

◊ SEDONA/VERDE VALLEY ◊

COMMUNITY EDUCATION

Winter/Spring 2024 Schedule

HANDS-ON LEARNING
& SPECIAL INTEREST



WELCOME TO COMMUNITY EDUCATION

From the Coordinator of Verde Valley/Sedona Community Education and College for Kids programs Kathleen Freed



It's the perfect opportunity to explore an interest and add a new hobby or skill to your life."

Welcome to Spring at
Community Education!

Community Education classes offer opportunities to discover new skills and have fun while learning. With no tests or grades, it's the perfect opportunity to explore an interest and add a new hobby or skill to your life. Our instructors live and work in our community, and we have put together a selection of educational and special interest courses. Whether you are interested in a one-day workshop or a six-week course, we have something on offer for community members with a variety of interests. For more information on available courses, visit the website at: www.yc.edu/cevs.

If you are interested in teaching a non-credit course for Community Education at the Verde Valley or Sedona campus, please contact us at: commedsvv@yc.edu.

We hope to see you on the Yavapai College campus this spring!

The Community Education office is in Building I, Room 112 on the Verde Valley campus, Mon-Fri, 8 a.m. – 5 p.m. Visit our website or give us a call at **(928) 634-6537** for assistance and to register.

Thank you!

Visit www.yc.edu/cevs or call 928-634-6537 to register

Where Lifelong Learning Flourishes

Table of Contents

REFUND/CANCELLATION POLICIES	3
• Other Ways to Register	
• Age Requirements	
• Fees	
ACTIVE MIND & BODY	4-5
ARTS & CRAFTS	5-8
ARTS: VISUAL & PERFORMING	9
COMPUTER & TECHNOLOGY	10-11
FINANCE, ECONOMICS, & LAW	11
HEALTH & NUTRITION	11
NATURE & THE OUTDOORS	12
PHILOSOPHY, RELIGION, & UNEXPLAINED	12-13
PROFESSIONAL DEVELOPMENT	13-14
SCIENCE & MATH	14
SELF-ENRICHMENT & LIFESTYLE	14
WRITING, LITERATURE, & LANGUAGE	15-16

www.yc.edu/cevs

Your next adventure in learning is just a click away!

- Browse and pay for classes online
- View instructor biographies
- Find course descriptions, dates, and locations

Visit www.yc.edu/commed and click on the link Browse and Register.

Other Ways to Register:

Register by phone: [928] 634-6537

Monday through Friday, 8:30 am – 5 pm

Walk-in registration at Building I, Room 112 on the Verde Valley Campus, Monday through Thursday.

Age Requirements:

Community Education classes are open to the public, ages 14+. Students under 18 attending a class must seek prior approval and have a completed Minor Student Permission form signed by parent or legal guardian. Be sure to check our list of classes, where families with children 12+ are encouraged to sign up for classes together.

Call [928] 634-6537 for approval and to request Minor Student Permission form.

Fees:

Tuition fees are due and payable at time of registration. Fees vary in accordance with class length and other expense factors. Classes must meet minimum enrollment. In the event of any administrative cancellation, you will receive a full refund of your tuition.

Please enroll early. Classes will be cancelled one to two weeks prior to start date if enrollment is too low.

Refund/Cancellation Policies:

More than 14 days before course start = Full Refund minus a 5% credit card fee

8-13 days before course start = 50% Refund

7 days or less = No Refund

No Refunds given after course start date

Course Locations:

**Unless otherwise noted.*

SEDONA CENTER

4215 Arts Village Dr., Sedona AZ 86336

VERDE VALLEY CAMPUS

601 Black Hills Dr., Clarkdale AZ 86324

EDVENTURES.
Educational trips throughout
the Southwest and beyond!



Visit www.yc.edu/EDventures or
call 928-717-7755 to register

COMMUNITY EDUCATION COURSES

ACTIVE MIND AND BODY

T'AI CHI CHIH

VCE-ACT001-WI24 • Wed/Fri, 1/31/2024 to 3/8/2024

10:00am - 11:00am

I-137 • Verde

T'ai Chi Chih, often referred to as "joy through movement" or "moving meditation," is a simple practice. It can bring benefits into your life, such as increased energy, improved balance, vitality, improved health among others. Regular practice promotes well-being, relaxation, and serenity in the midst of activity, while nurturing a deep sense of you and contentment in the present moment. You'll enjoy this gentle, contemplative workout with Janet Batchelder, easily one of our most popular instructors. ***Wear comfortable clothing and non-slip shoes.***

Janet Batchelder • \$121

T'AI CHI CHIH

VCE-ACT002-SP24 • Wed/Fri, 3/27/2024 to 5/3/2024

10:00am - 11:00am

I-137 • Verde

T'ai Chi Chih, often referred to as "joy through movement" or "moving meditation," is a simple practice. It can bring benefits into your life, such as increased energy, improved balance, vitality, improved health among others. Regular practice promotes well-being, relaxation, and serenity in the midst of activity, while nurturing a deep sense of you and contentment in the present moment. You'll enjoy this gentle, contemplative workout with Janet Batchelder, easily one of our most popular instructors. ***Wear comfortable clothing and non-slip shoes.***

Janet Batchelder • \$121

BOOTCAMP BLAST

VCE-ACT003-WI24 • Mon/Wed, 1/29/2024 to 3/6/2024

8:45am - 9:45am

I-137 • Verde

Bootcamp for a New Year

This popular bootcamp-style class is instructor-led and designed for all fitness levels. You will be encouraged to work at a level of intensity appropriate for you. The course integrates a large variety of movements, music, challenges and games. This session will include periodic trips outside the room to walk and enjoy the cool morning air.

You will increase strength and cardio capacity and improve agility and flexibility. The instructor is known for her enthusiasm and ability to motivate you every day, all in a supportive way. ***Students should bring yoga mats.***

Alma Rodoni • \$149

INTRO TO ARGENTINE TANGO

VCE-ACT004-SP24 • Thurs, 3/28/2024 to 4/18/2024

5:30pm - 6:30pm

I-137 • Verde

Embark on a journey through the captivating art of Argentine tango, led by seasoned dancers/teachers Allegra and Murat. This course is designed to provide a step-by-step guide to mastering key elements of the dance such as walking/connection, the 8-count basic with cross, ochos, and giros. With a balanced mix of theory and hands-on practice, students will learn the techniques and nuances essential for executing elegant tango movements. Whether you're a complete novice or have some tango experience, this class will help you deepen your understanding and elevate your skills. ***Students should wear clothes that are comfortable and easy to move in. Students will need shoes they can pivot in. No rubber-bottomed shoes.***

Allegra Buillet & Murat Gocmen • \$98

JOURNEY THROUGH THE CHAKRAS USING QI GONG

VCE-ACT005-WI24 • Wed, 2/7/2024 to 2/28/2024
4:15pm - 5:15pm
I-137 • Verde

This class will be an introduction to the chakra system and will utilize Qi Gong exercises to awaken and balance the chakras. We will discuss the difference between chakras and auras and the characteristics of each chakra will be explained. Different modalities will be used to help us understand the chakras: Qi Gong movements, meditations and music, drumming, sound healing. You will leave the class understanding your chakra system and be equipped with tools you can use in your daily life to maintain a healthy, energetic chakra system.

Rita Faruki • \$76



TRADITIONAL TAI CHI CHUAN

SCE-ACT006-WI24 • Mon/Wed, 1/29/2024 to 2/21/2024
5:30pm - 6:30pm
29 • Sedona

Originally developed in 12th Century China as a martial art, Tai Chi Chuan – sometimes known as “traditional tai chi” – combines slow, methodical, and graceful movements to perfect balance, aid in self defense, and increase your overall health. Blaine Harris, one of our most engaging instructors, helps beginners and experts alike achieve new levels of balanced wellness.

You need nothing for this class other than light, loose clothing and a good pair of non-slip shoes!

Blaine Harris • \$97

TRADITIONAL TAI CHI CHUAN

SCE-ACT007-SP24 • Mon/Wed, 3/25/2024 to 5/1/2024
5:30pm - 6:30pm
29 • Sedona

Originally developed in 12th Century China as a martial art, Tai Chi Chuan – sometimes known as “traditional tai chi” – combines slow, methodical, and graceful movements to perfect balance, aid in self defense, and increase your overall health. Blaine Harris, one of our most engaging instructors, helps beginners and experts alike achieve new levels of balanced wellness.

You need nothing for this class other than light, loose clothing and a good pair of non-slip shoes!

Blaine Harris • \$118

ARTS & CRAFTS

LET'S DRAW! DRAWING 101

VCE-ART050-WI24 • Tues, 1/30/2024 to 3/5/2024
1:00pm - 3:00pm
G-107 • Verde

Begin your drawing journey here. This course will take you through the process of drawing. Building forms, using shapes, shadows, and highlights. We will use various drawing media, from pencils, chalk, and ink. **Students purchase their own materials for approximately \$40. A supply list will be provided upon registration.**

Art Gecko • \$118

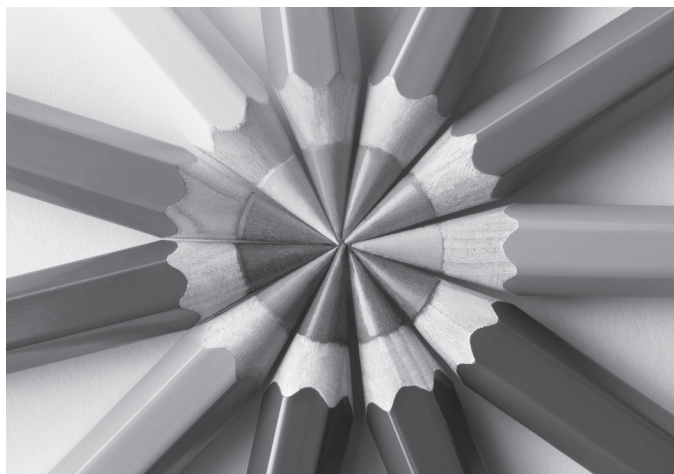
LET'S DRAW! DRAWING 101

VCE-ART051-SP24 • Wed, 3/27/2024 to 5/1/2024
3:15pm - 5:15pm
G-107 • Verde

Begin your drawing journey here. This course will take you through the process of drawing. Building forms, using shapes, shadows, and highlights. We will use various drawing media, from pencils, chalk, and ink. **Students purchase their own materials for approximately \$40. A supply list will be provided upon registration.**

Art Gecko • \$118

COMMUNITY EDUCATION COURSES



WATERCOLOR PENCILS

VCE-ART052-WI24 • Tues, 1/30/2024 to 3/5/2024
3:15pm - 5:15pm
G-102 • Verde

Students will become familiar with basic materials and equipment, understand basic watercolor pencil techniques, execute key topics into basic designs, and find joy in painting and sharing knowledge with one another. Each week will bring a new lesson, learning increasingly advanced techniques, including the use of mixed media, pens, pencils, etc. The class will learn about materials, including brushes, brush care, paper, pencil techniques, color choices, and wet/dry techniques. Students will discuss composition as well as what makes a piece compelling, and what makes a piece boring. The class will do sketching, focusing on composition, and values to create a foundation for a great painting. See why students find classes with Art Gecko fun and informative. **Students will purchase own materials. A supply list will be provided by the instructor. upon registration.**

Art Gecko • \$118

WATERCOLOR LANDSCAPES

VCE-ART053-SP24 • Wed, 3/27/2024 to 5/1/2024
1:00pm - 3:00pm
G-107 • Verde

In Watercolor Landscape Painting with Art Gecko, students will become familiar with basic materials and equipment, understand basic watercolor techniques, execute key topics into basic landscape designs, find joy in painting, and share knowledge with one another. Each week will bring a new lesson as students learn increasingly advanced techniques, building on previous lessons, including the use of mixed media, pens, pencils, etc. The class will also go over washes, glazing and layering, lifting, using frisket, and more. Students will learn about the materials, including brushes, brush care, paper, paints, [tubes vs. pans], color choices, and wet/dry techniques. The class will discuss composition as well as what makes a piece compelling, and what makes a piece boring. The class will do sketching, focusing on composition, and values to create a foundation for a great painting. See why students find classes with Art Gecko fun and informative. **Students purchase their own materials. A supply list will be provided upon registration.**

Art Gecko • \$118

CLOTHED AND COSTUMED FIGURE DRAWING

VCE-ART054-WI24 • Tues, 1/30/2024 to 3/5/2024
5:00pm - 8:00pm
H-105 • Verde

Introducing a new drawing & painting course from animator and artist Leonardo Beltran. Watch as he teaches you how to draw folds & costumed figures. He teaches this course in various mediums including digital. You will learn how to draw the seven types of folds, how to draw various fabric textures and much more. In many art schools, the emphasis is often on the nude form when in reality, as a professional artist, you are seldom called on to do that. Most of the time when you draw people, they will be in clothing. This is an in-depth comprehensive course where Leo teaches you his approach on how to draw clothing and folds. This class is open to students age 14+. **Students should purchase smooth newsprint and charcoal.**

Leo Beltran • \$215

CLOTH FIGURE PAINTING

VCE-ART055-SP24 • Tues, 3/26/2024 to 4/30/2024
5:00pm – 8:00pm
H-105 • Verde

Join us for an exciting six-session journey into the world of clothed figure painting. This class is designed for both novice and experienced artists who want to enhance their skills in capturing the human form while incorporating fabric and clothing elements. Throughout this course, you will learn essential techniques, explore creative approaches, and gain a deeper understanding of how clothing interacts with the human figure in visual art. You can bring any painting medium you would like to try including water color, acrylic or pastels. This class will provide you with the knowledge and skills to create stunning clothed figure paintings and develop your unique artistic style. Come prepared to unleash your creativity and dive into the world of cloth figure painting. **Students should purchase smooth newsprint and charcoal.**

Leo Beltran • \$215

CRAFT A FINE GIFT

VCE-ART056-WI24 • Mon, 1/29/2024 to 3/4/2024
4:45pm - 6:30pm
H-105 • Verde

In this course, participants will create a wide array of fine crafts that make beautiful gifts. From paper to paint to fiber art, each week offers a different project with an introduction to a different type of craft. You might find a new favorite hobby! **There is an additional \$60 fee for course supplies.**

Hollie Lockard • \$118

CRAFTING MORE FINE GIFTS

VCE-ART057-SP24 • Mon, 3/25/2024 to 4/29/2024
4:45pm - 6:30pm
H-105 • Verde

Participants will have opportunity to experience several fine craft mediums and take away a number of projects that will make wonderful gifts. From paper to paint to textiles, each class will be a fun new crafting adventure. **There is an additional \$60 fee for course supplies.**

Hollie Lockard • \$118

ACRYLIC POUR PAINTING

VCE-ART058-WI24 • Wed, 1/31/2024 to 3/6/2024
4:45pm - 6:30pm
H-105 • Verde

Acrylic pour painting is a fun art style that produces stunning results. Anyone- even without prior painting experience- can enjoy creating beautiful, artwork in a short time. With almost limitless technique possibilities, each piece can be dynamic and unique. It gets messy! Disposable gloves are worn and aprons are recommended. **There is an additional \$50 supply fee, plus students should purchase two canvases per class, no smaller than 12x12.**

Hollie Lockard • \$118



BEGINNING ACRYLIC PAINTING

VCE-ART059-SP24 • Wed, 3/27/2024 to 5/1/2024
4:45pm - 6:30pm
H-105 • Verde

Students will receive introductory instruction in acrylic painting including demonstrations and step-by-step guidance as needed. See the exciting results of various application techniques while creating beautiful landscapes and more. **Students will purchase their own course materials. A supply list will be provided with registration receipt.**

Hollie Lockard • \$118

COMMUNITY EDUCATION COURSES



LEARN TO DRAW SACRED GEOMETRY LEVEL 1

**SCE-ART064-WI24 • Mon, 1/29/2024 to
2/19/2024
6:00pm - 8:00pm
28 • Sedona**

Sacred geometry is the study of harmonic patterns that underlie and create the world around us. It is the one thing that is found in everything! This four-part class series is a metaphysical drawing class where we can explore the interconnectedness of all things by drawing the fundamental patterns of nature. We'll explore how these beautiful and basic geometric shapes have the power to align our subtle systems and create a coherent state of harmony. The intelligence of Sacred Geometry is potent and transformational! We will draw the Flower of Life, Metatron's Cube, 12 fold geometries, and much more.

Students should purchase: 11"x14" paper, a non-plastic compass, ruler, erasers, colored pencils.

Nadi Hana • \$97

LEARN TO DRAW SACRED GEOMETRY LEVEL 2

**SCE-ART065-SP24 • Mon, 4/1/2024 to 4/29/2024
6:30pm - 8:30pm
28 • Sedona**

Building on the introductory series, these 4 classes take your experience of Sacred Geometry to the next level. We dive into the metaphysical aspects of Polygons, and learn how deep the Geometry can take us by bringing mindful meditation to the drawing experience. We will explore the Tesseract; the Geometry of Time Travel, and contemplate the expansion of our consciousness with these universal patterns. Lastly, we will unpack the fundamental geometry of our cosmos by drawing the 64 Star Tetrahedron. It's all extraordinary and very user friendly. It's best to have taken level 1 but not necessary. ***Students should purchase: 11"x14" paper, a non-plastic compass, ruler, erasers, colored pencils.***

Nadi Hana • \$107

THE CALMING ART & CRAFT OF CALLIGRAPHY

**SCE-ART060-SP24 • Wed, 3/27/2024 to
4/17/2024
4:30pm - 6:30pm
28 • Sedona**

Calligraphy is the art and craft of beautiful handwriting -- and is a very calming, meditative activity. You will get a quick overview of three popular calligraphic styles -- Italic, Uncial, and Blackletter -- and you'll have fun creating some beautiful bookmarks, journal covers, greeting cards, and other projects. Whether you have some experience already with this wonderful art form, or just want to get started, all are welcome. ***Approximate cost of supplies will be about \$30. Supply list will be provided with registration receipt.***

Caroline Joy Adams • \$107

ARTS – VISUAL & PERFORMING

FREE TO BE ME DRUM CIRCLE: AROUND THE WORLD RHYTHM

SCE-ART061-WI24 • Tues/Thurs, 1/30/2024 to 2/22/2024
5:00pm - 6:30pm
29 • Sedona

No experience is necessary. The class will consist of all mallet percussion from different cultures and backgrounds of the world. We have the steel pan drum from Trinidad, the xylophone from Southeast Asia, the djuns djuns from Africa, and the drum set from the USA. We'll be tapping into all sorts of respect games and rhythmic education along with pulling out the rhythms that already exist, and are alive inside of you that are just waiting to be played and expressed. Join us with the excitement and the enthusiasm of exploring your rhythmic skills. The instructor has been known to pull out rhythms that lay dormant in those who are rhythmically talented, but have never had the chance to explore, nor express it. .

Sabina Sandoval • \$133

INTRODUCTION TO DIGITAL PHOTOGRAPHY

SCE-ART062-SP24 • Tues, 3/26/2024 to 4/30/2024
10:00am - 1:00pm
28 • Sedona

Learn the basics of digital photography including how to photograph landscapes, wildlife, people, and more. Instruction on the functions of a camera and how to use different settings to create great photos. Photos will be edited and set up to share in different formats. **Students will be required to bring their own digital camera.** Class will include occasional photography outings.

Zach Rohe • \$149



CAPTURING SEDONA'S SECRETS PLEIN AIR WORKSHOP

SCE-ART063-SP24 • Tues/Wed/Thurs, 4/16/2024 to 4/18/2024
7:00am - 4:30pm
4 & 8 • Sedona

Sedona is a beautiful and challenging place to paint. In this three-day workshop, we will carpool/caravan to various painting sites around Sedona. Dawn will demonstrate two basic approaches to beginning a painting, using a viewfinder, sketchpad, and thumbnail sketches, designing a good composition, and carrying it through to a nearly finished painting in each session. Topics taught throughout the workshop are values, shapes, and edges. How to capture a sense of distance and depth in a painting, plus working effectively with shadows will be stressed. Students should have good familiarity with their equipment and some previous painting and workshop experience. To have a true plein air painting experience, we will need to be on site at 7 am. This allows painting in cooler weather and while there are good shadows. Afternoon sessions will depend on weather with the alternative of painting from a projected image indoors if weather does not permit us to be on site. **Students will purchase their own supplies for this workshop, with the instructor providing the supply list to registrants.**

Dawn Sutherland • \$475

COMMUNITY EDUCATION COURSES

COMPUTER & TECHNOLOGY



GET SMARTER ABOUT YOUR SMARTPHONE (IN-PERSON)

**VCE-COM100-SP24 • Mon, 3/25/2024 to
4/29/2024
2:00pm - 3:30pm
G-106 • Verde**

Most of us cannot seem to live without our iPhone or Android smart devices – but we are often not taking advantage of their capabilities or are frustrated with them. This class will explore the revolutionary technologies, connectivity and components involved in our devices. Learn essential settings, apps, features, and operations that enable their tremendous versatility and usefulness. Explore what we need to know about carriers and purchasing equipment. Learn about voice control and more: managing, maintaining, handling security, email accounts, wi-fi use and texting. Come get a little smarter about your tech and learn more about these life-sustaining tools. **Students should bring their own phones.**

Sharon Sherman • \$118

GET SMARTER ABOUT YOUR SMARTPHONE (ZOOM)

**ZCE-COM101-SP24 • Mon, 3/25/2024 to
4/29/2024
2:00pm - 3:30pm
Zoom**

Most of us cannot seem to live without our iPhone or Android smart devices – but we are often not taking advantage of their capabilities or are frustrated with them. This class will explore the revolutionary technologies, connectivity and components involved in our devices. Learn essential settings, apps, features, and operations that enable their tremendous versatility and usefulness. Explore what we need to know about carriers and purchasing equipment. Learn about voice control and more: managing, maintaining, handling security, email accounts, wi-fi use and texting. Come get a little smarter about your tech and learn more about these life-sustaining tools. **Students should bring their own phones.**

Sharon Sherman • \$118

MANAGE YOUR PHOTOS USING YOUR WINDOWS PC (IN-PERSON)

**VCE-COM102-WI24 • Mon, 1/29/2024 to
2/26/2024
2:00pm - 4:00pm
G-106 • Verde**

Do you have all your photos “on your phone” (but also sitting in the Cloud, on various media, your camera or on your PC)? Would you like to have these photos with their memories more organized and findable? Would you like to know more about photo formats and storage methods? In this series of 4 classes, we will learn how to download photos from iCloud, Google Drive or other platforms. We will review using Windows File Explorer to create basic organization structures. We will study additional techniques for managing our photos using the free Adobe Bridge. Chaos into order! **No class 2/12/24**

Sharon Sherman • \$97

MANAGE YOUR PHOTOS USING YOUR WINDOWS PC (ZOOM)

ZCE-COM103-WI24 • Mon, 1/29/2024 to 2/26/2024
2:00pm - 4:00pm
Zoom

Do you have all your photos “on your phone” (but also sitting in the Cloud, on various media, your camera or on your PC)? Would you like to have these photos with their memories more organized and findable? Would you like to know more about photo formats and storage methods? In this series of 4 classes, we will learn how to download photos from iCloud, Google Drive or other platforms. We will review using Windows File Explorer to create basic organization structures. We will study additional techniques for managing our photos using the free Adobe Bridge. Chaos into order! **No class 2/12/24**

Sharon Sherman • \$97

FINANCE, ECONOMICS, & LAW

PATENTS & COPYRIGHTS MADE EASY

VCE-FIN150-WI24 • Tues, 1/30/2024 to 3/5/2024
4:00pm - 6:00pm
G-103 • Verde

Looking to Patent an invention or file a Copyright for the next best seller? You don't need a lawyer! In this course, you will learn to understand the various types of patents, trademarks, and copyrights, as well as filing these forms for yourself. Classes also include basic mechanical drawings and building crude prototypes from everyday objects. Learn how to protect your intellectual property once and for all, to launch that brilliant idea, or fantastic new book! Certificate from the instructor available upon completion. **There is an additional \$20 class fee for materials.**

Sebastian Digiovanni • \$121

HEALTH & NUTRITION



FUNDAMENTALS OF AGING WELL WITH FOOD

SCE-HEA200-WI24 • Wed, 1/31/2024 to 3/6/2024
10:00am - 11:30am
39 • Sedona

How the body receives food and uses nutrients is complex and powerful. Every day you select foods that influence your body's health. Food can be a barrier to wellness, and it can be the solution. In this FUNDamentals of Aging Well with Food course, we explore how food choices impact health and discover how the digestive system influences metabolism, immunity, and cognitive well-being. In this engaging course, you will receive resources and recipes, practical tools, and lifestyle strategies to enhance daily vitality. We all want a better lifestyle through better health. We all want to age well. You and your classmates will be equipped and empowered to do it! **No class Wednesday, February 28.**

Chris Kalinich • \$117

COMMUNITY EDUCATION COURSES

NATURE & THE OUTDOORS



ALL ABOUT MUSHROOMS & MUSHROOM FARMING BASICS

VCE-NAT350-WI24 • Mon, 1/29/2024 to 3/4/2024
5:30pm - 7:30pm
G-111 • Verde

Students will learn about the wisdom of indigenous people about mushrooms and the scientific research supporting the ancients, the nutritional benefits and effective treatment of ailments, how to make mushroom extracts, mushroom jerky, mushroom pots for plants and lamp shades, how to make and sell mushroom compost, and how mushrooms dismantle toxins in soil and water [a product and service you can offer], mushroom chicken fodder, and more. The class includes a cooking demonstration of specialty mushrooms and recipes. This is a stand-alone class.

There is an additional \$40 supply fee for this course.

Kathryn Crew • \$145

MUSHROOM FARMING IN DETAIL

VCE-NAT351-SP24 • Mon, 4/8/2024 to 5/13/2024
5:30pm - 7:30pm
G-111 • Verde

Students will learn the step-by-step process that farmers use to duplicate the natural lifecycles of culinary and medicinal mushrooms. Lecture topics include the demand for mushrooms and why, profitability, food-borne illness prevention, how mushroom farms can work together to serve the community, how to choose which species to grow, tips and tricks to succeed, and more. Hands-on lessons include laboratory techniques and substrate preparation. Individual consultations are included if desired. This is a stand-alone class. ***There is an additional \$40 supply fee for this course.***

Kathryn Crew • \$145

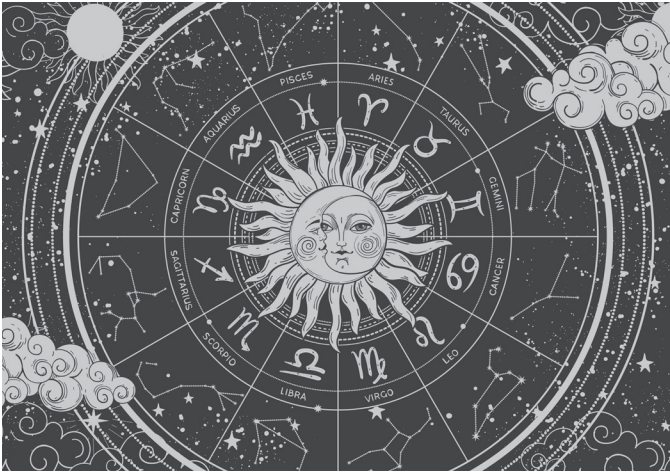
PHILOSOPHY, RELIGION, & THE UNEXPLAINED

EDGAR CAYCE AND THE BIBLE: TRADITIONAL CHRISTIANITY MEETS THE NEW AGE

VCE-PHI400-SP24 • Thurs, 3/28/24 to 4/18/2024
3:00pm - 5:00pm
G-102 • Verde

An exploration of the channeled readings of Edgar Cayce, with a focus on his astonishing interpretations of the Old and New Testaments of the Christian Bible. Classes will include the following: a study of the origin and destiny of the soul; a new look at Old Testament characters and events such as Moses and the Exodus; the life [and past lives] of Jesus of Nazareth and his relationship with the Essenes; and a unique and surprising interpretation of the mysterious Book of Revelation. Classes will be conducted with a respect for all points of view on this soul-stirring topic

Russell White • \$97



“ASPECTS” IN ASTROLOGY (ZOOM)

ZCE-PHI402-WI24 • Tues, 1/30/2024 to 3/5/2024
1:30pm - 3:30pm
Zoom

One's astrological birth chart shows that one possesses a unique set of perceptual and behavioral predispositions for responding to the world. While the position of each planet in the birth chart represents the tendencies of a particular part of an individual's psyche, “aspects”, as represented by the angular relationships between planets, reveal deeper complexities regarding how those parts of the psyche engage with one another. To understand aspects is to understand the true psychological depth of birth chart astrology. By taking this course, one should experience that magical “aha moment” in grasping how this ancient science truly works.

Britton W. Frost • \$133

PROFESSIONAL DEVELOPMENT

LIFEGUARDING

CRC-PRO600-WI24 • Mon to Fri, 3/11/2024 to 3/15/2024
9:00am – 2:00pm
Cottonwood Rec Center

The American Red Cross Lifeguard Certification course will train and certify participants to be a lifeguard for swimming pools. The Lifeguard certification course includes the following American Red Cross certifications: Lifeguarding, First Aid and CPR/AED for the professional rescuer, valid for 2 years. Courses are all a blended learning course format with online education, classroom, and in-water components. American Red Cross requires all Lifeguard certification candidates to complete the American Red Cross Lifeguard Certification Online Course prior to the first-class date. **Participants must be at least 15 years old at the time of the course. Attendance is required at all class sessions. Registration for this class closes on Friday, March 8.**

Julia Root • \$197

“ASPECTS” IN ASTROLOGY (IN-PERSON)

VCE-PHI401-WI24 • Tues, 1/30/2024 to 3/5/2024
1:30pm - 3:30pm
G- 106 • Verde

One's astrological birth chart shows that one possesses a unique set of perceptual and behavioral predispositions for responding to the world. While the position of each planet in the birth chart represents the tendencies of a particular part of an individual's psyche, “aspects”, as represented by the angular relationships between planets, reveal deeper complexities regarding how those parts of the psyche engage with one another. To understand aspects is to understand the true psychological depth of birth chart astrology. By taking this course, one should experience that magical “aha moment” in grasping how this ancient science truly works.

Britton W. Frost • \$133

COMMUNITY EDUCATION COURSES



LIFEGUARDING

CRC-PRO601-SP24 • Fri to Sun, 5/3/2024 to 5/5/2024
8:00am – 5:00pm
Cottonwood Rec Center

The American Red Cross Lifeguard Certification course will train and certify participants to be a lifeguard for swimming pools. The Lifeguard certification course includes the following American Red Cross certifications: Lifeguarding, First Aid and CPR/AED for the professional rescuer, valid for 2 years. Courses are all a blended learning course format with online education, classroom, and in-water components. American Red Cross requires all Lifeguard certification candidates to complete the American Red Cross Lifeguard Certification Online Course prior to the first-class date. **Participants must be at least 15 years old at the time of the course. Attendance is required at all class sessions.**

Julia Root • \$197

SCIENCE & MATH

NEWTON AND ME

VCE-SCI450-W24 • Sat, 2/10/2024 to 2/24/2024
9:00am – 11:00am
G-106 • Verde

“Newton and Me” is a course for adults and their children/grandchildren ages 12 and up to explore Sir Isaac Newton’s Laws of Motion. Newton’s Laws of Motion explain the relationships between objects and the forces acting upon them. All classes are hands-on and interactive. The first class focuses on Newton’s First Law of Motion and covers balanced and unbalanced forces, and inertia. The second class focuses on Newton’s Second Law of Motion and covers force, mass, acceleration and momentum. The third class focuses on Newton’s Third Law of Motion and covers action-reaction pairs and collisions.

Donna Brunjes • \$90

SELF-ENRICHMENT & LIFESTYLE

ADVANCED HYPNOSIS SESSIONS

VCE-SEL500-W24 • Wed, 2/7/2024 to 2/28/2024
5:00pm – 6:30pm
G-104 • Verde

Enjoy deep states of relaxation and inner focus that promote enhanced self-awareness, encourage mental and physical well-being, and can improve clarity, inner drive, and the enjoyment of life. Benefits from these guided imagery sessions also include an ability to foster a more positive self-perception and self-image, and to unlock creative potential. And finally, experience deep states of relaxation that facilitate your versatility to engage in more useful behaviors, and personal development in any aspect of your life.

Jerry Zaryczny • \$98

WRITING, LITERATURE, AND LANGUAGES

INTERMEDIATE CONVERSATIONAL ITALIAN

ZCE-WRI550-WI24 • Mon, 1/29/2024 to 3/4/2024
4:00pm – 6:00pm
Zoom

Our most popular course for nearly a decade running, Conversational Italian with Sandy Immerso is a showcase for what makes community education so powerful: An excellent teacher, an engaged classroom community, and a fantastic subject. Join one of the most exciting groups of learners west of the Mississippi (but only a hop, skip, and a jump from Italy) today! Please note: This class is intended for individuals with an intermediate-level conversational grasp of the language. This is not a beginner course; if you are interested in Beginning Italian, please contact us at 928-634-6537.

Sandy Immerso • \$120

INTERMEDIATE CONVERSATIONAL SPANISH

ZCE-WRI551-WI24 • Mon, 1/29/2024 to 3/4/2024
2:00pm – 4:00pm
Zoom

After years of teaching the incredibly popular Conversational Italian, beloved instructor Sandy Immerso began teaching a similarly-styled Spanish course in 2019. To no one's surprise, it immediately became a massive hit. Come learn with a welcoming community of Spanish enthusiasts – learn to speak better to communicate with Español speakers every day, or use the occasion to plan for your next trip to a Spanish-speaking country! Please note: This class is intended for individuals with an intermediate-level conversational grasp of the language. This is not a beginner course; if you are interested in Beginning Spanish, please contact us at 928-634-6537.

Sandy Immerso • \$120



INTERMEDIATE CONVERSATIONAL ITALIAN

ZCE-WRI552-SP24 • Mon, 3/25/2024 to
4/29/2024
4:00pm – 6:00pm
Zoom

Our most popular course for nearly a decade running, Conversational Italian with Sandy Immerso is a showcase for what makes community education so powerful: An excellent teacher, an engaged classroom community, and a fantastic subject. Join one of the most exciting groups of learners west of the Mississippi (but only a hop, skip, and a jump from Italy) today! Please note: This class is intended for individuals with an intermediate-level conversational grasp of the language. This is not a beginner course; if you are interested in Beginning Italian, please contact us at 928-634-6537.

Sandy Immerso • \$120

COMMUNITY EDUCATION COURSES

INTERMEDIATE CONVERSATIONAL SPANISH

ZCE-WRI553-SP24 • Mon, 3/25/2024 to 4/29/2024

2:00pm - 4:00pm

Zoom

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Sandy Immerso • \$120

SPANISH FOR ALL: COMMUNITY SPANISH LEARNING

VCE-WRI554-WI24 • Tues, 1/30/2024 to 3/5/2024

5:30pm - 7:30pm

G-104 • Verde

This in-person course is designed to provide you with the essential resources and a supportive environment to ensure your success in language learning. Regardless of your current level of proficiency, this course will help you at any stage of your language-learning journey. We invite you to join us and experience it for yourself. ¡Vamos! Let's get started!

Jared Reynolds • \$133



WRITING ABOUT YOUR TRAVELS

SCE-WRI555-SP24 • Thurs, 3/28/2024 to 4/4/2024

4:30pm - 6:30pm

29 • Sedona

If you love to travel-- whether you have travelled far and wide, or just love exploring your own locale -- this class offers you a chance to contemplate and then write about some of your own most compelling, beautiful, or surprising travel adventures. You will gain valuable tips as to how to shape your experiences into memorable, meaningful travel-themed stories, personal essays, or bits of memoir, with the intention of sharing them with others, if you choose to do so. All are welcome, no writing experience necessary.

Students should bring notebook paper and pens.

Caroline Joy Adams • \$78

EARN A LITTLE AND SHARE A LOT!



Sedona-Verde Valley Community Education is looking for dynamic, knowledgeable teachers with fresh ideas for non-credit adult and children's classes.

Visit our website www.yc.edu/ce to submit a new course proposal and resume, or call 928-634-6537



COME COOK WITH US!



HANDS-ON RECREATIONAL COOKING CLASSES!

With just one afternoon or evening class, you'll elevate your cooking skills and take your taste buds to new heights.

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SIGN UP AT SEDONASCHOOLOFKULINARY.COM

COLLEGE4KIDS

COMING IN SUMMER 2024

OUR ANNUAL COLLEGE FOR KIDS PROGRAM INVITES K-8 STUDENTS TO OUR VERDE VALLEY CAMPUS FOR ENGAGING SUMMER CLASSES AND ACTIVITIES.

For more information, or if you are interested in offering a kids' course, contact us at:

kathleen.freed@yc.edu



ONLINE CAREER TRAINING

Prepare for a new career or career advancement in some of today's top fields. **Learn from anywhere, anytime in a self-paced, flexible format.**

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Course Features:

TWO OPTIONS TO CHOOSE FROM:

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Popular Courses:

- Speed Spanish
- Accounting Fundamentals
- A to Z Grant Writing
- Introduction to Microsoft Excel 2019/Office 365
- Discover Sign Language
- Project Management Fundamentals
- Computer Skills for the Workplace

View all courses at:

ed2go.com/yavapai

New Plein Air Painting Workshop

with Dawn Sutherland

Capturing Sedona's Secrets

Sedona is a beautiful and challenging place to paint. In this three-day workshop, we will carpool/caravan to various painting sites around Sedona.

Dawn will demonstrate two basic approaches to beginning a painting. Using a viewfinder, sketchpad, and thumbnail sketches, designing a good composition and carrying it through to a nearly finished painting in each session.

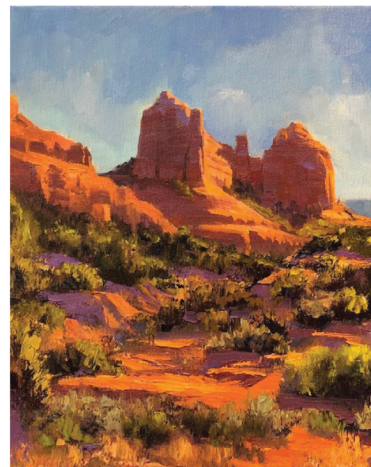
Topics taught throughout the workshop are values, shapes, and edges. How to capture a sense of distance and depth in a painting, plus working effectively with shadows will be stressed. Students should have good familiarity with their equipment and some previous painting and workshop experience.

April 16-18, 2024

at the Sedona Center

7am-4:30pm \$475/person

[ys.edu/plein](https://www.yavapai.edu/plein)



Yavapai COLLEGE

Sedona/Verde Valley Community Education
1100 E Sheldon St
Prescott AZ 86301-3297



Ph: 928-634-6537
E: commedsvv@yc.edu
www.yc.edu/cevs

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INTERESTED IN TEACHING?

**WE HAVE OPENINGS FOR
COMMUNITY EDUCATION
AT THE VERDE VALLEY OR
SEDONA CAMPUS**

Summer Course Proposal Due Date for
Adult Community Education & College for
Kids: February 19, 2024

Fall 2024 Course Proposal Due Date for
Adult Community Education: June 2, 2024

Contact Kathleen Freed at:
kathleen.freed@yc.edu for more information

COURSE LOCATIONS:

**Unless otherwise noted.*

SEDONA CENTER
4215 Arts Village Dr.
Sedona AZ 86336

VERDE VALLEY CAMPUS
601 Black Hills Dr.
Clarkdale AZ 86324

