

CONTINUING EDUCATION

Live to Learn!

SUMMER 2026

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**Registration Opens
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Digital Photography Basics

Finance to Win: Strategies That Sell Homes, Save Time & Maximize Commission

From Plan to Plate: Fall Garden Beds for Cozy Cooking | Landlord Essentials

Poetry and Performance | Shakespeare in the Sun!

Textured Watercolor Collage | The Performance Experience

Watercolor Fruits & Veggies with a Limited Palette | Write a Feature Film



Welcome to Continuing Education

Celebrating Learning Since 1970

We are committed to enriching lives by:

- Offering lifelong learning opportunities
- Serving community needs and interests
- Expanding horizons through quality educational experiences



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current course catalog.

conted.northseattle.edu/about/catalog

Summer 2026

July 6th - August 27th, 2026

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Upcoming Jazz & Vocal Concerts

Join us on campus in the new library auditorium for two upcoming student concerts. Concert admission is free, so bring the whole family and spread the word.

For more information, including dates, time, and campus event location directions, visit our website.

Summer Hours

Mon, Wed, Thurs 8:30am - 5:00pm
Tuesday 10:00am - 5:00pm
Friday 8:30am - 12:00pm

ARTS**Ceramics**Beginning Ceramics

7/11/2026 10:00 AM - 1:00 PM Amanda Salov

7/11/2026 2:00 PM - 5:00 PM Amanda Salov

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. This course is intended for beginner students new to ceramics. Students may repeat for up to four quarters; students with four or more quarters of any level of ceramics will not be permitted to join.

Intermediate and Advanced Ceramics

7/13/2026 6:00 PM - 9:00 PM Amanda Salov

Take your ceramics to the next level and refine your wheel-throwing and hand-building skills. You will learn from the instructor and each other in this class as you hone your clay skills. Each class will include a demo or discussion of techniques according to the instructor's curriculum or students' expressed interests. North Seattle College fires to 6 with no exceptions. Outside glazes must be approved by the studio technician. Previous ceramics experience is required.

DramaThe Performance Experience

7/7/2026 6:30 PM - 8:30 PM David Mesler

This class is a space to create, perform, and try new things. It's open to musicians, singers, dancers, actors, comedians, poets, and anyone who wants to get up and share their work. You'll start by developing your own style, then team up with others for duos, small groups, and collaborative pieces.

Each session gives you a chance to perform, get feedback, and build confidence in a low-pressure setting. You'll meet other creatives, swap ideas, and see what happens when different styles come together. Bring whatever you use to create and show up ready to experiment.

Shakespeare in the Sun!

7/8/2026 6:00 PM - 8:00 PM Heleya de Barros
All the worlds a stage! Including our local parks and Continuing Ed classrooms! Step into the lively, surprising world of Shakespeare in this interactive summer "taster" course that blends hands-on theatre workshops with a field trip to a FREE live outdoor performance of Shakespeare in the Park. Through playful exploration and guided discussion, you'll discover two of Shakespeare's classics—The Winter's Tale and Macbeth.

We'll dive into the hilarious, romantic, tragic, dark and quick-witted world of these two plays. Workshops will explore themes, characters, and plot points as entry points. We'll also look at how the plays have been staged and adapted over time, and discuss how Shakespeare continues to evolve in today. No prior Shakespeare or theatergoing experience necessary. In fact, if you were the student lost in English class because Shakespeare didn't jump off the page, this class is for YOU!



Poetry & Performance

7/11/2026 11:00 AM - 1:00 PM

Bryan Edenfield

In this class, you'll write, share, and bring your work to life through performance. You'll practice reading your work out loud, try different styles, and build confidence in a supportive group setting.

Improv for Life

7/13/2026 6:00 PM - 8:00 PM

Heleya de Barros

Come de-stress, build confidence, and challenge yourself in the Improvisation for Life class! Improv isn't just for actors play, create, and discover how this fun acting technique applies to everyday life. Build your empathetic listening skills and step outside of your comfort zone in a fun, supportive space where mistakes are embraced. Through ensemble games and exercises participants will explore the fundamentals of improv: listening, accepting, resilience, taking risks, and teamwork. No experience necessary; just a willingness to play and have fun!

DrawingLandscape Drawing 2

7/7/2026 6:00 PM - 8:30 PM Sarah Norsworthy

If you love exploring the natural world during the summer months and have had some experience with drawing OR painting with oils you might be interested in this combined course. We will make weekly outings into the immediate landscape of the North Seattle Campus and adjacent wetlands and garden areas, learning new techniques to record what we observe outdoors. 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. Students may choose to draw or paint through the 8 sessions, or end up doing a bit of both. This class involves walking short distances carrying materials, so dress, accordingly, wear comfortable shoes, and bring a backpack or bag.

Introduction to Landscape Drawing

7/8/2026 6:00 PM - 8:00 PM Sarah Norsworthy

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.

Charcoal Drawing

7/8/2026 6:00 PM - 9:00 PM Megan Gottfried

Explore the basics of realism charcoal drawing in this beginner-friendly class. We'll cover both reduction and additive techniques, focusing on drawing from observation and photo references. You'll master the manipulation of light and shadow by exploring different applications. The course will also introduce realism rendering techniques, emphasizing attention to detail, line, shape, value, and texture. Open to all skill levels.

Introduction to Landscape Drawing

7/8/2026 10:00 AM - 12:00 PM

Sarah Norsworthy

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.

Figure Drawing

7/10/2026 6:00 PM - 9:00 PM Megan Gottfried

Discover the fundamentals of figure drawing in this dynamic class, where we'll explore both observational accuracy and conceptual interpretation of the human form. Rooted in classical drawing techniques, this course will emphasize traditional methods of measuring proportion, constructing the figure with geometric forms, and refining drawings through careful attention to light, shadow, and edge quality. You'll learn to build the body from the inside out—starting with internal structures like the skeleton and layering external forms. We'll also examine different ways to interpret the figure, encouraging you to push beyond naturalism and develop your own visual relationship with the human form. Open to all skill levels! This course involves drawing naked bodies.

Beginning Portraiture in Charcoal

7/11/2026 1:00 PM - 3:00 PM Sam Case

Portraiture is one of the most exciting, challenging, and rewarding areas that an artist can study. It can be intimidating, but it doesn't have to be! Join us as we explore portraiture through charcoal, going step-by-step to learn how each part of the face comes together to create stunning and evocative works of art. Some drawing experience is recommended for this class, but please reach out to the instructor if you're unsure.

JewelryBeginning Jewelry Fabrication

7/8/2026 6:00 PM - 9:00 PM Ursula Stuart

Learn how to produce your own jewelry design! Beginners are encouraged, but more experienced metalsmiths are welcome too. We'll practice basic metal fabrication and silver soldering techniques with non-ferrous metals and stones to create finished jewelry pieces. The first class will be mandatory. If you miss the first class you will have to be dropped, and you will be issued a full refund.

Lost Wax Casting Small Studio

7/10/2026 10:00 AM - 4:00 PM M Quarles

8/14/2026 10:00 AM - 4:00 PM M Quarles

Discover the lost wax casting process and its applications for jewelry design, functional objects and art metal forms. Explore wax carving and techniques for model making, model investing, centrifugal casting and finishing objects. Techniques will be demonstrated through crafting rings, pendants and jewelry scale objects. We'll also cover the proper use of tools and equipment necessary to carve waxes for successful model casting, spruing techniques, proper investment procedures and design elements

that relate to better cast objects. Additional topics may include: stone setting in wax, simple mechanisms and finishing tricks. We will also discuss how to work with the jewelry industry to get your production work done. Students should have basic jewelry skills, including how to saw, file, solder and finish. See www.learnatnorth.org for supply list.

Intermediate and Advanced Jewelry Fabrication

7/19/2026 3:00 PM - 6:00 PM M Quarles
Take your jewelry design skills to the next level. Do you have an idea for a complex project you've been wanting to tackle, but not sure where to start, or need to advance your skills to make it happen? Learn multistep soldering, stone setting, forming and finishing techniques that will help make your elaborate jewelry design ideas a reality. The first class is mandatory. If you miss the first class, you will have to be dropped, and you will be issued a full refund.

Mixed Media

Mixed Media Self Abstraction

7/7/2026 6:00 PM - 9:00 PM Ryan Hamburger
Discover your own creative language and use it to develop your artistic practice. In this class we will use multiple mediums and learn new techniques to push ourselves in exploring self-expression. This class is perfect for someone who has taken abstract art classes before and is wondering "What next?". We will combine mediums: watercolor, acrylic, collage, pencil, oil pastel, and ink. We will explore the use of symbols, written words, texture, drawing and the use of representational images. The goal of this class is to access ourselves as a source for expression; to find an abstract narrative that resonates with you. 2D abstract class experience is helpful.

Music

Beginning Guitar

7/7/2026 7:00 PM - 9:00 PM Frank Kohl
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. Bring your acoustic guitar and required books to class.

Group Voice for All Levels

7/8/2026 6:30 PM - 8:30 PM David Mesler
Discover and enhance your unique singing voice in a supportive group setting. This class focuses on vocal fundamentals, technique, and expressivity, helping you develop strong musicianship. Through lyric analysis, melodic interpretation, and personalized song choices, you'll unlock a wide range of vocal tools. Pieces are chosen based on the student's needs as well as tastes. Open to all levels.

Expressive Guitar: Beyond the Basics

8/5/2026 7:00 PM - 9:00 PM Jared Cortese
This class is for intermediate beginners who already know a few chords or scales but want to take their guitar playing to the next step. If you've ever felt stuck playing the same patterns or struggled to make your music sound expressive, this class will help you move forward. You'll work on technique and theory together, focusing on how to use chord shapes, scales, and rhythm in a way that makes your playing more musical. The goal is to give you practical skills you can actually use when you pick up your guitar, not just abstract ideas. Please bring your own acoustic or electric guitar and a pick. Electric guitar players should also bring an amp and cords.

Painting: Acrylic

Abstract Gelli Printing and Collage

7/8/2026 10:00 AM - 1:30 PM Ryan Hamburger
Explore the fascinating world of abstract collage and gelli plate printing in this dynamic beginner's course. Designed for those eager to unleash their creativity, this class blends traditional and modern techniques to create stunning, one-of-a-kind artworks using a gelli plate, acrylic paint, and paper. Delve into the vibrant realm of gelli plate printing, where spontaneity meets technique. Learn the basics of creating monoprints using gelli plates, exploring methods to transfer intricate patterns and textures onto paper. Develop skills in color mixing and layering to produce captivating prints that reflect your individual style. Throughout the course, you will receive personalized guidance and constructive feedback, empowering you to refine your techniques and build confidence in your artistic journey. Whether you are a seasoned artist looking to expand your repertoire or a newcomer eager to explore mixed media, this course offers a nurturing environment to cultivate your creativity and create compelling abstract artworks through collage and gelli plate printing.

Acrylic Portrait Painting for the Absolute Beginner

7/9/2026 10:00 AM - 1:00 PM Robin Arnitz
Are you interested in painting faces, but worried that you might not be able to do it? If so, this is the class for you! Using acrylic, you will be guided step by step on how to create accurate portraits in a warm, fun atmosphere. Do you have a pet you'd like to paint? We'll have a special class dedicated to animals as well

Acrylic Painting for Beginners

7/10/2026 10:00 AM - 1:00 PM Robin Arnitz
Discover the art of modern life; learn a new way of thinking and seeing, and create dynamic abstract paintings. Express your inner self

through your work with this more personal and expressive mode of painting. This class is designed for all levels of experience. Class process includes discussion of contemporary issues, demonstrations of materials, style, and structure, and the simple concepts behind the actions. In this course you will be painting with acrylics.

Painting: Oil

Landscape Painting with Oil 2

7/7/2026 6:00 PM - 8:30 PM Sarah Norsworthy
If you love exploring the natural world during the summer months and have had some experience with drawing OR painting with oils you might be interested in this combined course. We will make weekly outings into the immediate landscape of the North Seattle Campus and adjacent wetlands and garden areas, learning new techniques to record what we observe outdoors. 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. Students may choose to draw or paint through the 8 sessions, or end up doing a bit of both. This class involves walking short distances carrying materials, so dress, accordingly, wear comfortable shoes, and bring a backpack or bag.

Painting: Watercolor

Abstract Watercolors

7/7/2026 10:00 AM - 1:00 PM Ryan Hamburger
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.

Textured Watercolor Collage

7/7/2026 6:30 PM - 9:00 PM Robin Bundi
Bring the textures and colors of nature to life with watercolor and collage! Students will begin by creating a variety of painted papers while learning watercolor techniques, including how to create texture using everyday items. They will also explore color mixing and harmony as they experiment with marks, patterns, and surfaces. Once their papers are complete, students will cut, tear, and layer them to build vibrant collages on large sheets of watercolor paper. The final pieces will fall somewhere between abstract and realistic, inspired by natural forms such as landscapes, plants, and organic shapes. This playful class is designed for adults and encourages experimentation, creativity, and a touch of whimsy!

Landscapes in Watercolor

7/11/2026 10:00 AM - 12:00 PM Sam Case
Elevate your watercolor skills and embark on a captivating journey through the world of landscape painting in this intermediate class! Dive into the exploration of texture, colors, and compositional challenges. Through hands-on exercises, you'll practice watercolor techniques, ultimately discovering your personal direction in the realm of watercolor landscapes.

Watercolor Fruits & Veggies with a Limited Palette

7/15/2026 6:30 PM - 9:00 PM Robin Bundi
Color can feel challenging, but working with a limited palette is a great way to simplify the process and take some of the stress away. In this watercolor course, we'll explore color mixing, basic color theory, and watercolor techniques while painting summer's fruits and vegetables. Students will work from a combination of photographs and fresh specimens they bring to class, learning how a small selection of pigments can create a wide range of beautiful colors. This class is great for beginner to intermediate students. Come discover how less paint can lead to more color!

Photography

Digital Photography Basics

7/16/2026 6:30 PM - 8:30 PM Jessica Hoffman
This introductory course is designed to help you move beyond auto mode and begin using your camera with intention and creativity. Through a mix of guided practice activities, hands-on practice, and outside assignments, you'll learn the fundamentals of camera operation: aperture, shutter speed, ISO, white balance, and exposure. You'll also explore core concepts in composition, lighting, and visual storytelling. Students are required to have a DSLR or mirrorless camera with manual controls. A tripod is recommended but not required. The class will have two Sunday morning field trips with the instructor on July 19th and August 2nd (details given in class).

Printmaking, Screenprinting & Zines

Introduction to Zine Making

7/20/2026 6:30 PM - 9:00 PM Bryan Edenfield
Create your own zine and explore the art of DIY self-publishing. In this hands-on class, you'll experiment with storytelling and self-expression through words and images. You'll also learn practical techniques for crafting zines from everyday materials, focusing on simple, creative methods to bring your ideas to life. Perfect for beginners and those looking to reconnect with the zine-making process, this class offers a relaxed space to make something that's entirely your own.

Linocut Printmaking: All Levels

8/3/2026 6:00 PM - 9:00 PM Saman Shojaei
Explore linocut relief printmaking and print multiple copies of an image. Students will learn the fundamentals of making black-and-white and color relief prints. This workshop will cover block preparation, transferring an image onto the block, carving techniques, and the printing process. If you already know the basics of block printing and want to learn more - this workshop is great for you too. Participants will leave with prints and with a carved linoleum block which can be used to make more prints. No experience necessary! In this class you will have an opportunity to learn printing on a piece of fabric, printing with a press as well as inking techniques including rainbow roll.



Sewing & Crafts

Beginning Sewing

7/9/2026 6:30 PM - 9:00 PM O'Lisa Johnson

7/11/2026 9:00 AM - 2:00 PM O'Lisa Johnson

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 re-decorate 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. Please bring a sewing machine in good working order, power cord, foot control, bobbins, operator's manual (if available), sharp scissors, tape measure and straight pins. This class is not open to students under the age of 18.

Alter This - Alter That!

8/15/2026 9:00 AM - 3:00 PM O'Lisa Johnson

Get more wear from your garments by learning "simple" alterations and repair techniques. In this class you will learn how to alter hems and waistlines to create a fitted garment. Bring 2 or 3 of your favorite wardrobe pieces to alter in class, along with scissors, sewing machine and power cord in good working order. Sewing experience and an operational sewing machine are required for this class. Please make sure your machine will sew apparel knit, woven, and bulky fabrics. A personal supply tool pack specific to altering seams will be provided by the instructor. This class is not open to students under the age of 18.



Wood Carving & Burning

3D Animal Woodcarving

7/13/2026 6:00 PM - 9:00 PM Saman Shojaei
During this class you will carve two 3-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.

Pyrography

8/17/2026 6:00 PM - 9:00 PM Saman Shojaei
Discover the art of pyrography, also known as woodburning, in this focused one-day workshop. Students will learn how to use heat-based woodburning tools to create clean lines, textures, and decorative patterns on wood.

Writing

Beginning Fiction: Crash Course

7/6/2026 6:30 PM - 8:30 PM Leslie Hall
This hands-on class introduces essential pyrography techniques, including tool handling, pressure control, temperature adjustment, line work, shading, and layering. The workshop is designed to help students build a strong foundation in woodburning while creating a finished piece during class.

Introduction to Creative Writing

7/10/2026 2:00 PM - 4:00 PM Chelsea Bolan
This class is suitable for beginners as well as those with some prior experience. Step-by-step demonstrations and individual guidance will be provided throughout the session.

Creative Writing 2

7/10/2026 6:30 PM - 8:30 PM Chelsea Bolan
All tools and materials are provided, so

students can focus entirely on the creative process. By the end of the workshop, each participant will leave with a completed pyrography project and the confidence to continue exploring woodburning techniques on their own.

Write a Feature Film

8/4/2026 6:30 PM - 8:00 PM Nick Thompson
Got an idea for a movie but not sure how to turn it into a script? This class walks you through the process of writing a feature film, from shaping your idea to building a strong structure and revising your draft. You'll learn how screenplays work and how to tell a story that connects with an audience.

Each class includes short writing exercises, examples from films, and discussion. You'll look at different ways to structure a story and develop your own approach. Come ready to write, share, and start building your script.

COMPUTER

Digital Skills

Canva for Beginners

7/8/2026 6:30 PM - 8:30 PM Michele Sweeney
Learn the ins and outs of this design platform for creating graphics for social media, blogs, websites, and other visual content such as presentations and even book publishing. We will also cover built-in video creation and AI tools. Utilize this platform effectively for both personal and professional content needs. No graphic design background required. Students need a paid Canva Pro account. This is a hands-on class.

YouTube Jumpstart: SetUp + Upload Like a Pro
8/19/2026 7:00 PM - 8:30 PM Michele Sweeney
Want to start YouTube but don't know where to begin? This one's for you. Learn how to create a channel, write killer titles, upload your first video, and design eye-catching thumbnails in Canva. We'll also peek into YouTube Studio and cover basic analytics.

Video Editing

Video Editing 101: Capcut Crash Course
8/5/2026 7:00 PM - 8:30 PM Michele Sweeney
CapCut is powerful, and surprisingly easy once you know what buttons to press. In this hands-on workshop, you'll learn how to edit a short-form video from start to finish—cut clips, add music, captions, transitions, effects, and export for any platform.

ENRICHMENT

Entertainment

Flying Saucer Cinema
7/8/2026 7:00 PM - 9:00 PM Cohen & Daniels
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 sci-fi of the 1970s and occasional forays beyond. Weekly sessions feature film insights, trivia, lively post-screening discussion, and optional follow-up materials—curated images, links, and observations— for those wanting to do a deeper dive. We kick off summer with the 1931 classic *Frankenstein*, which propelled Boris Karloff to instant stardom. Next we dip

into the schlock vaults with the delirious *Bride of the Gorilla* (1951) and then Captain Kirk himself – Shatner! – as a veterinarian battling tarantulas in *Kingdom of the Spiders* (1977). We end with an essential *Godzilla* film, the chock-full-of-kaiju *Invasion of Astro Monster*, in which hot actual couple Nick Adams and Kumi Mizuno (yowza!) work out their intergalactic romance while the big guys again stomp all over Tokyo. 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.

The Wisdom of Folktales

7/25/2026 1:00 PM - 2:30 PM John Berks
Experience the emotional and symbolic power of global folktales through live, drummed storytelling. We'll explore *Skeleton Woman* (Inuit), *Prince Lindworm* (Scandinavian), *The Handless Maiden* (Brothers Grimm), and *The Maiden Czar* (Russian). Each class begins with a performance, followed by discussion that unpacks the story's deeper meaning using key Jungian concepts. No background needed— just curiosity and a love of story!

Financial

First Time Homebuyers Class

7/11/2026 11:00 AM - 12:30 PM Blake Cisneros
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!

Welcome to Medicare

7/18/2026 9:30 AM - 12:00 PM

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

Nature & Science

Map and Compass for Beginners

7/25/2026 9:00 AM - 11:00 AM Otto Greule

Learn to navigate with confidence using an orienteering compass and topographic map. This beginner-friendly course covers essential skills like understanding the difference between true and magnetic bearings, perfect for hiking, backpacking, or general navigation. Students will explore engaging online content with real-world videos and detailed animations, followed by a hands-on field trip to practice your new skills. Please note: GPS and Geocaching are not covered.

Introduction to Pacific Northwest Mushrooms

8/4/2026 7:00 PM - 9:00 PM Jeremy Collison

Learn the key steps for exploring Kingdom Fungi in Western Washington. Learn to identify popular edible varieties like morels, boletes, and chanterelles, along with other fascinating species unique to the Pacific Northwest. This class will cover essential topics such as key habitats, seasonal patterns, and practical tips for discovering new foraging spots.

Personal

Finding & Living Your Purpose

7/9/2026 6:00 PM - 7:30 PM Julius Kim

Finding your purpose means setting a long-term goal that matters to you and contributes something positive to others. In this class, we'll be using a simple tool that explores the Japanese concept of Ikigai, to help you discover your purpose. We'll also use other practical tools to help you figure out how to start living that purpose now, not later. Through guided exercises, small group work, and class discussions, you'll reflect on what matters to you and how to make your actions match your intentions. This class offers a space to think, plan, and practice living with more direction and meaning.

Travel

Travel the World Volunteering

7/13/2026 7:00 PM - 9:00 PM Joyce Major

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



FITNESS**Dance**East Coast Swing

7/9/2026 7:35 PM - 8:35 PM Celia Boarman
Dance to the upbeat rhythm of East Coast Swing, danced to a variety of music. It is a fun introduction to partner dancing. Whether you are new to the dance floor or hoping to hone your dance skills and pick up a few new moves, this class is for you. Wear comfortable clothes and shoes. No partner necessary.

Ballroom Basics and Beyond

7/9/2026 6:30 PM - 7:30 PM Celia Boarman
This class will focus on 2 dances – Learn the basics and more to the classic slow waltz then move to the upbeat cha-cha. This course is perfect for those stepping onto the dance floor for the first time or for those who wish to brush up on their technique and learn some new moves. Some shared steps, utilizing different technique, will be taught in both dances.

ExerciseStrength and Conditioning

7/7/2026 6:00 PM - 7:30 PM Kiera Peters
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. Each workout is loaded with functional exercises designed to give you the ultimate challenge. All levels welcome. Grab a water bottle, a towel, and be ready to get strong!

MovementTai Chi Ruler: Simple Exercises for Health and Longevity

7/7/2026 10:00 AM - 10:55 AM Dennis Sharp
Tai Chi Ruler (Chih) is a form of Taoist Yoga (Dao-yin) that features 12 easy-to-learn exercises that are practiced with (or without) a Chih, a special wooden dowel that is held between the palms to help guide the circulation of vital energy (Qi). Easier to learn than Tai Chi with all the same great health benefits, Tai Chi Chih is a complete low-impact aerobic system that relieves stress, improves respiration, increases circulation and enhances neuro-muscular coordination.

Sustaining Vitality: Qigong

7/9/2026 10:00 AM - 10:55 AM Dennis Sharp
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. This class focuses on three types of Qigong: meditative relaxation, movement exercises, and healing sounds. Come join us in this fun informative class.

Continuing Tai Chi: Grasping the Sparrow's Tail 2

7/11/2026 10:45 AM - 12:15 PM Dennis Sharp
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. For students who have completed Beginning Tai Chi and wish to learn more.

Beginning Tai Chi: Grasping the Sparrow's Tail
7/11/2026 9:10 AM - 10:40 AM Dennis Sharp
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.

FOOD

Baking & Desserts

Cake Decorating for Beginners
7/11/2026 1:00 PM - 5:00 PM
Michele Sweeney
Ready to turn your cake dreams into reality? Join award-winning Sugar Artist and Food Network Competitor Michele Sweeney for a fun, hands-on cake decorating class that's perfect for beginners. Over six weeks, you'll dive into the world of cake making, from baking the perfect cake to whipping up two types of buttercream, mastering piping techniques, and transforming simple desserts into edible works of art. You'll get to practice piping flowers and borders, learning to fill your piping bags like a pro and color buttercream for eye-catching designs. By the end, you'll have decorated cupcakes and an impressive eight-inch cake that's sure to wow at your next celebration! With one baking class via Zoom and the rest in-person, this class is all about collaboration, creativity, and cake, what more could you want? Just bring your apron, a sack lunch, and get ready to impress!

Cookie Decorating for Beginners
8/22/2026 1:00 PM - 5:00 PM
Michele Sweeney
Ready to turn plain sugar cookies into edible

works of art? Join award-winning Sugar Artist and Food Network Competitor, Michele Sweeney, for a fun-filled cookie decorating adventure! Whether you're a beginner or just looking to level up your skills, this class will guide you through the essentials of working with royal icing. You'll learn how to master icing consistencies, outline and flood like a pro, and create stunning designs for any occasion. Plus, you'll learn how to make your own sprinkles and royal icing transfers to add that extra flair to your creations. Each quarter brings fresh themes, so there's always something new to decorate! Bring an apron, wear your comfiest clothes, and don't forget a sack lunch - this is one deliciously creative day you won't want to miss!

HOME & GARDEN

Gardening

From Plan to Plate: Fall Garden Beds for Cozy Cooking
8/23/2026 2:00 PM - 5:00 PM
Michele Sweeney
In this online class, design a productive fall garden bed for cool-season cooking. You'll learn what to plant and when using three themed garden plans that help you grow what you cook. We'll cover timing, frost protection, and crop rotation for better results in Seattle's cooler weather and lower light.

The Soup Garden features kale, leeks, carrots, celery, and parsley. The Roasting Garden includes beets, garlic, Brussels sprouts, and shallots. The Stir-Fry Garden highlights bok choy, scallions, Swiss chard, and mustard greens.

You'll also get simple recipes that match each theme so you can plan meals around what's in your garden. Planning worksheets, growing guides, and planting timelines are included to help you get started.

Whether you're new to gardening or want to extend your harvest, this class connects planting with practical cooking. No experience needed, just an interest in food and a plan to grow it.

Home Style

Basic Hands-On Home Repair and Maintenance

[7/8/2026 6:00 PM - 9:00 PM Peter Marx](#)

[8/22/2026 10:30 AM - 3:00 PM Peter Marx](#)

Through hands-on techniques and classroom demonstrations, learn a variety of home improvement and maintenance skills. Gain confidence as you learn about hand tools, how to work with electrical outlets, switches, lighting; plumbing, faucets, wall repair and more. Get an overview of door and window installation, weatherization and remodeling. You will leave feeling confident in performing your own home repairs and maintenance. No textbooks are needed but a general home repair book (Readers Digest, Black & Decker, etc.) might enhance class demos. Emailed instructions will be provided a few days before the first class.

[Basic Carpentry and Woodworking](#)

[7/25/2026 10:30 AM - 3:30 PM Peter Marx](#)

Do you have power tools and want to learn to use them safely and effectively? 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 (circular saw and drill) in the construction and assemblage of your own toolbox, sewing box, garden box, etc. This

class will show you that you don't need a wood shop for tackling your next project! Emailed instructions and class room location will be provided a few days before the first class.

LANGUAGE

Sign Language

[American Sign Language](#)

[7/7/2026 6:30 PM - 8:30 PM Dennice Jordan](#)

[7/8/2026 6:30 PM - 8:30 PM Dennice Jordan](#)

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.

[American Sign Language Level 2](#)

[7/9/2026 6:30 PM - 8:30 PM Dennice Jordan](#)

Take your skills beyond the basics with Sign Language Level 2. This class focuses on developing communication strategies, expanding vocabulary, and strengthening grammatical understanding to help you connect with more confidence. This class is a continuation of Basic Sign Language.

Spanish

[Spanish for Fun and Travel - Level 1](#)

[7/7/2026 6:30 PM - 8:30 PM](#)

Rebecca Robertson

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. The class is a perfect introduction or a refresher for those planning a trip to a Spanish-speaking region.

Spanish for Fun and Travel - Level 2

7/6/2026 6:30 PM - 8:30 PM

Rebecca Robertson

A continuation of Spanish for Fun and Travel - Level 1. 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.

Spanish for Fun and Travel - Level 3

7/8/2026 6:30 PM - 8:30 PM

Rebecca Robertson

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.

Spanish Conversation for Beginners Level 3

7/7/2026 6:00 PM - 8:00 PM Teresa Ramon

Continue building your Spanish language skills focusing in listening for understanding; fluency in speaking and pronunciation. Practice your current vocabulary and learn more terms related to tourism, running errands, daily routines, telling stories and more. Keep practicing real conversations and learning the history and characteristics of different regions in the Americas. Build confidence for interacting with Spanish native speakers and explore different Spanish-speaking countries, through their history, music, geography, culture, and current events. Learn from a native Spanish speaker who has over 15 years of experience teaching Spanish as a second language. This class is conducted in Spanish and is ideal for students who have a low intermediate or high beginner level and an interest in Latin American culture. Prerequisite: 40 hours of Spanish

instruction or equivalent. This course is part of a series of level 3 courses for each beginning, intermediate, and advanced classes.

Spanish Conversation Intermediate Level 3

7/9/2026 6:00 PM - 8:00 PM Teresa Ramon

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. As always, 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. This course is part of a series of level 3 courses for each beginning, intermediate, and advanced classes.



Taiwanese-Mandarin

Taiwanese-Mandarin Level 1

7/8/2026 6:30 PM - 7:30 PM Cindy Omori

This course provides a foundational introduction to Taiwanese phonics, with particular emphasis on the distinctions from Chinese phonetic systems to enhance linguistic accuracy and comprehension. Participants will examine the structural principles and writing methods of Mandarin characters, as well as the meanings they convey, complemented by basic sentence formation for practical application. Cultural components are integrated throughout the curriculum, offering a contextual exploration of Taiwan's historical evolution and contemporary society. Although the time allotted is limited, every effort will be made to incorporate relevant cultural discourse that enriches the learning experience. The curriculum is designed to cultivate essential language skills while fostering a deeper appreciation of Taiwan's unique cultural identity.

Start learning Taiwanese Mandarin in this beginner-friendly class! Explore basic pronunciation, simple conversation, and essential reading and writing skills while building confidence in everyday communication. No prior experience needed, just curiosity and enthusiasm!

PROFESSIONAL

Business Skills

Strategies That Sell Homes, Save Time & Maximize Commission

7/9/2026 9:00 AM - 12:00 PM Paul Scobee

In today's market, financing often determines whether a transaction succeeds or fails. Realtors who understand creative financing strategies can help more clients buy and sell—and close more deals.

This practical course introduces real estate professionals to financing tools that solve common transaction challenges, including buyers who must sell before purchasing, self-employed borrowers with complex income, clients with limited cash to close, and seniors looking to right-size their housing.

Agents will gain a working understanding of solutions such as rate buydowns, seller credits, bridge loans, down payment assistance programs, assumable mortgages, alternative income documentation loans, and reverse mortgages for purchase. Through real-world examples and discussion, participants will learn how financing strategies can strengthen offers, revive listings, and create opportunities that might otherwise be missed.

Approved for 3 Washington State Real Estate Clock Hours.

Landlord Essentials

7/14/2026 7:30 PM - 8:30 PM Carolyn Illman

Owning rental property can be one of the most effective ways to build long-term wealth, but many small landlords feel overwhelmed by tenants, maintenance, and day-to-day decisions. This practical three-session workshop helps homeowners and small landlords learn how to confidently manage their own rental properties without relying on expensive property management companies. Instructor Carolyn Illman brings 17+ years of landlord experience along with her work as a licensed and bonded general contractor. Participants will learn practical systems for managing tenants, coordinating repairs, working with contractors, and protecting their property as a long-term asset. Ideal for homeowners considering renting a property or current landlords who want to manage their investment with greater clarity and confidence.

Confident Interviewing for Professionals in Transition

7/16/2026 7:30 PM - 8:30 PM Carolyn Illman

This course is designed for professionals navigating a career change. Whether reentering the workforce, switching industries, or simply looking for something different. Through practical exercises, guided reflection, and behavioral interview question training, participants will learn how to confidently tell their story, showcase transferable skills, and align with roles that match their values. We will focus on tools like the STAR method, self-assessment frameworks, and values-driven narratives to help you shine in any interview.

Canva for Beginners

7/8/2026 6:30 PM - 8:30 PM Michele Sweeney

Learn the ins and outs of this design platform for creating graphics for social media, blogs, websites, and other visual content such as presentations and even book publishing. We will also cover built-in video creation and AI tools. Utilize this platform effectively for both personal and professional content needs. No graphic design background required. Students need a paid Canva Pro account. This is a hands-on class.

Video Editing 101: Capcut Crash Course

8/5/2026 7:00 PM - 8:30 PM Michele Sweeney

CapCut is powerful, and surprisingly easy once you know what buttons to press. In this hands-on workshop, you'll learn how to edit a short-form video from start to finish—cut clips, add music, captions, transitions, effects, and export for any platform.

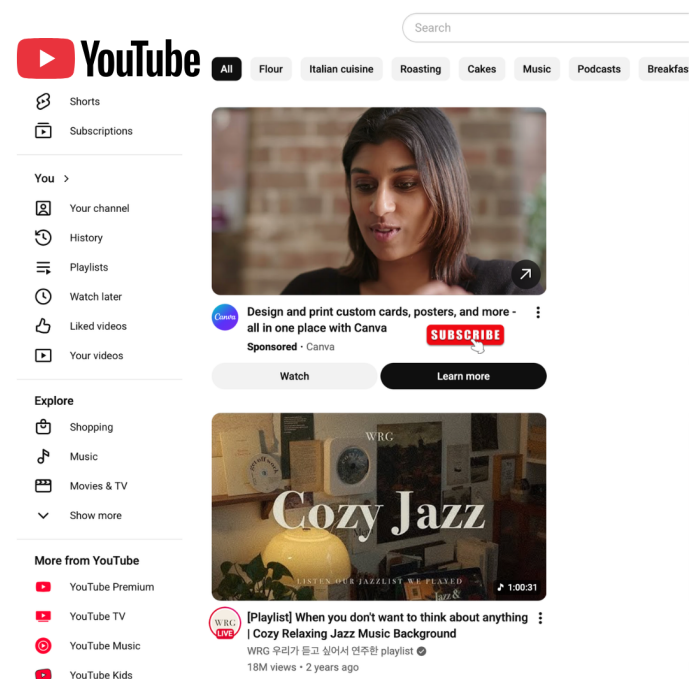
Work For Yourself

YouTube Jumpstart: SetUp + Upload Like a Pro

8/19/2026 7:00 PM - 8:30 PM

Michele Sweeney

Want to start YouTube but don't know where to begin? This one's for you. Learn how to create a channel, write killer titles, upload your first video, and design eye-catching thumbnails in Canva. We'll also peek into YouTube Studio and cover basic analytics.



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12TH ANNUAL CONTINUING EDUCATION STUDENT

ART EXHIBITION

JULY 14 - AUGUST 13, 2026

www.learnatnorth.org

Students in North Seattle College's Continuing Education program are invited to submit artwork to be included in the 2026 Summer Artworks exhibit. The artwork you produce in a Continuing Education class is eligible for submission. The student art show encompasses metal work, paintings, drawings, ceramics, prints, photos, woodworking, fiber arts and more. Use the QR code for more details and to submit! Join us for the opening reception on Monday, July 13, 2026, 6:00 PM - 8:00 PM.

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