

CONTINUING EDUCATION

Live to Learn!

SUMMER 2024

206.934.3705 | www.learnatnorth.org



Registration Opens
May 13

Qigong Meditation

Volume 18, No. 3

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the Avant-Garde**
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Dive Into Learning This Summer!

Summer is the ideal time to explore new learning opportunities, and continuing education classes at North Seattle College provide a pathway for personal and professional growth. Whether you're looking to enhance your skills, explore a new hobby, or revisit past interests, enrolling in a class this summer can be a transformative experience. Since 1970, we've provided lifelong learning to the community, and we look forward to spending the summer with you!

Registration Begins May 13.

Register Online Anytime
www.learnatnorth.org

TWO EASY WAYS TO REGISTER

- 1 **ONLINE** www.learnatnorth.org
- 2 **PHONE** 206.934.3705

Continuing Education Policies

- 100% refund if a class is cancelled by North.
To cancel a registration, contact the Continuing Education office by email at least two business days prior to the start of class. You will be refunded 100% of the class fee.
- Students under 18 years must obtain permission to enroll.
- Payment is due upon registration.

Inclement Weather and School Closure

- If we must cancel sessions due to weather or other emergency-related events beyond our control, we'll make every effort to reschedule. However, we cannot guarantee makeup hours for classes cancelled as a result, nor can we provide refunds.
- Register for the Campus Alert system at www.getrave.com/login/seattlecolleges. Click register button, then create an account and opt-in to receive text messages.
- You may also contact us at 206.934.3705 for updates or check for North closure announcements at www.learnatnorth.org.

SUMMER QUARTER OFFICE HOURS

Continuing Education	SUMMER QUARTER: 6/24/2024 – 8/16/2024
North Seattle College	OFFICE HOURS: Mon-Thu 8:30AM – 5:00PM
9600 College Way North	Fri 9:00AM – 4:00PM
CC Bldg Room 1152	HOLIDAY: 7/4/2024 Independence Day
Seattle, WA 98103-3599	

Jazz Ensemble Concert

Join us on campus starting at 8 p.m. on June 5 for a live concert. The concert is free, so bring the whole family. Directed by Fred Radke and featuring Vocalist Gina Funes. Check our website for the event location.

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View most recent class listings and register online at www.learnatnorth.org or call 206.934.3705.

ARTS

2D ARTS

Abstract Watercolors ★

Combine the expressive, personal, object-free vision of abstraction with the smaller intimate beauty of watercolors. The focus of this class is on the elements of design, color and harmony, line and shape while creating an exciting and compelling painting that expresses a personal inner vision. Often alluding to nature or a state of mind, Abstract Watercolors will carry the painter to the beauty of feelings, spirit, and imagination. There will be no class on 7/23.

13791 6/25/2024 - 8/13/2024 6:00 - 9:00PM 7 ses Tu
Hamburger North Campus Continuing Ed 3201 \$235

Advanced Abstract Watercolors ★

Continuing our journey in self-expression through Abstract Watercolor we will explore additional techniques such as using masking fluid and salt to expand our expressive toolboxes. We will also start to explore working in bodies of work to explore concepts in more depth. Class discussions will include framing and display options. Prerequisite: some watercolor experience and knowledge of color theory will be helpful. There will be no class on 7/23.

13793 6/25/2024 - 8/13/2024 10:00AM - 1:00PM 7 ses Tu
Hamburger North Campus Continuing Ed 3201 \$235

Landscape Painting with Oils ★

Explore the world you see beyond four walls through the tradition of plein-air painting. Students will learn how to prepare canvas, panel, and paper, and to set up and mix oil paint on site. You will learn a variety of painting techniques and concepts to express what you observe in the landscape, including abstracting from what you see and working from memory. We will traverse the North Seattle College campus and adjacent Licton Springs, finding inspiration in the various sites. Anticipate some walking and carrying materials in a bag or backpack. There will be no class on 7/4.

14030 6/25/2024 - 8/13/2024 6:00 - 8:00PM 8 ses Tu
Norsworthy Arranged \$180
14032 6/27/2024 - 8/15/2024 11:00AM - 1:00PM 7 ses Th
Norsworthy Arranged \$160

Landscape Drawing ★

If you love exploring the natural world during the summer months and would like to learn how to express what you see in the landscape through drawing, you may enjoy this class for students of all skill levels. We will make weekly outings into the immediate landscape of the North Seattle Campus and adjacent wetlands and garden areas, becoming familiar with a variety of materials and techniques to record what we observe. We will look at examples of landscape drawing throughout art history for inspiration and contemporary work that explores the potential to abstract from the landscape we perceive. This class involves walking short distances carrying materials, so dress, accordingly, wear comfortable shoes, and bring a backpack or bag.

14025 6/25/2024 - 8/13/2024 11:00AM - 1:00PM 8 ses Tu
Norsworthy Arranged \$180
14027 6/26/2024 - 8/14/2024 6:00 - 8:00PM 8 ses W
Norsworthy Arranged \$180

★ Visit the [online class listing](#) for more information on textbooks, supply lists or materials fee.

Mixed Media Self Abstraction ★

Explore multiple mediums and new techniques to aid in self-expression. Learn to combine mediums: watercolor, acrylic, collage, pencil, oil pastel, and ink. Explore the use of symbols, written words, texture, drawing, and the use of representational images. 2D abstract class experience is helpful. There will be no class on 7/24.

13794 6/26/2024 - 8/14/2024 10:00AM - 1:00PM 7 ses W
Hamburger North Campus Continuing Ed 3201 \$235

Figure Drawing ★

Experience drawing the human figure with the guidance of a skilled artist who works and teaches in the traditional, time-honored way. Hone your drawing skills as you work from 20-minute poses. Join a community of figure drawing artists to practice proportion, posture, structure, and movement of the human form. Draw male and female models and improve the connection between what you see and what you render. This class provides an open studio learning environment with plenty of critique and practice. Previous drawing experience is recommended. There will be no class on 7/5.

9899 6/28/2024 - 8/16/2024 6:30 - 8:30PM 7 ses F
Chubotin AS Bldg Room 1532 \$182

NEW Russian Art of the Avant-Garde

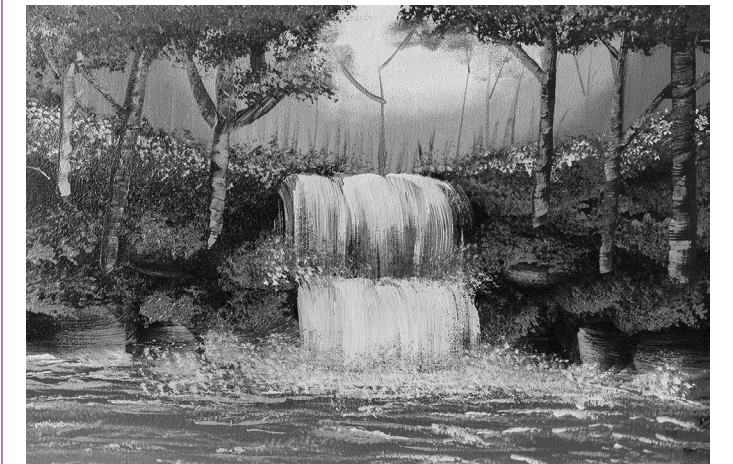
The focus of this class is on the constellation of artists who constituted what is historically called "the Russian avant-garde," which covers circa 1890-1935. The course is synthetic and advances by examination of ideas and "isms" as well as by familiar names and masterpieces. Although certain individuals and concepts (such as futurism, Malevich and Suprematism, Rodchenko and Constructivism) remain central, the course seeks to be comprehensive and analyze avant-garde practices that go beyond visual arts, i.e. the avant-garde literature, cinema, dance, as well as to place these regional artistic achievements within an international context.

14238 7/1/2024 - 7/15/2024 6:30 - 8:30PM 3 ses M
Seliarniova CC Bldg Room 3346 \$120

NEW Watercoloring Watery Landscapes ★

In this beginner to intermediate watercolor class students will paint watery landscape scenes. There is an emphasis on learning how to paint still and flowing water. Students will learn techniques to produce landscapes including watercolor techniques, color mixing, composition, how to create light and reflectivity, and how to create texture for different kinds of water. The first few classes will be held inside the classroom. Students will also get the chance to practice painting plein air as they paint from the wonderful water features on campus. Come let your watercolor paint flow.

14247 7/1/2024 - 7/22/2024 6:30 - 9:00PM 4 ses M
Bundi ED Bldg Room 2843A \$120



NEW Watercoloring Garden Veggies and Fruits ★

It is that time of the year when gardens are full of life. Come to this six-week class to learn how to watercolor produce and fruit. In this beginner to intermediate level class students will learn how to create a harmonious color palette, techniques that produce realistic and accurate paintings, an understanding how light reveals form, and how to improve their observational and visual interpretation skills. Explore how to create dynamic compositions. Come paint summer’s bounty.

14270	7/10/2024 - 8/14/2024	6:30 – 9:00PM	6 ses	W
Bundi	ED Bldg Room 2843A			\$180

Summer at Seattle Art Galleries

What better way to celebrate the vibrant imagery of summer than to explore the art galleries in Seattle. In this course we will meet weekly at local art galleries to hear talks, tour the space, and ask questions about the work. Following each visit, we will gather for afternoon tea or coffee to discuss the art and share interests. A sampling of galleries includes Stonington, Greg Kucera, Foster/White, Azuma, Davidson, Harris/Harvey, ArtX Contemporary, Patricia Rovzar, J. Rinehart, Gray Sky, and Steinbrueck Native Gallery. Whether you are a seasoned gallery visitor or a newcomer, you are welcome to take part in this harbinger of summer as you experience the art scene in Seattle.

13811	6/26/2024 - 7/17/2024	12:30 - 2:30PM	4 ses	W
John	Off Campus; Arranged			\$90

Charcoal Drawing ★

Learn the basics of charcoal in this introductory drawing class. We will explore reduction and additive techniques while working from observation and still lives. Push and pull light by examining tonal values. We'll focus on the building blocks of drawing including composition, line, shape, value, proportion, and gesture. Designed for all levels.

13606	7/11/2024 - 8/15/2024	6:00 - 8:00PM	6 ses	Th
Johnston	North Campus Continuing Ed 3201			\$135

Watercolors for Beginners ★

Expand your creative expression by learning how to paint with watercolors. Learn the basics of traditional watercolor techniques while exploring how to combine watercolor with other media and materials such as ink and graphite. Explore and get inspiration from great art.

13797	7/13/2024 - 8/3/2024	1:00 - 3:00PM	4 ses	Sa
Chubotin	AS Bldg Room 1530			\$105

Calligraphy for Beginners and Beyond ★

Learn to use calligraphy pen and inks, and practice a simple, classic lettering style. Some historical background and information on additional tools and materials will be included. Simple design techniques will be included as lettering skills progress. This is a beginning class: no previous instruction or experience with calligraphy is needed. A learning kit will be available to purchase from the instructor. Some practice time outside of class will be encouraged.

13471	7/27/2024 - 8/10/2024	10:00AM - 1:00PM	3 ses	Sa
Callaghan	Huston H5 Bldg Room 2536A			\$120

Linocut Printmaking Workshop for Beginners ★

Explore linocut relief printmaking and print multiple copies of an image. Students will learn the fundamentals of making black-and-white relief prints. This workshop will cover block preparation, transferring an image onto the block, carving techniques, and the printing process. Participants will leave with prints and with a carved linoleum block which can be used to make more prints. No experience necessary.

14342	8/12/2024 - 8/12/2024	6:00 - 9:00PM	1 ses	M
Shojaie	IB Bldg Room 1308			\$100

★ Visit the online class listing for more information on textbooks, supply lists or materials fee.

3D ARTS

Jewelry Special Projects ★

Practice your jewelry making skills with help and mentorship from an experienced instructor; this student-driven class focuses on problem-solving individual projects the students are working on. Enjoy camaraderie and artistic accomplishment by working with other experienced jewelers. Must have taken North Seattle Beginning Jewelry class or equivalent.

14464	6/25/2024 - 7/23/2024	6:00 - 9:00PM	5 ses	Tu
Quarles	AS Bldg Room 1633			\$218

Intermediate and Advanced Ceramics ★

Take your ceramic exploration to the next level and improve your wheel throwing and hand building skills. Improve technique with more challenging forms, participate in group critiques, and learn more about the ceramics process like loading, firing, and glaze varieties.

14492	6/26/2024 - 8/14/2024	6:00 - 9:00PM	8 ses	W
Fultz	AS Bldg Room 1630			\$336

Beginning Ceramics ★

Transform a lump of clay into a piece of art. Using basic wheel-throwing and hand-building methods, learn to create cups, bowls, boxes, and more. Individualized instruction and demonstrations of the technical underpinnings will give you a strong foundation in the ceramic arts.

There will be no class on 7/6.

9918	6/29/2024 - 8/10/2024	9:30AM - 1:30PM	6 ses	Sa
Hong	AS Bldg Room 1630			\$336

There will be no class on 7/6.

9919	6/29/2024 - 8/10/2024	2:00 - 6:00PM	6 ses	Sa
Hong	AS Bldg Room 1630			\$336

3D Wood Carving for Beginners ★

During this class you will carve two three-dimensional figures or objects. The instructor has been practicing the art of wood carving for many years and will show you how to go about it. He will show you the different tools to use and what woods to choose for your two projects. This is the perfect place to start as a beginning wood carver.

14340	7/1/2024 - 7/15/2024	6:00 - 9:00PM	3 ses	M
Shojaie	IB Bldg Room 1308			\$225

Beginning Jewelry Fabrication ★

Learn how to produce your own jewelry design. We'll practice basic metal fabrication and silver soldering techniques with non-ferrous metals and stones to create finished jewelry pieces.

13456	7/10/2024 - 8/14/2024	6:30 - 9:30PM	6 ses	W
Mohyuddin	AS Bldg Room 1633			\$340

NEW Soldering Chain Bracelet Workshop

In this class, you will create a unique, handcrafted chain bracelet from copper and brass wire! We will cover several common styles of chain, different strategies for forming, cutting, and texturing links, basic soldering procedures for chain-making, and how to patina and polish your work so that you can create something entirely your own. Go dainty and delicate, or chunky and textured the sky is the limit. Class will be structured with morning and afternoon demos on the first day, and a shorter morning-only demo on the second day to maximize work time.

14899	7/13/2024 - 7/14/2024	10:00AM - 4:00PM	2 Ses	Sa, Su
Alexander	AS Bldg Room 1633			\$190



NEW Hollow Form Workshop

Hollow construction is a method of metal fabrication that allows for dimensional and lightweight forms at scales otherwise too difficult or heavy fabricate. In this weekend workshop, learn how to create structure with sheet metal by making a hollow construction ring. By integrating techniques like piercing, texture, scoring and bending, and forming, students will understand how sheet metal moves while strengthening fabrication and soldering techniques, resulting in a unique, 3D wearable object.

14303	7/20/2024 - 7/21/2024	10:00AM – 4:00PM	2 Ses	Sa, Su
Mohyuddin	AS Bldg Room 1633			\$190

Spoon Carving for Beginners ★

In this workshop, students will carve a simple kitchen spoon and a love spoon. Students will also learn basic knowledge and techniques of wood carving such as wood selection, carving characteristics, preparing blanks, basic carving techniques, and traditional oil finish, which are essential to know for their future word carving projects. No previous wood carving experience required.

14341	7/22/2024 - 8/5/2024	6:00 - 9:00PM	3 ses	M
Shojaie	IB Bldg Room 1308			\$225

Oaxacan Carving ★

Anyone who has been to Mexico has seen these wildly painted carved animal figurines. In this introductory carving class Saman will teach the student how to carve and paint them for themselves. During the class, Saman will discuss and demonstrate tool use, as well as sharpening and honing techniques to keep your tool edges razor sharp. Once the carving is complete the real fun begins as your imagination is free to paint the figures as brightly and wildly as you like. Saman also happens to be an excellent painter and will show the students various ways to make their creations unique.

14344	8/2/2024 - 8/16/2024	6:00 - 9:00PM	3 ses	F
Shojaie	IB Bldg Room 1308			\$225

CRAFTS

Beginning Sewing ★

No more struggling through sewing projects; learn to sew the fun and easy way. Practice pattern reading, choosing the right fabrics, and laying out fabric to create a finished piece you can be proud of. Whether you want to redecorate your home, make crafts or clothes, we'll get you stitching in the right direction. You will sew three projects in class; fabric and patterns for each project provided by the instructor. This class is not open to students under the age of 18. There will be no class on 7/4.

13753	6/27/2024 - 8/15/2024	6:30 - 9:00PM	7 ses	Th
Johnson	CC Bldg Room 3357			\$195

Beginning Sewing II ★

Using a commercial home sewing pattern, learn to create a professional-looking garment from start to finish, using more design elements including collars, sleeves, buttonholes, seam finishes, and more. For inspiration, bring a few photos of designs you've been dying to sew; we'll use applications and techniques employed in the ready-to-wear garment industry to make your garment come alive. Please bring your sewing machine in good working order, power cord, foot control, bobbins, operator's manual (if available), sharp scissors, tape measure, and straight pins. You will make a garment in class using a provided pattern and take a second pattern with you. Fabric and trims will be provided. Previous sewing experience and sewing machine knowledge/operation is required. This class is not open to students under the age of 18. There will be no class on 7/6.

13756	7/20/2024 - 8/10/2024	9:00AM - 2:00PM	4 ses	Sa
Johnson	CC Bldg Room 1254B			\$230

NEW Slow Stitch Wearable Art ★

Wear your ART on your sleeve. Join us to learn the easy and meditative art of slow stitching in a relaxed and supportive environment. In this workshop you'll learn all you need to transform your tired clothes into wearable works of art. Bring your favorite jacket, t-shirt or pair of jeans and learn how to transform it with a few simple and accessible stitches, tools, and techniques. Each participant will leave the class with a unique refashioned garment as well as lots of ideas and resources for future stitching success. The class is for both beginner and advanced stitchers.

14294	8/8/2024 - 8/8/2024	6:30 – 8:30PM	1 ses	Th
St-Pierre	IB Bldg Room 1308			\$55

PHOTOGRAPHY

Photography Basics: Techniques and Art ★

Have you used your digital DSLR or digital mirrorless camera automatically, but want to learn how to use its full creative potential? Learn the basics of camera operation: f-stops, shutter speeds, iso, white balance, lenses, exposure metering, filters, and flash, in this introductory color class. Class includes two Sunday field trips with instructor 7/14 and 7/21 (details given in class).

13786	7/10/2024 - 7/31/2024	7:00 - 9:00PM	4 ses	W
Stahl	Online; Zoom			\$150

Using Available Light: Intermediate Photography ★

Explore Light's many facets: backlight, window light, soft light, mountain light, artist's light, storm light, quiet light, and many more including mist, fog, and twilight. Learn how to anticipate and interpret Light as it creates shape, line, texture, and perspective in a photograph. Intermediate class. Class includes two Sunday field trips with instructor 7/21 and 7/28 (details given in class).

13790	7/13/2024 - 8/3/2024	9:00 - 11:00AM	4 ses	Sa
Stahl	Online; Zoom			\$150

MUSIC

Beginning Guitar 1 ★

Pick up the guitar and play. Learn chords, strum patterns, tablature, and notes while learning songs. Pick up some basic theory. Have fun while learning the fundamentals that make guitar playing rewarding in this comfortable class environment.

9926	6/25/2024 - 8/13/2024	7:00 - 9:00PM	8 ses	Tu
Kohl	HS Bldg Room 2634A			\$185

Ukulele for Beginners ★

Start strumming right away as you learn to play the ukulele in a relaxed and fun atmosphere. Curriculum includes traditional and contemporary Hawaiian music as well as popular songs. Focus will be on basic strums and chords set to new songs each week. Bring your soprano, concert, or tenor ukulele to class. Start making music. A few ukuleles are available to rent. See the website for details.

9920	7/3/2024 - 8/14/2024	6:30 - 8:30PM	7 ses	W
Klopich	HS Bldg Room 2634A			\$160



Introduction to Afro-Caribbean Drum & Dance

Come explore the mystery, power, and elegance of Afro-Caribbean drumming and dancing. This all levels workshop will provide you with a great introduction to Afro-Caribbean rhythms and further develop your rhythmic skills. Perfect for the beginning to intermediate drummer. We explore hand technique, timing, and fun to play polyrhythms. We'll also explore songs that go with the drumming and some beginning dance moves that correspond directly to the polyrhythms. Drums provided, includes notes on the rhythms and songs.

13460	7/10/2024 - 7/17/2024	7:00 - 8:30PM	2 ses	W
Cisneros	CC Bldg Room 1161			\$40

WRITING

Freelance Writing for Fun and Profit

Make money, influence others, and express yourself with freelance writing. Learn to write compelling stories for magazines, blogs, and websites. 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.

9913	7/8/2024 - 7/22/2024	6:30 - 8:00PM	3 ses	M
Dubois	Online; Zoom			\$105

Craft & Create: Writing in Community

We'll help you shape and draft a writing project. This class is for people at every stage of the writing process, whether you are brainstorming ideas for a story, just beginning to structure a novel, or already have a draft to revise. We'll be using our different perspectives as a published author and book editor to teach the craft of story structure, dialogue, scene writing, etc. Our goal is to help you develop your own voice and vision to create writing in a supportive and responsive community.

13468	7/10/2024 - 7/31/2024	6:30 - 8:30PM	4 ses	W
Ma	Online; Zoom			\$140

NEW Let's Write a Mystery

A mystery is a story that has some form of crime at the heart, often a murder or other 'significant' crime. Readers love to try and solve the puzzle the writer creates. So how do we write one? This workshop will cover sub-genres of mystery, mystery characters, how to plant clues and red herrings, how to plan the crime and set up suspects, plus pulling it all together into a page turner. There will be no class on 7/18.

14304	7/10/2024 - 7/17/2024	6:30 - 8:30PM	2 ses	W
Hall	Online; Zoom			\$65



Free-Writing Workshop

Discover a gentle, safely supportive approach to writing. With creative writing tips and prompts focused on healing through writing, we will free-write together for about 12-minute sessions without worrying about grammar, punctuation, or spelling. Then participants read out loud what they wrote if they want, and participants respond with only supportive feedback regarding what they liked best and why. Writing can be in first or third person, nonfiction, or fiction. Beginning and ongoing writers are all welcome. There will be no class on 7/18.

9908	7/11/2024 - 8/22/2024	6:30 - 8:30PM	6 ses	Th
Peizer	Online; Zoom			\$160

NEW Confessions of a Writing Contest Judge

Winning a contest can be the thrill, validation, and encouragement a writer needs to keep writing. Contest submissions can also be excellent practice ground for submitting work to an editor or agent. How does a writer submit a manuscript that will rise above all the other entries to be a winner? Learn how to select a contest, how to avoid 'fake' contests, and leave with five tips for getting their work recognized and five things to avoid when entering a writing contest. Instructor has judged (and entered) numerous writing contests for both youth and adults. Come and learn what you can do to help your entry rise to the top.

14305	7/24/2024 - 7/24/2024	6:30 - 8:30PM	1 ses	W
Hall	Online; Zoom			\$40

ENRICHMENT

NATURE & SCIENCE

NEW Birds of Jetty Island

Join us for a birding adventure in Everett at one of the richest birding areas accessible by ferry. Jetty Island hosts shorebirds, terns, flycatchers, sparrows, and Osprey abound. We will catch a morning ferry and explore the island on foot. Our focus will be on identification and enjoyment of all the species the island supports.

14307	7/18/2024 - 7/18/2024	6:30 - 8:30PM	1 ses	Th
Rose	Online; Zoom			\$75

ENTERTAINMENT

Flying Saucer Cinema

This classic science fiction film appreciation class showcases beloved films that cry out for viewing in a group setting the way they were first presented to the world. Each week will bring something new, films ranging from Golden Age sci-fi of the 1950s and 60s to the dystopian science fiction of the 1970s and occasional forays beyond. Co-hosts Eric Cohen and Mark Daniels will be your guides and provide you with film information, trivia, and lively post-screening discussion every week. We start off the Summer Quarter with the chilling pre-code horror classic Dr Jekyll and Mr. Hyde. Our second offering is Destination Moon, which ignited the science fiction craze of the 1950s. Next up is I Married a Monster from Outer Space—talk about fraught gender dynamics! We conclude with a 1980s schlock treasure, King Kong Lives. Whether you are a seasoned science fiction film buff or simply want to put your head in a different place for a couple of hours every week, this will be an engaging, fun adventure of a class you won't want to miss.

14308	6/26/2024 - 7/17/2024	7:00 - 9:00PM	4 ses	W
Cohen, Daniels	LB Bldg Room 1207			\$79

PERSONAL

First Time Homebuyers Class

Join us as we demystify the entire home buying process from A to Z, and learn what it truly takes to win a deal in this rapidly changing housing market. Whether you are brand new to the process or have been around the block, this class will teach you how to gather data points, analyze a property, and know what to expect from the process. Educate yourself with the tools to win.

13459	7/9/2024 - 7/9/2024	7:00 - 8:30PM	1 ses	Tu
Cisneros	ED Bldg Room 0843A			\$50

NEW How to Sell Your House

Learn what it takes to sell your home in today's rapidly evolving housing market. This course will cover how to prepare your home for sale, the pros and cons of hiring a real estate agent, how to sell for the highest price in the least amount of time, and tips on what home improvements you should and should not do.

14309	7/16/2024 - 7/16/2024	7:00 - 8:30PM	1 ses	Tu
Cisneros	ED Bldg Room 0843A			\$50

People and Money - Rock Your Retirement

This class teaches financial literacy. The goal of this class is to enable you to develop an investment strategy that you confidently control and manage to meet future financial needs. Learn how the stock market works and how to use it to help fund your retirement. The same knowledge can help you understand how to choose a life insurance plan, prepare your children's college tuition funding, use health saving accounts, buy a home, and plan your estate. Rock Your Retirement will cover real-life investment products and strategies. Every investment choice involves risk. Therefore, you will also take time to understand your own priorities and concerns better. What makes one investment choice more appropriate than another? What do you need to thrive in retirement? How do you handle financial emergencies? What current and future obligations might impact your decisions? People of all backgrounds are welcome.

13469	7/17/2024 - 8/14/2024	6:30 - 8:00PM	5 ses	W
Kim	CC Bldg Room 3346			\$112

Credit Tips for Homebuyers

Can you pay cash to buy a house? Few people can, so you will need a loan to buy that house. But to qualify for that loan, you must have good credit or a history of managing your money responsibly. If you are recovering from divorce, foreclosure, or bankruptcy, buying that home can seem like a dream. But it need not be. Learn from a mortgage planner what actions you can take to improve your credit and your chances of getting a home loan.

13796	8/3/2024 - 8/3/2024	1:00 - 4:30PM	1 ses	Sa
Remilien	Online; Zoom			\$60



Understanding Trauma-Critical Foundations to Know

From being Overwhelmed to Acute Stress Disorder to PTSD, Complex Trauma and Dissociation, trauma is as much part of the human experience as is loss, grief, and identity. The history of Trauma understanding, and intervention has been filled with avoidance, misunderstanding and hype. "Trauma" has become a buzz word and in today's environment there is a lot of confusion, conflicting information, over-simplification, and just plain misinformation at personal and professional levels. We will look in depth at critical dynamics of trauma and how these dynamics impact us and integrate into our daily lives. We will look at interventions for healing (options, risks, outcomes) and how important the "contexts" of the trauma experience are in influencing our lives and how crucial is the "human element" for recovery and healing. The goal of this course is to provide an overall framework for understanding trauma with the full range of trauma addressed and providing "functional" and helpful information for attendees. This course has been found to be of value for persons from all backgrounds (professional and personal).

14457	7/11/2024 - 8/15/2024	6:30 - 8:30PM	6 ses	Th
Sideman	Online; Zoom			\$175

Introduction to Feng Shui

There was no formal architectural study in ancient China. Feng Shui was the school of study and practice in architecture. Almost all constructions in ancient China were site selected, designed, and built according to Feng Shui rules, as small as a domestic house and as large as a capital city. Since the 60s of the last century, the study of Feng Shui has become popular in the western world. Basically, Feng Shui is categorized in two schools, namely the Form School and the Compass School. The Form School deals with the natural landscape and environment while the Compass School deals with time and direction. Feng Shui is not religious nor superstitious, which can be studied in a very logical manner. This course is a very brief introduction when participants will learn about the underpinning elements of Feng Shui principles, such as Tai Ji, trigrams, He Tu, Lo Shu, I Jing, five elements, heavenly stems and earthly branches etc. and then knock on the doors of the two schools of Feng Shui. The class will be conducted with emphasis on science and logic. After this course is completed, a more comprehensive course on Feng Shui techniques will be organized, depending on the interest and enthusiasm of the participants.

13477	7/13/2024 - 7/13/2024	2:00 - 5:00PM	1 ses	Sa
So	HS Bldg Room 2634A			\$70

Welcome to Medicare

Need help understanding Medicare? Current and new beneficiaries, those who are soon eligible and anyone who wants to learn more about Medicare health coverage should sign up. Various plan options, prescription drug coverage, supplements, and ways to get help paying for Medicare will be discussed.

13795	7/20/2024 - 7/20/2024	9:30 - 11:30AM	1 ses	Sa
SHIBA Instructor	Online; Zoom			Free

Introduction to Human Design

Unlock the details of your unique energetic blueprint—your Human Design. Learn the core elements of Human Design, including your aura type and strategy, inner authority for decision-making, and the significance of your nine energy centers, based on the Chakra system. Decode your unique interpersonal communication style using the six profile lines drawn from the I'Ching, and learn how to align your energy with the universe, shedding societal conditioning to lead a more authentic life. Plus, use your Human Design to complement your astrological natal chart for a holistic self-discovery experience. Unveil your true potential and gain profound self-awareness in this transformative journey of personal development.

9922	8/10/2024 - 8/10/2024	11:00AM - 1:00PM	1 ses	Sa
Paige	CC Bldg Room 3349			\$70

Forest Bathing

Inspired by Shinrin-yoku, the Japanese practice of “Forest Bathing” supports health and wellness through immersion in natural environments. This experience will guide you through a sequence of invitations to slow down and use your senses to interact with the natural world. Invitations are open-ended. There is no expectation for what participants should experience or receive, though often mentioned is a reduction in stress, as well as increased feelings of overall well-being, creativity, a sense of calm and stillness while also feeling more alive. This is not a hike or meditation, but best described as a slow meander. This experience is ideal for people who are comfortable traveling on uneven, unpaved terrain; though we can easily adapt for anyone with more limited mobility (fatigue, uneven gait, use of walker or cane). This class will meet at Licton Springs Park near the college, 9536 Ashworth Avenue N., Seattle, WA 98103. Please meet on the corner of 95th and Densmore.

10002	8/10/2024 - 8/10/2024	10:00AM - 12:00PM	1 ses	Sa
Huljev	Off Campus Arranged			\$50

TRAVEL

Camino de Santiago (St. James Way) Walking Ancient Sites of Europe

Whether you like learning about other people, their language, history, or culture this class featuring Camino de Santiago (St. James Way) just might be for you. Learn the ins and outs for exploring this European vacation destination. From selecting the right equipment for light travel to identifying and navigating the route that suits you and the best places to visit, eat and more will be covered.

13856	7/13/2024 - 8/17/2024	9:00 - 10:00AM	6 ses	Sa
Rzhondkovsky	Online; Zoom			\$75

FITNESS

EXERCISE

Strength and Conditioning

Get fit and have a blast. Interval training blends strength and cardiovascular circuits using body weight, dumbbells, and a variety of equipment. This 90-minute class provides full-body conditioning and will target strength, balance, cardio, and flexibility.

14044	6/25/2024 - 8/13/2024	6:00 - 7:30PM	8 ses	Tu
Brenith	WC Bldg Room 0827D			\$147

Adaptive Fitness

A gentle approach to exercise, this class improves strength and flexibility though mild to moderate exertion. We will complete a workout in class. While all students will work the same muscle group at the same time for comradery, each student will perform custom exercises. Options for exercise standing, seated, and laying down are provided, and the instructor will work directly with students to find the most comfortable option for them. A good class for those who want hands on adjustments and one on one attention from a fitness professional. Those with past balance or injury troubles welcome.

14047	6/26/2024 - 8/14/2024	6:00 - 7:00PM	8 ses	W
Brenith	WC Bldg Room 0827D			\$100



Zumba

Zumba is an energetic class that combines Latin dance styles with cardio for a body-sculpting workout. With easy-to-follow dance steps, the class fuses Latin and international rhythms with fast and slow beats to create a routine that tones and sculpts your body while burning fat.

13470	7/20/2024 - 8/24/2024	9:00 - 10:00AM	6 ses	Sa
Henricksen	Off Campus: Greenwood Masonic Lodge			\$96

DANCE

Ballroom Basics and Beyond

This class will focus on two dances. Learn the basics and more to the smooth, dramatic Tango. Then move to the Latin rhythms of the sassy, upbeat Cha Cha. This class is perfect for the beginner and the continuing learners. There will be no class on 7/4.

14306	6/27/2024 - 8/15/2024	6:30 - 7:30PM	7 ses	Th
Boarman	WC Bldg Room 0827D			\$112

East Coast Swing

Join us for fun, lively, versatile swing. Learn the basics and more. At the end of this session, you’ll be ready to grab a partner and hit the dance floor. Wear comfortable shoes that stay on your feet. Singles and couple’s welcome. This price is for one person. There will be no class on 7/4.

13462	6/27/2024 - 8/15/2024	7:35 - 8:35PM	7 ses	Th
Boarman	WC Bldg Room 0827D			\$112

NEW Beginning Ballet for Adults

Join a welcoming, moderately paced course for students with or without previous dance experience. We’ll begin with basic movements at the barre to develop a fundamental understanding of ballet technique, then practice simple exercises across the floor.

14384	7/1/2024 - 8/12/2024	6:00 - 7:00PM	7 ses	M
Flores	WC Bldg Room 0827D			\$85

MOVEMENT

Tai Chi Ruler: Simple Exercises for Health and Longevity

Tai Chi Ruler (Chih) is a form of Taoist Yoga (Dao-yin) that features 12 easy-to-learn exercises and is easier to learn than Tai Chi. Tai Chi Chih is a complete low-impact aerobic system that relieves stress, improves respiration, increases circulation, and enhances neuro-muscular coordination.

9914	6/25/2024 - 8/13/2024	10:00 - 10:55AM	8 ses	Tu
Sharp	WC Bldg Room 0829F			\$96

Sustaining Vitality: Qigong

Increase vitality, give your immune system a boost, and feel more energetic. Qigong is based on the principle of balancing your body’s natural energy (Qi) through meditation, breathing, and movement exercises that are easy to learn and put into practice. There will be no class on 7/4.

9917	6/27/2024 - 8/15/2024	10:00 - 10:55AM	7 ses	Th
Sharp	WC Bldg Room 0829F			\$84

Beginning Tai Chi: Grasping the Sparrow’s Tail

Learn one of the best forms of low-impact exercise for health and longevity. Increase flexibility and strength by learning this slow flowing movement meditation. Experience deeper self-awareness, improved balance, and mental concentration, as well as increased physical energy. Tai Chi is beneficial for all. There will be no class on 7/6.

9915	6/29/2024 - 8/17/2024	9:10 - 10:40AM	7 ses	Sa
Sharp	WC Bldg Room 0827D			\$126

Continuing Tai Chi: Grasping the Sparrow’s Tail 2

Our focus is to complete and refine the long form, which consists of four sections containing about 45 postures each. Partner drills and beginning pushing hands enhance each student’s comprehension of the subtle and profound nature of Tai Chi Chuan. There will be no class on 7/6.

9916	6/29/2024 - 8/17/2024	10:45AM - 12:15PM	7 ses	Sa
Sharp	WC Bldg Room 0827D			\$126

Learning in Action: Introduction to the Alexander Technique

Developed by F.M. Alexander, this educational process helps you undo adverse postural habits and avoid unneeded muscular and mental tension. Through delicate guidance discover efficient, effective, and more fun ways of doing daily, professional, and recreational activities.

14036	7/2/2024 - 7/16/2024	7:00 - 8:30PM	3 ses	Tu
Gehman	CC Bldg Room 3343			\$48

Learning in Action: A Deepening Application of Alexander Technique

Intended for students with previous experience with the Alexander Technique, this class series will help you develop your capacity to apply what you have learned to continuously improve your ability to find more efficient, effective, and fun ways of doing your daily, professional, and recreational activities.

14038	7/23/2024 - 8/6/2024	7:00 - 8:30PM	3 ses	Tu
Gehman	CC Bldg Room 3343			\$48

NEW Qigong Meditation

Would you like to learn a simple, yet profound, technique for feeling more relaxed, clear, peaceful, loving, and connected? Join certified instructor Rebecca Gould for Union of Three Hearts Meditation, which is a seated, non-moving form of Sheng Zhen, the Qigong of Unconditional Love. This practice helps cultivate qi-energy and trains the mind. It helps you feel connected to Heaven, Earth, and all of humanity. Easy to learn, and you’ll be guided through it step by step. No experience required.

13768	7/3/2024 - 7/31/2024	10:00 - 11:00AM	5 ses	W
Gould	Online; Zoom			\$75

YOGA

Yoga for the Body

Helping people become more in touch with their bodies is the focus of this class. When we lose touch with our bodies it can feel like we are walking around as a body without a head. Yoga postures, breath practice, and self-reflection will be taught to connect the mind and body. This course is open to Yoga practitioners as well as those who have never practiced Yoga postures.

13599	7/17/2024 - 8/14/2024	7:30 - 8:45PM	5 ses	W
Bernstein	WC Bldg Room 0827D			\$98

FOOD

DESSERTS



The Art of Cakes ★

Learn to make one-of-a-kind creations for family and friends! In this basic class, learn to bake the perfect cake, make different types of butter cream, get step-by-step guidance in piping techniques, and experience the excitement of making your cake a work of art. There will be no class on 7/7.

13479	6/30/2024 - 8/11/2024	1:00 - 5:00PM	6 ses	Su
Sweeney	North Campus Continuing Ed 3201			\$300

Cookie Decorating ★

Decorate a set of sugar cookies using royal icing. Techniques include icing consistencies, outlining, flooding, and decorating cookies for any occasion. You will also learn how to make your own sprinkles and royal icing transfers to embellish your creations. This class is great for beginners and those that have taken a previous cookie decorating class and want to learn how to decorate new designs as themes change every quarter. Bring an apron and wear comfy clothes.

13480	7/13/2024 - 7/13/2024	1:00 - 5:00PM	1 ses	Sa
Sweeney	North Campus Continuing Ed 3201			\$95

HOME AND GARDEN

HOME STYLE

Basic Hands-On Home Repair and Maintenance ★

Through hands-on techniques and classroom demonstrations, learn a variety of home improvement and maintenance skills. Gain confidence as you learn about tools, how to work with electrical outlets, switches, and lighting, plumbing, faucets, wall repair, and more. No textbooks are needed but a general home repair book (Readers Digest, Black & Decker, etc.) might enhance class demos.

13760	7/9/2024 - 7/23/2024	6:00 - 9:00PM	3 ses	Tu
Marx	IB Bldg Room 1308			\$229

Basic Carpentry and Woodworking ★

Learn the basics of joinery, jigs, materials, methods, and project design. After selecting your materials, you’ll apply everything you’ve learned to safely use hand and power tools in the construction and assemblage of your own toolbox, sewing box, garden box, etc. Emailed instructions will be provided a few days before the first class.

13758	7/13/2024 - 7/14/2024	10:30AM - 3:30PM	2 ses	Sa, Su
Marx	CC Bldg Room 1161			\$229

★ Visit the online class listing for more information on textbooks, supply lists or materials fee.



GARDENING

Discovering the Bugs in Your Garden

This course is aimed at discovering the amazing world of insects, spiders, and other creatures that live just outside your door. Some you see all the time, like honeybees or white butterflies. But is there still more to learn about their lives, and what they contribute to yours? Others you might not have noticed yet. This course will help you discover them for the first time. A few bugs are pests; many more are beneficial or simply beautiful. We'll learn about them all as we learn to welcome them into our gardens, and to be better caretakers and citizens of the planet we share with these fascinating beings.

9925	7/10/2024 - 7/31/2024	6:30 - 8:30PM	4 ses	W
Congdon	CC Bldg Room 3349			\$120

Edible Gardening: Fall and Winter

Home grown fall veggies are the best! Learn all about what to plant and when for a successful fall harvest of all your favorites vegetables! Discuss soil, watering, and fertilizer needs, and how to manage pesky garden pests.

14462	7/18/20224	6:00 – 8:00PM	1 ses	Th
Swart	Online; Zoom			\$39

LANGUAGE

ESL

Everyday English and Life Skills

Learn real-life, spoken English with an emphasis on phrasal verbs, idiomatic language, pronunciation, and intonation. We will also learn about some life skills including directional language (driving), navigating public transportation, health safety, personal safety, internet safety, interpersonal communication, gender identity language, United States regionality and customs, the Pacific Northwest and local cultural festivals, this class will meet on-campus (about 75%) and on-line (about 25%).

13844	6/24/2024 - 8/12/2024	6:30 - 9:30PM	8 ses	M
Chai	CC Bldg Room 3343			\$420

TOEFL Preparation

This class is for those who want to take the Test of English as a Foreign Language (TOEFL) or who want to build academic skills. Our focus will be on: (1) integrated speaking, (2) integrated writing, (3) note-taking for academic lectures, (4) writing for academic discussion, and (5) reading comprehension. Skills learned here will also help with taking ESL/EFL placement tests. No textbook is required.

13847	6/26/2024 - 8/14/2024	6:30 - 9:30PM	8 ses	W
Chai	CC Bldg Room 3343			\$264

★ Visit the online class listing for more information on textbooks, supply lists or materials fee.

Intermediate ESL Workshop: Reading and Writing

Practice reading and writing in a fun and supportive environment. This class is for people who can read and write a basic paragraph in English but want to strengthen their confidence with the language. Materials provided by instructor.

13472	7/1/2024 - 8/14/2024	7:00 - 9:00PM	14 ses	M, W
Markova	CC Bldg Room 3345			\$308

Business Writing

This practical writing workshop is designed for ESL students with intermediate or advanced level of English. It will help the participants understand and practice professional writing for an international English-speaking business audience. The class offers practical exercises and realistic scenarios that aim to empower participants to confidently engage with the business environment. Learn to communicate professionally through email, letters, and reports, introduce yourself and send requests and inquiries in business emails and letters, make arrangements and use business-appropriate terms, and tone.

13475	7/2/2024 - 8/13/2024	6:30 - 8:30PM	7 ses	Tu
Markova	CC Bldg Room 3345			\$154

FRENCH

French from France: Putting Our French to Work

Learners in this class are eager to put their French to work in discussion. While there is no particular plan for teaching grammar in the class, quick review will be provided where necessary. Grammar help can be found by accessing materials from previous study or on-line search. We will search subjects of interest in French online and report to the class, speak of what we love to do, what we have done in the past few days, and what the weeks ahead have in store for us. This is a French II Plus class for those who are ready to travel and want to test their skills, or those who have been to a French-speaking country and would like to tell us all about it.

14391	7/13/2024 - 8/17/2024	10:00AM - 12:00PM	6 ses	Sa
Morehead	Online; Zoom			\$138

JAPANESE

Conversational Japanese II ★

Have fun and expand your skills while making plans, asking for permission, expressing like/dislike, and learning about Japanese customs and culture. Verb conjugations in phrases and sentences are also covered.

Prerequisite: Conversational Japanese I or permission of instructor.

13819	6/25/2024 - 8/13/2024	7:00 - 9:00PM	8 ses	Tu
Nakamura-Lambert	Online; Zoom			\$179

Conversational Japanese I ★

This conversational class is for beginners with little or no Japanese background and for those who want to brush up on Japanese speaking skills. Covers useful phrases, pronunciation, vocabulary, some numbers, the ko-so-a-do words, and grammar.

13817	6/26/2024 - 8/14/2024	7:00 - 9:00PM	8 ses	W
Nakamura-Lambert	Online; Zoom			\$179

SIGN LANGUAGE

Basic Sign Language

Open the doors of communication and explore basic conversational sign language. You will quickly learn finger spelling, develop a basic vocabulary, and grasp the general concepts and structure of sign language communication. Consistently top-rated instructor will help you gain a solid ASL foundation.

13463	6/25/2024 - 8/13/2024	6:30 - 8:30PM	8 ses	Tu
Jordan	CC Bldg Room 3452			\$176

Sign Language – Level 2

This class is a continuation of Basic Sign Language. You will be exposed to increased development of communication strategies with emphasis on expanding vocabulary and grammatical understanding.

13464	6/26/2024 - 8/14/2024	6:30 - 8:30PM	8 ses	W
Jordan	CC Bldg Room 3452			\$176

Sign Language – Level 3

This class is an extension of the Basic Sign Language class with more vocabulary, sentence grammar, and facial expressions. There will be no class on 7/4.

13465	6/27/2024 - 8/15/2024	6:30 - 8:30PM	7 ses	Th
Jordan	CC Bldg Room 3452			\$154

SPANISH

Spanish for Fun and Travel – Level 1 ★

Learn the basics of Spanish in a practical and enjoyable way with an experienced, fluent instructor. Practice common, useful phrases and vocabulary as you dive into the language with basic conversations. Develop your beginning Spanish speaking ability with basic grammar, verb conjugation, and pronunciation.

9910	7/1/2024 - 8/12/2024	6:30 - 8:30PM	7 ses	M
Robertson	HS Bldg Room 2536A			\$161

Spanish for Fun and Travel – Level 3 ★

A continuation of Spanish for Fun and Travel - Level 2. Learn vocabulary through activities, stories, interviews and reading. Grammar structures will be introduced, and some homework will be assigned. Great for those who already converse in Spanish but want to increase fluency.

13458	7/3/2024 - 8/14/2024	6:30 - 8:30PM	7 ses	W
Robertson	HS Bldg Room 2536A			\$161

Intermediate Spanish Conversation 3 ★

Move forward with your Spanish speaking skills and increase your listening comprehension of the Spanish language as it is naturally used in conversation. Build vocabulary for contexts that reflect a wide variety of situations related to sports and outdoor activities; business and job interviews; and media and the arts. You will also continue enhancing your knowledge of the subjunctive mode and prepositional phrases. We will include a cultural component that will explore Latin American literature, history, music, and current events. Learn from a native speaker with over 15 years of experience teaching Spanish as a second language. This is an immersive class conducted in Spanish and ideal for intermediate students.

13799	7/2/2024 - 8/13/2024	6:30 - 8:30PM	7 ses	Tu
Ramon Joffre	CC Bldg Room 3353			\$161

PROFESSIONAL

ADULT FAMILY HOME

Adult Family Home Administrator Course

Before you can register for this class you must complete the English Proficiency Prerequisite. For additional information click here. This 54-hour class outlines and prepares students for the Adult Family Home licensing and inspection process. It covers the roles and responsibilities of a licensed provider, business and operations procedures, staff management, resident rights and care issues, and State and Federal laws governing Adult Family Homes. Taught by highly experienced providers/instructors. All training materials are provided.

14350	9/6/2024 - 9/28/2024	9:00AM - 4:30PM	8 ses	F, Sa
Spada	Online Canvas			\$739

CLOCK HOURS AND CEUS

Clock Hours Fee

Teachers who would like to earn Clock Hours with the Office of Superintendent of Public Instruction for their Continuing Education class can do so by registering for this Clock Hours Fee. Pay this fee one time each quarter and earn clock hours for multiple classes. In order to grant clock hours, we need attendance verification from the course instructor through a signed Clock Hours Reporting Form (provided upon registration) or Certificate of Completion for online courses. Self-paced courses are NOT approved for clock hours. See Clock Hours for more information and list of approved courses. Au pairs who need credits should sign up for the CEU fee, NOT the Clock Hours fee.

14366	8/16/2024 - 8/16/2024	12:00 - 12:00AM	1 ses	F
Kaha				\$30

Continuing Education Units CEU Fee

Register for Continuing Education Units (CEUs) to verify the completion of a class. Pay this fee one time each quarter and earn CEUs for multiple classes. In order to issue a certificate awarding CEUs, we need attendance verification from the instructor through a signed CEU Reporting Form (provided upon registration).

14365	8/16/2024 - 8/16/2024	12:00 - 12:00AM	1 ses	F
Kaha				\$30
14364	8/16/2024 - 8/16/2024	12:00 - 12:00AM	1 ses	F
Kaha				\$30

BUSINESS SKILLS

NEW Problem Solving and Decision Making

As business teams grow larger in an organization and a leader is responsible for more people, decision-making becomes more complex. Various levels of decision-making need to be established, otherwise an organization begins to stagnate with one person making all the decisions. We will discuss delegating decisions and creating rules around what levels can do what. Once established, a leader needs to empower team members to make appropriate decisions. If no consensus, then what is the escalation plan to ensure action occurs. Problem solving, although similar to decision-making, requires a different set of techniques to come to a resolution. Various stages of problem solving are discussed in detail: identify the problem, formulate potential solutions, weigh the pros/cons of each solution, determine the path forward in resolving the problem, measure the success of the solution.

14881	7/9/2024 - 8/6/2024	6:30 – 8:30PM	5 ses	Tu
Winkler	CC Bldg Room 3349			\$150



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