

CSI COMMUNITY ED Spring 2019

REGISTER FOR THESE CLASSES HERE

If you prefer, you can also call 732-6442 to register by phone or come into the Community Education Center in the Fine Arts Building.



UNDERSTANDING PHOTOGRAPHY: THE ART OF PAINTING WITH LIGHT

Dates: March 7– April 11

Days: Thursdays

Time: 6 – 8 p.m.

Fee: \$99

Location: Fine Arts 87

Instructor: Drew Nash

Join award-winning photographer Drew Nash in learning how to use your digital camera beyond its automatic

settings and pick up some tricks of the trade along the way for capturing truly beautiful photos. Participants will need to own their own digital single lens reflex (DSLR) cameras. During the class, you will learn how to understand exposure, the key functions of a DSLR camera, composition, lens selection, white balance controls, and fill flash. Students will explore the CSI campus making images as they apply what they've learned. Nash will also go over portrait posing and basic lighting techniques. Lastly, he will provide critiques of photos and discuss basic post-production work of select student images and answer burning photography questions. Don't miss the opportunity to explore the art of photography and follow the light with Drew. There will be no class over spring break.



DIY WOODWORKING PROJECTS: CUSTOM PLAQUES WITH ANTIQUE FINISHING

Dates: February 6 – March 13

Days: Wednesdays

Time: 6 – 8:30 p.m.

Fee: \$80 + \$22 supply fee paid to the instructor

Location: Canyon 133

Instructor: Jessica Larsen

If you have ever been interested in woodworking and are looking for a great place to start, this is it. In DIY Woodworking Projects, you will start with a blank slab of

wood and then transform it into something special using a variety of different antiquing and distressing techniques. Familiarize yourself with different pieces of woodshop equipment and learn how to use them safely. Begin by choosing one of five custom sign design projects and then complete your sign by learning how to build frames and distress it using chisels, scrapers, and worm holing. Additional activities will include: staining, painting, chalk painting, glazing, and various finishes. Leave class with a handy new skill set as well as a new one-of-a-kind sign to take home.



WOODWORKING

Dates: January 22 – March 26, 2019

Days: Tuesdays

Time: 6:30 – 9:20 p.m.

Fee: \$150 + supply fee paid to the instructor
(depending on chosen project)

Location: Canyon 133

Instructor: Ken Triplett

Beginning to moderate level woodworkers

welcome. Each student will design and build a project

that is suited to their woodworking abilities over the 10-week period. Students will learn safety practices as well as machinery uses. Instructor will cover techniques that include hand tools to power machinery. By the end of the class, the student will have a beautiful woodworking project to take home.



INTRO TO WELDING & METAL ART

Dates: January 31 – April 25

Days: Thursdays

Time: 6 – 8:30 p.m.

Fee: \$220

Location: Desert 105

Instructor: Jenn Crowdson

Explore the technology of metal fabrication and welding to create a metal piece that will become something beautiful and durable... or just to brush up on your skills and work on a specific project or art piece!

During this hands-on course, students will be introduced to shop safety, two welding processes (arc welding and mig welding), grinding, different methods of metal cutting(plasma, oxy/fuel torch, cold saw, and disk cutting), and a variety of metal coloring techniques (paint, chemical, heat coloring) to create a finished project to take home at the end of the 20+ hour course. Students need to come dressed in clothes appropriate for welding such as jeans, leather shoes/boots, and long-sleeved shirts of canvas or cotton. Loaner welding helmets, safety glasses, ear plugs, respirators, leather jackets, and gloves will be loaned to students if needed. The class is limited to 10 people and normally fills – early registration is suggested.



STUDIO POTTERY

Dates: January 31 – April 25

Days: Thursdays

Time: 6 – 8:30 p.m.

Fee: \$120 + \$20 per 20 lb bag of clay (paid to instructor)

Location: Art Lab 113

Instructor: Sheryl West

Explore a variety of pottery fundamentals while using clay as an expressive medium to create one-of-a-kind functional and decorative pieces. During 25 hours of

studio time, learn hand-building fundamentals, wheel- throwing, and basic elements of sculpture from renowned artist Sheryl West. Finish your pieces with a myriad of glazing and decoration techniques. Beginning and experienced potters alike will advance their skills and sense of creativity.



CARTOONING II

Dates: January 24 – March 14

Days: Thursdays

Time: 7 – 9 p.m.

Fee: \$70

Location: Hepworth 135

Instructor: Mike Youngman

Get out your pencil and paper and join us for a class designed to hone your artistic skills while you have fun in a relaxed atmosphere! Use cartooning to tell powerful stories or convey humor through images.

Retired CSI art professor and artist Mike Youngman will cover drawing skills, creative humor, design dynamics, comic types, refinements, and more. For Cartooning II, intermediate skills suggested. In this class we will cover sequential panels, storyline advance, color use, perspective, panel designs, and exaggeration effects. Students will need to purchase and bring the following basic supplies to class: a sketch pad, a standard no. 2 pencil, a ruler, fine point sharpies, and an eraser. Optional supplies are colored pencils and pastels.



TRADITIONAL NATIVE AMERICAN BEADWORKING II

Dates: February 20-27

Days: Wednesdays

Time: 6:30 – 9:30 p.m.

Instructor: Russ Howell

Fee: \$35 + \$10 paid to instructor for beads

Location: Shields 109

In the Traditional Native American Beadworking series, you'll get the chance to learn how to make beautiful beadwork handicrafts using the Native

American folk technique of lane stitching. The instructor has been beading and teaching beading for over 40 years and will cover the basics as well as introduce you to the materials, tools, beads, and resources involved in this artform. You'll learn about backing materials, art styles, and patterns. Students will need to bring a magnifying glass (low 1+), thimble, small sewing scissors, and small sealable bowls or containers to store beads. The project for this class will be a traditional style rose medallion necklace.



TRADITIONAL NATIVE AMERICAN BEADWORKING III

Dates: April 3-17

Days: Wednesdays

Time: 6:30 – 9:30 p.m.

Instructor: Russ Howell

Fee: \$45 + \$10 paid to instructor for beads

Location: Shields 109

In the Traditional Native American Beadworking series, you'll get the chance to learn how to make beautiful beadwork handicrafts using the Native

American folk technique of lane stitching. The instructor has been beading and teaching beading for over 40 years and will cover the basics as well as introduce you to the materials, tools, beads, and resources involved in this artform. You'll learn about backing materials, art styles, and patterns. Students will need to bring a magnifying glass (low 1+), thimble, small sewing scissors, and small sealable bowls or containers to store beads. The project for this class will be running floral pattern panels for small hand purse.



BEGINNING CROCHET

Date: February 19 & 21

Days: Tuesday & Thursday

Time: 6 – 8 p.m.

Fee: \$40 + \$10 supply fee paid to instructor

Location: Shields 102

Instructor: Diane Gause

Crocheting can be very relaxing and fun. This class is perfect for those who are new to crochet or need a refresher. Students will learn the basic stitches including chain, single crochet, and double crochet.

They will learn how to be comfortable holding the crochet hook and controlling yarn tension while completing the stitches. Once the class is completed, you will be able to create scarves, afghans, and other projects to keep for yourself or for a gift for someone else.



THE ART OF SWEDISH WEAVING

Date: March 12 & 14

Days: Tuesday & Thursday

Time: 6 – 8 p.m.

Fee: \$25 + \$15 supply fee paid to instructor

Location: Shields 102

Instructor: Diane Gause

Looking for something creative and different to do? Discover Swedish Weaving, a craft that dates back centuries also known as Swedish huck weaving, huckaback darning, or huck embroidery. The materials

used in this art are simple: monks cloth, yarn or cotton thread, and a blunt needle. As a form of embroidery, this art is a very relaxing and fun needle craft that you can learn in just a couple class sessions! At the end of the class, you will have a project you can take home.



NOTE CARD PORTFOLIO GIFT SET

Date: February 28, 2019

Day: Thursday

Time: 6:30 – 8:30 p.m.

Fee: \$15 plus \$10 supply fee paid to instructor

Location: Taylor 277

Instructor: Nancy Horn and Leah Scrimpsheer

Come join us and make a pocket folder, eight decorated note cards with envelopes, and a gift tag to tie on your folder for gifting to that special someone in your life (or save it for yourself!) using

Stampin' Up! products. There will be many colors and themes of designer series paper to choose from when you pick up your supplies the night of class. All stamping will be done with black ink using images from "Around the Corner" stamp set for the note cards. All supplies needed to complete this project will be provided during class. Feel free to bring your own favorite crafting supplies such as snips, trimmer, bone folder, etc, but know it is not necessary to bring anything other than your desire to create. Register today to secure your place in class!



GLASS BLOWING – OPEN STUDIO

Dates: January 28 – February 25

Days: Mondays

Time: 7 – 9 p.m.

Fee: \$60 + \$10/hour for supplies (paid to instructor)

Location: 496 Madrona

Instructor: Wes Overlin

These sessions are for those who have already experienced the art of torch-working and would like

to continue to work on their skills or projects and gain more torching experience alongside other students and teachers. Torch, Tools and safety gear are provided.



INTRO TO GLASS BLOWING/ TORCHWORKING

Dates: January 31 – February 28

Days: Thursdays

Time: 7 - 9 p.m.

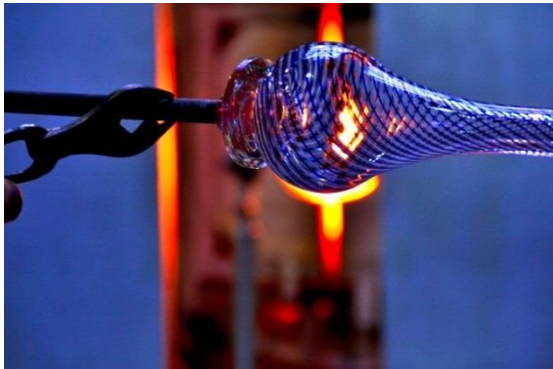
Fee: \$60 + \$100 supplies (paid to instructor)

Location: 496 Madrona

Instructor: Wes Overlin

Torch, Tools and safety gear are provided. This course is designed to introduce students to the basics of torchworking borosilicate (hard) glass, a.k.a. Glass Blowing. During the semester, students will be introduced to shop equipment,

setup, maintenance, tools of the trade, and safety, all while learning the fundamental basics of hands-on torch working by molding solid glass into shapes and figures to create pendants, beads, and tubular vessels. This course is designed for the individual who is interested in the shop, processes, and skills to make functional solid and blown glass projects, jewelry, and art. No class February 6. Please ask for a confirmation email with a map to the studio.



GLASS BLOWING FOR COUPLES

Dates: February 2

Days: Saturday

Time: 10 a.m. – 3:30 p.m.

Fee: \$60/couple + \$100 supplies (paid to instructor)

Location: 496 Madrona

Instructor: Wes Overlin

Are you looking for something creative to do together on a winter afternoon? Get out of the cold and come spend the day in our toasty hot glass studio learning some new skills! In this one-day

intro to glassblowing, couples will learn the basics of working with hot glass through making a series of solid and blown objects they get to keep. At the end of the day everyone will have a better understanding of glass as a material, the equipment needed, setup, maintenance, safety, and tools of the trade. Best of all, they will leave the class with pieces they created together! No experience necessary Torch, tools, safety gear, and lunch provided. Please ask for a confirmation email with a map to the studio.



INTERMEDIATE GLASS BLOWING: GLASS MARBLES

Dates: March 4 – April 8 (Session one) or April 15 – May 13 (Session two)

Days: Mondays

Time: 6:30 – 9 p.m.

Fee: \$60 + \$100 supplies (paid to instructor)

Location: 496 Madrona

Instructor: Wes Overlin

This course is designed to introduce students to the ins and outs of making marbles by manipulating glass into beautiful artwork. It is geared towards intermediate students who have had some

experience in the glass blowing. In addition to learning basic and intermediate flame-working techniques such as implosion, frit, and vortex work, students will learn shop equipment, tools, and safety. Please ask for a map to the shop location. No class on March 25.



INTERMEDIATE SCULPTURE GLASS BLOWING

Dates: March 7 – April 11

Days: Thursdays

Time: 7 – 9 p.m.

Fee: \$60 + \$100 supplies (paid to instructor)

Location: 496 Madrona

Instructor: Wes Overlin

In this class, you will learn the fundamentals of glass forming into animals and other sculptures. This workshop is intended for intermediate students. Torch,

Tools and safety gear are provided. No class April 4.

INTERMEDIATE GLASS BLOWING – GLASS PENDANTS



Dates: April 18 – May 16

Days: Thursdays

Time: 7 – 9 p.m.

Fee: \$60 + \$100 supplies (paid to instructor)

Location: 496 Madrona

Instructor: Wes Overlin

In this class, intermediate glass blowers will learn the fundamentals of torchworking with borosilicate glass - melting and manipulating glass over a bench-top torch - while exploring the artistic possibilities of this molten glass media and shaping into glass pendants for art, jewelry, or even gifts. Additionally, participants will learn some of the basics of tools, safety, equipment and techniques of this versatile and popular art form. Please ask for a confirmation email with a map to the studio.



IMPROV I

Dates: February 5 – April 2, 2019

Days: Tuesdays

Time: 6 – 9 p.m.

Fee: \$90

Location: Shields 107

Instructor: Steve Kaminski and Katie Neff

Improv I is a fun, high energy weekly workshop for anyone wanting to learn how to think more quickly on their feet, meet new friends, or are in dire need cheap therapy... and everything in-between! Through simple but fun games, students will learn the fundamentals of improv, which can help with team building, interpersonal relationships, and cracking up folks in the boardroom. We'll work on saying "YES" to life's curveballs, accepting suggestions, and trusting your instincts. Improvisational comedy may not pay your bills, but it will help you with your day to day interactions. No prior experience in theatre or improv is required. Students with significant improv or theatrical experience are welcome and encouraged...we never stop learning. Come Join the FUN!



IMPROV II

Dates: February 5 – April 2, 2019

Days: Tuesdays

Time: 6 – 9 p.m.

Fee: \$90

Location: Shields 108

Instructor: Steve Kaminski and Katie Neff

Improv II is for those with prior improvisational comedy experience. It picks up where Improv I left off. This class gives students the opportunity to fine tune fundamentals learned in Level 1 while learning how to

focus on scene work, find the “game”, and establish an emotional connection to character and ensemble. Just as FUN as Improv I, but a little more focused. Join Steve Kaminski & Katie Neff, “Neffinski”, for a weekly fun times/therapy session!



BALLROOM DANCE

Dates: January 31 – February 21

Days: Thursdays

Time: 6:30 – 8:30 p.m.

Instructor: Leroy Hayes and Deborah Silver

Fee: \$90 for a couple

Location: Gym 304

Ballroom dance has enjoyed a revival in recent years and is now one of the most popular dance styles around. With its grace, variety, and active social element, it's easy to understand why it continues to

capture the imagination. So if you love the idea of twirling with confidence, learning a new life skill, and above all enjoying yourself, our adult ballroom classes are for you. You will learn beginning figures and technique for the Waltz and the Foxtrot. LeRoy and Deborah have been dancing together for over 40 years. The dance lessons they have taken are legion. The investment in shoes is staggering. They have taught social dance in the area for a number of years and are looking forward to meeting people interested in developing this skill.



COUNTRY SWING

Dates: February 28 – March 21

Days: Thursdays

Time: 6:30 – 8:30 p.m.

Instructor: Leroy Hayes and Deborah Silver

Fee: \$90 for a couple

Location: Gym 304

Grab your cowboy boots (or comfortable shoes) and get moving! This class will focus on the basics of swing, two-step, and various couple dances. Learn the moves and practice in a relaxed atmosphere that

encourages you to master skills and look good doing them. This is great way to impress your friends and family at your wedding or next special event.



HIP HOP

Dates: April 2 – May 21

Days: Tuesdays

Time: 6:00 – 7:00 p.m.

Instructor: Keesha Olander

Fee: \$80

Location: Gym 304

Have you ever wanted to learn some AWESOME hip hop moves but didn't want to sign up for a class with teenagers who have been dancing since they were three? Do you just want to have some fun with your friends (or new friends), listen to energizing music, and get some exercise while you do it? Then

seriously, Hip Hop is the place to be! In this eight-week course, you'll be introduced to and explore the many different styles of hip/hop street dance. You'll learn an ongoing routine, so you will have a finished product to whip out at flash mobs, dinner parties, and family reunions. Each class will start with a warmup to keep you safe and to prepare your body for dance. This class is appropriate for adults and those 12 and up. Instructor Keesha Olander has been a professional dancer and choreographer in Los Angeles for 16 years.



CONTEMPORARY JAZZ DANCE

Dates: April 4 – May 9

Days: Thursdays

Time: 6 – 7 p.m.

Instructor: Ashley Sandau

Fee: \$60

Location: Gym 304

Looking for the perfect dance class, but can't decide if Jazz, Modern, or Ballet is your thing.... Why not try them all at once? Explore a contemporary approach to

jazz dance utilizing today's modern contemporary dance that fits into pop culture. In this Contemporary Jazz class, you can learn elements of Jazz, Modern, and Ballet while playing with the possibilities of expressivity, musicality, isolations and dance in a fluid and lyrical nature. In this six-week course, we will explore and play with the unique opportunities all these dance styles can offer to the dancer or movement enthusiast. This class is appropriate for dancers age 16 and up. Experience is recommended, but not required. I am looking forward to dancing with you!



UKULELE MADE EASY – LEVEL 1

Dates: February 9

Days: Saturday

Time: 1 – 3 p.m.

Instructor: Cindy Bezas

Fee: \$37 + \$15 paid to the instructor

Location: Fine Arts 164

Ever heard of ukulele maestro Jake Shimabukuro, best known for his jazz, blues, funk, and rockabilly uke playing? Or James Hill, known for his Michael Jackson

impressions on the ukulele? Perhaps you've heard of Israel Kamakawiwo'ole, who made the uke best known through his medley of "Somewhere Over the Rainbow" and "What a Wonderful World"? It's easy to understand why the ukulele is loved by so many. And now it's your turn! Bring your own ukulele and you too can begin to experience the joy this sweet instrument brings. This class will give you the proper foundation of ukulele playing, and it will open a whole

new world for you of happy uke music. You'll leave this class having learned how to hold your ukulele, how to care for its parts, how to use the power of your left and right hand to create beautiful tone, the benefits (or not) of a uke strap, when (or when not) to use ukulele picks, how to move up and down the fret board, and how to tune. On top of all this, you will walk away having learned how to strum and sing five fun ukulele songs! Cindy Sue Bezas, M.S., has been teaching music for more than



UKULELE MADE EASY – LEVEL 2

Dates: February 16

Days: Saturday

Time: 1 – 3 p.m.

Instructor: Cindy Bezas

Fee: \$37 + \$15 paid to the instructor (unless purchased in Level 1)

Location: Fine Arts 164

In the Ukulele Made Easy – Level 1 class, we learned core principles central to excellent ukulele playing. We studied how to hold and care for the uke, how to use the left and right hands for quality tone, how to/when to use uke straps and picks, how to move up and down the fretboard, and how to tune, all in addition to five fun songs to play and strum. In Ukulele Made Easy – Level 2, you will gain ten more songs in addition to three uke scales, three cadences, and five strum patterns. Bring your own ukulele for this delightful class, and you will also learn five crucial tips and techniques of pro ukulele players. Cindy Sue Bezas, M.S., has been teaching music for more than twenty years and adores seeing the light of ability come to each student's eyes.



UKULELE MADE EASY – LEVEL 3

Dates: March 16

Days: Saturday

Time: 1 – 3 p.m.

Instructor: Cindy Bezas

Fee: \$37 + \$15 paid to the instructor (unless purchased in Level 1)

Location: Fine Arts 164

In the Ukulele Made Easy Level 1 class, we learned core principles central to excellent ukulele playing. In Ukulele Made Easy - Level 2, we learned ten songs, three uke scales, three cadences, and five strum patterns. In Ukulele Made Easy - Level 3, we will learn ten more songs, three more strum patterns, three new cadences, and new approaches to scales so you can build your finger power and playing dexterity. Bring your own ukulele for this fun class and expand your ukulele playing. Cindy Sue Bezas, M.S., has been teaching music for more than twenty years and adores seeing students expand their ability and enter the fantastic power of music with all its ability to heal and bring joy.



CSI SYMPHONIC BAND

Dates: January 14 – May 6

Days: Mondays

Time: 7:30 – 10 p.m.

Instructor: George Halsell

Fee: Free of charge

Location: Fine Arts 164

The CSI Symphonic Band is looking for musicians. All members of the community who can play at least moderately difficult music, including high-school musicians, are invited to come join the ensemble. If you play a band instrument and have been

looking for a reason to dust it off and tune it up, this is your opportunity. For more information, please contact Dr. Halsell at 732-6767 or at ghalsell@csi.edu



MAGIC VALLEY SYMPHONY

Dates: January 8 – April 26

Days: Tuesdays

Time: 7:30 – 9:30 p.m.

Instructor: Ted Hadley

Fee: Free of charge

Location: Fine Arts 164

The Magic Valley Symphony is a full symphony orchestra of volunteer musicians from South Central Idaho, based in Twin Falls and rehearsing and performing in the

outstanding Fine Arts Building on the CSI campus. The Symphony is led by Theodore Anchor Hadley, Music Director/Conductor, and performs four concerts a year, including a spring pops concert. The Symphony provides a weekly opportunity for local adult and student musicians to enjoy rehearsing and performing beautiful music together. Our four Magic Valley Symphony concerts bring symphonic music of many kinds to an enthusiastic audience and often feature outstanding guest artists. Now presenting our 59th consecutive season, the Symphony is proud to be an acknowledged leader among the music community of southern Idaho.



CSI JAZZ ENSEMBLE

Dates: January 16 - May 8

Days: Wednesdays

Time: 5:30 – 7:30 p.m.

Instructor: Ben Britton

Fee: Free of charge

Location: Fine Arts 164

The CSI Jazz Ensemble is a high-energy group that plays both traditional and modern big band music. Led by Ben Britton, the group consists of students and community members and welcomes saxophonists, trumpeters, trombonists, drummers,

bassists, pianists, guitarists, and vocalists. The ensemble meets weekly during the semester and performs on campus and beyond. In the past, the band has had exciting performance opportunities, including playing at the Montreux Jazz Festival in Switzerland and the at the International Association of Jazz Educators conference in New York City.



MAGIC VALLEY CHORALE

Dates: January 17 – May 8

Days: Thursdays

Time: 7 – 9 p.m.

Instructor: Carson Wong

Fee: \$10

Location: Fine Arts 133

The Magic Valley Chorale always extends a big welcome to new voices looking for a place to call home. The Chorale is a wonderful opportunity to share your love of music with your community and meet new people who share your interests.

Conducted by Carson Wong, the Chorale typically performs two concerts per year at winter holiday time and in the spring. In an effort to keep participation affordable for all, dues and music fees are kept to the lowest possible minimum for each production. Skill levels of musicianship within the group vary greatly; the Chorale provides an opportunity to learn as well as teach for the love of singing.



BASICS OF CAKE DECORATING

Dates: February 12 – March 12

Days: Tuesdays

Time: 6 – 7:30 p.m.

Fee: \$100 plus \$60 paid to instructor for supplies

Location: Desert 114

Instructor: Scotti Tverdy

Learn the basics of cake decorating from filling and frosting to amazing finishing touches! In this class, you will learn torting (leveling) cake layers, basic cake

carving, and frosting techniques. You'll learn how to use toppers (finishers) such as ganache, sprinkles, and cake crumbs and the basics of borders, piping letters, and flowers. The instructor will also cover two forms of fondant and how to cover the cake with the fondant and then cut shapes and make figures with it. Students will finish each class with some awesome edible art and will get to keep the following cake decorating tools: serrated knife, two offset spatulas, piping bags, decorating tips, and fondant tools. **NOTE: REGISTRATION DEADLINE OF FEBRUARY 4**



DOG OBEDIENCE

Dates: April 15 – May 8

Days: Mondays and Wednesdays

Time: 6-7 p.m.

Instructor: Donna Stalley

Fee: \$75

Location: Back Expo Center Lawn

Learn how to train your dog in an exciting and fun format using positive reinforcement and behavior modification. You will

socialize and train your dog in basic obedience and experience the fun of beginning agility training. Goals of this class include better mannered and socialized dogs and more educated and empowered owners. The class is taught by a licensed clinical counselor with over 35 years of experience as a dog obedience instructor. Class will be held in an area just south of the Expo Center. In the case of bad weather, the class will move inside.



CONVERSATIONAL SPANISH

Dates: February 20 – May 15

Days: Wednesday

Time: 6 to 8 p.m.

Instructor: Anna Trelles

Fee: \$120

Location: Shields 105

Are you planning a trip to a Spanish-speaking country? Do you need to learn how to communicate better with Spanish speakers? Has it been a long time since you

took Spanish in school and you want to brush up your skills? In this Conversational Spanish class, you'll learn basic communication skills in the second most common language in the Magic Valley without the pressure of tests and with very little writing. You'll spend the semester learning basic phrases and vocabulary and practicing them with your other classmates. You'll be able to talk about yourselves, others, and your interests. In addition, you'll learn a little about the Hispanic culture. This class can be tailored to the wants of the individual class.



GRANT WRITING 101: FINDING, WRITING, & WINNING THE FUNDING YOU NEED

Dates: March 16

Days: Saturday

Time: 10 a.m. – 1 p.m.

Fee: \$60

Location: Shields 102

Instructor: J. Vipperman and M. English

The one day, three-hour course is focused on enhancing the skill set of both beginning and experienced grant writers. During the course we will

cover finding and preparing to write a winning grant proposal, writing grant proposals that reviewers want to fund, and knowing what to do before and after your proposal is funded. Attendees will walk away with answers to questions like these: “Where can I find money for myself, my company, or my organization?”, “How does the grant process really work?”, and “What can grant money be used for and what are the grant funders really looking for?”. Additionally, a significant portion of the time will be available for attendees to ask and receive answers to questions that are specific to them, their organizations, and their funding needs. Instructors Justin Vipperman and Matthew English bring an extensive history of more than 20 years’ experience working with grants, government and public agencies, educational institutions, and non-profit organizations. Both are currently employed as full-time grant professionals in the Magic Valley community.



GRANT WRITING 101 FOR HEALTHCARE PROFESSIONALS

Dates: February 9

Days: Saturday

Time: 10 a.m. – 12 p.m.

Fee: \$50

Location: Shields 102

Instructor: J. Vipperman and M. English

This one-day, two-hour course is focused on enhancing the skill set of both beginning and experienced healthcare specific grant writers. During the course we will cover finding and preparing to

write a winning grant proposal, writing grant proposals that reviewers want to fund, and knowing what to do before and after your proposal is funded. Attendees will walk away with answers to questions like these: “Where can I find money for my company, or my organization?”, “How does the grant process work?”, and “What can grant money be used for and what are the grant funders really looking for?”. Additionally, a significant portion of the time will be available for attendees to ask and receive answers to questions that are specific to them, their organizations, and their funding needs. Instructors Justin Vipperman and Matthew English bring an extensive history of more than 20 years’ experience working with grants, government and public agencies, educational institutions, and non-profit organizations. Both are currently employed as full-time grant professionals in the Magic Valley community.



WORDPRESS

Dates: March 20 – April 10

Days: Wednesdays

Time: 6 – 8 p.m.

Instructor: Sandy March

Fee: \$129

Location: Shields 101

Learn how to create attractive websites—without any coding! WordPress is the world's most popular website publisher, powering more than 25% of all sites on the Internet. WordPress is an

easy-to-use solution that will help you put your site on the Web in far less time than by coding, and at a much lower cost than hiring a professional. In these lessons, you'll get hands-on experience with this powerful tool as you create your own WordPress site. You'll find out how to use WordPress to create pages and posts, add images and videos, change a site's look and feel, and include user-friendly features. You'll discover the ease of using WordPress design themes to express your creativity. By the end of this course, you'll be able to confidently use WordPress to create a personal, business, or organizational website. You will also gain knowledge for creating a blog within the website. WordPress covered in this class is the platform the pros use. While it normally requires a paid hosting account, this course includes a totally free, no obligation GoDaddy hosting account for two months so you can see your results instantly and practice. Your Instructor Sandy March has over 30 years in multiple IT areas including IT Server & Network Management, Web Design, Social Media Marketing and Graphics work.



YES, YOU CAN WRITE A BOOK IN AN AFTERNOON!

Dates: March 9

Days: Saturday

Time: 1 – 5 p.m.

Instructor: Cindy Bezas

Fee: \$67 + \$15 paid to the instructor

Location: Shields 103

If you are a business owner, executive, multi-level marketer, or entrepreneur of any kind, how do you become known as the expert in your field? Through

writing a book. Before you laugh at the thought of you writing a book, this class will show you how you can create an ebook for your field in one afternoon. The instruction will help you with a simple framework—even if you believe you can't brilliantly string two words together. In four hours, you will have dialed in your power-topic, organized the wealth of information you have, and have brought together an ebook of inspiration for others in your field. With your efforts by the end of class, you will have a draft ready for editing and eventual publication. Additional resources will be given to help you bring it to completion and publication on Amazon. You then can be known as a published author and expert in your field! Cindy Sue Bezas, M.S., has been published in books and articles, has spoken at national writing conferences, served as a board member on various national conference committees, and coached private clients in writing. She loves helping executives become known for their expertise.



HOW TO USE YOUR SKILL & TALENT TO TRAVEL FREE

Dates: April 27, 2019

Days: Saturday

Time: 9 a.m. - Noon

Fee: \$29 + \$15 (payable to instructor)

Location: Fine Arts 87

Instructor: Gina Henry

Don't miss this course offered only once a year where you'll discover the secrets to having the time & money to travel as much as you want. If you're retired, near retirement, changing

careers, or are a student, you'll learn hundreds of practical ways to free travel, enjoy fun work-vacations, and explore new moneymaking travel careers. Instructor Gina Henry teaches in 90 cities nationwide and shows you how she affords to travel 12 months a year, having visited over 80 countries and 40 states in the past 25 years. Earn free airline tickets, hotel nights, cruises, tours, car rentals, meals, & more. Maximize frequent flyer & reward points. Volunteer, mystery shop on vacation, get paid to drive, import, teach English, be a tour director, organize trips, start a business, write articles, shoot photos, and blog. Gina will cover the best travel web sites & smart phone apps, packing light, solo travel, family trips, safety, health, how to avoid scams, negotiation tips, & the top 50 words to know in any language to travel anywhere. Go to www.GinaHenry.com for more instructor information. \$15 materials fee paid to the instructor will get you Gina Henry's 100-page "TRAVEL FREE" book which normally retails for \$39.95 & provides all the companies, web sites & contact information you need.



THE SECRETS OF TRAVEL HACKING: FREE AIR, HOTELS & CASH-BACK

Dates: April 27, 2019

Days: Saturday

Time: 1 – 3 p.m.

Fee: \$25 + \$15 (payable to instructor)

Location: Fine Arts 87

Instructor: Gina Henry

Learn how to earn hundreds of thousands of frequent flyer miles & hotel reward points without ever stepping foot on a plane or paying for a hotel. Become your own "travel hacking" expert and learn how to earn reward points quickly & simply.

Redeem them for high-value trips. Flights and hotels are typically the most expensive part of your vacation budget - save thousands of dollars and travel the world to more places than you could have dreamed - for FREE! Instructor Gina Henry will show you her easy "Beginner Strategy" then graduate you to more advanced strategies that earn you 1 million+ reward points a year. All the major airline, hotel, and credit card reward programs will be detailed. Learn tips for flying business & first class - you may never have to fly coach class again. Instructor Gina Henry, founder of Go Global, Inc, has been a professional traveler for over 26 years and earns 15 FREE airline tickets and dozens of free hotel nights each year. Go to www.GinaHenry.com for more instructor information. \$15 materials fee paid to the instructor will get you Gina Henry's book which normally retails for \$29.95



BECOME A DIGITAL NOMAD! HOW TO CREATE YOUR MONEY-MAKING TRAVEL LIFE ON THE ROAD

Dates: April 27, 2019

Days: Saturday

Time: 3:30 – 5:30 p.m.

Fee: \$25 + \$15 (payable to instructor)

Location: Fine Arts 87

Instructor: Gina Henry

You no longer have to choose between work and travel - you can have both! Join thousands of individuals who are location-independent and making their travels

sustainable by earning a living as they travel. Pay zero rent or mortgage. You might never need to clean house again! Learn about jobs that support this lifestyle and the “how to” of living on the road -downsizing, putting your stuff in storage, getting mail, how to have a physical address, the RV lifestyle, timeshares, living on board a cruise ship, international living, long-term rentals, housesitting, office out-of-your-car or RV, getting wifi, and more. Instructor Gina Henry, founder of Go Global, Inc, has been a professional traveler for over 26 years, is location independent, and travels year-round. Go to www.GinaHenry.com for more instructor information. \$15 materials fee paid to the instructor will get you Gina Henry's book which normally retails for \$29.95



HATHA YOGA

Dates: January 30 – April 24, 2019

Days: Wednesdays

Time: 5:30 – 6:30 p.m.

Fee: \$99

Location: Rec Center Gym 231A

Instructor: Morgan Jenö

The promise of yoga postures includes balance, strength, flexibility, and the ability to calm the mind. If you are new to yoga or had yoga in the past and want to refresh the basics, this class is for you. Please come

with an empty stomach, loose clothing, bare feet, and that spark for a new and exciting class, and we will get started. We suggest bringing your own yoga mat but can furnish one if necessary. Note, there will be no class over Spring Break.



PIYO

Dates: January 22 – March 5

Days: Tuesdays

Time: 6 – 7 p.m.

Fee: \$75

Location: Gym 304

Instructor: Shawnee Kyle

Burn calories while transforming your body with PiYo! PiYo is a low impact cardio workout that combines Pilates, yoga, core conditioning, balance, strength, and fun. You will get results in this one hour, fast-moving, mind and body class.

Designed for all fitness levels, ages, and abilities, PiYo is taught by a licensed PiYo instructor. Modifications are available throughout the class, so everyone can participate. Progressions will also be shown to challenge yourself in more advanced moves. Students will

need to bring a yoga mat and wear comfortable clothing they can move in. There will be no class February 12.



KARATE

Dates: January 16 – May 29

Age: Adults and youth 14+ (acceptations made with instructor's approval)

Days: Mondays and Wednesdays, 6 – 8 p.m. & Saturdays, 9:30 – 11 a.m.

Fee: \$80 + plus \$25 gi purchase

Location: Rec Center 236

Instructor: Jesse Clark

Karate is an excellent way to help develop coordination, confidence, physical fitness, and mental strength while gaining valuable social skills.

Advanced students, who must be members of SKA association, will get a chance to learn additional techniques, attend meets and special events, and be taught by guest instructors. Shotokan Karate of America (SKA) has been teaching traditional Karate in the USA since 1955. SKA was founded by Tsutomu Ohshima, who was one of Master Funakoshi's last direct pupils, studying under him while attending Waseda University in Tokyo, Japan. Because of SKA's strong resolve to offer high-quality martial arts to the public, SKA has remained non-commercial and non-profit and continues to offer authentic, traditional martial arts instruction at affordable rates through more than 140 dojos across the United States and Canada with affiliates worldwide. Mr. Ohshima granted instructor Jesse Clark permission to instruct SKA in Twin Falls in 2011. Jesse Clark, sandan (3rd degree black belt), is the CSI head Karate and self-defense instructor for CSI. Jesse fought for the USA Team in France in 2014 and in Switzerland in 2017. Learn more at twinfalls.ska.org

KARATE FAMILY DISCOUNT!

After two sign-ups from the same family, each additional member only \$20. If your family qualifies and is interested, please contact Diane at 208-732-6442.



JUDO FOR BEGINNERS: THE GENTLE WAY

Dates: January 15– May 9

Days: Tuesdays and Thursdays

Time: 6:30 to 7:30 p.m.

Instructor: Bryan Matsuoka and Michael Easterling

Fee: \$70 + \$20 gi rental each session

Location: Rec Center 231A

Judo is an Olympic sport with a rich history and tradition based on mutual benefit for all, emphasizing self-respect, respect for others, and respect for property. It is a great sport for ages 8+ with built-in anti-bullying principles. Judo is an excellent sport for cross training,

as we teach you throws and ground techniques. Opportunities include local tournaments and guest teachers from the USA Elite Rosters. Students may begin this class at any time during the semester.



ADVANCED JUDO

Dates: January 15– May 9

Days: Tuesdays, Thursdays, and Saturdays

Times: Tuesdays & Thursdays: 7:30 – 8:30 p.m.
and Saturdays: 9 - 11 a.m.

Instructor: Bryan Matsuoka and Michael Easterling

Fee: \$80 + \$20 gi rental each session

Location: Rec Center 231A

This course is designed for Judo students interested in self-defense, recreational activity, competition, and rank advancement up to 5th degree black belt in the Olympic sport of Judo. This class will enable students to continue their studying

and cumulative learning with additional throwing and ground techniques, submission holds, arm locks, formal judo kata or forms/demonstrations, and lifestyle. You will also have opportunities to travel to regional and/or national events with the group. Pre-requisite includes instructor approval, judo gi (uniform), and United States Judo Federation and Club membership (\$70/year). Students may begin this class at any time during the semester with permission from the head instructor.



REIKI LEVEL ONE: TRAINING & ATTUNEMENT

Dates: March 9

Days: Saturday

Time: 9 a.m. to 4 p.m.

Location: Shields 107

Instructor: Sandy March

Fee: \$199

Reiki is a simple, natural, and safe method of spiritual healing and self-improvement that everyone can use. In this class, you will learn the skills necessary to be able to

work on yourself, your family, friends, and pets. You will also learn the basics of energy, the history of Reiki, what Reiki is and is not, and have lots of hands-on practice. You will receive your Level I Reiki certificate upon completion of this class.



REIKI LEVEL TWO: TRAINING & ATTUNEMENT

Dates: April 13

Days: Saturday

Time: 10 a.m. to 2 p.m.

Instructor: Sandy March

Fee: \$299

Location: Shields 107

Reiki Level II gives you the ability to work on yourself, family members, and the public. It also gives you the ability to do distant Reiki healing. We will discuss and focus on healing intuitively. Please plan on lots of

hands on practice.



REIKI LEVEL THREE: TRAINING & ATTUNEMENT

Dates: May 4

Days: Saturday

Time: 10 a.m. to 4 p.m.

Fee: \$379

Location: Shields 107

Instructor: Sandy March

This course is for individuals who have taken both Reiki: Level One and Reiki: Level Two and are interested in this special offering of Reiki Level

Three: Master Training and Attunement class. IARP Certification will be awarded after completion. Students will learn advanced Reiki concepts and how to pass attunements that allow them to become a teacher.



LADIES ENHANCED CONCEALED WEAPONS TRAINING

Dates: April 6-13

Days: Saturdays

Time: 8 a.m. – 5 p.m. (Break for lunch)

Fee: \$50

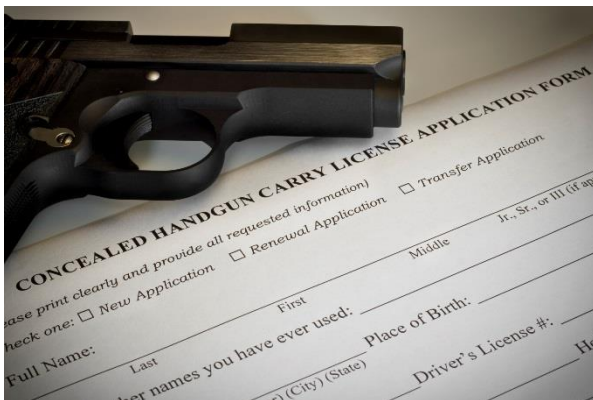
Location: Twin Falls County Office

Classroom/Range

Instructor: Sgt. Rick Beem

This is a course for ladies interested in a comprehensive overview of the responsibilities and

issues in carrying a concealed weapon. Topics include Idaho law, firearms safety, marksmanship, defense shooting, awareness, ballistic consideration, use of force issues, legal process, your actions pre-and post- incident, and firearm qualification. The first Saturday, April 6th, will be out on the range to become familiar with your firearm and experience with handling. This day will also be good for those ladies that already have their License but want more experience with handling and firing. There will be some extra firearms for those ladies that have not yet purchased a firearm. (\$10 rental fee and you will need to bring your own ammunition) The second Saturday, April 13th, will be the 4 hours in class, with 4 hours shooting at the range to prepare to obtain an Enhanced Concealed Weapons License. Additional detailed information will be emailed after registration.



MEN'S ENHANCED CONCEALED WEAPONS TRAINING

Dates: May 4 - 11

Days: Saturdays

Time: 8 a.m. – 5 p.m. (Break for lunch)

Fee: \$50

Location: Twin Falls County Office

Classroom/Range

Instructor: Sgt. Rick Beem

This is a course for men interested in a comprehensive overview of the responsibilities and issues in carrying a concealed weapon.

Topics include Idaho law, firearms safety, marksmanship, defense shooting, awareness, ballistic consideration, use of force issues, legal process, your actions pre-and post-incident, and firearm qualification. The first Saturday, May 4th, will be out on the range to become familiar with your firearm and experience with handling. (Bring your own ammunition, approx. 200 rounds) Hearing and eye protection is mandatory for both days on the range. The second Saturday,

May 4th, will be the 4 hours in class, with 4 hours shooting at the range to prepare to obtain an Enhanced Concealed Weapons License. Bring your own holster and ammunition, at least 100 rounds. Additional detailed information will be emailed after registration.