# Spring 2017 Continuing Education

## Table of Contents

**Community Programs** 2
2  *Arts & Hobbies*
9  *Culinary*
12  *Fitness & Wellness*
17  *Languages*
19  *Lifelong Learning*
26  *Music & Dance*
30  *Outdoors & Animals*
32  *Seniors*
34  *Travel & Special Events*
35  *Youth Activities & Events*

**Corporate Training** 41
41  *Computers*
43  *Customized Workforce Training*
45  *Supervisory Management*
45  *Online Courses*

**Health & Human Services** 47
47  *Activity Director*
48  *Auctioneering*
48  *EKG Technician*
49  *Health*
51  *Law Enforcement Agencies*
51  *Massage Therapy*
51  *Medical Coding Specialist*
53  *Medication Aide (CMA)*
54  *Nurse Aide (CNA)*
55  *Personal Trainer*
55  *Pharmacy Technician*
55  *Teacher Certification*
55  *Telecommunications*
56  *Truck Driver*

**Highlander Ranch** 57

**How to Register** 61
Community Programs

Arts & Hobbies

Painting with Acrylics
Painting with acrylics is great fun! Acrylics are water soluble and easy to use. This class is designed for students of any skill level. Learn composition and design, basic color theory and mixing, and various acrylic paint application techniques. Each student will receive individual attention from our wonderful instructor, Dan Capps, to help them achieve their goals. Come ready to paint! When registering, please ask for a list of supplies to bring to class.

Cost: $79
March 21-April 25 T, 1-3 p.m. AVC 6119.04

Creative Acrylics
Anyone can create beautiful and eye-catching art! This class is a fun introduction to creative acrylics, for beginning artists and anyone looking to explore a new hobby. With special emphasis on cultivating the creative process and “thinking outside the box,” Becky Kindred will teach you basic fundamentals and techniques in paint and design that will help you to unleash your inner artist. When registering, please ask for a list of supplies to bring to class.

Cost: $79
Feb. 6-March 13 M, 6-8 p.m. AVC 6119.06

Beading and Jewelry Making
Express your personal accessory style in this class. Learn to make necklaces, earrings, bracelets and other jewelry from beautiful beads and stones that rival any pre-made jewelry — all in exactly the colors and designs you want. Enjoy this art form as a hobby or develop skills to produce marketable arts and crafts. Jewelry artist Doris Chmielewski helps you learn how to create stunning jewelry that others will envy. A supply list will be provided at the first class. Cost of supplies will vary based on your preference of tools, beads and designs.

Cost: $59
Jan. 16-Feb. 6 M, 6:30-8:30 p.m. AVC 4004.02
April 3-24 M, 6:30-8:30 p.m. AVC 4004.03
Make and Use Ceramics
Students will create at least three functional ceramic pieces that will be put to use for dinner on the last evening of class. You will have the opportunity to use a slab roller, extruder, molds and a pottery wheel. Additional pottery choices will be bird feeders, wall sculptures and trivets. No previous clay experience necessary. This fun, noncredit course is designed to explore the field of ceramics. Proceed at your own pace and take home bowls, cups, plates or art pieces on the last day. Experienced students can work on their specific choices. One bag of clay will be provided; any extra clay can be purchased by the student. Dinner on the last evening will also be provided. This class is limited to 10 students. It will be held at the Art Center of Waco and led by the talented Doreen Plott.
Cost: $139  
Feb. 7-21 TTH, 6-8 p.m. AVC 1992.02

Introduction to Crochet NEW
In these classes, you will learn how to crochet, and each class will build upon what you learned the month before. Classes are held on the first Thursday of each month. Class meets at Tomorrow’s Quilts.
Cost: $69  
Feb. 2-May 4 TH, 3-5 p.m. AVC 5286.11  
Feb. 2-May 4 TH, 6-8 p.m. AVC 5286.12

Drawing Basics
Learn to draw with more confidence! Designed for those with little or no experience, this drawing class begins with simple exercises to help you quickly learn to draw what you see. Enjoy learning the fundamentals of freehand drawing while experimenting with different media. You’ll study line, shadow, color, and how to determine the appropriate proportion of people and objects. By setting up and drawing a still-life composition, you will increase your knowledge of proportion and perspective. Learning the fundamentals can make your painting experiences excel, too. Some model figure drawing may be included in the course. Class will be taught by Dan Capps. When registering, please ask for a list of supplies to bring to class.
Cost: $69  
Jan. 24-Feb. 28 T, 6-8 p.m. AVC 1990.03  
March 21-April 25 T, 6-8 p.m. AVC 1990.04

Basic Hand Lettering NEW
Have you been admiring all those hand lettering projects on Pinterest? Although it may look difficult, hand lettering can be picked up easily through practice. In this class, Kayla Adamik will teach you the basics of brush lettering (using brush pens and a watercolor brush) along with the modern art of “faux” calligraphy. Projects will be fairly open, allowing you to explore your interests within hand lettering. Upon registration, ask for a list of supplies to bring to class.
Cost: $59  
Feb. 6-27 M, 7-9 p.m. AVC 5282.02
Advanced Hand Lettering NEW
This class is for those who have mastered the basic techniques of hand lettering and want to expand their capabilities. This includes, but is not limited to, composition and placement of words and phrases, incorporating sans serif and serif typefaces, simple, drawn accents and more advanced watercolor techniques, as well as developing your own personal style of hand lettering. Projects will be fairly open ended, and the supplies will vary depending on your interests in this course, but ask for a supply list upon registering. Class will be taught by Kayla Adamik.
Cost: $59
March 20-April 10 M, 7-9 p.m. AVC 5282.03

Interior Style: Cultivating Your Aesthetic
Interior design can feel like a mystery. It’s easy to appreciate a beautifully finished room, but where do you even start in your own space? How do you know what goes with what? How do you incorporate an offbeat piece you totally love into your decor when it doesn’t match? When you appreciate a huge range of design styles, how do you make confident decisions? Lesley Myrick will cover how to discover your unique design vision, where to find ideas, how to organize your project, and how to design your dream home. We’ll also cover practical tips during an in-depth Q&A session, and enjoy an evening of design inspiration and shopping at The Findery in downtown Waco. Learn to embrace what you love and feel empowered to make bold design decisions in your own home.
Cost: $99
April 4-25 T, 7-9 p.m. AVC 6122.02

Dorm or Teen Room Decorating NEW
Join expert designer Lesley Myrick for this one-day workshop to learn how to transform a blah space into a dream place! You will learn how to decorate a dorm room, college apartment space, or cool teen bedroom for a hip vibe. This session will be fun for all!
Cost: $39
May 27 S, 1-4 p.m. AVC 6122.04

Spring Refresh: Clearing out Your Clutter NEW
Spring is the time to freshen up our spaces! Join expert designer Lesley Myrick for this one-day workshop. You will learn how to clear out clutter to make space for the things you love.
Cost: $39
March 25 S, 1-4 p.m. AVC 6122.03

Intro to Continental Knitting NEW
In this class you will learn how to knit the continental way, and each class will build upon what you learned the month before. Classes are held on the third Thursday of each month. Class meets at Tomorrow’s Quilts.
Cost: $69
Feb. 16-May 18 TH, 3-5 p.m. AVC 5286.09
Feb. 16-May 18 TH, 6-8 p.m. AVC 5286.10
Knitting a Beaded Lace Shawl NEW
Class will focus on understanding shawl types as well as using a lace structure to create a lovely shawl. We will also learn how to place beads within the knitted piece. This is an intermediate class and students must be 18 years old and comfortable with the knit and purl stitch. Class will be taught by Dawn Burns.
Cost: $29
May 2-9 T, 6:30-8:30 p.m. AVC 5286.08

Knitting Sweaters — Part II NEW
This two-part class is a continuation from our fall class, taught by Dawn Burns, where you will be learning to make a full-sized sweater. Students will be finishing up the sweaters they began and learning how to assemble the pieces, wash, and block the finished item. Students should be intermediate skill level and at least 18 years old.
Cost: $39
Feb. 7-21 T, 6:30-8:30 p.m. AVC 5286.05

Knitting Socks NEW
Class will include how to knit a full-sized sock, how to measure, what type of yarn to use and many other facts about knitting socks. This is an intermediate class, and students must be 18 years old and comfortable with the knit and purl stitch. Socks can be knit on double points or with the magic loop method. Instructor Dawn Burns teaches this class.
Cost: $39
April 4-18 T, 6:30-8:30 p.m. AVC 5286.07

Mobius Cowl Knitting NEW
Come learn the fun and interesting method of casting on to create a cowl that is a true circle. Some experience with knitting is needed and students must be at least 18 yrs. old. Class will be taught by Dawn Burns.
Cost: $22
March 14 T, 6:30-8:30 p.m. AVC 5286.06

Introduction to Photography
Learn to get the most out of your camera! Improve your photographs with the technical and artistic basics of photography. With instructor Stephen Cook, you’ll learn basic skills, look at some photography pioneers, and take and critique photos in a friendly and collaborative environment. Topics include camera settings, basic composition and different types of photography (e.g. sports, landscape, portrait, etc.). Try a little of everything and concentrate on your area of interest. You’ll get the most out of the course with a digital SLR camera with interchangeable lenses and a flash. This class is for beginning and intermediate photographers.
Cost: $169
Jan. 12-March 2 TH, 6-9 p.m. PHTC 1004.02
March 16-May 4 TH, 6-9 p.m. PHTC 1004.03
**Portrait Painting in Oils**

In this class, Samuel Shelton will be focusing on painting the portrait in a representational style with a limited color palette. The colors used will consist primarily of white, red, yellow, brown, and black. The limited palette allows for not only a great amount of control in color mixing but also will inevitably unify the painting once completed. The goals of this class will be to introduce students to painting the portrait in color, and also to allow advanced painters to dive even deeper in their knowledge and ability as portrait painters. This style of painting has been used extensively throughout the history of oil painting, and it is a sound practice that takes out a lot of the fear of portrait painting.

*Cost: $149*

*Jan. 30-May 22 M, 6-9 p.m. AVC 4019.03*

**Introduction to Quilting NEW**

This is an introductory class to learn how to quilt. This class will cover fabric selection, thread selection, machine basics, and straight line sewing. You will complete a lap quilt by the end of class. Class is held at Tomorrow’s Quilts. Come join in the quilting fun!

*Cost: $39*

*Jan. 17-24 T, 5-7 p.m. AVC 4057.01*

*April 11-18 T, 5-7 p.m. AVC 4057.02*

**Beginner Quilting NEW**

In this level two class, you will continue to learn how to quilt with others in a great environment. The class covers fabric selection, and students will finish a large throw by the end of the class. Class is held at Tomorrow’s Quilts. Come join in the quilting fun!

*Cost: $49*

*Jan. 31-Feb. 21 T, 5-7 p.m. AVC 4057.03*

*April 25-May 16 T, 5-7 p.m. AVC 4057.04*

**Intermediate Quilting NEW**

Continue to build your quilting skills in this level 3 class. This class is for sewers with some sewing skills. Each time this session runs, a new quilt pattern will be used to hone sewers’ piecing skills. Class is held at Tomorrow’s Quilts. Come join in the quilting fun!

*Cost: $69*

*Feb. 28-April 4 T, 5-7 p.m. AVC 4057.05*

*May 16-June 20 T, 5-7 p.m. AVC 4057.06*

**Finishing a Quilt NEW**

Do you have a quilt top made that you are ready to finish? In this class, students will learn how to square up a quilt top, create a quilt sandwich, and pin the sandwich in preparation for machine or hand quilting. The class will be held monthly on the second Thursday of each month. Class meets at Tomorrow’s Quilts.

*Cost: $39*

*Jan. 12-May 11 TH, 6-8 p.m. AVC 4057.07*

*June 8-Aug. 10 TH, 6-8 p.m. AVC 4057.08*
**Intro to Machine Quilting NEW**

Learn how to quilt your quilt tops using your domestic sewing machine. Class is held on the third Thursday of each month. Class meets at Tomorrow’s Quilts.

*Cost: $39*

*Jan. 19-May 18 TH, 6-8 p.m. AVC 4057.11*

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**Teens, Tweens, and Parents: T-shirt Quilts NEW**

Turn old T’s into a keepsake! You and your teen/tween will bring 20 T-shirts of your choosing to create a memory quilt. We will go over stabilizing, cutting, and selecting fabric for the sashing and backing of your quilt. In the second meeting, we will cover borders and quilting options for your quilt. After sewing on the borders, we will table the quilts for those wishing to quilt them at home. For those wishing to have them professionally quilted, we will discuss quilting options and provide names and contacts for quilters in the area. Classes will be held at Tomorrow’s Quilts. Participants under 16 years old must be accompanied by parent or guardian who also registers for the course.

*Cost: $59*

*Feb. 11-March 11 S, 10 a.m.-noon AVC 4057.10*

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**Year Long Sampler Quilt NEW**

This class is for confident, beginning quilters. Class will meet on the third Saturday of every month. Each month, you will make a block for the first 9 months; then you will sash it on month 10. You will quilt on month 11 and bind during month 12, so you will have finished a quilt for yourself or to give as a gift at Christmas. Class will be held at Tomorrow’s Quilts.

*Cost: $59*

*Jan. 21-Dec. 16 S, 10 a.m.-noon AVC 4057.09*

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**Sewing for Baby — Part I NEW**

Learn to make baby items in this fun Part I class. You will be learning to craft crib sheets, receiving blankets, swaddles, and burp cloths. This is a 4-hour class with an hour break for lunch. Class is held at Tomorrow’s Quilts.

*Cost: $49*

*Jan. 19 TH, 10 a.m. - noon, 1-3 p.m. AVC 6124.01*

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**Sewing for Baby — Part II NEW**

Continue learning to make items for your baby in this Part II class. In this class, we will be crafting a chenille rug and learning how to create a baby quilt using Chenille-it ribbon. This is a 4-hour class with an hour break for lunch. Class is held at Tomorrow’s Quilts.

*Cost: $49*

*Feb. 16 TH, 10 a.m. - noon, 1-3 p.m. AVC 6124.02*
Sewing for Baby — Part III

In Part III of Sewing for Baby, we will create a baby quilt. We will craft the quilt and have it ready by the end of class. You will have the option to quilt the quilt, tie the quilt or have it professionally quilted. This is a 4-hour class with an hour break for lunch. Class is held at Tomorrow’s Quilts.

Cost: $49

March 16TH, 10 a.m.-noon, 1-3 p.m. AVC 6124.03

Stained Glass Majesty I

Welcome to the world of stained glass work! Learn how to choose designs and color schemes; to cut, solder and finish; and to display works of art using copper foiling techniques. Our experienced, professional and talented instructor, Susan Yow, teaches beginners how to create stained glass panels using the Tiffany foil method of construction. You'll make two beautiful, dramatic stained glass pieces - a window hanging and a free-form sun-catcher. At the first class, you will receive a supply list and have the option of purchasing a starter kit from the instructor for around $180. This course is a prerequisite for Stained Glass Majesty II.

Cost: $89

Feb. 13-March 27 M, 6-9 p.m. AVC 1297.02

Stained Glass Majesty II

This class is a continuation of stained glass art exploration and creation using lead came techniques. You may work on your own project or on a project that the instructor has to offer. Instructor Susan Yow will teach you how to use lead came in a panel design that includes cutting and assembly of came, using bevels, soldering lead and zinc came, reinforcing panels, weather-proofing, and applying patina to your finished project. At the first class, you will receive a supply list and have the option of purchasing a starter kit from the instructor for around $180. Prerequisite: Stained Glass Majesty I.

Cost: $89

April 3-May 8 M, 6-9 p.m. AVC 1297.03

Tatted Eggs or Wedding Handkerchief

Learn the art of tatting while completing a fun project! In this class, you have the option to choose which project you will work on. Learn to make either a tatted egg decoration — perfect for spring — or a wedding handkerchief with a tatted lace edge, a beautiful treasure for a bride-to-be. Tatting is a type of lace making that uses various knots, thread and a “shuttle.” Susan Merritt will teach you fundamental tatting techniques, types of threads, how to read patterns and how to finish your project. A brief history and contemporary applications will be discussed throughout the course. Cost includes instructions, patterns, and supplies to get you started in tatting.

Cost: $49

Feb. 16-March 2 TH, 6:30-8 p.m. AVC 1970.03
Make a Baby Bonnet NEW

Learn the art of tatting while creating an adorable baby bonnet with a tatted edge. Tatting is a type of lace making that uses various knots, thread and a “shuttle.” Susan Merritt will teach you fundamental tatting techniques, types of threads, how to read patterns and how to finish your project. A brief history and contemporary applications will be discussed throughout the course. Cost includes instructions, patterns, and supplies to get you started in tatting.

Cost: $59
March 23-April 20 TH, 6:30-8 p.m. AVC 1970.03

Watercolor Painting

Watercolor is a beguiling and exciting painting medium with a character all its own. Even if you’ve never handled a brush before, you’ll enjoy exploring watercolor’s idiosyncrasies while learning how to deal confidently with washes, glazes and color mixing from expert, Dan Capps. Discover your hidden potential as you learn the fundamentals of this rewarding art form. This is a great beginning class to learn how to achieve a variety of results and a great refresher course for experienced artists to work on individual projects with mentoring. An introduction into acrylics may be included toward the end of the course. When registering, please ask for a list of supplies to bring to class.

Cost: $79
Jan. 25-March 1 W, 6-8 p.m. AVC 2056.03
March 22-April 26 W, 6-8 p.m. AVC 2056.04

Culinary

Cookin’ Cajun 101

Come learn to cook authentic southern Louisiana cuisine that’s known as Cajun cookin’. Instructor Wendy Moulds has the perfect personality for this spirited class. You’ll learn the basics of Cajun cooking, receive recipe packets each week, hear stories from Wendy of her family’s experiences owning a restaurant in New Orleans, and learn a little about Cajun culture. Even if you’ve taken the class before, there are new dishes and recipes this time! Enjoy this dinner party class in MCC’s own residential-style kitchen. Sorry, no refunds.

Cost: $79
Feb. 2-23 TH, 6-8 p.m. AVC 1930.02
Valentine Cookie Decorating NEW

Are you looking for some new tips on spicing up your Valentine’s Day cookies? Instructor Esther Allen, a certified cake decorator and owner of her own small bakery, teaches students how to make a special cookie glaze, decorate with buttercream and keep cookies fresh for as long as possible. Supplies are provided in class, and students will take home a plate of cookies. Class will be held at Cakes by Esther. Participants under 16 years old must be accompanied by a parent or guardian who also registers for the course.

Cost: $29
Feb. 4 S, 9 a.m.-noon AVC 5024.04

Springtime Cake Decorating NEW

Easter basket! Easter bunnies! Join our springtime cake decorating class to create a beautiful seasonal cake. Instructor Esther Allen decorates cakes professionally and loves working with novices as well as those who desire to add to their expertise. You will learn about decorating equipment, icing techniques, borders and decorations, and how to assemble a three-tier cake. Class will be held at Cakes by Esther.

Cost: $99
March 21-April 13 TTH, 6:30-8:30 p.m. FCTR 1015.02

Decorating Spring Cupcakes NEW

Join this class to create spring buttercream flowers on cupcakes. Instructor and cake decorator Esther Allen will teach several tips for creating a variety of textures and designs on cupcakes using various icings. When registering, please ask for a list of supplies (about $12) to bring to class. Class will be held at Cakes by Esther. Participants under 16 years old must be accompanied by a parent or guardian who also registers for the course.

Cost: $29
April 8 S, 9 a.m.-noon AVC 5024.03

Food Manager Certification

Become certified! Classes are held monthly through the Waco McLennan County Health District. Spring classes dates are Jan. 4-11, Feb. 1-8, March 2-8, April 5-12, and May 3-1. To learn more or to register, call 254-750-5464.

Indian Cuisine NEW

Enjoy a 2-hour Indian Cooking Class taught by an experienced home cook, Priti Patel. Learn authentic Indian cooking from appetizers & main meals to desserts. Indian food is colorful, aromatic and flavorful. Entice your palate from traditional to creative Indian fusion meals. Priti’s easy-to-follow recipes and upbeat personality will change the way you look at Indian cooking. Come join us for a cooking class. Your taste buds will thank you! The class is held in McLennan’s residential-style kitchen classroom. Sorry, no refunds.

Cost: $49
Feb. 11 S, 6-8 p.m. AVC 5023.03
More Indian Cuisine NEW

Enjoy another round of Indian cooking fun taught by experienced home cook, Priti Patel. Learn even more authentic Indian cooking from appetizers & main meals to desserts. In this second Indian Cuisine class, Priti will offer more recipes to expand your Indian cookbook. Priti’s easy-to-follow recipes and upbeat personality will change the way you look at Indian cooking. Come join us for a cooking class. Your taste buds will thank you all over again! The class is held in McLennan’s residential-style kitchen classroom. Sorry, no refunds.

Cost: $49
April 22 S, 11:30 a.m.-1 p.m. AVC 5023.04

Mediterranean Menu

It’s back and better than ever! Food critics and dietitians praise the diet of Mediterranean cultures as wonderfully healthy. Dishes prepared in this course include the healthy ingredients of a Mediterranean diet. Instructor Karen Hix will show you how to make some of these popular cultural dishes at home, including hummus, tabbouleh, and more. You’ll see demonstrations, participate in hands-on preparation, receive great recipes to take home, and hear family stories. Best of all, each class ends with taste testing! The class is held in MCC’s residential-style kitchen classroom.

Cost: $49
Feb. 27-March 1 MW, 5:30-7:30 p.m. AVC 5023.02

Wines for Your Valentine NEW

Join April Cole as she offers this special Valentine tasting to explore both traditional and unconventional wines to complement gourmet appetizers and desserts. Come share a taste with someone special! Students must be 21 or older and individual dietary restrictions cannot be accommodated. Only registered participants may sit in on the class. Sorry, no refunds.

Cost: $59
Feb. 9 TH, 6-8 p.m. AVC 3026.02

Spring Wines and Salads NEW

Join April Cole as she offers this wonderful tasting of fresh springtime wines! Explore both traditional and unconventional wines to complement an array of salads for the warm weather season. Students must be 21 or older and individual dietary restrictions cannot be accommodated. Only registered participants may sit in on the class. Sorry, no refunds.

Cost: $59
April 6 TH, 6-8 p.m. AVC 3026.03
Texas Rising: Texas Craft Whiskey Tasting NEW

Texas Rising! Set in the elegance of The Northwood House at MCC, this educational event is designed to pair a delicious dinner with Texas craft whiskeys. Learn from the expert, Trey Jansing, about the history of the craft. You will learn about 5 distilleries with 5 whiskeys, the impact it has on economic growth, and the differences between Texas craft and other regions. An evening of education, Texas culture, good food, and a little bit of fun! Participants must be 21 or older.

Cost: $69
April 3 M, 6-8 p.m. AVC 3085.02

Fitness & Wellness

Easy Fitness Blend

With easy-to-follow dance steps and routines, stretching and simple yoga postures, hand weights, music and relaxation techniques, this blended program is an enjoyable way to exercise and improve health. Instructor, Hanna Vaughan will guide you through class that’s good for beginners and those with more experience! Bring a mat and a set of 1 to 3 lb. hand weights (not required). Classes meet at Crestview Church of Christ Community Center.

Cost: $49
Jan. 30-March 24 MWF, 11a.m.-noon AVC 6121.02
March 27-May 19 MWF, 11a.m.-noon AVC 6121.03

European Martial Arts I

Learn to fight like a knight in this introductory course of European martial arts instructed by Jefferson Webb. There’s no reenactment here, just pure martial arts as students learn defensive and offensive fighting techniques with the European arming sword. Whether you are in the best physical condition of your life or have never been in a gym, this is a course that you will find fun, challenging, and rewarding. The objectives are attainable and you’ll work muscles “you didn’t know you had.” At the end of the course, you will have a much better understanding of the level of form, technique, and skill a medieval knight needed to wield his sword effectively, and you can take a great feeling of pride and accomplishment for completing the first step in being an accomplished swordsman or swordswoman.

Cost: $59
Jan. 31-March 2 TTH, 6-7 p.m. AVC 6133.01

European Martial Arts II

Join instructor Jefferson Webb in round two of learning to fight like a knight - European martial arts. Continue to learn defensive and offensive fighting techniques with the European arming sword. Whether you are in the best physical condition of your life or have never been in a gym, this is a course that you will find fun, challenging, and rewarding. At the end of the course, you will have continued to perfect the form, technique, and skill a medieval knight needed to wield his sword effectively.

Cost: $59
March 21-April 27 TTH, 6-7 p.m. AVC 6133.02
First Responder Fitness NEW
This 16-week intensive preparatory fitness training course is for individuals interested in Public Safety service (police officers, fire fighters, and first responders). All of these professions require a fitness test, and this special program is designed to help you get in shape to pass the fitness exam. Participants will receive physical training in cardiovascular fitness, anaerobic development, agility, muscular strength, and endurance. Participants will be provided an opportunity to understand and develop the level of fitness needed to be a public servant. The course is designed for those interested in or currently serving in public service; however, enrollment is open for individuals interested in increasing their fitness level. The course will take place at the Emergency Services Education Center Training Facility and will be led by expert instructors, John Fogle, Casey Garcia, and Tracy Blackshear.
Cost: $149
Jan. 16-May 8 M, 6-8 p.m. CJLE 1032.01

Learn to Play Golf
This is the perfect way to get your game off to a great start! You’ll get introduced to the game of golf by instructor Ed Rolan and learn proper grip, stance and alignment, as well as driving, chipping and putting. Ed will also talk about golf etiquette and give helpful pointers on choosing equipment for your golf game. You may bring your own clubs or use clubs provided at the lesson. This class meets at Twin Rivers Golf Club driving range, and enrollment is limited. Students are responsible for purchasing their own buckets of golf balls ($5 per bucket) for each class. Participants under 16 years old must be accompanied by parent or guardian who also registers for the course.
Cost: $49
March 13-29 MW, 6:30-8 p.m. AVC 1026.02

Improve Your Short Game
Interested in refining your short game and lowering your scores? Come to Twin Rivers Golf Club and meet your instructor Ed Rolan for golf class! Techniques for chipping, pitching, sand shots and putting will be emphasized. You will learn effective techniques for practicing golf strokes the correct way to help you get the results you desire. Treat yourself or the golfer in your life to this course. Students are responsible for purchasing their buckets of balls ($5 per bucket) at each session. Participants under 16 years old must be accompanied by a parent or guardian who is also registered for the course.
Cost: $49
April 3-19 MW, 6:30-8 p.m. AVC 5128.02

Play Golf with a Pro NEW
Hit the shots actually used on the course. Then, see how they would apply in a real playing situation. From tee to green, students will learn what they will need to play the game from pro, Ed Rolan.
Cost: $49
May 1-17 MW, 6:30-8 p.m. AVC 1026.03
Lean Body Breakthrough I NEW
Lean Body Breakthrough is an enjoyable, effective workout that gets results by combining High Intensity Interval Training, bodyweight exercises (no weights), core work and yoga. Each class will work toward getting you stronger and more defined and leave you feeling refreshed and restored. Popular Waco instructor, Susan Bell, will both challenge and encourage you with her positive, fun teaching style. Bring a yoga mat and get ready for a transformative workout experience. Class will be held at Joy’s School of Dance, Bosque location.
Cost: $69
Jan. 9-Feb. 15 MW, 9:15-10:15 a.m. AVC 1201.01

Lean Body Breakthrough II NEW
Lean Body Breakthrough II is the next level of this enjoyable, effective workout that gets results by combining high intensity interval training, bodyweight exercises (no weights), core work and yoga. Each class will work toward getting you stronger and more defined and leave you feeling refreshed and restored. Popular Waco instructor, Susan Bell, will both challenge and encourage you with her positive, fun teaching style. Bring a yoga mat and get ready for a transformative workout experience. Class is held at Joy’s School of Dance, Bosque location.
Cost: $69
Feb. 20-April 5 MW, 9:15-10:15 a.m. AVC 1201.02

Massage Secrets of the Upper Body
Do you want to rub people the right way? Improve your quality of life by eliminating those constant tight and painful muscle aches. In this course, you will learn chair massage basics that will allow you to relax the upper body (lower back, necks, arms, hands and scalp). Instructor David Sproles, LMT, will teach simple and effective techniques to perform massage longer without getting tired. The advantages of massage with your friend lying down will also be reviewed. Please bring a blanket and pillow to class. Each student must register with a partner.
Cost: $24
Feb. 3-10 F, 6:30-8 p.m. AVC 2027.02

The Art of Foot Massage
Learn how to relax the body with reflexology by massaging sore spots in the feet until tension is relieved. Instructor David Sproles, LMT, will teach you the importance of foot massage for your health and self-care. These reflexology basics introduce the reflexes that may help alleviate migraines or headaches. Join this class if you want to learn massage basics that will help you from head to toe (literally!). Please bring a blanket and pillow to class. Each student must register with a partner.
Cost: $24
April 21-28 F, 6:30-8 p.m. AVC 6106.02
Muscles of the Back
Learn how to relax the back by massaging sore spots in the lower back until tension is relieved. Instructor David Sproles, LMT, will teach you the importance of lower back massage for your health and self-care. These technique basics introduce the reflexes that may help alleviate back pain. Join this class if you want to learn massage basics that will make your back feel better. Please bring a blanket and pillow to class. Each student must register with a partner.
Cost: $24
May 5 F, 6-9 p.m. AVC 6106.03

Mind & Body Aerobics
Burn fat, shape muscles and get a cardiovascular workout in this low-impact aerobics class. Sue Johnson is a favorite instructor, and she will get you moving to the music and toward your conditioning goals. Bring a floor mat and two hand weights of 1 to 5 pounds, whatever is appropriate for your strength.
Cost: $59
Jan. 17-March 16 TTH, 5:30-6:30 p.m. AVC 1577.03
March 28-May 18 TTH, 5:30-6:30 p.m. AVC 1577.04

Beginning Swimming for Adults
Calling all adults who never learned to swim — there is no time like the present! This course is designed specifically for adults to learn the basics of swimming and to encourage those adults who want to improve their skills and confidence in the water. Instructor Missy Kittner will put you at ease and teach you the techniques to enjoy the pool. After this course, you’ll have no excuse not to “jump in.” Wear your swimsuit and bring a towel. Goggles are optional. Class is held at the Center of Columbus Avenue Baptist Church. Students must be 18 years or older.
Cost: $65
Feb. 6-March 2 MTH, 6:30-7:15 p.m. AVC 1088.02

Tai Chi Level I
Seeking an alternative to the busy gym setting? Sun style Tai Chi introduces the student to a form of exercise that improves balance and relaxation with an emphasis on slowing life’s pace. With instructor Lori Wiseheart, learn warm-up exercises, eight low-impact Tai Chi movements and breathing techniques. The benefits of Tai Chi include increased balance, arthritis pain reduction, stress reduction and fall prevention. Tai Chi Level I is a prerequisite for Tai Chi Levels II and III.
Cost: $35
Jan. 18-Feb. 22 W, 6-7 p.m. AVC 5260.02
Tai Chi Level II
Sun style Tai Chi is a form of exercise that improves balance and relaxation with an emphasis on slowing life’s pace. In Tai Chi Level II, instructor Lori Wiseheart teaches eight advanced movements to the left that are then combined with the movement learned in Level II. The benefits of Tai Chi include increased balance, arthritis pain reduction, stress reduction and fall prevention. Prerequisite: Tai Chi Level I.
Cost: $35
March 15-April 19 W, 6-7 p.m. AVC 5269.02

Tai Chi Level III
Sun style Tai Chi is a form of exercise that improves balance and relaxation with an emphasis on slowing life’s pace. Instructor Lori Wiseheart will introduce eight more movements to the left that are then combined with the movements learned in Levels I and II to increase balance, reduce arthritis pain, reduce stress and help prevent falls. Prerequisite: Tai Chi Levels I and II.
Cost: $35
May 3-June 7 W, 6-7 p.m. AVC 5281.02

Tai Chi Level IV
Sun style Tai Chi is a form of exercise that improves balance and relaxation with an emphasis on slowing life’s pace. Instructor Lori Wiseheart will introduce a long sequence of 21 movements (eight new movements) that when added to the movements learned in Levels I, II and III culminate into a flowing practice of 42 movements. Prerequisite: Tai Chi Levels I, II and III.
Cost: $46
Jan. 18-March 29 W, 6:30-7:30 p.m. AVC 6100.02

Yoga 4 Fitness
This is a yoga workout for people of all ages and fitness levels. Classes focus on toning the body, strengthening the abdomen and enhancing flexibility. Through a variety of yoga exercises, Yoga 4 Fitness cultivates a holistic mind-body experience that fosters mental awareness, promotes vitality, and develops balance. Yoga 4 Fitness is taught by Dharma Yoga and YogaFit® certified instructor Kelly Parker. Wear comfortable clothes; bring your own mat.
Cost: $39
Jan. 23-Feb. 27 M, 5:30-6:30 p.m. AVC 1962.02
March 13-April 17 M, 5:30-6:30 p.m. AVC 1962.03

Yoga for Seniors NEW
With easy-to-follow yoga, stretching, simple yoga postures and stances, music and relaxation techniques, this program is an enjoyable way to exercise and improve health. Instructor Hanna Vaughan will guide you through class. Good for beginners and those with more experience! Bring a mat (not required). Classes meet at Crestview Church of Christ Community Center.
Cost: $29
Feb. 1-March 22 MW, 9:30-10:30 a.m. AVC 6121.04
**Workday Yoga**

This is a fun lunchtime yoga class for people of all ages and fitness levels. Classes focus on toning the body, strengthening the abdomen and enhancing flexibility. Through a variety of yoga exercises, Yoga 4 Fitness cultivates a holistic mind-body experience that fosters mental awareness, promotes vitality, and develops balance. Yoga 4 Fitness is taught by Dharma Yoga and YogaFit® certified instructor Kelly Parker. Wear comfortable clothes; bring your own mat.

*Cost: $49*

*March 13-April 19 MW, 11:30 a.m.-noon AVC 1962.04*

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**Languages**

**ESL Level I**

Join MCC Community Programs to improve your English writing, listening and speaking skills in this beginning class for learning the English language. Beginning to intermediate reading, grammar, and vocabulary are included. Class activities are designed to improve your English language skills for better job success and daily interaction. Instructor Mario Ruiz keeps class interesting with topics and activities that appeal to the serious adult learner. Study materials provided during the first class meeting are included in the registration fee.

*Cost: $89*

*Jan. 9-Feb. 15 MW, 6-7:30 p.m. COMG 1001.01*

**ESL Level II**

Join MCC Community Programs to improve your English writing, listening, and speaking skills in this intermediate class for learning the English language. Intermediate reading, grammar, and vocabulary are included. Class activities are designed to improve your English language skills for better job success and daily interaction. Instructor Mario Ruiz keeps class interesting with topics and activities that appeal to the serious adult learner. Study materials provided during the first class meeting are included in the registration fee.

*Cost: $89*

*March 13-April 19 MW, 6-7:30 p.m. COMG 1001.02*

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**Online Foreign Language Courses**

Traveling abroad? Aspiring to learn a new language? Looking to improve your speaking skills? Try one of these highly interactive language courses you can take entirely online! You can learn what you want, when you are ready, from anywhere. Languages include Dutch, Italian, French, Chinese, German, Portuguese, and Spanish for specific careers. Receive six months unlimited access to McLennan’s self-paced program for only $89 each. Certificates available upon successful completion of your course. These online language courses offer a wide range of affordable, fun and convenient learning. Whether you’re looking to brush up before a trip or enhance your career with job-specific courses, McLennan has the right course for you! Call 254-299-8888 to learn more. Go to [www.MCCandYOU.com](http://www.MCCandYOU.com) and click on Learn Foreign Languages to get started today!
Basic French Conversation
If you want an introduction to this beautiful language or if you have travel plans to France, this is the perfect course. Learn basic phrases and expressions that will allow you to participate in simple conversations. Our native French instructor, Claude Valahu, will teach you basic grammar, but the emphasis will be on vocabulary and simple exchanges. As a bonus, you’ll also learn about the various French cultures and the differences that make each area of France unique. Students may bring a recording device. Textbook is included in the course cost.
Cost: $111
Jan. 24-March 21 T, 6:30-8:30 p.m. AVC 1428.02

More French Conversation NEW
You’ll continue your exploration of what makes the “Language of Love” so wonderful and exciting. Our native French instructor, Claude Valahu, will continue to guide you as you learn more about the various French cultures and the differences that make each area of France unique. Students may bring a recording device. Textbook is included in the course cost.
Cost: $111
March 28-May 16 T, 6:30-8:30 p.m. AVC 1428.03

Beginning Sign Language
This beginning class is for those who are interested in learning sign language basics to use in their personal life or workplace. Instructor Cindy McCorkle will teach Pidgin Sign Language, which combines the signs of American Sign Language and the grammatical structure of English. Cindy’s love of people and language makes for a fun class. She includes a deaf presenter in one of the classes, which is always a high point. This course is a good beginning for those considering more training or a career in sign language and interpreting. The textbook is provided in class and is included in the course cost. Participants under 16 years old must be accompanied by parent or guardian who also registers for the course.
Cost: $99
Jan. 17-Feb. 9 TTH, 6:30-8:30 p.m. SLNG 1003.05

Conversational Spanish II NEW
Have fun continuing to learn conversational Spanish language skills with Seir Lopez. Key phrases, vocabulary, and structures are introduced that can be applied to a variety of conversational situations. Students will be encouraged during class to practice newly acquired vocabulary and phrases. No previous knowledge of Spanish is required for this fun, interactive course. Textbook is included in the course cost.
Cost: $99
Jan. 31-March 28 T, 6:30-8:30 p.m. AVC 1191.02
Lifelong Learning

**Acting 101 NEW**
The beginning actor will develop their imagination and build confidence with this 2-day class taught by former professional actress, Lisa Wilhelmi. Explore character development — the “who, why, where, when and how” of a character. Learn basic stage presence, direction, and a little history of the theatre that every actor or theatre-goer should know. We will work on fun, small-group activities as well as some improvisational theatre techniques. Wear comfortable clothing in order to move around the space. Whether you are a theatre-goer, performer, director, or desire to be a professional actor, you will have fun and explore a new world in this class. (For ages 13 and over.)
Cost: $79
March 18-25 S, 9 a.m.-noon AVC 3078.01

**Monologues to Help Land Commercial Gigs NEW**
Auditions can be frightening, but with this class, you can develop a confidence on stage or in front of the camera that will bring your skills and talents to the forefront in front of any casting director. Lisa Wilhelmi will teach you how to overcome your nerves by learning to control your breathing. Develop a strong, three-dimensional character, and explore the subtext and transitions of your monologue. We will work on one rehearsed monologue and spend a little time working on skills for cold reading auditions. Bring a 1-2 minute dramatic or comedic monologue (age appropriate) to class. (For ages 13 and over.)
Cost: $79
Feb. 25-March 4 S, 9 a.m.-noon AVC 3078.02

**Theatre Games for Educators NEW**
Did you know there are fun, easy theatre games that can help you as a teacher, develop better focusing and listening skills in your classroom? Learn to engage your students by developing their imagination and creativity with these age-old theatre games. Former professional actress, Lisa Wilhelmi, whose master’s thesis included a survey of theatre games from the master Viola Spolin, will be instructing the class. Break the ice with your students, build teamwork, and encourage creativity. Or just offer a fun alternative to your lectures. Wear comfortable clothing to class because you will get to try out these games yourself! (For any K-12 teacher, principal, counselor or coach.)
Cost: $59
April 8-15 S, 9 a.m.-noon AVC 3078.03
**Authentic Professionalism**

As the saying goes, details make the difference. 85% of your job success is directly related to your people skills. This class will help you put your best foot forward in a professional setting. You will learn skills that set you apart from your competition while still remaining authentic. Email etiquette, cell phone etiquette, business correspondence, telephone etiquette and navigating the office cocktail party will all be included. You will leave with new skills that help polish your professional image and sharpen your people skills. Class is held at MCC’s Conference Center and is taught by Sarah Aynesworth.

*Cost: $39
Feb. 28 T, 6-7:30 p.m. AVC 5324.06*

**Banned Books**

Books are banned and challenged every day. The reasons why are usually a reflection of our culture and current values. Challenged books include a number of classics and “contemporary classics” and the book choices for the class will be a great mix of old and new. Book club-style discussions will take place twice a month to allow for plenty of time to read the various selections. Learn and have fun with the guidance of a librarian, Jessica Emmett — a front-line warrior for book freedom!

*Cost: $39
Jan. 12-May 18 TH, 6-8 p.m. AVC 6120.02*

**Around the World with Magical Realism NEW**

Come journey “Around the World with Magical Realism!” Sometimes the magic in books exists in a world that seems so normal, it could be our own. These books are called “magical realism”, and they exist in cultures across the globe; everyone loves to believe that magic could happen to them! From the creator of magical realism, Gabriel Garcia Marquez, to the modern-day writers of the fantastic, get ready to travel the world by reading and discussing books that give reality a magical twist. Learn and have fun with Jessica Emmett, librarian guide — a captain on the journey to find magic in reality. Book club-style discussions will take place twice a month to allow for plenty of time to read the various selections.

*Cost: $39
Jan. 19-May 25 TH, 6-8 p.m. AVC 6120.03*

**Starting a B&B, Airbnb, and VRBO NEW**

Are you a person looking to make money running a B&B, VRBO, or Airbnb? This comprehensive class includes strategies and legalities taught by Rick Allen and other experts in Waco who have experience doing so. The first class takes place on MCC’s campus and the others take place in some of our best local hospitality venues. This course is designed to introduce you to everything you need to hit the ground running and start your own rental done right!

*Cost: $99
March 20-April 10 M, 6-8:30 p.m. AVC 5248.01*
The Changing World of Retirement Planning NEW
You will find this course relevant if you are developing a retirement plan, nearing retirement, or recently retired. Regardless of your stage in the process, you’ll learn updated strategies that will help you build and preserve wealth in volatile times. Above all, this course is designed to help you assess your current financial position and lay out a personalized roadmap that helps you achieve your retirement goals. Lead by financial planners Chad Castle and John Baker, you will discover how to: determine if you have enough money for retirement, protect your assets in a rising tax rate environment, use the 3 basic types of retirement accounts to maximize cash flow in retirement, evaluate the benefits of a Roth Conversion, maximize Social Security income, protect your portfolio against stock market loss during retirement, reduce or eliminate unwanted expenses or delays with estate planning, understand if your portfolio is truly “diversified,” and avoid the three basic “pitfalls” of retirement distribution planning. This class will be taught by Chad Castle and John Baker of Nurture Wealth.
Cost: $49
Feb. 21-28 T, 5:30-8:30 p.m. AVC 1871.01

The Parent’s Guide to College NEW
The Parent’s Guide to College, led by expert Dr. Scott McClanahan, is a must-attend class for any parent wanting to be more informed about the current college application process. This session is for anyone with a student in high school. Dr. McClanahan will address topics such as: crafting college résumés, researching and visiting colleges, selecting a college, maintaining a service log, applying for financial aid, taking college assessments, starting the application process, and looking for scholarships.
Cost: $39
Feb. 7 T, 6-8 p.m. AVC 1032.01

Navigating the College Application Process NEW
Navigating the College Application Process is an excellent session for parents with sophomores and juniors to learn exactly what to focus on for the summer and the fall (or to get a head start on the year ahead). Led by Dr. Scott McClanahan, this class will cover the big topics of: filing financial aid, writing the college essay, formatting college résumés, completing the college application, tracking college deadlines, communicating with colleges, and searching for scholarships. Join us for this important and informative night!
Cost: $39
April 4 T, 6-8 p.m. AVC 1032.02
Basic Workplace Computer Skills

Learn the computer skills you need for the job you want! Offered by McLennan Continuing Education in partnership with HOT Goodwill Industries, this course will provide you with fundamental office computer skills. Topics include: printing, creating and managing files and folders, understanding and navigating the Internet, and sending effective emails. You'll also get an overview of the most common programs in the workforce — Word, PowerPoint and Excel, as well as learn program integration, simple database management and transferring data. The instructor will help you put these skills to work by creating a résumé. Whether you’re a job seeker or seeking advancement in your current job, this computer course is for you! All class materials and a flash drive with course exercises will be provided. Classes are held at Heart of Texas Goodwill Industries at 1700 S. New Road in Waco.

Cost: $10
Jan. 4-30 MWF, 3-5 p.m. ITSC 1006.04
March 6-31 MWF, 3-5 p.m. ITSC 1006.05
May 1-26 MWF, 3-5 p.m. ITSC 1006.06

Excel 2010 Overview

MCC Continuing Education, in partnership with Heart of Texas Goodwill Industries, offers Microsoft Office courses to help you improve your computer skills. If you want to excel in Excel 2010 and increase your chances of finding a better job, then come take this four-week course. Topics include formatting and editing text, basic and complex formulas, basic functions, pivot tables, and much, much more! Classes are held at Heart of Texas Goodwill Industries at 1700 S. New Road in Waco. Prerequisite: basic computer skills such as using the mouse, selecting/highlighting text, and opening and closing files and folders using MS Windows 7. Course fee includes all class materials and a flash drive with all course exercises.

Cost: $10
Jan. 3-26 TTH, 5:30-7:30 p.m. ITSW 1022.03
March 7-30 TTH, 5:30-7:30 p.m. ITSW 1022.04
May 2-25 TTH, 5:30-7:30 p.m. ITSW 1022.05

Word 2010 Overview

MCC Continuing Education, in partnership with Heart of Texas Goodwill Industries, offers Microsoft Office courses to help you improve your computer skills. Learn the fundamentals of Word 2010, including formatting and editing text and pictures, clipart, tables, SmartArt graphics, using Mail Merge, and much more! Classes are held at Heart of Texas Goodwill Industries at 1700 S. New Road in Waco. Prerequisite: basic computer skills such as using the mouse, selecting/highlighting text, and opening and closing files and folders using MS Windows 7. Course fee includes all class materials and a flash drive with all course exercises.

Cost: $10
Feb. 6-March 1 MW, 5:30-7:30 p.m. ITSW 1021.12
April 3-26 MW, 5:30-7:30 p.m. ITSW 1021.13
How to Repair Your Credit NEW
You don’t have to pay top dollar to attorneys and credit repair companies to improve your credit score. In this class, Tim Holtkamp of the Small Business Development Center will teach you the process the professionals are using and charging thousands for. You will learn to remove derogatory items from and add positive items to your credit report. Is a low credit score preventing you from receiving the new home or car that you dream of, or preventing you from getting a better job? Take this class and you will learn how to improve your credit report file, so your FICO score will dramatically improve!
Cost: $39
Feb. 23 TH, 6-8 p.m. AVC 2080.01

Fashion Made Easy: Creating Your Everyday Wardrobe NEW
This class will be focusing on staple pieces of the essential everyday wardrobe. You will learn how to diversify basic clothing pieces, the importance of layering and interchanging outfits, and how to filter your closet every season. You will have one-on-one training with two experienced stylists from Amelia’s Fashion Exchange, as well as in-store discounts for all of your in-class fashion creations. (Optional: Bring your spring items that you no longer wear to resell to us for possible in-store credit! Bring 5 Pinterest-inspired outfits reflecting your personal style.)
Cost: $39
March 20 M, 6-9 p.m. AVC 1891.02

Fashion Made Easy: Fashion Fundamentals & Trends NEW
This class will be focusing on how to dress for an interview process. You will learn how to “dress to impress,” while maintaining a professional presence and looking stylish. We will be focusing on utilizing pieces you already have, while incorporating new pieces and accessories to complete your outfit. You will have one-on-one training with two experienced stylists from Amelia’s Fashion Exchange, as well as in-store discounts for all of your in-class fashion creations. (Optional: Bring pieces you already have to wear to a business professional interview. Bring 5 Pinterest-inspired outfits reflecting your personal style.)
Cost: $39
April 3 M, 6-9 p.m. AVC 1891.03

Fashion Made Easy: Transitioning Your Wardrobe NEW
This class will be focusing on transitioning your winter wardrobe into spring while being in a fun atmosphere! You will enjoy learning about mixing high end fashion with affordable brands. You will be learning how to utilize pieces that you already have, while incorporating new pieces to add to your wardrobe. You will have one-on-one training with two experienced stylists from Amelia’s Fashion Exchange, as well as in-store discounts for all of your in-class fashion creations. (Optional: Bring your spring items that you no longer wear to resell to us for possible in-store credit! Bring 5 Pinterest-inspired outfits reflecting your personal style.)
Cost: $39
Feb. 6 M, 6-9 p.m. AVC 1891.01
Genealogy 101 NEW
Genealogy Librarian Hannah Roquemore will help you begin compiling your own family history in this hands-on class. Genealogy is a wonderful way to connect with your ancestors and to leave a bit of history for future generations. Over this four-week course, you will learn proper genealogical techniques to trace your lineage as well as how to tackle challenging “brick-walls.” Here, you will gain valuable skills and experience accessing vital records, census and voter lists, military records, newspapers, and much more! Additionally, the class will cover how to evaluate subscription database services, and where to find other available resources. This course will be offered in two sections; enroll in one or sign up for both for twice the experience!
Cost: $49
Jan. 17-Feb. 7 T, 6:30-8:30 p.m. AVC 6139.01
April 4-25 T, 6:30-8:30 p.m. AVC 6139.02

Great Decisions
Be a part of the “Great Decisions” discussion program led by Dr. Gayle Avant. Topics of 2017 include Muslim radicalism, Turkey’s challenges, energy independence, food and climate, and China’s foreign policy. The Foreign Policy Association provides nonpartisan background information, current data and policy options for each session and serves as the focal point for discussion groups on the topics. All course materials are included. A free information session will be held March 14, but students must complete registration one week before the first class session.
Cost: $29
March 14-May 9 T, 6-8 p.m. AVC 1945.02

Home, Office, and Personal Security NEW
Today’s criminals are getting smarter and bolder. We should not live in fear of them, but be aware of them; take steps to minimize your risk while maximizing your security. How secure is your home? Are your doors, locks, and windows “good enough” to stop, or at least slow down someone trying to break into your home? What dangers could you face at your job or place of business? Have you considered what to do in case of an emergency while at work? Join veteran police officer Brad Pratt to discuss how to avoid problems first, and then how best to deal with one if you can’t avoid it. Classes will be held at the Emergency Services Education Center.
Cost: $69
Feb. 22-March 8 W, 6:30-8:30 p.m. AVC 5306.02
**House Flipping 101 NEW**

Are you a new investor or a part-time investor looking to make money or build your wealth through real estate? This comprehensive class includes all materials and teaches fundamentals, advanced strategies, and TRADE SECRETS for how to find, negotiate, buy, and sell properties, HERE IN WACO! Learn how a full- or part-time career in real estate can generate profit, income, and wealth. You will be introduced to all of the top strategies (wholesaling, short selling, sub-to’s, wraps, options, and more.) This course is designed to introduce you to everything you need to hit the ground running and start investing immediately! Class will be taught by Tim Holtkamp of the Small Business Development Center.

*Cost: $99*  
*Feb. 6-20 M, 6-8 p.m. AVC 6134.01*

**Party Planning: The Lost Art of Entertaining NEW**

Would you like to throw a dinner party for your friends or coworkers but don’t quite feel prepared? This class will provide you with all the confidence you need to create a wonderful evening for you and your guests. A-Z dinner party skills learned in this class will provide you with correct place setting advice, cocktail recipes, menus, reasonably priced wines to serve, and answer all of your questions to entertain effortlessly. Class is held in McLennan’s Northwood House and led by etiquette expert, Sarah Aynesworth. Individual dietary restrictions cannot be accommodated.

*Cost: $59*  
*April 13-20 TH, 6-7:30 p.m. AVC 5324.05*

**Social Media Marketing for Beginners**

Do you want to promote your small business or a non-profit? Do you run a volunteer organization and want to gain more volunteers? Social media has become an integral part of any business or organization. Social Media Marketing is a course designed to create and build a social media presence for beginners. In this 2-week course, taught by Crystal Neville, students will learn the ins and outs of social media campaigns, including advertisements, target audiences, budgeting, and social media management tools. Students will also learn how to set up and run new accounts on Facebook, Twitter, Pinterest, and LinkedIn, as well as discuss the benefits of blogging.

*Cost: $39*  
*Feb. 11-18 S, 9 a.m.-noon AVC 6123.02*

**Waco Area Haunts NEW**

This class, led by Dr. Cindy Little, will explore local history and folklore behind reportedly haunted locations here in the Waco area. It will cover some basics of paranormal investigating, a trip to the Carroll Library at Baylor for tips on historical research, and field trips to various “haunted” places such as Oakwood Cemetery, various spots in Cameron Park, Witches Castle, a tour of the Wedemeyer Academy in Belton, the Dr. Pepper Museum, and the Cooper House. You will gain a greater understanding of the history and folklore behind reportedly haunted locations in our area.

*Cost: $69*  
*March 21-April 25 T, 6:30-8:30 p.m. AVC 2046.02*
Weather 101
Weather impacts everyone from what to wear in the morning to natural disasters. In this class, we will explore the basic elements of weather, including the atmosphere, clouds, data collection, basic forecasting, weather patterns, climate change, and much more. You will learn about different facets of meteorology including television, military, and private-sector jobs. Come join Conley Isom of KXXV TV’s First Alert 25 Storm Team and gain understanding about what the local weatherman says!
Cost: $39
Jan. 17-31 T, 6-8 p.m. AVC 5318.01

Severe Weather
The weather forecast you see on your television or smartphone is only a small part of meteorology. There is a lot of math and science that goes into it. This class teaches the different types of computer models and how they work, how global weather patterns like El Niño come into play, and what is being done to advance the field of meteorology. With Conley Isom, KXXV TV’s First Alert 25 meteorologist, you will also explore the social science of weather — understanding why one person seeks shelter from a storm while another does not. We will also talk in depth on climate change, using data and discuss the impact on business.
Cost: $39
Feb. 14-28 T, 6-8 p.m. AVC 5319.01

Music & Dance

Learn to Dance
Afraid you have two left feet? Want to learn to dance but don’t have a partner for classes? This is the class for you! Men, learn how to lead; women, learn how to follow. Christina Clay, our experienced (and patient!) instructor, will help you learn a little of this and a little of that of many types of dances — country western, waltz, line, swing, ballroom, and salsa. When the music plays, you’ll be more confident on the dance floor than you ever thought! Take that first brave step and come learn! No partner is necessary; individuals can enroll!
Cost: $49
April 6-27 TH, 7-9 p.m. AVC 3051.02

Open Ballet Dance NEW
Join us at Joy’s School of Dance, Bosque location, for an incredible time in our Open Ballet class. This class is for anyone who loves to dance or wants to try. Ballet is a wonderful way to exercise. All levels are welcomed to join and be taught by the pros!
Cost: $69
Jan. 23-Feb. 27 M, 8-9 p.m. AVC 6136.01
March 13-April 17 M, 8-9 p.m. AVC 6136.02
April 24-May 29 M, 8-9 p.m. AVC 6136.03
Ballroom Dance I
Expert instructor, Seth Mueller, puts students of all ages at ease as he introduces his pupils to the dance floor. Learn basic steps and techniques, directional movements, and proper positions for the fox-trot, waltz, East Coast swing, rumba and cha-cha. Don’t miss this fun class designed to keep you on your toes! This course is for partners, but if you need one, feel free to call 254-299-8888! Each student must register.
Cost: $89
Jan. 18-March 1 W, 7-8 p.m. AVC 1646.02

Ballroom Dance II NEW
Join expert instructor Seth Mueller for the second part of ballroom dance instruction. Continue to improve techniques, directional movements, and proper positions for the fox-trot, waltz, East Coast swing, rumba and cha-cha. Don’t miss this fun class designed to keep you on your toes! This course is for partners, but if you need one, feel free to call 254-299-8888! Each student must register.
Cost: $89
March 15-April 26 W, 7-8 p.m. AVC 1646.03

Belly Dancing
Learn how to shimmy, circle, lift and drop one step at a time! Belly dancing boasts a long history as a social dance enjoyed by women of all ages and body types. Local dance and drama teacher Tracey Villanueva teaches fusion style belly dancing, building on the fundamentals of cabaret and Middle Eastern belly dancing with a mix of modern musical styles from home and around the globe. You’ll practice body isolation techniques, learn several dance routines and get tips on making inexpensive costumes. Wear comfortable clothing to class. Students must be at least 16 years old to register. Both beginner and returning students are welcome.
Cost: $59
Jan. 17-Feb. 28 T, 7-8:30 p.m. AVC 5262.03
March 14-April 25 T, 7-8:30 p.m. AVC 5262.04

Country Western Dance I
If you live in Texas, then this is the class for you! By the end of this course, instructor Melana Villa will have taught you how to lead or follow and how to do popular Country Western dances: the two-step, waltz, swing and a popular line dance. Please wear leather-soled shoes appropriate for dancing.
Cost: $49
Feb. 6-27 M, 7-9 p.m. AVC 1648.02

More Country Western Dance
If you already know how to "boot scoot" and two step, you’ll enjoy this class. With instructor Melana Villa, you will go beyond the basic steps to learn the difference between the East and West Coast Swing and two-step and three-step. You’ll also learn the Night Club Two-Step and a few salsa patterns to incorporate into your dance repertoire. You’ll be really impressive even on small dance floors!
Cost: $49
March 13-April 3 M, 7-9 p.m. AVC 3087.02
Open Hip-Hop Dance NEW
Come sweat, move, and feel the groove! Join us at Joy’s School of Dance, Bosque location, for a fun time in our Open Hip-Hop Dance class. This class is for anyone who loves to dance or wants to try, and can be an amazing way to exercise to some beat-stomping music. All levels are welcomed to join and be taught by the pros!
Cost: $69
Jan. 25-March 1 W, 8:15-9:15 p.m. AVC 6138.01
March 15-April 19 W, 8:15-9:15 p.m. AVC 6138.02
April 26-May 31 W, 8:15-9:15 p.m. AVC 6138.03

Open Jazz Dance NEW
Bring your jazz hands! Join us at Joy’s School of Dance HWY 84 location for a fun and fit time in our Open Jazz class. All levels are welcome to join and be taught by the pros! Music and smiles are guaranteed.
Cost: $69
Jan. 23-Feb. 27 M, 7:15-8 p.m. AVC 6135.01
March 13-April 17 M, 7:15-8 p.m. AVC 6135.02
April 24-May 29 M, 7:15-8 p.m. AVC 6135.03

Latin Dance
Experience the fun and energy of Latin dance! Have you ever wished you could learn all those fancy Latin dance moves you see in the movies? Instructor Christina Clay is ready to teach you body movements, footwork, form and patterns — from the ever popular salsa to the sultry rumba, to the quick cha-cha-cha! You will have the time of your life and be well on your way to mastering Latin dance!
Wear leather-soled shoes appropriate for dancing. This course is for partners only; each student must register.
Cost: $49
Feb. 2-23 TH, 7-9 p.m. AVC 4070.02

Open Tap Dancing NEW
Join us at Joy’s School of Dance, Bosque location, for a tapping good time in our Open Tap Dancing class. This class is for anyone who loves to dance or wants to try — and tap can be a wonderful way to exercise. All levels are welcome to join and be taught by the pros!
Cost: $69
Jan. 24-Feb. 28 T, 8-9 p.m. AVC 6137.01
March 14-April 18 T, 8-9 p.m. AVC 6137.02
April 25-May 30 T, 8-9 p.m. AVC 6137.03
Piano for Beginners

Have you always wanted to learn to play the piano? Or maybe you need to refresh your skills? Instructor Mario Barbosa, Baylor University piano performance graduate, will tailor six private lessons to your goals for piano playing. Learn how to play the piano or restore your skills and continue where you left off. Upon registration, you will schedule six 30-minute individual sessions with the instructor. Sessions are held in the Steinway practice rooms in the McLennan Ball Performing Arts Center. Students may use their own music books or purchase one of the instructor’s choosing. Ages 7 and up. Sorry, no refunds.

Cost: $212
Jan. 10-May 18 TTH, 6-8 p.m. AVC 1446.02

Private Voice Lessons

Whether you want to improve on the fundamentals, want to learn a new song, or are just starting out and don’t know where to begin, voice instructor and performer Glenn Beals will help you develop your voice to make beautiful music. Once registered, you will schedule eight individual sessions of 30 minutes with the instructor in the McLennan Ball Performing Arts Center. Ages 13 and up. Sorry, no refunds.

Cost: $239
Jan. 9-May 22 MTWTF, 6-8 p.m. AVC 1342.02

Friday Band NEW

This performing ensemble engages in the creative process by performing concert band literature selected from the standard and non-traditional repertoire. Participants experience the physical and intellectual demands required by the composer to effectively perform a work. Critical thinking skills will be utilized throughout the course as members continually evaluate, analyze, and criticize their own performance standards and develop, implement, and utilize strategies for improving performance ability. Registrants must be able to play a wind or percussion instrument.

Cost: $119
Jan. 20-May 5 F, 10:30 a.m.-noon AVC 1860.02
Outdoors & Animals

Boater Safety Certification NEW

With at least three major lakes and rivers in our local area, and with more and more people enjoying these natural resources every year, it’s important, for everyone, that boaters become educated on proper boating skills and seamanship. Owners and operators of personal watercraft are required to take this six-hour course. The Texas Boater Education Program stresses boating safety and responsibility, including: tips on choosing the right boat; legal requirements for your boat; navigation rules and aids; getting underway, docking, anchoring and trailering; handling accidents and emergencies; weather; basic water safety; fire on board; water sports; and more! Boating safety courses are taught by certified, trained instructor Brent Heath, and cost of course includes materials required by Texas Parks & Wildlife. Important note: Many boat insurance companies now offer discounts upon successful completion of the boater education course.

Cost: $25
May 6 S, 10 a.m. - 4 p.m. AVC 3082.01

Crappie University NEW

Come join America’s number one crappie fishing program! Instructors include four of the top crappie guides and pros who will teach all the new techniques for catching slab crappie. Time is allowed for personal interaction with the instructors. Here’s your chance to learn from the best! Participants under 16 years old must be accompanied by parent or guardian who also registers for the course.

Cost: $89
Jan. 30-Feb. 20 M, 7:30-9:30 p.m. AVC 1781.01

Firearm Safety Training NEW

One injury or death is too many when it comes to accidents or misuses of a firearm. Whether it’s a small child, teenager, or an adult, if there is a firearm around, safety should always come first. This class, led by Officer Brad Pratt, is for the general public who have either purchased or been given a firearm. Adults are encouraged to enroll anyone else in the home who may have access to a firearm. Topics include: firearm safety in the home, office, vehicle, & the range, types of firearms, loading/unloading, safe storage, preferred carry methods, concealed and open carry, and weapon retention methods. This is NOT a Concealed Carry or License to carry class. Class is held at the Emergency Services Education Center. Participants under 16 years old must be accompanied by parent or guardian who also registers for the course.

Cost: $49
April 4-11 T, 6:30-8:30 p.m. AVC 1983.09
**Basic Handgun Course NEW**

This class is meant for the general public to learn basic shooting fundamentals. Officer Brad Pratt will cover the “meat and potatoes” of using a handgun whether on the range, hunting, or for self-defense. Topics include: types of firearms, how they operate, 5 W’s of buying any firearm, ammunition choices, basic maintenance, loading/unloading, disassembly/re-assembly, 5 safety rules, and basic marksmanship. Class is held at the Emergency Services Education Center.

*Cost: $49*

*March 25 S, 8:30 a.m.-noon AVC 1983.08*

**K9 Mutt Dog Training**

Hoping to teach Fido a few manners? Build the foundation of good behavior by creating a good relationship with your dog. This beginning course, offered by local canine experts, teaches the basics of obedience training and helps you better understand your dog. No two family dynamics are the same, so you’ll learn the best training methods for you and your dog. This course is for family dogs, shelter and rescue dogs, and special-needs families. You must provide instructor Sandy Wittliff with current shot records at the first class. Classes are held at McLennan’s Highlander Ranch.

*Cost: $99*

*Jan. 14-Feb. 25 S, 9-10 a.m. AVC 1849.04*

*Jan. 15-Feb. 26 SU, 9-10 a.m. AVC 1849.05*

*March 14-April 25 T, 6:30-7:30 p.m. AVC 1849.06*

*March 18-April 29 S, 9-10 a.m. AVC 1849.07*

*March 19-April 30 SU, 9-10 a.m. AVC 1849.08*

*March 13-April 24 M, 6:30-7:30 p.m. AVC 1849.09*

**Texas Bow Hunter Education Field Day NEW**

This course includes all the information the law requires hunters age 17 and older to know after the completion of the online class. The certified instructor, Brent Heath, will cover bow hunting rules and regulations, ethics and responsibilities, and safe bow handling and storage techniques. When you successfully complete the course (attend the full session in its entirety), you will receive a lifetime certification card. Class will be held at McLennan’s Highlander Ranch.

*Cost: $20*

*April 8 S, 8 a.m.-noon AVC 1983.07*

**Texas Hunter Education**

This course includes all the information the law requires hunters age 17 and older to know. The certified instructor, Brent Heath, will cover hunting rules and regulations, ethics and responsibilities, and safe firearm handling and storage techniques. When you successfully complete the course (attend the full session in its entirety), you will receive a lifetime certification card. Participant’s under 17 must co-register with a parent/guardian to attend class. Class will be held at McLennan’s Highlander Ranch.

*Cost: $20*

*Feb. 25 S, 8 a.m.-4:30 p.m. AVC 1983.05*
Texas Hunter Education Field Day
This course includes all the information the law requires hunters age 17 and older to know after the completion of the online class. The certified instructor, Brent Heath, will cover hunting rules and regulations, ethics and responsibilities, and safe firearm handling and storage techniques. When you successfully complete the course (attend the full session in its entirety), you will receive a lifetime certification card. The student must complete the accompanying online course to be eligible for this field course. Search Texas Parks & Wildlife online + field course for more information. This course is free from TX Parks & Wildlife. Class will be held at McLennan’s Highlander Ranch.
Cost: $20
March 25 S, 8 a.m.-noon AVC 1983.06

Valentine Brunch at the Farm NEW
Join Aime Lillard at the World Hunger Relief Farm for an early Valentine’s date. We will be examining herbs in the landscape, discussing different gardening techniques, and having conversations about spring plantings of herbs. You will leave the class with lots of ideas, handouts, satisfied taste buds, and at least one herb to add to your personal collection. Registration is per couple and will include brunch for two with food fresh from the farm, a small floral bouquet, and tips on cultivating herbs and starting spring gardens.
Cost: $49
Feb. 11 S, 9-11:30 a.m. AVC 6103.02

Spring Cut Flowers from the Farm NEW
Join us at Livengood Farms for a tour of the flower farm, insight into cut flower production, and tips on flower arranging with fresh floral materials. Class fee will include cut flowers, handouts, and instruction by Aime Lillard. Additional flowers will be available for purchase. Remember to bring your clippers!
Cost: $39
March 25 S, 9-11 a.m. AVC 6104.02

Seniors

AARP Driver Safety Course
The AARP sponsors this one-day safety course, and most major insurance companies offer discounts for completing it. Open to drivers age 50 and older, the course helps you drive more efficiently and safely with research-based information about changes over time in ourselves, our vehicles and our roads. The content can help you boost safety awareness, refresh and improve driving skills, minimize crash risk, increase confidence, prolong mobility, and maintain independence. Participants receive a completion certificate (certificate fee is $15 for AARP members and $20 for nonmembers and will be collected at the class). Note: This is not a ticket dismissal class. AARP certificate must be renewed every three years. Although there is no registration cost, students must complete registration before attending.
Cost: Free
March 3 F, 9 a.m.-1 p.m. AVC 5296.04
**Book Talk**

Did you ever read a book that just begged to be shared – that needed to be discussed? You're not alone! Join like-minded folks on the third Tuesday of the month from 11 a.m. to noon at the West Waco Library for lively discussion with moderator Gail Woodward. This group is designed for adults, age 55 and older, and is a fun way to meet people and make new friends across the community. Books are chosen by the group each month. Participation is free!

*Cost: Free*

*Jan. 17-May 16 T, 11a.m.-noon AVC 2023.03*

**The Changing World of Retirement Planning NEW**

You will find this course relevant if you are developing a retirement plan, nearing retirement, or recently retired. Regardless of your stage in the process, you’ll learn updated strategies that will help you build and preserve wealth in volatile times. Above all, this course is designed to help you assess your current financial position, then lay out a personalized roadmap that helps you achieve your retirement goals. Lead by financial planners Chad Castle and John Baker, you will discover how to: determine if you have enough money for retirement, protect your assets in a rising tax rate environment, use the 3 basic types of retirement accounts to maximize cash flow in retirement, evaluate the benefits of a Roth Conversion, maximize Social Security income, protect your portfolio against stock market loss during retirement, reduce or eliminate unwanted expenses or delays with estate planning, understand if your portfolio is truly “diversified,” and avoid the three basic “pitfalls” of retirement distribution planning. This class will be taught by Chad Castle and John Baker of Nurture Wealth.

*Cost: $49*

*Feb. 21-28 T, 5:30-8:30 p.m. AVC 1871.01*

**iPad Basics**

Just bought an iPad but want to get more out of it? This class, taught by Beverly Roberts, will show you the ins and outs of Apple’s popular tablet. Enhance your iPad experience by understanding your basic applications and configuring proper settings. See how to use e-mail, calendar, maps, and other basic programs. Learn how to listen to music and podcasts, watch videos, and display your photos. We’ll also look at Apple’s App Store where you can download a wide variety of apps, both free and paid, and sync them with your computer. Bring your iPad and iTunes account login information to the first class.

*Cost: $29*

*Feb. 14-16 TTH, 2-4 p.m. AVC 1828.03*

**iPhone Basics**

Unleash the power of your iPhone in this class taught by Beverly Roberts. Learn more about your basic applications and settings and discover how to make the iPhone work better for the way you live your life. You’ll find out how to download some cool free apps, too. Please bring your 4G or later iPhone and your iTunes login information to class. Seating is limited in this hands-on course, so register today!

*Cost: $29*

*March 14-16 TTH, 2-4 p.m. AVC 1828.04*
Social Media 101
Learn the basics of popular social media platforms, including Facebook, Twitter, LinkedIn, Pinterest, Google+, and Instagram. Lisa Wilhelmi, McLennan’s Director of Marketing, has designed this course for adults age 55 and older. You will learn how to use each social media program, what their differences are, and pointers for sharing your information. You will also practice creating a blog, posting on a blog and sharing posts.
Cost: $59
Feb. 4-11 S, 9 a.m.-noon AVC 5285.02

Yoga for Seniors NEW
With easy-to-follow yoga, stretching, simple yoga postures and stances, music and relaxation techniques, this program is an enjoyable way to exercise and improve health. Instructor, Hanna Vaughan will guide you through class. Good for beginners and those with more experience! Bring a mat (not required). Classes meet at Crestview Church of Christ Community Center.
Cost: $29
Feb. 1-March 22 MWF, 9:30-10:30 a.m. AVC 6121.04

Travel & Special Events

Cape Cod and the Islands Preview Event
Join MCC Continuing Education for food and fun while learning all about this exciting trip and how you can get on board Jan. 24 at 5:30 p.m. at the MCC Conference Center located at 4601 N. 19th St. The trip includes 6 Nights at one hotel, Nantucket Island visit, Nantucket Whaling Museum, Boston city tour, Plimoth Plantation, Plymouth Rock, Mayflower II, Hyannis, Martha’s Vineyard tour, Newport’s Ocean Drive, Breakers Mansion tour, Heritage Plantation, New England lobster dinner, and Fancuil Hall Marketplace. Call 299-8888 or email bray@mclennan.edu to reserve your spot for this event!

DSM: An American in Paris NEW
Dallas Summer Musicals brings An American in Paris to the stage in February. MCC Community Programs will host this fun outing to the theatre. Price includes round trip transportation, brunch-lunch at the Dallas Music Hall, and a ticket to the performance. For more information about the production, visit www.dallassummermusicals.org. There will be no refunds for cancellations after the registration deadline of Jan. 23. We will be leaving from Parking Lot O.
Cost: $99
Feb. 4 S, 9:30-6:30 p.m. AVC 1587.05
DSM: The Illusionist NEW
Dallas Summer Musicals brings The Illusionist to the stage in March. MCC Community Programs will host this fun outing to the theatre. Price includes round trip transportation, brunch-lunch at the Dallas Music Hall, and a ticket to the performance. For more information about the production, visit www.dallassummermusicals.org. There will be no refunds for cancellations after the registration deadline of Feb. 20. We will be leaving from Parking Lot O.
Cost: $99
March 4 S, 9:30-6:30 p.m. AVC 1587.08

DSM: Circus 1903 NEW
Dallas Summer Musicals brings Circus 1903 to the stage in May. MCC Community Programs will host this fun outing to the theatre. Price includes round trip transportation, brunch-lunch at the Dallas Music Hall, and a ticket to the performance. For more information about the production, visit www.dallassummermusicals.org. There will be no refunds for cancellations after the registration deadline of May 15. We will be leaving from Parking Lot O.
Cost: $99
May 27 S, 9:30-6:30 p.m. AVC 1587.07

Great Trains & Grand Canyons Trip NEW
Join us for an unbelievable adventure to the grand canyons in sunny Arizona. Your registration includes round-trip airfare out of DFW Airport, 5 nights’ accommodation, two rail journeys, the Grand Canyon National Park, Oak Creek Canyon, Black Bart’s Steakhouse, Sedona Trolley Tour, Chapel of the Holy Cross, Tlaquepaque & Uptown Sedona, Montezuma Castle, Jerome, Chuckwagon supper & show, and Old Town Scottsdale. This is only the beginning, because every adventure is what YOU make of it. Join us for the fun! Deposit of $300 is due at registration. Please call 254-299-8888 for more information.
April 23-28 MTWTSS, 12-12 a.m. AVC 1587.06

Youth Activities & Events

Acting 101 NEW
The beginning actor will develop their imagination and build confidence with this 2-day class taught by former professional actress, Lisa Wilhelmi. Explore character development — the “who, why, where, when and how” of a character. Learn basic stage presence, direction, and a little history of the theatre that every actor or theatre-goer should know. We will work on fun, small group activities as well as some improvisational theatre techniques. Wear comfortable clothing in order to move around the space. Whether you are a theatre-goer, performer, director, or desire to be a professional actor, you will have fun and explore a new world in this class. (For ages 13 and over.)
Cost: $79
March 18-25 S, 9 a.m.-noon AVC 3078.01
Monologues to Help Land Commercial Gigs NEW
Auditions can be frightening, but with this class, you can develop a confidence on stage or in front of the camera that will bring your skills and talents to the forefront in front of any casting director. Lisa Wilhelmi will teach you how to overcome your nerves by learning to control your breathing. Develop a strong three-dimensional character and explore the subtext and transitions of your monologue. We will work on one rehearsed monologue and spend a little time working on skills for cold reading auditions. Bring a 1-2 minute dramatic or comedic monologue (age appropriate) to class. (For ages 13 and over.)
Cost: $79
Feb. 25-March 4 S, 9 a.m.-noon AVC 3078.02

Valentine Cookie Decorating NEW
Are you looking for some new tips on spicing up your Valentine’s Day cookies? Instructor Esther Allen, a certified cake decorator and owner of her own small bakery, teaches students how to make a special cookie glaze, decorate with buttercream and keep cookies fresh for as long as possible. Supplies are provided in class, and students will take home a plate of cookies. Class will be held at Cakes by Esther. Participants under 16 years old must be accompanied by parent or guardian who also registers for the course.
Cost: $29
Feb. 4 S, 9 a.m.-noon AVC 5024.04

Decorating Spring Cupcakes NEW
Join this class to create spring buttercream flowers on cupcakes. Instructor and cake decorator Esther Allen will teach several tips for creating a variety of textures and designs on cupcakes using various icings. When registering, please ask for a list of supplies (about $12) to bring to class. Class will be held at Cakes by Esther. Participants under 16 years old must be accompanied by parent or guardian who also registers for the course.
Cost: $29
April 8 S, 9 a.m.-noon AVC 5024.03

Crappie University NEW
Come join America’s number one crappie fishing program! Instructors include four of the top crappie guides and pros who will teach all the new techniques for catching slab crappie. Time is allowed for personal interaction with the instructors. Here’s your chance to learn from the best! Participants under 16 years old must be accompanied by parent or guardian who also registers for the course.
Cost: $89
Jan. 30-Feb. 20 M, 7:30-9:30 p.m. AVC 1781.01

Dorm or Teen Room Decorating NEW
Join expert designer Lesley Myrick for this one-day workshop to learn how to transform a blah space into a dream place! You will learn how to decorate a dorm room, college apartment space, or cool teen bedroom for a hip vibe. This session will be fun for all!
Cost: $39
May 27 S, 1-4 p.m. AVC 6122.04
Horseback Riding Lessons
Highlander Ranch offers private and group lessons for beginner, intermediate and advanced riders ages 7 and older. Lessons are taught by CHA-certified instructors in the following areas: Hunter/Jumper, Western and Dressage. Horses are provided. Registration is on a month-to-month basis. Riders must register by the 20th of the preceding month. For more information, call Aimee Edwards at 254-299-8553.

Cost: $50 for private lessons, $30 per rider for groups of two or more

Learn to Play Golf
This is the perfect way to get your game off to a great start! You’ll get introduced to the game of golf by instructor Ed Rolan and learn proper grip, stance and alignment, as well as driving, chipping and putting. Ed will also talk about golf etiquette and give helpful pointers on choosing equipment for your golf game. You may bring your own clubs or use clubs provided at the lesson. This class meets at Twin Rivers Golf Club driving range, and enrollment is limited. Students are responsible for purchasing their own buckets of golf balls ($5 per bucket) for each class. Participants under 16 years old must be accompanied by a parent or guardian who also registers for the course.

Cost: $49
March 13-29 MW, 6:30-8 p.m. AVC 1026.02

Improve Your Short Game
Interested in refining your short game and lowering your scores? Come to Twin Rivers Golf Club and meet your instructor Ed Rolan for golf class! Techniques for chipping, pitching, sand shots and putting will be emphasized. You will learn effective techniques for practicing golf strokes the correct way to help you get the results you desire. Treat yourself or the golfer in your life to this course. Students are responsible for purchasing their buckets of balls ($5 per bucket) at each session. Participants under 16 years old must be accompanied by a parent or guardian who is also registered for the course.

Cost: $49
April 3-19 MW, 6:30-8 p.m. AVC 5128.02

Firearm Safety Training NEW
One injury or death is too many when it comes to accidents or misuses of a firearm. Whether it’s a small child, teenager, or an adult, if there is a firearm around, safety should always come first. This class, led by Officer Brad Pratt, is for the general public who have either purchased or been given a firearm. Adults are encouraged to enroll anyone else in the home who may have access to a firearm. Topics include: firearm safety in the home, office, vehicle, & the range; types of firearms, loading/unloading, safe storage, preferred carry methods, concealed and open carry, and weapon retention methods. This is NOT a Concealed Carry or License to Carry class. Class is held at the Emergency Services Education Center. Participants under 16 years old must be accompanied by parent or guardian who also registers for the course.

Cost: $49
April 4-11 T, 6:30-8:30 p.m. AVC 1983.09
**Painting for Kids**

Come create beautiful and eye-catching art! This class is a fun and creative introduction to painting with acrylics, for budding artists. With special emphasis on "thinking outside the box," Becky Kindred will teach you the basic fundamentals and techniques in paint and design that will help you to unleash your inner artist. Ages 7 and up.

*Cost: $29*

*March 25 S, 9-11 a.m. AVC 6119.05*

**Piano for Beginners**

Have you always wanted to learn to play the piano? Or maybe you need to refresh your skills? Instructor Mario Barbosa, Baylor University piano performance graduate, will tailor six private lessons to your goals for piano playing. Learn how to play the piano or restore your skills and continue where you left off. Upon registration, you will schedule six 30-minute individual sessions with the instructor. Sessions are held in the Steinway practice rooms in the McLennan Ball Performing Arts Center. Students may use their own music books or purchase one of the instructor's choosing. Ages 7 and up. Sorry, no refunds.

*Cost: $212*

*Jan. 10-May 18 TTH, 6-8 p.m. AVC 1446.02*

**Private Voice Lessons**

Whether you want to improve on the fundamentals, want to learn a new song, or are just starting out and don't know where to begin, voice instructor and performer Glenn Beals will help you develop your voice to make beautiful music. Once registered, you will schedule eight individual sessions of 30 minutes with the instructor in the McLennan Ball Performing Arts Center. Ages 13 and up. Sorry, no refunds.

*Cost: $239*

*Jan. 9-May 22 MTWTHF, 6-8 p.m. AVC 1342.02*

**Beginning Sign Language**

This beginning class is for those who are interested in learning sign language basics to use in their personal life or workplace. Instructor Cindy McCorkle will teach Pidgin Sign Language, which combines the signs of American Sign Language and the grammatical structure of English. Cindy’s love of people and language makes for a fun class. She includes a deaf presenter in one of the classes, which is always a high point. This course is a good beginning for those considering more training or a career in sign language and interpreting. The textbook is provided in class and is included in the course cost. Participants under 16 years old must be accompanied by parent or guardian who also registers for the course.

*Cost: $99*

*Jan. 17-Feb. 9 TTH, 6:30-8:30 p.m. SLNG 1003.05*
Children’s Swim Lessons NEW
This class is designed for both beginner swimmers with little experience in the water to those that are very comfortable in the water but may not know how to swim with a consistent breath rhythm. We start with comfort, acclimation, and basic survival swimming and move to learning correct body movement in the water by floating, gliding, and kicking. Then we move to working on swimming with arms and legs consistent in front and back. Safety is paramount in every skill that is learned as a swimmer in these classes. Participants must be ages 5 to 15. Class will be held at the Center of Columbus Avenue Baptist Church.
Cost: $65
April 10-May 4 MTH, 6:30-7:15 p.m. AVC 1088.03

Parent/Child Swim Lessons
Swimming lessons for babies and toddlers ages 6-48 months and their parents. This water introduction program, taught by Missy Kittner, helps the parent and child get used to the water and see the pool as fun. Parents and children play games that introduce basic, introductory water skills such as blowing bubbles, breath control, kicking, and floating. The class focuses on water orientation and encourages parents and babies to trust each other in the water. An adult must be in the water with the child at all times (shallow water only). Class will be held at the Center of Columbus Avenue Baptist Church. All children not potty trained must wear a swim diaper when in class. Registration must be under child’s name only. Parent must be present at class but does not need to register.
Cost: $65
March 13-April 6 MTH, 6:30-7:15 p.m. AVC 1088.04

Teen Etiquette NEW
Help your teen navigate the spring social season and impress with their manners and poise this year. Your teen will leave with both social and dining skills. Included in the course will be lessons in how to act on a date, technology etiquette in social settings, as well as a dining tutorial with a 3-course meal. In addition, overall confidence-building skills will be focused upon. The course is taught by etiquette expert Sarah Aynesworth, and young people will be engaged in hands-on learning. Class is held in McLennan’s Northwood House, and individual dietary restrictions cannot be accommodated. Children must be 12 years old to register. Registration deadline is March 23.
Cost: $39
March 30 TH, 6-7:30 p.m. AVC 5324.04
Teens, Tweens, and Parents: T-shirt Quilts NEW

Turn old T’s into a keepsake! For the first meeting, you and your teen/tween will bring 20 T-shirts of your choosing to create a memory quilt. We will go over stabilizing, cutting, and selecting fabric for the sashing and backing of your quilt. In the second meeting, we will cover borders and quilting options for your quilt. After sewing on the borders we will table the quilts for those wishing to quilt them at home. For those wishing to have them professionally quilted, we will discuss quilting options and provide names and contacts for quilters in the area. Classes will be held at Tomorrow’s Quilts.

Cost: $59
Feb. 11-March 11 S, 10 a.m.-noon AVC 4057.10

Texas Hunter Education

This course includes all the information the law requires hunters age 17 and older to know. The certified instructor, Brent Heath, will cover hunting rules and regulations, ethics and responsibilities, and safe firearm handling and storage techniques. When you successfully complete the course (attend the full session in its entirety), you will receive a lifetime certification card. Students under 17 must co-register with a parent/guardian to attend class. Class will be held at McLennan’s Highlander Ranch.

Cost: $20
Feb. 25 S, 8 a.m.-4:30 p.m. AVC 1983.05
Corporate Training

Computers

Adobe InDesign CC — Level I
Learn how to use Adobe InDesign CC software to design and produce professional-quality letterhead, brochures, business cards, and more. It won’t take long for you to figure out you don’t have to be a designer or graphic artist to learn desktop publishing. Flash drive required. Enrollment ends April 7.
Cost: $299
April 21 F, 8:30 a.m.-5 p.m. GRPH 1002.04

Photoshop CC — Level I
Learn to use the various tools in Photoshop CC to select parts of images and use layers to produce stunning photos and designs. You will learn how to organize multiple layers of your design and how to apply special effects to enhance the appearance of your work. The last day to register is March 3.
Cost: $299
March 17 F, 8:30 a.m.-5 p.m. GRPH 1002.03

Digital Video
Teaches Adobe Premiere Pro for Video Editing. Students should possess basic mouse and keyboarding skills and be comfortable working in a Microsoft Windows environment.
Cost: $360
Jan. 17-May 11 TTH, 12:40-2:10 p.m. ARTV 1051.01

Web Page Design I
Gain an in-depth understanding on how to build and deploy Web pages using HTML and CSS. For more information, email David Trower at dtrower@mclennan.edu.
Cost: $360
Jan. 17-May 11 TTH, 11:10 a.m.-12:30 p.m. IMED 1016.01

MS Office 2013 — Overview
This course provides a quick overview of the most commonly used applications of MS Office 2013 (Excel, Word, Outlook and PowerPoint) into one fast-paced course. You will get exposure to the basic features and functions of each application to better understand each one’s fundamental usage and application. Class materials are included. Prerequisites: basic computer skills and understanding of MS Windows 7 operating system. Flash drive required.
Cost: $119
Feb. 17 F, 8:30 a.m.-5 p.m. ITSW 1021.11
**MS Access 2013 — Fast Track**
You will learn how to store, locate, print, and automate access to all types of information, as well as use more advanced concepts of database management in Access 2013. (Subtle changes from Access 2010.) Class materials included. Prerequisites: ability to use mouse, open and close files, and start programs using MS Windows XP or Windows 7. Flash drive required.
*Cost: $119*
*March 24 F, 8:30 a.m.-5 p.m. ITSW 2047.02*

**MS Excel 2013 — Charting and Graphing**
This class covers how to use Microsoft Excel 2013 to create charts and graphs as well as communicate complex data more effectively. Learn how to craft charts that illuminate trends, differences, and relationships. Incorporating additional images and shapes with SmartArt and exporting charts for use outside of Excel will also be discussed. Flash drive required.
*Cost: $69*
*Dec. 2 F, 1-5 p.m. ITSW 2049.01*
*May 12 F, 1-5 p.m. ITSW 2049.04*

**MS Excel 2013 — Fast Track**
This course combines basic and advanced Excel 2013 into one fast-paced course. You will learn how to build, edit, format, and print information in Excel 2013, as well as how to use more advanced tools, like queries, formats, reports, macros, and pivot tables. (Subtle changes from Excel 2010 to Excel 2013.) Class materials included. Prerequisites: basic computer skills and understanding of MS Windows 7 operating system. Flash drive required.
*Cost: $119*
*April 7 F, 8:30 a.m.-5 p.m. ITSW 1046.02*

**MS Excel 2013 — Pivot Tables/Macros**
Learn how to use Microsoft Excel 2013 to create charts and graphs as well as communicate complex data effectively. The class also covers how to form charts that highlight trends, differences, and relationships. Incorporate images and shapes with SmartArt and learn how to export charts for use outside of Excel. Flash drive required.
*Cost: $69*
*Dec. 2 F, 8 a.m.-noon ITSW 2049.02*
*May 12 F, 8 a.m.-noon ITSW 2049.03*

**MS Word 2013**
Learn the fundamentals of Word 2013, including working with and editing text, formatting characters, paragraphs and pages, as well as working with tables. Additional topics may also be addressed. Prerequisites: ability to use the mouse, open and close files, and start programs using MS Windows 7. Flash drive required.
*Cost: $119*
*Jan. 20 F, 8:30 a.m.-5 p.m. POFI 1024.02*
QuickBooks Pro 2016

Quickly and efficiently gain control over your business finances with QuickBooks Pro 2016. This comprehensive (A-Z) course will teach you the best basic and advanced methods to set up company financial information. You will also learn payroll, inventory, and other advanced areas as time allows. Class materials are included; a flash drive is required. Prerequisite: basic understanding of computers. Accounting knowledge is helpful but not required.

Cost: $229

Feb. 7-23 TTH, 6-9 p.m. ACNT 1010.02

Customized Workforce Training

McLennan Corporate Training provides many customized training programs that can improve your organization’s performance. These programs are created to meet your training objectives and needs. Topics include Leadership, Computer Application, Business Writing, Managing Teams, Language Skills, Workplace Safety, Legal Issues and Compliance Training, and Time Management. Classes can be scheduled at your site or on McLennan’s campus. For more information, contact Steve Wenzel or John Hutchens at 254-299-8888.

Authentic Professionalism

As the saying goes, details make the difference. 85% of your job success is directly related to your people skills. This class will help you put your best foot forward in a professional setting. You will learn skills that set you apart from your competition while still remaining authentic. Email etiquette, cell phone etiquette, business correspondence, telephone etiquette, and navigating the office cocktail party will all be included. You will leave with new skills that help polish your professional image and sharpen your people skills. Class is held at MCC’s Conference Center and led by Sarah Aynesworth.

Cost: $39

Feb. 28 T, 6-7:30 p.m. AVC 5324.06

Creating Stellar Customer Service

Outstanding customer service is the key to business success. Numerous customer service workshops are available that teach very specific skills and behavior for winning customer service. These programs are designed to build awareness and teach skills that can be used immediately in the workplace. These modules are fun, affirming, and very effective.
Lean Manufacturing

Lean manufacturing is based on the Toyota Production System (TPS), an organizational philosophy and set of methods that dramatically reduces time from a customer’s order to product delivery, resulting in lower costs and less space in the production of superior products. These methods are used in service, sales, transactional, educational, municipal, and healthcare organizations. Courses include Customized On-Site Lean Training (Train your employees to become efficient, waste less and work smarter), Lean Six Sigma Certification (Learn to transform your organization and obtain certification), and Online Lean (Learn the concepts, terms and application of Lean principles and practices in manufacturing. Training is online and offers flexibility for busy schedules).

Managing the Workforce

To effectively prepare managers for today’s challenges, McLennan offers customized workshops on Workplace Violence, Managing the Gen X Workforce, Effective Discipline, Dealing with Difficult People, Handling Performance Problems, Safety Compliance, and CPR/First Aid.

Manufacturing Education

These courses deliver highly interactive, competency-based educational modules, ensuring your employees will have the skills required to be successful in an advanced manufacturing environment. Popular courses include Blueprint Reading, Mathematics, Principles of Hydraulics, Safety Practices and Regulations, Hazardous Communication, Confined Spaces, and Lockout/Tagout. Other topic areas include Fundamental Skills, Technical Skills, and Quality Systems.

Success with People — Extended DISC Profile

Become a stronger, more confident leader. The Extended DISC Profile, an online assessment based on the popular DISC theory, offers an understanding of your personality and the personalities of others based on behavior type, style and tendencies. Use this insight to adjust your behavior to better suit a situation, avoid unnecessary problems and improve communication. This course will help you speed up change, discover the motivation for individual employees, improve and develop communication, reduce conflict, and improve employee efficiency, productivity and profitability. Extended DISC is a 20+ page personal assessment of your personality style. It is easy to use and implement and is also cost-effective. In addition to being a strategic decision-making tool, Extended DISC is also a customizable training, consulting and coaching tool.

Workplace Spanish

Workplace Spanish is a series of easy-to-use, job-specific, Spanish training programs for a variety of fields. These programs can help improve communication, teamwork, efficiency and productivity in your organization by teaching employees key terms and expressions to help them communicate with Spanish speakers. Workshops are available for banking, construction, customer service, health care, human resources, landscapers, manufacturing and supervisors.
**Supervisory Management**

**Beginning Supervisor**
This 9-hour training course is based on the Situational Leadership II® model developed by Ken Blanchard (Author of The One Minute Manager). This course is designed for new supervisors who have never received any previous leadership training. The training will include topics on the role of leaders, learning to be flexible, diagnosis of an employee’s development level, employee communication, listening/directing new employees, coaching for improvement, supporting/delegating, and dealing with persistent performance problems.
Cost: $199
March 21-28 TTH, 6-9 p.m. BMGT 1020.02

**Extended DISC: Communicating with Others**
Become a stronger, more confident communicator. The Extended DISC Profile offers an understanding of your communication style and the communication style of others based on behavior type, style and tendencies. This course will help you discover the motivation for individual employees, improve and develop communication, reduce conflict, and improve employee efficiency and productivity.
Cost: $59
March 2 TH, 6-8 p.m. AVC 1865.03

**Online Courses**

**Online Defensive Driving**
McLennan offers a state-approved driver safety course that can be taken totally online. This program offers the most convenient and flexible way to meet the requirements for a ticket dismissal or auto insurance premium discounts. Imagine taking your driver safety course entirely self-paced from your home, office or laptop. You will be allowed to log in and out of the course until you complete the required six hours. Log on now and begin at [www.MCCDefensiveDriving.com](http://www.MCCDefensiveDriving.com).
Cost: $25

**Series in Project Management**
Learn how to manage a successful project. These courses will help you prepare for the internationally recognized Project Management Professional (PMP) and Certified Associate in Project Management (CAPM) exams offered by the Project Management Institute. Courses offered include Project Management Fundamentals, Project Management Applications, and Introduction to Microsoft Project 2010.
Cost: $267
BMGT 1023
Series in Sales Management
Learn to develop a framework to improve your personal sales and develop your sales team. Courses offered include Professional Sales Skills, Effective Selling, and Principles of Sales Management.
Cost: $267
BMGT 1098

Series in Supervisory Management
Learn how to be an effective manager or supervisor by mastering the basics of business and organizations. Courses offered include Fundamentals of Supervision and Management, Fundamentals of Supervision and Management II, Employment Law Fundamentals, and Mastery of Business Fundamentals.
Cost: $356
BMGT 1094

Ed2go.com
You can take all Ed2go courses from the comfort of your home or office at the times that are most convenient to you. A new section of each course starts monthly. All courses run for six to eight weeks and are composed of 12 lessons representing 24 or more hours of instruction. You can ask questions and give or receive advice at any time during the course. For more information, visit ed2go.com/mccwaco or call Steve Wenzel at 254-299-8152.

How to Get Started:
2. Click the Courses link. Once you choose the department and course title you are interested in, select the Enroll Now button. Follow the instructions to enroll and pay for your course. You will choose a username and password that will grant you access to the Classroom.
3. When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with the username and password you selected during enrollment.

A new section of every course in the Ed2go catalog will begin on Jan. 18, Feb. 15, March 15, April 12, and May 17. More than 200 courses are on our website! Some examples of the categories of courses available are Business, Child Care & Parenting, Computer, Digital Photography & Video, Grant Writing/Nonprofits, Health Care, Nutrition & Fitness, Languages, Law & Legal Careers, Personal Finance & Wealth, Test & Certification Prep, Web Design, and Writing & Publishing. Check Ed2go.com for costs.
Health & Human Services

*Prior to entering the EKG Technician, Massage Therapy, Return to Nursing, Medication Aide or Nurse Aide programs, students are required to show proof of immunization against Hepatitis B, varicella, measles, mumps, rubella, diphtheria/tetanus, and a recent tuberculosis test. Within 30 days prior to the start date of class, students must obtain a drug screen and Texas statewide criminal background check. The results of these tests, and the proof of immunization will be presented at time of registration. Please call 254-299-8590 for more information.

Activity Director

Activity Director I
This course prepares individuals to work as an activity director in long-term health care facilities. The activity director is the key person for providing quality-of-life experiences for long-term care residents and clients. This course includes assessment, care planning, documentation process, and evaluation of client needs. It also addresses program design and finding resources and/or funding. The course includes 100 hours of classroom information and 115 hours of internship. Students must register for all three sections listed below, Activity Director I, Activity Director II, and Activity Director Internship.
Cost: $115
Feb. 9-April 6 TH, 9 a.m.-4 p.m. GERS 1004.01

Activity Director II
Activity directing in long-term health care facilities includes assessment, care planning, documentation process, and evaluation of client needs. This course also addresses program design and resources/funding. This course, when combined with “Long Term Care Activity Directing I” and “Practicum-Gerontology,” meets the State requirements to be qualified as an activity director in Texas.
Cost: $115
April 6-June 8 TH, 9 a.m.-4 p.m. GERS 1007.01

Activity Director Internship
Practical, general, workplace training supported by an individualized learning plan.
Cost: $169
Feb. 9-June 8 TBA, TBA GERS 1066.01
**Auctioneering**

**Introduction to Auctioneering**

The MCC Auctioneer Academy is designed to teach participants the skills necessary to act as an auctioneer, conduct auctions and operate an auction company. Participants will learn how to conduct auctioneering in a professional and ethical manner, as well as perform the auction chant and address the public confidently and effectively. The academy will emphasize the importance of acting in accordance with federal, state, and local auction laws. The Auctioneer Academy is approved by the Texas Department of Licensing and Registration.

*Cost: $340*

*Feb. 18-20 MSSU, 8 a.m.-6:30 p.m. MRKG 1032.02*

**Auctioneering (Selling)**

This course is an overview of the selling process, including identifying the communication elements between buyers and sellers. Students will also examine the legal and ethical issues of organizations which affect salespeople.

*Cost: $510*

*Feb. 21-25 TWTHFS, 8 a.m.-6:30 p.m. MRKG 2033.02*

**EKG Technician**

**EKG Technician**

This course presents the principles of basic electrocardiography. Subjects include anatomy and physiology of the circulatory system, role and function of the EKG technician, safety and infection control, legal and ethical aspects in practice, and interpretation of basic rhythms and life-threatening arrhythmias. Successful completion of the class prepares students to sit for national certification. Students must have either a high school diploma or GED and knowledge of math and science. Please note the entrance requirements at the beginning of the Health & Human Services section.

*Cost: $375*

*March 14-May 25 TTH, 5:30-8:30 p.m. ECRD 1011.01*
**Health**

**6th Annual Texas Regional Holistic Nursing/ Central Texas Nurse Practitioners Conference**

Demonstrating excellence in holistic healthcare delivery, this conference earns its attendees 7 CNE contact hours for continuing education in nursing and is held on the MCC campus. To register, text Shannon Wright at 254-229-5330 or fax 254-751-7112 or register online at ctnp.enpnetwork.com and click on “Upcoming Events”. For more information, contact Joyce Sims at 254-299-8150 or jsims@mclennan.edu.

*Texas Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.*

Cost: $99 (includes breakfast and lunch)

Feb. 25 S, 8 a.m.-5 p.m.

**CPR Healthcare**

This course is designed for anyone in the health care field: doctors, nurses, professional rescuers, EMTs, firefighters, etc. It covers the use of automated external defibrillators (AEDs) and lifesaving skills in the areas of respiratory (choking and near-drowning) and cardiac emergencies involving adults, children, and infants. This course will satisfy the prerequisite for CPR for health education programs and careers.

Cost: $50

Jan. 10-12 TTH, 6-8:30 p.m. AVC 5204.01
Jan. 17-19 TTH, 6-8:30 p.m. AVC 5204.02
Jan. 28 S, 9 a.m.-3 p.m. AVC 5204.03
Jan. 31-Feb. 2 TTH, 6-8:30 p.m. AVC 5204.04
Feb. 7-9 TTH, 6-8:30 p.m. AVC 5204.05
Feb. 18 S, 9 a.m.-3 p.m. AVC 5204.06
Feb. 21-23 TTH, 6-8:30 p.m. AVC 5204.07
Feb. 28-March 2 TTH, 6-8:30 p.m. AVC 5204.08
March 14-16 TTH, 6-8:30 p.m. AVC 5204.09
March 21-23 TTH, 6-8:30 p.m. AVC 5204.10
March 28-30 TTH, 6-8:30 p.m. AVC 5204.11
April 1 S, 9 a.m.-3 p.m. AVC 5204.12
April 4-6 TTH, 6-8:30 p.m. AVC 5204.13
April 11-13 TTH, 6-8:30 p.m. AVC 5204.14
April 22 S, 9 a.m.-3 p.m. AVC 5204.15
May 9-11 TTH, 6-8:30 p.m. AVC 5204.16
May 16-18 TTH, 6-8:30 p.m. AVC 5204.17
Heart saver CPR/First Aid

This American Heart Association course is designed for police, airline crews, security personnel, family members of patients at high risk for sudden cardiac death, and individuals not in the health care field. This course provides training in basic first aid, including the skills recommended by OSHA, and is designed for anyone who might be the first to respond in the workplace or community. Learn to use CPR, barrier devices and automated external defibrillators (AEDs) for all ages. Learn to relieve foreign body airway obstructions and manage injured and ill persons. The course can be tailored for a specific workplace or group and can be delivered in a single day. On-site training is available. Call 254-299-8888 for more information.

Cost: $50
Jan. 14 S, 9 a.m.-3 p.m. AVC 5205.01
Jan. 24-26 TTH, 6-8:30 p.m. AVC 5205.02
Feb. 4 S, 9 a.m.-3 p.m. AVC 5205.03
Feb. 14-16 TTH, 6-8:30 p.m. AVC 5205.04
March 4 S, 9 a.m.-3 p.m. AVC 5205.05
April 8 S, 9 a.m.-3 p.m. AVC 5205.06
April 18-20 TTH, 6-8:30 p.m. AVC 5205.07
May 2-4 TTH, 6-8:30 p.m. AVC 5205.08
May 23-25 TTH, 6-8:30 p.m. AVC 5205.09

Health & Human Services Professionals

McLennan will tailor programs to meet your continuing education needs. For more information or to be added to our mailing list, please call 254-299-8590.

Return to Nursing*

This 144 hour, computer-based course is designed to satisfy Texas Board of Nursing requirements to re-enter the nursing field or to help nurses feel comfortable re-entering the field after time away. There is a required clinical component which will be completed at one of the local hospitals. Students may enter the class at any time and work at their own pace to finish the course. The course is designed to be completed within 24 weeks, but may be completed earlier. Please note the entrance requirements at the beginning of the Health & Human Services section.

Cost: $500
RNSG 1006
Law Enforcement Agencies

Law Enforcement Academy — "B-2017"
Academy is in session Monday through Friday, from 8 a.m.-5 p.m. Applications for the July Academy will be available May 1. Application deadline is May 26. For more information, contact Cheryl Brooks at 254-299-6529 or cbrooks@mclennan.edu, or Dennis Stapleton at 254-299-6528 or email dstapleton@mclennan.edu. Applications for the Fall Academy will be available Oct. 2!

Tuition: $1,395, plus $800 additional expenses
July 10-Nov. 21

Massage Therapy*

Massage Therapy*
The Summer/Fall 2017 Massage Therapy Program is forming now. Some financial help is available to those who qualify for a TPEG grant. Please call 254-299-8590 for more information. Please note the entrance requirements at the beginning of the Health & Human Services section.

Massage Therapy Continuing Education
Massage Therapy Continuing Education is offered periodically throughout the year. To inquire about classes or to be put on our mailing list for upcoming course information, please call 254-299-8590.

Medical Coding Specialist

McLennan offers eight online medical coding courses so you can conveniently acquire the skills needed to work in medical insurance coding. You can take as many of the courses as you like. Upon satisfactory completion of all eight courses, you will be awarded a Medical Coding Specialist Marketable Skills Achievement Award by McLennan and will be prepared to take the Certified Professional Coders exam offered by the American Academy of Professional Coders (AAPC). Each course costs $89 and requires the purchase of additional course materials (approximately $65) to be downloaded from the Internet. For more information, contact the Continuing Education office at 254-299-8888.

Technical Requirements
This course is not available on a Mac computer. To register and access your class from your computer, you will need internet access, an e-mail account, and Microsoft Explorer. No special software is needed.

About the Instructor
Bill Hess has more than 30 years of education and business experience. He developed these courses and has offered them successfully at numerous colleges.
Courses

You may take any of the courses, but Medical Terminology is a prerequisite for the other courses. If you plan to take all eight courses, do so in the sequence in which they are listed. Once you have finished all courses, call the Health and Human Services office at 254-299-8587 to request the Marketable Skills Achievement Award. All courses are 39 hours (11 weeks long) and offer flexible entry throughout the year; however, classes must be finished within 11 weeks of the start date.

Course Materials

Each course requires a download of materials that costs approximately $65. The cost of books and course materials is not covered in the price of registration. You will receive an e-mail after registration with information on how to take the course and obtain the necessary materials.

Medical Terminology

This course is the foundation for all other medical training courses and is taught from an anatomical approach. Root terms are taught categorically according to each body system. The origin, a combined form, and an example of non-medical everyday usage is provided for each root term. Word associations are provided as a learning tool, and unusual and interesting information is provided for each term. Additionally, root terms are combined with prefixes and suffixes.

Anatomy & Physiology I

Presents the structure of organisms by body systems and analyzes the normal function of body organs. Full-color graphics and audio descriptions complement descriptive text material.

Anatomy & Physiology II

Continues the study of body systems. Full-color graphics and audio descriptions complement descriptive text material.

Medical Billing

A massive shift away from paper-based systems to electronic records, in addition to the changing requirements of health insurance companies, has created a shortage of Medical Billing professionals with specialized knowledge as Secondary Payer, Medicare and Home Health, and Medicare and Women’s Health.

Medical Coding

Prepares students for entry-level jobs in a doctor’s office or other medical facility. Includes ICD-9-CM Coding, CPT Coding Practice Problems, Medicare Fraud & Abuse, Evaluation & Management, Certificate of Medical Necessity, and Medicare Preventive Services. You will keep abreast of changing technology by using a one-year online database license from SpeedECoder that contains ICD-9, ICD-10 and CPT current codes.
Advanced Medical Coding ICD-9/10
This course compiles and summarizes the official coding guidelines concerning the most common, yet complex, diagnosis coding issues. The course is organized by Issues Coding Clarification, Physician Documentation Issues and Coding Scenarios. Real-life coding problems are presented with ICD-9-CM solutions. A non-graded bonus module, “Introduction to ICD-10,” is included. ICD-9 codes will eventually be replaced with ICD-10. Students will keep abreast of changing technology by using a one-year online database license from SpeedECoder that contains ICD-9, ICD-10 and CPT current codes.

Advanced Medical Coding CPT
This course summarizes the official coding guidelines concerning the most common, yet complex diagnosis coding issues. Primary emphasis is on Evaluation and Management and Surgery codes. The course provides a five-step outline used to help you successfully code the exercises/scenarios within the problems. Detailed medical history reports, including post-operative reports, are provided, from which CPT codes are determined. Students will keep abreast of changing technology by using a one-year online database license from SpeedECoder that contains ICD-9, ICD-10 and CPT current codes.

AAPC, AHIMA and AMBA Certification Exam Review (HITT 2045.01)
This course is designed for health care professionals preparing to take the Certified Professional Coder Examination (Hospital) administered by the American Academy of Professional Coders, the Certified Coding Associate Exam administered by the American Health Information Management Association, and the Certified Medical Reimbursement Specialist Exam administered by the American Medical Billing Association. Topics for review include Medical Terminology, Human Anatomy, CPT Coding Guidelines, ICD-9-CM (Vol. 1 & 2), Diagnostic Coding, HCPCS Level 2, E/M Coding, Anesthesia Coding, Surgical Coding, and Use of Modifiers.

Medication Aide (CMA)*
Medication Aide Training*
Learn to accurately and safely administer medications to nursing home residents. Following successful course completion and required state testing, graduates are listed on a central roster with the Texas Department of Aging & Disability Services (D.A.D.S.) as a Certified Medication Aide (CMA). Strict admission criteria apply. In addition to the entrance requirements, you must present proof of the following at registration: (1) ability to read, write, and speak English, (2) age 18 or older, (3) free of communicable diseases, and in suitable health to safely administer medications, (4) notarized high school diploma or GED, and (5) current CNA credentials. Note: Student must be employed in a long-term care facility on the first day of class. Required textbook is available at the MCC Bookstore. Please note the entrance requirements at the beginning of the Health & Human Services section.
Cost: $450
Feb. 14-June 22 TTH, 5-9 p.m. NURA 1013.31
CMA Recertification*

This course fulfills the state certification board requirements for recertification of Certified Medication Aides. It is required once yearly for all medication aides before their CMA license expires. The course meets the last Thursday of each month. Due to state regulations, there is absolutely no admission to class after 8 a.m. Bring a pen/pencil, paper, current CMA license and state-issued picture ID to class. Please note the entrance requirements at the beginning of the Health & Human Services section.

Cost: $35
Jan. 26 TH, 8 a.m.-5 p.m. NURA 1041.01
Feb. 23 TH, 8 a.m.-5 p.m. NURA 1041.02
March 30 TH, 8 a.m.-5 p.m. NURA 1041.03
April 27 TH, 8 a.m.-5 p.m. NURA 1041.04
May 25 TH, 8 a.m.-5 p.m. NURA 1041.05

Nurse Aide (CNA)*

Nurse Aide Training Course*

This is your first step to a rewarding health career. MCC is an approved provider of the federally required course to become a Certified Nurse Aide (CNA) in a long-term care facility. Course topics include residents’ rights, communication, safety, observation, reporting, and basic comfort and safety. Emphasis is placed upon effective interaction with the health care team. The clinical portion requires a dark green scrub suit, a watch with a second hand, and white shoes. The student is responsible for the $85 testing fee. The student will schedule state certification testing following successful completion of the nurse aide course. Required textbooks are available at the MCC Bookstore for approximately $75. You will receive AHA certification in CPR/Basic First Aid as part of the course. Please note the entrance requirements at the beginning of the Health & Human Services section.

Cost: $425
Jan. 9-27 MTWTHF, 8 a.m.-5 p.m. NURA 1001.01
Feb. 13-March 3 MTWTHF, 8 a.m.-5 p.m. NURA 1001.02
March 13-31 MTWTHF, 8 a.m.-5 p.m. NURA 1001.03
April 10-28 MTWTHF, 8 a.m.-5 p.m. NURA 1001.04
May 8-26 MTWTHF, 8 a.m.-5 p.m. NURA 1001.05

Nurse Aide Training Evening Course*

This evening class offers the same content as the popular daytime class, but meets two evenings a week so you can keep your day job. All requirements and information listed in the CNA daytime class apply. Students will receive AHA certification in CPR/Basic First Aid as part of the course. Please note the entrance requirements at the beginning of the Health & Human Services section.

Cost: $425
Feb. 6-May 16 MT, 6-10 p.m. NURA 1001.31
**Personal Trainer**

**Personal Trainer Program Spring 2017**
This certification course prepares students to practice as a professional Personal Fitness Trainer. The course includes 16 hours of classroom learning, 16 hours of practical training, four hours of testing, and a 30-hour internship. Topics include anatomy, biomechanics, exercise physiology, fitness testing and health assessment, nutrition, exercise prescription, equipment usage, special populations, legal and safety issues. Class meets on Saturdays, beginning February 2017. Please call 254-299-8590 or 254-299-8150 for more information.

**Pharmacy Technician**

**Pharmacy Tech Review**
This course is designed to prepare students for the national Pharmacy Technician exam. This class includes anatomy/physiology, healthcare communication, infection control, record maintenance, safety supply management, customer service, and other appropriate topics.
Cost: $400  
Feb. 7-April 6 TTH, 6-9 p.m. PHRA 1043.01

**Teacher Certification**

**Paraprofessional/Teacher Aide**
This course, Instructional Practice & Effective Learning Environments, is for individuals who want to become teacher aides and who must meet No Child Left Behind legislation to be “Highly Qualified.”
Cost: $250  
Jan. 28-Feb. 25 S, 8 a.m.-5 p.m. EDTC 1094.17

**Telecommunications**

**Basic Telecommunicators Certification Course NEW**
Become a certified emergency telecommunicator (dispatcher). This course prepares students for a profession in Emergency Communications. It is a Basic Telecommunicators Certification Course approved by the Texas Commission on Law Enforcement (TCOLE). The course meets M-F 8 a.m.-5 p.m. for three weeks. To register, call 254-299-6529 or email Cheryl Brooks at cbrooks@mclennan.edu.
Cost: $162.95
Truck Driver

Truck Driver Training Course

America’s trucking industry needs trained drivers. Begin your career now. Truck driving offers great opportunity with potential first-year earnings of $50,000 or more. In only one month, you can begin driving down the highway to success. Earn your Class A license by completing a 20-day Professional Truck Driving Training Course through ATDS, new classes being held each month. Local and national job placement is provided for those completing this course. There’s a 100 percent financing program for those who qualify, and payment plans are available. Approved for Workforce Innovation and Opportunity Act (WIOA), Texas Department of Assistive and Rehabilitative Services (DARS), and VA-sponsored programs. ATDS is a member of the Commercial Vehicle Training Association.

Weekend classes now available. For more information, contact Susan Denton at ATDS (124 Truckers Lane, Elm Mott, Texas 76640) at 800-460-ATDS or susandenton@wildblue.net. Or visit www.truckingschool.com.

Cost: $6,995
CVOP 1013 & CVOP 1040
Highlander Ranch

CHA Riding Instructor Boot Camp
This 2-day boot camp is designed for those that are already teaching riding lessons but would like to improve their skills in order to teach effectively at higher levels. This clinic will focus on Certified Horsemanship Association Levels 2 and 3. We will be in the classroom as well as in the saddle. There will be discussion over teaching techniques and styles, sample lessons taught, and you will learn how to successfully evaluate your own teaching style. This course is taught by a CHA Certified Clinician. In order to enroll in this course, you must be able ride at a CHA level 2 or above. For more information or to register for this course, contact Aimee Edwards at 254-299-8553.
Cost: $150
Feb. 24-25 FS, 9 a.m.-4 p.m. AGEQ 1022.01

CHA Riding Instructor Certification
Certified Horsemanship Association awards certification as an instructor of riding theory and application. Course participants will be evaluated on their ability to teach group riding lessons. The evaluation categories are safety, horsemanship, teaching techniques, group control, and professionalism. Participants will have an opportunity to be certified in both Western and English disciplines. (www.cha-ahse.org)
Cost: $700
March 8-12 WTHFSSU, TBA AGEQ 1022.02
April 19-23 WTHFSSU, TBA AGEQ 1022.04

Dressage Clinic
Dressage is the training of a horse to carry out a series of precise controlled movements in response to minimal signals from its rider. It is the foundation for all styles of riding, and you will benefit whether you ride competitively or just want to improve your riding techniques. This clinic will be taught by Whit Watkins, USDF Gold Medalist. Call Aimee Edwards @ 254-299-8553 to register.
Cost: $125
Jan. 23 TBA AVC 5104.W5
Feb. 27 TBA AVC 5104.W6
March 20 TBA AVC 5104.W7
April 24 TBA AVC 5104.W8
May 22 TBA AVC 5104.W9
Gaited Dressage Clinic

This class will use the benefits of Dressage training while focusing on Gaited horses. Dressage is the training of a horse to carry out a series of precise controlled movements in response to minimal signals from its rider. It is the foundation for all styles of riding, and you will benefit whether you ride competitively or just want to improve your riding techniques. Call Aimee Edwards @ 254-299-8553 to register.

Cost: $30
Dec. 5 TBA AVC 5104.A3
Jan. 9 TBA AVC 5104.A4
Feb. 6 TBA AVC 5104.A5
March 13 TBA AVC 5104.A6
April 3 TBA AVC 5104.A7
May 8 TBA AVC 5104.A8

Horse Shows at the Ranch

Sign up your horse and rider today! Highlander Ranch hosts many schooling shows throughout the year that are open to the public.

Dressage Schooling Shows – Open to Gaited and Non-Gaited horses. Shows are held March 17, May 19, Sept. 8, and Nov. 17.

Gaited Shows – Open to all Gaited horses, Rail, and Trail classes. Shows are held March 18, May 20, Sept. 9, and Nov. 18.

Open Shows – Based on AQHA, these shows offer Halter, Showmanship, English Pleasure and Equitation, Jumping, Western Pleasure and Equitation, Reining, and Trail. High points awarded in 8 separate divisions! Shows are held April 29, July 1, Sept. 30, and Oct. 28.

Working Equitation Shows – Offering three phases – Dressage, Ease of Handling, and Speed. Shows are held Feb. 18-19 and Nov. 4-5.

For more information concerning the type of show, dates and times, call Aimee Edwards at 254-299-8553.

Horseback Riding Lessons

Highlander Ranch offers private and group lessons for beginner, intermediate and advanced riders ages 7 and older. Lessons are taught by CHA-certified instructors in the following areas: Hunter/Jumper, Western and Dressage. Horses are provided. Registration is on a month-to-month basis. Riders must register by the 20th of the preceding month. For more information, call Aimee Edwards at 254-299-8553.

Cost: $50 for private lessons, $30 per rider for groups of two or more
Saddle Club
Highlander Ranch is excited to bring back the Saturday Saddle Club! Saddle Club is for ages 9-13 and will be held one Saturday a month, Jan.-May. Students will learn all aspects of horsemanship including grooming, tacking, care and maintenance, riding and health care. Saddle Club is a great way to spend a Saturday at the Highlander Ranch! Attire: Jeans or long pants; smooth-soled, closed-toe boots with a heel; no jewelry; dress warmly for the Texas spring! Helmets, horses, and tack are provided.
Cost: $50
Jan. 14 S, 9 a.m.-noon AVC 5104.C1
Feb. 4 S, 9 a.m.-noon AVC 5104.C2
March 25 S, 9 a.m.-noon AVC 5104.C3
April 15 S, 9 a.m.-noon AVC 5104.C4
May 13 S, 9 a.m.-noon AVC 5104.C5

Saddle Club — 5 sessions
Cost: $230
Jan. 14-May 13 S, 9 a.m.-noon AVC 5104.CA

Working Equitation Clinic
The discipline of Working Equitation was created with the objective of enhancing the equestrian techniques developed in countries whose riders use horses in different aspects of fieldwork. Working Equitation competitions have three phases: Dressage, Ease of Handling, and Speed. Dressage tests are designed to both evaluate the horse and rider as well as to be an aid in training. Ease of handling obstacles are set up to simulate the difficulties encountered by a horse and rider in the field, and the Speed phase uses those same obstacles but is ridden at speed with no evaluation of style. Speed phase is designed to evaluate the rider’s coordination and the horse’s qualities of submission and attention. The price of the clinic includes lunch.
Cost: $100
Jan. 21 S, 9 a.m.-5 p.m. AVC 5104.E1
Pony Club

The United States Pony Clubs, Inc. started in 1954 to teach riding and the proper care of horses. It is based on The British Pony Club, which was created in 1929 as a junior branch of the Institute of the Horse. Since then, Pony Club has expanded to many countries around the world, with the main goal being to promote sportsmanship, stewardship and leadership through horsemanship. In the last decade, Pony Club has strengthened programming to meet the needs of today’s equestrians. This has included raising the age of graduation from 21 to 25 for traditional youth members, offering Pony Club through an established riding center, expanding certifications to include the disciplines of Dressage and Show Jumping, bringing in Western disciplines, offering adult Horsemasters membership opportunities, and including land conservation in the Standards of Proficiency. Pony Club is open to children ages 7 and up. Participants must be members of the USPC.

Cost: $15

Dec. 28 S, noon-2 p.m. AVC 5104.P4
Jan. 14 S, 1-3 p.m. AVC 5104.P5
Feb. 4 S, 1-3 p.m. AVC 5104.P6
March 25 S, 1-3 p.m. AVC 5104.P7
April 15 S, 1-3 p.m. AVC 5104.P8
May 13 S, 1-3 p.m. AVC 5104.P9
How to Register

**Online**
Go to our home page at [www.MCCandYOU.com](http://www.MCCandYOU.com) and click on How to Register.

**In person**
Please visit McLennan’s Continuing Education office, located in the Community Services Center at 4601 N. 19th St. Parking is available in the lot facing 19th Street. Enter the building through the double doors facing 19th, and the office will be directly in front of you in room A8. Office hours are 8 a.m.-6 p.m. Monday-Thursday and 8 a.m.-5 p.m. Friday. For a map of the full McLennan campus, please visit [www.mclennan.edu/campus](http://www.mclennan.edu/campus).

**Phone**
Call 254-299-8888 from 8 a.m.-6 p.m. Monday-Thursday and 8 a.m.-5 p.m. Friday. Payment must be made by American Express, Discover, MasterCard, or Visa.