

PERSONAL ENRICHMENT

PERSONAL ENRICHMENT INSTRUCTOR PROFILES

Christopher Ashley (Recreation) has taught and performed nationwide in theatre and dance. He specializes in jitterbug, swing, Latin, ballroom, country and western, and choreography, and he teaches independently. He has appeared on "Good Morning Texas" on WFAA-TV Channel 8 in Dallas.

Skip Boyden (Tennis) has coached, umpired, and officiated in tennis, baseball, basketball, football, soccer, and volleyball to both young and adult students in Texas, Florida, and California.

T.J. Friedel (Photography) graduated from UTA with a degree in photojournalism in 1978. She has been teaching photography to adults since 1990. She has been teaching at MVC since the Fall of 1998. She is the owner of her own photography studio.

Bryan Hoben (Martial Arts) is a Black Belt in Tae Kwon Do.

Ramona Jackson (Pilates & Yoga) is a certified yoga and Pilates instructor. She also holds a BFA in Dance from the University of Texas at Austin.

Terry Norman (Health & Wellness) presents workshops on acupressure and traditional Chinese medicine for physical therapists, chiropractors, and osteopaths. He has taught therapy since the early 1970s and has studied extensively in China. He is a national massage provider under category A with NCBTMB.

Ginger Shanholt (Art) is a professional portrait artist who teaches for Art Workshops, Inc., and provides instruction in drawing, painting, and printing for the Plano Independent School District. She has taught for the City of Dallas Parks and Recreation Department.

Sharon Skaer (Antiques and Collectibles) has been a collector for over 20 years and an antique dealer for 10 years.

Barbara Brixey Wylie (Genealogy) is a professional genealogist who has extensive experience in genealogical research and teaching. She is a member of the Association of Professional Genealogists and holds four writing awards from the Texas State Genealogical Society.

John V. Wylie (Genealogy), a full-time professional genealogist, has been teaching family-history seminars throughout the U.S. for 14 years. He is director of the Association of Professional Genealogists and the Dallas Genealogical Society. He is also founder of GENTECH, the technology division of the National Genealogical Society.

ARTS

Painting for Enjoyment \$75

ARTS 1010 18 HRS
Express your artistic talent and expand upon the fundamentals of oil (or acrylic) painting. This course, designed for beginners through advanced painters, explores color and composition, proportion, texture, and realistic and imaginative uses of color. Individual attention is offered in an informal environment. Basics of drawing will also be covered. List of materials are available upon registration and not included in tuition. Min. Age: 18.
60103 8:00am - 11:00am R 6/10 - 7/14 MVC

The following credit classes in the Arts area are approved for non-credit enrollment. Find class information in the summer credit schedule and course description information in the college catalog. If a class is listed in the credit schedule, and you want to take it for non-credit, call the Continuing Education Office at 214-860-8614 to request permission to add the class.

Acting					48	HRS
DRAM 1003	60502	9:00am - 12:30pm	MTWR	MVC		\$99
DRAM 1003	60503	6:00pm - 9:30pm	MTWR	MVC		\$99
Ceramics I					96	HRS
ARTS 1023	60104	5:30pm - 7:30pm	MTWR	MVC		\$99
ARTS 1023	60105	11:00am - 3:15pm	MTWR	MVC		\$99
Drawing 1					96	HRS
ARTS 1006	60102	11:00am - 3:15pm	MTWR	MVC		\$99
Drawing 2					96	HRS
ARTS 1006	60202	11:00am - 3:15pm	MTWR	MVC		\$99
Painting					96	HRS
ARTS 1023	60703	5:30pm - 9:45pm	MTWR	MVC		\$99
Piano Class I					32	HRS
MUSI 1005	61003	11:50am - 1:20pm	MTWRF	MVC		\$33
Rehearsal and Performance					64	HRS
DRAM 1003	60904	-	FLEX	MVC		\$33
Voice Class					32	HRS
MUSI 1005	60904	11:50am - 1:20pm	MTWRF	MVC		\$33
Voice Class II					32	HRS
MUSI 1005	62001	11:50am - 1:20pm	MTWRF	MVC		\$33

CRAFTS

Fresh Floral Commercial Design \$180

Floral Design
FMKT 1001 48 HRS

Principles of floral art with an emphasis in commercial design. Topics include basic design styles and color harmonies; identification, use, and care of processing of cut flowers and foliage; mechanical aids and containers; personal flowers; holiday designs; and plant identification and care. Prepare for a career working in the floral industry and create professional masterpieces. Learn retail techniques in a hands-on class, lab-oriented florist's workshop. Learn to identify flowers and design styles; use florist's tools and supplies; prepare containers; process and preserve fresh flowers and greenery; and prepare hand bouquets and corsages. Basic wedding and funeral arrangements will be introduced. Students provide supplies at an average cost of \$25 weekly. Min. Age: 18.

60103 6:00pm - 9:30pm T 5/24 - 8/30 MVC

Advanced Floral Design \$120

Advanced Floral Design
FMKT 2031 33 HRS

An in-depth coverage of advanced floral design practices for the retail floral industry. Topics include contemporary floral arrangement styles and trends. Continue with an in-depth study of commercial floral design. Create contemporary floral designs; identify specialty flowers and foliage used in retail flower shops; learn techniques for pricing; and continue with advanced wedding and funeral arrangements. Students provide supplies at an average cost of \$25 weekly. Course includes one all-day class on July 30. Prerequisite: Fresh Floral Commercial Design. Min. Age: 18.

60102 6:00pm - 9:00pm M 5/23 - 7/25 OC

Sewing, Beginning \$50

PERS 1001 15 HRS

This course will introduce 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 will be taught while completing a demo pillow. Students must bring their own sewing machine the first night. A material list will be passed out on the first night of class. Min. Age: 18.

68404 7:00pm - 9:30pm T 6/14 - 7/19 MVC

PERSONAL ENRICHMENT

Take all the classes listed below for \$35 by registering with course number PERS 1003 62401, or take courses individually by registering with course numbers and tuition listed next to each class.

Crafts Sampler \$35

PERS 1003 7.5 HRS

In this series of introductory crafts classes, you will learn the basics of quilting, embroidery, simple jewelry-making with beads, and individualized all occasion card making. **Min. Age: 16.**

62401 6:00pm - 7:30pm R 6/16 - 7/14 MVC

Quilting ABCs \$20

PERS 1003 3 HRS

Have you thought about learning how to quilt, but haven't had the time or didn't know where to start? Learn what supplies are needed and how to get started as we create a small project in class. Gain information about quilt guilds, fabric sources, useful Websites and magazines, as well as future projects you can do on your own is offered. Bring to class: package of all-purpose needles; thimble; sewing scissors; small pieces of washed cotton fabric (1/4 yard); thread to match your fabric; seam gauge; seam ripper; rotary cutter; mat; and ruler.

62501 6:00pm - 7:30pm R 6/16 - 6/23 MVC

Embroidery \$10

PERS 1003 1.5 HRS

Discover some basic embroidery stitches. These stitches can be used on sewing projects such as pillows, quilts, pins, wall hangings, handbags, etc. We will learn the stitches, how to use a pattern and start a project. Bring to class: embroidery floss (3 or 4 colors); 5-8 inch embroidery hoop; embroidery needle; scissors; seam ripper; No. 2 pencil; and thimble.

62601 6:00pm - 7:30pm R 6/30 MVC

Beads, Bracelets, and Beyond! \$10

PERS 1003 1.5 HRS

Make a beautiful bead bracelet as you learn how to use beads in any craft project. Tips on where to buy beads and beading supplies, as well as which local bead shows to attend, will be discussed. Bring to class: Stretch Magic for making a bracelet; beads or charms from any broken jewelry you may have; medium-sized beads in several colors; small light-colored wash cloth; and scissors.

62701 6:00pm - 7:30pm R 7/7 MVC

Creative Cards for All Occasions \$10

PERS 1003 1.5 HRS

Create one-of-a-kind cards using fabric, buttons, ribbon, embroidery thread, recycled greeting cards, scrapbooking supplies, and other items. Let your imagination guide you! You can complete a couple of cards in the class. Bring to class: gluestick, glue gun, scissors, acrylic paint and brush; and for decoration: small ribbon, used greeting cards, scraps of card stock, scraps of fabric, stickers, buttons, etc.

62801 6:00pm - 7:30pm R 7/14 MVC


DANCE

Ballroom Dance \$35

DANC 1011 8 HRS

If gliding across the floor is your style, join us as we learn the fox trot, tango, waltz, rumba, cha-cha, and swing. These dances are easy to learn and great for singles and couples alike. **Min. Age: 18.**

60201 7:00pm - 9:00pm S 11/5 - 12/3 MV



FOLKLORIC DANCE

• JULY 18-30, 2005 •

SEMINAR

The seminar is conducted by Silvia Lozano, founder, director, and choreographer of the BALLET FOLKLORICO NACIONAL DE MÉXICO, AZTLÁN. For more information on this event, please email GOWalley@msn.com or call 214-339-3005.

Caliente! Night Club Dance \$35

DANC 1011 8 HRS

Become part of the nightclub phenomenon and learn Latin couple-and-free style combinations in cha-cha, east coast swing, salsa, and merengue; the hustle will be included. It's easier than it looks and that's the fun. You will learn the high-energy dances that will have you steaming up the nightclub dance floor! **Min. Age: 18.**

60701 7:00pm - 9:00pm S 7/9 - 7/30 MVC

Country & Western, Line Dance & Tejano \$35

DANC 1011 8 HRS

If you like country music but can't dance, then this is the class for you. You will start with basic line dances such as the Cotton-Eyed Joe, the schottische, and the freeze. Then you will do the basics of the two-step, swing, and country-and-western Tejano. We will also learn the basics of leading and following done to the tempos of both traditional and contemporary country music. Don't ever be left off the dance floor again! Of course, no partner is necessary. **Min. Age: 18.**

60802 7:00pm - 9:00pm S 10/8 - 10/29 MVC

Salsa Dance \$35

DANC 1011 8 HRS

Step into the hottest Latin dance around—the salsa. Salsa is an energetic combination of mambo, samba, merengue, and open free-style dancing that “sizzles” on the dance floor in the hottest Latin styles. If you have ever seen the movies, “Dirty Dancing” or “Mambo Kings,” you will see the energy of salsa dancing at its best. Don't be left out the next time you hear high-energy Latin music. Join the numbers of people steaming up the dance floor, and put this dance on the top of your collection. Newcomers welcome! **Min. Age: 18.**

60602 7:00pm - 9:00pm S 9/10 - 10/1 MVC

Texas Tango/Night Club 2 Step \$35

DANC 1011 8 HRS

Join the newest dances in town, like the Texas tango and night club two-step. Mountain View College is the only place in DFW to offer this combo of dances! Texas Tango is an offshoot of the basic tango with basic, inside-and-outside curls, right-side-and-left-side promenades, rocks, dips (otherwise known as Corte's), and turning curls into sways. Included are high-level prom positions, syncopations, and basics to sync turns. If you do not know it, you will. Learn a dance that nobody else knows! Night club two-step is a box tempo variation of the regular two-step. It is done in mambo timing, box – either/or. Join us for the newest dance in the Metroplex, which can be done to country, pop, or ballroom music. You will love the versatility. Get a step on the newest dances in town and be able to dance anywhere to anything. No partner necessary. **Min. Age: 18.**

61002 7:00pm - 9:00pm S 6/4 - 6/25 MVC

PERSONAL ENRICHMENT

DANCE CONTINUED

West Coast Swing/Push

DANC 1011 **\$35**
8 HRS
Come in and learn one of the hottest dances around. West Coast Swing is a cousin of both push dancing and conventional swing dancing. It combines all the tempos of single, double, and triple timing to take you in a sensual upbeat slot dance that will captivate the people watching you. Don't worry anymore about what club you select for your dancing – West Coast Swing is seen in C & W clubs, Top 40, and some of the finest ballrooms around. You will treasure the versatility. Min. Age: 18.
60902 7:00pm - 9:00pm S 8/6 - 8/27 MVC

HEALTH & FITNESS

Acupressure, Introduction

PERS 1001 **\$85**
10 HRS
Discover a simple, non-invasive, and exciting way to reduce minor pains and many chronic illnesses. The student will learn a medical procedure that dates back over 3,000 years from China and is still practiced today. This course will cover 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. We will 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. Min. Age: 18.
62704 7:30pm - 10:00pm W 6/15 - 7/6 MVC

Acupressure, Intermediate

PERS 1001 **\$85**
10 HRS
This course is a continuation of Acupressure, Introduction. We will 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. We will 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. Prerequisites: Acupressure, Introduction and permission of instructor. Min. Age: 18.
62804 7:30pm - 10:00pm W 7/13 - 8/3 MVC

Fencing: Adult Beginner

PHED 1005 **\$35**
9 HRS
Fencing, the art of swordsmanship, can give you the reflexes of a boxer, the legs of a high jumper and the concentration of a tournament chess player. Learn how to focus on goals. Overcome attitudes and fears to think strategically and solve problems quickly. Practice sportsmanship and channel aggression into positive actions. Safety is emphasized. Class includes warm-up exercises, formal drills, individual work, and controlled bouts as class progresses. All equipment is provided. Min. Age: 18.
63701 10:30am - 12:00pm S 6/11 - 7/16 MVC

Golf, Beginning & Intermediate

PHED 1005 **\$50**
12 HRS
Learn the proper grip, stance, drive approach shots, and putting, as well as the rules and etiquette of golf. Special emphasis is placed on taking advantage of each person's particular strengths and understanding the philosophy of the game. The first meeting will be in a classroom on campus with the remainder of the class meeting at Sunset Golf Club, at 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.
60805 8:00am - 10:00am S 6/18 - 7/23 MVC
60806 10:00am - 12:00pm S 6/18 - 7/23 MVC

Pilates (Basic Magic Circle Mat Series)

PHED 1022 **\$45**
12 HRS
This course is designed to enhance the fundamental understanding of breath, core strength and stabilization, and body awareness as it applies to movement. The exercises selected are based on Joseph H. Pilates' core stabilization methods, matwork fundamentals using his Magic Circle at every level, and Pilates-Mind/Body movements. Appropriate for all fitness levels. Min. Age: 16.
60601 7:00pm - 8:30pm T 6/7 - 7/26 MVC

Swimming for Adults

PHED 1005 **\$50**
10 HRS
This course is open to adults of any age and skill level. Instructors will teach swimming fundamentals and techniques to beginners and provide form and style refinement for more advanced swimmers. No prerequisite. Min. Age: 18.
63401 9:00am - 10:00am S 6/4 - 8/13 MVC

Swimming, Beginning for Adults

PHED 1005 **\$45**
8 HRS
This course is designed to teach a non-swimmer or shallow-water swimmer to become a safe and efficient deep-water swimmer. Basic skills, such as the front crawl, elementary backstroke, sidestroke, breaststroke, back crawl, diving, and treading water, will be taught. Individualized programs will be incorporated for the development of endurance and nutritional needs. Min. Age: 18.
63801 4:40pm - 5:40pm MTWR 6/13 - 6/23 MVC
63802 4:40pm - 5:40pm MTWR 6/27 - 7/8 MVC
63803 4:40pm - 5:40pm MTWR 7/11 - 7/21 MVC
63804 4:40pm - 5:40pm MTWR 7/25 - 8/4 MVC

Tai Chi I and II

PHED 1022 **\$45**
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.
60404 7:00pm - 8:30pm M 6/6 - 8/1 MVC

Yoga

PHED 1022 **\$45**
12 HRS
This course introduces the student to the vast benefits of yoga exercise and breathing. Yoga postures improve every part of the body, stretching and toning muscles, and improving flexibility of the spine, joints, and the entire skeletal system. Yoga breathing revitalizes the body and helps to calm the mind, leaving you feeling refreshed and relaxed. Loose clothing should be worn and bring a yoga mat to sit and lay on for the postures. Min. Age: 18.
60304 7:00pm - 8:30pm W 6/8 - 7/27 MVC

YogaLite

SRCZ 1003 **\$35**
8 HRS
Uses gentle yoga postures and breathing techniques that stretch, extend, and flex the spine, while exercising muscles and joints, keeping the body strong and supple. Look and feel better - release stiffness and tension, help reestablish the inner balance of the spine, renew energy, and restore health. If necessary, poses may be modified with the use of a chair.
60201 1:00pm - 2:00pm TR 6/14 - 7/7 MVC
60202 1:00pm - 2:00pm TR 7/12 - 8/4 MVC

PERSONAL ENRICHMENT

The following credit classes in the Health & Fitness area are approved for non-credit enrollment. Find class information in the summer credit schedule and course description information in the college catalog. If a class is listed in the credit schedule, and you want to take it for non-credit, call the Continuing Education Office at 214-860-8614 to request permission to add the class.

Aerobic Dance	48	HRS				
PHED 1005	61303	11:50am - 1:50pm	MTWR	MVC	\$33	
PHED 1005	61304	11:50am - 1:50pm	MTWR	MVC	\$33	
Senior Fitness				16	HRS	
SRCZ 1003	60101	7:30am - 9:30am	MTWR	MVC	\$33	
Swimming				48	HRS	
PHED 1005	62301	9:40am - 11:40am	MTWR	MVC	\$33	
PHED 1005	62302	9:40am - 11:40am	MTWR	MVC	\$33	
Weight Training				48	HRS	
PHED 1005	62807	7:30am - 9:30am	MTWR	MVC	\$33	
PHED 1005	62808	9:40am - 11:40am	MTWR	MVC	\$33	
PHED 1005	62809	11:50am - 1:50pm	MTWR	MVC	\$33	
PHED 1005	62810	5:30pm - 7:30pm	MTWR	MVC	\$33	
PHED 1005	62811	7:40pm - 9:40pm	MTWR	MVC	\$33	
PHED 1005	62812	7:30am - 9:30am	MTWR	MVC	\$33	
PHED 1005	62813	11:50am - 1:50pm	MTWR	MVC	\$33	
PHED 1005	62814	7:40pm - 9:40pm	MTWR	MVC	\$33	

LIFELONG LEARNING

Adult Guide to College

\$25

PERS 1003

6 HRS

Have you lost your job? your partner? Do you need to go to school to improve your skills and find the best paying job you can? Whether you have never been to school or have some college credit, learn where to start and how to prepare to go to college. Topics covered: organization/routines; developing family support; balancing family, school, work; financial planning; study skills; goal setting; positive attitudes; and making the most of your own life experiences. Min. Age: 18.

62901	6:00pm - 7:00pm	TR	6/14 - 6/30	MVC
62902	6:00pm - 7:00pm	TR	7/5 - 7/21	MVC

Collectibles & Antiques:

Put a Little Past Into Your Future

\$40

PERS 1003

12 HRS

Whether you collect bells, thimbles, Elvis or Barbie or whether you have an eye for Steiff bears, Red Wing pottery, or Victorian jewelry, learn new tips from a pro! Join the collectible craze and learn how to tell the real from the fake, set up your own shop or booth, and what to fix and what to leave alone. Class includes two offsite visits on auctioneering and more display venues. Class will meet in the Knick Knacks Crafts & Antiques Mall in Duncanville. No appraising of personal items will be done. Min. Age: 18.

62101	1:00pm - 3:00pm	T	6/7 - 7/12	MVC
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Genealogy Using Computers

\$30

PERS 1003

8 HRS

Family history basics in a hands-on computer setting. Develop fundamental research techniques, explore online resources for genealogical research and learn how to separate the good stuff from the garbage.

62201	2:00pm - 4:00pm	W	6/15 - 7/6	MVC
62202	7:00pm - 9:00pm	W	6/15 - 7/6	MVC

Mathematics Refresher

\$40

PERS 1001

12 HRS

Has it been years since you tackled a geometry problem, completed an algebraic equation, multiplied fractions or solved a math word problem? Refresh your own skills, build your confidence and tutor your kids successfully with their homework! Bring a pencil, notebook paper, and specific examples of mathematics that you'd like to review. Min. Age: 18.

69502	6:00pm - 8:00pm	T	6/14 - 7/19	MVC
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Planning and Financial Strategies for Achievement **\$68**

Special Topics in Financial Planning

BUSG 1094

8 HRS

Topics address recently identified current events, skills, knowledge, and/or attitudes and behaviors pertinent to the technology or occupation and relevant to the professional development of the student. This course will teach students the six key areas of personal financial management, cash management, risk management (insurance), investments (stocks and bonds), tax planning, retirement planning, and estate conservation. The course will use examples, exercises, and case studies to show you how to take control of your finances and position yourself for a comfortable financial future.

60105	6:30pm - 9:10pm	R	7/14 - 7/28	MVC
60106	6:30pm - 9:10pm	R	9/15 - 9/29	MVC

Type 2 Diabetes: Get Savvy, Get Smart, Get Control

\$20

PERS 1003

6 HRS

Whether you are new to diabetes or have lived with this disease for some-time, this class will provide you with the tools to gain more control and live a more balanced, healthy life. A certified diabetes educator shows you how to fit in high carbohydrate foods, understand food labels, practice portion control, and how to handle the obstacles of eating out. Explore how humor, increased activity level, and even playing with your pet can lower your blood sugar to the desired range. Min. Age: 18.

62001	12:30pm - 2:00pm	W	6/15 - 7/6	MVC
62002	5:30pm - 7:00pm	W	6/15 - 7/6	MVC

We Remember

\$30

SRCZ 1009

8 HRS

What experiences stay with us in our memories throughout our lifetime? What special stories would you like others to know? How would you tell the story of your life? You are invited to write down and share significant and simple memories that enrich our lives and the lives of others. No writing experience necessary.

61401	2:00pm - 4:00pm	TR	6/21 - 6/30	MVC
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PHOTOGRAPHY

Digital Camera 101

\$35

SRCZ 1006

10 HRS

Learn how to really use your digital camera and your computer. This course focuses on selecting the right equipment; setting up your camera, scanner, and computer; creating files and sending them on email or saving them to a CD. Some working knowledge of Microsoft Windows is helpful.

60102	2:00pm - 4:00pm	M	6/13 - 7/18	MVC
60103	6:30pm - 8:30pm	M	6/13 - 7/18	MVC

Photography for the Novice

\$30

PERS 1003

8 HRS

This course is for those who simply want to take better pictures. Do you want to improve your vacation photos and family pictures? Need to take the mystery out of choosing the right film for the job? Want to experiment with black and white? Want to have a better understanding of why your pictures look like that when you get them back from the lab? This class is open to owners of point-and-shoot cameras as well as 35mm and digital cameras. Be ready to take great pictures of your vacation before summer arrives. This is an excellent beginner's class for people of all ages. Shooting assignments and a field trip are included to insure the best experience and lots of fun. Students should have a camera and owners manual. No textbook is required. Students will have to buy 3 - 4 rolls of film and pay for developing. Min. Age: 18.

61602	6:00pm - 8:00pm	T	6/7 - 6/28	MVC
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