

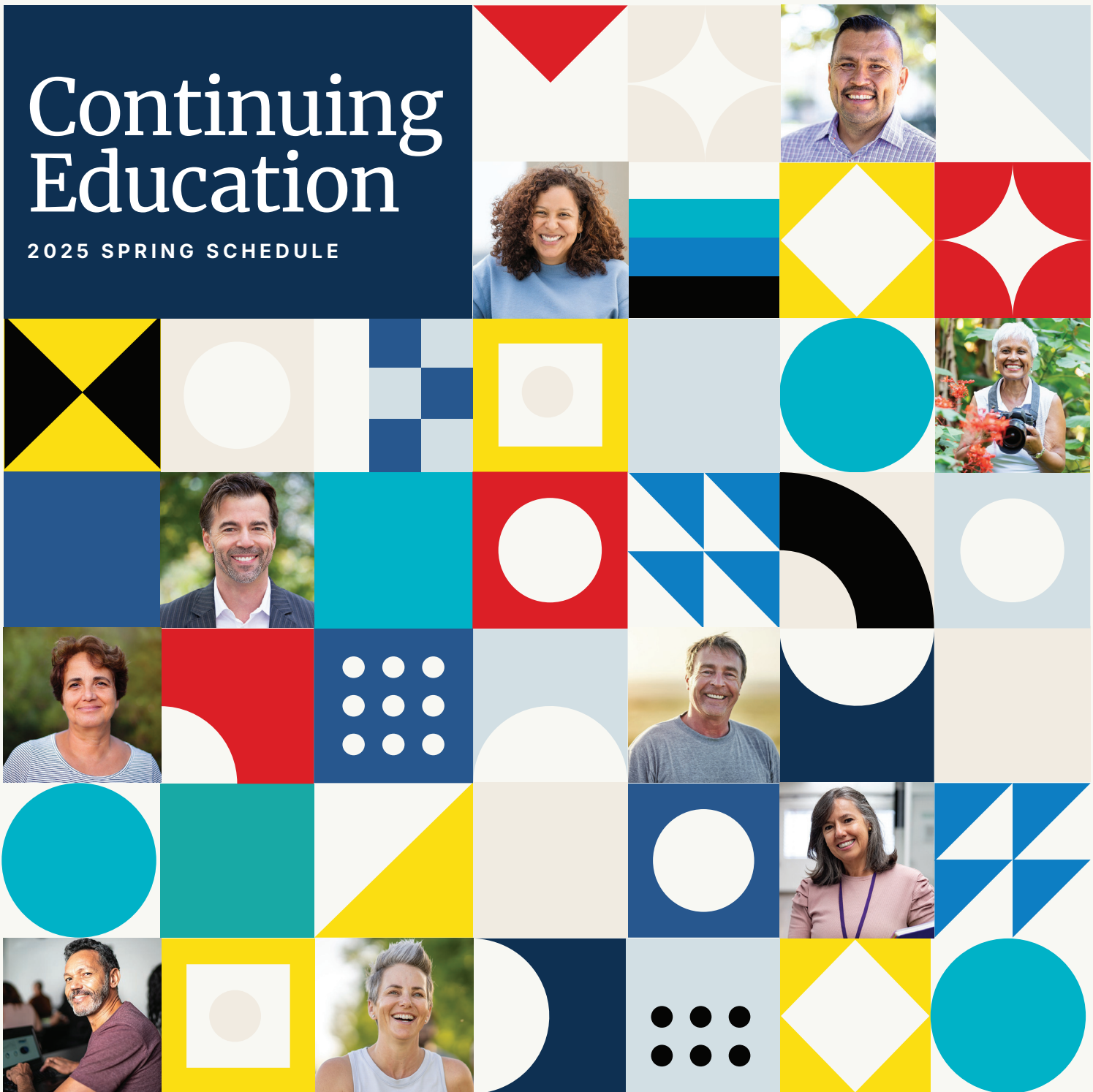
PERSONAL ENRICHMENT

PROFESSIONAL DEVELOPMENT

CERTIFICATION PREP

Continuing Education

2025 SPRING SCHEDULE



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available on select classes!**
See inside cover for details.



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Aims
COMMUNITY COLLEGE

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Welcome to Continuing Education at Aims Community College! We specialize in innovative programs in professional development, personal enrichment and certification programs.

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LOCATION KEY

G	GREELEY	W	WINDSOR
F	FORT LUPTON	OC	OFF-CAMPUS
L	LOVELAND		

ONLINE MODALITY KEY

- R** REMOTE — These classes meet online with set meeting times
- O** ONLINE — These classes are fully online with no set meeting times
- H** HYBRID — These classes will meet in-person and have online work

To apply for a scholarship worth up to \$100, please visit
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Early Bird Discounts Available on Select Classes!

10% Off | Look for  next to discounted classes
 if you sign up before Jan. 20

Aims Community College does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs or activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Dee Shultz, Chief HR Officer, 5401 W. 20th Street, Greeley, CO, 80634, dee.shultz@aims.edu, 970-339-6434.

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**** Indicates that this class is being offered to both credit and non-credit students. All students will follow the same curriculum and complete the same projects. Attendance is essential not only to the learning environment but for the community of the classroom experience for all students. Students will be provided with additional information, including access to D2L, prior to the start of class.**

NONPROFIT LEADERSHIP ACADEMY


This program is for professionals who want to take on a role in the nonprofit sector or for those who are already in the nonprofit sector looking to develop their skills. Classes can be taken as a certificate or taken a la carte. Students that would like to take the full certificate will receive a discount of 10%.



Fundamentals of Nonprofit Management

Instructor: Sosamma Samuel-Burnett

This class introduces a range of key concepts in nonprofit management including: understanding of nonprofit structures, governance, development, communications, planning, and financial management, as well as advocacy approaches and diversity, equity and inclusion principles. This course is the overview course in the Nonprofit Academy.

W | Jan. 22-March 12 | 6-8 p.m. | \$425 | 

Nonprofit Finance Essentials

Instructor: Katie Shilts


This dynamic, four-week course features two in-person sessions designed to equip participants with vital financial skills for nonprofit management. Through engaging, interactive activities and real-world case studies, participants will gain an understanding of core financial topics such as nonprofit budgeting, cash flow management, and financial reporting

S | Feb. 8-March 1 | 8 a.m.-12 p.m. | \$325 | 

Strategic Planning for Nonprofit Leaders

Instructor: Elizabeth Martin


This hands-on course is designed to equip nonprofit leaders with essential skills for creating, implementing, and evaluating effective strategic plans. Participants will learn to clarify mission and vision, conduct situational analyses, set realistic goals, engage stakeholders, and create actionable steps. The course also covers monitoring progress and adapting strategies to ensure mission-aligned growth. Ideal for executive directors, board members, and emerging leaders, this course offers practical tools for sustainable impact and success in the nonprofit sector.

Th | Feb. 6-March 6 | 6-7:30 p.m. | \$225 | 

Building and Leading Collaborative Teams as a Nonprofit Executive

Instructor: Jana Sanchez


This course equips nonprofit leaders with practical strategies to cultivate high-performing, mission-driven teams. The program covers how to build and manage an effective team, whether internal or external to your organization. Students will acquire skills and tools to assess and improve organizational health, foster alignment within groups, and utilize both Conflict Styles and Listening Intelligence to drive productive outcomes.

T | Jan. 28-March 11 | 12-1 p.m. | \$275 | 

Beyond the Bake Sale: Diversified and Sustainable Fundraising Techniques

Instructor: Kelly Jackson

This intensive fast paced four-week course will transform your approach to nonprofit fundraising by focusing on verified sustainable and diversified techniques to strengthen your nonprofit's ability to elevate donor engagement and drive long-term success. Through four interactive, two-hour sessions, participants will explore transformational fundraising strategies to enhance their organization's financial stability, while diversifying funding sources.

W | March 26-April 16 | 5:30-7:30 p.m. | \$299 | 

Marketing and Communication Plan

Instructor: Ashley Kasprzak

This course empowers you to develop a tailored marketing and communications plan that aligns with a nonprofit's strategic, program, and fundraising goals. With a focus on strategic audience identification, message clarity, and diversity, equity, and inclusion, you will learn how to effectively engage internal and external stakeholders.


March 31-May 9 | \$375 | 



Grant Readiness and Grant Writing Intensive

Instructor: Ashley Kasprzak

This comprehensive workshop is designed to equip you with the essential skills to become “grant ready” and maximize your success in securing funding. Through hands-on exercises and guided instruction, students will learn how to identify, research, and evaluate potential grant opportunities to find the best matches for their specific needs.

T | March 25-May 6 | 5:30-7:30 p.m. | \$375 | 

Nonprofit Human Resources: Building High-Impact Teams

Instructor: Emmy Soyka

Talent is a nonprofit’s greatest asset. Many nonprofit professionals find themselves in a human resources capacity, officially recruiting, hiring, and on-boarding new staff, conducting performance evaluations, and negotiating salaries and benefits. Other nonprofit professionals find themselves managing, supporting and working collaboratively with the other staff and volunteers in their organization. Whether your team is made up of paid staff members and/or volunteers, skills in building a team, collaborating respectfully, and communicating clearly will strengthen your ability to successfully bring your mission to life.


T | March 25-May 13 (Meets 4 times)

11:30 a.m.-1:30 p.m. | \$390 | 

Developing a Successful Board

Instructor: Joyce Schlose & Scott Smith

Successful board performance is a critical ingredient in the positive impact of your nonprofit. It is vital that boards can identify and are clear about the roles and responsibilities of board and staff in the successful operation of your nonprofit. This course is for board members and will explore differences between governance and management; the role of the board; legal responsibilities for a board of directors; and more.


S | Feb. 15 & March 1 | 9 a.m.-1 p.m. | \$275 | 


COMING SOON

3D Concrete Printing Hands-On Classes

This cutting-edge training prepares you for a career in building sustainable, affordable homes using innovative 3D printing technology.

Introduction to 3D Concrete Printing

Jan. 13-Feb. 21 | Self-paced | \$250 | 

Feb. 3-March 16 | Self-paced | \$250 | 

COMING SOON!

3D Concrete Printing Hands-On Classes

- Coding/Design
- Robotics
- Materials

Check online for more information at aims.co/concrete-print




Personal Enrichment

ART

Lost-Wax Casting: Silver Rings

Instructor: Bryan Stinson


Discover this ancient art of creating metal jewelry using the lost-wax casting technique, a traditional method used to produce intricate and detailed objects. In this class we will design a wearable silver ring.

S & Su | Feb. 22 & 23 | 9 a.m.-4 p.m. (S) & 9 a.m.-12 p.m. (Su) | \$199 | 

Drawing I**

Explore the art of drawing! This semester-long class will investigate the various approaches and media that students need to develop drawing skills and visual perception. Projects will include drawing exercises, still life, and observational drawing. Suitable for both beginner and advanced students.

Instructor: Victoria Lisi

T & Th | Jan. 21-May 13 | 11:15 a.m.-2 p.m. | \$250 | 

Instructor: Charis Fleshner



M & W | Jan. 22-May 12 | 2:15-5 p.m. | \$250 | 

Figure Drawing I**

Instructor: Charis Fleshner


This comprehensive class provides a supportive environment for honing your figure drawing skills through observation. Whether you're just starting out or looking to refine your technique and explore more advanced concepts. Due to live models being present in most classes, students need to commit to being in class the entire class time to protect the model.

M & W | Jan. 22-May 12 | 5:45-8:30 p.m. | \$250 | 

Painting with Watercolor or Acrylic Media **

Instructor: TBD

Discover the joy of painting in these fun classes where students get to pick which track they want to follow: water or acrylic. Various techniques will be explored that allow you to express yourself. Suitable for both beginner and advanced students. Painting assignments will explore a variety of compositional strategies, styles, and techniques. Most supplies are included in the class, personal costs should not exceed \$30.

T & Th | Jan. 21-May 13 | 5:45-8:30 p.m. | \$250 | 

Basic Essentials of Oil Painting

Instructor: Lincoln Gallery


Have you always wanted to try oil painting? Or maybe you are ready to take your painting to the next level with more foundational practice. This class is for you. Encouraging class instructor, lots of demonstrations for tips and techniques, value and compositional studies, color mixing, and more. All your materials are provided, so come join us to learn the essentials of oil painting and take your painting to the next level!


M | April 7-28 | 9:30 a.m.-3 p.m. | \$445 | 

Paint Your Pet in Pastel

Instructor: Lincoln Gallery

Indulge your love for both art and your furry companions! In this hands-on class, meant for some or no experience in pastels, you'll learn essential techniques for capturing the unique personality of your pet by blending and layering to achieve lifelike textures and understand how to paint their specific features. The instructor will pre-draw your pet for you. Send your photo to her at least one week before the class. You will leave class with a treasured portrait of your pet!


Su | Feb. 9 | 1-5 p.m. | \$135 | 

Su | April 20 | 1-5 p.m. | \$135 | 

Hammered Jewelry

Instructor: Lincoln Gallery


Learn how to make hammered sterling silver and copper jewelry! You will practice hammering techniques using a variety of texturing hammers and learn how to form bracelets, open rings and ear wires. You will come out of class with a sterling silver cuff bracelet, two dainty open rings and a pair of copper earrings on sterling silver ear wires! Each piece will have a unique hammered texture created by you!

Su | Feb. 23 | 1-5 p.m. | \$170 | 

Watercolor with Pen and Ink

Instructor: Lincoln Gallery

Enhance your watercolor painting with pen and ink linework in this two-session workshop. Learn how pen and ink can bring texture and movement to your painting. Apply these techniques to provide a framework that allows watercolor's fluid and transparent nature to really shine! This workshop can accommodate all experience levels.


Su | March 2-9 | 1-4 p.m. | \$185 | 



Mushrooms, Flowers and Gnomes

Instructor: Lincoln Gallery


Can't wait to see color in your garden? Join us for a class on creating glass flowers, mushrooms and gnomes to brighten up your flower beds. In this class you will learn about the properties of glass as well as learn to cut and shape glass to create garden décor. Students will have the opportunity to create several pieces as time allows. Once your creation has been fired in a kiln, you will have a perpetual garden display!

Su | March 30 | 1-4 p.m. | \$130 | 

Painting the Horse and Other Animals

Instructor: Lincoln Gallery

This workshop is for all levels and will cover a range of topics including basic anatomy, sketching and painting techniques, color observation, working with photo references as well as the method Heather uses of a brief underpainting, adding color and capturing the essence of the animal without losing the painterly edges and feel. Join us for this great opportunity of bringing your paintings to the next level!

T, W & Th | May 6-8 | 9:30 a.m.-3 p.m. | \$445 | 

Painting Landscapes With Acrylics

Instructor: Leah Helbak

Delve into the wonderful world of acrylics, painting and color theory. It is a fun, interactive, easy paced class that will show you how to see color and the world through a new lens. With help from the instructor, they will guide you through the painting process and at the end, you will walk away with your own masterpiece! Materials are provided but come dressed to paint! Bring a photo of your favorite landscape to work with!


S | March 8 & 29 | 10:30 a.m.-12 p.m. | \$199 | 

CERAMICS

Hand Building With Clay

Instructor: Carole Merriman


Get your hands dirty and create a work of art with clay! Students will create a full project using simple hand building techniques. This course explores pinch pot, coil and slab, glazing. Complete one project of your choice!

T | April 8-May 6 | 6-8:30 p.m. | \$229 | 

Clay Play Wheel Throwing

Instructor: Carole Merriman


Learn the art of wheel throwing! This studio class explores how to throw basic forms such as bowls and mugs. Students will learn how the firing process impacts the form and aesthetics of a ceramic piece with an emphasis on the design and creation of utilitarian pieces. Throughout class, students will learn to make mugs, bowls, vases.

T | Feb. 4-April 1 (Skip 3/18) | 6-9 p.m. | \$249 | 


Ceramics I **

Explore traditional and contemporary approaches to ceramic form and processes, with an emphasis on hand building techniques, and a basic introduction to the potter's wheel. This course includes basic surface design, glaze, and kiln firing procedures.

Instructor: Sonya PauKune

T & Th | Jan. 21-May 13 | 11:15 a.m.-2 p.m. | \$250 | 


Instructor: Gaylen McQuown

M & W | Jan. 22-May 12 | 5:45-8:30 p.m. | \$250 | 


Ceramics II Wheel Throwing**

Develop your wheel throwing skills in this semester-long class. Students will explore traditional and contemporary approaches to ceramics and forms with an emphasis on wheel throwing techniques and forms. This class covers additional development of surface design, glazing, glaze formulation, and kiln firing procedures. Prerequisite: Ceramics I or instructor permission.

Instructor: Sonya PauKune

T & Th | Jan. 21-May 13 | 11:15 a.m.-2 p.m. | \$250 | 

Instructor: Gaylen McQuown

M & W | Jan. 22-May 12 | 5:45-8:30 p.m. | \$250 | 


CRAFTS

Crochet 101 — Beginners

Instructor: Leah Helbak

Discover the versatile world of crochet! Students will learn common terminology, simple stitches, and the fundamentals to create your own accessories, stuffed animals, coasters, hot pads, and more! All supplies are included in price.

T | Feb. 4-March 4 | 4:30-6 p.m. | \$169 | 


S | April 5-May 3 | 10:30 a.m.-12 p.m. | \$169 | 


DANCE

Country Line Dancing — Beginner

Get ready to kick up your heels and hit the dance floor as you learn energizing choreographies to both classic and contemporary country hits! This lively class not only teaches you fun line dances but also enhances your physical, mental, and emotional well-being. Experience the joy of movement while building confidence and community—no partner or dance experience needed.

Instructor: Country KickUp

S | March 8-29 | 10:15-11:15 a.m. | \$75 | 

W | March 5-26 | 7:15-8:15 p.m. | \$75 | 

Instructor: Christy Lorenzen

T | April 22-May 13 | 7-8 p.m. | \$79 | 

Country Swing Dancing — Beginner

Instructor: Country KickUp

Learn to dance the night away with Country Swing Dancing! This fun, partner dance helps both new and experienced dancers gain confidence in their footwork. Sign up with a partner or join solo with the opportunity to rotate partners.


W | March 5-April 9 | 6-7 p.m. | \$139 | 

S | March 8-April 12 | 9-10 a.m. | \$139 | 

Country Two Step (Couples Dancing — Leads & Follows)

Instructor: Christy Lorenzen

Put on your dancing shoes! Learn the basic footwork and beginner turns to the country two step. Experience how dancing improves physical, mental, and emotional well-being while building community and confidence. No partner or prior dance experience required.


T | March 4-April 1 (Skip 3/18) | 7-8 p.m. | \$79 | 

FABRICATION TECHNOLOGY

Beginner TIG Welding

Instructor: Ed VanDyne



Learn basic welding with a TIG (Tungsten Inert Gas) Welder along with safety protocols, equipment, and the theory and process of welding. Students will leave class with the ability to weld two pieces of steel together. This class consists of two hours of in-class instruction and two hours of individual time scheduled with the instructor.

S | March 1 | 2-4 p.m. | \$199 | 

Blacksmithing: One Day Introduction

Instructor: Otto Engel



This introduction to blacksmithing class will teach you forging mechanics, hammer control, and proper forging techniques as you create several projects, from hooks to leaves. This class covers the beginning of the LV1 ABANA National Curriculum. Upon satisfactory completion of this class, students can get signed off on their NC checklist and be well on their way to LV 1 certification.

S | Feb. 1 | 9 a.m.-4 p.m. | \$250 |  – Berthoud
Su | April 6 | 9 a.m.-4 p.m. | \$250 |  – Berthoud

Blacksmithing: Camp Tools

Instructor: Otto Engel



Geared towards beginners who have never forged steel before, this class focuses on teaching forging mechanics, hammer control, and proper heat-treating techniques while guiding you toward forging a basic bush knife. Each project is designed to expand your skill set as you make a custom set of tent stakes, set of drive hooks, a fork, a spoon and a basic bush knife.

F, S & Su | Feb. 7-9 | 6-9 p.m. (F), 9 a.m.-4 p.m. (S & Su)
\$450 |  – Berthoud
F, S & Su | April 11-13 | 6-9 p.m. (F), 9 a.m.-4 p.m. (S & Su)
\$450 |  – Berthoud

Blacksmithing Level I

Instructor: Otto Engel



In a single weekend, this blacksmithing class will take you from an interest in blacksmithing to actually producing forged ironwork. Each project builds a core blacksmithing skill that is reinforced as you level up your skills. You will work on practice pieces, a set of decorative wall hooks and a large roasting fork. The last day is spent on a project you design yourself using the available materials and your new forging skills!

F, S & Su | Feb. 28-March 2 | 6-9 p.m. (F), 9 a.m.-4 p.m. (S & Su) | \$450 |  – Berthoud
F, S & Su | May 2-4 | 6-9 p.m. (F), 9 a.m.-4 p.m. (S & Su) | \$450 |  – Berthoud

Damascus Knife Making 101

Instructor: Steve Rollert

Our expert instructors will walk you through the entire process of making a 30-layer Damascus knife, step by step. In this immersive weekend class, you'll have the chance to discuss the unique "Dry Forge Welding" technique developed by the renowned experts Steve Rollert and Owen Wood. Then weld a billet, forge, grind a blade and shape a custom handle to make your very own pattern welded knife!

F, S & Su | Feb. 14-16 | 6-9 p.m. (F), 9 a.m.-4 p.m. (S & Su)
\$475 |  – Berthoud
F, S & Su | May 16-18 | 6-9 p.m. (F), 9 a.m.-4 p.m. (S & Su)
\$475 |  – Berthoud

Chef Knife

Instructor: Otto Engel



In this immersive experience, you will learn about different kitchen and chef knife designs, then roll up your sleeves and design, forge, grind, and heat treat your very own chef's knife including shaping and assembling the handle to your liking. Handle and blade materials are provided, but please reach out if you'd like to bring some of your own to make your custom design come to life!

S & Su | April 19 & 20 | 9 a.m.-4 p.m. | \$450
 – Berthoud

Flirt with Fire

Instructor: Otto Engel

Are you interested in blacksmithing? This is a one-time two-hour introductory workshop gives you a taste of forging iron in a small class setting with skilled metal artists. When you Flirt with Fire, you will learn the basics of blacksmithing and leave with a small finished item and potentially, a new passion for the art of blacksmithing!

W | March 12 | 6-8 p.m. | \$100 |  – Berthoud
W | April 23 | 6-8 p.m. | \$100 |  – Berthoud

CHECK ONLINE FOR DETAILS

More class ideas? Requests for your area? Let us know!
continuingeducation@aims.edu or (970) 667-4611



GARDENING

Gardening Series

Instructor: Weld County Master Gardeners

Looking to become a better gardener? Maybe you want to start a garden or enhance what you already have? Through demonstrations and discussions, our experts will cover a variety of topics that everyone can benefit from. This class will focus on topics that are relevant to this time of year. Sign up for classes individually or as a series for a discounted price.

S | March 22-April 5 | 9 a.m.-12 p.m. | \$129 | **G**
S | April 26-May 10 | 9 a.m.-12 p.m. | \$129 | **F**

Gardening Series Part 1

Instructor: Weld County Master Gardeners

Greeley topics will include Summer Bulbs, Gardening 101 and Seed Starting.

Fort Lupton topics will include Waterwise — Xeriscaping, Spring Lawn Care and Weeds — Annual and Perennial.

S | March 22 | 9 a.m.-12 p.m. | \$49 | **G**
S | April 26 | 9 a.m.-12 p.m. | \$49 | **F**

Gardening Series Part 2

Instructor: Weld County Master Gardeners

Greeley topics will include Lawn Care, Composting and Tree Planting and Selection.

Fort Lupton topics will include Summer Bulbs, Varietal Plant Selection and Container Flower Gardening.

S | March 29 | 9 a.m.-12 p.m. | \$49 | **G**
S | May 3 | 9 a.m.-12 p.m. | \$49 | **F**

Gardening Series Part 3

Instructor: Weld County Master Gardeners

Greeley topics will include Bugs, Container Flower Gardening and Weeds — Annual and Perennial.

Fort Lupton topics will include Gardening 101, 10 Unusual Vegetables to Grow in Colorado and Bugs.

S | April 5 | 9 a.m.-12 p.m. | \$49 | **G**
S | May 10 | 9 a.m.-12 p.m. | \$49 | **F**

HEALTH AND FITNESS

Fun and Fit Over 50

Instructor: Devin Zaragoza


Master weight machines, cardio equipment, and free weights while exploring diverse workout styles. This class focuses on strength training, cardio, core stability, balance, and flexibility. Perfect for all levels, you'll gain the skills and confidence to power through any fitness challenge with ease.

M | Feb. 3-May 5 | 10-11 a.m. | \$199 | 

Pickleball

Instructor: Carole Merriman


Get in on the action with this fast-paced, addictive sport that blends the best of tennis, badminton, and ping pong! You'll dive into the basics—rules, scoring, and gear—while hitting the court to experience the thrill of playing. Pickleball is all about fun, energy and friendly competition. Get ready to serve, smash and laugh your way through this dynamic and social game!

M | Feb. 3-May 5 | 8:30-9:30 a.m. | \$199 | 

T'ai Chi**

Instructor: Michael Fenton


Explore Tai Chi as an expression of understanding of self-control, exercise and self-defense. You will learn the history, origin and changes of Tai Chi and the names of movements while practicing the art of Tai Chi!

T & Th | Jan. 21-May 13 | 4-4:50 p.m. | \$109 | 

Cardio Kickboxing Aerobic**

Instructor: D'Ann Anderson

Release stress and have fun while working out! Aerobic kickboxing is an innovative interval training workout that burns fat and increases cardio respiratory endurance. This high intensity course will focus on basic kickboxing moves and technique through hi-low aerobics choreography and target striking. It also includes floor work to focus on toning and flexibility.

T & Th | Jan. 21-May 13 | 9:30-10:20 a.m. | \$109 | 

Indoor Stationary Group Cycle**

Instructor: Erika Escalera


Jump on a bike and let's ride! Boost your cardio endurance and strengthen your muscles in this exciting spin class! You will enhance your aerobic work capacity and improve your pedaling skills. Each exercise session is choreographed to music and includes a complete workout with a warm-up, endurance and cool-down component.

T & Th | Jan. 21-May 13 | 5:45-6:35 a.m. | \$109 | 

Yoga I**

Instructor: Carole Merriman


Embark on a transformative journey into the heart of yoga! This class dives deep into the rich history and empowering philosophy of yoga, while teaching you the fundamental principles of alignment, breath work, and meditation. Through guided practice, you'll explore the art of creating balance, stability, and mindfulness in every pose. Whether you're a beginner or looking to deepen your practice, this course will ground you in the essentials, helping you move with confidence, grace, and inner peace. Rediscover yourself on the mat!

T & Th | Jan. 21-May 13 | 5-5:50 p.m. | \$109 | 

Pilates Matwork**

Instructor: Sandy Myers


Ignite your core and transform your body with this dynamic Pilates matwork class! Build powerful core strength, sculpt lean muscles, and boost flexibility through precision-focused floor exercises. Inspired by the groundbreaking techniques of Joseph Pilates, this class offers a full-body workout that enhances balance, coordination, and mind-body connection.

M & W | Jan. 22-May 12 | 12-12:50 p.m. | \$109 | 

Yamuna Body Rolling 101: Bones, Muscles and Organs

Instructor: Nicole Murphy

Yamuna Body Rolling (YBR) is a self-care system that focuses on stimulating the bones to improve bone health as well as organ and soft tissue function. In this class you will learn routines that will address the major muscle groups, organs, and long lines of connective tissue from the feet to the head. You will feel less pain and better range of motion, in addition to better body awareness with each class. Bring your own Pearl Yamuna ball or purchase one on site. Bring your own yoga mat.


Th | Feb. 6-20 | 12-1 p.m. | \$85 | 

Yamuna Body Rolling 201: Weekend Warrior Recovery

Instructor: Nicole Murphy

Are you interested in enhancing your physical performance for workouts, sports, or active hobbies? If so, this class is a perfect fit for you. In this class, we'll be exploring routines that build on the foundations learned in YBR 101. You'll learn routines concentrating on core strength and nuanced breath work that will deepen your Yamuna Body Rolling experience. These routines aim to boost your strength and coordination, improving your overall function. Work and play with less pain and discomfort. Bring your own Pearl or Black Yamuna ball or purchase one on site. Bring your own yoga mat.


**Students are not required to take the 101 class prior to this class.*

W | March 12-26 | 6:30-7:30 p.m. | \$85 | 

Yamuna Face Sculpting

Instructor: Nicole Murphy


The muscles in your face are different from most muscles in the body. Where most muscles begin on a bone and end on another bone, the face muscles may begin on bone but end on another muscle, fascia, or even skin. Yamuna Face Sculpting is great for people who have tension in the head and neck. Using the face ball kit, you can focus on the eyes, jaws, and neck. You will improve movement in the bones of your face, increase circulation, and improve muscle mobility, function and tone. Face ball kit required.

W | April 9 | 6:30-8 p.m. | \$85 | 

Yamuna Body Rolling: The Guts and the Glory

Instructor: Nicole Murphy

Yamuna Body Rolling is a healing practice for men and women that want decrease pain and improve how their body operates. In this class we will focus on the organs of the torso and abdomen to make space and improve function and posture. Expect miraculous benefits! Bring your own Pearl or Black Yamuna ball or purchase one on site. Bring your own yoga mat.

S | March 1 | 12-2 p.m. | \$85 | 

Senior Yoga

Instructor: Carole Merriman

In this yoga class, we focus on three aspects: alignment, balance, and strength. As we explore individual poses, we follow a safe and structured progression with proper alignment through the use of props, which allow us to hold

the poses for a longer period of time thus building strength. This process helps us explore every aspect of an asana and find a balance between the physical, mental, and spiritual aspect of yoga.

W | Jan. 29-May 7 | 4-5 p.m. | \$109 | 

Fencing: Beginner Level Épée

Instructor: Josh Miller

Prepare to come "en garde" and welcome to Beginner Level Épée! In this class we will learn the fundamental rules and skills of modern Olympic fencing, with particular focus on the épée style of fencing. Students learn skills such as basic footwork and bladework with the épée as well as the basic rules of play and safety requirements of the sport. Instruction will be delivered in a group setting as well as working with a partner, and there will be time for fencing bouts in each class. Equipment will be provided or you may bring your own.

S | Jan. 25-March 1 | 9-10 a.m. | \$159 | 

LANGUAGE

Foundations in Spanish Conversation

Instructor: Louisa Warfield


This beginning conversational class will focus on conversation and communication in Spanish, using vocabulary, grammar structures, and pronunciation we use in everyday situations. This class will help students to learn how to have simple conversations, ask and answer questions and express basic needs and preferences in Spanish.

T & Th | Jan. 28-March 13 | 5:30-7 p.m. | \$199 | 


Spanish Language I**

Dive into the vibrant world of Spanish and discover the joy of communication! This class offers beginning students the skills necessary to understand and speak Spanish. The material includes basic vocabulary, grammar, and expressions that are used in daily situations and in travel.

Instructor: Patricia Escobar

W | Jan. 22-May 7 | 5:30-8:15 p.m. | \$250 | 

Instructor: Elizabeth Grounds


M & W | Jan. 22-May 12 | 5:45-7 p.m. | \$250 | 




Spanish Language II**

Offers students the skills necessary to understand and speak Spanish. The material continues to cover basic conversations patterns, expressions, and grammar. Prerequisite: SPA 1001 with a grade of 'C' or better or instructor permission.

Instructor: Patricia Escobar

M | Jan. 27-May 12 | 5:30-8:15 p.m. | \$250 | 


Instructor: Elizabeth Grounds

T & Th | Jan. 21-May 13 | 5:45-7 p.m. | \$250 | 


Basic Sign Language I**

Immerse yourself in the world of American Sign Language while developing essential vocabulary and conversation skills in this beginner-level class. You'll be introduced to the fundamentals of Deaf culture and the community that uses ASL to communicate.

Instructor: Meghan Rice

M & W | Jan. 22-May 12 | 11:15 a.m.-12:30 p.m. | \$250 | 

Instructor: Chris Ballentine

M & W | Jan. 22-May 12 | 5:45-7 p.m. | \$250 | 

Beyond the Basics: Sign Language

Instructor: Meghan Rice

This is a unique course that is designed with the students in mind. Beyond the Basics: Sign Language teaches students the basics of American Sign Language and about the culture that uses it but also caters to the expressed needs and interests of those who attend the course. Come learn the signs and phrases you have always wanted to learn and more!

T & Th | Feb. 4-March 13 | 6:30-8 p.m. | \$225 | 

Korean Made Simple: Master Basic!

Instructor: Sun Woo Lee

Unlock the beauty of the Korean language with this fun and interactive class designed for beginners! You'll dive into the essentials of Korean literacy, learning how to write and recognize the unique letter forms, master their sounds, and understand how they combine to create syllables.

T | Jan. 21-March 18 | 6:30-8 p.m. | \$199 | 

Travel Korean

Instructor: Sun Woo Lee

Ready to speak Korean like a local? In this class you'll dive into practical grammar through real-world conversations.

This course focuses on how verbs and adjectives transform in different situations, helping you communicate effectively in everyday life. From casual chats to more formal interactions, you'll learn grammar in context, making it easier to speak naturally.

T | March 25-May 20 | 6:30-8 p.m. | \$199 | 

Travel Japanese I

Instructor: James Coburn

This course is designed to do two main things. One is to discuss key places that you should visit to make your time in Japan really enjoyable, as well as etiquette that you should know to avoid having a negative impact on society during your stay. Secondly the class will give you a good understanding of basic phrases and vocabulary for various situations that you may come across during their stay in Japan.

W | Jan. 29-March 19 | 6-7:30 p.m. | \$199 | 

Travel Japanese II

Instructor: James Coburn

In this course, you will build on the skills you gained in the Travel Japanese I course, focusing on intermediate travel-related phrases and vocabulary. You will encounter practical scenarios you might experience in Japan, such as losing your phone or boarding the wrong train, and learn how to explain these situations in greater detail.

M | March 24-May 12 | 6-7:30 p.m. | \$199 | 

Beginning Writing and Grammar Japanese I

Instructor: James Coburn

This course is designed to give you basic proficiency in both written and reading Japanese. It will be split into lessons each week: one day will focus on the development of writing, including the four different writing systems and basic vocabulary development, and the second day will focus on the development of sentence structure and grammar through reading and writing. By the end of the course, you will have a basic proficiency in writing and reading Japanese.

T & Th | Jan. 28-March 20 | 6-7:30 p.m. | \$309 | 

Beginning Communicative Japanese I

Instructor: James Coburn

Designed to give you a solid foundation in oral and listening skills, this class will prepare you for everyday travel and interactions in Japan. You'll practice speaking and pronunciation through engaging partner activities while

building confidence in basic Japanese communication. Plus, you'll get a glimpse into reading Japanese written in the English alphabet, making your journey even smoother.

M | Jan. 27-March 17 | 6-7:30 p.m. | \$199 | 

MUSIC

Instant Guitar for Hopelessly Busy People

Instructor: Craig Coffman


In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture/demonstration. For ages 13+.

S | Feb. 1 | 9 a.m.-12 p.m. | \$75 | 

Instant Piano for Hopelessly Busy People

Instructor: Craig Coffman


In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture demonstration. Ages 13+


S | Feb. 1 | 1-3:30 p.m. | \$75 | 

Get Your Groove On: Introduction to West African Drumming

Instructor: Dee Desnoyers

Do you think you lack rhythm? Don't worry! If you have heartbeat, you've got rhythm! In this high-energy class, experience the joy of traditional West African drumming. We'll explore all part of a rhythm, and by the end of the course, you'll have a basic understanding of hand and bass drum techniques along with an appreciation for this rich musical tradition. No musical experience necessary! Supplies are included. Bring your own drum if you'd prefer.

M | Jan. 27-March 3 | 7-8:30 p.m. | \$189 | 

M | March 24-April 28 | 7-8:30 p.m. | \$189 | 

NEW AGE AND ALTERNATIVE BELIEFS

Awakening Your Intuition Through Clairs Level 1

Instructor: Leanne Psychic Medium

Awaken your Clairs and gain valuable insight into your life! Clairs are the way that the guides of the spirit realm communicate with you and your ways of expressing your intuition. This class will practice exercises and meditations to train you to connect to the six Clairs: Clairaudient (Clear Hearing), Clairvoyant (Clear Seeing), Clairsentient (Clear Feeling), Claircognizant (Clear Knowing), Clairallience (Clear Smelling), and Clairgustance (Clear Tasting).

W | April 2-May 7 | 6-8 p.m. | \$169 |  

Awakening Your Intuition Through Clairs Level 2

Instructor: Leanne Psychic Medium

In this level two class, you will expand upon the Clairs you've already learned through different exercises and meditations. Gain valuable insight into your clairs, learn to trust your intuition, learn the difference between your chatterbox and messages from spirit and meet your primary spirit guide. Prerequisite: Awakening Your Intuition through the Clairs 1 or familiarity with psychometry, remote viewing, psychography, automatic writing, and knowledge of what the Clairs are.

W | Feb. 5-March 12 | 6-8 p.m. | \$169 | 

Beginning Mediumship

Instructor: Leanne Psychic Medium

Have you ever wanted to speak to spirits on the other side? This class helps guide you to tap into spirits in a safe and positive way. The first class will be a guided experience while in a protected positive environment. The second and third classes will help you talk to spirits who transitioned by natural causes, extended illness, and accident. You will ask the spirits to help you develop a way to speak with them to verify their identities, and messages they want to convey.


S | March 29-April 12 | 9-11 a.m. | \$119 | 

Wicca 101: Exploring the Foundations of a Nature-Centric Spiritual Path

Instructor: Selene Rati

Embark on a journey in the ancient European practices of Wicca in this introductory course. This class will provide a comprehensive overview of Wiccan/witchcraft history, deities, holidays, practices, and ethics. Through group participation, discussion and class work students will have a better understanding of wicca as a religion, as a witchcraft

and how the evolution of these practices have changed in mainstream culture.


M | Jan. 27-March 3 | 6:30-8:30 p.m. | \$149 | 

PERSONAL WELLNESS

Navigating End of Life Conversations and Care

Instructor: Cathy Heise

Join a supportive community to explore complex topics surrounding end-of-life needs and care. Through informal presentation and discussion, you'll gain the tools and confidence to navigate care options, initiate sensitive conversations with providers and loved ones, and create plans such as advanced directives that align with your particular circumstances and wishes.

S | Feb. 22 and March 1 | 8:30 a.m.-12 p.m. | \$39 | 

Dealing with a Criminal Assault Using Krav Maga Level 1

Instructor: Brian & Cole Britton


This self defense training course will teach students Krav Maga techniques against a range of attacks, from unwanted advances to violent chokes and knife attacks. Students will learn how to instinctively apply defensive techniques in stressful situations. Each week we will focus on a different defense. Ages 12 and up are welcome.

W | Jan. 29-March 12 | 6:30-7:30 p.m. | \$169 | 

Dealing with a Criminal Assault Using Krav Maga Level 2

Instructor: Brian & Cole Britton

This self defense training course will teach students Krav Maga techniques against a range of attacks, from unwanted advances to violent chokes and knife attacks. Students will learn how to instinctively apply defensive techniques in stressful situations. Each week we will focus on a different defense. Ages 12 and up are welcome.

W | March 26-May 7 | 6:30-7:30 p.m. | \$169 | 


Hands on Herbalism

Instructor: Chrystal Cocek

Learn how to begin buying and creating your own herbal formulas and products. This class will dive into important questions about plant harvesting, preparation, dosage, and

use. Students will make basic preparations of locally grown herbs to create a tea and tincture to take home.


S | Jan. 25-Feb. 8 | 9-11 a.m. | \$139 | 

S | March 22-29 | 9:30-11:30 a.m. | \$119 | 

The Fungus Among Us

Instructor: Chrystal Cocek


We will discover the healing potential of Reishi, Turkey Tail and shiitake, and other common and easy-to-get mushrooms. Learn botanical basics of fungus and how to make your supplements in your kitchen. Discover how to test products purchased from stores for quality and explore the scientific and folk history of psilocybin-containing mushrooms and microdosing. With over 200 species of mushrooms available, there is much to discover!

S | April 12 | 9-11 a.m. | \$79 | 

All About Microdosing

Instructor: Christy Thiel MNT

This class will provide an overview of microdosing, including its history, potential benefits, the science behind this, the legality of microdosing, medications and its risks, protocols and what to expect from microdosing. Students will not participate in or experience microdosing during this class, but rather will learn about the topic.

S | March 22 | 9-11 a.m. | \$59 | 

Intermittent-Fasting for Weight Loss and Disease Prevention

Instructor: Christy Thiel MNT

In this course, we will take a deep dive into Intermittent fasting and its benefits. We will cover several factors that influence the way our bodies work including; the water we consume, the toxins we are exposed to, and what causes relentless sugar/carb cravings. This class will provide you with all of the information to start intermittent fasting safely and for your bod and is meant to be interactive as we will start this intermittent fasting process together -as we learn, we will implement.

W | Feb. 12-April 9 (meetings on 2/12, 2/26, 3/12, 3/26, 4/9) | 5:30-7 p.m. | \$99 | 

Introduction to Emotional and Body Code Healing

Instructor: Kim Jandro

Discover how emotional and body code healing can help you achieve your goals in life! This class explores muscle testing, meditation, journaling, manifesting, soul collage and energy cleansing in the home. Leave with practical and


applicable strategies to practice self care and connect with your own energy.

Th | Feb. 6-March 13 | 6-8 p.m. | \$199 | 

Navigating Grief Together: A Path to Healing and Renewal

Instructor: Eryn Elder

Grief touches every life—it's universal yet deeply personal. If you're ready to navigate the complexities of grief with compassion, connection, and hope, this seven-week grief support group is for you. Guided by the innovative BloomPath® Approach, we'll use holistic tools and strategies tailored to your unique grief journey.


W | Jan. 29-March 12 | 5:30-7 p.m. | \$199 | 


PHOTOGRAPHY

Digital Photography I**

Instructor: Andrew Moline

This class presents the fundamentals of fine art digital photography, including camera equipment and software used for image capture, management and manipulation. Topics include camera settings and exposure control, composition, working with light and time, and creative image manipulation.


T | Jan. 21-May 13 | 5:45-8:30 p.m. | \$250 | 

Th | Jan. 23-May 8 | 5:45-8:30 p.m. | \$250 | 

Portrait Photography**

Instructor: Andrew Moline


In this class, the instructor focuses on the technical and aesthetic aspects of studio and location portrait photography. This course explores the personal style of portraiture, history of the field, and portraiture as a visual language and creative expression. This topic also includes lighting, composition, posing, and equipment selection.

M & W | Jan. 22-May 12 | 5:45-8:30 p.m. | \$250 | 

Studio Photography**

Instructor: Andrew Moline

Are you ready to explore the creative uses of studio photography? In this class you will learn about studio lighting from the perspective of fine art photography with an emphasis on portraiture, three dimensional object photography, and two dimensional collage photography.

M & W | Jan. 22-May 12 | 5:45-8:30 p.m. | \$250 | 



Basics of Photography Concepts

This course focuses on building a strong foundation in photography by exploring essential concepts and techniques to elevate your skills. Through hands-on practice, you'll learn to work with shutter speed, ISO, aperture and manual modes, while understanding light and its impact on your images. This workshop-style course is an excellent introduction to photography.

Instructor: Alan Grajeda

M | March 3-17 | 5:30-8:15 p.m. | \$199 | **L**

S | March 29-April 12 | 10 a.m.-12:45 p.m. | \$199 | **F**

Instructor: Andrew Moline

S | Feb. 8-22 | 12-2:45 p.m. | \$199 | **G**

Introduction to Photo Editing: Lightroom & Photoshop

Instructor: Andrew Moline

Learn basic skills and techniques for digitally altering photos. Become more confident in seeing and understanding how to make images look their best. Photo retouching is a great skill to put on a resume or have in your pocket for your personal or business needs! An Adobe Creative Cloud photography subscription for Lightroom is required for this course. Instructor will assist in signing up on the first day if needed.

S | March 8-22 | 12-2:45 p.m. | \$199 | **G**

Developing Your Photography Skills

Instructor: Andrew Moline

Unleash your creativity and refine your photographic vision in this hands-on course designed for aspiring and intermediate photographers. This class covers essential techniques, including developing composition, understanding of lighting, and optimizing camera settings to achieve more consistent and higher-quality results. This course will equip you with the skills and confidence to begin practicing on your own and elevating your photography.

S | April 5-19 | 12-2:45 p.m. | \$199 | **G**

M | April 7 | 5:30-8:15 p.m. | \$199 | **L**

THEATER

Acting I**

Instructor: Benjamin Kessler

Covers basic acting techniques and approaches including scene study, improvisation, and script analysis. It includes practical application through classroom performance.

T & Th | Jan. 21-May 13 | 4:15-5:30 p.m. | \$250 | **G**

WRITING

How to Write Poetry: An Introduction to Forms

Instructor: Erica Reid

Curious about writing our own poetry? In each session we'll introduce poetic forms beyond the usual sonnet, giving you space to experiment and grow. This class is all about exploration, creativity, and community. Whether you're just starting out or have experience, join us -- each session will feature different poetic forms and prompts for a fresh experience. Deepen your poetry knowledge by pairing these classes with "How to Read Poetry"!

Th | March 27, April 17 & May 8 | 6-7:30 p.m. | \$129 | 

How to Read Poetry

Instructor: Erica Reid

Step into the world of poetry without fear! In each session we'll read incredible and diverse styles of poetry in a welcoming way, while building a vocabulary of poetic terms to apply to any poem you encounter in the future. Each session will feature different poems for a completely new experience each time. Put your new knowledge to work by pairing these classes with "How to Write Poetry"!

Th | March 20, April 10 & May 1 | 6-7:30 p.m. | \$129 | 

All About Creative Writing

Instructor: Tess Haranda


Want to be a writer but not sure where to begin? This class has the answers! Explore genre, story structure and the basics of getting published. Gain tools and references to help strengthen your work.

S | March 22-April 26 | 9-11 a.m. | \$159 | 

Creative Writing**

Instructor: Kristin Abraham

This class examines techniques for creative writing by exploring imaginative uses of language through creative genres (fiction, poetry, and other types of creative production such as drama, screenplays, graphic narrative, or creative nonfiction) with emphasis on the student's own unique style, subject matter and needs.

W | Jan. 22-May 7 | 5:45-8:30 p.m. | \$250 | 


Work and Career

SALES

Fundamentals of Sales

Instructor: Natalie Peterson

This class introduces core sales principles, sales personalities, techniques and strategies essential for driving outcomes. It covers the sales process, effective communication, relationship building and customer needs assessment. Leave with the tools to boost your sales performance and build strong client connections.

T | Feb. 4-March 25 | 6-7:30 p.m. | \$249 | 

COMPUTERS

Intro to Computer Basics

Instructor: Vinci Hui

Microsoft Excel is used to perform numeric calculations rapidly and organize your work or personal life. In this class, you will learn the basic features of the MS Excel program by exploring the capabilities of the software in a hands-on environment. Learn to create professional spreadsheets; work with formulas and functions; use formatting techniques; and develop basic charts and graphs.


F | Jan. 31-Feb. 28 (Skip 2/21) | 1:30-3:30 p.m. | \$129



Excel Basics

Instructor: Vinci Hui

This is a very introductory computer class where we invite students to become comfortable using the computer. You will learn basic computer terms and functions, how to navigate the desktop, basic settings and configurations, file management, Internet skills, email basics, and more in a hands-on environment.

T | April 1-22 | 9:30-11:30 a.m. | \$139 | 

LEADERSHIP AND SUPERVISION

Leadership Series

Instructor: Amanda Ericson

There are so many topics to conquer in order to be a great leader; performance management, communication, employee relations, time management, transitioning employees to new positions and so much more. We will be covering those topics and more in this great class that will prove you were meant to be a great leader.

T | Feb. 4-March 11 | 11 a.m.-12 p.m. | \$250 | 

Leadership Time Management

Instructor: Amanda Ericson

What is leadership and how does it impact your employees? This training examines the difference concepts of leadership and what can be done to continue to engage and inspire employees.

T | Feb. 4 | 11 a.m.-12 p.m. | \$75 | 

Team Building

Instructor: Amanda Ericson


In this class you will gain an understanding of what is a team, how to support the team, and tips to motivate and engage your team. This class should provide you with ideas to take back and implement in your organization immediately.

T | Feb. 11 | 11 a.m.-12 p.m. | \$75 | 

Transitioning to Supervisor

Instructor: Amanda Ericson

Congratulations on your promotion! Now what happens? This training is an overview on how to make the transition from employee to supervisor and some of the challenges in navigating that change.

T | Feb. 18 | 11 a.m.-12 p.m. | \$75 | 

Candid Conversations

Instructor: Amanda Ericson

This training goes over multiple topics such as knowing yourself and others, learning how to communicate and listen respectfully, and understanding bias.

T | Feb. 25 | 11 a.m.-12 p.m. | \$75 | 

Performance Management

Instructor: Amanda Ericson

Performance management is an important part of managing a team. This training discusses performance management as a whole, including performance reviews, coaching employees, disciplining employees, and terminations.

T | March 4 | 11 a.m.-12 p.m. | \$75 | 

Active Listening

Instructor: Amanda Ericson

What is listening? Why is effective communication so important? We will tackle these necessary questions in this training, along with discussing the differences between verbal and non-verbal communication and the barriers to listening.


T | March 11 | 11 a.m.-12 p.m. | \$75 | 

MARKETING

Turn Your Expertise into Income: Build and Launch Your Online Course

Instructor: Karen Fournier

Are you ready to transform your knowledge into a profitable online course or membership site? This hands-on workshop will guide you through selecting the perfect topic, designing engaging content, and structuring your course for maximum impact. You'll walk away with a clear plan, practical tools, and the confidence to share your expertise—and start earning from it! Unleash your brilliance and create a digital product that sells.


S | Feb. 22 | 9-11 a.m. | \$99 | 

WRITING

Technical Writing**

Instructor: Ann Diaz

This class develops skills one can apply to a variety of technical documents. It focuses on principles for organizing, writing, and revising clear, readable documents for industry, business, and government.



Th | Jan. 23-May 8 | 5:45-8:30 p.m. | \$250 | 

ACCOUNTING AND FINANCE

QuickBooks, Series

Instructor: Lana Crowley



This three-part series explores the basic features of QuickBooks; helps students master the software with changing preferences, prices, passwords, and more; and teaches how salary and wage functions work in the software. Students can sign up for the entire series or take the individual sessions.

F | Feb. 28-March 14 | 8 a.m.-5 p.m. | \$299 | 
S | March 29-April 12 | 8 a.m.-5 p.m. | \$299 | 

QuickBooks, Intermediate

Instructor: Lana Crowley



Take your handling of your company's books to the next level! Students will learn how to master the software by using the help screens, setting up preferences, changing inventory prices, and working with inactive items, passwords and more.

F | March 7 | 8 a.m.-5 p.m. | \$115 | 
S | April 5 | 8 a.m.-5 p.m. | \$115 | 

QuickBooks, Introduction

Instructor: Lana Crowley



Learn to navigate the basic features of QuickBooks. Students will create a new company and practice making daily transactions such as checks, invoices, and deposits. You will learn how to utilize QuickBooks screens and inventory feature as well as discuss the chart of accounts.

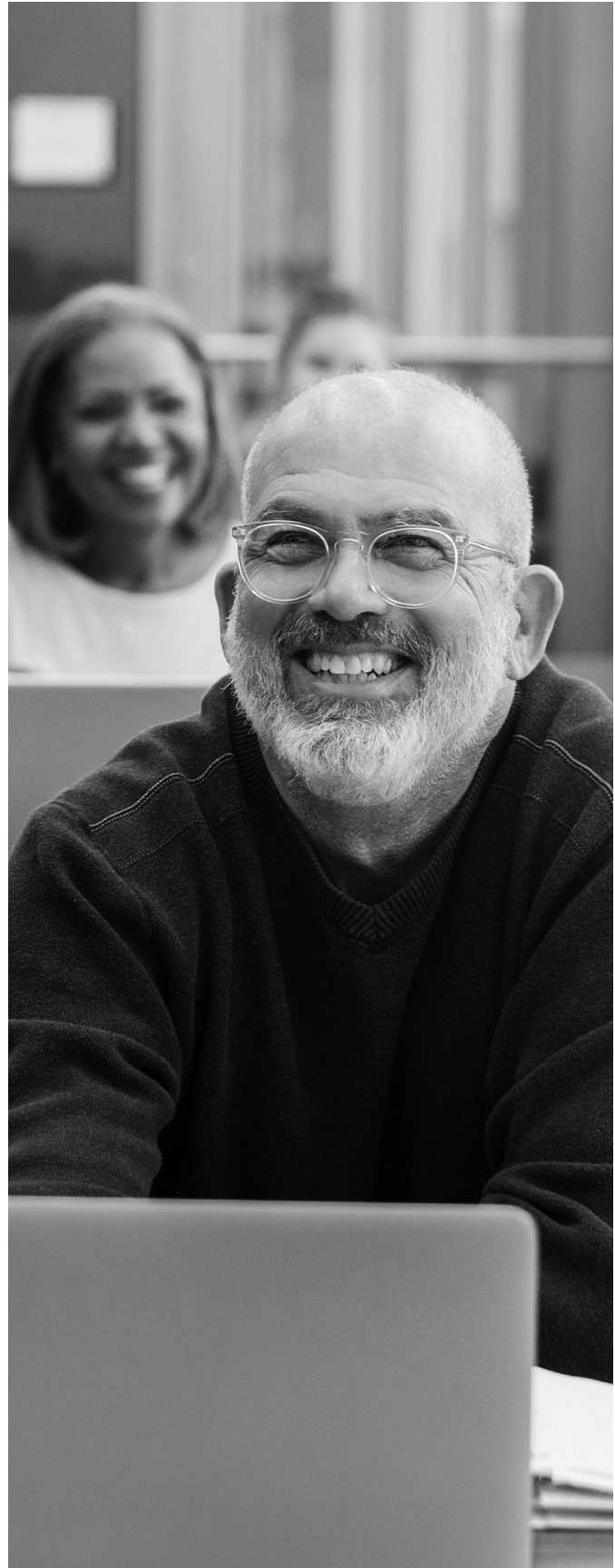
F | Feb. 28 | 8 a.m.-5 p.m. | \$115 | 
S | March 29 | 8 a.m.-5 p.m. | \$115 | 

QuickBooks, Payroll

Instructor: Lana Crowley

Need to get your employees paid accurately, on time and save yourself money along the way? Then this course is for you! You will learn how to use the QuickBooks salary and wage functions; how to get employees set up to get paid; and manage your books and accounting; all in one place.

F | March 14 | 8 a.m.-5 p.m. | \$115 | 
S | April 12 | 8 a.m.-5 p.m. | \$115 | 





Certification Prep Programs

HUMAN RESOURCES

Associate Professional in Human Resources (aPHR Exam)

Instructor: Jeannie Valliere

The Associate Professional in Human Resources (aPHR) is a knowledge-based credential that is designed to certify individuals beginning their HR career journey who have successfully demonstrated foundational knowledge of human resources. This course is an intensive review of the essentials of human resource management and should serve as a thorough preparation for those pursuing their aPHR certification. Book fee is non-refundable.

M & W | March 17-April 9 | 5:30-8 p.m. | \$899 | 

Professional Human Resources Certification Prep (PHR/SPHR)

Instructor: Amanda Ericson

Professional HR certifications are impactful on an HR practitioner's career. The Professional in Human Resources® (PHR®) and Senior Professional in Human Resources® (SPHR®) are some of the most widely held certifications among HR professionals in North America. Eligibility for the PHR and SPHR are both based on a professional level and educational requirements. In essence the PHR is operational and the SPHR is strategic. Each certification supports your career in a different—but equally vital—way. The book fee is non-refundable.

M & W | April 21-May 21 | 5:30-8 p.m. | \$1,150 | 

Scan the code or visit the link to sign up today



aims.co/continuing-ed

Certification Programs

DOG TRAINING


Professional Dog Trainer Full Program

Instructor: Angela Murray

Consider a career as a professional dog trainer! Through classroom and hands-on learning, you'll learn about canine body language, behavior, training, health and wellness as well as the essential aspects of starting your own dog training business. This is the first part of a two-part training program which will prepare students to take the Certification Council for Professional Dog Trainers (CCPDT) exam.

W & every other F & S alternating | Jan. 29-Aug. 27

W - Classroom, 6-8 p.m., F - Hands-on, 6-8 p.m.,


S - Hands-on, 10:30 a.m.-12:30 p.m. | \$1,899 | 

RECOVERY COACH

Aims Recovery Professional Program

Instructor: Clara Cooper

A Recovery Coach promotes recovery and removes barriers and obstacles to recovery. Recovery Coaches serve as a personal guide and mentors for people seeking or already in recovery from addiction to alcohol and/or other drugs. This full program will prepare you to attain a Certificate to start a career as a Recovery Coach.

T & Th | Jan. 28-April 24 (Skip 3/17-3/23) | 5:30-8:30 p.m.
\$1,999 | 

HEALTHCARE

QMAP

This Qualified Medication Administration Personnel (QMAP) course will teach unlicensed healthcare employees to safely administer medications to patients while verifying, communicating and documenting the process. This course is taught by experienced professionals and includes coursework, real-life applications (lab time), and QMAP test.

Instructor: Sylvia Brown

W & F | Jan. 22-31 | W 5:30-7:30 p.m., F 8 a.m.-5 p.m.

\$199 | 

Instructor: LaRee Sanchez

W & F | April 15-25 | W 5:30-7:30 p.m., F 8 a.m.-5 p.m.

\$199 | 

Colorado Medication Aide (COMA)

Instructor: Charity Woedl


Medication Aide Training prepares certified nurse aides to safely administer medications under supervision in various healthcare settings. The training includes pharmacology, medication administration techniques, legal and ethical considerations, and safety protocols. It aims to enhance the skills of healthcare workers, ensuring they can assist with medication management while maintaining high standards of patient care. This training is essential for those looking to advance in their healthcare careers by gaining specialized knowledge in medication administration.

\$1,599 | 

Professional Doula Certification

Instructor: Allo Doula Academy

The Certified Professional Doula™ training course is a 200+ hour doula training course that fully prepares its student to begin work as a professional doula upon completion of the course. It is the first of its kind in the US, offering a full-spectrum training that includes clinical experience and skills-based training.

W | Jan. 29-May 14 | 5:30-9:30 p.m. | \$5,500 | 

CPR and First Aid Classes

For CPR questions/concerns, contact cpr@aims.edu or call (970) 893-9835.

Basic Life Support (BLS) for Healthcare Providers

Instructor: TBD

This class is designed for healthcare providers such as Fire/EMS personnel, physician's, physician assistants, nurses, phlebotomists, radiology technicians, and respiratory therapists. Including those enrolling into Fire and/or EMS programs. You will learn to promptly recognize several life-threatening emergencies, give high-quality chest compressions for adults, children and infants, cardiopulmonary resuscitation (CPR), deliver appropriate ventilations using a barrier device, provide relief of foreign-body airway obstruction and provide early use of an AED. Fulfill a requirement in the field by taking this class and learn lifesaving skills. To view class schedule or to register, go online to aims.co/cpr.

M-Th & S | \$80 |    

Heartsaver First Aid, CPR, AED

Instructor: TBD

This class is geared towards anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), or other requirements or anyone who wants to be prepared for an emergency in any setting. You will learn first aid basics, how to manage a medical/injury emergency before EMS arrives, preventing illness and injury in life or death situations, adult cardiopulmonary resuscitation (CPR) and AED use and opioid-associated emergencies. Upon successful completion of the course, students receive a course completion card, valid for two years. To view class schedule or to register, go online to aims.co/cpr.

M-Th & S | \$70 | 

Heartsaver First Aid CPR AED in Spanish

Instructor: TBD

Esta clase está dirigida a cualquier persona con poca o ninguna formación médica que necesite una tarjeta de finalización del curso para su trabajo, requisitos reglamentarios (por ejemplo, OSHA) u otros requisitos, o cualquier persona que quiera estar preparado para una emergencia en cualquier entorno. Aprenderá los conceptos básicos de primeros auxilios, cómo manejar una emergencia médica o de lesiones antes de que llegue el EMS, cómo prevenir enfermedades y lesiones en situaciones de vida o muerte, reanimación cardiopulmonar (RCP) en adultos y uso de DEA y emergencias asociadas con opioides. Al finalizar con éxito el curso, los estudiantes reciben una tarjeta de finalización del curso, válida por dos años. Para ver el horario de clases, vaya en línea aims.edu/programs/cpr-and-first-aid-classes

O para inscribirse en una clase llame al (303) 718-5313 y pregunte por Natlia o Yajaira por favor.

This class is geared towards anyone with little or no medical training who needs a course completion card for their job, regulatory (e.g., OSHA), or other requirements or anyone who wants to be prepared for an emergency in any setting. If you enjoy outdoor activities or adventuring in the mountains, this class will be crucial if you are faced with an unexpected emergency. You will learn first aid basics, how to manage a medical/injury emergency before EMS arrives, preventing illness and injury in life or death situations, adult cardiopulmonary resuscitation (CPR) and AED use and opioid-associated emergencies. Upon successful completion of the course, students receive a certification that is good for two years. To view class schedule or to register, go online to aims.co/cpr or call (303) 718-5313 and ask for Natalia or Yajaira please.

S | \$70 | 

New Instructor for Basic Life Support (BLS)

Instructor: TBD

The new Instructor course is designed to prepare individuals to teach others how to accurately perform BLS techniques as recommended by the AHA. Participants in this course will learn how to help others acquire the skills and knowledge they need to provide emergency care in a potentially life threatening situation.

Eligibility: Before enrolling, you must contact and be accepted for alignment by the Aims CPR Training Center Coordinator at cpr@aims.edu, possess a valid AHA BLS Provider certification, and be over the age of 16

Steps to become certified: (1) Successfully complete the BLS Instructor Course (this course), (2) Submit an Aims TC Instructor Alignment Agreement form, (3) Instructor Candidate Application, (4) Successfully be monitored assisting with a course taught at Aims within 6 months of completion of this course, and (5) Aligns with the Aims CPR Training Center. To view class schedule or to register, go online to aims.co/cpr.

S | \$200 | 

BLS Instructor Recertification

Instructor: TBD

In order to be eligible for BLS Instructor Certification Renewal, you must meet the following requirements: Your BLS provider card and Instructor Certification must be current (non-expired as of date of class) AND you must have taught or assisted a minimum of 4 BLS or Heartsaver classes in the last 2 years. Upon completion of the recertification class you must, (1) complete a monitoring session at Aims within 6 months of the class and (2) complete an updated TC agreement to complete the recertification process. To view class schedule or to register, go online to aims.co/cpr.

S | \$100 | 

Heartsaver Instructor Recertification (K-12)

Instructor: TBD

In order to be eligible for Heartsaver Instructor Certification Renewal, you must meet the following requirements: Your Heartsaver or BLS provider card and Instructor Certification must be current (non-expired as of the date of class) AND you must have taught or assisted a minimum of 4 Heartsaver classes in the last 2 years. Upon successful completion of the recertification class you must, (1) complete a monitoring session at Aims within 6 months of class and (2) complete an updated TC agreement to complete the recertification process. To view class schedule or to register, go to aims.co/cpr.

M-Th & S | \$100 | 

Sign up today!

Fill out this form and mail it to the address below or visit aims.edu/continuing-education to register online.

CONTINUING EDUCATION REGISTRATION FORM

STUDENT INFO

First Name		Last Name	
Birth Date			
Address			
City/State/Zip			
Phone			
Email			
Occupation			Gender: _____

COURSE REGISTRATION DETAILS

Course Name	Start Date	Price	Check the box if you would like to earn CEUs for this course
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>
			<input type="checkbox"/>

Aims Community College | 104 E. Fourth Street | Loveland, CO 80537

HOW TO REGISTER

- ▶ **Register online** at aims.edu/continuing-education using our secure online registration system. Register with a credit card.
- ▶ **Register by mail.** Download and print the registration form and mail it with a check to:
Aims Community College – Greeley Campus
Cashier's Office
P.O Box 69
Greeley, CO 80632
- ▶ **Register in Person.** Drop off the completed registration form with exact cash or check payment. For credit card payments, please include an email address so we can send you a payment link.

Greeley Campus – Welcome Center,
Cashier's Office

Fort Lupton Campus – Prairie Building Front Desk

Loveland Campus – Front Desk

REFUND POLICY

Please read carefully before registering for class.

Continuing Education may cancel any class or program that does not meet the minimum enrollment. A refund will be issued to those who register for a class that is canceled. Refunds will also be given if weather or an emergency causes a class to cancel. To drop a class, you must request a refund three working days before the start of the class. No refunds will be given once the class has started.

AGE RESTRICTIONS

Continuing Education classes are intended for students ages 16 and up, unless otherwise specified in the catalog listing. For questions about registering underaged students, contact our office.

PRICING

Continuing Education class prices are determined by multiple variables including instructor, location and supplies.



104 E. Fourth St.
Loveland, CO 80537

POSTAL
CUSTOMER

NONPROFIT ORG
US POSTAGE
PAID
GREELEY, CO
PERMIT #102
EDDM

ECRWSS

All in on lifelong learning.

Here's what our students
say about our classes:

Colorado Medication Aide with Charity Woodl

"I honestly can't thank you enough! As old as I am ***I have never felt so accomplished and smart.*** Charity is such a great inspiration, her patience, dedication, and her ability to understand that everyone learns differently. She's amazing. Thank you and Charity for the opportunity."

Basics of Photography with Andrew Moline

"Andrew was a great teacher! He made the class enjoyable and made the material so easy to understand. ***It was a comfortable environment which allowed our class to have a lot of great conversations around the class material.*** I feel like I learned a lot!"

Divination with Selene Rati

(Sign up for Wicca this spring!)

"Selene is an ideal instructor, she has a vast knowledge of the subject matter, and ***makes it easy to learn!***"



Crochet 101 with Leah Helbak

"The ***patience and approach to each student was tailored to each individual, as well as the class as a whole***, which is only a sign of a great teacher!!"

Intermittent Fasting with Christy Thiel

"Christy was amazing. She shared her knowledge and recommendations and ***I learned so much in this class. I am so happy I took it!***"

Navigating End of Life Care with Cathy Heise

"This is a great topic. ***The instructor's deep commitment, calm demeanor and reassuring attitude were the most valuable things about this class.***"



REGISTER NOW!

aims.co/continuing-education



aims.edu
LOVELAND
GREELEY
FORT LUPTON
WINDSOR
ONLINE

Aims
COMMUNITY COLLEGE

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