll; when can I sign up; what if I am still working; what does Medicare cost; do I need additional coverage; what is a Medicare Savings Program and do I qualify; when can I sign up for Medicare D (prescription drug coverage); what is the 2018 Standard Drug Benefit; what is the 2018 Gap Benefit; and how do I get Extra Help (LIS)? This class will provide the answers you need. Also, you will learn to navigate the Medicare.gov website on a computer in one of our computer labs or on your own personal computer or tablet. This will enable you to make changes to your coverage as needed and utilize the resources available to you. Information will be presented by High Country RSVP (Retired Senior Volunteer Program) Volunteer Medicare Counselors and will not be represented by any insurance brokers. The class if free but there is a \$5.00 requested donation for copied materials.

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FIN-901-GW	Retirement Planning	1/31/2018	2/7/2018	Peak One Financial		3.00	2	6:30 PM	9:30 PM	W	\$49.00	This course blends financial education with life planning to help you build wealth, align your money with your values, and achieve your retirement lifestyle goals. Discover five strategies to manage investment risks, 11 ways you may save money on this year's taxes, important questions to ask before buying insurance, how to invest in and take money out of your company's retirement plan, as well as determine the savings you need to retire. Course includes an illustrated textbook (one per couple). Spouse/significant other of a student who registers and pays tuition may register at no charge.
FIN-901-GW	Retirement Planning - free spouse or partner registration	1/31/2018	2/7/2018	Peak One Financial		3.00	2	6:30 PM	9:30 PM	W	free	This is the free class for spouses or partners of students registered for the class.
FIN-901-GW	Retirement Planning	2/6/2018	2/13/2018	Peak One Financial		3.00	2	6:30 PM	9:30 PM	T	\$49.00	This course blends financial education with life planning to help you build wealth, align your money with your values, and achieve your retirement lifestyle goals. Discover five strategies to manage investment risks, 11 ways you may save money on this year's taxes, important questions to ask before buying insurance, how to invest in and take money out of your company's retirement plan, as well as determine the savings you need to retire. Course includes an illustrated textbook (one per couple). Spouse/significant other of a student who registers and pays tuition may register at no charge.
FIN-901-GW	Retirement Planning - free spouse or partner registration	2/6/2018	2/13/2018	Peak One Financial		3.00	2	6:30 PM	9:30 PM	T	free	This is the free class for spouses or partners of students registered for the class.

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FRE-901-GW	French Conversation	1/17/2018	3/7/2018	Reynolds	Virginia	16.00	8	10:00 AM	12:00 PM	W	\$125.00	French speaker and tutor Virginia Reynolds provides you an excellent way to practice and remember the French you have learned in the past but have not used.
FRE-901-GW	French I	1/15/2018	3/5/2018	Reynolds	Virginia	16.00	8	10:00 AM	12:00 PM	M	\$125.00	You will practice asking the cards questions and comprehend the answers from small to large spreads.
HPR-901-GW	QMAP Instruction	1/18/2018	1/19/2018	Beckwith	Nancy	15.00	2	9:00 AM	4:00 PM	THF	\$85.00	This class will enable students to get into the field of health care by learning the skills to safely administer medications in settings authorized by the State of Colorado. These settings include: Assisted living residences, Adult foster care facilities, Alternative care facilities, Residential child care facilities, Secure residential treatment centers, State certified adult day programs, Program approved service agencies (PASA) serving people with intellectual and developmental disabilities, Residential and Day Programs (RDP), and Intellectual and Developmental Disabilities (IDD). The first day of class is instruction and the second day is testing. Attendance at both days is mandatory. Students will have some online preparation for this class. Students will need to bring valid photo identification, and students must be able to read, write and speak English. Students must have also basic math skills to pass this class. Schedule includes a half-hour lunch break. Upon successful completion of the written exam and a hands-on practical exam, students will need to pay an additional \$14.00 Colorado state registration fee. The

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HPR-901-GW	QMAP Instruction	4/30/2018	5/1/2018	Beckwith	Nancy	15.00	2	9:00 AM	4:00 PM	MT	\$85.00	This class will enable students to get into the field of health care by learning the skills to safely administer medications in settings authorized by the State of Colorado. These settings include: Assisted living residences, Adult foster care facilities, Alternative care facilities, Residential child care facilities, Secure residential treatment centers, State certified adult day programs, Program approved service agencies (PASA) serving people with intellectual and developmental disabilities, Residential and Day Programs (RDP), and Intellectual and Developmental Disabilities (IDD). The first day of class is instruction and the second day is testing. Attendance at both days is mandatory. Students will have some online preparation for this class. Students will need to bring valid photo identification, and students must be able to read, write and speak English. Students must have also basic math skills to pass this class. Schedule includes a half-hour lunch break. Upon successful completion of the written exam and a hands-on practical exam, students will need to pay an additional \$14.00 Colorado state registration fee. The
HWE-901-GW	Essential Oils 101 - 4 class package	1/17/2018	4/18/2018	Miller	Holly	6.00	4	6:30 PM	8:00 PM	W	\$55.00	What's all the hype about essential oils? This interactive series of classes will show you what essential oils are, how to use essential oils for your health and wellness, and how to use them safely for you and your family. Each month we will focus on a new topic. This registration is a package discount that includes the 4 classes listed below.

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HWE-901-GW	Essential Oils 101 - January class only	1/17/2018	1/17/2018	Miller	Holly	1.50	1	6:30 PM	8:00 PM	W	\$20.00	New Year, New You – Essential Oil Basics. In this class you will learn what essential oils are, how they are extracted, the different grades of essential oils, how to safely and effectively use them and why supplementation is critical to maintaining and creating optimal health. Want to understand the Health pyramid? Want to reduce your toxic load? Want to feel better? This is a must attend class!
HWE-901-GW	Essential Oils 101 - February class only	2/21/2018	2/21/2018	Miller	Holly	1.50	1	6:30 PM	8:00 PM	W	\$20.00	Pregnancy, Birth, Babies, Children and Essential oils. During this class you will learn what essential oils you can safely use during pregnancy and afterwards on yourself and your babies.
HWE-901-GW	Essential Oils 101 - March class only	3/21/2018	3/21/2018	Miller	Holly	1.50	1	6:30 PM	8:00 PM	W	\$20.00	Essential oils and your Fur Babies! This class is all about your Pets! How to incorporate essential oils with your pets, what oils are safe to use and how to use them.
HWE-901-GW	Essential Oils 101 - April class only	4/18/2018	4/18/2018	Miller	Holly	1.50	1	6:30 PM	8:00 PM	W	\$20.00	Spring Cleaning with Essential oils: Want your home to be clean and non-toxic? Come learn how you can incorporate essential oils into every household cleaning chore, from laundry, to steam cleaning your carpets, to scrubbing your toilet, and everything in between!!
HWE-901-GW	Plant-Based Whole Foods Cooking, Winter Favorites	1/17/2018	1/17/2018	Hoffman	Ardis	2.50	1	6:30 PM	9:00 PM	W	\$28.00	Learn to prepare plant-based whole foods that anyone will enjoy eating! We will meet in the kitchen and prepare a complete meal together. Please wear comfy shoes, bring an apron if you want, and bring “to go” containers to take food home. Students will need to bring \$20.00 to the class for food costs. This fee paid directly to the instructor at each class.

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HWE-901-GW	Plant-Based Whole Foods Cook, Indian Cuisine	2/10/2018	2/10/2018	Hoffman	Ardis	2.50	1	9:30 AM	12:00 PM	S	\$28.00	Learn to prepare plant-based whole foods that anyone will enjoy eating! We will meet in the kitchen and prepare a complete meal together. Please wear comfy shoes, bring an apron if you want, and bring "to go" containers to take food home. Students will need to bring \$20.00 to the class for food costs. This fee paid directly to the instructor at each class.
HWE-901-GW	Plant-Based, Indian Cuisine - Special Deal	2/10/2018	2/10/2018	Hoffman	Ardis	2.50	1	9:30 AM	12:00 PM	S	\$20.00	Make this class a friends or family outing! Invite a friend or significant other to register with you and you may register for \$20 each (\$40 total for 2) rather than the normal single person rate of \$28. Both registrations need to occur at the same time. One person may register both people if the person has all necessary information for both people. Stop by the Glenwood Campus or call 945-7486 to find out the information needed to register each person.
HWE-901-GW	Plant-Based Whole Foods Cook, Southwestern Cuisine	2/28/2018	2/28/2018	Hoffman	Ardis	2.50	1	6:30 PM	9:00 PM	W	\$28.00	Learn to prepare plant-based whole foods that anyone will enjoy eating! We will meet in the kitchen and prepare a complete meal together. Please wear comfy shoes, bring an apron if you want, and bring "to go" containers to take food home. Students will need to bring \$20.00 to the class for food costs. This fee paid directly to the instructor at each class.

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HWE-901-GW	Plant-Based Whole Foods Cooking, Asian Cuisine	3/17/2018	3/17/2018	Hoffman	Ardis	2.50	1	9:30 AM	12:00 PM	S	\$28.00	Learn to prepare plant-based whole foods that anyone will enjoy eating! We will meet in the kitchen and prepare a complete meal together. Please wear comfy shoes, bring an apron if you want, and bring "to go" containers to take food home. Students will need to bring \$20.00 to the class for food costs. This fee paid directly to the instructor at each class.
HWE-901-GW	Plant-Based, Asian Cuisine - Special Deal	3/17/2018	3/17/2018	Hoffman	Ardis	2.50	1	9:30 AM	12:00 PM	S	\$20.00	Make this class a friends or family outing! Invite a friend or significant other to register with you and you may register for \$20 each (\$40 total for 2) rather than the normal single person rate of \$28. Both registrations need to occur at the same time. One person may register both people if the person has all necessary information for both people. Stop by the Glenwood Campus or call 945-7486 to find out the information needed to register each person.
HWE-901-GW	Plant-Based Whole Foods Cooking, Italian Cuisine	4/11/2018	4/11/2018	Hoffman	Ardis	2.50	1	6:30 PM	9:00 PM	W	\$28.00	Learn to prepare plant-based whole foods that anyone will enjoy eating! We will meet in the kitchen and prepare a complete meal together. Please wear comfy shoes, bring an apron if you want, and bring "to go" containers to take food home. Students will need to bring \$20.00 to the class for food costs. This fee paid directly to the instructor at each class.

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HWE-901-GW	Plant-Based Whole Foods Cooking, Summer Favorites	5/2/2018	5/2/2018	Hoffman	Ardis	2.50	1	6:30 PM	9:00 PM	W	\$28.00	Learn to prepare plant-based whole foods that anyone will enjoy eating! We will meet in the kitchen and prepare a complete meal together. Please wear comfy shoes, bring an apron if you want, and bring "to go" containers to take food home. Students will need to bring \$20.00 to the class for food costs. This fee paid directly to the instructor at each class.
HWE-901-GW	Plant-Based, Summer Favorites - Special Deal	5/2/2018	5/2/2018	Hoffman	Ardis	2.50	1	6:30 PM	9:00 PM	W	\$20.00	Make this class a friends or family outing! Invite a friend or significant other to register with you and you may register for \$20 each (\$40 total for 2) rather than the normal single person rate of \$28. Both registrations need to occur at the same time. One person may register both people if the person has all necessary information for both people. Stop by the Glenwood Campus or call 945-7486 to find out the information needed to register each person.

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HWE-901-GW	AARP Drivers Safety Class for 50+	4/21/2018	4/21/2018	Daniells	Patty	4.00	1	9:00 AM	1:00 PM	S	free	The AARP Driver Safety Class is directed towards drivers 50 and over. The class covers the following driving topics: how to compensate for changes in vision, hearing, and reaction time; how to handle problem situations such as left turns, right of way, freeway traffic, trucks, and blind spots while driving; what to do if confronted by an aggressive driver; how medications may affect driving; how to properly use anti-lock brakes, air bags, and safety belts; and how to assess your own and others' driving abilities with a Personal Driving Capability Index. Most Colorado auto insurance companies offer discounts to those who complete the course. AARP Driver Safety Classes are sponsored by High Country RSVP and taught by RSVP volunteers. There is a \$15 fee for AARP members and a \$20 fee for non-members for the workbook and handouts that is payable to the instructor.

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HWE-901-GW	AARP Drivers Safety Class for 50+	4/26/2018	4/26/2018	Daniells	Patty	4.00	1	9:00 AM	1:00 PM	TH	free	The AARP Driver Safety Class is directed towards drivers 50 and over. The class covers the following driving topics: how to compensate for changes in vision, hearing, and reaction time; how to handle problem situations such as left turns, right of way, freeway traffic, trucks, and blind spots while driving; what to do if confronted by an aggressive driver; how medications may affect driving; how to properly use anti-lock brakes, air bags, and safety belts; and how to assess your own and others' driving abilities with a Personal Driving Capability Index. Most Colorado auto insurance companies offer discounts to those who complete the course. AARP Driver Safety Classes are sponsored by High Country RSVP and taught by RSVP volunteers. There is a \$15 fee for AARP members and a \$20 fee for non-members for the workbook and handouts that is payable to the instructor.
MUS-901-GW	Jammin the Blues	1/16/2018	3/6/2018	Inverso	Bill	16.00	8	7:00 PM	9:00 PM	T	\$145.00	Jammin the Blues is an in depth study of Blues for the intermediate student who wants to be able to jam with other musicians and have a better understanding of rhythm playing and soloing over a typical blues progression. Course workbook costs \$10 in addition to registration, and students will need to purchase this from the instructor. Please bring your guitar, tuner, a guitar pick, and \$10. For further information contact Bill Inverso at 970-379-7173.

Course Code	Course Title	Start Date	End Date	Instructor Last Name	Instructor First Name	Cl. Hrs.	# of Classes	Start Time	End Time	Days	Fee	Decription
	Peace for Super Women	2/22/2018	2/22/2018	Humble	Donna	2.00	1	6:00 PM	8:00 PM	TH	\$25.00	If peace is our natural state, why aren't we peaceful? In this life enhancing workshop you will uncover your 3 major distractions to peace. You will have the opportunity to explore each segment on a personal level and leave with simple tools you may immediately utilize to improve the overall quality of your life. Discover how to embrace each barrier as a welcomed springboard to expand and deepen the peace that's naturally within you. Join us for this fun and interactive workshop sure to bring you closer to the peace you know is in there somewhere. Bring notebook, pen, water and wear comfortable clothing.
OUT-901-GW	Trees and Birds on the Trail	4/28/2018	4/28/2018	Harris	Austin	2.00	1	2:00 PM	4:00 PM	S	\$65.00	Learn how to identify the most common trees and birds found while hiking in the wilds of Colorado. We will spend our time on the trail finding real-life examples and learning the basics of hiking in Colorado. This is a great course for individuals, families, and even younger "naturalists" (ages 10-17 may register if an adult guardian registers and attends the course). Round-trip hiking distance will be less than 2.5 miles, and travel will be at a conservative pace. Wear appropriate clothing for being outside the length of the class, and bring water too. Meeting location: Red Mountain/Jeanne Golay Trailhead address: 814 W 9th St, Glenwood Springs. Call Instructor Austin Harris at 828-712-7006 with questions and to confirm location.

Course Code	Course Title	Start Date	End Date	Instructor Last Name	Instructor First Name	Cl. Hrs.	# of Classes	Start Time	End Time	Days	Fee	Decription
PED-901-GW	Tai Chi Level I	1/16/2018	3/8/2018	Norton	John	16.00	16	8:00 AM	9:00 AM	TTH	\$110.00	This class is for absolute first –timers. Learn basic Yang style tai chi movements without complex choreography. Practice meditative and relaxing qigong (chi gung) exercises. Improve balance, strength, posture, and peace of mind - flow in harmony with nature. Students will be prepared for advancement into the Yang style short and long forms.
PED-901-GW	Tai Chi Level II	1/16/2018	3/8/2018	Norton	John	16.00	16	8:30 AM	9:30 AM	TTH	\$110.00	This class is for students who have familiarity and competence in basic Yang Style Tai Chi postures and movement. Students will practice the 24 and 108 forms.
PED-901-GW	Tai Chi Level I	3/20/2018	5/3/2018	Norton	John	14.00	14	8:00 AM	9:00 AM	TTH	\$110.00	This class is for absolute first –timers. Learn basic Yang style tai chi movements without complex choreography. Practice meditative and relaxing qigong (chi gung) exercises. Improve balance, strength, posture, and peace of mind - flow in harmony with nature. Students will be prepared for advancement into the Yang style short and long forms.
PED-901-GW	Tai Chi Level II	3/20/2018	5/3/2018	Norton	John	14.00	14	8:30 AM	9:30 AM	TTH	\$110.00	This class is for students who have familiarity and competence in basic Yang Style Tai Chi postures and movement. Students will practice the 24 and 108 forms.

Course Code	Course Title	Start Date	End Date	Instructor Last Name	Instructor First Name	Cl. Hrs.	# of Classes	Start Time	End Time	Days	Fee	Decription
PED-901-GW	Circuit Training to Improve Your Health and Life	1/23/2018	5/3/2018	Moher	Tom	24.00	28	4:30 PM	5:20 PM	TTH	\$230.00	Do you wish to improve your general fitness and quality of life? Or, do you want to improve your specific conditioning for skiing, biking, hiking, and other activities? This course provides a fun atmosphere to improve strength and endurance for any activity, and it is open to any fitness level. Participants will be guided through a series of exercise stations, and they will be able to improve at their own pace. The exercises are designed to improve cardiovascular fitness and muscle tone, so come join the fun!
PED-901-GW	Introductory Tai Chi Chih	1/15/2018	2/7/2018	Fulton	Eliza	8.00	8	9:30 AM	10:30 AM	MW	\$62.00	T'ai Chi Chih is joy through movement. This practice, originated by Justin Stone, includes 19 movements and one pose. It activates, circulates, and stores the "Chi," your intrinsic energy. This is a gentle practice that can be done by almost anyone regardless of physical limitations. Come experience the numerous health benefits of this simple, yet powerful practice. Taught by Eliza Fulton a Certified T'ai Chi Chih Instructor.
PED-901-GW	Tai Chi Chih	4/2/2018	4/25/2018	Fulton	Eliza	8.00	8	9:30 AM	10:30 AM	MW	\$62.00	T'ai Chi Chih is joy through movement. This practice, originated by Justin Stone, includes 19 movements and one pose. It activates, circulates, and stores the "Chi," your intrinsic energy. This is a gentle practice that can be done by almost anyone regardless of physical limitations. Come experience the numerous health benefits of this simple, yet powerful practice. Taught by Eliza Fulton a Certified T'ai Chi Chih Instructor.

Course Code	Course Title	Start Date	End Date	Instructor Last Name	Instructor First Name	Cl. Hrs.	# of Classes	Start Time	End Time	Days	Fee	Decription
PED-901-GW	Mixed-Level Yoga	1/22/2018	3/7/2018	Whistler	Laurren	17.50	14	5:30 PM	6:45 PM	MW	\$140.00	This class is a form of Hatha Yoga that utilizes bio-mechanicl principles of alignment together with breath and a celebration of the heart. The class is influenced by the principles of Anusara Yoga which empowers the student to find a sense of ease and move into challenging poses. Please bring a yoga mat and blanket to class.
PED-901-GW	Mixed-Level Yoga	3/19/2018	5/3/2018	Whistler	Laurren	17.50	14	5:30 PM	6:45 PM	MW	\$140.00	This class is a form of Hatha Yoga that utilizes bio-mechanicl principles of alignment together with breath and a celebration of the heart. The class is influenced by the principles of Anusara Yoga which empowers the student to find a sense of ease and move into challenging poses. Please bring a yoga mat and blanket to class.
PED-901-GW	Yoga for Body/Mind Balance	1/15/2018	4/11/2018	Nelson-Garlow	Brenda	36.0	24	4:00 PM	5:20 PM	MW	\$285.00	Students will learn classic Viniyoga with a focus on postures, breathing techniques, and meditation. Reccommended reading: "Yoga for Wellness" by Gary Kraftsow. Students should wear comfortable clothing that provides room for stretching. If available, bring a non skid mat should be brought to class.
PED-901-GW	Karate	1/16/2018	5/3/2018	Light	David	26.00	30	5:30 PM	6:20 PM	TTH	\$200.00	Shokotan Karate is an effective form of self-defense and a great form of exercise. This class is open to children six years and older with the permission of a parent or guardian.

Course Code	Course Title	Start Date	End Date	Instructor Last Name	Instructor First Name	Cl. Hrs.	# of Classes	Start Time	End Time	Days	Fee	Decription
PED-901-GW	Ageless Athlete	1/16/2018	3/8/2018	Haynes	Judy	16.00	16	10:00 AM	11:00 AM	TTH	\$120.00	Everyone wants to be able to keep doing the FUN things in life as well as maintain the ability to handle day-to-day needs. Maintaining or improving strength, flexibility, and balance is key to healthy active living, and staying fit and active helps cognitive function too. This course is designed to improve skills needed to maintain an active life as well as the specific activities of walking, running, cycling, skiing, swimming, tennis, golf, house and garden work, etc. Participants will learn to use their body weight or small accessories to enhance their motion and mimic sports equipment. Goals include learning self-help techniques to address mild to moderate joint pain, improve alignment, and to improve power/speed strength as well overall endurance.
PED-901-GW	Pilate-Barre Workout	1/15/2018	3/7/2018	Lins	Marissa	16.00	16	8:30 AM	9:20 AM	MW	\$125.00	
PED-901-GW	Pilate-Barre Workout	3/19/2018	5/2/2018	Lins	Marissa	14.00	14	8:30 AM	9:20 AM	MW	\$110.00	
PED-901-GW	Pilate-Barre Workout - full semester option	1/15/2018	5/2/2018	Lins	Marissa	30.00	16	8:30 AM	9:20 AM	MW	\$220.00	
PSY-901-GW	Introduction to Tarot Cards	1/18/2018	3/1/2018	Reynolds	Virginia	14.00	7	5:30 PM	7:30 PM	TH	\$110.00	This course is designed to give students a basic understanding of Tarot cards and their use. Students must bring their own Tarot System (Rider Waite Tarot Cards, gaint/large size deck is best) and journal. The book, "Tarot Cards - Interpretation" will need to be purchased from the instructor for \$25. Contact Virginia Reynolds at 970-379-9350 to order.
THE COURSES BELOW ARE IN THE PROCESS OF BEING SET UP												

Course Code	Course Title	Start Date	End Date	Instructor Last Name	Instructor First Name	Cl. Hrs.	# of Classes	Start Time	End Time	Days	Fee	Decription
OUT-901-GW	Fly Fishing 101	3/31/2018	4/21/2018	Fothergill	Paula	16.00	4	12:00 PM	4:00 PM	S		Have you ever wanted to learn how to fly fish? This is your chance! These half-day classes will teach you the fundamentals of fly-fishing. After completing this class, you should be able to go out on your own and catch fish. If you have your own equipment, bring it. If not we'll provide some to try. First meeting will be in a classroom. Then, we will be meeting and teaching along a river, outdoors, so come prepared with appropriate clothes for the weather and the terrain around a river! Bring some snacks or a lunch and water to drink. Travel to meeting sites in the Roaring Fork Valley not included as part of this course.
PSY-901-GW	Psychic Healing and Dream Interpretation	1/16/2018	2/27/2018	Reynolds	Virginia	14.00	7	5:30 PM	7:30 PM	T		Learn to boost your innate psychic powers. Participants will gain tools and techniques to help grow and develop intuition and Psychic Awareness. This course covers: how to tune in to, cleanse, and balance your Chakras; color energy; meditation and breathing techniques; healing through imagery; psychic protection (meeting your Guardian Angel); and dream interpretation and meanings. Students will need to purchase the book: <i>How Psychic Are You</i> by Julie Soskin, ISBN# 0-14-219603-7
	Meditation			Goddard	Lisa							
ART-131-GW	Drawing	4/21/2018	4/28/2018	Bowlby	Dean		12	12:00 PM	4:00 PM	W		

Course Code	Course Title	Start Date	End Date	Instructor Last Name	Instructor First Name	Cl. Hrs.	# of Classes	Start Time	End Time	Days	Fee	Decription
	Navigating Stress with Finesse	2/15/2018	3/8/2018	Chenoweth	Kimberlie	8.00	4	6:30 PM	8:30 PM	TH		Grow your capacity to respond resourcefully to all kinds of stress. In this course you will: <ul style="list-style-type: none"> • Identify four core attributes of emotional and spiritual well-being • Explore three fundamentals of healthy relating (to circumstances or other people) • Tap into the two essentials for confident action, even in challenging times • Discover the master key to inner peace
DAN-901-GW	Contemporary/Dance Technique	1/17/2018			Kari	33.00	22	2:30-4 & 4-5:30 PM		WF		This class introduces the art of dance (basic concepts and skills) and movement expression. Students will examine dance as an expression of culture and community, while exploring personal expression, movement, imagery and performance qualities. Various techniques will be incorporated: ballet, jazz, modern and improvisation. The technique work will increase strength, flexibility, endurance, coordination, rhythm and spatial awareness. Ages 9 and up.
DAN-901-GW	Dance Rehearsal/Competition			Sea	Kari	33.00	11	10:00 AM	1:00 PM	S		This is for a scheduled rehearsal time with the instructor to work on a dancer's specific performance and choreography needs. Each student will receive a total of 11-hours rehearsal time. Meeting times may be adjusted based on student needs. The specific time schedule for each student must be coordinated with the instructor. Contact the instructor for details and to schedule specific times: 970-963-1579.

Course Code	Course Title	Start Date	End Date	Instructor Last Name	Instructor First Name	Cl. Hrs.	# of Classes	Start Time	End Time	Days	Fee	Decription
	Depression, Anxiety, Anger	Apr 14 or 21		Corio	Alex	2.0	1	10:00 AM	12:00 PM	S		Depression, Anxiety, and Anger are a heavy and serious way of life for those afflicted. This class serves to assist you in three ways: 1) as a support and outlet for frustration; 2) as a training in tools and methods to alleviate and create more ease; 3) empowerment to loosen yourself from the definition of what it means to be depressed, to have anxiety, and to be angry. Leave with a better sense of control over your life and with tools to sustain more ease. All participants will leave with a guidebook and audio recording of the processes.
MGD-901-SV	Screen Printing Basics			Hall	Ezekiel	8.00	4	4:00 PM	6:00 PM	M		Screen Printing Basics will provide students an opportunity to express themselves artistically and experiment in the medium of screen-printing. Students will learn all of the steps required to turn a design concept into a physical product through the process of silk-screen printing. Topics covered will include digital concept creation with Adobe Illustrator, screen preparation and equipment operation, printing with water-based inks, ink curing, and all steps in between. Each student will finish the class with a T-Shirt he/she printed.

