FIND YOUR CLASSES & REGISTER TODAY!

Spring is a great time to expand your opportunities. Start a degree or explore a new interest through classes at CMC!

GET STARTED!

This schedule includes continuing education classes at Colorado Mountain College in Glenwood Springs and Spring Valley. If you are looking for the credit schedule, or the class schedules from Aspen, Carbondale, or Rifle, you can view them at www.ColoradoMtn.edu/classes.

We offer several registration options:

ONLINE
Registration for current degree-seeking students:
http://basecamp.coloradomtn.edu

Registration for all other students: www.coloradomtn.edu/register

PHONE/FAX
Current students can also register by:
- **Phone**: 970.945.7486 (Glenwood) or 970.945.7481 (Spring Valley)
- **Fax**: 970.945.6240 (Glenwood) or 970.945.1227 (Spring Valley)

IN PERSON
Drop by our campus, located at 1402 Blake Ave. in Glenwood Springs.

See back page of this schedule for further details on registering for classes.

TEXTBOOKS
Wherever you see 📚 in this schedule, a book is required for the course. Many books must be ordered in advance, so please make plans to order them soon! You may purchase textbooks for all Colorado Mountain College classes through Follett, our book vendor. Order online at: www.coloradomtn.bkstr.com or by phone at 800.621.4088.
EXPLORE SKETCHBOOKING
Sketchbooking is a great way to help focus attention, observe the world with a new view, and document life in a more artistic way. The course is appropriate for beginning to advanced drawer. Students will improve their knowledge and skills for graphic descriptions of form as well as improving their creative side with a simple sketchbook and pencils. After the course, you will want to keep these tools with you to make “art” anywhere. Day one will be classroom time covering all things graphic and exploring the art of drawing. Day two will be outside to practice sketching. Bring lunch, water, a small sketchbook, a few pencils and a few colors, and an attitude, hopefully positive.

Art

Culinary Arts
ETHIOPIAN COOKING
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 Ethiopia. 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. 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. 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. Registration is required. Each class has both a minimum and maximum number of students who may enroll. It’s best to register early to ensure your spot.

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UPCOMING EVENTS:

Sopris Theatre Company presents "Red," by John Logan / Feb. 16-25
Meet Malcolm X As part of its Black History Live Tour 2018, the Colorado Humanities is pleased to present Chautauqua scholar Charles Everett Pace in a portrayal of Malcolm X. This event is free and open to community members. / Feb. 28, 4-5:30p, Spring Valley

Sopris Theatre Company presents “Cabaret,” based on the book by Joe Masteroff, the play by John Van Druten and stories by Christopher Isherwood; Music and lyrics by John Kander and Fred Ebb / April 6-22
**Dance**

**INTERMEDIATE BALLET**
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.


**SWING DANCE**
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.

**FEBRUARY/MARCH SWING DANCE CLASS**

- W  7p-9p 2/28-3/28  GW  Harris
- Individual Rate: please register for 11054  Cost: $85  Refund: 1/29
- Two-Person Rate - First person, please register for 11051  Cost: $120  Refund: 1/29
- Two-Person Rate - Second person, please register for 11053  Cost: Free  Refund: 1/29

**BLUEGRASS AND COUNTRY DANCING**
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.

11058  W  7p-9p 4/1-5/2  GW  Harris  Cost: $85  Refund: 4/9

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**English as a Second Language**

**Intermediate English**
Intermediate English offers students a foundation in English for communication on a variety of topics. Classes are designed to improve reading, writing, and listening skills, and are taught in an interactive, communicative style. TAs help facilitate discussion and provide feedback on written work.

**Advanced English**
Advanced English provides more challenging course work that encourages critical thinking and analytical skills. TAs and instructors will work closely with students to help them develop the academic writing skills and critical thinking skills needed for success in future classes.

**Intensive English**
Intensive English classes are designed for students who need to improve their English skills rapidly. These classes provide a comprehensive curriculum for students who need to achieve high English proficiency levels quickly. Intensive English classes are fast-paced and have high expectations for student performance.

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**Environmental Studies**

**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 need more reservoirs? Can conservation save us? And, what about keeping rivers healthy?

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**Location/Lugar**  **Class Time/Horario**  **Dates/Fechas**  **Cost/Costo**

| Location  | English Classes/Clases de Inglés |  |  |
|-----------|---------------------------------|  |  |
| Aspen     | English Classes/Clases de Inglés |  |  |
|           | • MW, 10a-12:30p                | 1/17-3/5; 3/7-4/25 | $40 |
|           | • TTh, 6:30-9p                  | 1/18-3/1; 3/6-4/24 | $40 |
| Basalt (at Basalt Middle School)* | English Classes/Clases de Inglés |  |  |
| *In Basalt, parents can bring their children ages 9-12 years old. En Basalt, los padres pueden traer a sus niños de 9-12 años de edad. | • MW, 6:15-8:50p | 1/24-3/7; 3/12-4/30 | $40 |
|           | Intensive English: Speaking & Listening for Advanced Students |  |  |
|           | • MW, 10a-12:30p                | 1/17-4/18 | $80 |
| Carbondale (at Roaring Fork High School) | English Classes/Clases de Inglés |  |  |
|           | TTh, 6:30-8:50p                 | 1/18-3/1; 3/6-4/24 | $40 |
| Carbondale (at Lappal Center) | English Classes/Clases de Inglés |  |  |
|           | TTh, 9:11-20a                   | 1/18-3/1; 3/6-4/24 | $40 |
| Glenwood  | Intensive English: Reading & Writing for Advanced Students *(Hybrid class with 37.5 hours of face-to-face instruction & 37.5 hours online)* |  |  |
|           | • Th, 6:30-9p                   | 1/18-4/19 | $80 |
|           | Intensive English: Grammar & Vocabulary Class for Advanced Students |  |  |
|           | • TTh, 9:11-20a                 | 1/18-4/19 | $80 |
| Intercambio | English Classes/Clases de Inglés |  |  |
|           | • MW, 6:30-8:50p                | 1/17-3/5; 3/7-4/25 | $40 |
|           | • TTh, 9:11-20a                 | 1/18-3/1; 3/6-4/24 | $40 |
|           | Intercambio                     |  |  |
|           | • T, 6:30-8:50p                 | 1/30-5/1 | $26 |
### Foreign Language

#### FRENCH

**CONVERSATION**
French speaker and tutor Virginia Reynolds provides an excellent way to practice and remember the French you have learned in the past but have not used.

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**I**
This course begins with the basics of French: alphabet, French sounds, grammar and verbs, exercises, practice and common French expressions. Join native French speaker Virginia Reynolds for this introductory class.

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#### SPANISH

**CONVERSATIONAL SPANISH I**
(3 CR)
Prerequisites: SPA-101

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**CONVERSATIONAL SPANISH II**
(3 CR)

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<td>Smith</td>
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**INTERCAMBIO SPANISH-ENGLISH LANGUAGE EXCHANGE**
(2 CR)
A facilitated language and cultural exchange between learners of Spanish and learners of English. Class will not meet March 13 and 27.

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<tr>
<td>09650</td>
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**ADVANCED SPANISH CONVERSATION**
(3 CR)

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### Health & Wellness

#### HOLISTIC HEALTH PROFESSIONAL

**MANAGING LIFE’S STRESSES**
(1 CR)
Please see instructor regarding text.

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**MEDITATION FOR HEALTH**
(1 CR)
Please see instructor regarding text.

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#### CPR FOR PROFESSIONALS**
(5 CR)

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<td>GW</td>
<td>Kroszen</td>
<td>$120</td>
<td>Refund: 2/22</td>
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**COMMUNITY FIRST AID & CPR**
(5 CR)

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<tr>
<td>09717</td>
<td>Su</td>
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<td>4/4</td>
<td>GW</td>
<td>Kroszen</td>
<td>$120</td>
<td>Refund: 4/16</td>
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#### QMAP INSTRUCTION
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 instructor will collect and forward this fee along with student information to CDPHE.

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<td>11075</td>
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<td>6:00-9:00p</td>
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<td>GW</td>
<td>Beckwith</td>
<td>$95</td>
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### WILDERNESS FIRST RESPONDER
(4 CR)

Upon successful completion of this course, students will be awarded a CPR and Wilderness First Responder (WFR) certification, Anaphylaxis Administration, and CPR certifications from Desert Mountain Medicine. Students must complete 30 hours of this course online prior to the first in-person lesson on 4/12. Please check canvas upon registration for information to access web-based content. Minimum age 18. The nonrefundable course charge includes textbook, WFR Certifications, and supplies. This is a hybrid class, which combines set days for face-to-face classroom instruction with online learning activities. Students must have basic computer skills including the ability to navigate, use email, send attachments, and have DSL or high-speed access to the internet.

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<td>6:00-9:20p</td>
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<td>Aberger</td>
<td>$260 (Refund: 3/19)</td>
<td>$32.54 (nonrefundable)</td>
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#### COUPLES CONNECTION
This 3-hour course is for couples who want to explore how to better connect through massage and energy, learn some basic techniques and considerations for how to massage each other well, and have fun in the process. This is a unique and creative way to celebrate each other and connect. The course offers a mixture of observation, instruction, and massaging each other in chairs and on the floor (on yoga mats, blankets, pads). There will also be activities to enhance your energetic connection. In addition to the energetic component, this course will focus on massage for the back, neck and shoulders. Fee covers 2 people, but both need to be registered. After the first-person registers, the partner may be registered for no additional charge.

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Local medical pros Natasha Ellwood, PA-C (pictured left), and Dr. Anneliese Heckert, DO, have been progressing through CMC’s series of Conversational Spanish classes, and they are using their proficiency to communicate with Spanish-speaking patients. “My Spanish has greatly improved,” Ellwood says, “Previous to this, I could understand a fair amount and do very basic things like introduce myself. Now I’m at the point where I can do simple office visits (like ear infections and colds) in Spanish without help... I feel like my patients appreciate the fact that I am trying connect with them in their native language.”

Heckert, who had only minimal previous study of Spanish, now says, “I understand 90 percent of what my patients say, whereas before I started, was less than 20 percent.” She says, “When patients realize that I am understanding what they are saying prior to my translator interpreting, many of them relax immediately - there is a shared comfort in know that I am listening to them as they speak.”

Ellwood adds, “My Spanish speaking abilities make me feel like I can more easily connect with different parts of this culturally diverse valley. I use it not just at work, but with my neighbors and at local businesses. It has also made me feel more connected with my bilingual co-workers.”
**AARP DRIVERS SAFETY CLASS**

The AARP Driver Safety Class is directed towards drivers 50 and over. The class covers: 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; what to do if confronted by an aggressive driver; how medications may affect driving; proper use of 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.

- **11166** Sa 9a-1p 4/21 GW RSVP Staff Cost: FREE Refund: 4/19
- **11167** Su 9a-1p 4/26 GW RSVP Staff Cost: FREE Refund: 4/24

*There is a $15 fee for AARP members and a $20 fee for non-members for the workbook and handouts payable to the instructor.

**INTRO TO MINDFUL MEDITATION**

This course lays the foundation for students to develop a personal meditation practice, understand principles of mindfulness, and apply these principles in their lives. Research shows meditation can increase attention; improve well-being; reduce anxiety and depression; lower blood pressure; and more. Mindfulness involves paying attention to the present moment with openness, curiosity, and a willingness to be with what is. It is an excellent antidote to life stresses as we stop, breathe, observe, and connect with our inner experience. Each class combines lecture, practice, group feedback, and discussion.

- **11235** T 10a-12p 1/6-2/20 GW Goddard Cost: $50 Refund: 1/12

**GROUP MEDITATION**

Take a short break in your busy day. Attend any or all of these drop-in sessions (2/22, 3/6, 3/20, 3/27) that are appropriate for anyone (beginner to experienced). Each class combines lecture, practice, group feedback, and discussion. Attendees will be guided through a meditation practice intended to help improve mindfulness, increase emotional and relational intelligence, and provide a respite from the inevitable difficulties and pace of daily life. Open to ages 16 and over. These classes offered on a donation basis, so anyone may attend and be free to offer what they may.

- **11236** T 10a-12p 2/6-3/27 GW Goddard Cost: donation Refund: 2/23

**IMOVETHESTAMP - LEVEL I**

This course focuses on personal growth and wellness. The goal is to develop independent, life-long, high level function for the body, soul, and spirit. The course introduces the practice of training the brain (neuroplasticity) to train the body, intellect, will, and emotions as a way to achieve life objectives. Classes are presented in a movement education format, and they integrate neuroplasticity, kinesiology, and life coaching. Students learn how to “map” useful behaviors and loose ones that are not. Practicing these concepts in a movement venue affords students a take home experience that builds their physical health. This course is presented by the Neuroplastic Functional Institute LLC.

- **11302** MF 6:25a-7:25a 1/5-3/2 GW Maloney-Feiler Cost: $62 Refund: 1/11
- **11303** MF 6:25a-7:25a 3/5-4/20 GW Maloney-Feiler Cost: $62 Refund: 3/1

**HEALING OUT LOUD: INTRO TO NEUROPLASTIC TECHNIQUES**

This Neuromuscular Functional Training provides an additional skill set to Physical Therapists, Chiropractors, Massage Therapists, Rolfer’s, Acupunturists, and other structural integrationists. Participants will learn to teach their patients/clients to train their brains (neuroplasticity), so they may more fully engage in and own their healing process. As patients/clients learn to develop the self-discipline and skills to change and heal themselves, healing efficiency increases and providers workloads decrease. Training includes review of literature, brief lecture, movement education, and hands on structurally integrated bodywork. Topics include neuroplasticity, kinesiology, and life coaching.

- **11304** S 7a-12:45p 2/3 GW Maloney-Feiler Cost: $225 Refund: 2/1

**NAVIGATING STRESS WITH FINESSE**

Inscribed by timeless, practical wisdom, this course goes beyond stress management techniques to teach principles that work from the inside out to establish inner peace and well-being, even in the most stressful of times. In this course you will: • 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. Bring your curiosity, notebook, and pen, and weather-appropriate clothing in case we wander outside.

- **11239** Th 6:30p-8:30p 2/15-3/8 GW Chenoweth Cost: $68 Refund: 2/13

**PEACE FOR SUPER WOMEN**

If peace is our natural state, why aren’t we peaceful? In this life-enhancing workshop you will uncover 3 major distractions to peace. You will explore each segment on a personal level and leave with tools to improve your quality of life. Discover how to embrace each barrier as a welcomed springboard to expand and deepen the peace that’s 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.

- **11076** Th 6p-8p 2/22 GW Humble Cost: $20 Refund: 2/20

**TAKE CHARGE OF YOUR LIFE**

What do you want your life to be like in 1, 5, or 10 years? This course will teach you how to design well-defined, valid goals. The goals you design can provide a plan or “map” to follow to keep you heading in the direction you desire. You will learn some of the psychology behind how goals can help keep you motivated, and course discussions will provide other ideas of how to stay focused and motivated when the inevitable challenges occur. You will learn to develop short, medium, and long-term goals then learn how to incorporate these into your daily life. Visualisation techniques will be practiced as a way to help picture future events and better prepare for them. Glenwood High School students may take this class for free by signing up for Syn # 11301.

- **11300** W 6p-8p 4/4 GW Schreyer Cost: $20 Refund: 4/2

**DEPRESSION, ANXIETY, ANGER**

Depression, Anxiety, and Anger are heavy burdens for those afflicted. This class serves to assist you in 3 ways: as a support and outlet for frustration; with training in methods to alleviate issues and create more ease; and empowering you to loosen your definition of what it means to be depressed, have anxiety, and be angry. Leave with a better sense of control over life and with tools to sustain more ease. Participants will receive a guidebook and audio of the processes.

- **11240** Sa 10a-1p 4/21 GW Cario Cost: $18 Refund: 4/19

**ESSENTIAL OILS 101 SERIES**

This interactive series 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 focuses on a new topic. Enroll in all four courses in the Essential Oils 101 Series and receive a package discount (sign up for Syn # at 11152 - Cost: $55; Refund: 1/18).

- **ESSENTIAL OILS: JANUARY CLASS**
  - 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. Learn to reduce your “toxic load” and feel better.
  - **11153** W 6:30p-9:30p 1/17 GW White Cost: $20 Refund: 1/15

- **ESSENTIAL OILS: FEBRUARY CLASS**
  - Pregnancy, Birth, Babies, and Essential Oils. During this class you will learn what essential oils you can safely use during pregnancy and afterwards.
  - **11154** W 6:30p-9:30p 2/21 GW White Cost: $20 Refund: 2/19

- **ESSENTIAL OILS: MARCH CLASS**
  - Essential oils and your Pet 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.
  - **11155** W 6:30p-9:30p 3/21 GW White Cost: $20 Refund: 3/19

- **ESSENTIAL OILS: APRIL CLASS**
  - 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!!
  - **11156** W 6:30p-9:00p 4/18 GW White Cost: $20 Refund: 4/16

COLORADOMTN.EDU
Information Technology

COMPUTER INFORMATION SYSTEMS

INTRODUCTION TO PC APPLICATIONS (3 CR)

10279 T 6p-8:50p 1/23-5/1 GW Coeckan In-District: $95 Refund: 2/6
10664 Th 12:30p-2:30p 1/5-5/3 SV Watson In-District: $95 Refund: 2/2

CLASSES WITH ALICE BROUHARD

Alice Brouhard, RN and Trainer, researches applications and devices and teaches others to use technology to support their independence and self-management. Please bring your devices, Apple ID/password and questions to these classes.

› PHONE CRASH COURSE

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.

11061 M 9a-12p 1/15 GW Brouhard Cost: $40 Refund: 1/12
11066 M 9a-12p 2/23 GW Brouhard Cost: $40 Refund: 2/20

› SMART HOMES: WHAT ARE THEY?

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.

11067 Th 9a-12p 1/25 GW Brouhard Cost: $40 Refund: 1/12

› IPAD 1: BASICS

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!!

11062 M 9a-12p 2/5 GW Brouhard Cost: $40 Refund: 2/2

› IPAD 2: ADVANCED

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.

11063 T 9a-12p 2/20 GW Brouhard Cost: $40 Refund: 2/16

› THE CLOUD: WHAT’S IN IT FOR ME?

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 and 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.

11065 M 1p-4p 4/9 GW Brouhard Cost: $40 Refund: 4/6

› FANTASTIC PHOTOS

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 it. 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.

11064 M 1p-4p 3/5 GW Brouhard Cost: $40 Refund: 3/2

Computer & Networking Technology

These classes are hybrid classes which combine set days for face-to-face classroom instruction with online learning activities. The instructor will provide details about the class schedule, face-to-face meeting times, and other details to help you succeed. Students must have basic computer skills including the ability to navigate, use email, send attachments, and have DSL or high speed access to the internet.

› COMPUTER TECHNOLOGIST II: A+ (4 CR)

Prerequisites: CNG-121

10281 Th 6p-9:30p 1/18-5/3 GW Bowon In-District: $260 Refund: 2/2

› NETWORK SECURITY FUNDAMENTALS (3 CR)

Prerequisites: CNG-124

10282 T 6p-8:50p 1/16-3/6 GW Arnette In-District: $95 Refund: 1/23

Music

JAMMIN THE BLUES

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.

11068 T 7p-9p 1/16-3/6 GV Inverse Cost: $145 Refund: 1/12

Outdoor Studies

These classes are part of our Outdoor Education program. For complete course descriptions of these classes, please visit www.ColoradoMtn.edu/Classes and select the Glenwood/ Spring Valley/Carbondale Credit Class Schedule.

› SNOW ORIENTATION (2 CR)

10355 W 6p-8:50p 1/17-2/7 SV Averger In-District: $130 (Refund: 1/22)

Field trips: 1/21-2/28 and 2/2-2/4
+$63.48 charge (nonrefundable)

› ICE CLIMBING I (1 CR)

10399 W 6p-8:50p 2/7-2/14 SV Schneiter In-District: $65 (Refund: 2/8)

Day trips to Redstone and Rifle Mountain Park: 2/10-6/11
+$100.03 charge (nonrefundable)

› ICE CLIMBING II (1 CR)

10691 Field trip to Ouray Ice Park: 2/16-2/18 SV Schneiter In-District: $65 (Refund: 2/8)

+$259.03 charge (nonrefundable)

› BACKCOUNTRY COOKING (1 CR)

10358 T 10a-12p 3/3-3/5 SV Inverso In-District: $95 (Refund: 3/22)

+$67.54 charge (nonrefundable)

› NATURAL HISTORY OF THE DESERT (2 CR)

10708 MT 6p-8:50p 3/19-3/20 SV Norman In-District: $130 (Refund: 3/28)

Field trip: 3/22-3/25
+$70.37 charge (nonrefundable)

› MOUNTAIN BIKING (1 CR)

10356 T 5p-7:50p 3/27 SV Averger In-District: $130 (Refund: 3/27)

Field trip to the Fruita Desert: 3/30-4/1
+$95.85 charge (nonrefundable)

› CLIMBING SELF RESCUE (2 CR)

Prerequisites: OUT-131 or OUTF-121 or OUTF-215

10362 T 6p-8:50p 3/29-4/5 SV Schneiter In-District: $130 (Refund: 3/30)

Field days: 3/31, 4/1, 4/7 & 4/8 (8a-5p)
+$81.84 charge (nonrefundable)

› RIVER ORIENTATION II (2 CR)

10404 Field trip to Green River in Dinosaur National Monument: 4/13-4/15
+$310.07 charge (nonrefundable)

› TOP ROPE CLIMBING (1 CR)

10406 W 6p-8:50p 4/11 SV Schneiter In-District: $65 (Refund: 4/9)

Field trip: 4/13-4/15
+$67.15 charge (nonrefundable)

› SPORT CLIMBING (1 CR)

10410 TTh 6p-8:50p 4/17-4/24 SV Schneiter In-District: $65 (Refund: 4/16)

Day trips: 4/21 and 4/22
+$90.59 charge (nonrefundable)
**Tree and Birds on the Trail**

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/Jeaneal Galay Trailhead address: 814 W 9th St, Glenwood Springs. Call Instructor Austin Harris at 828-712-7006 with questions and to confirm location.

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**Fly Fishing 101**

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 course, 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.

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**Physical Activity & Recreation**

**CONDITIONING LAB (1 CR)**

- **09747** TTh 3p-3:50p 1/16-5/3 SV Vosbeck In-District: $65 Refund: 2/1

**WEIGHT TRAINING I (1 CR)**

- **09749** TTh 2p-2:50p 1/16-5/3 SV Vosbeck In-District: $65 Refund: 2/1

**PILATES MATWORK I (1 CR)**

- **09750** TTh 4p-4:50p 1/16-5/3 SV Vosbeck In-District: $65 Refund: 2/1

**YOGA I (1 CR)**

- **09751** MW 10a-10:55a 1/22-5/2 SV Tennant In-District: $65 Refund: 2/6

**T’ai CHI I (1 CR)**

- **09752** TTh 11a-11:50a 1/16-5/3 SV Kettenbarger In-District: $65 Refund: 2/1

**T’ai CHI II (1 CR)**

Prerequisites: PED-161

- **09753** TTh 11a-11:50a 1/16-5/3 SV Kettenbarger In-District: $65 Refund: 2/1

**MARTIAL ARTS I: AIKIDO (1 CR)**

- **09978** MW 6:30p-6:20p 1/16-5/3 GW Oglesby In-District: $65 Refund: 2/23

**T’ai CHI LEVEL I**

This class is for absolute first-timers. Learn basic Yang style t’ai chi movements without complex choreography. Practice meditative and relaxing along (chi gung) exercises. Improve balance, strength, posture, and peace of mind - how in harmony with nature.

- **11040** TTh 8a-9a 1/16-5/3 GW Norton In-District: $100 Refund: 2/1

**T’ai CHI LEVEL II**

This class is for students who have familiarity and competence in basic Yang Style T’ai Chi postures and movement. Students will practice the 24 and 108 forms.

- **11041** TTh 9:30a-10:30a 1/16-5/3 GW Norton In-District: $100 Refund: 2/1

**CIRCUIT TRAINING**

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!

- **11044** TTh 4:30p-5:20p 1/22-5/3 GW Mohr In-District: $100 Refund: 2/1

**INTRO TAI CHI CHIH**

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.

- **11045** MW 9:30a-10:30a 1/16-5/3 GW Fulton In-District: $100 Refund: 2/1

**MIXED-LEVEL YOGA**

This class is a form of Hatha Yoga that utilizes bio-mechanical 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.

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**YOGA FOR BODY/MIND BALANCE**

Students will learn classic Vinyasa with a focus on postures, breathing techniques, and meditation. Recommended reading: “Yoga for Wellness” by Gary Kraftsow. Students should wear comfortable clothing that provides room for stretching. If available, please bring a nonskid mat to class.

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**KARATE**

Shokoten 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.

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**AGELESS ATHLETE**

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.

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**PILATES: BARRE WORKOUT**

Pilates + Barre combines the full body conditioning workout of the Pilates method with the latest in ballet-inspired fitness to create a safe, fun, and exhilarating workout!

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**STAR GAZING**

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.

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**Psychic Healing and Dream Interpretation**

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, 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: How Psychic Are You by Julie Soskin, ISBN# 0-14-219603-7

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**Contact Information**

COLORADOMTN.EDU

SYN DAY TIME DATES LOC FACULTY COST OR TUITION REFUND

SYN DAY TIME DATES LOC FACULTY COST OR TUITION REFUND

**COLORADOMTN.EDU**
REGISTRATION

TO REGISTER FOR A CREDIT COURSE
Credit courses are indicated by the purple, 5-digit SYN.
(Example: 12345)

CURRENT STUDENTS
If you have taken credit classes in the past 10 months, you may
register in person, by phone or online at: http://Basecamp.
ColoradoMtn.edu

NEW STUDENTS
If you are new to CMC, or have not taken credit classes in the
past 10 months, you will need to:
› Apply for admission
› Complete a registration form
› Supply transcripts or placement test scores for courses
  requiring a prerequisite
Visit www.ColoradoMtn.edu/Register to get started.

TO REGISTER FOR A NONCREDIT COURSE
Noncredit courses are indicated by brown, 5-digit SYN #
(Example: 12345)
Students can register by phone, in person, or online for
noncredit courses.
To sign up:
1. Go to WebAdvisor.ColoradoMtn.edu
2. Click on Continuing Education (brown bar)
3. Register by using the brown SYN # preceding your course
   from this class schedule, and the semester code. Payment
   online is required.

DROPS & REFUNDS
To drop a class, students must fill out a Class Add/ Drop form and submit it to the campus or login to
WebAdvisor and drop online. To receive a refund, make sure the class is dropped by the refund date.
Students that drop classes after the refund date
listed in your syllabus will not receive a refund.

CAMPUS INFORMATION

CMC GLENWOOD SPRINGS
1402 Blake Ave. / Glenwood Springs, CO 81601
Phone: 970.945.7486 / Fax: 970.945.6240 / En español: 1.800.922.1205

CMC GLENWOOD SPRINGS AT SPRING VALLEY
3000 Co. Rd. 114 / Glenwood Springs, CO 81601
Phone: 970.945.7481 / Fax: 970.945.1227 / En español: 1.800.922.1205

OFFICE HOURS IN GLENWOOD SPRINGS
Monday–Thursday, 8a–8p* / Friday, 8a–5p

OFFICE HOURS AT SPRING VALLEY
Monday–Friday, 8a–5p

*Evening closing hours vary with the academic calendar and
dismissal of the latest evening class.

PAYMENT
October 30-January 3 registrations: payment and/or payment arrangements due before midnight on January 3, 2018.
January 4-May 4 registrations: payment and/or payment arrangements due before midnight the day following registration.

TUITION & FEES

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