

Mt. Vernon

Virginia McCann & Kristina Shelton, Community Coordinators

Credit Courses

Course Number	Course Name	Dates	Credit Hours	Time	Day	Location	Instructor	Cost
ENGL 1101-35	Rhetoric & Comp I	1/11-4/9	3.0	4-6p	M/W	RLM 338	Webber	\$246
ACCO 1101-30	Principles of Financial Accounting	1/11-5/7	3.0	6-9p	M	RLM 344	Rogers	\$246
CSCI 1101-35	Intro to Computers	1/11-5/7	3.0	6-9p	M	RLM 338	Auten	\$276
HIST 2101-35	American History I	1/11-5/7	3.0	6-9p	M	RLM 336	Brown	\$246
OFTC 1280-MP	Medical Terminology	1/11-5/7	3.0	6-9p	M	RLM 354A	Staff	\$246

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Credit Courses (For information on additional Mt. Vernon Computer Workshops see page 16)

Course Number	Course Name	Dates	Credit Hours	Time	Day	Location	Instructor	Cost
REAL 1205-D2	Real Estate Principles	1/11-5/7	3.0	6-9p	M	RLM 343	Richardson	\$246
PSYC 2102-35	Child Psychology	1/12-5/7	3.0	6-9p	T	RLM 344	Douglass	\$246
PYED 1124-31/931	Country Style Dancing	1/13-5/7	1.0	5:30-7:30p	W	Roland Lewis Building	Hawkins	\$82
PYED 1145-30/930	Latin Dancing	1/13-5/7	1.0	5:30-7:30p	W	Roland Lewis Building	Thomas	\$82
ART 1101-DX	Art Appreciation	1/13-5/7	3.0	6-9p	W	RLM 343	McDermott	\$296
MATH 1107-38	Contemporary College Mathematics	1/13-5/7	3.0	6-9p	W	RLM 347	Holland	\$246
PYED 1153-31/931	Aerobics-Tai Chi	1/13-5/7	1.0	7:10-9:10p	W	YMCA	Campbell	\$82
PYED 1111-30/930	Ballroom Dancing	1/13-5/7	1.0	7:30-9:30p	W	Roland Lewis Building	Thomas	\$82
CRJS 2220-35	Loss Control & Crime Prevention	1/14-5/7	3.0	6-9p	Th	RLM 336	Peeples	\$246
HEA 1101-38	Health Education	1/14-5/7	2.0	6-8p	Th	RLM 354A	Staff	\$164
SOCI 1101-35	Sociology	1/14-5/7	3.0	6-9p	Th	RLM 344	Draper	\$246
CULA 1205-30	Food Sanitation	1/16-5/7	1.0	8a-5p	Sa	RLM 354A	Kluge	\$82
CULA 1605-30	Food Sanitation Refresher	1/16-5/7	0.5	8a-5p	Sa	RLM 354A	Kluge	\$41
EMTP 1263-35	Paramedic Services III	2/3-4/30	11	5:30-9:30p	T/Th	RLM 222	Sargent	\$902

Non-Credit Courses

Course Number	Course Name	Dates	Sessions	Time	Day	Location	Instructor	Cost
COMED 4394-30	Saving Energy <i>How it Benefits You!</i>	1/25	1	6-8p	M	MarketPlace Rm 354B	Bruce Barkau	FREE
CNTED 1650-L30	Sign Language <i>.5 cr hr/8 CPDUs</i>	1/25-2/22	4	6-8p	M	MarketPlace Rm 203	Amy Richards	\$41
COMED 6331-30	Hearts & Hugs <i>for Kids</i>	2/3	1	5:30-7:30p	W	MarketPlace Rm 354A	Monica Crouse	\$10+
COMED 4384-30	Massage for Couples	2/11-2/25	3	6-9p	Th	MarketPlace Studio RLC	Mike Adamson	\$45
COMED 6340-30	ACT Prep	2/27-4/3	6	9a-Noon	Sa	MarketPlace Rm 203	Payne Birkner	\$89+
COMED 6363-30	Me & My Buddy <i>Hair "Up Dos"</i>	3/1	1	5:30-6:30p	M	MarketPlace Studio RLC	Daphne Mitchell	\$10+
COMED 230B-30	Artistic Blacksmithing <i>Beyond the Basics</i>	3/6	1	8a-3p	Sa	Jefferson Co. Historical Village	Wilber Haley	\$45+
COMED 6309-30	Home Alone <i>Safety Tips for Kids</i>	3/22	1	6-7p	M	MarketPlace Rm 203	Christina Schuster	\$5
COMED 1314-30	Afternoon Stretch <i>for Flexibility & Strength</i>	4/12-5/17	6	4:30-5:30p	M	Jefferson Co. Historical Village	Lou Campbell	\$30
COMED 3354-30	Grant Writing Basics	4/14	1	6-9p	W	MarketPlace Rm 338	Christina Hutcheson	\$15
COMED 6321-30	Ooey Goey Fun <i>for Kids</i>	4/28	1	5:30-7:30p	W	MarketPlace Rm 354A	Monica Crouse	\$10+

+Course cost does not include additional supplies. For more information about classes or possible supply fees see course descriptions.

Non-Credit Course Descriptions

ACT Prep HIGH SCHOOL JUNIORS and SENIORS: DON'T LET THE ACT TEST INTIMIDATE YOU! This course is designed to teach reading, English, science and math skills you will need to do well on your ACT test. Test-taking skills will be emphasized. Students must purchase Barron's ACT 2009 text, which will be available for \$20.27 at the first session.

Afternoon Stretch for Flexibility and Strength This beginner's level flexibility and toning class offers instruction and practice in proper techniques for the development of muscular strength, core strength, flexibility, and relaxation. Emphasis is placed on increasing one's range of motion, balance and coordination. While this course is geared toward older adults, it is open to adults of all ages.

Artistic Blacksmithing Beyond the Basics Spend the day learning the traditional techniques, processes and tools used in the creation of artistic forged metalwork. Work will be completed on coal forges and will cover areas such as bending, twisting, upsetting, splitting, riveting and raising of steel, iron and non-ferrous metals. Registration is limited to 8 people. Participants should wear long sleeves, long pants, closed-toe shoes, gloves and bring own lunch. Safety glasses are also required. Supply fee of \$5 is payable to instructor.

Grant Writing Basics Grant writing requires time, planning, resources, and commitment. This course will provide you with the steps to build a proposal from the ground up. Learn where to look for grant sources, how to gather your facts, solicit partners, and prepare your written application. Get involved with hands-on computer time and become familiar with Internet searching tools. Build your confidence and learn how YOU can write a successful grant proposal.

Hearts and Hugs for Kids Kids love to decorate food and create their own crafts. Let them enjoy an evening of decorating cookies and making Valentines for their friends and family. \$5 fee for supplies is payable to the instructor at class. Children must be 5-10 years old. This is the perfect time for parents to run errands or have a quiet moment while your children are in the capable hands of a certified early childhood instructor.

Home Alone Safety Tips for Kids This class is geared toward children ages 10 and up. Be proactive by preparing your child with how to handle potential situations while home alone. Children will learn important tips of

what to do and what not to do to keep safe.

Massage for Couples During this partner class, you will discover the therapeutic and relaxing benefits of a basic Swedish massage. Bring a partner, two flat and one fitted twin size sheets and swimsuits. Be prepared to change into swimwear for the duration of class. Registration is limited to six couples. *Note: This class is not intended for certification or licensure.*

Me and My Buddy Hair "Up-Dos" Learn how to do a special occasion up-do on your little buddy. Studio RLC Design Team will demonstrate how you can spiff up a simple ponytail or bun perfect for Easter or a special occasion. Bring your little buddy with you to practice techniques. \$5 supply fee payable to the instructor.

Ooey Goey Fun for Kids Do your kids like making ooey goey messes? This class will show them how to make several different types of homemade messy fun art and science materials such as play dough, flubber, ooblie, and puffy paint. Children will take home samples and recipes to make the play materials at home. Parents can take the opportunity to run errands or have a quiet moment while their children are in the capable hands of a certified early childhood instructor. For children ages 5-10 years old. Supply fee of \$5 payable to instructor at class.

Saving Energy How It Benefits You! Would you like to lower your utility costs? Join us in this free workshop for the community and learn energy efficiency basics that can lower your heating/cooling costs and leave more money in your pocketbook! You'll be amazed by the simple things you can do that won't cost anything. *Workshop offered in cooperation with Tri County Electric.*

Sign Language Communication with the deaf through sign language is a rewarding skill for the hearing and creates wider contacts for the deaf. Using instruction and group activities, you will learn basic American Sign Language, sign exact English, and acquire an understanding of the culture of the hearing impaired. This class is a great opportunity for teachers to learn the alphabet, colors, numbers, and common items in the classroom. Teaching materials and books for deaf and hard of hearing will be shared. Class will not meet on February 15. (.5 cr hr/8 CPDUs)