

CONTINUING EDUCATION

SUMMER 2018



Education *reimagined*

FEATURED CLASSES

LIFELONG LEARNING

25



BEGINNING YOUR FITNESS JOURNEY

Revitalize your health by creating an easy-to-manage exercise routine that works for your fitness level and goals.

25



CAPOEIRA — A BRAZILIAN ART FORM

New! Equal parts performance art and martial arts, Capoeira brings a whole new dimension to self-defense and strength.

20



FLAMENCO FOR BEGINNERS

New! Learn how this highly expressive Spanish style of dance can help you fine-tune both your physical fitness and artistry.

26



WING CHUN KUNG FU — ALL LEVELS

Through the authentic art of Wing Chun, you'll learn how to defend yourself, enhance your spatial awareness, and more.

BUSINESS & PROFESSIONAL DEVELOPMENT

5



DELIVERING PRESENTATIONS WITH PURPOSE AND IMPACT

Build your skills and learn how to effectively engage your audience, lead the discussion, and respond with confidence.

6



FEARLESS FEEDBACK: HOW TO GIVE AND RECEIVE IT

Listening and sharing insightful input will help you as you actively connect and collaborate with coworkers and colleagues.

6



PROOFREADING: REVIEW OF COMMON WRITING ERRORS

Produce polished and professional communications by avoiding common pitfalls and learning a few tricks of the writing trade.

14



SUPERVISORY AND LEADERSHIP CERTIFICATE

During this online program, you'll gain the tools necessary to lead a highly efficient, supportive, and successful team.

EASY WAYS TO REGISTER

 **ONLINE** www.learnatcentral.org

 **PHONE** 206-934-5448

 **MAIL** fill out & mail form on page 29

MAKE US YOUR HOME FOR PERSONAL AND PROFESSIONAL DEVELOPMENT.

We offer top-quality programs taught by skilled instructors at convenient times and locations to fit your busy lifestyle.



EXPRESS YOURSELF

Hone your writing skills in one of our fun and dynamic writing classes this Summer.

See pages 23 for details.

testimonials

ENGLISH FOR AU PAIRS

"I enjoyed the conversations about our own traditions, countries, habits, and routines. It helped a lot." — Student

FRENCH — LEVEL 1

"Ali was very clear and organized in the presentation of the grammar and concepts, and extremely encouraging to beginners. Any attempts at all to speak French, even badly, were generously received and encouraged, making us want to learn more and go farther. He made the class the highlight of my week. I am a teacher myself, so I could appreciate how he drew out students of all levels and got everyone to participate. It brought out the best in all of us." — Jane Richlovsky

SPANISH THE NATURAL WAY — ADVANCED GRAMMAR

"Jessica is very skilled and knowledgeable. Her passion for language is contagious! I couldn't imagine a better class to suit the needs of working adults. Excellent!" — Megan Nestor

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BUSINESS & MANAGEMENT

ACCOUNTING AND FINANCE FOR NON-FINANCIAL MANAGERS

Learn financial concepts and accounting processes that will aid you in making effective decisions using financial information. During this course, you'll gain practical techniques that you can use to improve your effectiveness and influence career development, including the seven steps in the accounting cycle. You'll come away with the knowledge to analyze resource allocation and evaluate financial performance. This course is also part of our Entrepreneurial Finance Certificate program.

Fee: \$195

5928 S. deFonteny
6/4-6/29 Online

CASH IS KING

Cash is arguably the most important factor in business success. D&B reports 90% of all small business failures are due to poor cash flow — more money gets paid out than is collected. It is the non-financial manager who really makes a difference in the day-to-day cash activities. Discover how to maximize cash flow, learn the importance of cash, and find out your role in cash flow success. This course is also part of our Entrepreneurial Finance Certificate program.

Fee: \$195

5936 J. Trana
7/2-7/27 Online

ENTREPRENEUR BOOT CAMP

Have you been dreaming about starting your own business? Would you enjoy being your own boss? It's an exciting endeavor, but statistics show that most businesses fail within the first 5 years. Learn how to identify the abilities of successful entrepreneurs and how you can acquire them, develop goals to establish your business, create an outline for your plan, and more. This course is also part of our Entrepreneurship Certificate program.

Fee: \$195

5932 C. Brian Law
6/4-6/29 Online

ENTREPRENEURIAL MARKETING

The key to your entrepreneurial success is knowing how to effectively market your product or service. Learn a step-by-step approach to attracting and retaining customers within the constraints of a realistic budget. We'll focus on customer-driven marketing decisions, learn about building a strong brand, analyze which tactics to use, create an implementation plan, and more. This course is also part of our Entrepreneurship Certificate program.

Fee: \$195

5934 K. Nadlman
8/6-8/31 Online

FUNDING YOUR BUSINESS

What does it take to have a financially feasible business? The short answer: Money! But where does this money come from? Come explore your business's financial feasibility in three areas: start-up or expansion, profits, and cash. We'll also learn about potential debt and equity sources of funds to help support these areas and create a financially successful venture. This course is also part of our Entrepreneurial Finance Certificate program.

Fee: \$195

5937 J. Trana
8/6-8/31 Online

MASTERING COMPUTER SKILLS FOR THE WORKPLACE

How comfortable are you with using the Microsoft Office suite of applications? Possessing a working knowledge of the most-used software package in the world is no longer a nice-to-have skill! During this regularly-updated online course, you'll learn how to effectively use PowerPoint, Word, Outlook, and Excel. We'll explore common tasks in each application, which will enable you to work faster and more efficiently.

Fee: \$195

5917 B. Flanagan
6/4-6/29 Online

THE BASICS OF BOOKKEEPING

How do you keep track of the day-to-day financial transactions of a business? Learn how to understand, record, and analyze every penny that comes in and goes out of your business. We'll discuss terminology, create a chart of accounts that meet your needs, and learn how to interpret the numbers. Whether you're interested in a career in bookkeeping, are an entrepreneur, or work for a small business, this financial knowledge will be key to your success.

Fee: \$195

5939 S. deFonteny
7/2-7/27 Online

THE BUSINESS PLAN

Your business plan serves as a roadmap to your entrepreneurial success! It not only provides you guidance as you build your business, it can help you secure needed funding. During this course, we'll take a practical, hands-on approach to developing your business plan one step at a time, encouraging you to immerse yourself in the vision and planning of your business. This course is also part of our Entrepreneurship Certificate program.

Fee: \$195

5933 M. Beth Izard
7/2-7/27 Online

**WORK SMARTER, NOT HARDER:
TIME MANAGEMENT FOR PERSONAL &
PROFESSIONAL PRODUCTIVITY**

In today's high-speed world, one thing is certain: If you can't manage your time effectively, you'll have a hard time managing anything else. Yet most people waste precious hours each week reacting to what is going on around them rather than developing the skills to help them focus on accomplishing their most important goals. Learn powerful time management techniques and strategies that you can implement in both your professional and personal life.

Fee: \$79

8219 Y. Freitas McGookin Broadway Edison Bldg 1139B
1 Wednesday 7/25 9:00AM - 12:00PM

**DELIVERING PRESENTATIONS WITH PURPOSE
AND IMPACT**

Learn how to effectively share your ideas and achieve your desired results! We'll explore developing professional and persuasive materials, basic speech and delivery dynamics, managing questions and interruptions, how to keep your audience engaged, and more. Walk away with easy-to-use tactics that you can implement immediately.

Fee: \$89

5846 Y. Freitas McGookin Broadway Edison Bldg 1139B
1 Tuesday 7/17-7/17 9:00AM - 12:00PM

ONBOARDING NEW EMPLOYEES

Ensure your star candidate makes a smooth transition to a stellar employee. Onboarding is the process of socializing new employees into your organization and begins well before new-hire orientation. During this course, you'll learn how to incorporate onboarding into the entire hiring cycle, from recruitment to hiring and beyond. You'll leave with the basics of an effective program that will support employee success in your organization.

Fee: \$195

5938 K. Dellabough
6/4-6/29 Online

PMP EXAM PREP W/ PRACTICE EXAM

Are you interested in taking the Project Management Professional (PMP) Exam? Prepare for it during this comprehensive course led by a seasoned professional. In addition to the coursework, you'll also have access to PMP Exam Prep software, which simulates the PMP Exam and contains over 1000 practice questions. This course will be taught in an online environment via a virtual instructor led format.

Fee: \$699

5835 J. O'Donnell
10 sessions 6/25-8/17 6:00 - 9:30PM

Project Management CERTIFICATE PROGRAM

Become a Project Management Professional

Knowing how to effectively manage projects from concept through completion is a beneficial skill in a variety of industries.

Our 104-hour certificate program will prepare you to take on projects and manage them successfully throughout the process.

We'll be offering a rotating selection of courses each quarter, including:

- Foundations of Project Management
- Project Requirements and Procurement Management
- Project Leadership Essentials
- Project Quality and Control
- Project Risk Management
- Project Cost Management
- Capstone Project



SEE PAGE 12 FOR MORE DETAILS

MARKETING & COMMUNICATION

FEARLESS FEEDBACK: HOW TO GIVE AND RECEIVE IT

An essential element of collaboration, providing constructive feedback in a way that fosters a positive dynamic is an art. During this workshop, we'll discuss different methods for presenting your ideas, practice critiquing and being critiqued by others, and learn how to work through different styles of response.

Fee: \$89

5848 Y. Freitas McGookin Broadway Edison Bldg 1139B
1 Thursday 7/12 9:00AM - 12:00PM

FREELANCE WRITING FOR FUN AND PROFIT

Make money, influence others, and express yourself with freelance writing! Learn to write compelling stories for magazines, blogs, websites, and more. This fun, hands-on class takes you step-by-step through the writing/publishing process, from getting ideas to cashing your checks. We'll cover ideas, research, marketing, writing skills, building your platform, and more.

Fee: \$79

5858 C. Dubois CC Bldg 3345
2 Mondays 7/23 - 7/30 6:30 - 9:00PM

LEADERSHIP AND COMMUNICATIONS EXCELLENCE

This introductory leadership program is open to all folks, including business owners, sales professionals, educators, or anyone seeking to motivate others while achieving effective results. Working in a supportive group environment, we'll explore techniques to improve communication skills and work toward a better understanding of how we all interact with one another. Most importantly, you'll learn what it means to create a positive and lasting self-image as a leader.

Fee: \$125

5885 S. Bohart Off Campus: North Seattle College
5 Tuesdays 7/3 - 7/31 6:30 - 8:30PM

PROFESSIONAL VOICEOVER WORKSHOP

Learn to use your speaking voice for commercials, films, and videos. Discover a unique, outside the box way to succeed at a lucrative full or part-time career. This is a business that you can handle on your own terms, on your own turf, in your own time, and with very little overhead. In our ever-expanding online marketplace, new companies are looking for fresh voices like never before. This exciting and fun class could be the career game-changer you've been seeking!

Fee: \$49

5886 L. Foster Off Campus: North Seattle College
1 Tuesday 8/7 6:30 - 8:30PM

PROOFREADING: REVIEW OF COMMON WRITING ERRORS

Be confident in proofreading and editing documents by reviewing the most common writing errors that cause problems for even the best writers. Spot errors in grammar, punctuation, sentence structure, tone, and word usage with hands-on exercises. This course will help you create error-free documents that reflect a positive image of the writer and the organization.

Fee: \$79

8215 G. Pope Broadway Edison Bldg 1139B
1 Wednesday 8/1 9:00AM - 12:00PM

SELF PUBLISHING EBOOKS

The popularity of eBooks is on the rise, and they're an excellent method for communicating your ideas in a cost-effective manner. In addition to fiction and non-fiction books, individuals and organizations are publishing eBooks as a way of marketing their products, services, and ideas. Discover what makes a great eBook and how you can create, format, publish, and market your own.

Fee: \$195

5916 T. Street
4 sessions 7/2 - 7/27 Online

SPANISH FOR MEDICAL PROFESSIONALS

Bridge the communication gap between you and your Spanish-speaking patients in this class designed specifically for healthcare professionals. You will practice practical language skills needed to effectively communicate while learning the basics of the language, culture, and how to ask the questions crucial to quality healthcare. Whether you speak some Spanish and need a refresher, or speak no Spanish at all, you will gain the real-world knowledge you need to effectively work with patients.

Fee: \$290

5908 C. Sempe
7/2-7/27 Online

TECH INDUSTRY

INTRO TO GRAPHIC DESIGN WITH ADOBE CREATIVE CLOUD

Want to design business cards, ads, or brochures, but don't know where to begin? Learn to effectively communicate your message based on the principles of good design in this hands-on intro class. You'll learn the basic features of Adobe's suite of Creative Cloud products, including InDesign, Photoshop, Illustrator, and Acrobat, including which application is best suited for each purpose. Prerequisites: Basic computer skills such as file management and use of menus, mouse, and keyboard functions.

Fee: \$235

8382 S. Hager Broadway Edison Bldg 5104
6 Wednesdays 7/11-8/15 6:00 - 9:00PM
Price includes computer lab fee.

AUTOCAD & REVIT ARCHITECTURE

REVIT 2018 - LEVEL 1

In this beginning class, you'll learn the basics such as Revit workspace and interface, drawing and editing tools, levels and grids, walls, curtain walls, windows, doors, floors, setting up sheets for plotting, and more. Get comfortable with the Revit software and prepare yourself for Revit - Level 2. Prerequisites: Basic computer skills (able to use the keyboard and mouse) and the ability to comprehend English.

Fee: \$499

8269 C. Moy Broadway Edison Bldg 1139D
 8 sessions M, W 7/2 - 7/30 6:00 - 8:30PM
 Price includes computer lab fee.

CUSTOMER SERVICE (ONLINE)

CERTIFICATE IN CUSTOMER SERVICE

Customer service is an essential element of successful businesses and organizations of all types. With technological innovations, human interaction with your customers has become increasingly more important. During this two-month certificate program, you'll learn to improve your customer service skills to enhance your career, improve productivity, and increase your organization's success. Take away exceptional customer service techniques that you won't find anywhere else.

Fee: \$245

5909 N. Sanders-Cobb, F. Bagley Online
 6/4-7/27

KEYS TO CUSTOMER SERVICE

Learning to build your customer service skills will have a powerful impact on your personal and professional lives. Discover the direct relationship between service skills and career achievement, and improve your skills to become an exceptional service provider. Help your organization and your career by translating your good service intentions to a workable plan, and learn ways so consistently deliver excellent service. This course is also part of Certificate in Customer Service program.

Fee: \$145

5910 N. Sanders-Cobb Online
 6/4-6/29

Jim O'Donnell



Jim O'Donnell's unique combination of technical knowledge, Project Management experience, and interpersonal skills has helped him become one of the highest rated Project Management instructors at companies such as Boeing, Dell Computers, Intel, Monsanto, LA Unified School District, Pacific Life and many other Fortune 500 and State and Local governments.

With over 25 years experience as a Sr. Project Manager in the Information Technology, Oil and Gas, Software Development, and Corporate Training industries, Jim brings a unique blend of real-world project experience (over \$1 Billion in global projects in 20 years), successful start-ups, and published academic research to a dynamic classroom environment.

He has earned a BS and MS in Computational Physics from Carnegie Mellon University, an MBA from the Florida Institute of Technology and Doctorate in Business from Argosy University in Seattle (Dissertation topic: "A Study of the Relationships among Project Managers' Leadership Practices, Project Complexity, and Project Success").

PROJECT QUALITY AND CONTROL

page 12

Code Fellows PARTNERSHIP



Learn to Code

Ready to launch your career as a software developer, or just want to know if this is the right path for you? We're partnering with CodeFellows to offer workshops that cover everything from exploring if this is the right career for you to developing the programming skills to join the industry.

CODE 101: INTRO TO SOFTWARE DEVELOPMENT & CAREERS IN TECH

Is this the right path for you? Join the pros at Code Fellows for a one-day workshop to build your first web page and test your skills to see if you enjoy software development.

CODE 102: INTRO TO JAVASCRIPT

Ready to move on from 101? Join us for a week of evening classes focused on the basics of JavaScript and gain new insight into the programming ecosystem.

CODE 201: FOUNDATIONS OF SOFTWARE DEVELOPMENT

This program guides you through best practices and tools for writing syntax and pushing code as you learn web development essentials through HTML, CSS, JavaScript, and more.

CODE 301: INTERMEDIATE SOFTWARE DEVELOPMENT

Go beyond HTML, CSS, and JavaScript and learn how to launch a web app, collaborate on projects, used advanced frameworks and libraries, and work with basic algorithms.

CODE 401: ADVANCED SOFTWARE DEVELOPMENT

These high-level courses provide advanced training in Full Stack JavaScript or Python Software Development, preparing graduates for highly skilled programming jobs.



Code Fellows

Courses begin monthly in downtown Seattle!
Learn more at: learnatcentral.org/codefellows

EXTRAORDINARY CUSTOMER SERVICE

Transform your customer service into something extraordinary, and improve your bottom line as a result. One of the ways you can separate yourself from your competition is through providing exceptional service. This comes from focusing on the few essential elements that yield big results. Take away a customer service plan that focuses on the key elements that will get you started on your pathway to success. This course is also part of Certificate in Customer Service program.

Fee: \$145

5911 F. Bagley Online
4 sessions 7/2-7/27

DATA ANALYSIS (ONLINE)

CERTIFICATE IN DATA ANALYSIS

As organizations generate more and more data, being able to analyze it to make informed decisions is a highly sought-after skill. Add a whole new skill set to your portfolio by learning how to use data to see trends and make predictions that have the potential to transform your business. Whether your business is home-based or a large company, this certificate will take you to the next level where important decision-making is concerned.

Fee: \$495

5900 J. Rutledge, M. Dereshiwsy, J. Kritzer Online
14 Mondays 6/4-8/31

INTRODUCTION TO DATA ANALYSIS

Begin your journey into developing your data analysis skills! During this class, you'll learn the basics of understanding data, discover methods for collecting data, learn the difference and uses for quantitative and qualitative data, gain insight into basic statistics, explore trend analyses, create pivot tables and charts, compile a dashboard, and more.

Fee: \$195

5901 J. Rutledge Online
4 sessions 6/4-6/29

INTERMEDIATE DATA ANALYSIS

Many of your business decisions involve comparing groups for differences. For example, would men and women prefer different product features? In addition, you may look at relationships between variables. Does product recognition relate to subsequent product purchase? This course will introduce you to the statistics behind these group differences and relationships. In addition, you'll learn how to work with ratings, graphs and user-friendly reports of statistical results.

Fee: \$195

5902 M. Dereshiwsy Online
4 sessions 7/2-7/27

ADVANCED DATA ANALYSIS

During this advanced course, you'll learn how to perform inquiries that will be useful to your organization, and develop the skills necessary to communicate them. We'll cover surveys, comparing data, statistical significance, communicating results graphically and textually, developing research questions, and more. Take the guesswork out of important company decisions and make decisions based on statistically significant information.

Fee: \$195

5903 J. Kritzer Online
4 sessions 8/6-8/31

DIGITAL MARKETING (ONLINE)

DIGITAL MARKETING CERTIFICATE

Learn the fundamentals of digital marketing during this 3-course certificate program. We'll explore how you can improve your email marketing and promotions, discover how to analyze your website traffic in order to increase visitors and improve conversions, delve into search engine optimization, and learn the nuts-and-bolts of successfully using online advertising to meet your goals.

Fee: \$495

5918 S. Hurrell Online
12 sessions 6/4-8/31

IMPROVING EMAIL PROMOTIONS

Email marketing is one of the most cost-effective ways your business can communicate with and market to your customers. Discover new ways to improve your email promotions, including when to email, what to email and testing email copy. Then find out how to analyze your email response rates, including benchmarks for open rates and click-through rates. Learn how to improve your email promotion and responses with tracking and testing. This class is also part of our Digital Marketing Certificate.

Fee: \$195

5919 S. Hurrell Online
4 sessions 6/4-6/29

BOOSTING YOUR WEB SITE TRAFFIC

Acquire the basic skills to boost your web site traffic, including how to analyze your visitor traffic, how to use search engine optimization to get greater visibility and exposure in Google searches, and how to redesign your web site copy to increase your visitors and results. This class is also part of our Digital Marketing Certificate.

Fee: \$195

5920 S. Hurrell Online
4 sessions 7/2-7/27

Sandra Pressley



Sandra Pressley has been passionate about art and teaching since childhood and taught elementary school in New Jersey for many years.

After retiring, Sandra has had more time to devote to creating art and teaching art classes.

Since moving to Seattle, she has taught a variety of art classes to both children and adults.

COLLAGE PAINTING

page 20

ONLINE ADVERTISING

Navigating the complex world of online advertising can seem overwhelming, but it's worth it! Get the keys to making online advertising work for you and your organization. During this online class, you'll see how pay-per-click advertising with Google AdWords works, learn how to test low budget Adword campaigns, explore how to target local audiences, and discover Facebook advertising. This class is also part of our Digital Marketing Certificate.

Fee: \$195

5921 S. Hurrell
4 sessions 8/6-8/31 Online

ENTREPRENEURIAL FINANCE CERTIFICATE (ONLINE)

ENTREPRENEURIAL FINANCE CERTIFICATE

One of the leading causes of failure for small businesses is a lack of financial knowledge and fundamentals. During this certificate program, you'll gain a deeper understanding of financial concepts and accounting processes, learn how to use financial information in decision making, get the basics of managing cash, learn about funding sources, and more. At the end of this program, you'll have the financial skills needed to maximize your chances of success.

Fee: \$495

5935 S. deFonteny, J. Trana
12 Mondays 6/4-8/31 Online

ACCOUNTING AND FINANCE FOR NON-FINANCIAL MANAGERS

Learn financial concepts and accounting processes that will aid you in making effective decisions using financial information. During this course, you'll gain practical techniques that you can use to improve your effectiveness and influence career development, including the seven steps in the accounting cycle. You'll come away with the knowledge to analyze resource allocation and evaluate financial performance. This course is also part of our Entrepreneurial Finance Certificate program.

Fee: \$195

5928 S. deFonteny
4 sessions 6/4-6/29 Online

CASH IS KING

Cash is arguably the most important factor in business success. D&B reports 90% of all small business failures are due to poor cash flow — more money gets paid out than is collected. It is the non-financial manager who really makes a difference in the day-to-day cash activities. Discover how to maximize cash flow, learn the importance of cash, and find out your role in cash flow success. This course is also part of our Entrepreneurial Finance Certificate program.

Fee: \$195

5936 J. Trana
4 sessions 7/2-7/27 Online

FUNDING YOUR BUSINESS

What does it take to have a financially feasible business? The short answer: Money! But where does this money come from? Come explore your business's financial feasibility in three areas: start-up or expansion, profits, and cash. We'll also learn about potential debt and equity sources of funds to help support these areas and create a financially successful venture. This course is also part of our Entrepreneurial Finance Certificate program.

Fee: \$195

5937 J. Trana
4 Mondays 8/6-8/31 Online

ENTREPRENEURSHIP CERTIFICATE (ONLINE)

ENTREPRENEURSHIP CERTIFICATE

Looking for ways to boost your chances for success with your new or small business? This certificate program will guide you through establishing, launching, and building a successful business. Learn how to plan for your business, explore financial considerations, determine the feasibility of your business idea, and then gain insight into developing and implementing a successful marketing program.

Fee: \$495

5931 C. Brian Law, M. Beth Izard, K. Nadlman
24 sessions 6/4-8/31 Online

ENTREPRENEUR BOOT CAMP

Have you been dreaming about starting your own business? Would you enjoy being your own boss? It's an exciting endeavor, but statistics show that most businesses fail within the first 5 years. Learn how to identify the abilities of successful entrepreneurs and how you can acquire them, develop goals to establish your business, create an outline for your plan, and more. This course is also part of our Entrepreneurship Certificate program.

Fee: \$195

5932 C. Brian Law
4 sessions 6/4-6/29 Online

THE BUSINESS PLAN

Your business plan serves as a roadmap to your entrepreneurial success! It not only provides you guidance as you build your business, it can help you secure needed funding. During this course, we'll take a practical, hands-on approach to developing your business plan one step at a time, encouraging you to immerse yourself in the vision and planning of your business. This course is also part of our Entrepreneurship Certificate program.

Fee: \$195

5933 M. Beth Izard
4 sessions 7/2-7/27 Online

ENTREPRENEURIAL MARKETING

The key to your entrepreneurial success is knowing how to effectively market your product or service. Learn a step-by-step approach to attracting and retaining customers within the constraints of a realistic budget. We'll focus on customer-driven marketing decisions, learn about building a strong brand, analyze which tactics to use, create an implementation plan, and more. This course is also part of our Entrepreneurship Certificate program.

Fee: \$195

5934 K. Nadlman
4 Mondays 8/6-8/31 Online

NON PROFIT ADMINISTRATION (ONLINE)

CERTIFICATE IN NON PROFIT ADMINISTRATION

Non-profits today need to be run like a business in many respects. You have competition, a need to generate income and a surplus in order to support your programs and services, and your staff needs to be even more productive. This certificate program focuses on revenue generation and program evaluation in the non-profit space, providing you with the best information available from experts in non-profit administration.

Fee: \$595

5912 F. Bagley, M. Welsh
6/4-8/31 Online

REVENUE GENERATION FOR NON-PROFITS

Building revenue streams for your non-profit organization is essential in keeping your doors open and expanding your services. Learn how to increase revenue from your current activities, and develop strategies for creating new ones. We'll discuss setting prices or fees, how to identify the 20% that generates 80% of revenue, and more. Gain the knowledge to improve your revenue generation and even produce a surplus! This class is also part of our Certificate in Non Profit Administration.

Fee: \$495

5913 F. Bagley
6/4-7/27 Online

PROGRAM EVALUATION FOR NON-PROFIT PROFESSIONALS

Enhance your understanding of program evaluation within the nonprofit context. Find out how to improve your evaluation planning, data collection, data analysis, and data use. We'll explore real-world challenges including staff time, costs, and reporting results. Upon completion of the course, you'll have a developed program logic model and evaluation plan ready for implementation. This class is also part of our Certificate in Non Profit Administration.

Fee: \$245

5914 M. Welsh
8/6-8/31 Online

NEED CLOCK HOURS?

Teachers can earn Clock Hours for continuing education classes.

Call 206.934.5448 for details.



Contact Rachael St. Clair
 to discuss your specific training needs:
206-934-5449 or
rachael.stclair@seattlecolleges.edu

PROJECT MANAGEMENT

PROJECT QUALITY AND CONTROL

Satisfying customer and other stakeholder needs and requirements is at the heart of project management, and knowing how to manage and control the quality of the project output is essential. This course will introduce you to the key concepts, methodologies, and best practices for project management quality and control. Course content follows the Project Management Institute's (PMI®) Guide to the Project Management Body of Knowledge (PMBOK® Guide).

Fee: \$289

5805
 0 sessions 6/16-6/16 Online

FOUNDATIONS OF PROJECT MANAGEMENT

Learn the essentials of project management from the standpoint of managing a single, small-to-medium sized project. You'll go through the project life cycle in the same sequence you'll encounter when managing a real project in the workplace. We'll explore the entire product and project life cycle, including initiation, planning, executing, controlling, and closing. This class is the first step in gaining your PMP certification.

Fee: \$389

5831 H. Stolz Broadway Edison Bldg 4175
 6 Wednesdays 7/11-8/15 6:00 - 9:15PM

PMP EXAM PREP WITH PRACTICE EXAM

Are you interested in taking the Project Management Professional (PMP) Exam? Prepare for it during this comprehensive course led by a seasoned professional. In addition to the coursework, you'll also have access to PMP Exam Prep software, which simulates the PMP Exam and contains over 1000 practice questions. This course will be taught in an online environment via a virtual instructor led format.

Fee: \$699

5835 J. O'Donnell
 10 sessions 6/25-8/17 6:00 - 9:30PM

SIX SIGMA

SIX SIGMA GREEN BELT CERTIFICATE

Six Sigma professionals are in high demand by organization around the world. This comprehensive Green Belt training program will teach you problem-solving skills using the DMAIC (Define, Measure, Analyze, Improve, and Control) method, and prepare you to make meaningful change in any organization. You'll be encouraged to bring your own project to the course, which enables you to apply the concepts you're learning in real time and benefit from expert mentorship and guidance.

Fee: \$495

5922 S. Follett
 10 sessions 6/4 - 8/31 Online

INTRODUCTION TO SIX SIGMA GREEN BELT

Six Sigma methods have been successfully deployed in many industries and organizations. In the first course of the Six Sigma Green Belt program, you'll learn critical skills required for Six Sigma practitioners, including terminology, problem-solving methods, team building tools, and descriptive statistics. We'll also explore Lean principles, failure mode effects analysis, team tools, project charters, and basic statistical tools.

Fee: \$195

5923 S. Follett
 4 sessions 6/4 - 6/29 Online

INTERMEDIATE SIX SIGMA GREEN BELT

To be successful, organizations must make decisions informed by data -- and knowing how to accurately measure and analyze performance is key. In the second course of the Six Sigma Green Belt program, you'll build on the ideas and skills you established in the Introduction class as well as delve into new topics, including process analysis, data collection and analysis, probability and valid statistical conclusions, and hypothesis testing.

Fee: \$195

5924 S. Follett
 4 sessions 7/2 - 7/27 Online

ADVANCED SIX SIGMA GREEN BELT

In the final course of the Six Sigma Green Belt program, you'll learn how to improve and control processes, including hypothesis testing, the design of experiments, and statistical process control. You'll receive handouts, spreadsheets, and web resources to use as tools as you complete Six Sigma projects. This course is your opportunity to apply all of the concepts that you've learned throughout the certificate program and see how they work together.

Fee: \$195

5925 S. Follett
 4 sessions 8/6 - 8/31 Online

AutoCad & Revit

CERTIFICATION PROGRAMS

Design for the 21st Century!

Learn the software that drives today's design and architecture industries! We offer certificates in both AutoCAD® and Revit Architecture that will prepare you for entry-level drafting and design positions.



AUTOCAD® CERTIFICATE:

Discover the world of Computer-Aided Design and Drafting (CAD). This hand-on, three-course program will guide you through:

- **Level 1:** Basic drawing and editing; drawing with precision; organizing with layers; object types; and inserting blocks.
- **Level 2:** Paper space and layouts; how to print drawings; text and dimensioning; creating and managing blocks; and hatching and advanced features.
- **Level 3:** Design center; advanced drafting tools; managing Xref files; setting up plotter and CTB files; blocks and attributes; custom buttons and toolbars; and import / export file formats.

Sign up for all 3 courses at once & receive an \$85 discount!

NEXT CERTIFICATE PROGRAM BEGINS FALL 2018

REVIT CERTIFICATE:

Learn how to use Revit, the building design and documentation software that allows you to work freely. During this three-course program, you'll learn:

- **Level 1:** Revit workspace and interface, drawing and editing tools, levels and grids, walls, curtain walls, windows, doors, floors, and setting up sheets for plotting.
- **Level 2:** In-place components, the family editor, schedules, site and massing, project base point, and survey base point.
- **Level 3:** Conceptual massing, design options, phasing, parameters, linked files, and central file and work sets.

Sign up for all 3 courses at once & receive an \$90 discount!

**SEE PAGE 8 FOR MORE DETAILS ON LEVEL 1
FULL CERTIFICATE PROGRAM OFFERED AGAIN IN FALL 2018**

SUPERVISORY & LEADERSHIP (ONLINE)

SUPERVISORY AND LEADERSHIP CERTIFICATE

Your employees are your most valuable resources, and ensuring the efficiency of your team is your most important responsibility. Get practical and insightful methods for effective delegation and performance management, and discuss strategies for improving your overall leadership skills. New and experienced managers will leave with useful tips and techniques that can be applied immediately.

Fee: \$395

5926 S. Klauss
8 sessions 6/4-7/27 Online

WORDPRESS (ONLINE)

WORDPRESS CERTIFICATE

WordPress is the most popular content management system (CMS) for website and blog design.

During the first week you will learn or refresh your knowledge of all the initial steps and the required elements for having a website. Then find out how to build a simple WordPress website or blog. Topics include introduction to CMS, WordPress installation and setup, page and content creation, administration, themes (selection, purchase, installation and setup), working with widgets and plugins, and more.

Finally, acquire advanced knowledge about WordPress options and features. You will learn how to modify WordPress web pages by hand-coding, learn about simple yet effective search engine optimization (SEO) techniques that improve your website ranking, and much more.

After successfully completing the WordPress Certificate you will know how to build a WordPress website or blog, customize your WordPress site by hand-coding HTML, CSS, and PHP, know necessary regular WordPress maintenance, create WordPress website backup, and know how to apply SEO techniques in WordPress.

Fee: \$495

5940 6/4 - 8/10
8 sessions Online

FIND US ON THE WEB!

View our complete online catalog at www.learnatcentral.org



CANNABIS INSTITUTE

WORKSHOP: SPEAKING OF CANNABIS

When language no longer serves us, it evolves. As we continue to discover more about cannabis, it is evident that our current nomenclature to describe the plant is imprecise at best, folklore and myth at worst. Join us for a two hour conversation about moving industry forward by re-examining the terms we use to describe cannabis and to challenge the traditional way we have communicated to this point. with guest speakers and a panel discussion.

Fee: \$49

6189 T. Reckling
1 Thursday 8/16 12:00 - 2:00PM

MEDICAL MARIJUANA CONSULTANT CERTIFICATE PROGRAM

The Medical Marijuana Consultant Certificate Program is approved by the Washington State Department of Health, and it satisfies the education requirements for employees who wish to become accredited as a Medical Marijuana Consultant at licensed stores. This program distinguishes current employees and prepares prospective employees who wish to become certified as a Medical Marijuana Consultant in order to offer additional consultation services beyond simple retail sales.

Fee: \$399

6162 T. Reckling
6/25-8/17 Online

Open enrollment from June 25th to August 3rd.

MEDICAL MARIJUANA & CANNABIS THERAPY PACKAGE

Designed for Medical Marijuana Consultants, this package is comprised of two of our 5-hour CEU classes — Medical Marijuana: Qualifying Conditions & Product Selection and Pain Management & Cannabis Therapy. By enrolling in this package, you'll access all of the content of both courses, and fulfill your annual re-certification requirement of 10 hours of continuing education.

Fee: \$199

6185 T. Reckling
6/25-8/17 Online

Open enrollment from June 25th to August 3rd.

CANNABIS RESEARCH AND HEALTH RISKS

Due to federal drug laws, conducting effective research into cannabis and its related risks and benefits has been challenging in the US. Explore the current barriers to advancing marijuana-related scientific knowledge, identify the most salient contraindications, discuss Cannabis Use Disorder (CUD,) and more. While this class is designed for Medical Marijuana Consultants, it's also beneficial for current patients and recreational users.

Fee: \$129

6187 B. Carlini
6/25-8/17 Online

Open enrollment from June 25th to August 3rd.

CANNABIS STRAIN SCIENCE: BEYOND FOLKLORE AND PSEUDOSCIENCE

Cannabis history is rich and originates from every continent on the planet. Unfortunately, prohibition has severely limited access to reliable information about different strains and their uses. Learn how to distinguish hype from fact and gain insight in how you can guide your patients in selecting the strains that best meets their needs.

Fee: \$45

6179 T. Reckling
6/25-8/17 Online

Open enrollment from June 25th to August 3rd.

LAW AND ETHICS FOR MEDICAL MARIJUANA CONSULTANTS

Stay current with the legal expectations, professional ethics, and values of Medical Marijuana Consultants in Washington. During this online course, we'll explore applicable laws — including your legal scope of practice and related obligations — your ethical responsibilities, how to communicate effectively with your patients about sensitive topics, patient privacy, and how to establish and maintain professional boundaries.

Fee: \$129

6182 N. Li
6/25-8/17 Online

Open enrollment from June 25th to August 3rd.

MEDICAL MARIJUANA: QUALIFYING CONDITIONS AND PRODUCT SELECTION

Medical marijuana is new again and may be an answer that many patients are willing to try under the supervision of their healthcare providers. Join us as we explore in detail the current qualifying conditions to use medical marijuana in Washington State. Students will explore each condition, likely related conditions and products that may offer relief while being less toxic and dangerous than what they have tried before.

Fee: \$105

6180 T. Reckling
6/25-8/17 Online

Open enrollment from June 25th to August 3rd.

PAIN MANAGEMENT AND CANNABIS THERAPY

With over 100 million Americans currently suffering from chronic pain, cannabis therapy offers a safe and effective method for managing their pain. Explore the inner workings of cannabis, why our body recognizes it and uses it, how whole plant chemistry may be a better answer than modern synthesized single compound medicines, and learn how to guide your clients in finding a suitable treatment.

Fee: \$105

6181 T. Reckling
6/25-8/17 Online

Open enrollment from June 25th to August 3rd.

Interested in Teaching?

SHARE YOUR KNOWLEDGE & EXPERTISE

Qualifications:

- Experienced with proposed subject matter
- Enjoy sharing knowledge with others
- Excellent references
- Training/teaching experience preferred

Submit your resume and cover letter to conted.central@seattlecolleges.edu

PROVIDING GUIDANCE FOR GROWING CANNABIS AT HOME

Washington, along with a growing list of other states, now allows patients with a valid recommendation from their health care professional to grow cannabis at home. Knowing where and how to start can feel overwhelming, and this course provides cannabis professionals a comprehensive understanding of how they can guide their patients in setting up and maintaining their gardens.

Fee: \$199

6188 T. Reckling
6/25-8/17 Online

Open enrollment from June 25th to August 3rd.

USING CANNABIS PRODUCTS IN MASSAGE THERAPY

Are you interested in learning how you can incorporate cannabis products into your massage therapy practice? Learn how to identify products with .3% or less of THC, determine which conditions would benefit from these products, explore how to develop an appropriate treatment plan, discuss applicable laws, and more. While this class has been developed with licensed massage practitioners in mind, it's open to anyone with a basic knowledge of an interest in using cannabis products with massage.

Fee: \$79

6186 D. H
1 Thursday 5/10 Broadway Edison Bldg 1139B
6:00 - 9:00PM

Cannabis Institute



Seattle Central's Cannabis Institute works with local experts to develop innovative educational opportunities for this flourishing industry.

MEDICAL MARIJUANA CONSULTANT CERTIFICATE PROGRAM — page 14

Prepare yourself to become a certified Medical Marijuana Consultant in the state of Washington! Our comprehensive 20-hour online certificate program is approved by the Department of Health and covers the following:

- State laws and rules relating to marijuana
- Qualifying conditions and their common symptoms
- Short- and long-term positive and negative effects of cannabinoids
- Products that may benefit qualifying patients
- Risks and warning signs of overuse, abuse, and addiction
- Safe handling of marijuana products
- Ethics, customer privacy, and rights

MEDICAL MARIJUANA CONSULTANT CEUs

Washington State requires 10 hours of continuing education each year to maintain your certification. We've developed a series of online courses that will help you meet this requirement, including:

- Cannabis Research & Health Risks — page 14
- Cannabis Strain Science: Beyond Folklore & Pseudoscience — page 15
- Law & Ethics for Medical Marijuana Consultants — page 15
- Medical Marijuana & Cannabis Therapy Package — page 14
- Medical Marijuana: Qualifying Conditions & Product Selection — page 15
- Pain Management and Cannabis Therapy — page 15
- Providing Guidance for Growing Cannabis at Home — page 15
- Using Cannabis Products in Massage Therapy — page 15



For more information and to register, please visit:
learnatcentral.org/mmc

BRAZILIAN PORTUGUESE

BRAZILIAN PORTUGUESE - LEVEL 1

Begin exploring the beautiful language and culture of Brazil in this beginning language class. Led by a native speaker, you'll learn the basics of Brazilian Portuguese, including key phrases to help you while traveling and interacting with locals in everyday situations. We'll also learn about Brazil's rich cultural history, which will enhance your experiences while traveling in the country. No previous knowledge or experience with Brazilian Portuguese is required.

Fee: \$149

6600	D. Oliveira	Broadway Edison Bldg 4167
7 Wednesdays	6/27-8/15	6:00 - 8:00PM

No class July 4, 2018.

ENGLISH AS A SECOND LANGUAGE

ENGLISH FOR AU PAIRS - LEVEL 1

Designed for Au Pairs who want to practice and expand their knowledge of U.S. English, this course is led by a trained ESL instructor who will help you improve your speaking, listening, vocabulary, and grammar skills. Through group conversations, student-centered grammar practice, informal presentations, field trips, and lots of vocabulary and listening activities, you'll gain more fluency and confidence. Prerequisites: Intermediate English or above. See website for textbook and materials.

Fee: \$149

6637	S. Anderson	Broadway Edison Bldg 4143
8 Wednesdays	6/27-8/22	6:30 - 8:00PM

No class July 4, 2018.

ENGLISH FOR AU PAIRS - LEVEL 2

In this continuation of Level 1, we'll expand our study and practice of U.S. English, including speaking, listening, vocabulary, and grammar skills specifically focused on the needs of an Au Pair. Become more fluent and confident as you explore when to use formal English, how verb tenses change meaning, enhancing pronunciation, how to effectively ask for clarification, and more. Continue refining your U.S. English in a fun and supportive environment while meeting other Au Pairs in the community.

Fee: \$149

6638	B. Jarrett	Broadway Edison Bldg 4149
8 Thursdays	6/28-8/16	6:30 - 8:00PM

TRAVEL THE WORLD VOLUNTEERING

Ready to help in another country by working with local communities that need your skills or support with existing projects? Want to teach English, work with children, help wildlife, support conservation, or share your expertise? Learn how to combine inexpensive travel with life-changing experiences as you travel the world as a volunteer. Volunteer travel is not just for the young!

Fee: \$69

5888	J. Major	Off Campus: North Seattle College
3 Mondays	7/16 - 7/30	6:30 - 8:30PM

FRENCH

FRENCH - LEVEL 1

Are you planning to travel to a French-speaking country? Would you like to learn a second language to improve your personal or professional skill? During this introductory course, you'll learn helpful tips and tools, beginning with the basics. You'll establish a strong foundation for future study, and leave with enough French to get by while traveling. No prior experience required.

Fee: \$179

6615	A. Houssein	Broadway Edison Bldg 4175
8 Tuesdays	6/26-8/14	6:30 - 8:30PM

FRENCH - LEVEL 2

Build upon what you learned in French 1! You'll learn essential vocabulary for everyday tasks, as well as verb conjugations and sentence structures. We'll practice pronunciation and basic dialogue so that you can begin casual conversations with your classmates at a beginner level. Proficiency is not required, but some previous knowledge of French is necessary. Learning materials will be provided.

Fee: \$179

6616	C. Wagenseil	Broadway Edison Bldg 4143
8 Mondays	6/25-8/13	6:30 - 8:30PM

FRENCH CONVERSATION - INTERMEDIATE

For students who have completed French 3 or equivalent. Work on improving grammar and vocabulary by looking at newspaper articles, songs, literature, and other elements of French culture. Focus on the "little words" that make the difference between being able to speak French and sounding like a French person. Ideal for those who already have a strong knowledge base in French who would like to increase conversational fluency.

Fee: \$179

6614	C. Wagenseil	Broadway Edison Bldg 4143
8 Thursdays	6/28-8/16	6:30 - 8:30PM

TESOL CERTIFICATE PROGRAM

Overview

The TESOL Certificate is designed for individuals who are interested in an exciting and rewarding career teaching English overseas. Our well designed curriculum is taught by experienced and highly qualified faculty. This 120 hour non-credit certificate program consist of two courses, TESOL Basics and TESOL Grammar. These courses build upon one another. Students begin with TESOL Basics and then take TESOL Grammar upon successfully completing the Basics course. This program introduces major approaches and effective methods in the second language acquisition field. Students will also complete a ten hour classroom observation/practicum working with ESL/ELL students. Please note that this certificate is not an equivalent to an ELL endorsement or certificate to teach in WA state schools.

TOPICS COVERED

- Understanding learner factors, motivation, styles and backgrounds
- Cross-cultural awareness
- Classroom Management: Including teaching across age groups and teaching in a multi-level classroom
- Class observations and practicum: co-teach or assist in an ESL class
- Effective teaching methods
- Technology in the classroom
- Assessment and testing
- Different ways of developing a lesson plan
- Interactive projects, videos and guest speakers

**ACCEPTING APPLICATIONS
FOR FALL 2018!**

Visit learnatcentral.org/tesol
or call **206-934-5448** for more information.

LEARN FRENCH WITH FRENCH MOVIES

Can you speak French at an intermediate or advanced level, and have a passion for films? Explore French and Francophone cultures through the movies that they produce. During this lively, discussion-based class, we'll work on excerpts of French and Francophone movies, discuss themes covered by the films, explore the way in which the director deals with different themes, and examine different cultural dimensions as represented in films. Prerequisite: French - Level 3.

Fee: \$179

6630	A. Houssein	Broadway Edison Bldg 4175
8 Thursdays	6/28-8/16	6:30 - 8:30PM

GERMAN

GERMAN FOR TRAVELERS

Get more out of your upcoming travels to a German-speaking part of the world by learning common German phrases. Learn how to say simple sentences, acquire basic reading, writing, and listening skills, study how German is spoken, and discuss travel tips for different German-speaking countries. You'll have the opportunity to practice speaking so that you'll get the most out of the introductory class. See website for textbook and required materials.

Fee: \$169

6621 N. Kuerzel-Themann, J. Themann	Broadway Edison Bldg 4167
8 Mondays	6/25-8/13
	7:30 - 9:00PM

JAPANESE

JAPANESE LANGUAGE & CULTURE - LEVEL 1

This introductory course will focus on conversational Japanese through listening and speaking exercises with basic useful idioms and expressions in daily life. You will learn to read and write Hiragana and simple Kanji. Additionally, this course will expose you to Japanese culture through Japanese cooking, videos, and songs. See website for textbook and required materials.

Fee: \$179

6631	J. Muraki	Broadway Edison Bldg 4183
8 Tuesdays	6/26-8/14	6:30 - 8:30PM

JAPANESE LANGUAGE & CULTURE - LEVEL 2

This class will build on the lessons learned in Level 1. We will focus on conversation that will help you navigate traveling in the Tokyo area. You will learn Katakana and more Kanji while you continue exploring the cultural aspects through simple cooking, singing, classic cinema, and modern anime viewing. See website for textbook and required materials.

Fee: \$179

6632	J. Muraki	Broadway Edison Bldg 4183
8 Thursdays	6/28-8/16	6:30 - 8:30PM

SPANISH

SPANISH - LEVEL 3

In this continuation of Spanish - Level 2, we'll cover more advanced grammar, reading, writing, and vocabulary. You'll develop fluency as well as increase your knowledge of Spanish culture as we focus on grammar, pronunciation, and vocabulary building through interactive activities.

Prerequisites: Spanish - Level 2 or previous study of beginning Spanish. You should be familiar with verb tenses, even if production is challenging. See website for textbook and required materials.

Fee: \$179

6603 T. Joffre Broadway Edison Bldg 4148
7 Wednesdays 6/27-8/15 5:30 - 7:00PM

SPANISH CONVERSATION - BEGINNER

Are you interested in expanding your knowledge of Spanish into the realm of basic conversation? This beginning class will give you the opportunity to learn vocabulary within a cultural context, as well as practice speaking with others who are at a similar skill level. We'll learn to introduce ourselves, talk about the weather, discuss our daily routines, and more. Some previous knowledge of Spanish at a beginner level is required. See website for textbook and required materials.

Fee: \$189

6620 T. Joffre Broadway Edison Bldg 4148
8 Tuesdays 6/26-8/14 5:30 - 7:00PM

SPANISH CONVERSATION - INTERMEDIATE

Continue practicing the conversational Spanish skills that you established in our Beginner class. We'll further develop speaking and listening skills, as well as refine our conversation skills and build more vocabulary. We will have in class discussions on several topics (Latin American culture, art, films, customs, language, etc.) selected by the teacher or by the students. We will also improve skills for having informal conversations and discussions. Conducted mostly in Spanish. Previous knowledge of Spanish at an intermediate level is required. See website for textbook and required materials

Fee: \$189

6623 T. Joffre Broadway Edison Bldg 4148
8 Thursdays 6/28-8/16 5:30 - 7:00PM

SPANISH THE NATURAL WAY - ADVANCED CONVERSATION & GRAMMAR

Build upon your advanced Spanish language skills and experience in a fun, low-stress learning environment. Conducted entirely in Spanish and focusing on new topics each quarter, we'll engage in activities designed around stories, interviews, role-plays and games. In addition to in-class activities, you'll be encouraged to read in Spanish outside of class and do some creative homework. Please see website for details on this quarter's focus topics, as well as textbooks and required materials.

Fee: \$189

6619 J. Lisovsky Broadway Edison Bldg 4159
4 Wednesdays 7/11-8/1 5:15 - 8:15PM

SPANISH FOR TRAVELERS

Are you planning to travel to a Spanish-speaking country in the near future? If so, join us for this introductory class, which covers pronunciation, conversation and helpful expressions to use while traveling. We'll also listen to Latin American music and discuss different cultures. Interested students can also go on the optional field trip to a local restaurant, where we'll practice speaking Spanish and ordering food. See website for textbook and required materials.

Fee: \$119

6613 G. Nunez-Lira Broadway Edison Bldg 1139B
8 Thursdays 6/28-8/16 12:00 - 1:00PM

SPANISH FOR MEDICAL PROFESSIONALS

Bridge the communication gap between you and your Spanish-speaking patients in this class designed specifically for healthcare professionals. You will practice practical language skills needed to effectively communicate while learning the basics of the language, culture, and how to ask the questions crucial to quality healthcare. Whether you speak some Spanish and need a refresher, or speak no Spanish at all, you will gain the real-world knowledge you need to effectively work with patients.

Fee: \$290

5908 C. Sempe Online
7/2-7/27

PERFORMING ARTS

AFRO-BRAZILIAN DANCE AND SAMBA

Discover the basic rhythms and soul of African music and movement as it has influenced Brazilian dance and folkloric styles — all while getting a perfect workout! We'll explore the historical context of Afro-Brazilian culture and the legacy brought by African slaves to South America, learn combinations of different dance movements that showcase the panorama of Bahia dance styles, explore how to combine them using improvisation and develop a performance to share with the community.

Fee: \$149

6512 D. Oliveira Mitchell Activity Center 208
8 Tuesdays 6/26-8/14 6:00 - 7:30PM

BEGINNING GUITAR - LEVEL 1

It's time to pick up the guitar and play! In this comfortable class environment, we'll have fun together as we learn the fundamentals such as chords, strum patterns, tablature, and notes. You'll pick up basic music theory by learning songs — and the Blues! Bring your own acoustic guitar and required textbook to class. Please see website for information on required textbook and supplies.

Fee: \$159

5887 D. Zangar Off Campus: North Seattle College
6 Wednesdays 6/27 - 8/8 7:00 - 9:00PM

No class on 7/4 due to Independence Day or on 8/1/18 due to conflict for instructor.

FLAMENCO FOR BEGINNERS *New!*

Flamenco is an art form that originated in southern Spain in the late 1700s, and it encompasses many different cultures, including Romany, Latin American, and Indian. During this introductory class, you'll learn dancing technique, choreography, posture, hand and arm movements, sounds of the feet, and more. We'll also explore the music and rhythm, and students will have the opportunity to perform in an optional recital at the end of class.

Fee: \$179

6514 M. Vrlec De La Serna 6:30 - 8:00PM
8 Tuesdays 6/26-8/14

IMPROV FOR EVERYONE

What do most comedic actors from feature films and TV sketch comedy shows have in common? Training in improv comedy! Whether your aspirations are for Hollywood, the stage, or just to be the funniest person in the room, "Improv for Everyone" is a great place to start! The award winning instructor trained at top comedy schools in LA and Chicago and loves working with beginners like you. No experience is necessary; just a willingness to play and have fun!

Fee: \$145

5870 R. Lee Off Campus: North Seattle College 7:00 - 9:00PM
8 sessions Tu, Th 7/10-8/2

PROFESSIONAL VOICEOVER WORKSHOP

Learn to use your speaking voice for commercials, films, and videos. Discover a unique, outside the box way to succeed at a lucrative full or part-time career. This is a business that you can handle on your own terms, on your own turf, in your own time, and with very little overhead. In our ever-expanding online marketplace, new companies are looking for fresh voices like never before. This exciting and fun class could be the career game-changer you've been seeking!

Fee: \$49

5886 L. Foster Off Campus: North Seattle College 6:30 - 8:30PM
1 Tuesday 8/7 - 8/7

VISUAL ARTS**ABSTRACT & REALISTIC PAINTING WITH THE PALETTE KNIFE**

Learn how to make beautiful paintings with the palette knife using an assortment of textural mediums. Without a brush, explore a variety of techniques to create picturesque landscapes, figures, wildlife, and modern art. The instructor is a professional artist who has exhibited in museums and galleries worldwide. See website for textbook and required materials.

Fee: \$179

6436 G. Gancarz Fine Arts Bldg 403 6:30 - 8:30PM
6 sessions M, Th 6/25-7/26
Last class meets Thursday, 7/26.

ART THERAPY AND THERAPEUTIC PAINTING

Expressing yourself through visual art is a powerful way to channel your emotions and create something you can share with others. During this class, we'll explore ideas, structure, and technique to help you create your own masterpiece. You'll learn how therapeutic creating art can be, and leave with a finished work of art.

Fee: \$179

6412 G. Gancarz Fine Arts Bldg 403 6:30 - 9:30PM
4 Thursdays 6/28-7/19

COLLAGE PAINTING

Infuse your paintings with a new level of creativity! Join us as we experiment with collage and a variety of media and techniques such as gouache, acrylics, collage, and mixed media to discover how to create innovative and inspiring works of art. We'll also explore how your unique experiences and background can help you develop your own personal creative style. See website for recommended materials.

Fee: \$109

6406 S. Pressley Fine Arts Bldg 402 6:00 - 8:30PM
4 Tuesdays 7/10-7/31

COLORED PENCIL ART

In this fun and interactive class, you'll receive easy to follow, systematic instructions on how to create vibrant and realistic art using colored pencils. An art-making session with colored pencils is highly portable and easy to setup and cleanup. Learn how to draw what you see, how to shade and create highlights, blend colors to make a rich color, and explore how to develop your own style and expression. Just grab your pencils and sketchpad, and go! See website for required materials.

Fee: \$179

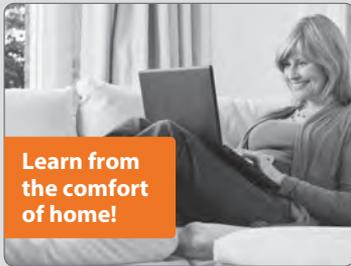
6404 F. Valdivia Fine Arts Bldg 405 6:00 - 8:30PM
7 Tuesdays 7/3-8/14

DRAWING & SKETCHING

Great for both beginning and intermediate students alike, this class will help you improve your fundamental drawing skills. Learn how to draw using line value, space perspective and composition using a simple graphite pencil. No previous art experience required. See website for required materials and supplies.

Fee: \$189

6416 A. Chubotin Fine Arts Bldg 402 6:30 - 9:30PM
6 Wednesdays 7/11-8/15



Learn from the comfort of home!

Six weeks long

24 hour access

New classes starting each month

Discussion areas

Learn when and where it is convenient for you. Courses are project-oriented and include lessons, quizzes, hands-on assignments and discussion areas. Visit our website to learn more about these and other online courses, to view start dates and to register for classes.

Affordable, fun, fast, and geared for you.

Prices start as low as: \$100

INSTRUCTOR LED ONLINE COURSES

Creating Web Pages

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

Introduction to C++ Programming

Learn to program in C++, even if you have no prior programming experience!

Introduction to CSS3 and HTML5

Learn to create state-of-the-art Web sites using modern CSS3 and HTML5 techniques.

Introduction to Java Programming

An experienced Java programmer introduces important Java topics with clear, step-by-step instructions.

Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language.

Microsoft Office 2010 applications

Become proficient with the Microsoft suite and discover dozens of shortcuts and tricks for quickly and efficiently using Microsoft office software Courses in Excel, Access, Word and PowerPoint available.

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

Fundamentals of Technical Writing

Learn the skills you need to succeed in the well-paying field of technical writing.

PMP Certification Prep

Begin a well-paying career as a project manager by preparing to take—and pass—the PMP® certification exam.

Project Management Fundamentals

Gain the skills you'll need to succeed in the fast-growing field of project management.

Explore a Career in Medical Coding

Learn how to use the CPT manual and the ICD-9-CM to find medical codes for any disease, condition, treatment, or surgical procedure.

Start Your Own Small Business

Stop dreaming and learn how to start your own successful small business.

Marketing Your Business on the Internet

Develop an Internet marketing plan for your business that incorporates SEO, advertising, email, social media, and more.

Spanish for Medical Professionals

Learn medical Spanish quickly and easily, honing your basic conversational skills and mastering key healthcare words and phrases.

A-Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals.

Writing Essentials

Master the essentials of writing so you can excel at business communications, express yourself clearly online, and take your creative literary talents to a new level.



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Over 300 online courses available

INTUITIVE ART: PAINT FOR YOUR LIFE

Make use of all your senses in this inspiring class! We'll take an experiential and exploratory approach to creativity, delving beneath the surface through dance, writing, movement, painting, and music. Curated visual and auditory stimulation will help you engage in the creative process as you discover your own unique form of self-expression. You'll work both solo and as part of the group in a safe and highly-encouraging environment. See website for required textbooks and materials.

Fee: \$169

6401	L. Upshaw	Fine Arts Bldg 405
6 Wednesdays	7/11-8/15	6:30 - 9:00PM

LIFE FIGURE DRAWING

Improve your drawing and sketching skills as you draw live models under the guidance of a skilled professional artist. You'll establish and enhance your ability to effectively draw proportions, structure, and represent the movement of the human figure. Price includes all model fees. See website for textbook and required materials.

Fee: \$219

6424	A. Chubotin	Fine Arts Bldg 402
6 Thursdays	7/12-8/16	6:30 - 9:00PM

LOCATION DRAWING

Discover the joy of drawing on location by keeping a sketchbook to capture experiences and locations. Our class will travel to different places around Seattle in search of inspiring subjects. We'll learn the fundamentals of composition, perspective, and lighting and apply it all to our sketchbook work. Illustrations will be done at a brisk pace with emphasis on building your creative skills and confidence. Please see website for required textbooks and supplies.

Fee: \$165

5889	A. Steers	Off Campus: North Seattle College
6 Saturdays	7/7 - 8/11	9:30AM - 12:30PM

PAINTING FOR EVERYONE

In this inspiring class designed for beginning and intermediate students, you'll explore extensive color mixing; paint landscapes, people, still lives, and animals; and experiment with a variety of mediums such as acrylic, oil, and watercolor. You'll also receive an introduction to photo transfers, and encaustic and palette knife painting. At the end of the class, you'll have the opportunity to exhibit in an art gallery. Please see website for recommended materials and supplies.

Fee: \$179

6430	G. Gancarz	Fine Arts Bldg 403
6 sessions Tu, W	6/26-7/25	6:30 - 9:30PM

Last class will meet on Wednesday, 7/25.

PAINTING IN OIL & ACRYLIC

In this introductory painting class, we'll focus on the fundamentals and differing techniques used in oil and acrylic painting. We'll explore color theory, compare the mediums, and experiment with them as you create works of art. The class will be tailored to meet the interests and needs of each individual and the class as a whole. In the first class, we'll examine theory and style, and discuss required materials, then begin painting the following week.

Fee: \$199

6415	P. Barth	Fine Arts Bldg 404
8 Thursdays	6/28-8/16	7:00 - 9:30PM

PAPER SCULPTURE ART

Transform your 'trash' into treasure! Take recycling to a whole different level and explore the various ways recycled or found objects and materials can be used to create works of art. We'll experiment with different shapes, textures, and colors in order to fashion beautiful pieces and gifts for those you love. See website for required materials.

Fee: \$179

6405	F. Valdivia	Fine Arts Bldg 405
8 Thursdays	6/28-8/16	6:00 - 8:30PM

STREET PHOTOGRAPHY: FOCUS ON PEOPLE

In this intermediate-level course, you'll learn the technical aspects of photographing people, as well as the basics of visual storytelling and composition. We'll explore how to take compelling images by paying attention to background, expressions, and gestures. Field trips will focus on different themes, such as handholding photos. This course is best suited for photographers with a DSLR or digital mirrorless camera. Please see website for information on required textbook and supplies.

Fee: \$149

5891	R. Stahl	Off Campus: North Seattle College
4 Saturdays	7/7 - 7/28	10:40AM - 12:40PM

WATERCOLOR PAINTING

Expand your creative expression by learning how to paint with watercolors. During this inspiring, hands-on class, you'll receive an introduction to traditional watercolor techniques, learn how to analyze color, explore how to combine watercolor with other media, and more. You'll be encouraged to work with subject matters ranging from still life to examples by master artists to abstraction and imagination. Please see website for recommended supplies and materials.

Fee: \$159

6423	Y. Chubotin	Fine Arts Bldg 402
6 Mondays	7/9-8/13	6:30 - 9:00PM

WRITING

CREATIVE WRITING: BEYOND THE BASICS

This intermediate-level class is for writers who are working on, or want to develop, a specific project such as a novel, biography, collection of essays, or short stories. We'll capitalize on what you already know and focus on crafting well-targeted and tightly written pieces. Sharpen your writing skills as you work on your own project or those suggested by the class, then share it with your fellow writers as you engage in constructive critiques.

Fee: \$149

6735 L.Lorto, S.Stev Broadway Edison Bldg TBA
8 Tuesdays 6/26-8/14 6:00 - 8:00PM

FREELANCE WRITING FOR FUN AND PROFIT

Make money, influence others, and express yourself with freelance writing! Learn to write compelling stories for magazines, blogs, websites, and more. This fun, hands-on class takes you step-by-step through the writing/publishing process, from getting ideas to cashing your checks. We'll cover ideas, research, marketing, writing skills, building your platform, and more.

Fee: \$79

5858 C. Dubois CC Bldg 3345
2 Mondays 7/23 - 7/30 6:30 - 9:00PM

JUMP START YOUR WRITING

Spark your writing to create riveting fiction and non-fiction. Whether this is your first writing class or a refresher, learn to weave character, plot, and prose into strong essays or stories through lecture, writing exercises, and reading. This fun and rewarding class is designed for both new writers or current writers who are feeling "writer's block."

Fee: \$149

6732 E. Murray Broadway Edison Bldg 4149
3 Tuesdays 7/10-7/24 6:00 - 8:00PM

POETRY WORKSHOP

In this ongoing upbeat workshop, you will receive feedback on your poems and learn to provide constructive criticism as part of a community of writers. You will also examine the work of accomplished poets in order to develop a deeper appreciation of the elements of poetry and build skills by putting those elements into practice in poems and in-class exercises.

Fee: \$135

5872 G. Isaac Off Campus: North Seattle College
7 Saturdays 7/7-8/18 10:30AM - 12:30PM

Miles Jonard



Miles Jonard is originally from Ohio, and graduated with a BS in Agriculture and an MS in Horticulture from The Ohio State University. He initially moved to Seattle to work in the medical cannabis market for Solstice, and as Solstice transitioned into the recreational cannabis market, Miles' position was expanded to oversee all external growing operations, working with farms to help them improve the quality and quantity of their yields. In addition to his work on the agricultural side of the cannabis industry, Miles stays true to his roots in medicinal cannabis by helping in the development and delivery of products that adhere to the Washington State Department of Health's newly established standards for cannabis products recommended to medical patients.

MEDICAL MARIJUANA CERTIFICATE PROGRAM

page 14

SELF PUBLISHING EBOOKS

The popularity of eBooks is on the rise, and they're an excellent method for communicating your ideas in a cost-effective manner. In addition to fiction and non-fiction books, individuals and organizations are publishing eBooks as a way of marketing their products, services, and ideas. Discover what makes a great eBook and how you can create, format, publish, and market your own.

Fee: \$195

5916 T. Street Online
7/2-7/27

FINANCE

ASSEMBLING YOUR FINANCES

Need to get ahold of your budget and finances? Learn the facts and fundamentals of money management! You'll receive guidance on how to establish a clear, concise, and comprehensive system for controlling every aspect of your personal finances. Make a commitment to take responsibility and control over your finances to achieve the goals you set. This class includes a workbook and weekly homework assignments that will guide you through the process.

Fee: \$115

6547 K. Frunz Broadway Edison Bldg 1139B
3 Thursdays 7/12-7/26 6:30 - 9:00PM

FOOD, WINE & SPIRITS

BEGINNING CANNING WORKSHOP

Waste less and eat better by canning and preserving food. This class is part theory and part practice so you'll know how to can safely and deliciously. Start with an introduction to canning equipment and food safety, then step into the kitchen to help make and can a batch of jam from start to finish. You'll leave with your own jar of jam, recipes and lots of inspiration. This is a great way to make use of Farmers Markets!!

Fee: \$39

5895 D. Basquez
1 Saturday 8/11 10:00AM - 12:00PM

Additional \$5 materials fee paid in cash to instructor on 1st day of class.

CAST IRON COOKING

From the grill to the campsite, from breakfast to dessert, learn to how use this versatile tool! Discover the benefits of using this culinary workhorse as well as some new uses. Learn how to clean, store and re-season cast iron as well as how to cook simple, tasty meals. Whether you're in your kitchen, backyard or on the road, we have tips and recipes for you!

Fee: \$39

5894 D. Basquez
1 Saturday 7/14 2:00 - 4:00PM

CHOOSE YOUR EUROPEAN WINE TOUR

As Europe is home to some of the most ancient wine traditions in the world, what better reason is there to visit than to go on a wine tour? Join Sommelier David LeClaire and Christopher Gronbeck, owner of The Barrel Thief, on a fast-paced tour covering the wine history, style, and culture of Europe's most important wine regions. Students must be 21 or older; picture ID required. Please eat before coming to class. A \$10 materials fee is due to the instructor in class.

Fee: \$39

6126 C. Gronbeck
1 Monday 7/16 6:30 - 8:30PM
Class meets at The Barrel Thief in Fremont neighborhood, 3417 Evanston Ave N, #102, Seattle.

HARD CIDER TASTING

Discover the world of handcrafted hard ciders with a tasting tour led by the owner of Schilling Cider House, which features over 300 specialty craft ciders from around the world. As we taste different ciders, we'll discuss the fascinating history and politics of the cider industry as an alcoholic beverage, and learn about various cider making techniques used around the world. In addition to tasting a variety of ciders, we'll perfectly pair them with delicious cheeses.

Fee: \$39

5893 C. Schilling
1 Friday 8/3 6:00 - 8:30PM
Additional \$10 materials fee paid in cash to instructor on 1st day of class.

FRIDAY NIGHT SAKE SCHOOL

Take the mystique out of this distinctive, quintessential Japanese libation as you sample a variety of delicious sake. Whether you're a novice or a seasoned connoisseur, you'll learn about the history and craft of Japan's famous fermented rice beverage. Guided by an expert regional distributor, we'll explore the different flavor profiles and qualities unique to sake

Fee: \$39

5896 M. Weber Off Campus: South Seattle College
1 Friday 7/27 6:00 - 8:30PM
A \$15 materials fee is due to the instructor in class. Must be 21+ with valid picture ID.

HOME & GARDEN

BASIC HANDS-ON HOME REPAIR AND MAINTENANCE

Learn a variety of home improvement and maintenance skills in Seattle's most comprehensive home repair class! During these hands-on workshops, we'll cover hand and power tool selection, operation, and personal safety; kitchen and bathroom remodels; electrical and plumbing repairs; wall repairs; weatherization; and more. You'll learn how to take on most small home repairs, knowing which tools to use and how to repair the problem. A materials fee is included in tuition and covers all supplies.

Fee: \$159

6581 P. Marx Broadway Edison Bldg 1139B
2 sessions Tu, W 7/10-7/11 6:00 - 9:30PM

WOODWORKING

BASIC CARPENTRY & WOODWORKING - LEVEL 1

Learn how to use your power tools safely and effectively! Explore the basics of joinery, jigs, materials, methods, and project design in a wood shop, and then apply what you've learned to create a toolbox. A materials fee is included with tuition and covers all tools, materials, and lumber for your project. Please note: No open-toed shoes, loose clothing or jewelry, and long hair must be tied back. You must bring and use your own hearing, vision, and respiratory safety equipment.

Fee: \$199

6582 P. Marx Off Campus: University of Washington
 3 sessions Tu, W, Th 7/17-7/19 6:00 - 9:00PM
 1st session will meet until 9:30pm

FITNESS

ACRO YOGA

Acro Yoga is a joyful blend of partner acrobatics, yoga, and Thai massage. This practice will get you moving in new ways as you work with others to develop your balance, body awareness, strength, flexibility, and teamwork skills. Acro Yoga classes build community while emphasizing effective communication, safety and most importantly, fun. No experience or partner necessary. Want to try this class without signing up for the whole series? Pay a \$10 class drop-in fee at the M.A.C front desk.

Fee: \$85

6530 Staff Mitchell Activity Center 206
 7 Mondays 7/2-8/13 7:30 - 9:00PM

BEGINNING YOUR FITNESS JOURNEY

Often the hardest part of starting an exercise regimen is just that, starting! This low impact yet strengthening intro class is for beginning exercisers or as a cross-training regimen for your existing fitness routine. You'll receive guidance on moving safely through exercise, how to target specific muscle groups and more. Modifications will be offered by the skilled instructor to help you reach your personal goals.

Fee: \$129

6535 M. (Rossy) Gomez Mitchell Activity Center 206
 7 Saturdays 6/30-8/11 10:00 - 11:30AM

CAPOEIRA — A BRAZILIAN ART FORM *New!*

Capoeira is a Brazilian art form combining elements of martial arts, music, and dance that has played an important part in shaping the culture of Brazil. During this class, you'll learn basic movements, increase your spatial awareness, experience the rhythms of capoeira instruments, learn to sing in Portuguese, and more. Capoeira is a great way to get fit in a dynamic, fun, and supportive environment. No previous experience necessary, just a desire to try something new!

Fee: \$139

6538 M. Silva Fine Arts Bldg 113
 8 Mondays 6/25-8/13 6:00 - 7:30PM

Love to Travel?

JOIN THE SEATTLE COLLEGES
 ON OUR GLOBAL HEALTH TRIPS
 EACH SUMMER TO PLACES LIKE
 LAOS, PERU & MOROCCO!

www.seattlecolleges.edu/globalimpact

INTRODUCTION TO MINDFULNESS

Learn the meaning of mindfulness and how it can be incorporated into your everyday life. Through in-class labs and discussion, we'll explore the difference between mindfulness and meditation, learn the basics of mindfulness techniques, discover how they can positively impact your life, and examine how to practice mindfulness in all aspects of our lives.

Fee: \$125

6655 D. Williams Broadway Edison Bldg 4140
 6 Tuesdays 7/10-8/14 6:15 - 7:45PM

MIXXEDFIT®

Get fit and have fun in this people-inspired dance fitness program that blends explosive dance with boot camp conditioning. Easy-to-follow, exaggerated movements help you burn calories and increase your endurance during this fun and challenging workout. We'll dance to today's hits and yesterday's favorites, and you'll have a blast in this class! Suitable for all ages and fitness levels; no special equipment required, but please wear comfortable clothing and bring a water bottle and towel.

Fee: \$125

6534 S. Sobers-Outlaw Mitchell Activity Center 207
 6 Tuesdays 6/26-8/7 6:00 - 7:00PM
 No class on July 3rd.

EC Murray

EC Murray is a freelance writer and author whose book, *A Long Way from Paris*, was named a Kirkus Best Book of 2014. She's published in *Hybrid Mom*, *Spokes and Strokes*, *ABILITY* magazine, *Seattle Child*, and more. The founder and publisher of *The Writers Connection*, EC earned two writing certificates at the University of Washington and has also studied writing at Stony Brook, Southampton, New York. Her short story "The Urban Goatherd" received a Pushcart nomination. Her first book, *Life Kind of Sucks*, reflects her Masters in Social Work.

JUMP START YOUR WRITING

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REGISTER NOW!*online*

Register and pay online at
www.learnatcentral.org

phone

206.934.5448

visit

Go to the CE Office on campus
Monday – Friday 8:00AM – 4:30PM
Enter at 1716 Harvard Ave, Room 1140

TAI CHI FOR HEALTH AND BALANCE

Tai Chi is a health-sustaining exercise and a tool for improved body awareness. Practiced by the elderly for balance and circulation and the young for relaxation and martial arts, it is a wonderful holistic activity for all ages. The Yang short form will be taught along with warm-up longevity exercises and chi kung. All aspects of Tai Chi will be covered.

Fee: \$129

6522	R. Aries	Broadway Edison Bldg 1139B
8 Wednesdays	6/27-8/22	6:00 - 8:00PM

SELF DEFENSE 101 FOR WOMEN

Research shows that women who have successfully defended themselves quickly recognized threatening situations and enforced their boundaries, and using physical means if necessary. During this comprehensive self-defense course, you'll learn to recognize ploys and manipulation, releases from common grabs, use your body language and voice to deter attacks, assess risks, and more. Price includes materials fee.

Fee: \$149

6527	J. Factor	Broadway Edison Bldg 1139B
5 Mondays	7/9-8/6	7:00 - 9:00PM

WING CHUN KUNG FU - ALL LEVELS

Study the authentic art of Wing Chun Kung Fu. Learn principle foundation skills, basic punching, kicking, footwork, block and techniques for beginners, and in-depth techniques for those that have previous experience with Wing Chun Kung Fu, and would like to expand their knowledge and practice. The average person will be amazed by the practicality and directness of this effective self-defense system. Train in an environment that is fun, safe, and supportive. All levels are welcome.

Fee: \$149

6526	M. Ta	Mitchell Activity Center 207
7 Saturdays	6/30-8/11	10:00AM - 12:00PM

CARDIO DANCE FITNESS

Are you ready to get your groove on? Get fit while working out to exotic rhythms set to high-energy Latin and international beats. It's a fun, high-energy class and, before you know it, you're getting fit and your energy levels are soaring! It's easy to do, effective and totally exhilarating — and often builds a deeply-rooted community among returning students. Want to try this class without signing up for the whole series? Pay a \$10 class drop-in fee at the M.A.C front desk.

Fee: \$149

6532	Staff	Mitchell Activity Center 206
15 sessions M, W	6/25-8/15	5:30 - 6:30PM

No class July 4th.

NOTE: STUDENTS TAKING CLASSES AT THE MITCHELL ACTIVITY CENTER MUST BRING A PHOTO ID IN ORDER TO ENTER THE BUILDING

HEALTH & WELLNESS

HEALING WITH TAROT

Learn how to read Tarot cards for self-exploration and healing. We will focus on using Tarot as a tool for gaining insight and awareness into the Self, coming from the framework of archetypal depth psychology. Build skill and confidence in developing and trusting your intuition by exploring the imagery of the Tarot. Bring a Tarot deck (not an Oracle deck, please) of your choice to class.

Fee: \$135

5890 M. Bloom Off Campus: North Seattle College
6 Wednesdays 7/11 - 8/15 6:30 - 9:00PM

NEUROPLASTICITY AND THE EIGHT SENSES OF AWARENESS

Learn how to tame your overstimulated mind, increase your effectiveness and fulfillment, and experience more connection to others and yourself through the 5-step Neurosculpting® process. The instructor is a Certified Neurosculpting® facilitator trained to explain the science behind neuroplasticity as well as lead you through simple techniques that will allow you to experience the amazing benefits of the Neurosculpting® process and the 8 Senses of Awareness.

Fee: \$39.

5892 V. Rogozina Off Campus: North Seattle College
2 Mondays 7/16 - 7/23 7:00 - 8:30PM

USING CANNABIS PRODUCTS IN MASSAGE THERAPY

Are you interested in learning how you can incorporate cannabis products into your massage therapy practice? Learn how to identify products with .3% or less of THC, determine which conditions would benefit from these products, explore how to develop an appropriate treatment plan, discuss applicable laws, and more. While this class has been developed with licensed massage practitioners in mind, it's open to anyone with a basic knowledge of an interest in using cannabis products with massage.

Fee: \$79

6186 D. H Broadway Edison Bldg 1139B
1 Thursday 5/10 6:00 - 9:00PM

WELCOME TO MEDICARE

Need help understanding Medicare? This workshop is for current and new beneficiaries, those that will soon be eligible, and anyone who wants to learn more about Medicare health coverage. Various plan options, prescription drug coverage, and supplements are discussed. This class is taught by a SHIBA (Statewide Health Insurance Benefits Advisors) advisor. The SHIBA program provides free, unbiased and confidential assistance with health care choices.

Fee: Free

6576 Staff Broadway Edison Bldg 1139B
1 Saturday 8/11 9:30 - 11:30AM

Complete Your Clock Hours **ONLINE**



Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly. Visit our website to view start dates for the courses that interest you.

Just a few of our most popular continuing education courses:

- Enhancing Language Development in Childhood
- Teaching Students With Autism: Strategies for Success
- Differentiated Instruction in the Classroom
- Creating K-12 Learning Materials
- Survival Kit for New Teachers
- Spanish in the Classroom

Learn from
the comfort
of home!

24-Hour Access | Discussion Areas | 6-Week Format

Prices start as low as: \$100

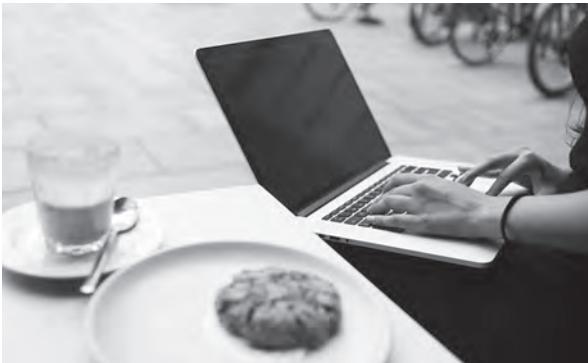
www.ed2go.com/central | 206.934.5448

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Over 50 Continuing Education Certified Online Courses!



Earn College Credit ANYWHERE, ANY TIME



What's your goal?

A better job, greater earning power or simply the desire to learn something new?

As a Distance Education and eLearning student, your Seattle Central classrooms have no walls!

With our Online, Video and Self-Paced courses, you can learn at times that are convenient for you.

Take courses for college credit and apply them to your degree or certificate, or enroll in courses that interest you while improving your knowledge and skills.

THERE ARE OVER 50 COURSES TO CHOOSE FROM, INCLUDING:

- BUS 201 **Business Law**
- AHE 168 **Medical Terminology**
- MUSC 116 **Rock History and Perspectives**
- HUM 125 **Hip Hop Theory and Culture**
- SOC 101 **Intro to Sociology**
- CMST 102 **Intro to Mass Media**
- NUTR 101 **Human Nutrition**

Online

These courses are held entirely online. Features may include self-correcting quizzes, discussion boards and interaction with other students and faculty. There are no required on-campus meetings. Classes are completed within one quarter and are eligible for Financial Aid.

Video

A DVD series enhances these online courses. A study guide outlines the required textbook assignments and you will submit all lessons and exams to your instructor online. Classes are completed within one quarter and are eligible for Financial Aid.

Self-Paced

Self-paced courses are conducted online. You can register at any time and have up to six months to complete the course. Assignments and exams are evaluated by an instructor online. There is no student to student interaction and these courses are not eligible for Financial Aid.

For a complete listing of courses and registration information, please visit: seattlecentral.edu/distance

ITEM #	COURSE TITLE	START DATE	COST
		Student ID	
		Computer Lab	
Student ID #	Birthdate	TOTAL	\$
Email address			
Last Name		First Name	M.I.
Address: <i>Street or Box Number</i>			
City		State	Zip
Phone (Day)		Phone (Eve)	
Previously attended Seattle Central: <input type="radio"/> Yes <input type="radio"/> No		Sex: <input type="radio"/> Male <input type="radio"/> Female	US Citizen: <input type="radio"/> Yes <input type="radio"/> No
Charge my: <input type="radio"/> Visa <input type="radio"/> MasterCard <input type="radio"/> Discover <input type="radio"/> American Express			
Account Number			V-code
Expiration Date		Account Name	

ATTENTION ONLINE STUDENTS! *Students taking online classes must include email address under course title on mail in registration form.*

MAIL / IN PERSON

Send or bring your completed registration form to:

Seattle Central College
1701 Broadway
Attn: Continuing Education 2BE1140
Seattle, WA 98122

ONLINE www.learnatcentral.org

PHONE 206-934-5448

Use your Visa, MasterCard, AmEx or Discover card for phone, mail and online registration.

Refund Policy

100% refund if a class is cancelled by Seattle Central College.

To cancel a registration, please contact the Continuing Education office at least two business days prior to the start of class. You will be refunded 100% of the class less \$6 processing fee.

The processing fee will be waived if you transfer to another Continuing Education class.

Course Cancellations

Continuing Education programs are supported by course fees; therefore, courses must meet minimum enrollments to cover costs. We cancel courses only when absolutely necessary, but we reserve the right to do so, as well as to reschedule courses and change instructors. When courses are cancelled, we will make every effort to notify you by email or phone before the start date. Please make sure your contact information is up to date.

Weather & Emergency-Related Closure Information

To learn if the campus is closed: **Sign up for Campus Alerts;** Check www.seattlecentral.edu; Call Seattle Central Closure line at 206-934-5464; or Check www.schoolreport.org.

In case of session cancellations due to events beyond our control, we will make every effort to accommodate students. However, we do not guarantee make up hours nor will we provide refunds for cancelled class sessions.

Directions & Getting to Campus

BY BUS

Several King County Metro Transit bus routes serve the college. For assistance charting your route to Seattle Central, use Metro's Trip Planner.

BY LIGHT RAIL

Link Light Rail just expanded service to Capitol Hill and onto the University District. If you live south of downtown, take Sound Transit's Link Light Rail to the Capitol Hill Station, located next to campus. Light rail is fast, frequent and reliable.

BY CAR

Seattle Central is just a few blocks from Interstate 5.

DAYTIME

Carpooling is encouraged as parking spaces are at a premium. There are private parking lots on Harvard Avenue and Broadway and also metered street parking. The college's garage at 1609 Harvard Avenue has limited public parking, during the day.

EVENING

Students can purchase an evening parking permit to be used in the 1609 Harvard Avenue Garage. The pass is \$35 during Fall, Winter, and Spring quarters, and \$25 during summer quarter. For more information, please call 206-934-3202 or visit office BE1143.

FROM INTERSTATE 5 NORTHBOUND

Take Olive Way/Denny Way Exit 166 (under the Washington State Convention and Trade Center) and follow Olive Way east to Denny Way and turn right.

Go up the hill and turn right on Broadway.

Follow Broadway south to Pine, turn right, and go one block west to the Parking Garage located at Harvard and Pine.

FROM INTERSTATE 5 SOUTHBOUND

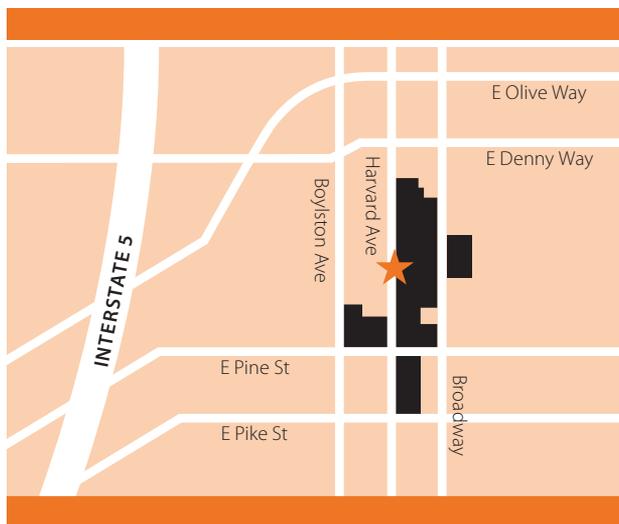
Follow the Madison Street/Convention Center exit (#165), making a right hand turn onto Madison.

Get into the left lane and turn left at Boren. Follow Boren north until Pine Street, and turn right at Pine going east.

Follow Pine Street east until Harvard Avenue. Turn left onto Harvard, then make an immediate left turn into the Harvard Avenue parking garage.

BY BIKE

Our campus is a 15-minute walk from downtown Seattle. Capitol Hill is bike friendly, with a dedicated bike lane on Broadway (the neighborhood's main thoroughfare) and plenty of bicycle parking on campus.



Campus Location

1701 Broadway, Seattle, WA 98122

Continuing Education Office ★

BE 1140, first floor off of Harvard Avenue

Office Hours

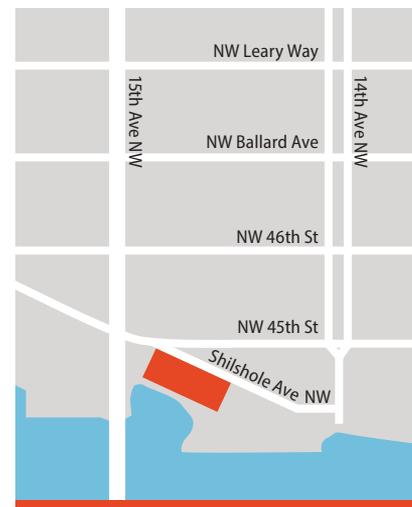
Fall-Spring: 8am-4:30pm Monday-Friday

Summer: 8am-5:30pm Monday-Thursday





- **BE** Broadway Edison
- **BPH** Broadway Performance Hall
- **FA** Fine Arts
- **MAC** Mitchell Activity Center
- **P** Harvard Garage
- Entrance
- Bus Stop
- Other Campus Building
- Park



Seattle Maritime Academy
4455 Shilshole Ave NW, Seattle



Wood Technology Center
2310 S Lane St, Seattle
(one block south of Jackson on east side of 23rd Avenue)

Volume 4, Number 1

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Seattle Central College has made reasonable efforts to provide information that is accurate at the time of publication. However, the college reserves the right to make appropriate changes in procedures, policies, calendars, requirements, programs, courses, and fees. When feasible, changes will be announced prior to their effective dates, but the college assumes no responsibility for giving any particular notice of such changes. Nothing herein shall be construed to create any offer to contract or contractual rights.

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POSTAL CUSTOMER

CONTINUING EDUCATION

LET'S GET FIT!

Enhance your well-being with our vibrant fitness and health classes.

This summer, we're offering:

- *Tai Chi for Health and Balance*
- *Cardio Dance Fitness*
- *Neuroplasticity and the Eight Senses of Awareness*
- *And more...*

See pages 25-27 for more information.



Interested in more information?