



Eldora Boarder by Jim Pedersen



winter 2012

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Boulder Valley
School District

Boulder Valley
School District RE 2
P.O. Box 9011
Boulder, CO 80301

classes for the community
running january 10 - april 15

Lifelong Learning

COMMUNITY SCHOOL PROGRAM

WWW.BVSD.ORG/LLL

Please recycle this catalog or pass it on.

WELCOME TO OUR WINTER CATALOG

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Lifelong Learning offers online classes. See page 5 for details or visit our Web site.

Get a certificate in social media. Start your own business. And do it all online from your home or office, at your convenience, any time, day or night.

Online Lifelong Learning classes include: "Dementia Care Specialist," "Social Media for Business Certificate Program," and three individual social media courses (see page 5) taught by Certified Online Instructors and including students from all over the United States.

How the Courses Work:

It's easy to participate. After you register, you'll be given a Web address and password allowing you to gain access to your online classroom. Once inside, you may participate as much or as little as you like, 24 hours a day, seven days a week. Complete instructions are provided when you sign up and log on.

To find out more, please call our Registrar at 720-561-5968 or register online at www.bvsvd.org/lll

New Classes for the New Year

ENERGIZE
DEVELOP
CREATE
RE-THINK
IMPROVE
EXPLORE
HEAL
EXPAND
SUPPORT



REFLECT
PLAN
ENHANCE
REPAIR
DEEPEN
CLARIFY
INSURE
RECONNECT
COLLABORATE
CHEER

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and many more!

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About the Cover Artist: Jim Pedersen

Jim Pedersen, an award-winning painter whose work has been featured in Artist's Magazine, Southwest Art Magazine, and Watercolor Magazine, has been teaching art for 35 years. For information about his Beginning Watercolor class, please see page 9.

The Lifelong Learning catalog is printed on recycled paper using soy inks.

The Lifelong Learning catalog is produced by the Boulder Valley School District Community School Program

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6500 Arapahoe Ave. / P.O. Box 9011 / Boulder, CO 80301 / Voice (303) 447-1010 ex6082 / TDD (303) 447-5488

FOOD & DRINK

Vegan Cooking Demystified

New!

Discover the abundant and delicious world of plant-based foods in this series of hands-on classes. At each meeting, we will cook and eat vegan goodies. Web sites, cooking blogs, and cookbooks will be explored. Learn the basics of what "vegan" is along with the latest nutritional information on replacing meat, dairy, and eggs, with an emphasis on using whole foods. We will look at all the great alternatives to cow's milk and dairy products and discover tofu's unique versatility—the huge variety of types available and what each one is best used for (such as Crispy Fried Tofu, Eggless Egg Salad, and Lemon Tofu Cheesecake). The final session features Vegan Baking. You will wonder why everyone doesn't bake vegan after learning some simple substitutions and trying out a few recipes! A materials fee of \$15 is payable to the instructor at class. *Dale Ball has been vegan for six years, and has cooked and baked for classes, bake sales, and special events. She enjoys helping others discover the joys of vegan cooking.*

Mon Jan 30 - Feb 27
4 sess (no class on Feb 20) 6:30-8:30 pm
Southern Hills Middle \$119

Moles, Pepians, and Salsas

New!

Sabor! Discover a wealth of culinary riches in the traditional flavors and ingredients of sauces from rural Mexico. You will learn to shop for and prepare delicious dishes of the Mayans and learn the cultural customs of these foods. We will prepare a sampling of *moles* from Oaxaca, *pepians* from a variety of seeds and nuts, and *salsas* to excite your palate and compliment the new dishes you have learned to make. A materials fee of \$15 is payable to the instructor in class. *Deborah Gallagher has studied the foods of many cultures and lived and traveled extensively in the Caribbean. She owns a catering company that specializes in Caribbean cuisines and air and sail provisioning.*

Sat Jan 21
1 sess 10:00 am-2:00 pm
Southern Hills Middle \$65

Mediterranean Bistro Cooking

New!

Tour the flavors of Spain, Italy, and France through the culinary experience of bistro cooking and dining. We will prepare simple fare with the freshest local ingredients (which are the benchmark for traditional bistro foods). Explore a variety of small and simple plates that will be a wonderful addition to your culinary repertoire. A materials fee of \$15 is payable to the instructor in class. *Deborah Gallagher (see Moles, Pepians, and Salsas)*

Sat Feb 4
1 sess 10:00 am-2:00 pm
Southern Hills Middle \$65

Caribbean Classics

New!

Callaloo, Roti, Jerk Chicken, and Conch Fritters are just some of the ubiquitous foods that conjure images of island breezes, palm trees, white sand beaches, and the clear blue waters of the Caribbean Islands. Sail through the preparation of these sumptuous local dishes while we explore island-style recipes. A materials fee of \$15 is payable to the instructor in class. *Deborah Gallagher (see Moles, Pepians, and Salsas)*

Sat Feb 25
1 sess 10:00 am-2:00 pm
Southern Hills Middle \$65



Food in the Movies

New!

Explore the recipes and cultural traditions of *la cocina de Mexico* in Laura Esquibel's recipe novella *Like Water for Chocolate*. As Tita struggles to find her independence and true love, we are introduced to several ubiquitous Mexican dishes and recipes that are prepared by the characters (which we will also prepare and enjoy). Please preview the film prior to class. A materials fee of \$25 is payable to the instructor. *Deborah Gallagher (see Moles, Pepians, and Salsas)*

Tue Mar 13 & 20
2 sess 6:30-9:00 pm
Southern Hills Middle \$85

Learn to Cook Faster, Tastier, and Cheaper

Chef Cheyne Keith will share his 36 years of culinary experience in an exciting and down to earth class. You will learn professional tricks that maximize taste while minimizing cost and time. While this program is technique-based, we will also explore cuisines, products, and spices from around the world, including Mediterranean, Indian, Cajun, and S.E. Asian. A materials fee of \$40 is payable to the instructor in class. *Cheyne Keith was trained at America's premier culinary academy, the Culinary Institute of America. He has cooked for over 25 years in Manhattan, Seattle, Copenhagen, and Colorado.*

Tue Jan 31 - Feb 28
4 sess (no class on Feb 21) 6:30-8:30 pm
Arapahoe Campus \$119

Culinary Arts Boot Camp

Become the cook you always wanted to be as you learn professional techniques that are rarely taught. Each evening will be a fast, furious, and fun learning experience that ends with a feast. With technique mastery as the goal, we will explore basic and advanced sauces, sauté mastery, international sensations (including Thai, Vietnamese, and Indian), and breads, pizza, and pasta. A materials fee of \$35 is payable to the instructor. *Cheyne Keith (see Learn to Cook Faster, Tastier, and Cheaper)*

Wed Mar 7 - Apr 4
4 sess (no class on Mar 28) 7:00-9:00pm
Southern Hills Middle \$119

Canning 101

Have you ever marveled at the gem-like arrays of jams and jellies in the market? Wondering how they do it? Then it's the perfect time to learn to can! We'll make pickles, salsa, jams, and jellies to get you going. A materials fee of \$25 is payable to the instructor in class. *Elizabeth Ritter has been happily (and safely) canning for more than 20 years and has taught sterile technique to nursing and pre-med students (while getting her MS in Microbiology).*

Thu Mar 1 - 15
3 sess 6:30-8:30 pm
Southern Hills Middle \$95

Beer Appreciation

Guided Tasting Tours with Boulder-Area Brewers

Learn about beer styles that have surged in popularity as a result of the efforts of more than 1800 independently owned craft brewers now plying their trade coast-to-coast. Meet some of America's most prominent craft brewers who call Boulder County home. Understand the positive social and economic impact these thriving small businesses have on their local communities. On the first night, join us at the Southern Sun Pub and Brewery for a Lifelong Learning rite-of-passage as the brewers of the Mountain Sun and Southern Sun Pubs steep us in the widest array of Stouts in Boulder County. Then, taste India Pale Ales at Boulder Beer Company and winter and strong beers with food at the Walnut Brewery, featuring bock beers, barley wines, and other styles for the winter. A materials fee of \$45 is payable to the instructor. *Jeff Mendel is a partner at Left Hand Brewing Co. in Longmont, and a judge at the Great American Beer Festival. He has been involved in the craft beer industry for 25 years.*

Thu Feb 23 - Mar 8
3 sess 7:00-9:00 pm
Selected Breweries in Boulder County \$79

Wine Tasting

Cabernet Sauvignon from around the World

It's time to get more intimate with one of your favorite varietals. Why are some regions better than others? Have fun tasting new wines, pair them with some great appetizers, and ask your questions! A \$25 materials fee is payable to the instructor in class. *Manuel Sanchez, owner of West End Wine Shop in Boulder, was born and raised in Montreal, Canada. He has a sommelier certification and is determined to share his passion for wine in a fun, relaxed environment.*

Mon Jan 30
1 sess 6:30-8:30 pm
Trattoria on Pearl, Boulder \$49

Wine Tasting

Discover the Wines of Argentina

Taste Malbec, Cabernet Sauvignon, Syrah, and Chardonnay. Indulge in a few glasses of fine wine as you learn about Argentina's geography and culture. A \$25 materials fee is payable to the instructor in class. *Manuel Sanchez (see Cabernet Sauvignon from around the World)*

Mon Mar 5
1 sess 6:30-8:30 pm
Trattoria on Pearl, Boulder \$49

Make Your Own Baby Food

New!

Making your own baby food is easier than you think! During this demonstration and hands-on class you will watch the selection, preparation, and storage of wholesome food for your baby. Participants will leave with some samples for baby to try. A \$10 materials fee is payable to the instructor in class. *Julie Olsen is the Culinary and Family and Consumer Sciences teacher at Monarch High School. She is a professional culinary educator and pastry chef who also has a degree in Nutrition and Dietetics. She believes in a whole-food cooking concept and tries to incorporate a healthy flair to everything she prepares.*

Tue & Thu Jan 31 & Feb 2
2 sess 6:00-8:30 pm
Monarch High \$75

COMPUTERS

Intro to Windows

Learn all the basics of using computers with the Windows 7 operating system. (The differences between Windows XP and Windows 7 will be discussed in class.) We will start with an overview of the hardware and accessories, including the mouse, keyboard, and desktop. Then we will learn about files, folders, windows, menus, shortcuts, starting and switching applications, organizing the hard drive, and accessing the Internet. You will gain basic skills needed in today's computer-dependent world. No computer experience is required. *Diana Baranauskas, owner of PC Obedience, which offers group and private instruction in software applications, has 20 years of experience teaching all levels of students, from the nervous novice to the accomplished operator. She is known for her patience and humor.*

SESSION A:

Tue	Jan 24 – Feb 7
3 sess	6:00-9:00 pm
Arapahoe Campus	\$135

SESSION B:

Tue & Thu	Mar 13 - 20
3 sess	6:00-9:00 pm
Arapahoe Campus	\$135

Microsoft Word for Everyone

This class is designed to make beginners proficient and non-beginners efficient. The tips, tricks, and shortcuts we cover will make this class worthwhile for most users. We start at the beginning—learning to create, format, print, save, and retrieve documents. Then you will learn: how to move around a document without using the scroll bar; selecting text without using the mouse; changing fonts and inserting symbols without a pen; setting margins; inserting page breaks. You will also become familiar with the built-in spell checker, increase your vocabulary with the thesaurus, learn about the grammar checker, and how to use the help files. Then we will move on to some of the finer points of Microsoft Word including hyperlinks, tabs and indents, numbered and bulleted lists, borders and shading, headers and footers, page numbering, comments, tables and graphics. Prerequisite: basic knowledge of Windows or proficiency using a Mac. This class will be taught on PCs, and while the software is similar to Word 2011 for Mac, the differences between the two will be pointed out. Open Office user? Yes, you can take this class with your laptop. *Diana Baranauskas (see Intro to Windows)*

Wed	Feb 8 - Mar 14
6 sess	6:00-8:30 pm
New Vista High	\$195

QuickBooks Professional

Tired of keeping shoeboxes full of receipts? This is the class for you! QuickBooks can help you manage your business accounting easier than ever. Learn to set up this program with simple forms (for checks, paychecks, bills, estimates, invoices, and receiving payments). You will then be able to generate the reports that you need. We will also go over routine monthly, quarterly, and annual accounting tasks. This class will be tailored as closely as possible to the needs of the participants. Bring all of your questions and laptops (especially if you use a Mac), if you wish. *Diana Baranauskas (see Intro to Windows)*

Sat	Feb 11 – 25
3 sess	10:00 am-2:00 pm
New Vista High	\$165

Computer Hygiene

Are you worried about viruses? Trojans? Spyware? Is your computer not working up to par? There are steps that you can take to keep your computer running smoothly and efficiently. Your Windows computer comes preloaded with utility programs that will keep it running as happily as possible. Discover how to use them. Learn about the files that can be safely deleted and then discover your Scan Disk, Disk Defragmenter, and Back Up programs. Stop listening to your brother-in-law and find safe downloads that will make your computer thank you! Basic Windows experience required. Feel free to bring your laptop to class. *Diana Baranauskas (see Intro to Windows)*

Thu	Mar 8
1 sess	6:00-9:00 pm
New Vista High	\$49

Beginning Excel

Get started with Excel 2010. The hands-on aspect of this class will have you creating your own useful spreadsheets by the time it's over. You'll learn the basics of entering data, making it look pretty, and writing formulas to make sense of your personal or business information. You'll learn some neat tricks to easily move around the spreadsheet. Together, we'll create tables of financial data and learn how to analyze them—where DOES all your money go, anyway? We'll explore the fundamentals of printing, sorting, and graphing information and examine times and dates, dollars and percents. You'll be able to explore the all-important Function Reference on your own! If you've used Excel before but never had formal training, are still using green paper pads, or want to be able to demonstrate Excel skills at a job interview, this class will get you started with one of the most powerful pieces of software at your disposal. A materials fee of \$7.50 is payable to the instructor in class. *Bill Hermanson has been using spreadsheets both personally and professionally since the early days of Lotus 1-2-3. As a former "rocket scientist," he developed engineering spreadsheets to help him design the flight computers now aboard the Hubble Space Telescope. Now the owner of a Excel Expert, LLC, Bill is dedicated to developing custom spreadsheets for clients, and is fond of saying (and he can prove it!) that he can make Excel do anything!*

Thu	Jan 26 – Feb 16
4 sess	6:30-9:30 pm
Arapahoe Campus	\$165

Intermediate Excel: Focus on Functions, Formulas, and Formats

Begin with a quick review of the basics of Excel, but rapidly expand into formulas, functions, and formats. A thorough explanation of "cell referencing" will give you the methods you need to make large swaths of equations by only writing one! Learn about the Function Reference, which is the key to using Functions that perform common mathematical and statistical calculations; these are the ones that you'll end up using in every spreadsheet you make. We'll discuss in detail all the date and time, text, and logical functions, especially the powerful IF statement, which lets your worksheet make decisions based on your data. A comprehensive Excel workbook loaded with example functions and formulas will be used hands-on by each student throughout the entire class. Many tricks and techniques for creating spreadsheets faster and easier will be demonstrated. If you have great ideas for making spreadsheets but can't seem to get started, this class will get you off Cell A1 and into the world of worksheets! A materials fee of \$7.50 is payable to the instructor in class. *Bill Hermanson (see Beginning Excel 101)*

Tue & Thu	Feb 28 - Mar 8
4 sess	6:30-9:30 pm
Arapahoe Campus	\$165

Photoshop

Explore the creative possibilities that Photoshop has to offer in this hands-on class for beginners. With an emphasis on understanding the elements of what makes up a digital image, we will work on images provided in class. Projects include everything from simple color correction to complex photo retouching including black-and-white from color images. We will cover just what is coming out of the camera, resolution, layer masks, special filters, and adjustment layers, plus much more. *Bill Guy, BS, is a professional photographer and teacher with over 20 years of experience in both film and digital photography. He is a member of the National Association of Photoshop Professionals, and he currently works for both the Fort Collins Digital Workshops and the Center for Fine Art Photography.*

SESSION A:

Tue	Jan 31 – Feb 28
4 sess (no class on Feb 21)	6:30-9:00 pm
Arapahoe Campus	\$145

SESSION B:

Wed	Feb 29 – Mar 21
4 sess	6:30-9:00 pm
Arapahoe Campus	\$145

SESSION C:

Tue & Thu	Apr 17 – May 1
4 sess (no class on Apr 26)	6:30-9:00 pm
Arapahoe Campus	\$145

Make Your Own Web Pages Level 1

This course will provide an introduction to the basic concepts and techniques of designing Web pages with HTML and CSS. You will learn the concepts behind Web pages, what Website servers do, and how Website languages work. Upon completion of this course, you will be able to create HTML files for displaying content in a Web page and use CSS to style the Web page with colors, fonts, images, and more. You will learn about various software applications that can be used to help you achieve your goals in design and also gain understanding in basic design best practices. This course is ideal for making simple but functional Web pages for small business, community organization, or hobbies. Prerequisites: Basic mouse and keyboarding skills and use of a Windows-based Personal Computer. *James Baker is a Website developer for Markit on Demand, a global financial information services company with over 2,300 employees. He spends most of his time working with complex coding and financial systems.*

Sat	Jan 21 & 28
2 sess	9:00 am-1:00 pm
Southern Hills Middle	\$129

Make Your Own Web Pages Level 2

Gain more in-depth understanding about creating Web pages using HTML and CSS, and JavaScript to add rich features to your Web pages. This course teaches you more in-depth concepts behind building Web pages in HTML and CSS, as well as introducing JavaScript for creation of feature-rich pages. Upon completion of this course, you will be able to create HTML files, style them with CSS, and use JavaScript to add unique features and animations to your Web page. You will also be introduced to Server-side scripting languages to assist in features like sending emails, creating contact forms, and more. Prerequisite: Make Your Own Web Pages: Level 1. (It would also benefit those who have created a Web page and are ready to increase their knowledge of HTML). *James Baker (see Make Your Own Web Pages, Level 1)*

Sat	Feb 18 & 25
2 sess	9:00 am-1:00 pm
Southern Hills Middle	\$129

Designing Websites with CMS and Blogging Systems

New!

Do you have a basic understanding of Website design but would like to learn how to harness CMS systems like Joomla and blog systems like WordPress to create more powerful Websites and blogs for you or your business? In this class, you will take your basic understanding of HTML, CSS, and JavaScript and apply it to pre-built Content Management Systems (CMS) and blogging systems. Dynamic and easy to administer Websites and blogs will be our goal. Upon completion of this course, you should be able to install a CMS or blog system, configure it on your server, add templates to the system, and make updates without heavy use of programming languages. Prerequisites: Make Your Own Web Pages Levels 1 and 2. *James Baker (see Make Your Own Web Pages, Level 1)*
Sat Mar 10 & 17
2 sess 9:00 am-1:00 pm
Southern Hills Middle \$129

Social Media Soup: Making Sense of It All

B2B, B2C, P2P, SEO, SEM and others are ingredients in the social network marketing world. In this three-session course, you will gain information that will help demystify Facebook, LinkedIn, Twitter, Google, and other social media concepts. You will also learn about the financial benefits to you personally and your business professionally. We will discuss more than 50 real-life case studies, how Search Engines work, what are the key customer service/support benefits to Twitter, and what are the top reasons to use LinkedIn. *Thomas B. Cross is an avid social media expert focusing primarily on Twitter, a CrossTalk blog, LinkedIn, and CrossPinPoints (online marketing communications solution). He assists businesses in maximizing their social media messages.*
Thu Mar 1 - 15
3 sess 6:30-9:00 pm
Arapahoe Campus \$115

Surf the Internet like a Twenty-something

Searching on the Internet will be the focus of this geared-for-everyone class. Learn the tricks that will help you find information faster than, yes, an "Internet generation" kid. Let a modern librarian take you into the Internet age with confidence. If you thought you could use the Internet effectively, you will be astonished at how much better you will surf! *With a Master's degree in Information and Learning Technology, Cheyne Keith will bring both the technophobic student and the normally competent surfer way forward in their data and information finding skills.*
Tue Jan 24 & 31
2 sess 6:30-8:30 pm
New Vista High \$75

Dreamweaver Website Design

Dreamweaver is the industry-leading Web design and production tool. We will cover everything you need to know to build and maintain a Website from the ground up, including: HTML basics; site definitions; text formatting; links; CSS (Cascading Style Sheets); table and CSS-based layouts; templates; Javascript behaviors; search engine optimization; and publishing. Experience with Windows is required for this class. HTML and graphics experience is helpful but not required. Students are encouraged to bring their own content and graphics for use in class. *Mark Magee is an enthusiastic instructor with over 10 years of classroom experience. Outside of the classroom he is a freelance Web designer and graphic artist who believes that simple and organized designs are most effective. He has a Master's Degree in Instructional Design and Technology from Philadelphia University.*
Wed Feb 1 - 22
4 sess 6:30-9:00 pm
Arapahoe Campus \$185

Building Your Business Online

New!

Did you know that 96% of the 30+ year-old world population is on-line? By 2012, it is estimated that 217 million Americans will be online (about 71% of the total US population). In addition, the fastest growing segment of Facebook is females ages 55 to 65. If you think that this population may be interested in what you have to offer through your business, this class is for you. You will learn the details of why you should go online, how to get your online business set up, who your customers are, and the best ways to reach them. This class is for anyone (even the non-techie!) looking for simple, practical ideas and resources for building an online income. A materials fee of \$15 is payable to the instructor in class. *Nana Mizushima is a teacher, "how-to" writer (author of several books on Amazon), and Blog creator (http://Nanamiz.com). Nana takes a non-techie, direct approach to teaching which allows students to use the information as quickly as possible.*
Sat Feb 4 & 11
2 sess 9:00 am-2:00 pm
Southern Hills Middle \$165

Classes in Collaboration with the YWCA

Just Shoot It! Taking Better Photos with Your Digital Camera for Women

Digital cameras offer all kinds of benefits, but they can't take great photos by themselves! During a hands-on photo shoot, you'll learn the composition basics of successful pictures, including strong subjects and backgrounds, eye-catching angles and framing, favorable lighting, and most all, joyful, experimentation. We'll spend the second session enhancing our photos digitally, with easy-to-use computer software. You'll learn to crop photos, change color, adjust lighting, and more. With the focus on fun, this is a great class for beginners of all ages. No previous experience necessary. *Jennifer Klimowicz, the EDGE Program Manager at the YWCA of Boulder County, has been developing curriculum for adults and children for over 10 years. She is enthusiastic about helping expand their knowledge with the help of technology.*
Tue Jan 17 & 24
2 sess 6:00-8:00 pm
YWCA, 2222 14th Street, Boulder \$69

How to Use YOUR Digital Camera Digital Camera Basics for Women

Would you like to get those pictures off your camera where you can enjoy them? Bring your digital camera and accessories to class and learn how to use them. The goal of this class is to give the new digital photographer a basic understanding of the camera, computer interface, and what to do with digital images. Learn how to view pictures on your computer, share them, and get them printed. No previous computer experience is necessary. Bring your digital camera and cords to class. (If you do not have a digital camera, come anyway and learn how to choose one. Several digital cameras will be available for student use during class.) *Jennifer Klimowicz (see Just Shoot It!)*
Tue Jan 31 & Feb 7
2 sess 6:00-8:00 pm
YWCA, 2222 14th Street, Boulder \$69

Digital Photography Classes for Men and Women on page 9

Picture Yourself Creating with Photoshop Elements for Women

Are you ready to do more with your digital photographs than store them away on a disc? Be prepared to unleash your creativity as you explore what can happen when you combine digital photography with the amazing features of Photoshop Elements 5.0! Begin by examining the tools that are available for editing your images, including color management, filters, layers, and more. Have fun with your photographs as you use them to create greeting cards, scrapbook pages, and other unique works of art. *Jennifer Klimowicz, the EDGE Program Manager at the YWCA of Boulder County, has been developing curriculum for adults and children for 10 years.*
Tue Feb 28 - Mar 13
3 sess 6:00-8:00 pm
YWCA, 2222 14th Street, Boulder \$115

Online Classes at Your Convenience!

Individual Social Media Courses:

Introduction to Social Media

Feb 6 - Mar 2; \$195; Jennifer H. Selke, instructor.

Marketing Using Social Media

Mar 5 - 30; \$195; Suzanne Kart, instructor.

Integrating Social Media in Your Organization

Apr 2 - 27; \$195; Jennifer H. Selke, instructor.

Take all three classes for \$495 and get a Social Media for Business Certificate.

Dementia Care Specialist

This course provides essential knowledge and understanding about neurological diseases that affect cognition and memory, and practical application of effective skills for supporting persons with dementia.
Feb 6 - March 30; \$495; Pamela Atwood, instructor.

For complete course descriptions, please visit our Website at www.bvscd.org/lll or call our Registrar at 720-561-3768

Social Media for Real Estate Professionals

Social media network marketing is a rapidly growing and critical business strategy with proven success stories and return on investment. In this course, Real Estate professionals will gain information that will help maximize the personal and professional benefits of Facebook, LinkedIn, Twitter, Google (search and social), and other social media concepts. How Search Engines work, key customer service/support benefits to Twitter, LinkedIn, mobile apps (such as Apple, Android), and other social media marketing types will be covered. You will leave class knowing how to increase revenues, expand market share, and improve customer relations. *Tom Cross, BS, MS, is a course developer and instructor with more than 20 years experience in marketing, marketing communications, social media, and thought leadership in product and social media applications. His Websites include: <http://crossnetpoints.com>, <http://socialbusinesscollege.com>, <http://irecal.com> and others.*
Sat Feb 25
1 sess 8:00 am-4:30 pm
Southern Hills Middle \$115

This is a DORA approved course: #3573

MONEY



Preparing Your Own Tax Return

New!

Planning to prepare your own tax return? This class will de-mystify the IRS requirements for the most important credits and issues associated with filing a personal tax return. It will help you avoid the 10 most common errors and provide you with an understanding of the requirements for filing as Head of Household or Qualifying Widow; it will give you an understanding of the Child Credit, Additional Child Credit, Educational Credits, Educator Credits, Adoption Credits, Child Care Credits, and Credit for the Elderly and Disabled. We will discuss the requirements of Earned Income Credits and IRA contributions, and you will learn about the recognition of income, pro-ration of annuities, taxes on state refunds, unemployment insurance, early withdrawals, home office deductions, self-employment tax, and repayment of first-time home buyer credits. You will receive official publications and a list of resources for additional help and information. *William Rawlings, BA in Public Administration, is a registered civil engineer and commercial real estate broker. He is formerly a lead preparer with a national tax preparation firm franchisee and is presently an Enrolled Agent with the Internal Revenue Service who specializes in real estate, partnerships, and corporate taxes.*

Tue Jan 24 & 31
2 sess 6:30-8:30 pm
Casey Middle \$59

Debt Happens

Everything You Need to Know to Get Out of Debt

Learn how to live debt free. First we will focus on the five major methods of debt relief, when each is appropriate, and the effect of each on your credit report. Then we will cover how to settle debts with credit card companies for a fraction of what is owed, how to accelerate the timeline for becoming debt free, and when filing bankruptcy makes sense. We will also review eight mistakes to avoid when getting out of debt, effective budgeting for rapid debt reduction, and the credit counseling non-profit myth. Finally, we will focus on breaking the cycle of debt and learning to live debt-free! A materials fee of \$5 is payable to the instructor in class. *Stephen Craig, JD, is a practicing bankruptcy attorney and professional debt negotiator who has counseled thousands of individuals and small businesses on their options for debt relief since 1994. Visit his Web site at www.tridentdebt solutions.com*

Tue Jan 31
1 sess 6:30-8:30 pm
Manhattan Middle \$45

#1 Tax Shelter: Your Business (Part I)

This class is designed for ALL self-employed business owners. The tax law contains numerous tax saving advantages for business owners but more than 80% of all business owners overpay their taxes. The tax saving strategies in this workshop will enable you to simply and significantly reduce your taxes. Specifically you will learn how to convert everyday living expenses into business deductions; know when to take and how to maximize the home-office deduction; get the most tax savings out of your car; write-off business trips; turn medical and dental expenses into business deductions, and much more. In addition, you will learn how to simply, but effectively, audit proof your tax return. A materials fee of \$15 is payable to the instructor in class for a comprehensive workbook. *Henry Aiy'm Fellman is an attorney, an accountant, and a small business tax expert with over 30 years of experience helping thousands of people reduce their taxes.*

Tue Jan 24
1 sess 6:00-9:00 pm
Casey Middle \$59

#1 Tax Shelter : Your Business (Part 2)

This workshop provides additional tax saving strategies, audit proofing, and audit prevention techniques for all business owners. Specifically you will learn strategies to reduce your Social Security and Medicare Taxes; how to choose between operating your business as a Sole Proprietorship, S-corporation, C- Corporation, LLC, or Partnership; methods to shift income to family members and reduce your taxes; and the tax benefits of hiring workers as independent contractors. A materials fee \$15 is payable to the instructor. *Henry Fellman (see #1 Tax Shelter: Part 1)*

Tue Jan 31
1 sess 6:00-9:00 pm
Casey Middle \$59

Maximizing the Tax Savings Advantages of S-corporations

Learn all the tax benefits of being an S-corporation and how to simply take advantage of them. Specifically, you will learn how to reduce Social Security and Medicare taxes, pay yourself and write-off the costs for the corporation's use of your home, lease equipment from yourself, reimburse yourself for everyday living expenses, and reduce estimated and withholding taxes so as not to give the IRS an interest-free loan. The materials fee of \$15, payable to the instructor, includes a comprehensive workbook. *Henry Aiy'm Fellman (see #1 Tax Shelter Part 1)*

Wed Feb 8
1 sess 6:00-9:00 pm
Casey Middle \$59

Tax Saving Strategies for Real Estate Investors: The Basics

Real estate investing is the best way to create wealth and shelter income from taxes. This applies whether you own one rental property or are a full-time investor. Tax savings strategies are available to real estate investors at each stage: purchasing, operating, and selling. This workshop will show you how to significantly reduce, and even eliminate, your taxes. You will learn how to: choose the best form of entity to own your property; maximize the depreciation deduction with asset allocation; turn capital improvements into deductible repairs; avoid or defer taxes when you sell property; avoid the Passive Loss Limitation rules; write off start-up costs; and minimize audit risk and audit proof your tax return. A materials fee of \$15, payable to the instructor. *Henry Aiy'm Fellman (see #1 Tax Shelter Part 1)*

Wed Feb 15
1 sess 6:00-9:00 pm
New Vista \$59

Wills and Estates

Learn what estate planning is and, more importantly, what it is not. An introductory discussion will be held on wills, trusts, and powers of attorney, as well as the myths and realities of probate. Living wills and medical powers of attorney will also be included in this course. There will be time for questions. *Kurt Hofgard, J.D., C.L.U., Ch.F.C., holds a BA with honors from Stanford and graduated from Lewis & Clark College with honors. He is a partner at Hofgard and Associates, P.C..*

Thu Mar 22
1 sess 7:00-9:00 pm
Casey Middle \$49

Becoming a Smart Home Buyer

Whether you are buying a starter home, or are an experienced buyer purchasing your dream home, learn about ways to minimize costs and risks during your next real-estate transaction. Buying a home is likely the biggest financial decision you will ever make—don't just leave everything to your real estate agent! Educate yourself about the steps, options, and dynamics at play. This workshop will cover lending, property search tools, screening considerations, types of representation that are available, real estate commissions, offers, and the closing process. *Tommy Lorden is Managing Broker of Buyers' Slice Realty, LLC. Trained as an attorney, Tommy transitioned to real estate shortly after moving to Colorado.*

Thu Feb 9 & 16
2 sess 6:30-8:30 pm
Casey Middle \$69

The Future of the US Dollar as the Global Reserve Currency

New!

The rising wealth and power of emerging countries is starting to threaten the US dollar as the Global Reserve Currency. What are the implications of this? How have we Americans benefited from the privilege of owning the Reserve Currency and how might our lives change if our ownership of the Global Reserve Currency is diminished? In this class, we learn how the classic gold standard that dominated the 19th century evolved into our current monetary fiat regime that began in 1971. We gain historical perspective on the Austrian and the Keynesian schools of economics and meet the characters—alive and dead—whose philosophical and economical battles spill out in today's newspaper headlines. We'll debate whether the US could support its worldwide military presence or social entitlement outlays if the world did not need to buy our Treasury debt. Most importantly, we'll learn of current efforts to replace the dollar as the Global Reserve Currency and discuss the many implications of this. *Peter Ruh, BA in History from Georgetown University, has worked in finance for over 10 years. He enjoys the study of history, economics, and politics.*

Wed Jan 25 - Feb 22
4 sess (no class on Feb 15) 6:30-8:30 pm
Casey Middle \$95

Social Security Planning for Boomers

After being told for years that Social Security is "going broke," Baby Boomers are realizing that it will soon be their turn to collect. The decisions you make now can have a tremendous impact on the total amount of benefits you receive over your lifetime. This workshop covers the basics of Social Security and reveals strategies for maximizing your benefits. Learn the answers to your questions: Will Social Security be there for me? How much can I expect to receive? *M. Shannon Lunsford, CFP, EA is the owner of Lunsford Financial Planning, Inc., a local firm specializing in retirement planning.*

Wed Feb 29
1 sess 6:30-8:30 pm
Casey Middle \$39

Green Jobs 101

An Introduction to Careers in Water and Energy

Are you interested in learning about careers in a growing industry? Do you just want to learn a little more about evolving conservation issues in Colorado? This presentation will cover green jobs, the water industry, energy efficiency, renewable energy, and energy services. We will focus on why these industries are evolving, how projects are developing in Colorado, and how you can get involved. By learning more about the "green" industry, you will be able to carve your own path—whether it's identifying steps on a career ladder, or developing a home-improvement project to conserve energy. *Stephanie Fry, of Groundwork Colorado, is responsible for reaching out to communities regarding energy efficiency, renewable energy, and green jobs resources.*

Mon Jan 23
1 sess 6:30-8:00 pm
Casey Middle Free

Get Into Water! and Be on Your Way to a Great, Green Job.

Within the next five years, 25% of water operators in our four-county area are eligible for retirement. It is estimated that approximately 2,775 jobs will become available! Take this two-part course and prepare yourself for an entry level job in the Colorado water industry. *Get Into Water! is a collaborative project between BVSD, the American Water Works Assoc. (AWWA), and the Colorado Workforce Development Council (CWDC).*

Water Utility Science Program

Water Foundations

Get a comprehensive overview of the water industry, from creeks to pipes. This course is an interactive, hands-on overview of the water industry, including water source, treatment, and distribution, water regulations, stormwater, water conservation, and wastewater collection and treatment, with an emphasis on local water information, history, and issues. This will be an experiential course that helps students understand the range of job opportunities in the water industry. Pre-requisites: Algebra I and one year of high-school science. *Amy Struthers has over 25 years experience in the water industry. She recently retired as the Drinking Water Program Supervisor for the City of Boulder.*

Tue & Thu Jan 17 - Apr 26
27 sess (no class on Mar 27 & 29) 3:15-6:15 pm
City of Boulder Yards, 5050 Pearl Street in Boulder \$695

PLEASE NOTE: After completing these two classes, you will be eligible to take the State Certification Test.

Water Distribution

In this course, students get a comprehensive overview of water distribution systems and operations. Knowledge gained in this course and the Water Foundations course will prepare students to take and pass the State of Colorado's Level 1 Distribution System Operator Exam. The course covers the topics encountered on the exam including distribution system math, operations and maintenance, regulations, and administration. Prerequisites: HS Diploma, HS Science, and HS Algebra. *Wes Levin has been a credentialed science and math teacher for over 25 years. He also has a M.Ed. in Science Curriculum development.*

Tue & Thu Jan 17 - Apr 26
27 sess (no class on Mar 27 & 29) 6:30-9:30 pm
Boulder High \$695

LANGUAGES

Spanish for Busy Adults Level 1

These easy-to-follow Spanish classes are created for the busy life of the working adult. You will be speaking and understanding Spanish in a surprisingly short time. Level 1 is for people with little or no knowledge of Spanish. Students will learn practical vocabulary, conversational skills, and how to put together sentences in the present tense for business, travel, and everyday conversation. Oral repetitions will help you master correct pronunciation of everyday phrases. There are no prerequisites for the classes. An \$8 materials fee is payable to the instructor in the first class. Optional CDs will be available. *Carla Abbott is a native of Venezuela, who has taught Spanish to adults for the past 14 years and is known for her comfortable teaching style and enthusiastic approach to learning. Her company, Spanish for You, Inc., offers interpretation services and all levels of classes for businesses and the private sector.*

Wed Jan 18 - Feb 22
6 sess 6:00-7:00 pm
Casey Middle \$105

Spanish for Busy Adults Level 2

This class is for people with some basic knowledge of Spanish. You will increase your vocabulary, learn the future tense, and when to use the verbs "ser" and "estar." We will also put together sentences and practice conversational skills. Level I is not a prerequisite for Level II. An \$8 material fee is payable to the instructor in the first class. An optional CD will be available in class for \$12. *Carla Abbott (see Spanish for Busy Adults, Level 1)*

Wed Feb 29 - Mar 21
4 sess 6:00-7:30 pm
Casey Middle \$105

Spanish for Busy Adults Level 3

After a basic review of Spanish I and II, you will learn and practice the past tense, enhance your vocabulary, expand your conversational skills, and your understanding of the language from a native speaker. Spanish I and II are not prerequisites. An \$8 material fee is payable to the instructor in the first class. An optional CD will be available in class for \$12. *Carla Abbott (see Spanish for Busy Adults, Level 1)*

Wed Jan 18 - Feb 22
6 sess 7:00-8:00 pm
Casey Middle \$105

Fundamentals of Spanish in Lafayette

Have you always wanted to learn Spanish for business, travel, or simply to speak with your neighbors? Did you try to learn but found classes tedious, anxiety provoking, or difficult? Here's your chance to experience success at learning a language. These classes offer practical vocabulary and conversational skills utilizing a variety of non-threatening, creative methods. You will be surprised at how much fun a Spanish class can be. A \$10 fee for handouts is payable to the instructor at the first class. *John Beckwith first learned Spanish by doing business and living in Mexico. He followed up with a BA in Spanish and an MA in Education and has shared the fun of Spanish with all levels of students for nine years.*

Level 1
Tue Jan 31 - Mar 20
8 sess 6:00-7:30 pm
Lafayette Senior Center \$155

Level 2
Tue Jan 31 - Mar 20
8 sess 7:45-9:15 pm
Lafayette Senior Center \$155

Beginning Italian for Travelers

Buongiorno! Learn Italian from a native speaker in a relaxed and fun atmosphere. This class will cover basic grammar and pronunciation, and provide useful tips for travelers. Learn how to order in a restaurant, how to buy train tickets, how to ask for directions, and much more. This is an interactive class; everyone will have the opportunity to participate and learn at their own speed. No previous Italian experience is required. A \$10 material fee is payable to the instructor during the first class.

Francesca Giongo is a native of Rome and has been teaching Italian for the past eight years. She holds a BS as well as an MS from Colorado State University.

Mon Jan 30 - Mar 12
6 sess (no class on Feb 20) 6:30-8:00 pm
New Vista High \$135

Japanese Conversation and Culture **New!**

This course is structured as a fun, relaxed, beginning-level language experience with emphasis on understanding the culture. You will focus on Japanese language used in everyday situations. Hiragana, katakana (phonetic alphabet), and some kanji will be introduced. Course materials will be provided by the instructor for a fee of \$10. View a video of the instructor prior to class at <http://www.youtube.com/watch?v=riu7SYL0vZM>.

Nana Mizushima has lived in Japan for 10 years across seven different trips. Her experiences range from being a student in a Japanese public school to an employee of a Japanese steel company to a mother of children enrolled in local schools in Japan. Nana has a BA in economics from CU, an MA and Certificate from the East Asian Studies Institute and the School of Int'l Affairs at Columbia University in NYC, and she has taught Japanese at Front Range Community College for a number of years.

Thu Feb 2 - Mar 15
6 sess (no class Feb 23) 6:30-8:00 pm
Casey Middle \$135

French for Travelers

Join us and begin to experience the beauty of the French language and culture. This course gives you a foundation in basic grammar and vocabulary with an emphasis on conversation skills. This very interactive class allows you to learn fast through repetitions and practice in a relaxed environment. Different aspects of the French culture will be discussed at each class and tips for those who are going to travel will be given. A \$5 materials fee per level is payable to the instructor in class which includes MP3 recordings. *Sophie Rose, MA in law from Caen University in France, has been teaching French for 10 years. A native French speaker, she enjoys sharing her language and her extensive knowledge of France and its people.*

Wed Jan 25 - Feb 29
6 sess 6:30-8:00 pm
New Vista High \$135

Beginning German

This beginning class offers a comprehensive introduction to the German language, including basic grammar and conversational skills. An interactive class environment with an emphasis on group learning will facilitate your learning experience. The instructor will address vocabulary pertinent to travel in German-speaking countries. Please purchase the book *German Grammar, 3rd Edition, Schaum's Outline*, available at the Boulder Bookstore for \$17. *Susanne Kortals, a native speaker of German, has over 25 years experience teaching German in the classroom and on an individual basis.*

Thu Jan 26 - Mar 1
6 sess 6:30-8:00 pm
New Vista High \$145

VISUAL ARTS

Creative License: Getting Started

New!

Have you always wanted to make art but don't know where to start? This course will give you ideas for many different places to begin through a series of fun, hands-on art experiments designed to get your hands dirty, your creative brain working, and give you exposure to a variety of visual art-making materials. You will also learn how to take an idea and develop it further into a small series of artworks. You will leave this workshop with a pile of art, a bucket of new ideas, and a new creative license that will take you anywhere you want to go in art. No previous art experience required. All materials will be provided for a fee of \$12 which is payable to the instructor in class. *Nicole Docimo has studied creative arts from photography and drawing to letterpress printing and collage. She has taught creative arts to both adults and children over the past six years, always with a focus on expanding each student's creativity and the creative process. Nicole shares and sells her art online and at creative shops and shows.*

Sat	Feb 18
1 sess	12:00-4:30 pm
Southern Hills Middle	\$65

Painting with Acrylics

If you've always wanted to take an acrylic painting class and haven't because (gulp!) you are afraid of the outcome, or if you have some experience but have trouble finding time or motivation, this is the class for you. We will review different styles, tools, techniques, as well as color, composition, and depth. We will paint a variety of subjects as you define your direction and learn how to navigate through the decisions that make a painting your own. The experience of self expression will be rewarding, relaxing, and fun. *Beatriz Arbat's love for the arts and aesthetics led to many experiences, including the decision to study architecture in her home country, Chile, and later, in London, and the US. She is a registered architect and has practiced for over 15 years. She won many art awards and has recently decided to complement her career with her artistic pursuits. Visit her Website at www.barbat-archiart.com*

Thu	Jan 26 - Feb 23
5 sess	6:00-8:30 pm
New Vista High	\$149

Non-Objective Painting

Do you enjoy color and design without subject matter? Do you like playing with the elements of art alone? In this class, you will learn how to paint successful, interesting, and striking non-objective paintings and learn how to "abstract" subject matter. You will deepen your understanding of composition and color and learn how to let a painting "evolve." Work with the painting materials that you currently have or email the instructor for a supply list for working with acrylic paint on canvas. *Gretchen Norwalk, BA in Fine Art, has spent the past 15 years as a professional painter. Her work hangs in collections throughout the world. Art is her passion, and her enthusiasm transfers to her students.*

Thu	Mar 8 - Apr 12
5 sess (no class on Mar 29)	6:30-9:00 pm
New Vista High	\$175

Decorative Painting

New!

Interested in learning a fun and exciting old painting technique? Tole painting is the folk art of decorative painting on tin and wooden utensils, objects, and furniture. Decorative painting is a diverse art form utilizing a variety of techniques and media to decorate functional and non-functional surfaces. Because of the systematic methods employed, contemporary decorative painting is a highly teachable art form. The patterns or freehand designs allow a high degree of success without academic training or inherent drawing ability. Contemporary decorative painting encompasses not only the folk art styles of Sweden, Norway, Germany, Russia, England, and Mexico, but many facets of Early American decorative painting. In this class, you will complete one project to learn the fundamentals of decorative painting. Material costs Option 1: \$55 which includes the complete project, a set of brushes, palette paper, and paints. Option 2: \$12 and the instructor will email you a list of supplies that you need to bring to each class.

Debby Blair has been teaching decorative painting for 15 years, published books, been published in magazines, and she has designed numerous pattern packets.

SESSION A:	
Wed	Feb 1 - 29
4 sess (no class on Feb 15)	6:00-9:00 pm
Casey Middle	\$95

SESSION B:	
Wed	Mar 7 - Apr 4
4 sess (no class on Mar 28)	6:00-9:00 pm
Casey Middle	\$95



Nugget by Alice Carol

Contour Drawing and Watercolor Animals and People

Learn techniques for drawing and painting people and animals from photographs. We will learn contour drawing from the inside out, starting with the human or animal eye; then we will learn how to draw the shapes of the head using the eye for proportion and measurement. The instructor will demo contour drawing and watercolor painting for students and help individuals with their compositions. There will be plenty of time for individual attention and critiques of your work. Class is limited to 10 students. *Alice Carol is an award-winning artist and member of the Colorado Watercolor Society. She has taken many workshops with Charles Reid and others.*

Thu	Jan 26 - Feb 23
5 sess	10:30 am-2:30 pm
Lafayette Public Library	\$145

Contour Drawing and Watercolor A Variety of Subjects

Learn contour drawing "from the inside out," as we plan our compositions and paint a variety of subjects. Review the importance of values in your paintings, how to use complementary colors, how to make the most of your brush, and how to mix color on the page instead of the palette. The instructor will demo contour drawing and help individuals with their drawings in the morning and move to watercolor in the afternoon. There will be lots of time for individual help. Class is limited to 10 students and ends with a critique. *Alice Carol (see Contour Drawing and Watercolor, Animals and People)*

Thu	Mar 8 - Apr 12
5 sess (no class on Mar 29)	10:30 am-2:30 pm
Lafayette Public Library	\$145

Freedom, Passion, and Painting

It's possible to find the place within ourselves that is free of fear and judgment—the place where we are able to spontaneously express and explore our deepest creativity. Through a series of painting exercises, you will discover how easy it really is to unleash your passion. You may be surprised to find the joy and energy that's always in you but rarely accessed. This class is for all levels, from beginners with no experience in painting to the professional looking for a jolt. Students can email the instructor at: ceraso9516@msn.com for a supply list. *Chuck Ceraso, an artist with 25 years teaching experience, studied at Notre Dame, the New Orleans Academy of Fine Art, and with Henry Hensche, who taught and directed the Cape Cod School of Art, founded by Charles Hawthorne and devoted to color perception, the foundation of Impressionism.*

Sat	Jan 14
1 sess	12:30-5:30 pm
1294 Doric	\$85

Drawing For People Who Think They Can't

Uncover the drawing talent that lies right below your fingertips. The ability to draw is common to everyone, not just the "gifted." What enables one to draw well is the ability to see well. Learn to see the basic abstract elements of shape, then discover how to turn these abstractions into drawings. In the process, we will cover positive and negative space, contour drawing, composition, and design. Be prepared to have fun and be surprised at what you draw. Email the instructor at: ceraso9516@msn.com for a supply list. *Chuck Ceraso (see Freedom, Passion, and Painting)*

Sat	Jan 21
1 sess	12:30-5:30 pm
1294 Doric	\$85

The Art of Color Seeing

A New Look into Impressionism

In this workshop, based on the principles of Impressionism, you'll learn how to paint the effects of form, atmosphere, and light through the art of color seeing (the effects of light and how to capture them). You'll do a simple exercise first designed by Charles Hawthorne and Henry Hensche, which has been used successfully for over 100 years to facilitate the ability to paint like Monet. This workshop will change the way you see the world and is for all levels, from beginner to professional. Students can email the instructor at: ceraso9516@msn.com for a supply list. *Chuck Ceraso (see Freedom, Passion, and Painting)*

Sat	Feb 4
1 sess	12:30-5:30 pm
1294 Doric	\$85

Foundations in Oil Painting

Have you ever wanted to learn to oil paint but thought you had no talent? No such thing! This class is designed to introduce the basics of oil painting for the novice featuring the subject of still life. You will gain a solid foundation and understanding of the painting process as you learn step-by-step how to create three-dimensional space on a flat surface in convincing and successful renditions. The emphasis will be on color theory, values, light, and composition. Each student will be encouraged to work at their own pace. One-on-one attention is given in a supportive and creative atmosphere. Email the instructor with any questions about the supply list at passage0@earthlink.net. *Jordan Wolfson is a contemporary artist who has taught painting and drawing for over 20 years. He has exhibited extensively throughout the United States and abroad and his artwork is found within many public and private collections. Jordan received his MFA from Yale University School of Art, is the recipient of numerous awards, and currently teaches at the University of Colorado Denver and the Art Students League Denver.*

Sat Feb 4 & 11
2 sess 9:30 am-4:30 pm
Jordan's Studio in Boulder \$179

Composition and Value

New!

Do you enjoy painting and drawing, or would you like to start? If you've never formally studied composition (the way elements are laid out in a space) and value (the dark/light continuum), you'll be happily surprised at what a big difference this knowledge can make in improving your artwork immediately, or helping you to get started on your journey. Composition and value are important in abstract art as well as representational art. To introduce and practice these concepts, we will do hands-on work in class in monochrome (black, white, and grays). We will work with simple, informal marks and shading in charcoal on newsprint. No drawing skills required. Our purpose will be to learn and practice during each class, not to make finished works of art. Bring your art materials to the first class including plenty of inexpensive practice paper. We will do lots of informal exploration, rather than finished artworks. *Jala Pfaff trained in a two-year full-time program in classical art at the Colorado Academy of Art. She has been a juried Boulder Open Studios artist for the last two years. See examples of her work at www.jalapfaff.com.*

Mon Feb 6 - Mar 19
6 sess (no class on Feb 20) 6:30-8:30 pm
Casey Middle \$165

Zen and the Art of Seeing

Drawing and Painting from the Inside Out

Picasso once said it took him a lifetime to paint like a child. In this class, you will become more in touch with your own childlike imagination, unlocking your hidden talents and find inspiration with specific tools designed to get you out of your head and into the "creative flow." We will work freely, without effort or struggle, assumptions, pre-meditation, or planning. And although we may begin with an idea, we will, like the Zen masters, learn to let go, to let the drawing or painting emerge naturally, into itself, from inside out. *Tim Newberg is a working artist. He has taught art for over 30 years, lived in an ashram, and has meditated since childhood.*

Wed Feb 15 - Mar 21
5 sess (no class on Feb 29) 6:00-8:30 pm
Southern Hills Middle \$159

Beginning Watercolor

Jump-start your watercolor ambitions with a solid technical foundation. Jim's "follow-along" demonstrations include wet-into-wet painting, gradation, color theory, correction techniques, and "right-brain" painting philosophy. Call or email Jim to reserve a complete supply package (available for about \$89 at the first meeting) at 303-449-6324 or pedersen@pedersenart.com. *Jim Pedersen, an award-winning painter whose work has been featured in Artist's Magazine, Southwest Art Magazine, and Watercolor Magazine, has been teaching art for 35 years.*

Tue Jan 24 - Mar 20
8 sess (no class on Feb 21) 9:00 am-noon
1040 Dellwood Ave, Boulder \$195

Abstract Drawing and Painting

New!

Come explore and make Abstract art, otherwise known as non-objective or non-representational art. Learn two-dimensional exercises to enhance intuitive right mode drawing and painting. You will learn about the elements of art and how they are incorporated into your personal self-expression and creativity. Inspiration will come from Master abstract artists and their influences. *Anne Laurie Twarogowski, BFA, is an artist and art teacher. She studied Art History at Sotheby's in London and traveled in Europe extensively.*

Tue Jan 17 - Feb 28
6 sess (no class on Feb 21) 6:30-9:00 pm
New Vista High \$165



Wild and Free Painting in Watercolor

The focus will be on a loose and free style of painting. We will spatter and pour paint to create uniquely inspired works of colorful art. Finished work will be mostly abstract with a little representational contrast. All levels are welcome. Bring a sack lunch. Email the instructor at: info@artbyteresa.com for supplies. *Teresa Smith, who has a classical education in Fine Arts, has lived, studied, and taught art for over 25 years. She has studied at Bishops University, CU Boulder, and is currently at Naropa. She sells her work throughout the United States.*

Sat Feb 11
1 sess 9:00 am-1:00 pm
Southern Hills Middle \$65

Spring Flowers

New!

Learn the many techniques that encourage expressive, innovative floral paintings. Explore good design, value, color, mingling the paint on the paper, wet-in-wet, and negative painting. We will practice loose and free techniques that will give you the freedom to portray the transparency and delicacy of flowers charged with color. All levels are welcome. Bring a sack lunch. Email the instructor at: info@artbyteresa.com for supplies. *Teresa Smith (see Wild and Free Painting in Watercolor)*

Sat Apr 7
1 sess 9:00 am-1:00 pm
Southern Hills Middle \$65

Knitting 101

New!

Would you like to knit? It's easy once you know the basics. Join us as we learn to cast on, knit, purl, increase, decrease, and cast off while making two small projects. We will also learn to read basic pattern instructions and how to find and fix our mistakes. Please bring one skein of smooth, worsted weight yarn in a light color, and one pair of knitting needles (size 7, 8, or 9) to the first class. A complete materials kit will be available from the instructor for \$15. *Linda Farrelly is a long-time knitting fanatic and fiber artist. She lives in Thornton with her family, a cat, and lots and lots of yarn.*

Tue Jan 17 - Feb 14
4 sess (no class on Feb 7) 6:30-8:30 pm
Casey Middle \$89

Expressing Feelings with Color

New!

This workshop uses the of Art4Healing® method of creative expression, providing a warm, safe environment for people to process personal feelings through abstract painting. Through guided visualizations, participants use acrylic paint on canvas to paint creative responses to important ideas and questions about self, life, and personal circumstances. \$25 materials fee in payable to the instructor in class. *Wendy Rochman, MEd, is the only certified Art4Healing® instructor in Colorado offering these therapeutic fine arts classes.*

Sat Jan 14 & 21
2 sess 1:00-4:00 pm
Blue Window Arts, Boulder \$89

Art for Renewal and Stress Management

New!

This workshop is designed for any busy adult who would like to explore their creative side. Using the language of color and abstract painting, this class will provide encouragement and motivation to those trying to find a balanced life in this fast-paced world. During this guided Art4Healing® session, participants will explore individual expression in a warm, safe environment while painting creative responses to questions about the emotions, stresses, and difficulties of balancing family, work, and self. No previous art experience needed. \$25 materials fee. *Wendy Rochman (see Expressing Feelings with Color)*

Sat Mar 10 & 17
2 sess 1:00-4:00 pm
Blue Window Arts, Boulder \$89

Basic Digital Photography

Learn to Capture a Perfect Shot

This class will unravel the mysteries of digital photography and help you create photos limited only by your imagination. We will examine digital camera functions, and decipher terms like megapixel, jpeg, and white balance, but primary focus will be on the fundamentals of photography whether digital or traditional. Learn how to take your camera from making snap shots to great shots. Students should bring their digital cameras and manuals to class. *Bill Guy (see Photoshop on page 5)*

SESSION A:

Wed Feb 1 - 15
3 sess 7:00-8:30 pm
Arapahoe Campus \$89

SESSION B:

Tue Feb 28 - Mar 13
3 sess 7:00-8:30 pm
Arapahoe Campus \$89

More Visual Arts and Crafts Classes on the Next Page!

VISUAL ARTS, CONT.

Introduction to Silversmithing

This introductory class provides a unique opportunity suited to anyone wishing to explore and develop necessary technical skills for making jewelry. Participants will be introduced to a variety of metalsmithing tools such as flexshafts, polishing equipment, soldering torches, hammers, and much more. Using sterling silver, the focus for this class is making pendants. A materials fee of \$25 is payable to Boulder School of Metals. All tools are provided. Please bring a sack lunch. *Shelly Bohin, owner and founder of Boulder School of Metals, has over 25 years experience in the jewelry-making field. After receiving her BFA for Metalsmithing in 1988, Shelly worked for several notable jewelers, and then went on to design and produce her own distinct line of jewelry, showing in many of the top contemporary jewelry galleries throughout the U.S.*

SESSION A:

Sat Jan 21
1 sess 10:00 am-4:30 pm
Boulder School of Metals \$115

SESSION B:

Sat Feb 25
1 sess 10:00 am-4:30 pm
Boulder School of Metals \$115

Modern Fused-Glass Jewelry

Learn the art of creating vibrant modern fused glass jewelry while creating at least 12 fused-glass pendants and an additional piece of jewelry of your choice (set of earrings or a bracelet). We will cover glass cutting, design and layering techniques, varieties of fusible glass, and kiln-firing schedules. A materials fee of \$45 is payable to the instructor in class. *Erinn Diekman is a Boulder glass artist who finds daily inspiration in the beautiful and vibrant colors within the landscapes of Colorado. She received her Bachelor of Arts in Fine Art and Art Education from Purdue University. Erinn has been working with glass for 10 years, finding a balance between teaching art classes in the community and creating art in her studio.*

Thu Jan 12 & 19
2 sess 6:00-8:30 pm
Casey Middle \$65

Fused-Glass Bowls

Learn the art of fused and slumped glass while creating unique fused-glass bowls. You will create a set of two condiment dishes about 5 inches in size and an elegant glass bowl about 11 inches in size. We will cover glass cutting, design, and layering techniques, varieties of fusible glass, and kiln-firing schedules. A materials fee of \$45 is payable to the instructor for all of the required materials, tool use and kiln firing. *Erinn Diekman (see Modern Fused-Glass Jewelry)*

Thu Mar 1 & 8
2 sess 6:00-8:30 pm
Casey Middle \$65

Fused-Glass Bubble Dishes

Create stunning fused-glass bubble dishes! Learn the techniques of how to purposefully incorporate bubbles into fused glass. Students will create a bowl approximately 7 inches wide and a large 12 inch serving platter. A materials fee of \$45 is payable to the instructor for all of the required materials, tool use, and kiln firing. *Erinn Diekman (see Modern Fused-Glass Jewelry)*

Thu Apr 5 & 12
2 sess 6:00-8:30 pm
Casey Middle \$65

Woodcarving

For Beginning and Continuing Students

In this class, students will receive step-by-step instruction from a master carver. European chip carving, relief carving, and carving in the round will all be covered. The focus will be on individual projects with technical aid given by the instructor. Learn how to sharpen tools, what types of wood to use, and most importantly, the safety techniques that should be employed. A materials fee of \$5 for wood and tool use will be collected in class. *Joseph Sikora was trained in Bavaria, Germany, where he worked as a professional woodcarver for many years. He is a member of the Colorado Woodcarvers Club and the National Association of Woodcarvers.*

Mon Feb 6 - Mar 19
6 sess (no class on Feb 20) 6:00-8:30 pm
New Vista High \$149



MUSIC & DANCE

Guitar Improvisation

New!

This course is for budding musicians who want to advance their skills and learn to improvise on their instruments. Some knowledge of playing the guitar is necessary, including knowing the common major and minor chords and some strumming patterns. Improvising on your instrument is a rewarding experience, great for advancing yourself as a musician and teaching your brain to think outside-the-box. You will learn improv techniques including how to figure out the key of a song and basic scales and note patterns. Students will need to bring a guitar, picks, and a pen and notebook. Electric guitars will need to be accompanied by a small amp. *Jeremy Cline has 19 years' experience playing music, and played improvisational music for two years for a comedy club, Saturday Night Live style. He has studied guitar, bass, and voice and has taught music to children and adults for many years.*

Wed Feb 1 - Mar 7
6 sess 6:30-8:00 pm
New Vista High \$135

"Music expresses that which cannot be said and on which it is impossible to be silent."

~Victor Hugo (1802-1885)

Beginning Harmonica Level 1

Yes, you can make music even if you've never played an instrument before. If playing harmonica is something you've always wanted to try, now is the time! In this class you will learn to play several of your favorite songs, learn some blues licks, how to jam, and how to bend notes. We will cover folk, country, and rock-and-roll styles with a focus on the blues. A 10-hole diatonic harmonica in the key of C is required. No prior musical experience is necessary for this class! A \$3 materials fee is payable to the instructor. *Clay Kirkland has played for over 35 years and performed in concert with Chuck Berry, Willie Nelson, Lou Rawls, and the Colorado Symphony Orchestra. He has opened for many notables such as B.B. King, the Steve Miller Band, and Leon Russell. His relaxed teaching style makes even the shyest students feel at ease.*

Thu Jan 26 - Mar 1
6 sess 6:00-6:55 pm
New Vista High \$115

Beginning Harmonica Level 2

If you have taken Clay's beginning classes or have played for a while, or if you find yourself in a bit of a rut and are looking for inspiration, you will love this class. You will learn cool blues, folk, and country songs, rhythm parts, funky licks, turnarounds, and ways to make your playing sound more and more expressive. Please bring 10-hole, diatonic, blues-type harmonicas (like Hohner's Old Standby, Marine Band, or Golden Melody) in the keys of C and A. A \$3 materials fee is payable to the instructor. *Clay Kirkland (see Beginning Harmonica, Level 1)*

Thu Jan 26 - Mar 1
6 sess 7:00-7:55 pm
New Vista High \$115

Harmonica Jam

New!

In this jam session class, you will learn by doing all the things that make playing with others a lot of fun: classic songs, supportive rhythm patterns, "fills" to play in the open spaces between vocal lines, cool and effective solos, lyrics, and jam etiquette. You will each be given parts to play that match your skill, experience, and comfort levels, and we will be a big harmonica band. Open to those who have taken Levels 1 and 2 or have equivalent skills. A 10-hole diatonic harmonica in the key of C is required. A \$3 materials fee is payable to the instructor. *Clay Kirkland (see Beginning Harmonica Level 1)*

Thu Jan 26 - Mar 1
6 sess 8:00-9:00 pm
New Vista High \$115

Vocal Empowerment

New!

Vocal Empowerment is open to anyone who wants to expand their voice and bring it more fully into the world. It offers vocal technique and vocal freedom for everyone, not just singers. In each class, we will begin with freeing vocal warm-ups and build up to simple improvisations and songs. Through the vocal exercises, you will learn how the voice works, how to use your breath to support your voice, and how to project with a fuller sound. You will expand your vocal range and ability to make different qualities of sound. Most importantly, you will gain confidence, overcome anxiety, and cultivate the joy of singing. All levels welcome. No experience is necessary. *Eve Maisonpierre received her Master's degree from the New England Conservatory of Music in Vocal Performance and an advanced certification in Voice Movement Therapy. Eve's business, MovingVoice, offers voice lessons, therapy, and coaching. For more information, visit www.movingvoice.com.*

Thu Jan 26 - Mar 8
6 sess (no class on Feb 23) 6:30-8:00 pm
Manhattan Middle \$129

Guitar for Beginners Level 1: The Basics

Launch yourself into the relaxing and rewarding world of music making. Come with a guitar and little or no knowledge of how to play. Walk away with basic picking and strumming techniques. You will learn how to make sense of and play from a songbook of your favorite artist, learn to avoid the pitfalls and confusion inherent in “how to play guitar” books, and have a clear picture of the guitar styles that you might like to pursue. The emphasis will be on the fun and enjoyment of music. *Doug Richards, BA in Music from CU, plays the guitar and fiddle in a variety of professional music ensembles. His deep love of American roots music is reflected in his teaching and music composition.*

SESSION A:

Mon	Jan 23 - Feb 13
4 sess	6:30-8:00 pm
Southern Hills Middle	\$115

SESSION B:

Mon	Apr 9 - 30
4 sess	6:30-8:00 pm
Southern Hills Middle	\$115

Guitar for Beginners Level 2: Making Music

Take what you’ve learned from Guitar for Beginners Level 1, and together we will arrange a popular “folk” song to be played ensemble in class or as a solid performable piece for yourself. We will learn how chords go together, how to use differing strums for verse and chorus, how to highlight parts of the song with melodic phrases, and much more. Please have completed Guitar for Beginners Level 1 or call Doug Richards to ensure appropriate background. *Doug Richards (see Guitar for Beginners Level 1)*

Mon	Feb 27 - Mar 19
4 sess	6:30-8:00 pm
Southern Hills Middle	\$115

Beginning Ballroom

Do you secretly wish you could join the other couples as they glide so effortlessly across the dance floor? It is easier than you think. Learn popular closed-couple ballroom dances, such as the fashionable waltz, rhythmic cha-cha, smooth fox trot, and romantic rumba. Dance steps are combined with an emphasis on leading and following techniques. No partner is necessary for the class. *Blue Moon Dance Company founder and artistic director Pat Connelly, spent five years studying dance in New York and continued her graduate study at CU in theatre and dance. She has been teaching dance and choreographing dance production for 25 years.*

Thu	Jan 19 - Feb 23
5 sess (no class on Feb 16)	6:30-7:45 pm
Community Montessori	\$89

Beginning Ballroom in Louisville

Have you ever wanted to ask somebody to dance but can’t simply because you don’t know how? Or have you been asked to dance but have to decline for the same reason? This ballroom class will teach you how to dance the waltz, foxtrot, cha-cha, and other ballroom classics you’ve always wanted to learn. Julius’ classes are very beginner friendly and fun. Partner signups are encouraged but not required. *Pat Connelly (see Beginning Ballroom)*

Wed	Mar 7 - Apr 11
5 sess (no class on Mar 28)	7:00-8:15
Louisville Middle	\$89

Beginning Swing in Louisville

Come learn and dance to the upbeat rhythms of the ‘40s and ‘50s swing music. In this class you will explore the East Coast style of swing. Be ready to learn simple and challenging fun moves like the pretzel or the straight jacket and show off at your next company outing or just have fun on the dance floor. Partner signups are encouraged but not required. *Pat Connelly (see Beginning Ballroom)*

Wed	Mar 7 - Apr 11
5 sess (no class on Mar 28)	8:15-9:30 pm
Louisville Middle	\$89

Beginning Swing

Does the music of the ‘40s and ‘50s make you want to move? Learn the fundamentals of swing, one of the most popular ballroom dances, and really start having fun! Basic steps, turns, and combinations are taught in this energetic class. Partnering skills, dips, and lifts will be incorporated into a format that will prepare participants to whirl successfully around any dance floor. No partner is necessary. *Pat Connelly (see Beginning Ballroom)*

SESSION A:

Thu	Jan 19 - Feb 23
5 sess (no class on Feb 16)	8:00-9:15 pm
Community Montessori	\$89

SESSION B:

Thu	Mar 8 - Apr 19
5 sess (no class on Mar 29 & Apr 5)	6:30-7:45 pm
Community Montessori	\$89



Wedding Dances

It is, perhaps, one of the most important dances of your life. This class is designed to help the wedding couple learn how to dance in a simple and effective way. It is also useful for the father/daughter dance or other members of the wedding party. Learn the most popular dances done at weddings today (the foxtrot, waltz, and rumba) along with dance dips and posture techniques that will enhance your photographs and video. Your first dance should be one of the many beautiful memories of your wedding day. Make your dance fun and stress free. *Pat Connelly (see Beginning Ballroom)*

Thu	Mar 8 - Apr 19
5 sess (no class on Mar 29 & Apr 5)	8:00-9:15 pm
Community Montessori	\$89

RECREATION

MahJongg

MahJongg is making a comeback. It’s not your grandmother’s game anymore! Come learn this ancient tile game of skill and fortune. It is challenging yet fun and social—a great way to keep your mind sharp and to meet new people. This class will teach the basics of American MahJongg which uses 152 tiles including jokers. Mastering the art of the game takes patience and practice, but your effort will be repaid many times over by the enjoyment derived. A \$10 fee is due to the teacher which covers materials and an official card. *Jan Meyer has been playing and teaching MahJongg passionately for many years. She has taught Chinese and American MahJongg, given private lessons, and coordinated tournaments.*

Sat	Apr 7 - 28
4 sess	9:30 am-noon
Southern Hills Middle	\$115

Learn Two Over One Bridge

New!

Learning Two Over One Game Force will level the playing field between you and more advanced players. After this course, you will be able to use Two Over One in your very next game. We will cover effective bids such as Reverses, Bergen Raises, Forcing No Trump, Intermediate Two Bids, and Two Diamond Multi. Two Over One will not only broaden your knowledge of bridge, but will make you far more competitive when games are scored in IMPS such as Swiss Teams and Knock Outs. If you still need gold, this is not a class you should miss. Hand out materials will be available. *William Rawlings has played competitive bridge for many years and is an ACBL Club Director and Accredited Instructor.*

Sat	Jan 21
1 sess	9:00 am-1:00 pm
Southern Hills Middle	\$69

Duplicate Bridge

Duplicate Bridge is the competitive style of bridge played all over the world, from local clubs to world championship competition. *EasyBridge!* is the fun way to learn modern bridge methods by simply playing lesson hands in a game format. This class is for all players who have taken the introductory class, “Contract Bridge,” and all Rubber Bridge players who would like to learn how Duplicate Bridge scoring changes the strategy for bidding and play. This set of lessons will also benefit newer duplicate players and improve your bidding and play skills. A materials fee of \$8 is payable to the instructor in class. *The instructor, Jim Steele, is an American Contract Bridge League certified teacher, a Silver Life Master, and director of the Tuesday evening Novice Bridge game at the Niwot Grange.*

Thu	Feb 9 - Apr 5
8 sess (no class on Mar 29)	6:30-8:30 pm
New Vista High	\$135

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WRITING & READING

Speed Reading

Imagine reading twice as fast and remembering it! Speed Reading is a proven system that will double your reading speed, comprehension, and retention. The benefit is that you'll zip through everything from books, technical documents, and reports to emails and magazine articles. Students of all ages and everyone else leave this class with the power to save time, increase retention, and enjoy reading more. Join the ranks of five U.S. presidents and numerous Fortune 500 CEO's who save hours each day using this system. A materials fee of \$17 is payable to the instructor for a comprehensive workbook in class. *Elizabeth Gold increases the success of individuals and organizations through employee performance and skill development trainings. Visit www.ToThePointBiz.com for more information.*

Thu Mar 1 - 15
3 sess 6:30-8:30 pm
Casey Middle \$115

Word War I: The Art of Copyediting

Copy editors possess a rare set of skills, including a sensitivity to the nuances of expression, a desire to help writers create the best prose they can, and a firm grasp on the rules of grammar, syntax, usage, and punctuation. If you have wondered what copy editors do and what role they play in the world of books and other publications, join us in an exploration of this little known profession. After you have been introduced to the practical, as well as the philosophical aspects of copyediting, you will have the opportunity to edit a short passage and to learn about the possibilities of starting a freelance career. There is a hand-out fee of \$3. *Alice Levine, who has mentored many copy editors, has edited nonfiction, academic and scholarly texts, museum catalogs, and book proposals. She began her 40-year career in publishing as a proofreader and is a guest lecturer at the Denver Publishing Institute.*

Tu & Thu Jan 24 & 26
2 sess 6:30-8:30 pm
Casey Middle \$85

An Eye for Detail: Proofreading for Beginners

The word is out: spell-checking software programs don't catch all the errors. If you have a passion for correctness and recognize the numerous misspellings, typos, and errors in punctuation and grammar in printed and Web materials, explore the possibilities of a freelance career as a proofreader. In this entertaining and informative class, you will be introduced to professional proofreading marks, become familiar with the resources that proofreaders use, and learn how to turn your passion into a career. A \$3 materials fee is payable to the instructor during the first class. *Alice Levine (see Word War 1)*

Tue & Thu Jan 31 & Feb 2
2 sess 6:30-8:00 pm
Casey Middle \$69

Discerning Eye

This three-hour intermediate copyediting class provides participants an opportunity to practice and advance their skills. The material will be sent in advance (by email or snail mail if time permits), and students are urged to edit the exercise before class. As a group, we will discuss the editing challenges and compare our work. Participants are encouraged to bring a dictionary, a style manual, and other resources of their choice to class. *Alice Levine (see Word War 1)*

Sat Feb 25
1 sess 9:30 am-12:30 pm
Southern Hills Middle \$69

Beyond the Basics

Intermediate Lessons for Copy Editors and Proofreaders

You have mastered the basics of copyediting and proofreading—the tasks, the marks, and the concept of styling. If you would like to add to your skills, join us as we explore and apply intermediate-level concepts and practices. We will learn to spot a pervasive grammatical error and to use hyphens, en-dashes, and em-dashes. We will discuss additional styling issues and test our skills with entertaining and challenging exercises. Prerequisite: *Word War I: The Art of Copyediting* or knowledge of basic copyediting. A \$3 materials fee is payable to the instructor during the first class. *Alice Levine (see Word War 1)*

Thu Feb 16
1 sess 6:30-8:30 pm
Casey Middle \$45



Editors and Writers: The Dynamic of the Duet

Join us for an enlightening session as we work on copyediting a nonfiction piece. This course is intended for those who have completed *Word War I: The Art of Copyediting* or have mastered the basics of copyediting. EDITORS: Sharpen your skills in determining changes that should be made; develop a respect for the writer's vocabulary, sentence structure, and punctuation; and strengthen your relationship with writers. WRITERS: Understand why and how editors do what they do; determine when to accept suggestions and when to hold firm; and learn how to profit from the astute eye your editor possesses. *Alice Levine (see Word War 1)*

Tue Mar 13
1 sess 6:30-8:30 pm
Casey Middle \$45

The Comma Unveiled

Even fairly knowledgeable editors, proofreaders, and writers can lose their composure when faced with that most confounding of punctuation marks: the comma. If you are confused or unclear about where and when to insert a comma or delete one, join us as we demystify the most talked-about punctuation mark. Enlightening lessons, dozens of memorable examples, sharp pencils, and challenging exercises await you. A \$3 materials fee is payable to the instructor during the first class. *Alice Levine (see Word War 1)*

Wed Feb 29
1 sess 6:30-8:30 pm
Casey Middle \$45

A Grammar Review

This two-hour class offers writers, editors, and those who work with words an opportunity to be reacquainted with dangling participles, misplaced modifiers, restrictive and nonrestrictive clauses and phrases, independent and dependent clauses, transitive and intransitive verbs, non-sequiturs, the subjunctive mood, and other seemingly mysterious grammatical concepts. *Alice Levine (see Word War 1)*

Thu Mar 15
1 sess 6:30-8:30 pm
Casey Middle \$45

Editing Figures, Tables, Captions, and Reference Material

New!

If you've mastered the basics of copyediting and you'd like to add to your skills, consider this course in intermediate copyediting. The focus of session one is the marking and styling of tables, figures, captions, and lists. In session two, we apply those techniques to appropriate material and edit a passage from a reference work. This class is useful for those interested in academic, scientific, and technical editing. *Alice Levine (see Word War 1)*

Tu & Thu Mar 20 & 22
2 sess 6:30-8:30 pm
Casey Middle \$85

Life Writing

This creative writer's workshop focuses on the art and science of the personal essay. We all have interesting life stories just waiting to be shared and writing is a great way to do it. The workshop will provide information on writing techniques, structure, and voice. There will be in-class writing prompts and take-home writing assignments that are fun and inspirational. The class will also look at the work of bestselling authors who excel at writing inspirational and/or humorous personal essays. *Ellen Mahoney, BS in Journalism and MEd, is a journalist, local writer, photographer, and freelance radio producer.*

Wed Feb 1 - 22
4 sess 6:00-8:00 pm
New Vista \$135

Are Children's Picture Books Fading Away? Not Likely!

New!

The picture book industry is alive and still magical, and you can be a part of it. If you love writing picture books for children, or are just beginning to write one, this one-day workshop is for you. Bring your idea or manuscript/work-in-progress and share with the group if you'd like, or with the instructor after class. We'll explore how to get started with "What if. . ." how to freshen your story to make an editor scream, "yes," the importance of word count in today's industry, and much more. We'll do fun writing exercises so bring a notepad and pencil. *Elaine Pease is an award-winning children's author. Her most recent chapter book, *Ghost over Boulder Creek*, won a First place CIPA EVVY for Juvenile fiction. Visit www.peasepodbooks.com.*

Sat Feb 11
1 sess 9:00 am - 1:00 pm
Southern Hills Middle \$69

FOR A CHANGE

The Knowledge You Can't Get in College

The peace you are looking for is within you. In this experiential course, we will discuss the "knowledge" taught by the world-renowned expert on peace, Prem Rawat, also known as Maharaji. Maharaji has spoken at prestigious events around the world, such as the Peace Conference at the European Union and the keynote address at the Week of Peace in Sicily. Maharaji teaches that the way to world peace is for individuals to find their own internal peace. Anyone who hears this profound and intimate message is affected in a deep and meaningful way. Come learn a practical technique to experience, for yourself, the true peace within you. *Tim Newberg, who has practiced this knowledge for more than 39 years, studied with Maharaji and helped at many of his events around the world.*

Thu Jan 19 - Feb 16
5 sess 7:00-8:30 pm
Casey Middle \$95

Manifesting with the Chakras

New!

Accessing the chakra system is a great way to cultivate peace and calming of the mind. But did you know that tapping into the vast field of this ancient healing resource is also a way to manifest your goals and dreams? Clear creative blocks, discover the secrets of getting into alignment with your highest good, and illuminate the path that's uniquely yours. Through guided meditation and a variety of practical and easy techniques, you'll be able to identify and dissolve the barriers to your success. A materials fee of \$5 is payable to the instructor in class. *Kriste Peoples is a trained clairvoyant and energy-healing practitioner who specializes in dream interpretation, guided imagery, visualizations, journaling, and chakra-based energy reading.*

Thu Feb 9 - Mar 8
4 sess (no class on Feb 23) 6:30-8:30 pm
Casey Middle \$115

Burn Your House Down!

New!

(10 Keys to Organizing Anything)

Got clutter? If clutter and disorganization "trance" you out, you're not alone. Is your clutter affecting your health, wealth, energy, mood, and self-esteem? The Mayo Clinic puts the "lack of being organized" in the top three things we need to do to get and stay well. Got paper piles? Eighty percent of the paper you have you'll never look at again, but which papers are these? Paper pile stress includes bills, receipts, kids' school papers, magazines, photos, memorabilia, and more. Laugh and learn how to get started, how to declutter, reorganize your home, and tame those paper tigers for good. A materials fee of \$5 is payable to the instructor. *Kim Wolinski, MSW (a.k.a. Dr. DeClutter), has been an internationally known author, speaker, and stress expert for over 30 years, and a professional organizer for 11. Visit www.DrDeClutter.com.*

Thu Jan 26 & Feb 2
2 sess 6:30-8:30 pm
Casey Middle \$65

How to Downsize and Declutter for an Easier-to-Maintain Life

New!

No matter your age, there are plenty of reasons to downsize. Learn the *Nine Steps to Declutter Your Home for Moving* and the *Nine Reasons to Let Go of Your Stuff Now*. Find out how and where to move your stuff, and learn how this can all be a less painful and actually enjoyable experience! We will also cover organizing papers. Handouts provided. A materials fee of \$5 is payable to the instructor in class for the *Important Documents File List* and eGuide. *Kim Wolinski (see Burn Your House Down)*
Wed Feb 22 & 29
2 sess 6:30-8:30 pm
Casey Middle \$65

Exploring the Strengths of the Highly Perceptive Individual

High sensitivity is an inherited trait of 15-20% of the population. The highly sensitive person (HSP, a.k.a. Highly Perceptive) notices more in the environment, is more sensitive to noise, lighting, medication, food additives, effluents in the air, and the moods of others. HSPs tend to be empathic, intuitive, creative, careful, and conscientious. They have special needs for sanctuary and solitude. It is important that the HSP understand and appreciate this trait, then utilize these unique gifts for self, others, and society. *Dr. Paul Radde is an author, keynote speaker, and practicing psychologist. He has worked with hundreds of HSPs and has taught continuing education courses across the country. He has re-framed his own life using what he has learned as an HSP.*

Mon Feb 6 & 13
2 sess 6:15-9:00 pm
Casey Middle \$85

The Hero's Journey

New!

Come participate in a facilitated, fun, board game-based workshop. It is aimed at self-inquiry about clarifying your path of growth, managing your relationships, achieving prosperity, leading a "good life" and being of service. Here you explore and understand better your personal legend (as in Paulo Coelho, *The Alchemist, Going after Your Dreams*). You will gain deep insights through this experience as you rehearse your personal legend safely before trying it in real life. In Joseph Campbell's terms, a hero is anyone who leaves the world as usual to undergo a journey to a special world. If the idea of being the Hero in your own life resonates with you, then this workshop will be transformational. *Arturo J. Bencosme, PhD from Stanford University, is a consultant, facilitator, and lecturer of visionary strategic planning and organizational learning development processes. He has taught at Stanford University and is an independent business consultant who focuses on transformational leadership.*

Thu Jan 19 & 26
2 sess 6:00-9:00 pm
Casey Middle \$119

Live Your Life with Passion and Purpose

Are you longing for greater joy and meaning in your life? Feeling stuck in a rut? Facing a major change? Even if things are "pretty good," would you like to be living your life with more passion and purpose? If so, you'll enjoy being part of this "coaching class," joining with others in activities that will renew your spirit and give you a new lease on life. Taught by a mother-daughter team, we move through this seven-week journey together as you find yourself happier, more inner-directed, and better able to embrace what energizes. Learn some processes that will put you on a path toward the new you you want to be! Students will be invited to receive a complimentary 30-minute private coaching session at the conclusion of the course. A materials fee of \$10 is payable to the instructors in class. *Kate Johnson is a Life Coach specializing in mid-life transitions and life purpose discovery. Judith Blackburn is a retired Professor of English and Women's Studies. She has worked with several community-oriented non-profits and has led many workshops on spirituality, writing, and social justice.*

Wed Jan 25 - Mar 14
7 sess (no class on Feb 15) 6:30-8:30 pm
Casey Middle \$195

THE NATURAL WORLD

Aquaponic Gardening

Imagine growing vegetables and fish together in your backyard this summer. Now imagine that the only work you need to do after your garden is set up is to feed the fish once a day. No weeding, no watering, no heavy labor—and the plants are growing at table height for easy access. Aquaponics is a new way of growing plants organically and dirt-free using fish waste as plant food. In this class, you will learn how to set up and operate your own backyard aquaponics system, including where to locally source food fish and supplies. An optional field trip will take place on a Saturday to visit an operating aquaponics garden. *Sylvia Bernstein is the President and Founder of The Aquaponics Source. She runs Aquaponics-Community.com, writes the Aquaponic Gardening blog.com, and writes for Backyard Aquaponics and Growing Edge magazines.*

Thu & Sat Mar 8, 15 & 17
2 sess (plus Saturday optional) 6:30-8:30 pm
Casey Middle \$89

Astronomy: The Motions of the Sky

This workshop will deepen your understanding of what you see in the sky through an engaging teaching style that is fun and effective. You will learn about the apparent motions of the Sun, Moon, stars, and planets and understand why the sky appears to change over time. There will be a field trip to the park from 6:30-8:00 pm to view the night sky, in addition to the afternoon class. *Mike Zawaski, MA in Earth Sciences, is a science and outdoor educator. He founded the non-profit Observant Naturalist program and co-developed the Kinesthetic Astronomy™ teaching style. Mike also teaches science at Front Range College and researches Inca astronomy.*

Sat Feb 4
1 sess 1:00-5:30 pm
Southern Hills Middle \$65

Methods for Successful Beekeeping

New!

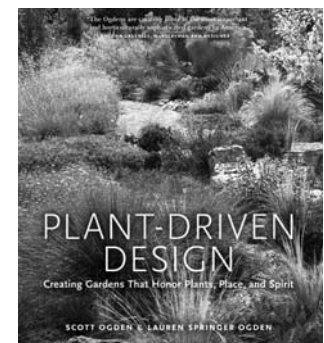
This course is appropriate for both new and experienced beekeepers. We will cover and discuss the key points for successful and environmentally responsible beekeeping. Students will be exposed to current trends and problems that honey bees face and how to deal with them. Please note: This class will not be specifically to start new beehives, but it may help prospective beekeepers decide if this is really something they want to get into. Also, it is excellent for those who already have established beehives and those who would like to get information regarding problems that they may be experiencing. Materials fee is \$15 in class. *Al Summers has kept bees for almost 50 years. His experience is international and covers many aspects of the academic and practical sides to beekeeping/apiculture. He has developed and taught beekeeping classes in the Boulder area for the past 25 years.*

Wed Jan 25 - Feb 15
4 sess 7:00-8:30 pm
8289 N. 95th St., Longmont \$89

Design Inspiration for Waterwise Gardens

Waterwise gardening has come a long way in the past two decades. With an ever-expanding palette of beautiful adapted plants from which to choose, both native and exotic, now the challenge is designing attractive, sustainable, regionally attuned yet individualistic water-conserving gardens. How do you combine home, personal style, and site into a resonant, unique expression? Come explore the design possibilities, from traditional and cottage to naturalistic and eclectic. Each garden style's unique design characteristics and well-suited plants will round out the inspiring discussion. *Fort Collins resident and popular instructor Lauren Springer Ogden is a nationally known garden designer who has pioneered plants and design for waterwise landscapes. She designed the Watersmart Garden at Denver Botanic Gardens. Her books The Undaunted Garden, Plant-Driven Design, and the new Waterwise Plants for Sustainable Gardens, focus on her passion for well-adapted plants and intelligent design.*

Wed March 21
1 sess 6:30-8:30 pm
Casey Middle \$45



HEALTH & FITNESS

Power Jam into Shape

Ready to “get in shape” with a fun, high energy workout through line dances? Yep, that’s right, line dances. Few of these steps will include country music. Michael Jackson, Ricky Martin, Danni Minogue, Backstreet Boys, Anastasia, NSYNC, and Justin Timberlake are just a few of the artists’ whose music we will use to get down. So get out your sneakers and workout clothes and let’s POWER JAM into shape! All levels and ages welcome as we will begin at an introductory level. *Ann DeBoe, with her 29-year professional career in Physical Education, has taught Line Dancing through exercise for the past 14 years.*

Wed Jan 18 - Mar 14
8 sess (no class on Feb 22) 7:00-8:15 pm
Manhattan Middle \$125

Power Jam 2: Advanced Movements **New!**

Ready to continue your moves with a fun, high-energy workout through line dances? If you have enjoyed Power Jam 1 or have a passion and love for line-dancing and are ready for more advanced moves, get out your sneakers and workout clothes and let’s POWER JAM into shape! Previous line dance/dancing experience is highly recommended as these dances are more advanced. All ages are welcome! *Ann DeBoe (see Power Jam into Shape)*

Wed Apr 4 - 25
4 sess 7:00-8:00 pm
Manhattan Middle \$59

Realistic Self Defense **New!**

Empower yourself by learning self-defense! This self-defense program combines the most effective ways to defend yourself by learning realistic escapes from an attack. You will learn techniques to defend yourself when an attacker is approaching you, grabbing or striking at you, and when you are attacked on the ground. You will also learn how to be mentally prepared so you act instead of freeze. This is a purely realistic and effective program for people who wish to learn how to maximize their safety. All levels are welcome to this class, ages 10 and up. This is a perfect program to do with your daughter or mother! *Sander Vanacker, BA in Physical Education and Sports Management, was originally from Belgium and has been doing martial arts since age seven. He learned self-defense from chief combative instructors of the special police forces in Belgium. Before opening Define Defense, he was an elementary school teacher.*

Wed Feb 1 - Mar 7
6 sess 6:15-7:15 pm
1805 11th Street Suite B, Boulder \$95

CrossFit Foundations

CrossFit Foundations classes are dynamic and fun workouts designed to bring out the maximum potential in all of us while producing measurable results. The Foundations program will be tailored to meet each individual’s current fitness level and take him or her, step by step, to the next level and beyond. Classes are led by our team of Certified CrossFit Coaches and will incorporate strength training, body-weight exercises, cardiovascular training, plyometrics, agility drills, Olympic lifting techniques, kettle bell, and medicine ball work. Classes are available to all fitness levels ages 14 and up. *Julia Bandel has a BA in Kinesiology, is a Level 1 CrossFit Certified Coach. Shawn Bandel is both a Level 1 CrossFit and CrossFit Endurance Certified Coach with experience coaching gymnastics.*

Tue & Thu Jan 17 - Feb 9
8 sess 6:30-7:15 pm
CrossFit Julia, Louisville \$95

13 Tips for Reducing Forgetfulness **New!**

The Care and Feeding of a Healthy Brain

What can you do to reduce forgetfulness? Is there any connection between clutter, organization, and forgetfulness? What is the connection between nutrition, exercise, and brain health? How can you stop forgetfulness from affecting your productivity and happiness? Get answers to these questions and sound advice on reducing forgetfulness and taking back your brain health. Don’t lose life experiences and joy due to brain health issues that can be remedied. If you’ve been struggling with forgetfulness due to aging, health or other reasons, this program is a must. This is an interactive program with assignments between classes. Handouts provided. A materials fee of \$10 is payable to the instructor in class for Get Back Your Life Nutrition Plan. *Kim Wolinski went through Hashimoto’s Disease treatment for hypothyroidism in 2010 where she experienced “brain fog” and other levels of forgetfulness due to this health problem. Kim offers practical ideas and doable action plans to help you make the changes you desire.*

Wed Feb 1 & 8
2 sess 6:30-8:30 pm
Casey Middle \$65



Get Your Life Back! **New!**

10 Ways to Manage Low Thyroid Symptoms

Over 15 million Americans suffer from hypothyroidism and Hashimoto’s disease, mostly women. Most doctors have no idea how to help us. Realizing that fatigue, “fog brain,” muscle pain, cold feet, hard to lose weight and other symptoms aren’t your fault is great! Now, find out how to manage your symptoms and find a healthcare professional trained to help you back to vibrant health. This is an interactive education and personal coaching program with weekly nutritional change assignments to make positive lifestyle changes for better health. A materials fee of \$37 is payable to the instructor in class for Get Back Your Life, Reset Your Thyroid e-Manual and e-Forms Package (sent by email PDF attachment). Visit www.ThyroidU.com for more information. *Kim Wolinski went through Hashimoto’s Disease treatment for hypothyroidism in 2010. Kim has lived with and through 95% of the 67 symptom of hypothyroidism disease. She offers practical ideas and doable action plans to help you make the changes you desire toward lifelong wellness.*

Thu Feb 9 - 23
3 sess 6:30-8:30 pm
Casey Middle \$139

Introduction to Tai Chi

Tai Chi is one of the great, inspired creations of antiquity. It comes to us from a world that is, in many ways, the complete opposite of modern America: ancient China. Tai Chi (or Tai Chi Chuan) can be the perfect antidote to the stresses and strains of modern life. It covers a few important bases: It’s a healthy form of light exercise, a moving meditation, a deep breathing exercise, and a basic self-defense method. The beautiful, relaxed, and flowing movements work to calm the mind, relieve stress, increase joint mobility, strengthen circulation, improve balance, and mitigate many common ailments. Tai Chi is easy to learn and practice. It just takes patience, regular class attendance, and home-practice time. We sometimes refer to it affectionately as the un-exercise. Come and join us! Wear loose, comfortable clothes. *Craig Rice began studying Tai Chi Chuan in the late 1960s. He earned a black belt in karate but became more interested in Tai Chi. He studied Yang-style Tai Chi with several very good teachers over the years and began teaching in the early 1990s. Today, Craig still practices and teaches Yang-style Tai Chi, but also dabbles with a similar system called Pa Kua Chuan and various other methods.*

Sat Jan 21 - Mar 17
8 sess (no class on Mar 3) 10:00-11:30 am
Southern Hills Middle \$115

Deep Relaxation

An Introduction to Nidra Meditation for an Easeful Body and a Calm Mind

If you feel that stress and tension are becoming too much a part of your life, this is the class for you. Through a deeply relaxing form of guided meditation, you will acquire tools that you can use in your everyday life to release anxiety, relieve pain, have more energy, and sleep more soundly. Learn how to open up to your full potential by giving this simple gift to yourself. This meditation does not require sitting for long periods of time on the floor. It is focused on comfort, so bring a blanket, mat, and a pillow to class and wear loose, comfortable clothing. *C.M. Brown is a certified Integral Yoga instructor and relaxation therapist. He is a member of Yoga Alliance and the International Association of Counselors and Therapists. He has been teaching and conducting seminars since 1997.*

Thu Jan 26 - Mar 1
6 sess 6:30-8:00 pm
New Vista High \$89

SPECIAL CLASSES

Lifestyle Strategies for Mild Brain Injury

Have you or a member of your family sustained a mild, traumatic brain injury? Memory issues, job stamina, light sensitivity, low mental energy, and suffering or disappearing relationships are sometimes related to MTBI. In this class, you will learn coping skills, strategies for addressing employment, pain management, brain retention, social interaction, family relationships, support-system building, and health maintenance—information necessary to support your recovery. *Gail L. Denton, PhD, is the author of Brainlash: Maximizing Your Recovery from Mild Brain Injury and she is a lifestyle strategist who coaches survivors to manage their injuries for the best possible outcomes.*

Wed Feb 22
1 sess 6:30-8:30 pm
Casey Middle \$45

The Cultural Landscape of Myanmar

Myanmar (Burma) is a Southeast Asian country at the crossroads between political isolation and emergence. We will discuss the disconnect between having one of the world's most isolationist governments, but some of the most remarkably resilient and friendly citizens. Through photos and conversation we will discuss the full spectrum of Myanmar, including culture, politics, landscape, religion, and the details of exploring this diverse nation. *Marilyn Downing Staff has been a frequent visitor to Burma (now Myanmar) since 1987. She spearheads Asia Transpacific Foundation, a non-profit organization that funds the development of clean water filter technology in Myanmar.*

Mon Feb 6
1 sess 6:30-8:00 pm
Casey Middle \$5

You're On the Air

How to Really Make It in Voice Overs

Voice overs are hot today! With such notable talent as Morgan Freeman, Glenn Close, and Alec Baldwin lending their voices to commercials, films, and videos, you'd think it would be next to impossible to break into this field. Not so. You don't have to be an actor to get voice-over work. In this class, you'll learn an exciting new way to get around the competition and actually turn voice overs into thriving full- or part-time employment. Learn about the numerous opportunities, income possibilities, techniques, the all-important demo and how to have it produced. *Kat Valentine King started working in radio in 1992. With over fifteen years of experience, she brings a smart, businesslike and professional attitude to her work in TV and radio.*

Tue Feb 21
1 sess 7:00-9:00 pm
Casey Middle \$49

"Green" Interior Design

New!

Get an eye-opening approach to redesigning your home into a healthy, happy, and beautiful environment. Dive into the psychology of color. Learn to balance and rearrange existing furniture, art, and accessories. Understand the importance of incorporating environmentally friendly materials and products for flooring, paint, and countertops. In this class, you will master the tips and tricks to sustainably transform your spaces in a fun and exciting way as you renew and reuse. *Sherrie Glogosh, owner of Renewable Interiors, brings over 35 years of diverse residential and commercial design experience to the Boulder area.*

Thu Feb 2 - Mar 8
5 sess (no class Feb 23) 6:30-8:30 pm
Casey Middle \$149

CLASSES FOR TEENS

Drivers' Ed

In this high-quality class, students will learn rules of the road in preparation for obtaining their permit. Thirty hours of classroom instruction will be held in Boulder Valley High School classrooms or at the Boulder Driving Academy. Students may obtain permits at age 15, upon completion of 30 hours of classroom instruction from an accredited program. Sample written exams will be taken during class. *Boulder Driving Academy is approved by the Colorado Department of Revenue, Motor Vehicle Business Group Driver License Section, License #9041.*

More than 10 different Winter and Spring Drivers Ed classes run from January through May for your convenience. Visit www.bvsvd.org/lll for a complete description and schedule.

Demystifying the College Application Process

New!

This two-part presentation for parents covers standardized tests and college applications. Its goal is to demystify the college entrance process. Topics to be covered are: PSAT, SAT, ACT, Subject Tests, AP, IB, college selection, college applications, and the college application essay.

Tue & Thu Mar 20 & 22
2 sess 7:00-8:30 pm
Fairview High \$89

ACT Tactics and Strategies

New!

This ACT prep class covers the best tactics and strategies to maximize performance on all of the tests which comprise the ACT: English, Math, Reading Comprehension, and Science Reasoning. It is especially useful for 11th graders who will be taking the Colorado mandated ACT test in April.

Thu Feb 23 & Mar 1
2 sess 6:30-8:30 pm
Fairview High \$89

Plus SAT Prep, ACT Prep, and SAT Prep INTENSE: Small Group Intensive

Visit www.bvsvd.org/lll for a complete listing of class descriptions, dates, and fees.

REGISTRATION

Register Early

REGISTER EARLY SO THAT YOU ARE NOT DISAPPOINTED!
Classes can fill quickly. All classes are subject to cancellation due to low registration.

Five Easy Ways to Register

Online at www.bvsvd.org/LLL

Set up a student profile and use your **Visa** or **MasterCard**. Secured by USA ePay.

By Phone

Call 720-561-5968
24 hours a day with a **Visa** or **MasterCard**.
Include your card # & expiration date.

By Mail

Make checks payable to:
Boulder Valley School District (or BVSD)
Send completed registrations forms to:
Lifelong Learning, 805 Gillaspie Drive,
Boulder, CO 80305
Mail registrations at least 7 days in advance.

In Person

Community School Program office:
Open: Mon - Fri, 8:00 am to 4:30 pm
Located in the north end of
Community Montessori School,
805 Gillaspie Drive, Boulder.
Until Dec. 15th, 2011.

WE'RE MOVING!

After Dec. 16th, the Lifelong Learning office will be at the BVSD Education Center at 6500 Arapahoe Avenue in Boulder.

Cancellation Policy

If you need to cancel a class registration, you must do so at least **two full business days before the class start date** to receive a refund (minus a \$15 processing fee). There will be no refunds after that point. If a class is canceled by Lifelong Learning, a full refund will be issued.

Important Information

School Closings

Lifelong Learning classes will be canceled if BVSD has closed schools or after-school activities due to inclement weather.

Class Changes and Cancellations

If a class is canceled due to low enrollment or if a class location is changed, you will be notified by phone or email. Please check your messages on your class dates.

Receipts and Confirmations

Due to budget constraints, no registration receipt or confirmation will be sent unless you provide an email address. If you need a printed receipt, please enclose a self-addressed stamped envelope with your registration or register in person.

Special Accommodations

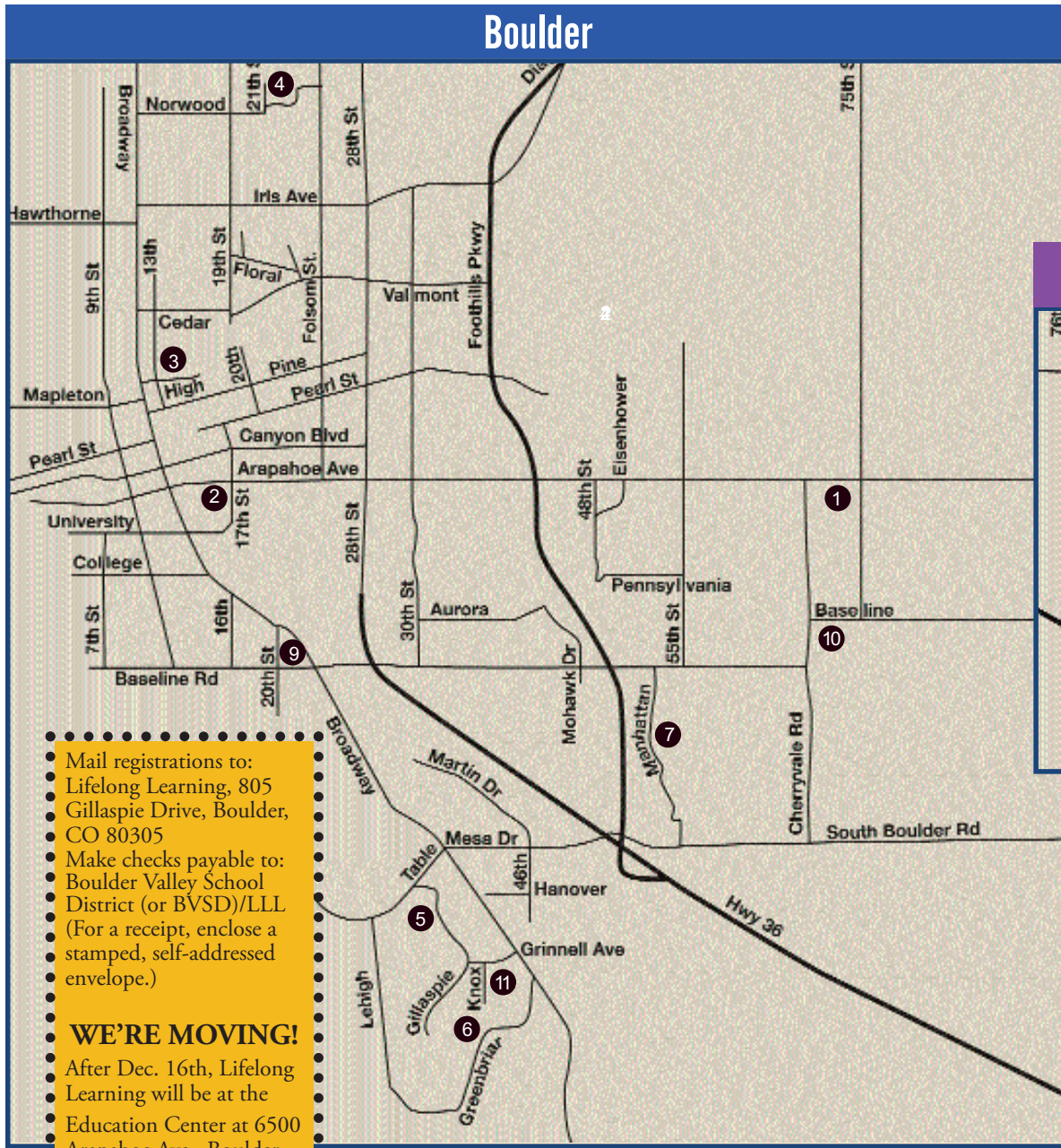
If you have special needs due to a disability and wish to request accommodations in order to attend one of our classes, please notify our office at least two weeks before the class begins so that we can make arrangements for you.

Disclaimer

The ideas, concepts, or teachings of, as well as any material used by any instructor in these classes, do not necessarily represent the views of the Boulder Valley School District (BVSD), its agents, or employees. Any contracts entered into with a Lifelong Learning (LLL) instructor will be binding solely between the parties to the contract or agreement and shall not impose liability upon BVSD, its agents or employees. The hiring of a LLL instructor to teach any course listed herein shall not be construed in any way to be an endorsement by BVSD, its agents, or employees, of any such LLL instructor.

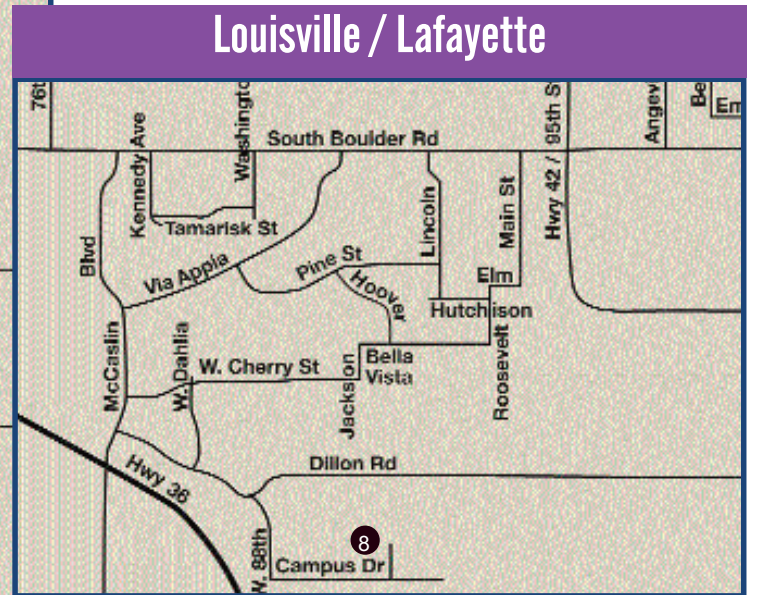
Satisfaction Guaranteed!

We are so confident that you will thoroughly enjoy our classes that we guarantee it. If, after attending a course, you are not satisfied with the content, you may receive a full refund. Please call Shere Holleman, Lifelong Learning Program Manager, at 720-561-5967 to discuss your concerns.



SCHOOL LOCATIONS FOR ADULT CLASSES

Not all locations are included. Directions to all sites are available on our Web site at www.bvsd.org/lll



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|----|-----------------------|----------------------------|
| 1 | Arapahoe Campus | 6600 Arapahoe Rd., Boulder |
| 2 | Boulder High | 1604 Arapahoe, Boulder |
| 3 | Casey Middle | 1301 High Street, Boulder |
| 4 | Centennial Middle | 2205 Norwood, Boulder |
| 5 | Community Montessori | 805 Gillaspie Dr., Boulder |
| 6 | Fairview High | 1515 Greenbriar, Boulder |
| 7 | Manhattan Middle | 290 Manhattan Dr., Boulder |
| 8 | Monarch High | 329 Campus Dr., Louisville |
| 9 | New Vista High | 700 20th St., Boulder |
| 10 | Platt Middle | 6096 Baseline Rd., Boulder |
| 11 | Southern Hills Middle | 1500 Knox Dr., Boulder |

Mail registrations to:
 Lifelong Learning, 805
 Gillaspie Drive, Boulder,
 CO 80305
 Make checks payable to:
 Boulder Valley School
 District (or BVSD)/LLL
 (For a receipt, enclose a
 stamped, self-addressed
 envelope.)

WE'RE MOVING!
 After Dec. 16th, Lifelong
 Learning will be at the
 Education Center at 6500
 Arapahoe Ave., Boulder

Lifelong Learning Class Registration Form

Person Paying Daytime Phone Evening Phone

Address City Zip Code

Name of Participant	Birth Year*	Class Name	Starting Date	Location	Fee

* We must have your birth year in order to process your registration. Thanks!

I understand the cancellation policy.
 Email me a confirmation and class reminder:
 Email Address _____

Credit Voucher \$ _____
 Total \$ _____

VISA MC Card # Exp. Date Signature