

## ■ ARTS & CRAFTS

### Basket Weaving: Algonquin Laundry Basket **\$45** ARTZ 1000 **6 HRS**

In this beginner's class, students will create a large sturdy basket that can be used for laundry or newspapers. Basket dimensions: 16"x18". The basket has a solid woven base and is woven solid halfway up, then brought in toward the top leaving openings for handles. Many weaving techniques will be taught. Color choices will be available in class. Students will leave class with a finished basket to impress family and friends! Basket kits will be available on the first day of class for a \$25 fee. Additional supplies required include a yardstick, bucket, pencil, scissors, pliers, and screwdriver. Min. Age: 18.

**63103 9:00AM - 3:00PM S 9/19 MVC**

### Basket Weaving: Colorful Market Basket **\$45** ARTZ 1000 **6 HRS**

In this beginner's class, students will create an 8"x15" sturdy, colorful basket with a D-handle. It includes wrapping your handle to give it a finished look. Color choices will be available in class. Basket kits will be available on the day of class for a fee of \$25. Additional supplies required include a yardstick, bucket, pencil, scissors, pliers, and screwdriver. Min. Age 18.

**63004 9:00AM - 3:00PM S 10/10 MVC**

### Bow Making **\$40** ARTZ 1000 **10 HRS**

In this hands-on class you'll learn simple techniques for creating beautiful bows for all occasions. Add your personal touch to gift wrapping by learning how to create your very own bows. A variety of bows will be demonstrated. Min. Age: 18.

**61705 7:00PM - 9:00PM T 10/6 - 11/3 MVC**

### Cake Decorating, Basic **\$35** RECZ 1000 **8 HRS**

In this introductory class students learn to use basic cake tools to begin decorating. This includes making icing, how to level, tort, fill, and frost a cake. Learn basic cake borders and helpful tips to bake a great cake from scratch. Other highlights include: figure piping, character cakes, making roses and arranging floral arrangements. Supplies required. Ask for supplies at time of registration. Min. Age: 18.

**61007 6:00PM - 8:00PM T 9/8 - 9/29 MVC**

### Cake Decorating, Intermediate **\$35** RECZ 1000 **8 HRS**

This course will build on the skills learned in the basic cake decorating class and more. Learn how to create different types of flowers with royal icing and how to translate a picture from a book onto a cake. New borders and a basket weave technique will be introduced. Supplies required. Ask for supply list at time of registration. Min. Age: 18.

**61107 6:00PM - 8:00PM T 10/6 - 10/27 MVC**

### Cake Decorating, Advanced **\$35** RECZ 1000 **8 HRS**

This course is for those who really want to make the most of the decorating skills learned in previous courses. Students will learn advanced techniques such as working with fondant to make a present cake with a bow and fondant rose. Students also work with the lily nail to make fluted flowers such as the Easter lily, morning glory, petunia, and the slightly fluted poinsettia. Tiered cake construction and string work and garland techniques will be discussed. Supplies required. Ask for supply list at time of registration. Min. Age: 18.

**61505 6:00PM - 8:00PM TR 11/3 - 11/12 MVC**

### Cookie Decorating: Mommy & Me **\$5** RECZ 1000 **2 HRS**

Spend some quality time together and have fun in this cookie decorating class. Come with me "Under the Sea"! You and your child will learn how to transfer an under the sea pattern on to a Giant Cookie! We will use a variety of colored gel icings, to give your child a sparkling vision of being under the sea. This will be fun activity for you and child. Each person must register for the class including children. Maximum two children per each adult. Supplies required. Ask for supply list at time of registration. Min. Age: 4.

**62103 1:00PM - 3:00PM S 9/26 MVC**

### Creative Greeting Cards **\$40** ARTZ 1000 **10 HRS**

Learn to make unique cards to mark special occasions. Personalize holiday/special occasion greeting and announcement cards with flair. Learn to combine techniques such as stenciling and stamping, embellish using ribbon, fabric, paints, and markers. Min. Age: 18.

**61508 7:00PM - 9:00PM R 11/5 - 12/10 MVC**

### Crochet I: Just the Basics **\$40** ARTZ 1000 **10 HRS**

Are you new to crocheting? This class can help you get started. Learn basics such as how to make a starting chain, crochet a single and double stitch, weave in ends, add another color, combine stitches, and read a pattern. During this course students will begin a simple project using the above techniques. Supply list will be provided the first night of class. Min. Age: 18.

**660209 7:00PM - 9:00PM M 10/5 - 11/2 MVC**



**YOU**

**may qualify for**

**FINANCIAL AID!**

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Courses that are  
workforce-approved  
qualify.

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Call Financial Aid at  
**214-860-8868.**

## ■ ARTS & CRAFTS Continued

### Crochet II: Afghans ARTZ 1000 \$40 10 HRS

Build your crocheting skills and create beautiful afghans for presents. Course focuses on crocheting a traditional granny square spread and various finishing edges. Students will also learn to practice reading patterns. Min. Age: 18.

60309 7:00PM - 9:00PM M 11/9 - 12/7 MVC



### Cupcake Workshop RECZ 1000 \$15 2 HRS

This workshop is short and sweet like a cupcake. This one 2-hour session targets baby and wedding showers. The workshop includes instruction regarding butter cream and fondant techniques. This is great for beginners who want to see what decorating is all about. Supplies required. Ask for supply list at time of registration. Min. Age: 18.

61205 1:00PM - 3:00PM S 9/19 MVC

### Sewing, Beginning HECZ 1000 \$50 15 HRS

This course introduces the wonderful world of sewing to those with no experience. Topics include: how to use a sewing machine, basic tools of the trade, fabric types (their care and difficulty), how to read and if necessary alter patterns, sewing terminology, how to put in zippers, and basic hemming techniques. Each student completes a demo pillow during this class. Students must bring their own sewing machine the first night. A material list is shared the first night of class. Min. Age: 18.

60101 7:00PM - 9:30PM T 9/1 - 10/6 MVC

NEW

### T-Shirt Quilt HECZ 1000 \$50 15 HRS

Are your closets bursting with t-shirts you wore while making memories; t-shirts from high school, college, vacations, concerts, family reunions, sporting events and more? If that is your case, find a renewed, functional use for those t-shirts without giving them up! During this class each student will make a quilt made from their treasured t-shirts (jersey or sweatshirt too). This course is for the student who has basic sewing machine skills. Students must bring their t-shirts the first night and their sewing machine to subsequent classes. A material list is shared the first night of class. Min. Age: 18.

60601 6:30PM - 9:00PM M 9/14 - 10/19 MVC

60602 6:30PM - 9:00PM M 10/26 - 11/30 MVC

## ■ DEFENSIVE DRIVING

### Defensive Driving DRVZ 1000 \$30 5 HRS

This is a National Traffic Safety Institute driving safety course. Our instructors are licensed by the Texas Department of Public Safety and approved by the Texas Education Association and the State Board of Insurance. A certificate is awarded upon successful completion; it entitles you, the principle driver, to a 10 percent reduction to each insurance policy, but it must be renewed every 3 years. By completing this course, you can fulfill the Texas courts' requirements for dismissal of misdemeanor traffic tickets. (You must contact the court having jurisdiction over your ticket dismissal.) All students must bring a valid Texas Driver's License to class. The Texas Education Association mandates that students enrolled in a defensive driving class must be present at the designated starting time to complete the full five hours of class, be tested at the end of the class, and pass with a minimum grade of 70 to receive a certificate. Certificates are issued from Austin and will be received in about two weeks. If the student fails or is a no-show, it is required that they register for another class, pay the tuition fee, and attend the additional class. Min. Age: 16.

60213 9:00AM - 2:30PM S 9/19 MVC

60214 9:00AM - 2:30PM S 10/17 MVC

60215 9:00AM - 2:30PM S 11/14 MVC

60216 9:00AM - 2:30PM S 12/19 MVC

## ■ GUITAR

### Guitar, Introduction MUAZ 1000 \$40 12 HRS

Is there a musician hiding inside of you? Have you always wanted to learn to play the guitar? Start now! Learn to play in a fun and relaxed atmosphere. This introduction class will cover basic guitar techniques, simple melodies and a variety of chords and strumming patterns. Guitar required. Min. Age: 18.

62908 3:00PM - 4:30PM F 9/18 - 11/6 MVC

### Guitar, Intermediate MUAZ 1000 \$40 12 HRS

This intermediate class will continue building on basic guitar techniques, melodies, and chords. Min. Age: 18.

60606 5:00PM - 6:30PM F 9/18 - 11/6 MVC

### Latin Guitar MUAZ 1000 \$40 12 HRS

Learn Latin American rhythms for the guitar. This class introduces scales, chords, different techniques, and various types of rhythmic styles of playing. Acoustic guitar required plus some experience. Min. Age: 18.

64005 7:00PM - 8:30PM F 9/18 - 11/6 MVC

## HEALTH & WELLNESS

### Acupressure, Introduction HLTZ 1000 \$80 10 HRS

Discover a simple, non-invasive, and exciting way to reduce minor pains and many chronic illnesses. Students learn Chinese medical procedures dating back 3,000 years. Many of these procedures are still practiced today. This course covers the basic principles of traditional Chinese medicine, how to increase healing within the body through acupressure (the carefully applied pressure on acupuncture points with fingers and thumbs), Chinese massage (Tuina), and energy release techniques. Students learn an upper body procedure utilizing acupressure and Chinese massage (Tuina) to reduce pain, stress and tension. Such conditions as sinusitis, headaches, nausea, depression, constipation, and neck pain are just a few of the types of disorders that acupressure can help to reduce or actually eliminate. Join us in learning a fun way to reduce pain and become healthier. Textbook required. Min. Age: 18.

60104 7:30PM - 10:00PM R 9/3 - 9/24 MVC

### Acupressure, Intermediate HLTZ 1000 \$80 10 HRS

This course is a continuation of Acupressure, Introduction. Students cover lifestyle changes that can lead to a healthier and pain-free life, such as yoga flexibility stretches, and the six conditions of good health. Students continue with the acupressure and massage procedures learned in the first course by learning a full-body massage using acupressure and a procedure using energy releasing and orthopedic massage techniques. Although both courses teach fundamental techniques for the lay person, professional massage, physical therapy, and chiropractic practitioners can learn valuable and powerful techniques that can enhance their practices. Textbook required. Prerequisite: Acupressure, Introduction and permission of instructor. Min. Age: 18.

60204 7:30PM - 10:00PM R 10/1 - 10/22 MVC

### Kickboxing PHEZ 1000 \$50 12 HRS

This class takes the excitement, music, and energy of an aerobics program and adds punching, blocking, and kicking in an action-packed workout. You can burn up to 800 calories an hour doing aerobic kickboxing to music. Min. Age: 18.

60510 4:30PM - 5:30PM WF 10/7 - 11/13 MVC

### Personal Trainer Instruction PHEZ 1000 \$66 16 HRS

This course provides hands-on skills of personal training, including leadership and basic principles and methods of teaching resistance training. Using a variety of teaching techniques, students gain proficiency in leading and demonstrating safe and effective methods of exercise by applying the fundamental principles of exercise science. Min. Age: 18.

64605 5:30PM - 6:30PM TR 9/22 - 11/12 MVC

### Pilates Basic PHEZ 1000 \$50 12 HRS

This course is designed to strengthen the "Powerhouse," the muscles of the lower abdomen, lower back, buttocks and pelvic floor. The exercises selected are based on breath, core strength, stabilization methods, and mindfulness as it applies to movement. The Pilates exercise system is a safe and highly effective way to improve posture, increase flexibility, strengthen and streamline the body without building bulk or stressing your joints. Appropriate for all fitness levels: young, old, athletic or sedentary. Min. Age: 18.

60410 5:30PM - 6:30PM WF 10/7 - 11/13 MVC

### Stretch2Flex: All About the Senior Fitness SRPZ 1000 \$40 10 HRS

Don't let the name fool you--this class is for everyone regardless of age. Stretch2Flex is an exercise program that focuses on functional movements. This class will give a full body workout. Tone muscles by using resistance bands, stability balls, dumb bells, and body weight. Increase range of motion through stretching the quadriceps, hamstrings, calves and back. Please bring water and a towel. Speak with a doctor before beginning any exercise program. Min. Age: 18.

60705 11:00AM - 12:00PM TR 10/6 - 11/5 MVC

60706 11:00AM - 12:00PM TR 11/10 - 12/15 MVC

### Yoga, Basics PHEZ 1000 \$35 8 HRS

This course introduces students to the vast benefits of yoga exercise and breathing. Yoga postures improve every part of the body, stretching, toning muscles, improving flexibility of the spine, joints, and the entire skeletal system. Yoga breathing revitalizes the body and helps to calm the mind, leaving students feeling refreshed and relaxed. Loose clothing should be worn. Bring a yoga mat. Min. Age: 18.

64809 7:15PM - 8:15PM F 8/28 - 10/16 MVC

64811 5:15PM - 6:15PM U 9/13 - 11/1 MVC

64812 1:30PM - 2:30PM R 9/17 - 11/5 MVC

64810 7:15PM - 8:15PM F 10/23 - 12/18 MVC

### Zumba Dance DANZ 1000 \$35 8 HRS

Zumba dance is aerobic dance with Latin and international music which enables a high energy workout. It's a fusion of Latin international music dance themes creating a dynamic, exciting, effective fitness system! A mixture of body sculpting movements with easy to follow dance steps target areas such as gluteus, legs, arms, abdominal, and the heart. Loose clothing and exercise shoes should be worn. Students should bring a bottle of water to class. Min. Age: 18.

61418 6:00PM - 7:00PM F 8/28 - 10/16 MVC

61420 4:00PM - 5:00PM U 9/13 - 11/1 MVC

61419 6:00PM - 7:00PM F 10/23 - 12/18 MVC

## SUGGESTIONS?

*If you have suggestions about classes that we are not currently offering, please e-mail:*

**MVC-CEsuggestions@dcccd.edu.**

*Thank you!*

**NEW**

**HOLIDAY FUN**

**Basket Weaving: Holiday Mail Basket** **\$30**  
**ARTZ 1000** **4 HRS**

This 10" x 9" basket can be used to put all your Christmas cards in. Basket hangs on a hook or doorknob. Ornaments can be used to decorate for the season. Kits available day of class for a fee of \$20. Min. Age: 18.

64201 10:00AM - 2:00PM S 11/7 MVC

**Basket Weaving: Holiday Napkin Basket** **\$38**  
**ARTZ 1000** **5 HRS**

This 8" square napkin basket is perfect to place your favorite napkins in. Multi-color or Christmas colors will be used to create the basket. This is a great beginner basket and fun to weave using many techniques. Kits available day of class for a fee of \$20. Min. Age: 18.

64301 9:00AM - 2:00PM S 11/14 MVC

**Christmas Cupcakes** **\$15**  
**RECZ 1000** **2 HRS**

Learn how to fill the holiday season with something extra special and personal with holiday cupcakes. Students will learn how to make a wreath, wintry wood cupcakes and how to make cupcakes look like presents with a bow. Prerequisite: Course or experience in cake decorating. Supplies required. Ask for supply list at time of registration. Min. Age: 18.

62601 1:00PM - 3:00PM S 12/5 MVC

**Christmas Flowers** **\$25**  
**ARTZ 1000** **6 HRS**

In this "Christmas-minded" class, participants will explore fresh and silk floral designs for the home and for gifting. Learn floral techniques for future seasons. Create unique and individual budget conscious gifts for family and friends. Students will supply their own materials (approximate cost \$30-50). A specific list of flowers and other materials will be given after registration. Min. Age: 18.

64801 10:00AM - 4:00PM S 11/14 LLC  
64802 10:00AM - 4:00PM S 11/21 LLC

**Door Wreaths For All Seasons** **\$25**  
**ARTZ 1000** **6 HRS**

In this class, traditional and contemporary wreath designs for all seasons will be discussed. Make a fall wreath using silk flowers and plant materials. Bring a hot glue gun, a sense of humor and let's get creative! Students will supply their own materials (approximate cost \$30-50). A specific list of flowers and other materials will be given after registration. Min. Age: 18.

64601 10:00AM - 4:00PM S 10/10 LLC



For the most up-to-date schedule listing, go to:  
[www.econnect.dccd.edu](http://www.econnect.dccd.edu)  
and select CONTINUING EDUCATION STUDENT MENU

**Fresh Flower Basket Design** **\$25**  
**ARTZ 1000** **6 HRS**

In this class, learn how to prepare containers and flowers for use in all types of gift basket arrangements. Traditional and contemporary basket designs will be explored. Students will supply their own materials (approximate cost \$30-50). A specific list of flowers and other materials will be given after registration. Min. Age: 18.

64501 10:00AM - 4:00PM S 9/12 LLC

**Fresh Flower Design I** **\$25**  
**ARTZ 1000** **6 HRS**

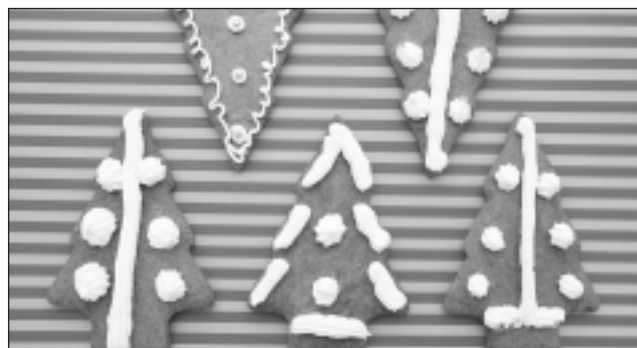
This introductory floral class explores the basic principles of fresh flower design. Learn how to effectively condition and treat fresh flowers prior to using them in designs. Make a hand tied wedding bouquet, a vase bouquet and a table centerpiece using fresh flowers and candles. Students will supply their own materials (approximate cost \$30-50). A specific list of flowers and other materials will be given after registration. Min. Age: 18.

64401 10:00AM - 4:00PM S 8/22 LLC  
64402 10:00AM - 4:00PM S 9/26 LLC

**Gingerbread: Mommy & Me** **\$5**  
**RECZ 1000** **2 HRS**

Put together a gingerbread home with icing and lots of different candy for the Christmas season. This is a fun activity to do with your kids and to display in your home. The decorating skills learned in this class can last a lifetime. Each student must register for class including children. Supplies required. Ask for supply list at time of registration. Min. Age: 4.

62501 1:00PM - 3:00PM S 11/14 MVC



**Halloween Cupcakes** **\$15**  
**RECZ 1000** **2 HRS**

Decorate cupcakes for the Halloween holiday. Learn how to make mummies, spider webs and pumpkin patch cupcakes. Great for kids, any Halloween party or for someone who has taken a beginners decorating course. Supplies required. Ask for supply list at time of registration. Min. Age: 18.

62401 1:00PM - 3:00PM S 10/17 MVC

**Thanksgiving Fresh Flower Table Design** **\$25**  
**ARTZ 1000** **6 HRS**

In this class, students will design a budget-minded Thanksgiving table center piece using fresh flowers and edible ingredients. Students will supply their own materials (approximate cost \$30-50). A specific list of flowers and other materials will be given after registration. Min. Age: 18.

64701 10:00AM - 4:00PM S 10/24 LLC

## ■ LIFELONG LEARNING

NEW

### Analysis of Psalms **\$40** REZZ 1000 **12 HRS**

Analysis of Psalms is a course designed as an introduction to poetic structure and division development of the Book of Psalms. This course focuses on the standard psalm genres and the structure of each Psalm. Attention will be given to the book's development, theological themes, and the relationship between the Psalms and Israel's worship before and into the Common Era. Min. Age: 18.

60401 7:15PM - 8:45PM TR 10/20 - 11/19 MVC

### Financial Empowerment Workshop **FREE** BNKZ 1000 **12 HRS**

This financial literacy workshop is provided by the YWCA of the Metropolitan Dallas. In this workshop we will cover goal setting, budgeting, saving, banking, rebuilding credit and debt reduction. Min. Age: 16.

60101 9:00AM - 12:00PM S 10/3 - 10/24 MVC  
60102 9:00AM - 12:00PM S 11/14 - 12/12 MVC

NEW

### History of the Old Testament I **\$40** REZZ 1000 **12 HRS**

History of the Old Testament I is a course designed to explore the origins of Israel and other civilizations that existed and influenced Israel's formation into a nation. This course focuses on the development of the Pentateuch, other ancient civilizations, and archeological discoveries used to support the authenticity of the Old Testament. Min. Age: 18.

60301 7:15PM - 8:45PM TR 9/22 - 10/15 MVC

NEW

### How To Plan/Manage A Company Budget **\$90** BUSG 1020 **12 HRS**

This course will teach you how to develop, implement, and maintain departmental budgets that support and contribute to the goals of the company as a whole. Covering both the planning and controlling sides of the budget system, students will learn how to document the company's goals and performance objectives in financial terms and how to interpret the comparison of actual results with budgeted results. Prerequisite: some accounting and accounting experience helpful but not required. Min. Age: 18.

60101 9:00AM - 12:00PM TR 11/10 - 11/19 MVC

NEW

### Money Management 101 for College Students **\$75** PFMZ 1000 **16 HRS**

This course is designed to introduce basic money and credit management skills. Topics include: managing finances, building wealth, developing a budget, opening a checking and savings account, balancing a checkbook as well as learning how to invest and plan for retirement. This personal finance course is easy to grasp, fun and beneficial. Min. Age: 17.

60801 8:45AM - 4:45PM S 8/29 - 9/5 MVC  
60802 6:00PM - 8:00PM TR 10/20 - 11/12 MVC

## ■ RECREATION

### Aerobic Trainer Instruction **\$66** PHEZ 1000 **16 HRS**

This course provides hands-on skills of personal training. Learn basic theory, principles, and methods of teaching aerobics for physical fitness. Min. Age: 18.

64704 5:30PM - 6:30PM TR 9/22 - 11/12 MVC

### Boot Camp Training **\$50** PHEZ 1000 **10 HRS**

Escape the gym! This boot camp will get students in the best shape of their lives with fun and challenging exercises. Classes are boot camp minus the yelling and screaming. In this self-paced class, students will be pushed and motivated to get stronger, leaner and healthier. Min. Age: 18.

65505 7:00PM - 8:00PM MW 8/31 - 10/5 MVC  
65506 7:00PM - 8:00PM MW 10/12 - 11/11 MVC  
65507 7:00PM - 8:00PM MW 11/16 - 12/16 MVC

NEW

### BYOB (Bring Your Own Ball) Exercise **\$60** PHEZ 1000 **20 HRS**

For beginners ages 16 and up. Bring a 75cm inflatable ball to class and exercise major muscle groups to music. Class is designed to get the body to work with the least amount of resistance. Trim and tighten abdominal, lower back, and leg muscles. Min. Age: 16.

66201 6:00PM - 7:00PM MW 9/14 - 11/18 MVC

### Golf, Beginning & Intermediate **\$55** PHEZ 1000 **12 HRS**

Learn the proper grip, stance, drive approach shots, and putting involved with golf. Students will also learn the rules and etiquette of golf. Special emphasis is on taking advantage of each person's particular strengths and understanding the philosophy of the game. The first meeting is in a classroom with the remainder of the class meeting at Sunset Golf Club, 4906 E. Main Street, Grand Prairie. Students must furnish their own golf balls and equipment. Please bring an iron club #7, #8 or #9 to the first class. Min. Age: 16.

61308 8:00AM - 10:00AM S 9/12 - 10/17 MVC  
61309 10:00AM - 12:00PM S 9/12 - 10/17 MVC  
61304 10:00AM - 12:00PM S 7/25 - 8/29 MVC



## ■ RECREATION Continued

### Personal Fitness Training, Basic \$50 PHEZ 1000 10 HRS

Ever wanted a personal trainer but didn't want to pay the high prices? This course is designed to help individuals make lasting changes in their overall health. This course shows how to correctly use machines and free weights, and how to lose weight and maintain a workout schedule. Min. Age: 18.

66103	8:30PM - 9:30PM	TR	9/1 - 10/1	MVC
66104	8:30PM - 9:30PM	TR	10/13 - 11/12	MVC
66105	8:30PM - 9:30PM	TR	11/17 - 12/22	MVC

### Tae Kwon Do Ages 12 & Up \$50 PHEZ 1000 12 HRS

This course will introduce the basics of one of the most popular martial arts, Tae Kwon Do. Students learn strategies of self-defense, self-discipline, self-control and gain confidence. Come challenge yourself in mind, body, and spirit. Class instruction led by Sensei Nava. Students should wear comfortable clothes and bring a towel and water. Min. Age: 12.

65404	8:00PM - 9:30PM	MW	9/14 - 10/21	MVC
65405	8:00PM - 9:30PM	MW	10/26 - 12/2	MVC

### Tai Chi I & II \$50 PHEZ 1000 12 HRS

This course introduces the student to Tai Chi and allows previous students to continue their study. Tai Chi is an ancient breathing exercise coupled with slow, non-aerobic, martial arts movements designed to take the body through a wide range of motion. Tai Chi is a gentle form of exercise that can be practiced by anyone regardless of age or physical condition. Loose fitting, comfortable clothing should be worn. Min. Age: 18.

61409	3:45PM - 5:15PM	S	9/26 - 11/14	MVC
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### Tennis, Beginning & Intermediate \$45 PHEZ 1000 9 HRS

Students learn the fundamentals of the game which include terminology, rules, and proper court etiquette. On-court instructions cover stance, grip, forehand, backhand strokes, overhands and lobs, serves, volleys, and scoring. Competitive drills and activities are included for proper footwork. Students must bring two new cans of Wilson tennis balls to the first day of class, along with their own racquet. Min. Age: 18.

60701	10:30AM - 12:00PM	S	9/12 - 10/17	MVC
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**NEW**

### Zumba Dance: Low Impact \$35 DANZ 1000 8 HRS

Enjoy the same health benefits in this less intense gentler dance workout. Zumba dance is aerobic dance set to Latin and international music to create a fun and effective fitness workout. It is a mixture of body sculpting movements with easy to follow dance steps that target areas such as gluteus, legs, arms, abdominal and the heart. Loose clothing and exercise shoes should be worn. Students should bring a bottle of water to class. Min. Age: 18.

62701	3:00PM - 4:00PM	U	9/13 - 11/1	MVC
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## ■ SUSTAINABILITY

### Homeowners Energy Saving Tips \$28 INDS 1010 8 HRS

Small changes can make a big difference in savings. Learn how to reduce energy and save money in the home. Practical ideas will be discussed that can easily be incorporated to help make a more energy-efficient home. Min. Age: 18.

60101	6:00PM - 8:00PM	TR	10/13 - 10/22	MVC
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### Rainwater Harvesting \$35 RECZ 1000 2 HRS

Homeowners wanting to conserve water and save on bills are looking to rainwater harvesting as an old concept with a new value in a time of water shortage and droughts. Efficient water use is increasingly important to Texas. With the state's growing population and limited supply of both groundwater and surface water, Texans must use water wisely. Learn how to capture, divert, store, and distribute rainwater for later use. Rainwater harvesting can be as simple as using a rain barrel or creating a rain garden, to as extensive as collecting and using for in home potable use. Supplies required. Ask for supply list at time of registration. Min. Age: 18.

62701	10:00AM - 12:00PM	S	9/19	MVC
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### Sustainable Kitchen \$42 HECZ 1000 12 HRS

Explore ways to stretch food dollars, reduce trips to the grocery store, and prepare simple nutritious meals. Students will learn how to shop for organic foods and create delicious dishes while contributing to a sustainable lifestyle. Min. Age: 18.

60701	10:00AM - 12:00PM	S	10/3 - 11/7	MVC
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