

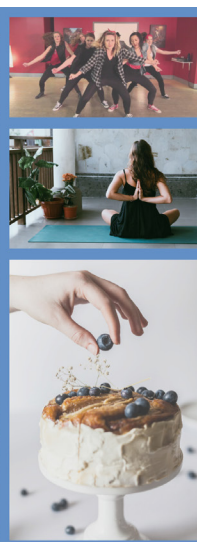


Lifelong Learning

NPC Noncredit Classes



Northland Pioneer College
COMMUNITY & CORPORATE LEARNING



Spring 2019

**Register Online
Today**

***Published
Feb. 5, 2019***

Lifelong Learning -- You're never too old to learn something new!

At Northland Pioneer College, our mission is to offer noncredit classes to the community ranging from art, crafts, dance, fitness, writing, specialty skills & so much more!

Clay Art (Full Semester)

Tuesdays, Jan. 15 - May 7
9 a.m. - 1 p.m.

Show Low Campus

ART099X

Beginning students learn the basic knowledge to form and finish ceramic ware while advanced students are provided a relaxed studio environment to advance, innovate and expand their techniques.

Instructor: M. Sweeney
\$220/student (Ages 12 and up)



Clay Art (8-Week)

Tuesdays
9 a.m. - 1 p.m.

Show Low Campus

ART099X

Jan. 15 - March 5
March 19 - May 7

Beginning students learn the basic knowledge to form and finish ceramic ware while advanced students are provided a relaxed studio environment to advance, innovate and expand their techniques.

Instructor: M. Sweeney
\$110/student (Ages 12 and up)



Beginning Crochet

New
Class!

Friday & Saturday, April 12 - 13
9 a.m. - 12 p.m.

Springerville/Eagar Center HCT099X

Learn the basics of beginning crochet including how to make four different projects: scarf, bag, hat, and slippers. Students will learn to recognize basic crochet stitches, how to match hook and yarn sizes to obtain the desired gauge and how to read a pattern. Leave class filling confident in basic stitches, holds, control and pattern reading.

Instructor: L. Bigelow

\$24/student: Students should bring two colors of Knitting Worsted Medium (#4) yarn, crochet hooks size H, I, J or Chunky #6 with hooks K, L. For ages 7 and above.



Weaving Practicum

Friday & Saturday, Jan. 25 - 26
9 a.m. - 3 p.m.

Springerville/Eagar Center HCT099X

This informal class brings together weaving students of all levels and provides opportunities to learn from others as well as from the instructor. Bring your weaving projects and problems to receive help and instruction.

Instructor: C. Farnsworth

\$30/student: Students must bring their own loom and supplies. (Optional \$15 fee for loom rental)

Mom & Me: Cupcake Decoration

New
Class!

Friday, April 5

5 - 7 p.m.

Show Low Campus

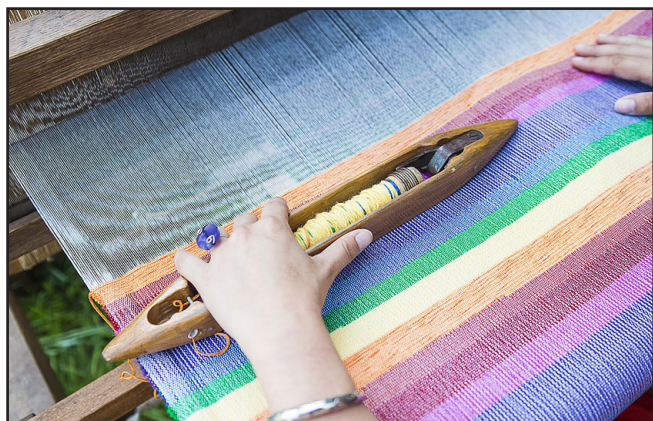
HCT099X

It's time to make some tasty treats while spending some quality time together! This is a fun night with your child learning something new, and delicious. Students will learn 3 basic ways to frost a cupcake, drop flowers, how to fill a cupcake and more!

Instructor: L. Anderson

\$15/student: All skill levels welcome!

Students need to bring a ½ dozen cupcakes each to decorate of any flavor and an additional \$5 fee per student payable to the instructor for decoration supplies.



Weaving Open Studio

Tuesdays, Feb. 19 - March 5

1 - 3 p.m.

Springerville/Eagar Center

HCT099X

An open weaving studio for previous weaving students to advance their skills. An instructor is available to help and guide you on your projects.

Instructor: C. Farnsworth

\$30/student: Students should bring their own loom and supplies. (Optional \$15 fee for loom rental)

Beginning Cake Decoration

New
Class!

Tuesdays

Feb. 5 - 26

2 - 4 p.m.

6 - 8 p.m.

HPE099X

Snowflake Campus

Show Low Campus

Have you ever wanted to decorate your own cakes or improve your skills? Beginners will learn buttercream frosting techniques, tips on how to bake, coloring tips, frosting borders, basic flowers, basket weaving designs, grass, with hands-on practice. Leave class feeling confident in your cake decorating skills!

Instructor: L. Anderson

\$60/student: All skill levels welcome! The instructor will provide a supply list the first day of class.



Chords are Key: Instant Piano

Saturday, April 13

9 a.m. - 12 p.m.

Snowflake Campus

MUS099X

In just a few hours, you can learn enough secrets of playing the piano to give you years of musical enjoyment. Learn all the chords you'll need to play any song in this one session! For more information about the class and the instructor view his website at chordsarekey.com.

Instructor: C. Coffman

\$30/student: *There is a required, additional \$29 fee payable to the instructor for the workbook and online videos.*

Chords are Key: How to Play Piano by Ear

Saturday, April 13

1 - 3:30 p.m.

Snowflake Campus

MUS099X

Learn how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings and transposing all expressed in everyday language. For more information about the class and the instructor view his website at chordsarekey.com. Prior experience with the basic understanding of chords is recommended.

Instructor: C. Coffman

\$30/student: *There is a required, additional \$29 fee payable to the instructor for the book and online audio instruction. (Must be 18 years or older)*

Chords are Key: Instant Guitar

Saturday, April 13

3:45 - 6:15 p.m.

Snowflake Campus

MUS099X

Can't find the time to learn the guitar? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. For more information about the class and the instructor view his website at chordsarekey.com.

Instructor: C. Coffman

\$30/student: *Bring your acoustic guitar. There is a required, additional \$29 fee payable to the instructor for the workbook and online videos. (Ages 13 and up)*



For the Love of Pop Music

Thursdays, Jan. 31 - March 7
6:30 - 8:30 p.m.

Show Low Campus

MUS099X

Take a journey through pop music! Learn about its history, sub-genres and contribution to American culture. Learn more about the history of pop music from the 1700's, through the rock & roll revolution and up to the 2000's. The class is a mix of lecture, recorded music and critical analysis of selected songs in class.

Instructor: S. Witt

\$35/student: *Students should bring materials to take notes.*



Solar Home Design

Fridays, Jan. 25 - March 1
9 a.m - 12 p.m.

Snowflake Campus

AGR099X

This course will lead students through the design & energy calculations needed to build residences that apply passive solar systems for optimum energy performance. Solar orientation, site analysis, energy heat loss & solar gain calculations, thermal storage systems will be presented and calculated. Several passive solar systems and examples will be presented. Design your own home performance for increased occupant comfort and reduced energy use.

Instructor: J. Costion

\$150/student

White Mountain Symphony Orchestra

Thursdays, TBA
7 - 9 p.m.

Snowflake Campus

MUS099X

Make beautiful music with a performance-based symphony orchestra that studies and performs music from all genres. Audition required.

Instructor: Dr. Ted Vines/Anna McCeleve

FREE: *You are expected to be in attendance.*

Barbershop Chorus

Tuesdays, TBA
6:30 - 9 p.m.

Show Low Senior Center

MUS099X

Experience the joy of four-part a cappella singing in a choral setting.

Instructor: Theresa Dick

FREE: *Classes meet at the Show Low Senior Center, 301 E. McNeil in Show Low. (Ages 12 and older)*

Rainwater Harvesting

Saturday, March 9
9 a.m - 5 p.m.

Snowflake Campus

AGR099X

Collecting and storing rain water for use in residence is topic of the class. Sizing the rain water catchment system according to local rainfall, size of roof collection area and storage tank size is covered along with components such as filtration and purification mechanisms and pumps. Discover the benefits of drinking distilled rain water!

Instructor: J. Costion

\$45/student

Returning Gardening Series!

The World of Sprouts

Fridays, Jan. 4 - 25

1 - 4 p.m.

Snowflake Campus

AGR099X

Explore “The World of Sprouts” and learn to grow and prepare a diversity of seeds, grains and beans as sprouts. Topics include: history and nutritional benefits of sprouts, diversity of seeds, grains and beans for sprouting. Learn how to grow sprouts using the water-rise method and earth sprouts, benefits and growing wheatgrass and creative sprout cuisine.

Instructor: K. Howell-Costion

\$68/student

The World of Gourmet Greens

Fridays, Feb. 1 - 22

1 - 4 p.m.

Snowflake Campus

AGR099X

Explore “The World of Gourmet Greens” and learn how to grow and prepare a variety of lettuces, Asian & wild edible greens. Topics include: the diverse cultural use of lettuce and greens, varieties for each season, seed savings, growing, transplanting, seasonal care, harvesting, creative soups, salads and entrees.

Instructor: K. Howell-Costion

\$68/student

The World of Onions

Fridays, March 1 - 29

1 - 4 p.m.

Snowflake Campus

AGR099X

Explore “The World of Onions” and learn how to grow, store and preserve them. Topics include: various members of the onion family – bulbing onions, chives, shallots, soil preparation, starting seeds indoors or out, seasonal care, harvesting and curing for storage, seed saving, cuisine tips for roasting and other methods of using onion.

Instructor: K. Howell-Costion

\$68/student: No class March 15. College Closed for Spring Break.



The World of Garlic

Fridays, April 5 - 26

1 - 4 p.m.

Snowflake Campus

AGR099X

Explore “The World of Garlic” from garden to pantry to garlic cuisine. Topic include: garlic varieties, soil preparation, when and how to plant garlic, seasonal care, harvesting tips, saving seed, storing and preserving methods, and garlic braids. Taste and experience some quick and easy gourmet uses of garlic.

Instructor: K. Howell-Costion

\$68/student

Interpretive Modern Hula

Fridays, Feb. 8 - May 10

4:15 - 5:15 p.m.

Snowflake Campus

HPE099X

Have you ever wanted to learn the art of Hula dance and culture? Students will learn about various movements, styles, and hula dances. The instructor will also be teaching students about the Hawaiian language throughout the class. Don't miss this amazing opportunity!

Instructor: D. Cox

\$45/student: *Students should wear comfortable clothing and bring water (Ages 13 and older welcome!)*

***No class March 15 and April 26.**



New Class!

Girls Dance Night to "Uptown Funk"

Mondays, April 1 - 15

5:30 - 6:30 p.m.

Show Low Campus

HPE099X

Calling all you ladies out there! Bring a friend or just yourself to join in this new dance class trend. Students will learn the steps to a choreographed number to the popular song "Uptown Funk." Enjoy the company of others as we dance the night away!

Instructor: K. Venancio

\$20/student: *Students should wear comfortable shoes and clothing.*

50's Swing

Tuesdays, Feb. 5 - March 5

7 - 8:30 p.m.

Snowflake Campus

HPE099X

It's time to pull on those dancing shoes and swing dance! Students will learn the basic 50's bop, spins, and tucks. Travel back in time with this fun and upbeat dance class. The class is structured for both individuals and couples. All ages and levels welcome!

Instructor: K. Venancio

\$40/student: *Students should wear soft sole shoes or shoes with leather soles. The class will be at Katherine's Dance Studio at 83 S. Main St. in Snowflake.*

Beginning Mexican Folklore Dance

Thursday, Jan. 31 - May 9

5:30 - 6:30 p.m.

Winslow Campus

HPE099X

An introduction to Mexican Folk Ballet stressing basic principles, steps, sequences, skirt movements, posture, and settings. Great for all ages!

Instructor: I. Lewis

\$45/student: Students will need to pay an additional \$15 to the instructor for costumes. Females will also need practice skirts.

***No class on March 14. College closed for Spring Break.**



Intermediate/Advanced Mexican Folklore Dance

Thursday, Jan. 31 - May 9

6:30 - 8 p.m.

Winslow Campus

HPE099X

Learn intermediate skirt movements, intricate foot movements and choreographed routines while gaining knowledge of the Mexican culture. While advanced students work on all the basics taught in the previous courses with more intricate Zapateados and difficult rhythms.

Instructor: I. Lewis

\$45/student: Students will need to pay an additional \$15 to the instructor for costumes. Females will need practice skirts. Must have previous Mexican Folklore dance experience.

***No class on March 14. College closed for Spring Break.**

Latin Line Dance

Tuesdays, Feb. 5 - March 5

5 - 6 p.m.

Snowflake Campus

HPE099X

Come dance to a Latin beat! Each week students will be taught steps to a specific choreographed dance that grooves to Latin music. You don't need to be an expert to enjoy this fun dance class. Individuals or couples welcome, great for all ages!

Instructor: K. Venancio

\$40/student: Students should wear soft sole shoes or shoes with leather soles. The class will be at Katherine's Dance Studio at 83 S. Main St. in Snowflake.

**New
Class!**

Beginning Yoga: 1.0 College Credit

Tuesdays & Thursdays

5:30 - 7:30 p.m.

Jan. 15 - March 7

HPE101B-04

March 19 - May 9

HPE101B-02

Holbrook Campus

Saturdays, Jan. 19 - May 25

8:30 - 10:30 a.m.

Winslow Campus

HPE101B-01

Mondays, Jan. 14-May 6

6 - 8 p.m.

Winslow Campus

HPE101B-03

Introduction to basic yoga poses, breathing techniques, principles of relaxation and body awareness. This class is designed to increase flexibility, strength, concentration levels and feelings of relaxation. Discussion of yoga philosophy will be interwoven with physical practice.

Instructor: A. Schmidt

\$74/student: *Students should bring a yoga "sticky" mat and a firm blanket.*

***No class on Saturdays Jan. 26 and Feb. 23.**

Hatha Yoga

Tuesdays, Jan. 15 - May 7

5:30 - 6:30 p.m.

Springerville/Eagar Center HPE099X

This multi-level class combines both traditional and flow-style yoga using breathing, yoga poses, relaxation and meditation. Students of any age and physical ability will develop greater balance, strength and flexibility.

Instructor: N. Rihs

\$72/student: *Students should bring a yoga mat, strap, two blocks and a firm blanket.*

***No class on March 12. College Closed for Spring Break.**



Intermediate Yoga: 1.0 College Credit

Tuesdays & Thursdays

5:30 - 7:30 p.m.

Jan. 15 - March 7

HPE101C-04

March 19 - May 9

HPE101C-02

Holbrook Campus

Saturdays, Jan. 19 - May 25

8:30 - 10:30 a.m.

Winslow Campus

HPE101C-01

Mondays, Jan. 14 - May 6

6 - 8 p.m.

Winslow Campus

HPE101C-03

This class will build upon skills learned in beginning yoga, refining postures, breathing and meditation. Pranayama techniques and intermediate level Asanas will be introduced. Discussion of yoga philosophy will be interwoven with physical practice.

Instructor: A. Schmidt

\$74/student: *Students should bring a yoga "sticky" mat and a firm blanket.*

***No class on Saturdays Jan. 26 and Feb. 23.**

Slow Flow Vinyasa Yoga

Wednesdays, Jan. 16 - May 8
4 - 5 p.m.
Show Low Campus HPE099X

Learn how to calm the mind and build strength by linking breath to movement. Students will learn yoga breath techniques and yoga Asana (positions). Modifications will be given to suit all levels of physical ability. Students will be led through sequenced yoga flows designed to create space and build strength in the physical body while calming the mind.

Instructor: S. Ramirez
\$85/student: Class requires students that can rise from a seated position. Students can bring a yoga mat, blanket, strap, or block.
***No class on March 13 and 20.**

Self-Defense Indepth

New
Class!

Fridays, Feb. 1 - 22
2 - 4 p.m.
Show Low Campus HPE099X

Students will learn through four classes self-defense techniques to use on attackers. Master Accardo, a sixth-degree black belt with over 40 years' experience, will teach students defense from grabs, chokes, weapon defense, etc. Learn the proper way to strike for increasing results to the attacker.

Instructor: J. Accardo
\$50/student: All levels welcome!
(Ages 14 and up)

Self-Defense

Friday
2 - 4 p.m.
March 22
April 12
May 3
HPE099X
Springerville/Eagar Center
Holbrook Campus
Snowflake Campus

Students will learn simple self-defense techniques to use on attackers. Master Accardo, a 6th-degree black belt with over 40 years' experience, will teach students defense from grabs, chokes, weapon defense, etc. Learn the proper way to strike for increasing results to the attacker.

Instructor: J. Accardo
\$20/student (Ages 14 and up)





Basic NRA Pistol Class for Concealed Weapons Permit

Saturday,
8 a.m - 2 p.m. **STC099X**
Feb. 16 **Show Low Campus**
March 30 **Snowflake Campus**
April 20 **Holbrook Campus**
May 11 **Springerville/Eagar Center**

Successful completion of this course will qualify the student to apply for a permit to carry a concealed weapon. The NPC instructor will provide fingerprinting.

Instructor: R. Harris
\$75/student: *Students must be at least 21 years old. Students should bring their unloaded guns and ammunition but leave them secured in their vehicles.*



Basic Self-Defense with a Handgun

Saturday,
8 a.m - 2 p.m. **STC099X**
March 9 **Show Low Campus**
April 13 **Snowflake Campus**
May 4 **Holbrook Campus**
May 25 **Springerville/Eagar Center**

Self-defense is more than a class, it's a mindset. Students will learn how to think defensively, assess threats and learn avoidance techniques. Learn dynamic shooting techniques and develop defensive marksmanship skills. Afterwards, action drills will be practiced. Students will learn confidence and how to effectively use a handgun as a defensive tool to protect their lives and the lives of the people they care about.

Instructor: R. Harris
\$75/student: *Students must be at least 21 years old. Students should bring their unloaded guns and ammunition but leave them secured in their vehicles.*

Happy & Healthy: Safety at Home and in the Wilderness

New Class!

Saturday, April 6
10 a.m. - 1 p.m. **STC099X**
Show Low Campus

What to do if faced with a health/safety threat while enjoying the outdoors or at home? This class is lively group discussion of real life scenarios encountered here in the White Mountains and Arizona deserts. Situations may include heat and cold exposure, dehydration, "canyon toe", animal and insect encounters, and "the umbles." Practice with actual bear spray! The instructor has 40+ years of critical care experience and is a member of the Wilderness Medicine Society.

Instructor: J. Feller
\$40/student: *Students should bring note-taking material. (Ages 10 and up)*

Cashing in on the Short-Term Rental Craze

New Class!

Thursday, May 2
5:30 - 8 p.m.
Show Low Campus STC099X

Join us for “Cashing In on the Short-Term Rental Craze” and take the guesswork out of creating your most appealing (and profitable) guest property. During this interactive, three-hour workshop, we will cover multiple approaches for getting started and keeping the ball rolling with the least amount of hassle. We will also cover special considerations like HOAs, pets, children, and local regulations. You will leave with a plethora of ideas for how to make this exciting industry a good fit for you and your family.

Instructor: J. Robinson
\$35/student: Students should bring note-taking material.

How to Write Short Stories and Novels: A Beginners Guide

New Class!

Thursdays, March 21 - April 25
6:30 - 8:30 p.m.
Show Low Campus STC099X

Students will learn through lecture and discussion of published works, what we should do before putting words to paper and including a composition schedule. Students will also learn organizational techniques as well as advantages of using a computer versus a typewriter or writing in longhand. Students will also have a chance to share their own work. Along with many other helpful tips and much more!

Instructor: S. Witt
\$35/student: Students should bring note-taking material.

Current Events Round-Table

New Class!

Thursdays, Feb. 7- April 4
5:30 - 8 p.m. STC099X
2 - 3:30 p.m. Show Low Campus
4 - 5 :30 p.m. Snowflake Campus

This is a discussion course covering current events in politics, education, economics, culture, religion, and controversial issues and problems in the news. A basic introduction and understanding of critical thinking, logic, and rhetoric will proceed the course discussion of subjects. Students will choose any topic they wish to discuss. Focus will be on understanding the subject through rigorous application of argument, critical thinking, and logic; with an end result of how the truth of the matter can affect each student participating. The instructor Dr. Hunsicker is a retired university professor of philosophy and political science. He has taught graduate and undergraduate courses in a wide variety of subject matters over the years.

Instructor: Dr. Hunsicker
\$35/student: Students should bring note-taking material.
*No class on March 14. College Closed for Spring Break.



Returning Lapidary Series!

Intro to Stone Cutting, Stabilizing and Polishing

Saturday, March 23

8a.m - 1 p.m.

Snowflake Campus

STC099X

Explore the world of rock lapidary at this one-day workshop! Students will learn the skills of lapidary, including but not limited to, stone cutting, stone stabilizing and stone polishing.

Instructor: J. Jacobs

\$45/student: *Students should bring note-taking materials.*



Intro to Rock Tumbling

Saturday, April 6

9 a.m - 12 p.m.

Show Low Campus

STC099X

Experience the world of rock tumbling in this one-day workshop! Students of all ages will learn to care for and identify stones to be tumbled together. Watch as the tumbling process smooths stones down for a beautiful transformation.

Instructor: J. Jacobs

\$45/student: *Students should bring note-taking materials. All ages welcome!*

Intro to Cabochon Cutting

Saturday, April 27

8 a.m - 1 p.m.

Show Low Campus

STC099X

Students will receive an intro into Cabochon cutting. Learn how to properly handle gemstone cutting materials and turn them into beautiful pieces of artwork or jewelry. Instructor will be demonstrating the process and giving helpful tips.

Instructor: J. Jacobs

\$45/student: *Students should bring note-taking materials.*



ONLINE REGISTRATION

Five Easy Steps

1. Go to **www.npc.edu/noncredit-classes**
Select your area of interest, and then click the Schedule or Register Now buttons.
2. Create an account or sign in if you already have one (top right corner)
3. Click the Category Button (left side, yellow box, fifth link)
4. Find class you want to take
5. Pay online. Some classes may have an additional supply fee that must be paid directly to the instructor at the first class meeting.

Enjoy your class!

New Online Registration!

Go to www.npc.edu/noncredit-classes or in person at any Northland Pioneer College Campus or Center. There are computers at each campus/center site for you to utilize.

Please Register Early!

Spaces are limited. If minimum enrollment is not met at least 4 days prior to class, it will be canceled. Registration closes 1 day prior to class. So the earlier you register the better!

Refund Policy

All noncredit classes follow the college's refund policy. Refunds are put back on your card or made by check and are mailed from the NPC Business Office. For questions contact the Business office at (800)266-7845, ext. 7480.

Refund Percentages

- 100% Prior to first day
- 100% if NPC cancels the class
- 50% the day class begins
- 0% AFTER class has started

Lifelong Learning offers a variety of classes, workshops, excursions and seminars in special interest areas which provide personal enrichment for individuals. Classes are built to teach new topics while having fun in a stress-free environment. What are you waiting for? Register today!

Looking for other types of noncredit classes? We encourage students to share their ideas. We are continuously seeking instructors for our adult programs. Reach us by email or phone listed below during normal business hours.

**For more detail and questions
email CCL@npc.edu
or call (928) 536-6244.**



Northland Pioneer College
COMMUNITY & CORPORATE LEARNING