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WORKFORCE DEVELOPMENT

Meet Our Instructors.....	2-3
Industrial Applications.....	4
National Electrical Code Update	
Contract Trainings.....	5
Industrial Applications.....	5
Safety Classes.....	5-7
H2S Annual Certification	
H2S Fit Testing	
PEC Basic Orientation (Safeland)	
PEC Basic Pipeline	
Mobile Lift Truck (Forklift)	
Mobile Elevated Work Platform (ScissorLift)	
Mobile Elevated Work Platform (Manlift)	
Skid Steer Loader	
General Industry Safety I (OSHA)	
Workforce Development.....	8
Defensive Driving	
CPR/First Aid_National Safety Council (NSC)	
HazWoper	
HazWoper Annual Refresher	
Professional Development.....	9
Excel Basic	
Excel Intermediate	
QuickBooks Pro, Level 1	
QuickBooks Pro, Level 2	
How to Write Grant Proposals	
Grant Management	
Fun in Fund Raising	
MSHA Classes.....	10-11
MSHA-Surface & Underground Annual Refresher	
MSHA-Surface New Miner	
MSHA-Underground New Miner (Surface + 1 Day)	
Medical Classes.....	12
Pediatric Advanced Life Support (PALS) Provider	
CPR - BLS for Healthcare Providers	
Advanced Cardiac Life Support (ACLS) Provider	
EMS Refresher-ALS Track	
EMS Refresher BLS Track	
Gatlin Online.....	13
ed2go Classes.....	14
Sign Up Today!.....	15
Registration Form.....	16
Funding for Training.....	17

Registration continues until the course begins unless the class fills or is canceled. To avoid cancellation, please register at least 7 days prior to the start date. Check for latest information at our website: westernwyoing.edu/services/workforce or call 307.872.1326

**Need PTSB recertification credit?
Call Workforce Development
307.872.1326 for qualifying class.**



COMMUNITY EDUCATION

The Written Word.....	18
Creative Writing	
Novel Writing Basics	
Advanced Novel Writing	
Personal Finance and Business.....	18
Personal Finance	
Individual Tax Preparation	
Culinary Arts.....	19
Dutch Oven Cooking	
Easter Cupcakes	
Making Bread Dough Masterpieces!	
Sewing and Crocheting.....	19-20
No Sew Fleece Blankets	
Plann it! What's it all about?	
Digital Technologies.....	20
Smartphone 101	
Qigong, Tai Chi & Yoga.....	20
Qigong	
Tai Chi for Arthritis II	
Yoga with Prakai	
Chair Yoga with Prakai	
Yoga for Every Body	
Sports, Fitness & Leisure.....	21
Pickleball for Beginners	
Zumba Gold	
Creative Arts.....	22
Chainsaw Art	
Artistic Design Made Rediculously Fun	
Custom Made Lawn Chairs	
For the Love of Watercolor	
The Great Outdoors.....	23
Raised Bed Container Gardening	
Basic Blacksmithing	
The Great Indoors.....	24
Homemade Bath Products	
Ballet and Dance.....	24
Beginning Movement and Dance	
Beginning Ballet	
Intermediate Ballet	
Adult Ballet	
Social Dance	
Self Defense and Martial Arts.....	25
Escrima, Kali, Karate & Boxing	
Music, Language & Travel.....	25-26
Adult Piano Fun	
Spanish 101	
Travel to Japan	
Health and Wellbeing.....	26
Introduction to Mindfulness Meditation	
Love and Logic	
Kids, Tweens & Teens.....	27
Safe Sitter®	
Safe@Home®	
Free Classes.....	28
Stop the Bleed	
Summer Courses.....	28
Archaeology of the Oregon Trail	
Zumba Gold	
Private Pilot Ground School	

PLEASE READ **

Community Education courses are taught at several locations in Sweetwater County. Please check the locations for the courses you would like to attend. Registration continues until the course begins unless the class fills or is canceled. To avoid cancellation, please register prior to the start date. New courses are added during the semester.

Community Education courses are non-refundable and non-transferable unless the course is canceled. 1

MEET OUR INSTRUCTORS

Stephanie “Braids” Roberts

S. “Braids” Roberts has 15 years experience within the oil/gas and construction fields, taking her throughout the country working in different regions and environments. Her work experience comes from various positions from entry level helper to foreman to the safety department. She has both the hands on skills and the educational background to help show and teach our students the different perspectives that they will need to “see” things in the industry. She graduated from Western Wyoming Community College with an A.A.S. in Industrial Safety and Hygiene. That education as well as her working knowledge from the field helps to make her an integral part of our Workforce Development team. She enjoys teaching our students and focuses on “Knowing what you’re doing before you do it.” Her various classroom and hands on approaches to learning help students at all levels learn about their roles within the industry focusing on their own safety and the overall job safety. She had a big hand in developing and updating our classes and trainings since her time with us at Western. Her updated and upbeat teaching style helps to improve the stigma that safety training, refresher training, and new hire training has within the industry. She uses innovative ways to improve her trainings and finds new methods of helping her students see the “big picture” of industry through the individual roles each person serves within it, always leaving each class with the motto “Make good choices!”



Gerald “Gary” Anderson

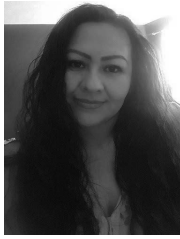
Gary Anderson is a part-time Safety Instructor at Western Wyoming Community College Workforce Development in Rock Springs, WY. Having 18 years of experience in the Oil and Natural Gas Industry he has been involved in exploration, production, and worker safety. He is a co-author of a technical paper published by the Society of Petroleum Engineers. A few of the areas in which he has hands on experience include well logging, hydraulic fracturing design and implementation, enhanced oil recovery operations, artificial lift evaluation, development of company safety programs, and classroom instruction of safety related topics. After watching several workers in a small company being exposed to various hazardous situations with little or no training he became committed to the education of industry employees and management in safe work practices. Gary holds a Bachelor of Science degree in Petroleum Engineering from the University of Wyoming with honors.



MEET OUR INSTRUCTORS

Jaqueline Mendoza

I am working towards earning my master's degree in Spanish Linguistics with a minor in Hispanic Literature at New Mexico State University. I attended undergrad school at Arizona State University and received a bachelor's in Spanish. I also attended Western Wyoming Community College and earned three associate's degrees (Business Administration, Accounting, and Spanish). My first job teaching was at Western Wyoming Community College as an online instructor, and I teach First-Year Success. In the fall semester of 2019, I started teaching First-Year Success on campus, and it is a great learning experience. Before I started teaching, I worked as a Computer Lab Assistant. The position allowed me to learn and work with Microsoft Programs such as Access, Excel, Word, and PowerPoint. I consider myself highly proficient when it comes to MS Office. Teaching has been an interest of mine since 2003. In the beginning, I was interested in becoming an Early Childhood Elementary teacher, but business was another area that was interesting and I decided to pursue that career. After completing my associates in business administration and accounting, I changed my major to Spanish. I transferred to Arizona State University to continue with my education. My ultimate goal is to become a college instructor of Spanish. In the meantime, I enjoy working and teaching part-time both online and face to face classes. The best part of teaching is helping students succeed in college, also to help them learn Microsoft programs. On a more personal note, I am a single mother and have three children aged 20, 15, and 13. Some of my hobbies include reading, sewing, camping, and traveling with my family. I love music (any type as long as it sounds good). Also, I am the first generation in my family to attend college.



Sheela Schermetzler

Sheela Schermetzler has been the Executive Director for Golden Hour Senior Center in Green River, Grants Manager for Albany and Campbell Counties, Executive Director of the Campbell County Higher Education Foundation and Director of Continuing Education at the Gillette College. To date she has received over \$72 million in grants and fundraising. In 2003, she completed a \$1.5 million dollar capital campaign project for the new Gillette College. Her efforts have been described in the Green River Star, Denver Post, Gillette News Record and the Laramie Boomerang. Since her retirement from the Golden Hour Senior Center, Sheela is focusing on grant writing, conducting needs assessments, managing grants for other entities, evaluating grant-funded programs and teaching classes at Western Wyoming Community College. She holds a Master of Arts in Education from the University of Wisconsin – Stevens Point and an Education Specialist (Ed. S.) degree in Adult and Postsecondary Education from the University of Wyoming. Sheela conducts workshops in grant writing, grants management and fundraising. She has offered workshops in the states of Wyoming, South Dakota, Kansas and New Mexico.



CONTRACT TRAININGS

Workforce Development offers a wide range of training, but if you still can't find the class to fit your training needs or would like a safety training geared more towards your company's safety standards, give us a call! Workforce Development can build a program that caters to your company's specific training needs. Our classes can be taught on a certification, refresher, or awareness level. We also offer site-specific training to our customers who want a professional setting focused on safety. Our programs are designed in a way that our students picture themselves on site or location using the skills first-hand. We are capable of setting up trainings around your schedule. If there is a specific day that works best for your company we will do our best to meet those needs. Training may be available on nights and weekends depending on instructor availability Contact the Workforce Development staff at 307-872-1326 to schedule your training.

Thank you for all your support!
Workforce Development Staff

Want to stay up-to-date with Workforce Development Follow us on facebook!
Search Workforce Development.



INDUSTRIAL APPLICATIONS

National Electrical Code Update

This course will provide CEUs for Wyoming Licensed electricians. The course will cover 2014 electrical code changes and other industry-relevant topics such as: new, revised, relocated information affecting definitions, personnel safety, fuses and circuit breakers, grounding, wiring methods, wiring devices, industrial control panels, motors, special occupancies, special equipment & conditions, communications, circuit facts, grounding & bonding for power & electronic, review of hazardous location rules, and safety related facts & requirements: NFPA 70E, OSHA. Friday & Saturday June 11 & 12, 2020 NCELT 106 T1; John Liggett; \$275

Other Industrial Classes available for Contract Training:

- Fundamentals of Rigging
- Mechanical Drives
- Basic Separator & Dehydration
- Industrial Mechanics
- Industrial Hydraulics
- Basic Bearing & Lubrication
- Piping for Industry
- Compression Technology
- Variable Frequency Drives



SAFETY CLASSES

H2S Annual Certification

This course meets the required elements of ANSI Z390.1-2006 Acceptable Practices For Hydrogen Sulfide Training Programs. Must Pre-Register.

[Optional fit testing available for an additional \$40—Must be clean shaven for fit test and have medical physical within the last 12 months.

Scheduled upon request; NCIND 202 ; \$95

H2S Fit Testing

We currently have adapters to fit test:

- 3M All Models w/ detachable filters
- Scott Full face AV2000, AV3000, Scott-O-Vista, 65,66
- North masks including 5500, 7700, 7600, 5400, 7800, 80004, 80004S, 85400A, 85500A, 800 Series SCBA
- MSA—some models
- Spearian Survivair

Must be clean shaven for fit test and have a current medical evaluation for respirators.

Every Tuesday & Thursday 11:00am
Western-WTC Rm 106
NCIND 203; \$40 per test



PEC Basic Orientation (Safeland)

This course is an orientation of basic safety policies and procedures, which many oil and gas operators/producers require in order to work on a well site. Using PEC Premier's Basic Orientation Workbook, students will learn the basic occupational and safety requirements for many operator/producers, acceptable worksite policies and procedures, hazardous situations, incidence reporting and emergency response plans. This course is approved for S/U grading. **Must Pre-Register - Class limit 25**
2 Wednesdays/month;
7:30 am - 5 pm; \$225*
Western-WTC Rm 106; SAFE 1561 T1; 0.5 Credit (Students not in the classroom by 7:45 could be denied entrance in the class.) Students must have valid email address to be entered in the PEC database.



PEC Basic Pipeline

This Course is a one-day safety orientation that meets SafelandUSA, Kinder Morgan & Colonial Pipeline Midstream Training Qualification (MSTQ) requirements, and the Gold Shovel Standard certification. Student will learn about hazards they may encounter in the pipeline industry & become familiar with various practices to mitigate those hazards.

Scheduled upon request

NEW
CLASSES

SAFETY CLASSES

WORKFORCE DEVELOPMENT

Workforce Development now offers operators certification in an ANSI/OSHA required three part training session for the following equipment. Help boost your resume with our Mobile Equipment Operations Training. Our surrounding industry is looking not only for skills, but also for training & safety. To stay at the top of the industry standard call Workforce Development to update or start your employee skills development. Each piece of equipment training includes the classroom (formal) instruction, hands on equipment specific overview, inspection, and performance evaluation. This training can be offered on campus using Western equipment or equipment can be specified by company and done on site using company provided equipment or brought to our training facilities. If company provides equipment operators manuals will be required before training. At the end of each of the training sessions students will receive a Certification of Completion of formal training, basic controls/handling, and inspection. Forklift students will receive a Certificate and a user training card. Per OSHA standard 1926.503(a)(1), "the employer shall provide a training program for each employee who might be exposed to fall hazards. The program shall enable each employee to recognize the hazards of falling and shall train each employee in the procedures to be followed in order to minimize these hazards".

Per OSHA standard 1926.503 (a) (2), "The employer shall assure that each employee has been trained, as necessary, by a competent person...". Our Workforce instructors have been trained per OSHA standards and are

Competent Persons as defined by OSHA to teach and certify Authorized Persons (the users) in safe operation of equipment requiring fall protection. We will be happy to train your employees as Authorized Persons and maintain proper documentation of such training so that your in-house Safety professionals can focus on required engineering and required inspections of equipment used in operations.



Mobile Lift Truck (Forklift)

Caterpillar Telehandler Model TH255

Schedule upon request
Western-WTC Rm 106
8 hour training 195.00



Mobile Lift Truck (Forklift)

Komatsu 25 (Indoor)

Schedule upon request
Western-WTC Rm 106
4 hour training \$95.00

SAFETY CLASSES



Mobile Elevated Work Platform(ScissorLift)

Genie GS-2632

Schedule upon request
Western-WTC-106
6 Hour training \$125.00



Mobile Elevated Work Platform(Manlift)

Genie Z-60 60/34

Schedule upon request
Western-WTC Rm 106
8 hour training\$195.00



Skid Steer Loader

Caterpillar D Series D2 DZT446

Schedule upon request
Western-WTC Rm 106
8 hour training \$195.00



General Industry Safety I (OSHA)

Meets Federal OSHA Regulations. This 10-hour program is intended to provide a variety of training on General Industry Safety and Health to entry level workers. Hazard identification, avoidance, control and prevention, along with presentation of applicable OSHA standards are covered. Mandatory topics include such things as OSHA Act. General Duty Clause 5 (a) (1), Inspections, Citations, and Penalties (CFR Part 1903), Record keeping (CFR Part 1904), Walking and Working Surfaces (Subpart D), Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection, Subparts E & L, and Electrical, Subpart S.

Schedule upon request
Western-WTC Rm 106
0.5 Credits SAFE 1551; \$210.00



WORKFORCE DEVELOPMENT

WORKFORCE DEVELOPMENT

Defensive Driving

The NSC Defensive Driver Training class is a 4-hour driver improvement program that offers practical strategies to reduce collision-related injuries, fatalities and costs. It addresses the importance of attitude in preventing accidents and reinforces the good driving skills students already possess. Most importantly, this course shows students the consequences of the choices they make behind the wheel. Scheduled upon request
4 hours; NCTTD 101 T1;
Western-RS Campus; \$95



CPR/First Aid-National Safety Council (NSC)

Standard CPR & First aid course covers topics such as Good Samaritan Law, scene safety, bloodborne pathogens, and adult CPR/AED, bleeding, wound care, shock, burns, heat and cold emergencies and moving victims. All students are required to complete the hands-on portion of CPR during this class. A final written exam is given at the end of the day.

First Monday of each month (unless holiday).

Western-WTC Rm 104
NCSAF 305; \$109



HazWoper

This Hazardous Waste Operations and Emergency Response (HAZWOPER) course will cover safety, health and other potential site hazards; use of personal protective equipment (PPE); spill containment; waste minimization; remediation; safe use of engineering controls and equipment; and a demonstration of chemical and physical properties.
Myra Peak; 24-hr \$475;
NCIND 104 40-hr \$670



HazWoper Annual Refresher

This refresher course is offered to any individual having prior HAZWOPER certification. Provides the mandatory annual 8-hour OSHA (Occupational Safety and Health Administration) training for those who work with hazardous materials. It covers material in the Department of Transportation Emergency Response Guidebook and the National Institute of Safety & Health Pocket Guide to Chemical Hazards.

TBD

Western-GR Center Rm 215; NCIND 300,
Myra Peak; .5 credits; \$235

CAUTION
HAZARDOUS
MATERIAL
STORAGE AREA

PROFESSIONAL DEVELOPMENT

Excel Basic

Learn the many shortcuts and time-saving features in Excel. Start by learning the basics of setting up a worksheet and modifying it, then adding formulas, functions and formatting. You will also learn to create charts and work with large workbooks. Little tricks in Excel can save a lot of time and work!
Wednesday, February 12, 2020 8am-4pm
Western-GR Center Rm 104; Jaqueline Mendoza;
NCCMP 106; \$159 (includes book)

Excel Intermediate

Now that you know the basics of Excel, expand your knowledge by learning how to work with advanced charting and formatting, using multiple workbooks including formula linking, learning list management, documenting, auditing, web features and using templates.
Wednesday, February 19, 2020 8am-4pm;
Western-GR Center Rm 106; Jaqueline Mendoza;
NCCMP 107; \$159 (includes book)

QuickBooks Pro, Level 1

Learn the basics of QuickBooks, including customer transactions, vendor transactions, banking, and creating your company file. Backing up your file and restoring it will also be covered. Students using other recent versions of QuickBooks will find this course useful.
Friday, January 17, 2020
Western-GR Center Rm 104; Jackie Dean
NCCMP 113 T1; \$179 (includes book)

QuickBooks Pro, Level 2

QuickBooks Level 2 teaches advanced concepts for small businesses. It illustrates the accounting that happens "behind the scenes" when a student enters a transaction. Students using other recent versions of QuickBooks will find this course useful.
Friday, January 24, 2020
Western-RS Rm 1430; Jackie Dean
NCCMP 117 T1; \$179 (includes book)

How to Write Grant Proposals

Introduction to grant writing process, getting started -pre-proposal activities, determining the funders, writing a proposal, demonstrating accountability, evaluating the proposal, submission and follow up, implementing the project.
January 29 & 30, 2020
February 25 & 26, 2020 (Pinedale)
Western-GR Center RM 104; Sheela Schermetzler
NCENG 309 T1; \$125
8:00am-5:00pm



Grant Management

Planning for the grant funded project, implementing the project, ensuring fiscal integrity, monitoring the project, demonstrating accountability, evaluating the project, auditing requirements, solving problems, and closing out the project.

Tuesday, February 4, 2020
Western-GR Center RM 104; Sheela Schermetzler
NCENG 309 T2; \$75

Fun in Fund Raising

Introduction to fundraising methods & practices, developing the strategic fundraising plan, special events. More than just fund raisers fundamentals of the Annual – direct mail, telemarketing/ e-marketing, the fun love letter, major gift fundamentals, and planned giving-funding in the future and grants.
Western-GR Center Rm 104; Sheela Schermetzler
Wednesday, February 5, 2020
NCENG 309 T2; \$75

MSHA CLASSES

MSHA-Surface & Under-ground Annual Refresher

Annual refresher training is mandatory retraining which allows students to maintain current MSHA certification to work in surface & underground mines. Students must complete all New Miner course requirements which include 8 hours of actual mine site training, and provide proof of current certification before taking this course.

6:50 am-4 pm,
Western-GR Center Rm 200,
Tim Warren, MINE 1855 T, 0.5 Credit; \$125*

MSHA-Underground Annual Refresher Dates

M	T	W	TH	F
January				
	1/28			
February				
	2/25			
March				
	3/24			
April				
	4/28			
May				
	5/26			
June				
	6/30			

*out-of-state tuition may apply

MSHA-Surface Annual Refresher Dates

M	T	W	TH	F
January				
		1/15		
		1/29		
February				
		2/12		
		2/26		
March				
		3/11		
		3/25		
April				
		4/15		
		4/29		
May				
		5/13		
		5/27		
June				
		6/17		
		7/1		



MSHA CLASSES

MSHA-Surface New Miner

Surface New Miner qualifies the successful student to work at surface mines. The program provides 24 classroom hours of mandatory MSHA instruction. Required onsite training will complete the student's certification. The student is responsible for arranging the onsite portion of the training.

6:50 am-4 pm,
GR Center Rm 200,
Tim Warren, MINE 1870; 0.5 Credit; \$275

MSHA-Underground New Miner (Surface New + 1 day)

Qualifies the successful student to work at underground mines. Attend Surface New Miner and attend one additional day to obtain the Underground New Miner. Student receives 32 of the 40 mandatory hours of Mine Safety and Health Administration instruction. The remaining 8 hours of onsite training is the student's responsibility and must be completed at an actual mine site
6:50 am-4 pm; Western-GR Center Rm 200, Tim Warren; MINE 1870;(\$275 for 3-day SNM + \$125 for UGNM = \$400)

MSHA-Surface New Miner & Underground New Miner Dates

M	T	W	TH	F
January				
	1/7-1/9/2020			1/10
	1/21-1/23/2020			1/24
February				
	2/3-2/5/2020		2/6	
	2/18-2/20/2020			2/21
March				
	3/2-3/4/2020		3/5	
	3/16-3/18/2020		3/19	
April				
	4/6-4/8/2020		4/9	
	4/20-4/22/2020		4/23	
May				
	5/4-5/6/2020		5/7	
	5/18-20/2020		5/21	
June				
	6/1-1/3/2020		6/4	
	6/22-6/24/2020		6/25	

WORKFORCE DEVELOPMENT

307.872.1326

Go to page 16 to register



MEDICAL CLASSES

Pediatric Advanced Life Support (PALS) Provider

The goal of the Pediatric Advanced Life Support Course is to provide the student with information needed to recognize infants and children at risk for cardiopulmonary arrest, information and strategies needed to prevent cardiopulmonary arrest in infants and children and the cognitive and psychomotor skills needed to resuscitate and stabilize infants and children in respiratory failure, shock or cardiopulmonary arrest. For your success, we strongly encourage attending the Prepare for PALS class. 8 am-5 pm, Western-RS Campus Rm 1328; HLTK 1503 T1; 0.5 Credit; \$225* Sat-Sun, March 14-15, 2020 8:00am - 5:00pm



CPR - BLS for Healthcare Providers

American Heart Association (AHA) Learn one-person, two-person, child and infant CPR, conscious and unconscious choking victim care, airway management and use of an AED. Meets American Heart Association (AHA) guidelines for healthcare providers, but everyone welcome! American Heart Association requires all students to have access to a study book prior to class. The book is available at the WWCC Bookstore located in Rock Springs. Call 307.382.1673 or visit: www.wwccbookstore.com Thursday, January 9, 2020 Thursday, March 12, 2020 4.5 hours; Western-WTC Rm 106; NCHLT 103; \$60

Advanced Cardiac Life Support (ACLS) Provider

This course is an intensive program that meets the standards of the American Heart Association (AHA) for training participants as Providers in Advanced Cardiac Life Support (ACLS). It is primarily directed toward physicians, nurses, dentists, paramedical and allied health personnel whose daily occupation demands proficiency in the knowledge and skills of ACLS. For your success, we strongly encourage taking the pre-test prior to attending class (85% or lower then attend Friday night). Reasonable remediation with the instructor and the participant can take the test one more time. Private or further remediation is \$50 per hour. A valid CPR card is required.

8 am-5 pm Western-RS Campus Rm 1328, HLTK 1501 T1; 0.5 Credit; \$225* S/SU March 7-8, 2020 8:00am - 5:00pm

Other Medical Classes offered:

- **EMS Refresher -ALS Track**
Andrew Appleby NCHLT 114 T1 \$155
- **EMS Refresher BLS Track**
Andrew Appleby NCHLT 113 T1 \$155

**Topics meet both NREMT and Wyoming State OEMS Recertification Requirements. All class sessions may be attended via Internet or in person at Western Wyoming Community College's Workforce Training Center (W3TC).*



GATLIN ONLINE

Now offering online open enrollment programs designed to provide the skills necessary to acquire professional level position for many in-demand occupations.

The following programs are designed by a team of professionals from each respective field, and who are actively involved in your online learning experience. Each program includes a set of lessons and evaluations; grades are a combination of the instructor/mentor's evaluation of students' work and computer graded tests. Courses below are a sample of the courses available, more courses available at: <http://www.gatlineducation.com/westernwyoming>



1. Gas Plant Operators
2. Wind Turbine Service Technicians
3. Power Plant Operations
4. Chemical Plant & Systems Operators
5. Carpenters
6. Childcare Workers
7. Physical Therapist Aides
8. Medical Secretaries
9. Veterinary Technologists/Technicians
10. Legal Secretaries

Skilled Trades and Industrial

(\$1895 to \$3095/class for each class listed below)

- Chemical Plant Operations
- HVACR Technician

Healthcare and Fitness

(\$795 to \$2795/class for each class listed below)

- Veterinary Assistant
- Administrative Dental Assistant
- Administrative Medical Specialist with Medical Billing and Coding
- ICD-10 Medical Coding

IT and Software Development

(\$595 to \$3095/class for each class listed below)

- Administrative Professional with Microsoft Office Specialist 2007 Training CompTIA™ A+ Certification Training
- Management for IT Professionals
- 3ds max

Business and Professional

(\$595 to \$2595/class for each class listed below)

- Grant Writing
- Paralegal
- Technical Writing
- AutoCAD 2015 Certified User

Media and Design

(\$1695 to \$5995/class for each class listed below)

- Webmaster
- Marketing Design Certificate
- Video Game Design & Development
- Digital Arts Certificate

Hospitality and Service Industry

(\$1995/class for each class listed below)

- Event Management & Design

More courses available at:
www.gatlineducation.com/westernwyoming



Many courses pre-approved for 1.5 PTSB credit-check
website: <http://ptsb.state.wy.us.dnnmax.com>

Online Courses from Ed2go

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Over 300 Online Courses Include:

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Online Courses are informative, fun, convenient, and highly interactive. Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, six-week format, supplementary links, and more. You can complete any course entirely from your home or office. any time of the day or night.

Courses Start as Low as \$89

Accounting Fundamentals

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

A to Z Grantwriting

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

Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

Explore A Career in Medical Coding

Learn how to use the CPT manual and the ICD-10-CM to find medical codes for any disease, condition, treatment, or surgical procedure.

Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be speaking Spanish in no time.

Start Your Own Small Business

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

Discover Sign Language

Discover the fun of learning sign language and using your hands to communicate with Deaf people.

SAT/ACT Prep Course-Part 1 & 2

Master the reading, writing, English, and science questions on the ACT and new SAT.

Creating WordPress Websites

Discover how to easily create blogs and websites with WordPress, the world's most popular Web publisher.

Introduction or Intermediate Microsoft

Excel
(2007, 2010, 2013 or 2016 versions)

Introduction or Intermediate Microsoft Access

(2007, 2010, 2013 or 2016 versions)

Introduction or Intermediate Microsoft Word

(2007, 2010, 2013 or 2016 versions)

QuickBooks 2018 Series

Students that purchase the QuickBooks 2018 Series will have access to Intro & Intermediate QuickBooks 2018.

Introduction to Microsoft Project 2016

Discover how to effectively plan and implement projects using Project's tools of sequencing tasks, assigning resources and costs, and tracking progress, to creating reports using Calendar and Gantt Chart views.

SIGN UP TODAY!



Register Online:

westernwyoming.edu/services/workforce/



Call Workforce:

307.872.1326



Mail Your Registration:

Workforce Development
#1 College Way,
Green River, WY 82935



In Person:

Workforce Development
Office Hours: 7 am-5 pm
Monday – Friday (Sept-May)
Location: Western-Green River Center
Room 209

- Register Today! Class space is limited. Unfortunately, courses will cancel 7 days prior to start date if there is not sufficient enrollment.
- From time to time a course may have to be canceled due to low enrollment or unforeseen circumstances. If the college cancels a course, you will receive a rain check or a refund.
- In the event that an instructor is not available to teach a scheduled course, we may substitute another qualified instructor.
- For courses awarding college credit, out-of-state tuition may apply to non-residents of Wyoming not currently working for a company in Wyoming.
- If you need to cancel, you may send a substitute from your organization. Generally, registration fees are not refundable for Workforce Development classes within 7 days before the course starts. Contact Workforce Development for more information.
- Course registration fees are subject to change in accordance with college policy.

Student Information:

Code: 118

Name _____ Soc Sec # _____

Home Address _____

Home Phone _____ Work Phone _____

E-mail _____

Date of Birth _____ Gender* Male Female

Ethnicity* Black American Indian White Hispanic

Asian Non-Resident Alien *Required for reporting purposes only

Sign up for: _____ Date _____ Price** _____

Course Name _____ \$ _____

Course Name _____ \$ _____

Payment Method:

Check payable to: Western Wyoming Community College

Bill Company: _____

Mailing Address: _____

Visa or Master Card (circle one)



CC#: _____ Exp. Date: _____

I am enrolling in this course/activity for the following reasons:

- | | |
|--|--|
| <input type="checkbox"/> Upgrade current job skills | <input type="checkbox"/> Coursework toward degree from another institution |
| <input type="checkbox"/> Develop new job skills | <input type="checkbox"/> Build basic skills before taking credit classes Personal Enrichment |
| <input type="checkbox"/> Teacher re-certification (PTSB) | <input type="checkbox"/> Other (specify): _____ |
| <input type="checkbox"/> DEQ re-certification | _____ |
| <input type="checkbox"/> POST re-certification | _____ |
| <input type="checkbox"/> Workshop required by employer | _____ |
| <input type="checkbox"/> Degree seeking from Western | _____ |

Please duplicate form for additional registrations.

**For courses awarding college credit, out of state tuition applies for non-residents of Wyoming not currently working for a company in Wyoming.

How long have you lived in WY? _____ If less than one year, where did you reside before? _____ Country of Citizenship: _____

If not US what is visa status? _____ (All non US citizens must submit a copy of Visa)

I understand that once my registration is processed, I am officially registered for the class and am responsible for all debts incurred. If my account is not paid in full, I understand that the College may hire a collection agency to take action. If my account is assigned to a collection agency, I understand that I am responsible for all attorney fees, court costs or delinquency fees that may be incurred during the collection of my debt. I understand that the delinquency fee will be equal to 50% of the principal amount owed. If a refund is due from my account, I authorize the College to automatically issue a refund check.

Signature _____ Date _____

FUNDING FOR TRAINING

BUSINESSES

Grants for Existing Positions
Grants for Existing Positions are tailored to a business's existing employees who need a skill upgrade or retraining in a particular occupation. Allow up to \$2,000 per employee per fiscal year with businesses required to match 40 percent of the total training costs and Training Fund covers the remaining 60 percent (some restrictions may apply).

Grants for New Positions

Grants for New Positions are valuable as recruitment and expansion tools for economic development in Wyoming. Employees may qualify for funding under this program if the business is new or expanding. To qualify as a new position, businesses must document that the position was created within the last 180 days and constitutes a net increase in the number of employees working for the business. Allows between \$1,000-\$4,000 per employee per fiscal year, depending on the amount of the hourly wage.

PRE-HIRE ECONOMIC DEVELOPMENT GRANTS

This program is currently evolving, to find out more please visit the Workforce Development Training Fund website at <http://wyomingworkforce.org/businesses> and use the Employers tab. To speak with a representative, please call (307) 777-8650.

INDIVIDUALS

Workforce Innovation and Opportunity Act assistance in paying class fees and associated costs may be available to individuals through the Workforce Innovation and Opportunity Act Funds. For more information Please contact: Department of Workforce Services 2451 Foothill Blvd. Suite 100 Rock Springs, WY 82901 307-382-2747 or 307-875.2300

For information on Western financial aid, Please contact:

*Western Mustang Central; 2500 College Drive; Rock Springs, WY 82901
307-382-1677; Email: mustangcentral@westernwyoming.edu*

- The Learning Center programs prepare people for jobs, further education or training, and personal development. Open from 1-4pm, Mon-Thurs; Room 110

Aquatic Center

Registration for Children's Swimming Lessons
In person registration is recommended at Registration and Records, OR phone-in registrations will be taken at 307.382.1637 as phone lines and personnel are available. Registrations are non-refundable and non-transferable. Classes fill quickly. Call 307.382.1694 for information on levels or visit westernwyoming.edu/life/aquatic_center/children.html for more course information.



COMMUNITY EDUCATION

THE WRITTEN WORD

COMMUNITY EDUCATION



Creative Writing

This workshop will help you begin or refine your own writing. We will focus on writing memoir and poetry, including incorporating archival material (i.e. journals, letters, and photographs) into your writing. You will receive weekly prompts and feedback.

Instructor: Jessica Dean
W: Feb 5-Feb 26, 5:30 to 7:30PM – 4 weeks
Location: GRC 205
Fee: \$70 Course Number: NCENG 101 G1

Novel Writing Basics

Have you ever felt drawn to write the “Great American Novel”? The four week course will take you through the basics of writing novel length fiction, structure and characterization, and the basics of revising and editing.

Instructor: Michelle Jefferies
TH: Feb 6-Feb 27, 6:00 to 8:00PM – 4 weeks
Location: RSC Room 1440
Fee: \$60 (includes \$10 supply fee)
Course Number: NCENG 205 R1

Advanced Novel Writing

Do you have some writing experience? Have a story in your head, or stored in a drawer somewhere? This four week course covers advanced techniques in structure, character, setting, series/trilogy and editing, as well as an intensive workshopping class the last week. (No class March 17.)

Instructor: Michelle Jefferies
T: Mar 3-31, 6:00 to 8:00PM – 4 weeks
Location: RSC Room 1440
Fee: \$60 (includes \$10 supply fee)
Course Number: NCENG 205 R2

PERSONAL FINANCE AND BUSINESS

Personal Finance

Learn tips on how to better manage your resources and make sound financial decisions. A must for everyone!

Instructor: Jennifer Roberts
TH: Feb 13, 6:00 to 8:00PM – 1 session
Location: RSC Room 1405
Fee: \$40.00 Course Number: NCACC 102 R1



Individual Tax Preparation

Receive assistance with individual income tax preparation, including tips on how to lower your tax bill. Come prepared with all you need to file your 1040 tax return. Each student will be completing their own forms with the assistance of a tax professional.

Instructor: Jennifer Roberts
TH: Mar 5, 6:00 to 8:00PM – 1 session
Location: RSC Room 1405
Fee: \$40.00 Course Number: NCACC 101 R1

CULINARY ARTS

Dutch Oven Cooking

Have you always wanted to learn how to cook in a Dutch oven? In this class you will learn how to create some delicious meals for this camping season. These tips and tricks will have you impressing your friends and family in no time! Students will bring their own Dutch ovens and learn how to cook in a Dutch oven as a class. Due to unpredictable weather, please bring a warm coat and gloves!

Instructor: Ed Yenne
T/TH: Apr 28-May 7
6:00PM to 9:00PM – 2 weeks
S: May 9, 10:00AM to 1:00PM
Location: Young at Heart Senior Center
Fee: \$105 (includes \$20 supply fee)
Course Number: NCHOE 103 R1



Easter Cupcakes

It's springtime, so let's get ready for Easter! In this class you will create six styles of adorable Easter/ springtime cupcakes including flowers, bunnies, chicks and more. Supplies will be provided.

Instructor: Michelle Schutten
TH: Mar 26, 6:30PM to 8:30PM – 1 Session
Location: Young at Heart Senior Center
Fee: \$30 Course Number: NCHOE 210 R3



Making Bread Dough Masterpieces!

You will learn basic information about working with bread dough. You will also learn to create designs on breads with scoring and painting. Michelle will also teach you to shape dough into basic shapes, animals and braids.

Instructor: Michelle Schutten
TH: Feb 27, 6:30PM to 8:30PM – 1 Session
Location: Young at Heart Senior Center
Fee: \$15 Course Number: NCHOE 102 R2
NOTE: Supply list available at the time of registration. Please ask for it!

SEWING AND CROCHETING

No Sew Fleece Blankets

Learn to make no-sew fleece blankets for your pets or other family members. You will learn four edging techniques to create personalized gifts for any occasions.

Instructor: Karen Lackey
M: Feb 24-Mar 9, 6:00PM to 7:30PM – 3 weeks
Location: RSC Room 1333
Fee: \$30 Course Number: NCHOE 206 R1
NOTE: Supply list available at the time of registration. Please ask for it!
Instructor: Karen Lackey

W: Apr 1-15, 6:00PM to 7:30PM – 3 weeks
Location: GRC 112
Fee: \$30 Course Number: NCHOE 206 G1
NOTE: Supply list available at the time of registration. Please ask for it!

Plarn it! What's it all about?

Do you crochet but want to do something uniquely different? We will recycle all those annoying plastic shopping bags into something useful instead of throwing them away and sending them to the landfill! Your project will be your choice – try a bag, basket or sleeping mat appropriate for the homeless. Linda will show you how to easily make “plarn” (plastic yarn) and start you on the project of your choice. Students will need to bring 125 grocery bags, 6-8 medium binder clips, sharp scissors, ruler, marker, and a size K (or larger) crochet hook. Let the plarning begin!

Instructor: Linda Day

TH: Jan 16-23, 6:00 to 7:30PM – 2 weeks

Location: GRC Room 204

Fee: \$15 Course Number: NCHOE 216 G1

DIGITAL TECHNOLOGIES



Smartphone 101

This class will cover the usage of a Smartphone. Android operating systems will be covered in the first hour of class and then iPhone in the second hour of class. You will learn how to navigate your phone, how to use the internet, Google Play Store/iTunes. Downloading apps, security/privacy, and social media will also be discussed along with much, much more!

Instructor: Jamie Lorendo-Vasquez

W: Jan 22-Mar 11, 9:00 to 11:00AM – 8 weeks

Location: Young at Heart Senior Center

Fee: \$80 Course Number: NCCMP 603 R1

20

QIGONG, TAI CHI & YOGA

Qigong

This ancient Chinese form of exercise combines movement, breath work, and mental concentration to increase strength, flexibility, and balance in both the body and mind. At the same time, it is very helpful in reducing stress. The movements and techniques can be done seated or standing and can be modified to work for most people's needs and abilities. Please wear comfortable clothes and flat bottomed shoes. No experience necessary.

Instructor: Sue Arambel

W: Jan 22-Apr 15, 5:30 to 6:30PM - 12 weeks

Location: GRC Gym

Fee: \$75 Course Number: NCPEA 125 G1



Tai Chi for Arthritis II

This is a continuation of the TCA program offered last fall. Taught by certified TCHI instructor, Rodney Knight, these classes are designed to address certain health issues that may prevent someone from doing traditional Tai Chi. **YOU DO NOT NEED TO HAVE THESE HEALTH ISSUES TO COME TO THIS CLASS!** You will need to complete the Tai Chi for Arthritis I set to continue on with this form.

Instructor: Rodney Knight

M: Jan 27-Mar 23, 5:30 to 6:30PM – 8 weeks

Location: RSC TBD

Fee: \$50 Course Number: NCPEA 125 R1

Yoga with Prakai

This class will incorporate Hatha, Vinyasa, and Iyengar Yoga styles. Focus will be on posture, breath control and movement to increase strength, flexibility and stamina.

Instructor: Prakai Parsons

T & TH: Jan 7-Apr 2, 5:30 to 6:30PM - 13 weeks

Location: Young at Heart Senior Center

Fee: \$160 Course Number: NCPEA 107 R2

Chair Yoga with Prakai

This class is for those students who need additional support while learning the yoga poses.

Instructor: Prakai Parsons

M: Jan 6-Apr 6, 1:00 to 2:00PM - 14 weeks

Location: Young at Heart Senior Center

Fee: \$80 Course Number: NCPEA 107 R1



Yoga for Every Body

This is your time to reduce stress, gain flexibility and strength, relax and have fun. This class is for both beginners and for those who already do yoga. Students are welcome to bring their own props including one cushion/pillow and blanket.

Instructor: Caroline Hayes

W: Mar 4-Apr 8, 7:00 to 8:00PM - 6 weeks

Location: GRC Room 211

Fee: \$40 Course Number: NCPEA 107 G1

SPORTS, FITNESS & LEISURE



Pickleball for Beginners

Have you heard about Pickleball? It is great exercise and tremendous fun for all ages. Pickleball is a combination of ping pong and tennis that is sweeping the nation as the fastest growing sport. Learn the basics along with rules, scoring, and serving. You will practice drills and different shots so wear comfortable clothing and tennis shoes. Bring your enthusiasm, your good sportsmanship, and let's have fun with Pickleball! Hurry class size is limited to six!

Instructor: Pete Rust

S: Jan 4-25, 10:00AM to 12:00PM - 4 weeks

Location: GRC Gym

Fee: \$55 Course Number: NCPEA 121 G1

Want to stay up-to-date with Community Education classes?

Follow us on Facebook!

Search for

"Western Wyoming Community Education"





Zumba Gold

Join Us for ZUMBA Gold! Ditch the workout and join the party with ZUMBA Gold! The low-impact formula of this 1-hour class delivers an hour-long ZUMBA party designed for beginning dancers, active adults, and everyone ready to rock! Participants may register for one or both sessions.

Instructor: Paula Shereda
 Green River Session 1:
 M & F: Jan 6-Mar 6, 9:15 to 10:15AM – 8 weeks
 Location: GHSC - GR
 Fee: \$80 Course Number: NCPEA 111 G1

Green River Session 2:
 M: Mar 9-May 8, 9:15 to 10:15AM – 7 weeks
 Location: Golden Hour Senior Center
 Fee: \$75 Course Number: NCPEA 111 G2
 Rock Springs:

M: Jan 6-May 4, 10:45 to 11:45AM – 15 weeks
 Location: Young at Heart Senior Center
 Fee: \$75 Course Number: NCPEA 111 R1

CREATIVE ARTS

Chainsaw Art

Mike Manning, a professional chainsaw artist with works scattered throughout Wyoming, Utah, Montana, and Colorado, will teach you how to effectively use a chainsaw and the tip to carve wild life caricatures from wood. Also, you will learn safety techniques when handling a chain saw, drawing out your “carve”, and methods to finish the product including “burning”. Preservation of the carving will also be discussed. Due to the possibility of personal injury, this class is a demonstration class only; however, you will be given the pattern and specific instructions. Mr. Manning will carve 22

a bear during the class period while explaining each step so you can go home and start carving your own bear!

Instructor: Mike Manning
 SAT: May 2, 2:00 to 5:00PM – 1 day
 Location: GRC Room 211 and the “backyard” in gravel pit
 Fee: \$35 Course Number: NCOTH 130 G1



Artistic Design Made Ridiculously Fun

Let's create! Do you have a picture in your mind and paints in the closet that are waiting to become a reality? Now is the time to make it happen! The Ridiculously Simple series continues with this all new experience for continuing students from Beginning Art Made Ridiculously Simple and Watercolor Made Ridiculously Simple OR for intermediate artists looking to improve technique and brush up on skills! The class will encompass an interactive and in-depth exploration of artistic principles such as keeping proportion, creating depth perspective, elements of composition, color theory, expression in design, and much more. Designed for a group setting with a professional artist to instruct and guide discussion, we will implement techniques that can be incorporated into the medium of your choice: pen or pencil sketching, charcoal, oil or chalk pastel, and/or watercolor (no oil, please). Inspire yourself as we enjoy exploring the elements of artistic design together.

Instructor: Rachel Johnson
 TH: Jan 16-Mar 5, 6:30 to 8:30PM – 8 weeks
 Location: GRC Room 215
 Fee: \$85 Course Number: NCART 105 G1

Custom Made Lawn Chairs

Instead of throwing out your old lawn chair, take a class on macramé and make something old new again. Or start with everything new. These chairs make great gifts that will last a long time.

Instructor: Robert Trujillo
M & TH: Jan 13-Mar 12,
1:00 to 3:00PM – 8 weeks
Location: Golden Hour Senior Center
Fee: \$165 Course Number: NCHOE 400 G1
Note: Supplies for each chair are approximately \$50 unless you bring your own frame.

Instructor: Robert Trujillo
T: Jan 14-Mar 17, 6:00 to 9:00PM – 10 weeks
Location: Golden Hour Senior Center
Fee: \$165 Course Number: NCHOE 400 G2



For the Love of Watercolor

Paint that scene you've always had in mind and learn wonderful watercolor techniques along the way. Relaxed classroom atmosphere.

Instructor: Sandra Banks
T: Feb 4-Mar 24, 1:30 to 3:30PM – 8 weeks
Location: Golden Hour Senior Center
Fee: \$65 Course Number: NCART 112 G1
NOTE: Supply list available at the time of registration. Please ask for it!

THE GREAT OUTDOORS

Raised Bed and Container Gardening

You will learn how to construct your own raised bed garden. We will also discuss soil options and what you may use; planting and spacing your

plants for the best growing results; location for your garden; information on watering; and pollinating and harvesting your garden.

Instructor: Jeff Homan
S: Apr 18-May 2, 10:00AM to 11:30AM – 3 weeks
Location: GRC Room 112
Fee: \$40.00 Course Number: NCHOE 302 G1



Basic Blacksmithing

You will learn the basic operation of tools, safety and forging methods. We will showcase squaring, hammer technique, drawing of metal (making it longer), twisting, bending, cleanup and finishing. You will leave this class with at least one project you made yourself. Note: Students must wear long pants and closed toe shoes. Also you must bring safety goggles, leather gloves, and a sack lunch. Contact the Community Ed office for directions to the forge site.

Instructor: Anthony Peel
Session 1:
S: Feb 22, 10:00AM to 4:00PM – 1 day
Location: Call Community Ed Office for location
Fee: \$145 Course Number: NCOTH 900 R1

Session 2:
S: Mar 14, 10:00AM to 4:00PM – 1 day
Location: Call Community Ed Office for location
Fee: \$145 Course Number: NCOTH 900 R2

Session 3:
S: Apr 18, 10:00AM to 4:00PM – 1 day
Location: Call Community Ed Office for location
Fee: \$145 Course Number: NCOTH 900 R3

Session 4:
S: May 2, 10:00AM to 4:00PM – 1 day
Location: Call Community Ed Office for location
Fee: \$145 Course Number: NCOTH 900 R1

THE GREAT INDOORS

Homemade Bath Products

Looking to have some beautiful fun? Tired of chemical laden commercial products? Want to know what's in the products you put on your skin and in your hair? Make it yourself! Learn how in this fun class. You will make natural lotion, shampoo and conditioner bars and more!

Instructor: Michelle Jefferies
 W: Apr 1-22, 6:00 to 8:00PM – 4 weeks
 Location: RSC Room 1439
 Fee: \$65 (includes \$15 for supplies)
 Course Number: NCHOE 202 R1

BALLET AND DANCE

Beginning Movement and Dance

Ballet is a very good way for your young child to learn grace and coordination as well as gain confidence and have fun. In this class, children ages 3-5 will learn the basics of the art of ballet. NOTE: Basic ballet dress is required.

Instructors: Jerusha Thompson and
 KymberLee Mullins
 M: Jan 27-Apr 6, 4:30 to 5:00PM – 10 weeks
 Location: GRC Gym
 Fee: \$30 Course Number: NCCLD 107 G1

Beginning Ballet

The art of ballet helps develop grace, coordination, strength and confidence. This course is designed for ages 6-8.

NOTE: Basic ballet dress is required.

Instructors: Jerusha Thompson and
 KymberLee Mullins
 M: Jan 27-Apr 6, 5:00 to 6:00PM – 10 weeks
 Location: GRC Gym
 Fee: \$55 Course Number: NCCLD 108 G1

Intermediate Ballet

In Intermediate Ballet, students will continue learning ballet terminology, movement, and proper technique. Barre and centre work will increase in difficulty and students will work to increase their flexibility. This class is for students 8 to 12 years old. Note: Basic ballet attire is required.

Instructors: Jerusha Thompson and
 KymberLee Mullins
 M: Jan 27-Apr 6, 6:00 to 7:00PM – 10 weeks
 Location: GRC Gym
 Fee: \$55 Course Number: NCCLD 108 G2



Adult Ballet

This adult ballet class will suit the needs of those with no ballet experience to those with more advanced skills. The class will focus on classical ballet barre and center work as well as targeted exercises to tone, strengthen, and lengthen the body. This class is for students 16 years of age and up. Note: Ballet shoes (flats) are required, ballet tights and leotards are not a necessity.

Instructor: Jerusha Thompson and
 KymberLee Mullins
 M: Jan 27-Apr 6, 7:00 to 8:00PM – 10 weeks
 Location: GRC Gym
 Fee: \$55 Course Number: NCTHE 203 G1

Social Dance

Learn a variety of 2-stepping, swing and Latin dancing! This class is for couples and/or singles. There is always someone to partner with. Great fun!! Great activity!! Come learn with us!

Instructor: Jon Fernandez
 TH: Mar 19-Apr 23, 7:00 to 8:30PM – 6 weeks
 Location: GRC Gym
 Fee: \$50 Course Number: NCTHE 105 G1

SELF DEFENSE AND MARTIAL ARTS



Escrima, Kali, Karate & Boxing

Learn the Art of Self-Defense, using concepts and drills as taught in Escrima, Kali, Karate & Boxing. Improve dexterity, coordination, reflex time and balance through the use of hand, leg and stick drills. Enjoy a robust workout while improving self-awareness and defensive skills. Each workout is tailored to the individual's need and capability. Your instructor, Mr. Daniel Selleroli, has spent the last 45 years studying the martial arts. He currently holds the rank of Professor of the Arts and has been teaching for the past 25 years. He has studied with legendary martial artists such as Ed Parker, Dan Inosanto, Richard Bustillo and Paul Mills. He has taught throughout the US and Ireland and would be honored to share his passion, skills and knowledge of the arts with you.

Instructor: Dan Selleroli
Location: Rock Springs – Black Butte High School
4 Sections offered throughout the spring semester
Jan 21-Feb 11, 4 weeks
6-7 yr olds – 5:30 to 6:00PM
Fee: \$20 Course Number: NCPEA 300 R1
8-12 yr olds – 6:00 to 7:00PM
Fee: \$35 Course Number: NCPEA 300 R2
13 yr olds and up – 7:00 to 8:00PM
Fee: \$35 Course Number: NCPEA 300 R3

Feb 18-Mar 10, 4 weeks
6-7 yr olds – 5:30 to 6:00PM
Fee: \$20 Course Number: NCPEA 300 R4
8-12 yr olds – 6:00 to 7:00PM
Fee: \$35 Course Number: NCPEA 300 R5
13 yr olds and up – 7:00 to 8:00PM
Fee: \$35 Course Number: NCPEA 300 R6

Mar 24-Apr 14, 4 weeks
6-7 yr olds – 5:30 to 6:00PM
Fee: \$20 Course Number: NCPEA 300 R7
8-12 yr olds – 6:00 to 7:00PM
Fee: \$35 Course Number: NCPEA 300 R8
13 yr olds and up – 7:00 to 8:00PM
Fee: \$35 Course Number: NCPEA 300 R9

Apr 21-May 12, 4 weeks
6-7 yr olds – 5:30 to 6:00PM
Fee: \$20 Course Number: NCPEA 300 R1
8-12 yr olds – 6:00 to 7:00PM
Fee: \$35 Course Number: NCPEA 300 R2
13 yr olds and up – 7:00 to 8:00PM
Fee: \$35 Course Number: NCPEA 300 R3

MUSIC, LANGUAGE & TRAVEL



Adult Piano Fun

This class offers piano instruction for all levels – from first-timers to advanced and everyone in between. Have fun learning whatever styles of music you want while gaining a well-rounded music experience. Lessons are 45 minutes long: 30 minutes with the instructor and 15 minutes in lab time. Lessons are held in the instructor's studio in Rock Springs. Limit of 6 students. NOTE: Student must schedule a time with the instructor before registering for the class. Call 872-1310 for more information.

Instructor: Emily Durrant
Date Range: Jan 13-May 8, 15 lessons
Location: Instructor's studio
Fee: \$250 Course Number: NCMUS 103 R1



Spanish 101

Do you have some prior Spanish language experience but would like to expand on that and hold some tangible conversation? Are you planning a vacation getaway and want to speak the language or know the buzz words? Experience a new culture and the vast differences in languages and countries by learning Spanish. Workbook is included in the course fee.

Instructor: Monica Anderson

TH: Jan 30-Mar 26, 6:00 to 8:00PM – 8 weeks
(No class Mar 12)

Location: RSC Room 1444

Fee: \$100 Course Number: NCLAN 103 R1



Travel to Japan

Join Western Wyoming Community College in a tour of JAPAN!!!

Travel dates: June 4 - 15, 2020

Interested? Contact Michelle Schutten for more information.

Phone: 307-382-1829 or email: mschutten@westernwyoming.edu.

HEALTH AND WELLBEING



Introduction to Mindfulness Meditation

Want to try mindfulness meditation but not sure where to begin? Anyone can learn and it doesn't matter how old you are, what your physical ability is, and if you're religious or not. In this four week introductory class you will learn foundational practices that are scientifically demonstrated to benefit greater health and well-being. Your instructor, Michelle Carr, M.S.Ed., C.M.I. is a Certified Mindfulness Instructor with twenty years of personal meditation and contemplative practice. She is experienced teaching both children and adults and will be guiding you for 90 minutes each week. Please bring water and wear comfortable clothing. If you own a meditation cushion you are welcome to bring that as well.

Instructor: Michelle Carr, M.S.Ed., C.M.I.

Location: RSC Room TBD

T: Jan 14-Feb 4, 6:00 to 7:30PM - 4 weeks

Fee: \$55 Course Number: NCHLE 110 R1

Location: GRC Room 211

T: Feb 11-Mar 4, 6:00 to 7:30PM - 4 weeks

Fee: \$55 Course Number: NCHLE G1



Love and Logic

Would you like to feel less stress? Have more fun parenting? Feel more confidence as a parent? Have fewer frustrations when interacting with your child or children? Love and Logic parenting can help! Love and Logic is a positive parenting program that provides simple and easy techniques to help parents have more fun and less stress while raising responsible kids. If you are interested in learning these fun and easy techniques come join our five-week class and learn what is necessary to become a love and logic parent. Western's Community Education department is working in collaboration with the Sweetwater County Child Developmental Center to bring this course to families in our community. Target age range is early childhood, birth to six; however, some techniques are useful for older children as well.

Instructor: Yolanda Crowder
Location: GRC 205
T: Feb 4 – Mar 3, 6:00 to 8:00PM - 5 weeks
Fee: \$85 Course Number: NCPS4109 G1

KIDS, TWEENS, & TEENS

Safe Sitter®

Is your teen starting to stay home alone or beginning to babysit? Then it's time for Safe Sitter® class. This class will empower teens with wisdom in how to deal with situations while on their own. Taught by a skilled nurse, students will learn sensible decision-making skills, safety skills and much more. This is for 11-14 year olds.

Instructor: Michelle Cordova
S: Mar 28, 9:00AM to 4:00PM – 1 day
Location: RSC Room 1309
Fee: \$65 (includes \$18 textbook)
Course Number: NCOTH 201 R1

Safe@Home®

Safe@Home by Safe Sitter® is a program designed for students in grades 4-6 to prepare them to be safe when they are home alone. This is an introductory level program to prepare students to care for themselves when home alone for short periods of time. The participants will learn how to practice safe habits, how to prevent unsafe situations, and what to do when faced with dangers such as power failures or weather emergencies. Students are also introduced to the Safe Sitter® First Aid Chart and learn a system to help them assess and respond to injuries and illnesses. This program gives parents a peace of mind and increases the safety of children when they are home alone.

Instructor: Michelle Cordova
TH: Apr 16, 4:00PM to 6:00PM – 1 day
Location: RSC Room 1306
Fee: \$30 (includes \$10 supply fee)
Course Number: NCOTH 201 R2

FREE CLASSES!

Stop the Bleed

Uncontrolled bleeding is the number one cause of preventable death from trauma. You can help save a life by knowing how to stop bleeding if someone is injured, including yourself. This course will teach those with little or no medical background, the simple steps needed to help save someone's life when a tragedy happens.

Instructor: Andy Applebee
 TH: May 21, 10:00AM-12:00PM – 1 Session
 Location: RSC Room 1328
 Fee: FREE to first 20 people
 Course Number: TBD

Instructor: Andy Applebee
 TH: May 21, 7:00-9:00PM – 1 Session
 Location: GRC Room 211
 Fee: FREE to first 20 people
 Course Number: TBD

SUMMER COURSES



Archaeology of the Oregon Trail

Put on your Indiana Jones hat and join us as we take an archaeological journey through the Oregon Trail! This archaeological investigation on the Oregon Trail will be four days and three nights and will include meals, transportation, and an education of a lifetime!

Instructor: Dana Pertermann
 F-M: Jun 19-22, meet at the main entrance at Western
 Location: Leaving at 6:00am on 6/19 and returns at 8:00pm on 6/22
 Fee: \$250 (includes \$35 supply fee)
 Course Number: NCOTH 101

28

Zumba Gold

Join Us for ZUMBA Gold! Ditch the workout and join the party with ZUMBA Gold! The low-impact formula of this 1-hour class delivers an hour-long ZUMBA party designed for beginning dancers, active adults, and everyone ready to rock!

Instructor: Paula Shereda
 M: Jun 1-Jul 27, 9:15 to 10:15AM – 8 weeks
 Location: Golden Hour Senior Center
 No class July 13
 Fee: \$40 Course Number: NCPEA 111

Private Pilot Ground School

If you wish to learn to pilot a plane, to "escape the surly bonds of earth," sign up for this class! This course will cover: Federal Aviation Regulations Part 61 and 91, National Transportation Safety Board Part 830, weather, navigation, aerodynamics, medical facts, aeronautical decision making, charts and publications, flight instruments and flight controls, aircraft structure, aircraft performance, weight and balance, and airspace. Upon successful completion of this course, you will be authorized to take the FAA's Private Pilot Knowledge Exam. This exam may be taken in Casper or Salt Lake City at an additional expense.

Please register early because students must purchase their class supplies (approximately \$50). Call 872-1310 for a list of supplies.

Instructor: Edward DeCastro
 T & Th: Jun 2-Jul 9, 6:00PM to 9:00PM – 6 weeks
 Location: GRC Room 204
 Fee: \$175 Course Number: NCOTH 131 G?

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