

Spring 2019

McLennan Community College Continuing Education

Life is Good in Waco!

Decorando Pasteles en Español ¡NUEVO! Page 6

Iceland Explorer Page 32

OSHA 10 Hour – Construction Page 36

www.MCCandYOU.com

;

Lifelong Learning @McLennan

For more than 50 years, Continuing Education at McLennan Community College has changed the lives of students and the community by connecting them with MCC resources and engaging diverse populations with innovative, quality lifelong learning opportunities.

Life is good in Waco, and MCC Continuing Education is deeply committed to the advancement and enrichment of Waco and McLennan County through our collaborations to offer the best learning experiences possible. Our continuing education programs are designed to help individuals grow — whether it's exploring an interest, developing skills, or shifting careers.

Our program showcases just how great life in Waco truly is and that we never stop learning. It is our mission to provide educational opportunities and lifelong learning experiences to enhance, promote, and develop a higher quality of life for our community. Continuing Education boasts an impressive group of instructors, who are professionals in their fields, and a wide array of course offerings that include community programs, corporate training, and health and human services.

Our mission is to engage, educate, and enrich our community. Come see what we have to offer and discover the wide opportunities available to expand your knowledge. Life really is good in Waco!

;

McLennan Community College Continuing Education

www.MCCandYOU.com

254-299-8888

About the Cover

Pictured – Mireya Zapata (Bilingual cake decorator)

Location: Carleen Bright Arboretum

To find out more about this community collaboration and other exciting learning opportunities, follow us on social media. #LifeisgoodinWaco

;

McLennan 2019 Spring Continuing Education Schedule

;

Spring 2019

Continuing Education
Table of Contents
Community Programs – page 2
2 Arts & Hobbies
5 Culinary
11 Fitness & Wellness
15 Kids College
17 Lifelong Learning
23 Music & Dance
25 Outdoors & Animals
28 Personal Finance
29 Seniors
32 Travel & Special Events
Corporate Training
& Workforce Education – page 33
33 Auctioneering
34 Computers
36 Safety
37 Supervisory Management
38 Society for Human Resource
Management
39 Customized Workforce
Training
40 Law Enforcement
41 Online Defensive Driving
41 Ed2go.com
42 Telecommunications
42 Teacher Certification
43 Truck Driver
Health & Human Services - page 44
44 Activity Director
44 CPR
45 Healthcare
46 Medication Aide/Nurse Aide
47 Medical Coding Specialist
49 Massage Therapy
Highlander Ranch – page 50
50 Camps
51 Clinics
52 Clubs
53 Horse Shows
;

Community Programs
;

Arts & Hobbies
;

Basics of Embroidery

Join instructor Anne Lemin, owner of Quilted Lovelies, to learn basic embroidery stitches, transfer, and mounting methods. In this enjoyable class, you will learn how to make embroidery hoop art. This class is perfect for beginners or those wanting to re-acquaint themselves with embroidery. A supply list will be given upon registration.

Cost: \$59

Jan. 29-March 5 T, 7-8:30 p.m. AVC 1927.03

Anne Lemin

Anne Lemin has been a needle artist for 30 years and specializes in hand embroidered quilt labels. She is the owner of Quilted Lovelies, a web-based custom-made quilt and quilt label company, which recently celebrated 11 years in business. When not embroidering or teaching, Anne can be found traveling, antiquing, or both.

English Paper Piecing

Join instructor Anne Lemin, owner of Quilted Lovelies, in this new creative class. You will learn how to make fabric hexagons by hand using the English Paper Piecing method, a technique used to hand-sew intricate patchwork pieces together with the aid of paper templates. Next, you will sew them into flowers and make a mini Grandmother's Flower Garden quilt top. For anyone who loves hand work or would like to learn English Paper Piecing, this class is a must! A supply list will be given upon registration.

Cost: \$49

Jan. 28-Feb.25 M, 7-8:30 p.m. AVC 4057.12

Photography I

Learn to get the most out of your camera! Improve your photographs with the technical and artistic basics of photography. With instructor Stephen Cook, you will learn basic skills, look

at some photography pioneers, and take and critique photos in a friendly and collaborative environment. Topics include camera settings, basic composition, and different types of photography (e.g. sports, landscape, portrait, etc.). Try a little of everything and concentrate on your area of interest. You will get the most out of the course with a digital SLR camera with interchangeable lenses and a flash. Students are not required, but highly recommended, to have a SLR camera by the second day of class to receive hands-on learning and practice. This class is for beginning and intermediate photographers.

Cost: \$169

Jan. 17-Mar. 7 TH, 6-9 p.m. PHTC 1004.02

Mar. 21-May 9 TH, 6-9 p.m. PHTC 1004.03

Photography II

Learn the science and art behind great photos! Learn to take portraits, pictures of food and architecture, and how to manipulate shadows and lighting to create great photos. Expert professional photographer Stephen Cook will lead you through it all. Additionally, you will be introduced to photo editing using Lightroom and Photoshop. Learn how to make your family photos look better using digital editing software. Students will be applying skills learned in previous classes and conclude the class with a hands-on photo shoot. Students are not required, but highly recommended, to have an SLR camera by the second day of class to receive hands-on learning and practice. This class is for intermediate to advanced photographers.

Cost: \$99

May 16-June 6 TH, 6-9 p.m. PHTC 1091.02

Photo Editing for
Photographers NEW!

Have you ever taken a photo and thought, "I wish I could just change one thing?" Sign up for this class and you can learn how to do just that! Phone apps are fun to play with and offer up

a lot of tricks and tools. However, they just cannot compete with the sheer workhorses of Photoshop and Lightroom. This tutorial for beginners, led by Brittany Kuehne, will teach you the fundamentals of Adobe Photoshop and Adobe Lightroom, starting with the basics. You will learn how to set up your work environment, open files, and perform various editing functions that each program has to offer.

Cost: \$59

April 8-April 22 M, 6-8:30 p.m. GRPH 1001.01

Brittany Kuehne

Brittany Kuehne came from a small town in the hill country named Ingram. She left for the big city of Waco in search of technical and artistic training at TSTC. For two years, she pursued video game design and eventually changed majors and received an associate's degree in computer maintenance. Brittany continues to enjoy editing photos and creating digital art in her free time.

Knitting Socks NEW!

Come learn how to make knitted socks with expert knitter and instructor, Dawn Burns. Students will learn the techniques to knit socks using double pointed needles. This class is designed for intermediate to experienced knitters, and homework is required. A supply list will be given upon registration.

Cost: \$49

Jan. 28-Feb. 18 M, 6:30-8:30 p.m. AVC 5286.08

Susan Sistrunk

Through the use of varying media and texture, Susan Sistrunk strives to convey the following in her work as an artist: "Regardless of our separate cultures and civilizations, we are capable of creating great wonders

which have inspired countless generations to continue searching for beauty in this tumultuous world. Ancient architecture, cultural beliefs, and symbolism lend themselves to my mission to find threads to tie the human race together within my art." In 2007, Susan received her B.F.A. in Studio Art from UMHB. From 2005-15, she worked with at-risk youth teaching art at the Methodist Children's Home, and in 2015, she began working at J.H. Hines Elementary. Originally from California, Texas has been her home for the past 25 years.

Relief Carving I

Relief Carving has been a form of artistic expression since before the time of ancient Egypt. Come explore with instructor Susan Sistrunk as she takes you through this mysterious art form, carving Plaster of Paris blocks. In this course, you will learn how to mix and pour plaster for carving, proper plaster carving techniques, and tool use. Basic drawing skills are a plus, but not required. A supply list will be given upon registration.

Cost: \$89

Jan. 29-Feb. 19 TTH, 5:30-8 p.m. AVC 2095.05

March 19-April 4 TTH, 5:30-8 p.m. AVC 2095.06

Relief Carving II

Continue learning the art of relief carving! Relief Carving II is for people who have already had the first class and want to learn more challenging techniques. Come explore with instructor Susan Sistrunk as she takes you through this mysterious art form through carving Plaster of Paris blocks. In this second course, you will continue to learn how to mix and pour plaster for carving, proper plaster carving techniques, and incorporate decorating and painting of

the sculptures. Basic drawing skills are a plus but not required. A supply list will be given upon registration.

Cost: \$89

April 23-May 9 TTH, 5:30-8 p.m. AVC 2095.07
Sewing Basics NEW!

Join instructor Anne Lemin, owner of Quilted Lovelies, to learn the basics of sewing! Students will learn about fabric and fabric selection, cutting and stitching. Using their new skills, students will make a pillowcase, a lipstick holder key ring, and a pot holder. A supply list will be given upon registration. No class March 13.

Cost: \$59

Feb. 6-March 20 W, 7-8:30 p.m. AVC 1316.01
Quilting for Beginners
NEW!

This is an introductory class for beginners to learn how to quilt. In this class, instructor Anne Lemin, owner of Quilted Lovelies, will teach basic quilting techniques. The class will cover fabric and thread selection, machine basics, and straight-line sewing. By the end of the class, students will have the knowledge to make a complete quilt. You will need basic sewing supplies and a sewing machine. A supply list will be given upon registration. No class on Feb. 14 and March 14.

Cost: \$89

Feb. 7-April 11 TH, 7-8:30 p.m. AVC 4057.13
Soap Making I

Come and join us as we learn the basics of cold-process soap making. The delightful Gwendolyn Ryan will teach you how oils are chemically processed to produce natural and chemical-free soaps that are healthy for your skin. Each participant will make a three-oil soap and take it home for use. After this class, you may never buy soap again!

Cost: \$49

Feb. 2 S, 10 a.m.-1 p.m. AVC 6142.03
Soap Making II

Let's make soap for holiday gift baskets

with our fun instructor Gwendolyn Ryan! This class will explore the use of color and fragrance oils in cold-process soap. The class is designed for individuals who have a basic understanding of making cold-process soap. You will learn basic soap-design techniques such as the chopstick swirl and the hanger swirl. Come join us as we prepare for the holidays with soap!

Cost: \$49

April 6 S, 10 a.m.-1 p.m. AVC 6142.04

;

Culinary

;

Brownies & Bar Cookies

NEW!

Need cookies for a bake sale, band, or sports team? Bar cookies and brownies help you look like a hero on and off the field. Learn how to make last minute notices an easy task to manage, when you use pantry staples to quickly create amazing bar cookies and brownies. Instructor Dawn Schulz provides guided hands-on experience, sharing recipes for delicious bar cookies, and her "legendary" brownies. Samples and treats to take home are also included. Class will meet in McLennan's own residential style kitchen. Sorry, no refunds.

Cost: \$49

Feb. 7 TH, 5:30-8 p.m. AVC 6143. 07

Cake Decorating NEW!

Whether you want to learn about cake decorating just for fun or your dream is to have a cake-decorating business, you will be delighted with this class. Instructor Mireya Zapata decorates cakes professionally and loves working with novices as well as those who desire to add to their expertise. You will learn about decorating equipment, icing techniques, borders and decorations, and how to assemble a beautiful professionally decorated cake. The class will meet in McLennan's residential-style kitchen. Students will receive a supply

list at the first class session. Sorry, no refunds.

Cost: \$99

April 2-23 T, 6:30-8:30 p.m. PSTR 1091.03

Decorando Pasteles en

Español ¡NUEVO!

Si quieren aprender a decorar pasteles para divertirse o si su sueño es tener un negocio, esta clase es para usted. La instructora Mireya Zapata decora pasteles profesionalmente y le gusta trabajar con los inexpertos, igual que a los que quieren agregar a sus habilidades. Van aprender técnicas de decorar, aplicar betún, y como armar un pastel. La clase va estar en la cocina de el colegio de McLennan. El primer dia de clase los estudiantes van a recibir una lista de provisiones. Los siento, no damos reembolsos.

Cost: \$99

April 4-25 TH, 6:30-8:30 p.m. PSTR 1091.04

Cajun Cowgirls &

Cowboys NEW!

Learn to make "Sweet Voodoo Heat" chili with a blend of spices and sausages. We'll add some jalapeño cornbread with authentic pralines to make a Texas hearty winter tradition even better! This one-night culinary adventure is for those with a love of sweet and spice with lots of heat in every bite! See just how well Louisiana can set a table for one really fine meal! Instructor Wendy Moulds has the perfect personality for this spirited class. This dinner-partystyle class will meet in McLennan's own residential-style kitchen. Sorry, no refunds.

Cost: \$39

Jan. 22 T, 6-8 p.m. AVC 1930.23

Dough, The Shapes You'll

Know

Join instructor Dawn Schulz as she teaches how to use dough to create impressively shaped rolls and loaves. Amaze your family and friends this holiday season with shaping techniques

that can be used anytime with purchased as well as home-made dough.

This class is one not to be missed. Please note this class is about shaping dough only; we will not be baking. Class will meet in McLennan's own residentialstyle kitchen. Sorry, no refunds.

Cost: \$39

Dec. 1 S, 10 a.m.-1 p.m. AVC 6143.06

Dawn Schulz

A Bread Bakers' Guild of America member, Dawn Schulz began baking at age 10. Her learning opportunity soon turned into a passion for baking and teaching. Dawn has taught baking classes for Gourmet Gallery and family and consumer science classes at both Hubbard High School and Rio Vista High School for four, six, and one year, respectively. Dawn is an alumna of MCC, TRIO Student Support Services, and Tarleton State through the University Center at MCC. She says, "I am a bread baker committed to creating a love for grains and baking... one loaf at a time."

Home Canning

Home canning includes canning highacid fruits and tomatoes. This workshop will cover it all! Colleen Foleen, Extension Agent at McLennan County Texas A&M AgriLife Extension Service, will guide you through the various aspects of canning, selecting, and processing fruits and other high-acid foods. Come enjoy, and learn to utilize your garden bounty. Class will meet in McLennan's own residentialstyle kitchen. Sorry, no refunds.

Cost: \$29

May 18 S, 10 a.m.-2 p.m. AVC 5057.01

Cookie Decorating I NEW!

Instructor Brittany Hall-Simmons, owner of Suregood Sweets, will share several

tips for decorating a basic, yet impressive cookie. Students will learn about making icing and its consistency, how to use a piping bag, and how to flood a cookie (an icing technique). For those who love to bake cookies and want to add decorating to their skills, this is the class to take! Class will meet in McLennan's own residential-style kitchen. A supply list will be given upon registration. Sorry, no refunds.

Cost: \$39

Feb. 12 T, 6-8 p.m. AVC 5024.03

March 5 T, 6-8 p.m. AVC 5024.04

April 30 T, 6-8 p.m. AVC 5024.06

Brittany Hall-Simmons

Suregood Sweets is a small, locally-run wedding cake and custom dessert bakery, specializing in unique and delicious sweets. Brittany, lead pastry chef, has over 10 years of experience working in a high-end bakery in the DFW area. She loves to share her passions with others.

Cookie Decorating II NEW!

Learn even more cookie decorating styles and ideas with the owner of Suregood Sweets and instructor Brittany Hall-Simmons. Students will develop their cookie decorating skills from simple to extraordinary with some new techniques including transfers, watercolor painting, and 2D edible elements to take simple to the next level. Class will meet in McLennan's own residentialstyle kitchen. A supply list will be given upon registration. Sorry, no refunds.

Cost: \$49

May 28 T, 6-8 p.m. AVC 5024.05

Easter Cookie Decorating

NEW!

Instructor Brittany Hall-Simmons, owner of Suregood Sweets, will teach several tips for decorating Easter cookies. Students will learn about making icing and its consistency, how to use a piping bag,

and how to flood (an icing technique) a cookie. For those who love Easter, impress your friends and family with some beautifully decorated Easter cookies for the occasion! Class will meet in McLennan's own residential-style kitchen. A supply list will be given upon registration. Sorry, no refunds.

Cost: \$39

March 26 T, 6-8 p.m. AVC 5024.07

Cooking Well with
Diabetes

Cooking Well with Diabetes is a wonderful cooking series designed to help people with diabetes and anyone that prepares food for them. Join Colleen Foleen, Extension Agent at McLennan County Texas A&M AgriLife Extension Service and other special guests, as they lead a series of four, fun, interactive classes packed with proven researchbased information and delicious diabetes-friendly recipes. Class will meet in McLennan's own residential-style kitchen. Sorry, no refunds.

Cost: \$29

Feb. 21 TH, 5:30-7:30 p.m. AVC 1930.25

Gluten Free Baking NEW!

Get introduced to baking gluten free. Whether you suffer from food allergies or just want to live a gluten free lifestyle, you will not want to miss instructor Dawn Schulz demonstrating how to create satisfying gluten free baked goods. You will learn to make two gluten and wheat free flour blends that are friendlier on your blood sugar than storebought gluten free baking blends. This class includes tasty samples and recipes. Class will meet in McLennan's residential-style kitchen. Sorry, no refunds.

Cost: \$69

Feb. 23 S, 9 a.m.-2 p.m. AVC 1964.01

April 27 S, 9 a.m.-2 p.m. AVC 1964.02

May 4 S, 9 a.m.-2 p.m. AVC 1964.03

Hot Cross Buns NEW!

A soft, citrusy, spicy, and sweet Good Friday tradition...hot cross buns. This

class is just in time for you to begin your own Easter tradition. Do not miss instructor Dawn Schulz as she engages you with some hot cross bun history and interesting trivia. You will learn to make, shape, bake, and decorate hot cross buns perfect for sharing with family and friends. Class includes samples, as well as hot cross buns and recipes to take home. Class will meet in McLennan's residential-style kitchen. Sorry, no refunds.

Cost: \$49

March 19 T, 5:30-8:30 p.m. AVC 6143.09

To Knead or Not to Knead

Do you want to make bread at home, but have lots of questions? Join instructor Dawn Schulz as she helps you unravel the mysteries of yeast doughs. You will get samples, plus hands-on experience making and baking a basic white bread loaf, and mixing an artisan no-knead dough to bake at home on your schedule. This class is one not to be missed! Class will meet in McLennan's own residential-style kitchen. Sorry, no refunds.

Cost: \$49

March 2 S, 9 a.m.-1 p.m. AVC 6143.08

Straight from our students

"You can really see that

Dawn loves the art of bread baking, and she gives that same enthusiasm to her students in class."

Indian Cuisine at the Baylor Club

Indian Cuisine at the Baylor Club is taught by experienced home cook Priti Patel. Learn authentic Indian cooking from appetizers and main meals to desserts. Priti's family heritage, along with her easy-to-follow recipes and upbeat personality, will change the way you look at Indian cooking. Come join us at the Baylor Club. Your taste buds will thank you! Returning students and beginners are welcome to enroll. Sorry,

no refunds. Spots are limited!

Cost: \$59

April 8 M, 5:30-7:30 p.m. AVC 5023.06

Instant Pot Cooking

Make delicious warm meals fast and easy!

Join Colleen Foleen, Extension Agent at

McLennan County Texas A&M AgriLife

Extension Service, in this class where you

can put your new InstaPot to good use!

Many households are investing in electric pressure cookers to save time in preparing meals. This workshop will help you

make the most of your investment. You

will receive recipes and learn techniques

to maximize the convenience this appliance offers. Come join the fun! Class will

meet in McLennan's own residential-style

kitchen. Sorry, no refunds.

Cost: \$29

Cost: \$29

May 23 TH, 5:30-7:30 p.m. AVC 1930.28

Culinary Knife Skills

Join author and Chef Sheri Raleigh-

Yearby in this exciting class designed to

help you learn the essential knife skills

needed to sharpen your culinary game.

Participants will be provided with an

overview of care and use of knives, knife

safety and sanitation, types of knives,

and basic knife cuts. This class will help

you save time in the kitchen! Class will

meet in McLennan's own residentialstyle

kitchen. Sorry, no refunds.

Cost: \$29

Cost: \$29

March 23 S, 10 a.m.-noon AVC 1930.26

Sheri Raleigh-Yearby

Sheri has a diverse background

as a culinary instructor

and personal chef

with a special emphasis

in Creole cuisines. She is

the owner and operator of

Cast Iron Skillet. During the

past nine years, Sheri has

provided "culinary edutainment"

experiences through

culinary classes in Creole

cuisine. "Creole food should

tell a beautiful, soulful story,"

Chef Sheri says. After earning a Bachelor of Science in Dietetics and Management from Northwestern State University in Natchitoches, Louisiana, Sheri began a career in public education, where she coached culinary and restaurant management teams to two regional titles in the Texas ProStart Invitational competition.

Healthy Eating Patterns:

The Mediterranean Diet

This healthy eating pattern is not just a diet, it is a lifestyle. Join Colleen Foleen, Extension Agent at McLennan County Texas A&M AgriLife Extension Service, in this workshop! You will learn how to plan menus and adapt recipes to follow The Mediterranean Diet that increases vegetables, lean proteins, whole grains, and healthy fats, and reduces unhealthy, empty, processed carbohydrates. Sorry, no refunds.

Cost: \$29

March 21 TH, 5:30-7:30 p.m. AVC 5023.05

The Five Mother Sauces

The secret is in the sauce! Thanks to French Chef Auguste Escoffier, we have been blessed with the Five Mother Sauces that produce more than 25 derivatives. This class will feature the classic Bechamel, Veloute, Hollandaise, Espagnole, and tomato sauces. Join author and Chef Sheri Raleigh-Yearby in this exciting class which will meet in McLennan's own residential-style kitchen. Sorry, no refunds.

Cost: \$39

May 11 S, 10 a.m.-1 p.m. AVC 1930.27

Professional Dining

Etiquette

Feel confident at your next social or professional event, whether it be a cocktail reception or multi-course meal, after learning dining and professional etiquette. Instructor Sarah Aynesworth

teaches this interactive hands-on class over a three-course meal. You will learn napkin etiquette, toasting savvy, cocktail party skills, place settings, styles of eating, tipping, and much more! Mrs. Aynesworth holds a degree in education as well as certifications from the Protocol School of Washington, The Emily Post Institute, and the Etiquette & Leadership Institute. This class will be held at McLennan's Northwood House. Individual dietary restrictions cannot be accommodated. Sorry, no refunds.

Cost: \$49

Feb. 12 T, 6-8 p.m. AVC 2054.01

Sarah Aynesworth

Sarah Aynesworth has been teaching etiquette since 1996. What started as an avocation after leaving the teaching field has become a vocation that has taken her many places and opened many doors. She says, "The skills I teach empower people to feel confident in all social interactions. My curriculum is a culmination of materials and experiences from the best trainings the world has to offer. With my educational background, I incorporate all types of teaching to allow the information to be individually learned."

Family Dining

Are you tired of nagging your children about their table manners? Fret no more – help is on the way! Manners maven Sarah Aynesworth can teach your child dining skills during an interactive threecourse dinner. Topics include the seven ingredients of a good introduction, napkin etiquette, using silverware properly, place settings and how to set the table, how to cut your food properly, and other dos and don'ts while dining. After this class, you will only have to say, "Is

that what Mrs. Aynesworth taught you?"

Class is held in McLennan's Conference Center, and individual dietary restrictions cannot be accommodated. A parent or guardian must register and attend class with children. Sorry, no refunds.

Cost: \$49

April 9 T, 6-8 p.m. AVC 2054.02

ServSafe Food Managers

Certification

This two-day course will equip students with the latest in food safety principles and practices. The material will help prepare you for the National Certified Food Manager Exam. Cost includes classroom instruction, materials, and exam. Please call Texas A&M AgriLife Extension McLennan County to pay for the course at 254-757-5180. Check or money order may be brought to class. Must bring valid ID. If you do not have an acceptable form of ID, you will not be able to take the exam.

Cost: \$125

Feb. 4-Feb. 11 M, 8 a.m.-5 p.m. RSTO 1041.01

April 1-April 8 M, 8 a.m.-5 p.m. RSTO 1041.02

June 17-June 24 M, 8 a.m.-5 p.m. RSTO 1041.03

;

Fitness & Wellness

;

Business Professionals on
the Golf Course NEW!

Join Jon Antunes, owner of the Heart of Texas Golf Academy for the Business Professionals Golf Clinic which will focus on helping participants develop the skills necessary to play golf with current or potential business clients.

We will work on a crash course in golf over the five-week program beginning with putting and flow through chipping, pitching, and the full swing. We will also discuss course play, rules, and etiquette.

This program is designed to help professionals who have never played golf

get the necessary skill and knowledge needed to complete a round of golf.

If you already have some experience

in the game, great! We can help you improve your skills as well. Golf is one of the best ways to connect with clients and build close personal relationships that can help promote your business.

Do not miss this great chance to learn the lifetime sport of golf and the ability to use it to further your business goals.

Cost: \$99

April 2-30 T, 6-7 p.m. AVC 1026.02

Kayak Lessons

Join Pura Vida Paddle in one of the most popular and fun fitness crazes in town, kayaking! Kayaking lessons are for everyone who loves the outdoors, wants

to learn something new, and get out on the water in the beautiful Brazos River!

Join Erin and Blake Ward, owners of Pura Vida Paddle Board Company and leading experts in both paddle board and kayak instruction for this fun class suitable for all levels. Class will meet at the bottom deck of Buzzard Billy's. Please arrive 10 minutes before class begins. All equipment costs are included with the registration fee.

Cost: \$119

April 4-25 TH, 5:30-7:30 p.m. AVC 1202.06

Erin and Blake Ward

Erin and Blake Ward recently moved back to Waco to be closer to family and to open Pura Vida Paddle on the lower deck of Buzzard Billy's.

Erin was born and raised in Waco but left for college.

After getting married and having children of her own, she returned to Waco. She has always had a passion for being on the water and fell in love with SUP (Stand Up Paddleboarding) this summer while on a family vacation

to Colorado. After years of experience of working at a tubing outfitter on the Guadalupe River, she decided to

bring the SUP sport to Waco. Besides daily rentals, Erin and Blake also offer SUP Yoga and love hosting group events. The main focus of Pura Vida Paddle is to allow an outlet to people who want to leave their troubles behind and experience nature.

Art of Massage for Couples NEW!

Friday night, make it a date night with this couples massage class. What could go wrong? All things are right when it comes to spending a little time to learn how to pamper your significant other. Instructor David Sproles, B. GS, LMT, MTI, will teach massage basics and much more. Please bring a blanket and pillow to class. Each student must register with a partner.

Cost: \$39

Feb. 1 F, 7-8:30 p.m. AVC 6106.05

David Sproles

David Sproles began receiving massages during childhood when medicine would not relieve his headaches.

He found out that massage therapy, which is considered alternative medicine, worked for him. David is a graduate of McLennan Community College's Massage Therapy program and is a part-time massage therapy instructor.

He opened his own massage therapy business, Body Relax: Massage Waco in 2012 and graduated from Texas Tech University in 2016. His goal is to educate others that massage is not an alternative to traditional medicine but a valuable complement to healthcare.

The Art of Foot Massage

Learn how to relax the body with reflexology

by massaging sore spots in the feet until tension is relieved. Instructor David Sproles, B. GS, LMT, MTI, will teach you the importance of foot massage for your health and self-care. These reflexology basics introduce the reflexes that may help alleviate migraines or other headaches. Join this class if you want to learn massage basics that will help you from head to toe – literally! Please bring a blanket and pillow to class. Each student must register with a partner.

Cost: \$29

March 1 F, 7-8:30 p.m. AVC 6106.06

Back Pain and Massage

Learn how to relax the back by massaging sore spots in the lower back until tension is relieved. Instructor David Sproles, B. GS, LMT, MTI, will teach you the importance of lower-back massage for your health and self-care. These technique basics introduce the reflexes that may help alleviate back pain. Join this class if you want to learn massage basics that will make your back feel better. Please bring a blanket and pillow to class. Each student must register with a partner.

Cost: \$29

April 5 F, 7-8:30 p.m. AVC 6106.07

Upper Body Massage

Do you want to rub people the right way? Improve your quality of life with massage by eliminating those constant tight and painful muscle aches. In this course, you will learn chair massage basics that will allow you to relax the upper body (lower back, neck, arms, hands, and scalp). Instructor David Sproles, B. GS, LMT, MTI, will teach simple and effective techniques to perform massage longer without getting tired. The advantages of massage while lying down will also be reviewed. Please bring a blanket and pillow to class. Each student must register with a partner.

Cost: \$29

May 3 F, 7-8:30 p.m. AVC 6106.08

SUP Yoga

Two things that are already relaxing: being on the water and yoga. So, let's do them both! Join the SUP yoga community in the most popular and fun fitness craze in town! Paddle Board Yoga is for everyone who wants to learn something new, increase balance and stability, and get out on the water in the beautiful Brazos River! Join Erin and Blake Ward, owners of Pura Vida Paddle Board Company and leading experts in both paddle board instruction and yoga, for this fun class, suitable for all levels. You will learn the art of meditation and stretching – focusing on centering yourself and leaving your stresses on land. Class will meet at the bottom deck of Buzzard Billy's. Please arrive 10 minutes before class begins. All equipment costs are included with the registration fee.

Cost: \$99

May 7-17 TF, 6-7:30 p.m. AVC 1202.08

SUP Lessons NEW!

Join Erin and Blake Ward, owners of Pura Vida Paddle Board Company and learn the basics of how to stand up paddle board from sitting to standing. All levels welcomed. This sport can be extremely low impact to a full body workout. We will help show you the mental and physical benefits of SUPing. Class will meet at the bottom deck of Buzzard Billy's. All equipment costs are included with the registration fee.

Cost: \$119

May 2-23 TH, 5:30-7:30 p.m. AVC 1202.07

Beginners Swimming for

Adults

Calling all adults who never learned to swim – there is no time like the present! This course is designed specifically for adults to learn the basics of swimming and to encourage those adults who want to improve their skills and confidence in the water. Instructor Missy Kittner will put you at ease and teach you the techniques to enjoy the pool. After this course, you will have

no excuse not to “jump in.” Wear your swimsuit and bring a towel. Goggles are optional. Class will meet at The Center of Columbus Avenue Baptist Church. Each student must sign a facility waiver. Students must be 18 years of age or older to register.

Cost: \$69

March 18-April 4 MTH, 6:30-7:15 p.m. AVC 1088.01

Water Aerobics

In partnership with The Center of Columbus Avenue Baptist Church, water aerobics is a class for everyone, especially those seeking a low-impact way of exercise. Get fit with this challenging, but easy-on-the-joints class. Instructors will guide you through the water with exercises using your own body weight, water dumbbells, and other waterresistance tools. You’ll leave class feeling refreshed. Each student must sign a facility waiver. Class is held at The Center of Columbus Avenue Baptist Church.

Cost: \$79

Feb. 4-March 8 MWF, 9-10 a.m. AVC 1689.03

Yoga 4 Fitness

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

Cost: \$39

Jan. 14-Feb. 25 M, 5:30-6:30 p.m. AVC 1962.11

March 18-April 22 M, 5:30-6:30 p.m. AVC 1962.13

Yoga Meditation Fusion

This is a yoga meditation combination class for people of all ages and fitness levels. Through a variety of meditation practices and yoga exercises, yoga and meditation cultivates a holistic mindbody

experience that fosters mental awareness, promotes vitality, and develops balance. Yoga Mediation Fusion is taught by Dharma Yoga and YogaFit® certified instructor Kelly Parker. Wear comfortable clothes and bring your own yoga mat.

Cost: \$39

Jan. 23-Feb. 27 W, 5:30-6:30 p.m. AVC 1962.12

March 20-April 24 W, 5:30-6:30 p.m. AVC 1962.14

Kelly Parker

Kelly Parker is a full-time theatre professor at McLennan Community College, teaching acting and directing stage productions. He began teaching yoga five years ago and has tried multiple styles of yoga and meditation.

Kelly currently holds a 200-hour teacher certification in Viniyoga and an additional 200-hour teacher certification in Dharma Yoga.

;

MCC Kids College

;

Family Dining

Are you tired of nagging your children about their table manners? Fret no more – help is on the way! Manners maven Sarah Aynesworth can teach your child dining skills during an interactive three-course dinner. Topics include the seven ingredients of a good introduction, napkin etiquette, using silverware properly, place settings and how to set the table, how to cut your food properly, and other dos and don'ts while dining. After this class, you will only have to say, "Is that what Mrs. Aynesworth taught you?" Class is held in McLennan's Conference Center, and individual dietary restrictions cannot be accommodated. A parent or guardian must register and attend class with children. Sorry, no refunds.

Cost: \$49

April 9 T, 6-8 p.m. AVC 2054.02

Kid's Golf Camp NEW!

In partnership with the Heart of Texas Golf Academy, this fun camp is designed to introduce students to the game of golf. Students will receive instruction from Jon Antunes in areas such as the full swing on a state-of-the-art video system, short game, rules, etiquette, and more. Facilities are both indoor and outdoor, so weather is never an issue. Kids will be grouped by age and skill level upon arrival. Golf clubs will be provided if you do not own a set. Participants will receive a drink and a snack each day. Camp is for kids 4-16 years of age and will meet at Heart of Texas Golf Academy. Please visit www.jonantunesgolf.com for more information about the facility and programs.

Cost: \$119

Jan. 3-4 THF, 9 a.m.-noon AVC 1026.01

Children's Swim Lessons

In partnership with The Center of Columbus Avenue Baptist Church, this camp is designed for both beginner swimmers with little experience in the water and those who are very comfortable in the water but may not know how to swim with a consistent breath rhythm. Led by Missy Kittner, this camp will start with comfort and acclimation to the water along with basic survival swimming, then move on to learning correct body movement in the water for floating, gliding, and kicking. Finally, we will work on swimming with arms and legs moving consistently in front and back. Safety is paramount in every skill that is learned. Parents do not need to co-register with the child but must accompany the child during evening camp. Camp is for kids 5-15 years of age and will meet at The Center of Columbus Avenue Baptist Church.

Cost: \$69

May 6-May 23 MTH, 6:30-7:15 p.m. AVC 1978.02

Missy Kittner

Missy Kittner, a certified Water Safety Instructor and Trainer, loves teaching babies, toddlers, children, and adults to swim. She first took swimming lesson at the age of three but failed to learn to swim. Missy persisted and by the age of 11, she was swimming competitively. By the age of 15, she became a lifeguard. She later coordinated the Learn-to-Swim program for the City of Richardson for seven years.

Parent & Tot Swim
Lessons

This water introduction program, taught by Missy Kittner, helps parents and children ages six months to four-yearsold get used to the water and see the pool as fun. Parents and children play games that introduce basic introductory water skills such as blowing bubbles, breath control, kicking, and floating. The class focuses on water orientation and encourages parents and babies to trust each other in the water. Wear your swimsuit and bring a towel. Goggles are optional. All children not potty-trained must wear a swim diaper when in class. An adult must be in the water with the child at all times (shallow water only). Parent must register and be present in class. Child's name will be recorded at the time of registration. Class will meet at the Center of Columbus Avenue Baptist Church.

Cost: \$69

April 8-25 MTH, 6:30-7:15 p.m. AVC 1978.01

Basic Workplace

Computer Skills

Learn the computer skills you need for the job you want! Offered by MCC Continuing Education in partnership with Heart of Texas Goodwill Industries, this course will provide you with fundamental

office computer skills. Topics include: printing, creating and managing files and folders, understanding and navigating the internet, and sending effective emails. You will also get an overview of the most common programs in the workforce – Word, PowerPoint, and Excel – as well as learn program integration, simple database management, and transferring data. The instructor will help you put these skills to work by creating a resume. Whether you are a job seeker or seeking advancement in your current job, this computer course is for you! All class materials and a flash drive containing course exercises will be provided. Must receive at least a score of 40% on a basic computer assessment to join. Class will meet at Goodwill Learning Center, 1700 S. New Rd., Waco, TX 76711.

Cost: \$10

March 4-29 MWF, 3-5 p.m. ITSC 1006.03

May 6-31 MWF, 3-5 p.m. ITSC 1006.05

Computers for Beginners

MCC Continuing Education, in partnership with Heart of Texas Goodwill

Industries, offers a beginners' computer class! Brand new to computers? Join us for this four-part course that will walk you through the basics of computer functions, keyboarding, internet navigation, internet safety, and email settings.

The goal of this course is to help you feel comfortable using a computer in the workplace and at home. Class will meet at Goodwill Learning Center, 1700 S. New Rd., Waco, TX 76711.

Cost: Free

Dec. 10-19 MW, 1-3 p.m. ITSC 1006.01

Feb. 4-13 MW, 1-3 p.m. ITSC 1006.02

April 8-17 MW, 1-3 p.m. ITSC 1006.04

Excel 2013 Overview

NEW!

MCC Continuing Education, in partnership with Heart of Texas Goodwill Industries, offers Microsoft Office courses to help you improve your computer skills.

If you want to excel in Excel 2013 and increase your chances of finding a better job, then come join us in this fourweek course. Topics include: formatting and editing text, basic functions, pivot tables, and much, much more! Prerequisites include: basic computer skills such as using the mouse, selecting/highlighting text, and opening and closing files and folders using MS Windows 7. The course fee includes all class materials and a flash drive that contains all course exercises. Class will meet at Goodwill Learning Center, 1700 S. New Rd., Waco, TX 76711.

Cost: \$10

March 5-28 TTH, 5:30-7:30 p.m. ITSW 1022.01

Word 2013 Overview

NEW!

MCC Continuing Education, in partnership with Heart of Texas Goodwill Industries, offers Microsoft Office courses to help you improve your computer skills. Learn the fundamentals of Word 2013, including formatting and editing text and pictures, clipart, tables, SmartArt graphics, using the mouse, selecting/highlighting text, and opening and closing files and folders using MS Windows 7. The course fee includes all class materials and a flash drive that contains all course exercises. Class will meet at Goodwill Learning Center, 1700 S. New Rd., Waco, TX 76711.

Cost: \$10

Feb. 4-27 MW, 5:30-7:30 p.m. ITSW 1021.01

April 1-24 MW, 5:30-7:30 p.m. ITSW 1021.02

Customer Service

Essentials

MCC Continuing Education, in partnership with Heart of Texas Goodwill Industries, offers a class covering the essentials of good customer service. Do you want to improve your customer service and communication skills on the job? This two-day class will provide you with easy-to-remember guidelines for providing friendly and efficient selling

techniques. Additionally, this class is a tool to help prepare participants for the Customer Service and Sales Certification Exam through the National Retail Federation. The certification exam is \$55 and is optional. The class is a great fit for Job Opportunity Boot Camp students seeking to build their on-the-job communication skills. Class will meet at Goodwill Learning Center, 1700 S. New Rd., Waco, TX 76711.

Cost: Free

Feb. 12-13 TW, 1-5 p.m. BMGT 1022.02

May 7-8 TW, 1-5 p.m. BMGT 1022.06

Job Opportunity Boot

Camp

MCC Continuing Education, in partnership with Heart of Texas Goodwill

Industries, offers a new program to assist in the preparation for a new career!

This class provides training on the skills you need to land the job you want.

This week-long intensive workshop will cover the following: job search/applications, resume preparation, interview and self-presentation, job dependability, and retention. Class will meet

at Goodwill Learning Center, 1700 S.

New Rd., Waco, TX 76711. Attendance is required at each class session to receive credit.

Cost: Free

Dec. 17-21 MTWTHF, 9 a.m.-noon BMGT 1022.01

Feb. 18-22 MTWTHF, 9 a.m.-noon BMGT 1022.03

March 18-22 MTWTHF, 9 a.m.-noon BMGT 1022.04

April 15-19 MTWTHF, 9 a.m.-noon BMGT 1022.05

May 20-24 MTWTHF, 9 a.m.-noon BMGT 1022.07

Capsule Wardrobe NEW!

This class will discuss capsule wardrobes and explore strategies for owning less clothing yet still having a variety of options.

Class will be led by Neat as a Pin business owner and instructor, Jennifer Snyder. Participants will learn why it is important to own less in life and how to manage what they already have.

Cost: \$49

March 18 M, 6-8 p.m. AVC 2065.08

Jennifer Snyder

Jennifer Snyder is the owner of Neat as a Pin Organizing Experts. She is one of less than 500 Certified Professional Organizers worldwide and the only accredited organizer in the Central Texas area. She is a speaker and writer, and regularly contributes to publications nationwide. Jennifer is a member of the National Association for Productivity and Organization (NAPO) as well as the Institute for Challenging Disorganization. She is a certified trainer in the NAPO Quantum Leap program, which provides organizing skills to people in need during life-changing situations. She has been in business for almost a decade and has grown to a staff of four. She has personally accumulated more than 10,000 hours of organizing time working directly with clients.

Circle of Security

Have you ever felt lost or clueless about what your child might need from you? Imagine what it might feel like if you were able to make sense of what your child was really asking from you. MCC Continuing Education, in partnership with Methodist Children's Home, will offer The Circle of Security® Parenting™ program which is based on decades of research about how secure parentchild relationships can be supported and strengthened. Participants will be better able to: understand their child's emotional world by learning to read emotional needs, support their child's ability to successfully manage emotions, enhance the development of their child's self-esteem, and honor the innate wisdom and desire for their child

to be secure.

Cost: Free

April 11-May 16 TH, 5:30-7 p.m. CDEC 1010.02

Connected Caregivers

As a caregiver, teacher, tutor, pastor, have you ever found yourself thinking, "What is wrong with this kid?" You've tried everything you know how to do, but you just can't seem to connect with them. MCC Continuing Education, in partnership with Methodist Children's Home, believes maybe it's time for a new question. Specialists in child development suggest that a better question may be, "What has happened to this child?" Come learn about Trust-Based Relational Intervention, TBRI®.

Cost: Free

Feb. 28-Mar 28 TH, 5-7 p.m. CDEC 1010.03

Discovering Your Family

History NEW!

Genealogy Librarian Hannah Roquemore will guide you in this hands-on class. You will have the opportunity to develop the skills necessary to uncover your family's past. Learn modern research techniques and today's best resources for genealogy. Whether you are a novice or an experienced researcher, this class will have something for everyone. Come connect with your ancestors and begin creating a legacy that can be passed on to future generations.

Cost: \$49

March 20-April 3 W, 6:30-8:30 p.m. AVC 6139.04

Hannah Roquemore

Hannah Roquemore, a Genealogy

Librarian at the Waco-

McLennan County Library,

has helped individuals across

the county find missing links

in their family history. A Waco

native, she has a passion for

local history and tracking

down lost ancestors. Hannah's

genealogy career began

at the University of Texas at

San Antonio's Institute of Texan

Cultures where she earned a Bachelor's of Anthropology. She later moved to Oklahoma, where she worked for the Chickasaw Nation at the Holisso Research Center, helping individuals document their Native American ancestry, before earning her master's degree in Library Science from the University of North Texas in 2016.

Estate Organizing

Certified Professional Organizer® Jennifer Snyder, owner of Neat as a Pin, walks you through the process of sorting and dealing with a personal estate or that of a loved one. Topics include: outlining the process, resources for donation and disposal, to sell or not to sell, and getting it done even through heartbreak. Students will analyze and learn the steps of dealing with the estate of someone else, covering key things that are best handled in advance. Learn how to deal with the delicate issue of collaborating with family members all while dealing with a lifetime of belongings of a loved one.

Cost: \$49

April 15 M, 6-8 p.m. AVC 2065.02

Jungian Dream

Interpretation

Dream much? Are you wishing to explore different ways of understanding to get to know yourself better? Then, this dream interpretation class is perfect for you! Licensed Professional Counselor with training at the Carl Jung Institute in Zurich, Switzerland, Angela Collier will help you explore your dreams. In this course, you will be sharing your recent dreams to learn and use the (simple) dream-work techniques taught. This dream-work class is not intended to be therapeutic; Focus will be upon practicing the techniques of dream work together. Join in, and find out what your

subconscious might be saying through dreams!

Cost: \$49

Feb. 4-11 M, 6-8 p.m. AVC 6145.01

March 18-25 M, 6-8 p.m. AVC 6145.02

More Jungian Dream

Interpretation

Come learn even more about your dreams in this continuation of our Dream Interpretation class! Licensed Professional Counselor with training at the Carl Jung Institute in Zurich Switzerland, Angela Collier will help you explore your dreams with even more depth and understanding. In this course, you will be sharing your recent dreams to learn and use more complex dream-work techniques. This dreamwork class is not intended to be therapeutic; Focus will be upon practicing the techniques of dream work together. Jungian Dream Interpretation is a prerequisite for this course.

Cost: \$49

April 15-22 M, 6-8 p.m. AVC 6145.03

Learn to Podcast NEW!

Is now the right time to start a podcast?

Join owner of The Wacoans podcast Garrett Simmons and discover all the reason why right now is the best time to start a podcast. In this class, we will cover how to find out if podcasting is right for you, what equipment you will need, how to find a place to host your audio, and how to decide on a topic.

Cost: \$39

April 23 T, 6-7:30 p.m. AVC 5072.02

Minimalistic Living

Ever feel overwhelmed or managed by "stuff"? Join certified Professional Organizer®, Jennifer Snyder, owner of Neat as a Pin, for this class about minimalistic living. There will be an informative discussion on why it is attractive to live with less, and students will learn strategies to take you from living with lots to living with less. Topics include: determining what you really need, what to

do with your excess, and how to change the way you think about your stuff.

Cost: \$49

May 13 M, 6-8 p.m. AVC 2065.01

Take Me to the Cloud,

Back Me Up Scotty! NEW!

You have probably heard of the “cloud” in this digital age in which we live. Have you asked yourself, what is the cloud? Where is the cloud? Are we in this cloud right now? The term “cloud computing” is everywhere. Join instructor Brittany Kuehne as this course aims to show you how to take the cloud and use it to your advantage to store all of your files and precious memories so that you never have to worry about losing them again.

Cost: \$49

April 29-May 13 M, 6-8:30 p.m. AVC 2053.01

Vision Board, Positive

Affirmation NEW!

A vision board is a tool used to help clarify, concentrate, and maintain focus on a specific life goal. Literally, a vision board is any sort of board on which you display images that represent whatever you want to be, do, or have in your life. Join instructor and professional psychologist Angela Collier as she discusses distracted human behavior. Creating and using vision boards serves several purposes, some of which include helping you to: identify your vision and give it clarity, reinforce your daily affirmations, and keep your attention on your intentions.

Cost: \$29

May 6 M, 6-8 p.m. AVC 6145.04

Understanding the “Spirit

of Place”: Appreciating

Waco’s Native American

and Frontier Historic

Landscapes NEW!

Join expert anthropologist and author Linda Pelon as she guides students through unrecognized historic sites in Waco. This class will explore the Native American (including Waco/Wichita, Comanche, and Cherokee) land hiding

in plain sight in Cameron Park and other well-known locations accessible to the public. Texas Rangers, Native American agents, European naturalists, Sam Houston, U. S. treaty negotiators, and many others used the trading post on Tehuacana Creek as a frontier outpost and bank. Their documentation of this trading post, now on inaccessible private property, will also be discussed. Research strategies and sources will be shared to empower those who are interested in continuing to explore local history. Past occupations on ranches and other private properties with archeological evidence of an earlier Native American occupation will also be explored. This class will include extended site visits around Waco that are a must-see!

Cost: \$79

April 27-May 11 S, 9 a.m.-1 p.m. AVC 1954.01

Straight from our Students

"Linda took us on some great historical sites. Her wealth of knowledge was astounding!"

Linda Pelon

Linda Pelon is an anthropologist and educator with a research specialty in Texas frontier history and Comanche land use in Texas. She is an honorary ambassador for the Comanche Nation and assists them with locating and reconnecting their Traditional Cultural Properties in Texas. She is co-author of Comanche Marker Trees of Texas and a recently retired professor of anthropology and history at McLennan Community College. She works with volunteer research teams on the Colorado, Concho, Leon, Brazos, Navasota, and Trinity

Rivers to better understand Native American land uses of these watersheds and to encourage preservation of historic Texas landscapes.

;

Music & Dance

;

Cha Cha Dance NEW!

Cha Cha delight! Join our fun and encouraging instructors, Landon Lewis and Amanda Frey, as they introduce you and your partner to the Latin style of the Cha Cha. Landon and Amanda put students of all ages at ease! Learn basic steps and techniques, directional movements, and proper positions for this festive dance style. This course is for partners only. Each student must register. Recommended dance attire is business casual with comfortable shoes. Ladies are encouraged to wear closed toe shoes that will not slip off while dancing.

Cost: \$49

May 1-15 W, 7-8 p.m. AVC 1646.04

Rumba Dance NEW!

Welcome to Rumba! Rumba is a slow, serious, and romantic Latin dance known for its sways and hip movements. In this introductory course, instructors Landon Lewis and Amanda Frey will teach you the dance position, rhythm, and some basic steps necessary to step onto the dance floor with confidence. No previous dance experience is required. Registering with a partner is required. Each student must register. Recommended dance attire is business casual with comfortable shoes. Ladies are encouraged to wear closed toe shoes that will not slip off while dancing.

Cost: \$49

March 20-April 3 W, 7-8 p.m. AVC 1646.02

Tango Dance NEW!

Welcome to Tango! In this introductory course instructors, Landon Lewis and Amanda Frey will teach you the dance

position, rhythm, and some basic steps necessary to step onto the dance floor with confidence. No previous dance experience is required. Registering with a partner is required. Each student must register. Recommended dance attire is business casual with comfortable shoes. Ladies are encouraged to wear closed toe shoes that will not slip off while dancing.

Cost: \$49

April 10-24 W, 7-8 p.m. AVC 1646.03

Landon Lewis

Landon Lewis was introduced to ballroom dancing through Baylor University's social dance class. Since then, he has continued to learn and dance while also teaching friends and strangers privately and in group settings. He looks forward to introducing and increasing his student's confidence on the dance floor which has brought him so much joy over the years.

Waltz Dance

Join our fun and encouraging instructors, Landon Lewis and Amanda Frey, as they introduce you and your partner to the Waltz. Landon and Amanda put students of all ages at ease! Learn basic steps and techniques, directional movements, and proper positions for this energetic dance style. This course is for partners only. Each student must register. Recommended dance attire is business casual with comfortable shoes. Ladies are encouraged to wear closed toe shoes that will not slip off while dancing.

Cost: \$59

Feb. 6-27 W, 7-8 p.m. AVC 1646.01

Tribal Baladi Belly Dance I

Learn a new style of belly dance, one that is truly American. Many steps are the same as the traditional style, but

with a few differences. Come join in the fun with instructor Dawn Burns, and get in better shape at the same time! Wear comfortable clothing in which you can move easily. Bring a floor mat and a refillable water bottle. Both beginner and returning students are welcome.

Cost: \$69

Jan. 15-March 5 T, 7-8:30 p.m. AVC 5262.07

Tribal Baladi Belly Dance II

This class is for intermediate-skilled students. Students should have taken at least two prior Tribal Belly Dance classes before signing up for this class.

Learn to move as a group while dancing to authentic Middle Eastern music.

Dawn Burns will lead the class which will include an extensive warm-up, isolation drills, and many new dance moves.

Wear comfortable clothing in which you can move easily. Bring a floor mat and a refillable water bottle.

Cost: \$69

Jan. 17-March 7 TH, 7-8:30 p.m. AVC 5262.08

Dawn Burns

Dawn Burns has been dancing for over 30 years. She first learned how to belly dance here at MCC at the age of 22.

Having had classes with a number of big league belly dancers, she wanted to pass along her love of the dance to others. It is a great way to move and get in shape, or just for fun!

Electric Guitar

Join Dick Gimble in this course which features participation in a small ensemble concentrating on improvisation of commercial music performance styles with a focus on the electric guitar. Must have knowledge of guitar and music reading skills already developed to enroll.

Cost: \$79

Jan. 14-May 6 M, 5:30-8 p.m. MUSP 1048.01

;

Outdoors & Animals

;

K9mutt Dog Training

Hoping to teach Fido a few manners? Build the foundation of good behavior by creating a good relationship with your dog. This beginning course, offered by a local canine expert of K9mutt Training, teaches the basics of obedience training and helps you better understand your dog. No two family dynamics are the same, so you'll learn the best training methods for you and your dog. This course is for family dogs, shelter and rescue dogs, and special-needs families. You must provide instructor Sandy Wittliff with current shot records at the first class. Classes are held at McLennan's Highlander Ranch.

Cost: \$99

Jan. 5-Feb. 16 S, 9-10 a.m. AVC 1849.01

Jan. 6-Feb. 17 SU, 9-10 a.m. AVC 1849.02

March 9-May 4 S, 9-10 a.m. AVC 1849.03

March 17-May 5 SU, 9-10 a.m. AVC 1849.04

March 18-April 29 M, 6:30-7:30 p.m. AVC 1849.05

March 19-April 30 T, 6:30-7:30 p.m. AVC 1849.06

Sandy Wittliff

Sandy Wittliff has been working with dogs for most of her life and has kept dogs of all sizes over the years. She is a licensed Pet Partner Therapy Dog evaluator and trainer, along with being a member of the International Association of Assistance Dog Partners (IAADP). Sandy has always felt that it is better to work with the dog rather than force it, and she loves watching the bond develop between the owner and dog as they learn to communicate and trust each other.

Texas Hunter Education

Field Day

This course includes all the information

about Texas Hunter Education that the law requires hunters age 17 and older to know after the completion of the online class. Certified instructor, Brent Heath, will cover hunting rules and regulations, ethics and responsibilities, and safe firearm handling and storage techniques. When you successfully complete the course (attend the full session in its entirety), you will receive a lifetime certification card. Students must complete the accompanying online course before the start-day of class to be eligible for this field course. Search online for "Texas Parks and Wildlife Hunter Education + field course" for more information. The online course is free from Texas Parks & Wildlife. Class will meet at McLennan's Highlander Ranch.

Cost: \$20

Feb. 16, S 8 a.m.-noon AVC 1983.06

Texas Bow Hunter
Education Field Day

This course includes all the information the law requires hunters age 17 and older to know after the completion of the online class. The certified instructor, Brent Heath, will cover bow hunting rules and regulations, ethics and responsibilities, and safe bow handling and storage techniques. When you successfully complete the course (attend the full session in its entirety), you will receive a lifetime certification card. The student must complete the accompanying online course before the start day of class to be eligible for this field course. Search online for "Texas Parks and Wildlife Bow Hunter Education + field course" for more information. The online course is free from Texas Parks & Wildlife. Class will be held at McLennan's Highlander Ranch.

Cost: \$20

March 16 S, 8 a.m.-noon AVC 1983.07

Brent Heath

Brent Heath is a Master
Instructor with Texas Parks

& Wildlife. He has taught Hunter Education for over 20 years and Bow Hunter Education for over 8 years. He also serves as the Hunter Education and Bow Hunter Education Area Chief for McLennan County and the surrounding counties. Brent was awarded the 2017 North Texas Hunter Education Instructor of the Year. He is certified by the Tree Stand Manufacturer's Association as a Tree Stand Safety Instructor Trainer and is certified by the National Archery in the Schools Program as an Archery Instructor. Texas Hunter Education Class

This course includes all the information about Texas Hunter Education that the law requires hunters age 17 and older to know. The certified instructor, Brent Heath, will cover hunting rules and regulations, ethics and responsibilities, and safe firearm handling and storage techniques. When you successfully complete the course (attend the full session in its entirety), you will receive a lifetime certification card. Participants under 17 years of age must co-register with a parent or guardian to attend class. The classroom location will be sent prior to the class.

Cost: \$20

April 27 S, 8 a.m.-4 p.m. AVC 1983.08

Kayak Lessons

Join Pura Vida Paddle in one of the most popular and fun fitness crazes in town, kayaking! Kayaking lessons are for everyone who loves the outdoors, wants to learn something new, and experience the beautiful Brazos River! Join Erin and Blake Ward, owners of Pura Vida Paddle Board Company and leading experts in both paddle board and kayak instruction for this fun class suitable

for all levels. Class will meet at the bottom deck of Buzzard Billy's. Please arrive 10 minutes before class begins. All equipment costs are included with the registration fee.

Cost: \$119

April 4-25 TH, 5:30-7:30 p.m. AVC 1202.06

Waco Walks Club

Walk your way to learning and fun!

Join our community partnership class, Waco Walks Club! This club consists of a fun informal group led by Ashley Bean Thornton of Baylor and Act Locally Waco. The group walks around the Waco area to get some exercise, learn more about our community, and have fun. Most of the walk will be on sidewalks and city streets, but you may need to navigate a few curbs and a few grassy patches. Bring your own water. Dogs are invited on the walk, but they MUST be on a leash and you MUST clean up after them. The group meets monthly at various Waco historic locations. Participants must have an email address to receive monthly notifications from the club.

Cost: FREE

Dec. 1-May 30, AVC 3056.08

Downtown History Walks

Waco has a fascinating history with elements of the Old South, the Wild West, tragedy, triumph...it's really a terrific microcosm of American history. Join Act Locally Waco to get a good survey of some of the highlights and low points of Waco's past. (It's even a little PG rated!) This walk is a great Waco History 101 for folks who are new to town, but even long-time Wacoans will walk away with at least a few new interesting tidbits. As we work together to build a beautiful future for Waco, it's important to understand our history. Meet nice people, get some exercise, and learn about Waco... we'd love to have you join us!

Cost: \$20

Dec. 2 SU, 9:30 a.m.-noon. AVC 3056.09

Jan. 5 S, 9:30 a.m.-noon. AVC 3056.10

Feb. 2 S, 9:30 a.m.-noon. AVC 3056.11
March 2 S, 9:30 a.m.-noon. AVC 3056.12
April 6 S, 9:30 a.m.-noon. AVC 3056.13
May 4 S, 9:30 a.m.-noon. AVC 3056.14

Straight from our Students

“Since our lives are so busy running here and there, this class enabled me to slow down and enjoy the beautiful sights of Waco.”

;

Personal Finance

;

House Flipping 101

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

Cost: \$99

April 29-May 13 M, 6-9 p.m. RELE 1008.01

How to Start a Small Business

It is back to basics! If you want to start a business but do not know where to begin, then this class is for you. This class will address many of the questions you should ask yourself before beginning the process of starting a new business. Instructor Tim Holtkamp will cover how to analyze the feasibility of your idea, business plan, sources of capital, and how to create a competitive analysis.

Cost: \$39

March 25 M, 6-9 p.m. AVC 2080.02

How to Write a Business Plan

This class will teach you, in detail, the seven essential sections of a business plan, what you should and should not include, how to work the numbers, and additional resources to which you can turn for help. Anyone is welcome to come and learn from Tim Holtkamp. This class pairs perfectly with the other "How-To" series about small business.

Cost: \$29

April 1 M, 6-9 p.m. AVC 2080.03

Tim Holtkamp

Tim Holtkamp has a BBA in Finance from Tarleton State University. He started Holtkamp Land & Mortgage as well as several other businesses.

Tim was the youngest person to become a licensed Real Estate Inspector in Texas.

He has been a licensed Real Estate Agent and is currently a licensed Mortgage Loan Originator. Tim is an active real estate investor in the Waco area and has personally used and developed the information he will cover with his students in class. He currently serves the Small Business Development Center as a Business Advisor, and in his spare time raises bees and Santa Gertrudis cattle on his family farm in Robinson.

How to Finance a Small Business

This class is a comprehensive overview of the different funding options available for your small business and the qualifications for each. This class will cover: sources of funding, lender requirements, and other funding considerations.

Anyone is welcome to come and learn from Tim Holtkamp. This class

pairs perfectly with the other “How-To” series about small business.

Cost: \$29

April 8 M, 6-9 p.m. AVC 2080.04

How to Market a Small Business

This class will give small business owners an overview of marketing, not advertising. We will help you determine who your customer is and how your product or service is positioned and perceived in the marketplace. We will show you how to determine what your strengths and weaknesses are as well as those of your competition. Anyone is welcome to come and learn from Tim Holtkamp. This class pairs perfectly with the other “How-To” series about small business.

Cost: \$29

April 15 M, 6-9 p.m. AVC 2080.05

;

Seniors

;

Better with Age Fitness

NEW!

This popular blended class uses easy-to-follow dance steps and routines, stretching and gentle yoga postures, hand weights, music, and relaxation techniques. Designed by Hanna Vaughan, this program is an enjoyable way to exercise and improve health. Have fun while improving balance, strength, and stamina. Hanna will guide you through this class that is great for all ages whether you are a beginner or experienced! Bring a mat, refillable water bottle, and two hand weights of 1-3 pounds (optional). Hanna Vaughan teaches MWF, and Kathy Lina teaches TTH. Registration fee includes attending all five days as an option. Class will meet at Crestview Church of Christ Community Center.

Cost: \$69

Jan. 14-March 8 MWF, 11 a.m.-noon, TTH, 9-10 a.m. AVC 6121.01

March 25-May 17 MWF, 11 a.m.-noon, TTH,

9-10 a.m. AVC 6121.02

Hanna Vaughan

Hanna Vaughan has years of experience in the field of health and fitness, as well as teaching dance-aerobics for all ages. She has studied nutrition, worked as a neuromuscular massage therapist, and trained as an emergency medical technician. Along the way, Hanna has owned several fun and sometimes even profitable businesses and has never lost her sense of humor and love of learning. She is also the drummer in the band The Lost Tomorrows.

AARP Driver Safety Course

The AARP sponsors this one-day safety course, and most major insurance companies offer discounts for completing it. Open to drivers age 50 and older, the course helps you drive more efficiently and safely with research-based information about changes over time in ourselves, our vehicles, and our roads.

The content can help you boost safety awareness, refresh and improve driving skills, minimize crash risk, increase confidence, prolong mobility, and maintain independence. Participants receive a completion certificate (certificate fee is \$15 for AARP members, \$20 for nonmembers, and will be collected at the class). Note: This is not a ticket dismissal class. AARP certificate must be renewed every three years. Although there is no registration cost, students must complete registration before attending.

Cost: Free

Jan 18 F, 9 a.m.-1 p.m. AVC 5296.11

April 26 F, 9 a.m.-1 p.m. AVC 5296.12

July 19 F, 9 a.m.-1 p.m. AVC 5296.13

October 18 F, 9 a.m.-1 p.m. AVC 5296.14

Brain Longevity Training

Brain Longevity Therapy Training is the

first science-based medical program designed to maintain optimal mental function with age. Formulated by the combined research studies of UCLA and the Alzheimer's Research and Prevention Foundation (ARPF), this is the most reliable information you need before you forget. Janice Vick is the owner of Oncology Massage of Waco, which specializes in pain and chronic medical conditions, and is a recognized wellness educator by the Texas State Senate. She is among the first certified by UCLA as a Brain Longevity Therapist and has presented educational courses for ARPF on Alzheimer's prevention for over five years in our community. This class you are sure to remember!

Cost: \$59

Feb. 6-20 W, 5:30-7:30 p.m. AVC 1933.01

Janice Vick

Janice Vick is a Licensed Massage Therapy Instructor and owner of Oncology Massage of Waco, an advanced, trained, and approved provider of the Society for Oncology Massage. Janice is a certified Food over Medicine educator and a personal chef trained by Forks over Knives Chef Del Sroufe. Texas A&M University and the Texas State Senate have recognized Janice for her Master Wellness Programs as a volunteer for Texas Agri-Life.

Estate and Asset Protection Planning for Seniors

Join Harvey Cox, attorney and author of the new book entitled Common Estate Planning Mistakes People Make and How You can Avoid Them, for this important class targeted for people ages 55 and above. Harvey will cover the 15 mistakes that can cost families, as well as other critical topics. Additionally, there will

be an in-depth discussion of advanced Medicaid planning techniques that emphasize avoiding Texas' Medicaid Estate Recovery Program (MERP). This class is a must!

Cost: \$69

Feb. 11-25 M, 5:30-7:30 p.m. AVC 2080.01

iPhone Basics

Unleash the power of your iPhone in this class taught by Beverly Roberts. Learn more about your basic applications and settings, and discover how to make the iPhone work better for the way you live your life. You will find out how to download some cool free apps too. Bring your 4G or later iPhone, and your iTunes account login and password information to class.

Cost: \$29

Feb. 19-21 TTH, 2-4 p.m. AVC 1828.01

iPad Basics

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

Cost: \$29

March 19-21 TTH, 2-4 p.m. AVC 1828.02

Beverly Roberts

Beverly Roberts retired from MCC in 2012 from the Administrative Computer Systems department after 38 years. She has a bachelor's degree from Tarleton State University. She teaches adjunct for the CIS department.

She considers her iPhone and iPad classes her “fun” classes because she gets to connect with seniors in the community.

;

Travel & Special Events

;

Seven Brides for Seven Brothers NEW!

Join M&M Tours on a trip to Granbury to see the memorable musical, Seven Brides for Seven Brothers. Set in the 1850s, Milly, a pretty young cook, marries Adam, a woodsman. When they return to Adam’s farm, Milly is shocked to meet his six unruly brothers who all live in his cabin. She immediately begins teaching the brothers how to act properly, and especially how to court a woman. But after the brothers kidnap six local girls, an angry group of townspeople attempts to locate them. This day trip includes motor coach transportation, a meal, and a ticket to the play. Sorry, no refunds.

Cost: \$115

May 25 S, 9:30 a.m.-8:30 p.m. AVC 6130.02

Driving Miss Daisy NEW!

Join M&M Tours on a trip to Granbury to see the 1989 American comedy-drama, Driving Miss Daisy. After Daisy Werthan, an elderly Southern Jewish woman, crashed her car, her son insists she have a driver. She hires Hoke Coleburn, an African-American man, and over the next 25 years Hoke drives Miss Daisy. Set in the early 20th Century, this play explores the adventures and friendship of two unlikely comrades. This will be a day out that you do not want to miss. This day trip includes motor coach transportation, a meal, and a ticket to the play.

Sorry, no refunds.

Cost: \$115

Feb. 9 S, 9:30 a.m.-7:30 p.m. AVC 6130.01

Iceland Explorer MRKG 2033.07

Featuring 5 nights in Reykjavik

June 5-11, 2019

- Reykjavik City Tour • Blue Lagoon • Golden Circle Tour •
- National Museum • Strokkur Geyser & Gullfoss/Golden Falls •
- Hot Spring Bread Experience • Thingvellir National Park •
- South Coast Tour • Skogar Folk Museum • Skogafoss Waterfall •
- Keflavik & Bessastadir • Viking Ship Museum • Lake Kleifarvatn •

\$3699 per person (discounted double occupancy)

\$3799 per person (regular rate)

\$850 (single supplement)

Call 299-8888 for details.

;

Corporate Training

& Workforce Education

;

Auctioneering

;

Auctioneering

The MCC Auctioneer Academy is designed to teach participants the skills necessary to act as an auctioneer, conduct auctions, and operate an auction company. Participants will learn how to auction in a professional and ethical manner, as well as perform the auction chant and address the public confidently and effectively. The academy will emphasize the importance of action in accordance with federal, state, and local auction laws. Topics included: an overview of the selling process; identification of the elements of the communication process between buyers and sellers; and an examination of the legal and ethical issues of organizations which affect salespeople. The Auctioneer Academy is approved by the Texas Department of Licensing and Registration.

Cost: \$850

Feb. 16-23 S-S, 8 a.m.-6:30 p.m. MRKG 1032.07 &

Iceland Explorer MRKG 2033.07

TiWanna A. Kenney

As the owner, lead auctioneer,

and driving force behind

Astounding Auctions & Fundraising

Strategies, TiWanna A.

Kenney has turned her love

for speaking into a livelihood.

She is the first and only

African-American woman to

earn the Benefit Auctioneer Specialist (BAS) designation through the National Auctioneers Association (NAA).

She is also a board member of the Greater Austin Black Chamber of Commerce and Any Baby Can, and an Achievements in Black Austin honoree. TiWanna served as a diversity speaker at the 2017 National Auctioneers Association (NAA) National Conference, the 2017 Texas Auctioneers Association (TAA) Annual Convention, and is a committee member and panelist for the 2018 NAA Benefit Auctioneers Summit.

;

Computers

;

Photoshop CC – Level 1

Learn to use the various tools in Adobe Photoshop CC to select parts of images and use layers to produce stunning photos and designs. You will learn how to organize multiple layers of your design and how to apply special effects to enhance the appearance of your work.

Cost: \$115

May 10-17 F, 8 a.m.-noon GRPH 1002.19

InDesign CC - Level 1

Learn how to use Adobe InDesign CC software to design and produce professional-quality letterhead, brochures, business cards, and more! You will acquire the skills and knowledge needed to be your own graphic designer. A flash drive is required.

Cost: \$115

April 5-12 F, 8 a.m.-noon GRPH 1002.18

MS Word 2016

Learn the fundamentals of Word 2016, including working with and editing text and tables, as well as formatting characters, paragraphs, and pages. Additional

topics may also be addressed. Prerequisites:
ability to use the mouse, open and
close files, and start programs using MS
Windows 10. A flash drive is required.

Cost: \$59

Feb. 1 F, 8 a.m.-noon AVC 1865.02

Feb. 26-28 TTH, 6-8 p.m. AVC 1865.03

Using Forms in Word

NEW!

Building forms in MS Word opens up
so many opportunities for individuals,
groups, and small and large businesses.
The course will focus on how to use MS
Word's developer functions to build a
form template. The template can then
be completed by an end-user to be
emailed, saved as PDF, or emailed back
to the requester. Other applications and
uses will be explored as time allows.

Cost: \$59

March 1 F, 8 a.m.-noon AVC 1865.04

March 26-28 TTH, 6-8 p.m. AVC 1865.05

Using Formulas in Excel

NEW!

Have you ever wondered what some of
those strange formulas in Excel are used
for? Come find out! This class will focus
entirely on when and where to use formulas
to help save time and effort while
organizing and displaying data within
Excel. By learning how to maximize the
use of formulas in Excel, spreadsheets
almost become works of art by providing
a lot of information while using
minimal visual distraction.

Cost: \$59

March 29 F, 8 a.m.-noon AVC 1865.06

April 23-25 TTH, 6-8 p.m. AVC 1865.07

MS Excel/Word Mail

Merge NEW!

By building your customer, client, staff,
or marketing list correctly in MS Excel,
you can use MS Word's mail merge function
to quickly and easily create mailing
labels, printed envelopes, form letters,
and even emails. This course will focus
on how to create a simple mail merge
and explore many of the ways it can be

used and shared. Whether it's creating name badges, labels for DVD's, gift certificates, or tent cards, this course will show you how!

Cost: \$59

May 3 F, 8 a.m.-noon AVC 1865.08

May 21-23 TTH, 6-8 p.m. AVC 1865.10

MS Office 2016: Night

This course provides a quick overview of the most commonly used applications of MS Office 2016 (Excel, Word, Outlook, and PowerPoint). You will get exposure to the basic features and functions of each application to better understand each one's fundamental usage. Class materials are included. Prerequisites: basic computer skills and understanding of MS Windows 10 operating system. A flash drive is required.

Cost: \$59

May 7-9 TTH, 6-8 p.m. AVC 1865.09

MS Excel 2016

This course combines basic and advanced tools in Excel 2016 into one course. You will learn how to build, edit, format, and print information in Excel 2016. More advanced tools like queries, reports, macros, and pivot tables (subtle changes from Excel 2013 to Excel 2016) will also be covered. Class materials are included. Prerequisites: basic computer skills and understanding of MS Windows 10 operating system. A flash drive is required.

Cost: \$119

Jan. 18 F, 8:30 a.m.-5 p.m. ITSW 1046.15

Jan. 29-Feb. 5 TTH, 6-8:30 p.m. ITSW 1046.16

CCNA 2: Routing and

Switching

This course describes the architecture, components, and basic operation of routers, and explains the basic principles of routing and routing protocols. It provides an in-depth understanding of how switches operate and are implemented in the LAN environment of small and large networks. Prerequisite: ITCC 1314 or ITCC 1014. This is a hybrid

course, which combines classroom instruction with work on the internet. For more information, email Cathy Prause at cprause@mclennan.edu.

Cost: \$360

Jan. 15-May 9 TTH, 2:10-4 p.m. ITCC 1040.H1

CCNA 4: Connecting Networks

The study of WAN technologies and network services required by converged applications in a complex network enables students to understand the selection criteria of network devices and WAN technologies to meet network requirements. Prerequisite: ITCC 2312 or ITCC 1312. This is a hybrid course, which combines classroom instruction with work on the internet. For more information, email Cathy Prause at cprause@mclennan.edu.

Cost: \$360

Jan. 15-May 9 TTH, 5:30-7:30 p.m. ITCC 2013.H1

QuickBooks 2017

Quickly and efficiently gain control over your business finances with QuickBooks Pro 2017. This comprehensive (A-Z) course will teach you the best basic and advanced methods to set up company financial information. You will also learn payroll, inventory, and other advanced areas as time allows. Class materials are included; a flash drive is required. Prerequisite: basic understanding of computers. Accounting knowledge is helpful but not required.

Cost: \$229

Feb. 7-21 TTH, 6-9 p.m. ACNT 1010.13

Introduction to Database

Get in-depth training on Access 2016, including the design and use of tables, queries, forms, reports, and macros. This is an online course. For more information, contact Jan Robertson at jrobertson@mclennan.edu.

Cost: \$360

Jan. 14-May 10 Online ITSW 1007.87

Introduction to Keyboarding

Develop skills in keyboarding techniques with emphasis on alphabet, number, and symbol keys by touch, and the development of acceptable speed and accuracy. For more information, email Crystal Neville at cneville@mclennan.edu.

Cost: \$360

Jan. 15-May 9 TTH, 9:35-10:55 a.m. POFT 1093.02

Jan. 15-May 9 TTH, 6:30-7:55 p.m. POFT 1093.50

;

Safety

;

Training Trainers CPR/

AED/Medic First Aid

NEW!

This train-the-trainer course is designed to help participants build essential life-saving skills. Participants will be qualified to train others in Medic First Aid/CPR, use of Automated External Defibrillators (AEDs), disease prevention from bloodborne pathogens, and AED applications. Upon course completion, participants will be approved to instruct Medic First Aid training programs in BasicPlus, CarePlus, Bloodborne Pathogens, and Emergency Oxygen.

Cost: \$199

April 13 S, 8 a.m.-5 p.m. EMSP 1026.01

OSHA 10 Hour –

Construction NEW!

This course is targeted to Construction Industry employees with safety and health-awareness responsibilities. Students will be introduced to OSHA policies, procedures, and standards, as well as general industry safety and health principles covered in OSHA Act Part 1910. Special emphasis will be placed on areas most hazardous using OSHA standards as a guide. Class materials will be provided.

Cost: \$199

Jan. 19-26 S, 7 a.m.-noon OSHT 1003.11

OSHA – 30 Hour

This comprehensive course enables workers to identify, reduce, eliminate,

and report hazards at the workplace. The course will cover the state and purpose of the OSH Act and list the functions of OSHA; describe the rights and responsibilities of employers and employees under the OSH Act; list OSHA inspection priorities, and describe the inspection process; apply guidelines for identification and protection of floor openings; cover the safe means of Egress to provide fire protection in emergencies from new or old buildings or structures; and many other topics related to construction-industry practices.

Class materials are provided.

Cost: \$399

Feb. 2-23 S, 7 a.m.-3:30 p.m. OSHT 1003.12

OSHA 10 Hour – General

Industry

This course is targeted to General Industry employees with safety and health awareness responsibilities. Students will be introduced to OSHA policies, procedures, and standards, as well as general industry safety and health principles covered in OSHA Act Part 1910. Special emphasis will be placed on areas most hazardous using OSHA standards as a guide. Class materials will be provided.

Cost: \$199

March 23-30 S, 7 a.m.-noon OSHT 1003.13

;

Supervisory Management

;

Effective Communication

with DISC

Become a stronger more-confident communicator. The Extended DISC Profile offers an understanding of your communication style and the communication style of others based on behavior type, style, and tendencies. This course will help you discover the motivation for individual employees, improve and develop communication, reduce conflict, and improve employee efficiency and productivity.

Cost: \$59

April 11 TH, 6-9 p.m. AVC 1865.01

Essential Interviewing

Skills

The best hiring decisions result in productive employees who enjoy their responsibilities and contribute to an organization's success. Hiring the wrong person for the job can be very costly in terms of time, money, resources, customer relations, productivity, and employee morale. Interviewers make the best hiring decisions when they gather meaningful job-related information from applicants. This course teaches participants how to conduct an interview to discover the behaviors, knowledge, and motivations that an employee needs to be successful in a job.

Cost: \$149

March 25-26 MT, 6-9 p.m. AVC 1865.18

Beginning Supervisor

This course covers concepts and skills of leadership in the work setting and introduces leadership and motivational theories as well as leadership styles, and it includes an evaluation of leadership performance.

Cost: \$199

Feb. 4-25 M, 6-9 p.m. BMGT 1020.01

Sales Methods and
Techniques NEW!

Join instructor Joseph M. Morphis in this program specifically geared to teach sales techniques in a highly interactive and experiential environment – a methodology proven to work. Strategic and tactical sales techniques are the vital tools that give you the edge in your market. From an instructional standpoint, our program includes: presentation, practice, and application methods. Our primary objective is to equip you with real and practical skills to make your career more productive and rewarding.

Cost: \$99

Feb. 19-21 TTH, 6-9 p.m. AVC 1865.19

Joseph M. Morphis

Joseph M. Morphis is an Insurance and Financial Services agency owner for one of the largest companies in the United States. Prior to moving to Waco in 2015, he was a financial field representative for the company. During his tenure, he had extensive executive sales coaching and worked with over 175 agents in the financial services area. He won numerous awards and was recognized as one of the top associates in the company. He also has extensive experience in public speaking, seminars, and corporate presentations. His recent activities include personal production in the Waco area and managing a sales team. Joseph is a frequent speaker at his church and various other organizations in Waco.

;

Society for Human Resource Management

;

SHRM: Essentials of Human Resources

The SHRM Essentials of Human Resources is an introductory course offering a comprehensive overview of the key aspects of HR. It gives participants foundational knowledge and an introduction to behavioral competencies that are essential for business success. This course is ideal for those who are just starting out in the human resources profession, or those who are looking for an effective way to boost their employeemanagement skills. All materials will be provided for this course.

Cost: \$499

Jan. 16-Feb. 13 W, 6-9 p.m. HRPO 1000.02

SHRM: Certified Professional

This course is for HR Professionals who

are engaged primarily in operational roles implementing policies, serving as the HR point of contact for staff and stakeholders, and/or performing day-to-day HR functions. All materials will be provided for this course.

Cost: \$1,199

Feb. 27-May 22 W, 6-9 p.m. HRPO 2030.08

SHRM: Senior Certified

Professional

This course is for HR professionals at a senior level who operate primarily in strategic roles developing policies and strategies, overseeing the execution of HR operations, analyzing performance metrics, and/or contributing to the alignment of HR strategies to organizational goals. All materials will be provided for this course.

Cost: \$1,199

Feb. 27-May 22 W, 6-9 p.m. HRPO 2030.09

Lynn Tushup

Lynn Tushup has over 20 years of human resources experience working in various industries including technology, healthcare, and financial services. She has taught the SHRM Learning System Courses as well as Executive and Leadership training. Her background as an HR Director and HR Specialist adds real life experience to the classroom setting.

;

Skills for Small Business Training Grants

Thanks to the Texas Workforce Commission, small businesses can apply for funding to train employees at McLennan Community College! This exceptional opportunity supports businesses with fewer than 100 employees, and emphasizes training for new workers.

For more information, contact 254-299-8888.

;

Customized Workforce Training

;

McLennan Corporate Training provides many customized training

programs that can improve your organization's performance. These programs are created to meet your training objectives and needs. Focus areas include:

- Leadership/Supervisor
- Customer Service
- Computer Applications (Microsoft, Adobe)
- Business Writing/Time Mgt.
- Managing Teams/Teamwork
- Workplace Spanish/Workplace Safety
- Industrial Electrical/Mechanical Training
- Training Grants

Classes can be scheduled at your site or on McLennan's campus. For more information, contact Steve Wenzel or John Hutchens at 254-299-8888.

Creating Stellar Customer Service

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

Lean Manufacturing

Lean manufacturing is based on the Toyota Production System (TPS), a philosophy and methodology that focuses on waste management, optimal throughput, and efficiency throughout the manufacturing process. These methods are used in service, sales, and transactional, educational, municipal, and healthcare organizations. Courses include:

Lean-Basic Training

Train your employees to become efficient, waste less, and work smarter.

Lean-Advanced Training

Employees apply knowledge gained from the Lean-Basic course to actually implement a lean initiative within the company.

Lean Awareness

Brief overview of lean concepts, terminology targeted to employees who are not directly linked to a lean initiative or lean project.

Industrial/Manufacturing

These courses deliver highly interactive, competency-based educational modules, ensuring your employees will have the skills required to be successful in an advanced manufacturing environment.

Popular courses include:

- Basic Electrical Systems
- Electrical Troubleshooting
- Motor Controls
- Measurement Tools/Print Reading
- Hydraulics/Pneumatics
- HVAC
- PLC
- EPA 608 Refrigerant Certification
- Arc Flash
- Lockout/Tagout
- Process/Operation LMS

Effective Communication

— Extended DISC Profile

Become a better, more confident communicator.

The Extended DISC model offers an understanding of your communication style and the communication styles of others based on the factors that make us tick! Use this insight to adjust your communication style to better suit a situation, avoid unnecessary problems, and improve communication with others. This course will help you speed up change, discover the motivation for individual employees, improve and develop communication, reduce conflict, and improve employee efficiency, productivity, and profitability. Extended DISC's 20+ page personal assessment of your personality style is easy to use, cost effective, a great tool to use in coaching, and consulting.

Customized Workforce Training

Workplace Spanish

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

;

Law Enforcement

;

Law Enforcement Academy

The McLennan Community College Law Enforcement Academy has long been the premier provider of first-responder training in Central Texas and is licensed by the Texas Commission on Law Enforcement (TCOLE).

The McLennan Community College Law Enforcement Academy's purpose is to prepare its students to meet the basic licensing requirements to become a Peace Officer in the State of Texas.

MANDATORY Independent Application Orientation

March 26 at 1 p.m., Emergency Services

Education Center (ESEC), Room 235

Application deadline is April 26, 2019.

For information on the enrollment process, go online to www.mclennan.edu/law.

Cost: \$1695, plus approximately \$800 additional expense.

For more information, contact:

Cheryl Brooks at 254-299-6529 or email cbrooks@mclennan.edu

Dennis Stapleton at 254-299-6528 or email dstapleton@mclennan.edu

;

Online Defensive Driving

;

Online Defensive Driving

McLennan offers a state-approved driver safety course that can be taken totally online.

This program offers the most convenient and flexible way to meet the requirements for ticket dismissal or auto insurance premium discounts.

Imagine taking your driver safety course entirely

self-paced from your home, office, or laptop. You will be allowed to log in and out of the course until you complete the required six hours. Cost is only \$25. Log on now and begin!

www.MCCDefensiveDriving.com

;

Ed2go.com

;

Ed2go.com

Take all Ed2go courses from the comfort of your home or office when its most convenient for you. New course sections begin monthly and run 6-8 weeks, and are composed of 12 lessons representing 24 or more hours of instruction. You can ask questions and give or receive advice at any time during the course. For more information about Ed2go, visit www.ed2go.com/mccandyou or call Steve Wenzel at 254-299-8152. Ed2go is now offering Advanced Career Training. For information about Advanced Career Training, visit www.careertraining.ed2go.com/mccandyou or call John Hutchens at 254-299-8156.

How to Get Started:

Visit our Online Instruction Center at www.ed2go.com/mccandyou or the Advanced Career Training Offerings at careertraining.ed2go.com/mccandyou.

1. Choose the category and course title you are interested in, and select the Enroll Now button. Follow the instructions to enroll and pay for your course. You will choose a username and password that will grant you access to the Classroom.

2. When your course starts, return to our Online Instruction Center, and click the Classroom link. To begin your studies, simply log in with the username and password you selected during enrollment.

Start Dates:

A new section of every course in the Ed2go catalog will begin on Jan. 16, Feb. 13, March 13, and April 17.

More than 200 courses are on our

website! Listed here are some examples of the categories of courses available.

Please note: bundled courses are not eligible for partial drops or refunds.

Check Ed2go.com/mccandyou for costs.

- Business
- College Readiness
- Computer Applications
- Digital Photography & Video
- Grant Writing/Nonprofits
- Personal Development
- Technology
- Writing & Publishing

And many more...

;

Telecommunications

;

Law Enforcement Academy

Basic Telecommunicator Academy

“A-2019” April 1, 2019

The McLennan Community College Law Enforcement Academy has long been the premier provider of first-responder training in Central Texas and is licensed by the Texas Commission on Law Enforcement (TCOLE).

The McLennan Community College Law Enforcement Academy’s purpose is to prepare its students to meet the basic licensing requirements to become an Emergency Telecommunicator (dispatcher) in the State of Texas.

MANDATORY Independent Application Orientation

Feb. 4 at 10 a.m., Emergency Services Education Center (ESEC), Room 235

Application available Feb. 4, 2019. Application deadline is March 4, 2019

For information on the enrollment process, go online to www.mclennan.edu/law.

Cost: \$300

For more information, contact:

Cheryl Brooks at 254-299-6529 or email cbrooks@mclennan.edu

Dennis Stapleton at 254-299-6528 or email dstapleton@mclennan.edu

;

Teacher Certification

;

Paraprofessional/Teacher

Aide

This course, Instructional Practice & Effective Learning Environments, is for individuals

seeking a job as a paraprofessional, who must meet the state training requirements to do so. Participants will receive a certificate.

Cost: \$250

Jan. 12-26 S, 9 a.m.-3:30 p.m. EDTC 1094.30

Teacher Certification Program

Become a Teacher!

With a bachelor's degree, there are 26 content areas from which you can choose. We also have certifications available in Trades & Industry.

- Face-to-Face Instruction & Effective First-Year Teacher Support
- Tutor & Lab Support
- High Placement Rate
- Located Conveniently on the MCC Campus
- Fall, Spring, & Summer Classes Available
- Job Application & Interview Tips

For more information, including the enrollment process and cost of the program, please visit us at www.mclennan.edu/alternative-teacher-certification or contact us at 254-299-8067.

;

Truck Driver

;

Truck Driver Training

Course

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

ATDS is a member of the Commercial Vehicle Training Association.

Weekend classes now available!

For more information, contact Susan

Denton at ATDS (124 Truckers Lane,
Elm Mott, Texas 76640), 800-460-
ATDS, or susadenton@wildblue.net
or, visit www.truckingschool.com
Cost: \$6,995 CVOP 1013 & CVOP 1040

;

Health & Human Services

;

Activity Director

;

Activity Director I

This course prepares individuals to work as an activity director in longterm health care facilities. The activity director is the key person for providing quality-of-life experiences for long-term care residents and clients. This course includes assessment, care planning, documentation process, and evaluation of client needs. It also addresses program design and finding resources and/or funding. The course includes 100 hours of classroom information and 115 hours of internship. Required textbook is available at the MCC bookstore (cost is approximately \$50). Students must register for all three sections listed below.

Cost: \$399

Feb. 7-April 11 TH, 9 a.m.-4 p.m. GERS 1004.01

Feb. 7-June 20 TH, 9 a.m.-4 p.m. GERS 1007.01

April 11-June 20 TH, 9 a.m.-4 p.m. GERS 1066.01

;

CPR

;

CPR Healthcare

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

Cost: \$50

Jan. 8-10 TTH, 6-8:30 p.m. AVC 5204.01

Jan. 19 S, 9 a.m.-3 p.m. AVC 5204.02
Jan. 22-24 TTH, 6-8:30 p.m. AVC 5204.03
Feb. 2 S, 9 a.m.-3 p.m. AVC 5204.04
Feb. 5-7 TTH, 6-8:30 p.m. AVC 5204.05
Feb. 16 S, 9 a.m.-3:30 p.m. AVC 5204.06
Feb. 19-21 TTH, 6-8:30 p.m. AVC 5204.07
March 2 S, 9 a.m.-3 p.m. AVC 5204.08
March 5-7 TTH, 6-8:30 p.m. AVC 5204.09
March 23 S, 9 a.m.-3 p.m. AVC 5204.10
March 26-28 TTH, 6-8:30 p.m. AVC 5204.11
April 6 S, 9 a.m.-3 p.m. AVC 5204.12
April 16-18 TTH, 6-8:30 p.m. AVC 5204.13
May 7-9 TTH, 6-8:30 p.m. AVC 5204.14
May 18 S, 9 a.m.-3 p.m. AVC 5204.15

Heartsaver CPR/First Aid

This American Heart Association course is designed for police, airline crews, security personnel, family members of patients at high risk for sudden cardiac death, and individuals not in the health care field. This course provides training in basic first aid, including the skills recommended by OSHA, and is designed for anyone who might be the first to respond in the workplace or community.

Learn to use CPR, barrier devices, and automated external defibrillators (AEDs) for all ages. Learn to relieve foreign body airway obstructions and manage injured and ill persons. The course can be tailored for a specific workplace or group and can be delivered in a single day. On-site training is available. Call 254-299- 8590 for more information.

Cost: \$50

Jan. 26 S, 9 a.m.-3 p.m. AVC 5205.01
Jan. 29-31 TTH, 6-8:30 p.m. AVC 5205.02
Feb. 12-14 TTH, 6-8:30 p.m. AVC 5205.03
Feb. 26-28 TTH, 6-8:30 p.m. AVC 5205.04
March 19-21 TTH, 6-8:30 p.m. AVC 5205.06
April 20 S, 9 a.m.-3 p.m. AVC 5205.07
April 23-25 TTH, 6-8:30 p.m. AVC 5205.08
May 11 S, 9 a.m.-3 p.m. AVC 5205.09
May 21-23 TTH, 6-8:30 p.m. AVC 5205.10

;

Healthcare

;

EKG Technician

This course presents the principles of basic electrocardiography. Subjects include anatomy and physiology of the circulatory systems, role and function of the EKG technician, safety and infection control, legal and ethical aspects in practice, and interpretation of basic rhythms and life-threatening arrhythmias. Successful completion of the class prepares students to sit for national certification. Required textbooks are available at the MCC Bookstore.

Cost: \$375

Feb. 12-April 11 TTH, 5:30-8 p.m. ECRD 1011.0

ENTRANCE REQUIREMENTS:

See page 49

Pharmacy Tech Review

This course is designed to prepare students for the national exam. The class includes anatomy/physiology, healthcare communication, infection control, record maintenance, safety supply management, customer service, and other appropriate topics. The required textbooks are available at the MCC Bookstore.

Cost: \$400

Feb. 5-April 4 TTH, 6-9 p.m. PHRA 1043.01

Return to Nursing

This 144-hour, computer-based course is designed to satisfy Texas Board of Nursing requirements to re-enter the nursing field or to help nurses feel comfortable re-entering the field after time away.

There is a required clinical component, which will be completed at one of the local hospitals. Students may enter the class at any time and work at their own pace to finish the course. The course is designed to be completed within 24 weeks but may be completed earlier.

Cost: \$500

RNSG 1006

ENTRANCE REQUIREMENTS:

See page 49

;

Medication Aide/Nurse Aide

;

Nurse Aide Training Course

This is your first step to a rewarding health career. MCC is an approved provider of the federally required course to become a Certified Nurse Aide (CNA) in a long-term care facility. Course topics include residents' rights, communication, safety, observation, reporting, and basic comfort and safety. Emphasis is placed upon effective interaction with the health care team. Clinical portion requires a dark green scrub suit, a watch with a second hand, and white shoes. State certification testing is scheduled as soon as possible after completion of the course. You are responsible for the \$104.50 testing fee. The required textbook is available at the MCC Bookstore for approximately \$35. You will receive AHA certification in CPR/Basic First Aid as part of the course.

Cost: \$425

Jan. 14-31 MTWTH, 8 a.m.-5 p.m. NURA 1001.01
Feb. 11-28 MTWTH, 8 a.m.-5 p.m. NURA 1001.02
March 4-28 MTWTHF, 8 a.m.-5 p.m. NURA 1001.03
April 8-25 MTWTHF, 8 a.m.-5 p.m. NURA 1001.04
May 13-30 MTWTHF, 8 a.m.-5 p.m. NURA 1001.05
Feb. 4-May 14 MT, 6-10 p.m. NURA 1001.31

ENTRANCE REQUIREMENTS:

See page 49

Medication Aide Training

Learn to accurately and safely administer medications to nursing home residents. Following successful course completion and required state testing, graduates are listed on a central roster with the Texas Department of Aging & Disability Services (D.A.D.S.) as a Certified Medication Aide (CMA). Strict admission criteria apply. In addition to the entrance requirements, you must present proof of the following at registration:

- (1) ability to read, write, and speak English,
- (2) age 18 or older,
- (3) free of communicable diseases and in suitable health to safely administer medications,
- (4) notarized high school diploma or

GED and (5) current CNA credentials.

Note: Students must be employed in a long-term care facility on the first day of class. The required textbook is available at the MCC Bookstore.

Cost: \$450

Feb. 5-June 11 TTH, 5-9 p.m. NURA 1013.31

ENTRANCE REQUIREMENTS:

See page 49

CMA Recertification

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

Cost: \$35

Jan. 31 TH, 8 a.m.-5 p.m. NURA 1041.01

Feb. 28 TH, 8 a.m.-5 p.m. NURA 1041.02

March 28 TH, 8 a.m.-5 p.m. NURA 1041.03

May 30 TH, 8 a.m.-5 p.m. NURA 1041.05

April 25 TH, 8 a.m.-5 p.m. NURA 1041.04

;

Medical Coding Specialist

;

McLennan offers eight online medical coding courses so you can conveniently acquire the skills needed to work in medical insurance coding. You can take as many of the courses as you like. Upon satisfactory completion of all eight courses, you will be awarded a Medical Coding Specialist Marketable Skills Achievement Award by McLennan and will be prepared to take the Certified Professional Coders exam offered by the American Academy of Professional Coders (AAPC).

Each course costs \$89 and requires the purchase of additional course materials (approximately \$65) to be downloaded from the Internet. For more information, contact the Continuing

Education office at 254-299-8888.

Technical Requirements

Please note: This course is not available on a Mac computer. To register and access your class from your computer, you will need the following:

- Internet access
- Email account
- Microsoft Explorer

Note: No special software is needed.

About the Instructor

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

Medication Aide/Nurse Aide Medical Coding Specialist

ENTRANCE REQUIREMENTS:

See page 49

ENTRANCE REQUIREMENTS:

See page 49

Courses

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

Course Materials

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

Medical Terminology

This course is the foundation for all other medical training courses and is

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

Anatomy & Physiology I

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

Anatomy & Physiology II

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

Medical Billing

A massive shift away from paper-based systems to electronic records, in addition to the changing requirements of health insurance companies, has created a shortage of medical billing professionals with specialized training. This online course prepares you for entry-level jobs in a doctor's office or other medical facility. This course includes Front Office Management, Filing Part B CMS 1500, Filing Part A CMS 1450, Electronic Medical Records, Medicare, Medicare Billing Problems, Patient Record Keeping using Medisoft, Medicare as Secondary Payer, Medicare and Home Health, and Medicare and Women's Health.

Medical Coding

Prepares students for entry-level jobs in a doctor's office or other medical facility. Includes ICD-9-CM Coding, CPT Coding Practice Problems, Medicare Fraud & Abuse, Evaluation & Management, Certificate of Medical Necessity, and Medicare Preventive Services. You will keep abreast of changing technology by

using a one-year online database license from SpeedECoder that contains ICD-9, ICD-10 and CPT current codes.

Advanced Medical

Coding ICD-9/10

This course compiles and summarizes the official coding guidelines concerning the most common, yet complex, diagnosis coding issues. The course is organized by Issues Coding Clarification, Physician Documentation Issues and Coding Scenarios. Real-life coding problems are presented with ICD-9-CM solutions. A non-graded bonus module, "Introduction to ICD-10," is included.

ICD-9 codes will eventually be replaced with ICD-10. Students will keep abreast of changing technology by using a one-year online database license from SpeedECoder that contains ICD-9, ICD-10 and CPT current codes.

Advanced Medical

Coding CPT

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

AAPC, AHIMA and AMBA

Certification Exam

Review (HITT 2045.01)

This course is designed for health care professionals preparing to take the Certified Professional Coder Examination (Hospital) administered by the American Academy of Professional Coders, the Certified Coding Associate Exam

administered by the American Health Information Management Association, and the Certified Medical Reimbursement Specialist Exam administered by the American Medical Billing Association.

Topics for review include Medical Terminology, Human Anatomy, CPT Coding Guidelines, ICD-9-CM (Vol. 1 & 2), Diagnostic Coding, HCOCS Level 2, E/M Coding, Anesthesia Coding, Surgical Coding, and Use of Modifiers.

;

Massage Therapy

;

Massage Therapy

Massage Therapy Spring 2019 programs forming now. For those who qualify, some financial help is available, in the form of a TPEG Grant. The massage therapy program covers anatomy, physiology, health and hygiene, hydrotherapy, kinesiology, pathology, massage therapy techniques, business practices, and professional ethics. At the end of 470 hours of didactic instruction, you will have a 50-hour internship, during which you will give hour-long massages to community members. The times for the last 50 hours of class will be adjusted to fit internship requirements.

MCC offers Massage Therapy continuing education opportunities periodically throughout the year. To inquire about the classes or to be put on a mailing list for information about the classes, please call (254) 299-8590.

;

ENTRANCE REQUIREMENTS:

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

;

MCC Health & Human Services Continuing Education department will tailor programs to meet the continuing education needs of health and human services professionals. For more information, or to be added to the mailing list, please call (254) 299-8590.

;
Highlander Ranch

;
CHA Riding Instructor
Certification

The Certified Horsemanship Association awards certification as an instructor of riding theory and application. Course participants will be evaluated on their ability to teach group riding lessons within the following categories: safety, horsemanship, teaching techniques, group control, and professionalism. Participants will have an opportunity to be certified in both Western and English disciplines. (www.cha-ahse.org)

Cost: \$750

March 13-17 W, 5-9 p.m., THFS, 8 a.m.-7 p.m., SU,
9 a.m.-noon AGEQ 1022.01

April 10-14 W, 5-9 p.m., THFS, 8 a.m.-7 p.m., SU,
9 a.m.-noon AGEQ 1022.02

Riding Instructor Boot

Camp

This two-day boot camp is designed for those that are already teaching riding lessons, but would like to improve their skills in order to teach effectively at the higher levels. This clinic will focus on Certified Horsemanship Association Levels 2 and 3, in the classroom as well as in the saddle. Discussion topics include: teaching techniques and styles, sample lessons taught, and learning how to successfully evaluate your own teaching style. This course is taught by a CHA Certified Clinician. In order to enroll in this course, you must be able to ride at a CHA Level 2 or above. For more information or to register for this course, contact Aimee Edwards at 254-299-8553.

Cost: \$150

Feb. 22-23 F, 1-5 p.m., S, 9 a.m.-5 p.m. AGEQ
1022.03

Horseback Riding Lessons

Highlander Ranch offers private and group lessons for beginner, intermediate, and advanced riders ages 7 and older. Lessons are taught by CHA-certified instructors in the following areas: Hunter/Jumper, Western, and Dressage.

Horses are provided.

Cost: \$50 for private lessons

\$30 per rider for groups of two or more

Registration is on a month-to-month basis.

For more information, call Aimee Edwards at 254-299-8553.

Working Equitation &

Western Dressage Clinic

Join Doreen Atkinson and other Working

Equitation and Dressage enthusiasts

for a weekend of FUN and learning at

MCC's Highlander Ranch! This clinic is

designed to allow you to learn more

about Working Equitation and Western

Dressage while you and your horse

develop your partnership over the

course of two fun-filled days. Saturday

focuses on Working Equitation obstacles

and Sunday on Western Dressage.

Participants may register for one or both

classes separately.

Cost: \$110

Jan. 26 S, 9 a.m.-5 p.m. AGEQ 1091.01

Jan. 27 SU, 9 a.m.-5 p.m. AGEQ 1091.02

Gaited Dressage Clinic

This class will use the benefits of Dressage

training while focusing on gaited

horses. Dressage is the training of a

horse to carry out a series of precise,

controlled movements in response to

minimal signals from its rider. It is the

foundation for all styles of riding, and

you will benefit whether you ride competitively

or just want to improve your

riding techniques. Call Aimee Edwards

at 254-299-8553 to register.

Cost: \$30

Jan. 14 M, 8 a.m.-5 p.m. AVC 5104.A1

Feb. 4 M, 8 a.m.-5 p.m. AVC 5104.A2

March 4 M, 8 a.m.-5 p.m. AVC 5104.A3

April 1 M, 8 a.m.-5 p.m. AVC 5104.A4

May 6 M, 8 a.m.-5 p.m. AVC 5104.A5

HIGHLANDER RANCH

REFUND POLICY:

No Refund for clinics without

vet release.

Saddle Club

Saddle Club is for kids ages 7-13 and will

be held one Saturday a month, January

through May. Students will learn all aspects of horsemanship including grooming, tacking, care and maintenance, riding, and health care. Saddle Club is a great way to spend a Saturday at the Highlander Ranch! Attire: Jeans or long pants; smooth soled, closed toed boots with a heel; no jewelry; dress warm for the Texas spring! Helmets, horses, and tack are provided.

Cost: \$50

Jan. 12 S, 9 a.m.-noon AVC 5104.S1

Feb. 2 S, 9 a.m.-noon AVC 5104.S2

March 2 S, 9 a.m.-noon AVC 5104.S3

April 6 S, 9 a.m.-noon AVC 5104.S4

May 4 S, 9 a.m.-noon AVC 5104.S5

Pony Club

The United States Pony Clubs, Inc. started in 1954 to teach riding and the proper care of horses. It is based on The British Pony Club, which was created in 1929 as a junior branch of the Institute of the Horse. Since then, Pony Club has expanded to many countries around the world, with the main goal being to promote sportsmanship, stewardship and leadership through horsemanship. Pony Club is open to children ages 7 and up. Participants must be members of the USPC. Call Aimee Edwards at 254-299-8553 for more information and to register.

Cost: \$15

Jan. 12 S, 1-3 p.m. AVC 5104.P1

Feb. 2 S, 1-3 p.m. AVC 5104.P2

March 2 S, 1-3 p.m. AVC 5104.P3

April 6 S, 1-3 p.m. AVC 5104.P4

May 4 S, 1-3 p.m. AVC 5104.P5

Kristin Kallsen

Kristin Kallsen grew up on a farm and rode horses from the time she could sit up. She worked cattle and entered play day events for fun, until she left for college where she earned her bachelor's degree in microbiology. After college while working full

time in the pharmaceutical industry, she renewed her interest in horses and riding. A mentor introduced Kristin to the equine discipline of dressage, and she discovered a love for the precise communication between horse and rider. Later, Kristin decided to take a break from working in an office and began working for Whit Watkins, an internationally recognized dressage rider. She had opportunities to ride expertly trained horses and develop her understanding of dressage training and riding. Now that she is involved in formal riding instruction, she is focused on teaching riders correct position and solid fundamentals so that they can learn effective horsemanship in English or Western discipline.

Horse Shows at the Ranch

Sign up your horse and rider today!

Highlander Ranch hosts many schooling shows throughout the year that are open to the public.

Dressage Schooling Shows –

Open to gaited and non-gaited horses – March 24, May 19, Sept. 8, and Nov. 17

Gaited Shows – Open to all gaited

horses, rail, and trail classes – March 23, May 18, Sept. 7, and Nov. 16

Open Shows – Based on AQHA, these shows offer Halter, Showmanship, English Pleasure and

Equitation, Jumping, Western Pleasure and Equitation, Reining, and Trail. High points awarded in eight separate divisions!

April 27, June 22, Sept. 28, and Oct. 26

Working Equitation Shows – Offering three phases – Dressage, Ease of Handling, and Speed – Feb. 16-17 and Nov. 9-10

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

Directions to Highlander Ranch
From McLennan Community
College, 1400 College Drive, turn
right on N. 19th St.

Stay on N. 19th St. It will become
China Spring Rd.

Turn right at the light on Steinbeck
Bend.

Turn left at the light on Rock Creek
Rd. and go approximately 3 miles to
Cobbs Ln.

Turn right on Cobbs Ln. and go
1/4 mile to entrance to Highlander
Ranch on left.

;

Register Today

;

To register for classes in person, please visit McLennan's Continuing
Education office, located in the Community Services Center at 4601 N. 19th St.
Parking is available in the lot facing 19th Street. Enter the building through the
double doors facing 19th, and the office will be directly in front of you in room A8.
For a map of the full McLennan campus, please visit www.mclennan.edu/campus

;

McLennan Continuing Education
Community Services Center
4601 North 19th St. | Waco, TX 76708
(254) 299-8888

;

Continuing Education
Units (CEUs)

CEUs are nationally recognized to record satisfactory
completion of certain approved occupationally
related programs. One CEU is awarded for
each 10 contact hours of instruction included
in a specified continuing education program or
activity. Successful completion is attendancebased
unless otherwise noted. Ninety percent
attendance is required for successful completion
of most classes. Some classes require 100 percent
attendance.

Privacy Statement

The Family Education Rights and Privacy Act
of 1974 allows MCC to release directory/general
information (name, address, date of birth,
dates of attendance, degrees received, etc.) to
the general public without the written consent

of the student. Students may request that all general information be withheld from the public by completing a "Withhold Information" form at Highlander Central in the Enrollment Services Center during the first 12 class days of a fall or spring semester or the first four class days of a summer term. This request will apply only to the current enrollment period. A detailed policy in compliance with this law is in the MCC Highlander Guide, the student handbook.

Considering Taking A

Course for the Third Time?

Due to legislation, MCC charges an additional \$30 per CEU taken a third or subsequent time. Because the state of Texas will no longer provide state reimbursement for courses taken by the same student more than twice, MCC has implemented this policy to cover the cost of teaching those courses. Exceptions to this policy will be granted for certain repeatable courses such as physical education, developmental studies, and music. Visit www.MCCandYOU.com for a list of courses that are exempt from the "three-peat" tuition policy. Questions? Call MCC's Continuing Education office at 254-299-8888.

Online: Go to our home page at www.MCCandYOU.com and click on Search, Register & Pay for CE Classes.

In person: Register at the Continuing Education Office (see map on opposite page). Office hours are 8 a.m.-6 p.m. Monday-Thursday and 8 a.m.-5 p.m. Friday.

Phone: Call 254-299-8888 from 8 a.m.-6 p.m. Monday-Thursday and 8 a.m.-5 p.m. Friday.

Payment must be made by American Express, Discover, MasterCard, Visa, or check. Registration is not complete until fees are paid.

Please Note:

It is recommended that you register for classes at least 48 hours prior to the first class meeting. Continuing Education reserves the right to cancel classes with insufficient enrollment. With the exception of youth activities or where noted, all

students must be at least 16 years old or have permission from the Director of Continuing Education to enroll in any continuing education class.

Call before you come to class.

Call 254-299-8888 the day of your first class to be sure the class has filled and will be held.

Refund Policy

When students withdraw from Continuing Education courses, a refund of tuition and fees shall be made in accordance with the refund schedules shown below. Students should contact the Continuing Education Office to request a refund.

Workforce Programs

Prior to the first class day 100%

During the first two class days 70%

After the second class day 0%

Community Programs

Prior to the first class day 100%*

During the first seven calendar days 100%

After the seventh calendar day 0%

*A \$10 fee will also be assessed for courses costing \$50 or more. A \$5 fee will also be assessed for courses costing \$49 or less.

;

For details about classes, call 254-299-8888.

;

About this Publication

The Continuing Education schedule is FSC Certified, which ensures the paper came from a sustainable forest, and includes 10 percent post-consumer waste.

;

NOTICE OF NONDISCRIMINATION

McLennan Community College is dedicated to providing equal opportunities to all individuals and does not discriminate against any individual regardless of race, color, religion, national or ethnic origin, gender, disability, age, veteran status, genetic information, sexual orientation, gender identity, pregnancy, or other legally protected category in its educational programs, activities, or employment as required by Title VII of the Civil Rights Act of 1964, Section 504 of the Rehabilitation Act of 1973, Title IX of the Educational Amendments Act of 1972, and the Age Discrimination Act of 1978.

The Americans with Disabilities Act (ADA), and McLennan Community College policy prohibit discrimination in employment and educational programs against qualified individuals with disabilities. College websites must be accessible so that students, prospective students, employees, guests and visitors with disabilities have equivalent access to the information and functionality provided to individuals without disabilities.

It is the policy of McLennan Community College to provide reasonable accommodations or academic adjustments when necessary. These accommodations and adjustments must be made in a timely manner and on an individualized and flexible basis.

It is the responsibility of individual students, staff, and faculty members to identify themselves as an individual with a disability when seeking an accommodation or adjustment. It is also the responsibility of individual students, staff, and faculty members to document their disability (from an appropriately licensed professional) and to demonstrate how the disability limits their ability to complete the essential functions of their job or limits student's participation in programs or services of the college. Medical documentation will be kept confidential.

Students, staff, and faculty members must maintain institutional performance standards.

The College does not discriminate in admissions processes, educational programs, or employment based on any factor outlined above or prohibited under applicable law.

For inquiries concerning the College's compliance with this non-discrimination policy, please contact the following administrator who is trained to assist in these matters:

Concerns dealing with TITLE IX and other non-specified Civil Rights Issues contact:

Drew Canham, Title IX Coordinator
Vice President, Student Success
McLennan Community College
Administration Building, Room 408
1400 College Drive
254-299-8645
FAX: 254-299-8654

dcanham@mclennan.edu

titleix@mclennan.edu

Concerns dealing with the American with Disabilities Act (ADA) contact either:

Drew Canham, Title IX Coordinator
Vice President, Student Success
McLennan Community College
Administration Building, Room 408
1400 College Drive
254-299-8645
FAX: 254-299-8654

dcanham@mclennan.edu

titleix@mclennan.edu

Stephen Benson, Title I & II
Vice President, Finance & Administration
McLennan Community College
Administration Building, Room 404
1400 College Drive
254-299-8649
FAX: 254-299-8654

sbenson@mclennan.edu

Concerns dealing with Equal Employment & Educational Opportunity (EEO) contact:

Al Pollard, EEO Officer
McLennan Community College
Administration Building, Room 417
1400 College Drive
254-299-8669

FAX: 254-299-8654

apollard@mclennan.edu

;

Thank you to our community partners!

;

New Classes

Page 3: Photo Editing for Photographers

Page 4: Knitting Socks

Page 8: Gluten Free Baking

Page 15: Kid's Golf Camp

Page 20: Discovering Your Family History

Page 21: Learn to Podcast

Page 23: Tango Dance

Page 29: Better with Age Fitness

;

McLennan Community College

Continuing Education

1400 College Drive • Waco, Texas 76708

