

Classes are for people 18 and older (some exceptions, call if you have questions). If you're over 60, you may qualify for a 10% discount. You must mention this at the time of registration. Registration is necessary and will ensure your place in the class! Registration information is on pages 55 and 56. All supply lists (when applicable) are printed on the registration receipt.

SPECIALS INTERESTS

See classes and trips for adults Fifty and Better on pages 16-20.

For family classes, trips and outdoor activities please see page 9.

NEW! Communicating with Your Aging Parent

Communication breakdowns occur because the needs and tasks older parents face are different from those of their adult children. Explore these differences and learn to communicate in a positive way. **Marshall Arts & Crafts Room East.**

82162 W 1/19 6:30-8pm \$11

Helping a Job Find You

Class provides an overview of the job search process, individual feedback on your resume, sample interview questions, and recommendations for creating an active network to find the right job. **Luepke Alcoa Room.**

M \$21

81793 1/24 1:30-3pm

81794 4/11 6-8:30pm

NEW! Upside of Downsizing

Identify your waste, get rid of it and restore lifeless space. Learn strategies to manage paper, control inventory and maximize time, space, energy and money. Design your own "keep/purge" criteria and detach from sentiment. **Marshall Elm Room.**

Sa 9am-noon \$16

81795 2/19 **81796** 4/9

Public Speaking Without Fear

Make sure people hear what you say, without noticing your unease. **Luepke Alcoa Room.** 2wks.

81790 T 2/1-2/8 6:30-7:30pm \$32

Effective Communication in a Multi-Task World

Learn tried and true communication techniques, with an emphasis on communication in a digital, multi-task world. **Luepke Alcoa Room.**

81792 T 3/8 6-8pm \$32

Lawn Sprinkler Installation

Design and install your own lawn sprinkler system. Review water source considerations, design, backflow prevention, parts inventory, pipe sizing, control installation, permits, safe practices and tricks of the trade. **Luepke Alcoa Room.** 8wks. No class 2/21.

82365 M 1/24-3/21 6-7pm \$85

Smoking and Cooking Fish from Local Waters

Concepts on building and buying smokers, curing vs. brines, fuels, herbs, spices, recipes and cleaning and preparing of fish. **Luepke Alcoa Room.**

81563 W 3/30 6-9pm \$16

NEW! Bicycle Tire Repair

Bring your bicycle along with a spare tube that fits your tire and learn to fix your flat, change tires and tubes. Tools and patch kits will be discussed. **Marshall Center Elm Room.**

82694 Sa 3/19 9-noon \$20

NEW! Safe Bicycle Commuting

Beginner to experienced rider. Explore safe bicycle commuting techniques in Vancouver and nearby areas along with a 2-3 hour local ride. Bring your bicycle, helmet and a bright or reflective jacket. Helmet required. **Marshall Center Elm Room.**

82695 Sa 3/26 10-4pm \$30

NEW! Bicycle Touring - Learning the Basics

Dreaming of bicycle touring a region, state or country? Learn from an experienced bicycle tourist how easy, enjoyable and affordable bike travel is and how to plan your own 2-day to 2-week tour. **Marshall Center Oak Room.**

82696 Sa 4/2 9-noon \$25

COMPUTER SAVVY

All computer classes are sponsored by and held at the **International Air Academy**, 2901 E. Mill Plain Blvd. Classes are instructed by Yolanda Frazier.

MS Word – Beginning

Learn the basics of Microsoft Word and become more confident with creating, saving and editing your documents. 3wks.

81490 Su 1/9-1/23 2-3:30pm \$47

All courses and programs must meet minimum enrollment requirements. Classes are usually cancelled 5 business days in advance if they do not meet their minimums. Please register on time and in advance.

PowerPoint Presentations

Discover how easy it is to create a fun PowerPoint slide presentation that you can use for business or fun. Basic computer skills and understanding of MS Word required. 2 wks.

81491 Su 2/6-2/13 2-4pm \$42

Computer Knowledge I - Basic

Understand the basics of your home computer: icons, deleting and saving files, locating basic software applications, saved documents and photo files.

81492 Su 4/24 2-5pm \$40

YOU AND YOUR MONEY

NEW! Coupons to Cash: Creative Ways to Cut Your Costs

Cut your grocery bill in half with practical instructions for using coupons at local stores, as well as online resources to score major savings and freebies. Internet access recommended. Melanie Brawley. **Luepke Conference Room.** 3 wks.

81564 M 4/9-4/23 7:15-8:45pm \$38

Budgeting in a Tough Economy

I hate to budget! In a tough economy, one of the toughest things to do is to stay on budget. Learn techniques to put together a personal, realistic spending plan and gain control over your finances. **Marshall Conference Room.**

Th 6:30-8pm \$11

81757 2/24 **81758** 4/7

Fundamentals of Investing

Make smarter investing choices! Want to take charge of your investments, but don't know where to start? Get answers and learn the fundamentals of investing. **Luepke Alcoa Room.**

T 6:30-8pm \$11

81707 2/22 **81708** 4/5

Incorporating: Will it provide you with asset protection and tax relief?

Should you incorporate? Learn the difference between the C & S-Corps, LLC, LLP, general and limited partnerships and the benefits they provide. **Marshall Conference Room.** 2wks.

81565 M 1/24-1/31 6-9pm \$32

Buying/Renting Residential Property/Landlord Rights

Learn about negotiating the sales price, insurance, taxes, codes, financing, appraisals, value, inspections, sales agreements, earnest money, return and leveraging. **Marshall Conference Room.** Bring a lunch.

81566 Sa 1/29 9am-4pm \$37

The Residential Landlord-Tenant Act and Laws against Discrimination

Review landlord/tenant rights, local/federal discrimination laws and rental agreements and leases. **Luepke Alcoa Room.** Bring a lunch.

81568 Sa 4/16 9-4pm \$37

HEALTHY LIVING

First Aid, CPR, AED Certification

Develop life-saving skills and become certified for two years through Keep the Beat. **Park Lido Assisted Living Center,** 8422 NE 8th Way, Vancouver.

Th 6-10pm \$43

81503 1/6 81549 2/3

81550 3/3 81551 4/7

Eating Healthy on a Budget

Learn to simplify your meal plan, avoid the empty calorie junk foods and nourish your health and energy on a tight budget. Guidelines for simple shopping and economical food choices will be offered. Dr. Lasseter, Ph.D., Nutritionist. **Marshall Conference Room.**

81552 W 1/19 6-7:30pm \$21

Permanent Weight Loss without Crash Diets

Struggling with weight issues? Learn secrets for living a healthy, vital life without starving. Fuel your body for high energy and strength. Discover new information about how your food choices affect your metabolism! Dr. Lasseter, Ph.D., Nutritionist. **Marshall Conference Room.**

81553 W 2/16 6-7:30pm \$21

Overcome Indigestion & Heartburn Naturally

Over the counter medications for indigestion and heartburn are increasing and could be contributing to other health problems. Learn factors involved in these common complaints. Discover how changing your eating habits could improve your digestion naturally.

Dr. Lasseter, Ph.D., Nutritionist. **Marshall Conference Room.**

81554 W 3/16 6-7:30pm \$21

Nutrition for Painful Joints

Stiff and aching joints aren't just caused by old age. Several factors influence the health and function of the joints. Feel more limber by making some food and lifestyle changes.

Dr. Lasseter, Ph.D., Nutritionist. **Marshall Conference Room.**

81555 W 4/13 6-7:30pm \$21

GARDENING

Urban Farm School Workshops

W 6-8pm \$16 **Marshall Arts and Crafts Room**

Planning the Garden

Focus will be on space-saving planting techniques, good plant choices for small spaces, cool and warm weather crops, as well as how to map and draw a basic plan.

81497 2/9

Basic Composting

We'll identify appropriate materials for backyard composting, bin systems, methodology, troubleshooting, and in-place, low maintenance composting techniques.

81499 2/23

Seed Starting

Learn the basics of starting seeds for the garden. Soil mediums, light and heat requirements, hardening off, greenhouse options, and more will be discussed.

81500 3/9

Keeping Urban Chickens

Explore how to keep laying hens in a backyard lot. Class will include information about chicken breeds, food requirements, coop options, brooding, common diseases and more!

81498 3/23

ARTS & CRAFTS

Beginning Drawing

Ages 12+. Explore the basics of drawing elements: line, shape, form and composition. Supplies to bring to first class: 11"x14" drawing pad, four graphic pencils and kneaded eraser. No previous experience required. Carol McNatt. **Marshall Center Oak Room.** 6wks.

81567 Sa 1/15-2/19 10-noon \$62

NEW! Pen, Ink and Watercolor Wash

Age 12+. Experience combining both pen and ink with water color for exciting contrasts and texture. Supply list available at registration. Instructor, Carol McNatt.

Marshall Center Arts and Crafts Room East/West. 6wks.

81570 F 2/24-3/31 1-3pm \$62

NEW! Water Media

For the beginning and experienced painter, explore the mediums of watercolor and acrylics with hands on exercises and projects designed to teach color mixing, composition, design elements and principles. You'll develop a better understanding of color theory and design. Instructor, Judith Sanders-Wood. 6wks. **Marshall Center Arts and Crafts Studio.**

T 1-4pm

82689 1/25-3/1

82690 3/15-4/19

Painting with Oil Pastels

Ages 12+. Experience the vibrant colors of oil pastels. Focus on the basic concepts of composition, tonal value and color contrasts. Supply list at registration. Carol McNatt. **Marshall Center Crafts Room East/West.** 6wks.

81569 F 3/4-4/8 10-noon \$62

NEW! Faux Painting Design

Learn step-by-step techniques to create a faux finish on walls or furniture and easily achieve popular designs. \$10 material fee payable at class to instructor Dan Ramey. **Marshall Center Craft Room East.** 3wks.

82684 M 2/28-3/14 6:30-8:30pm \$61

Woodcarving in the Round

Carving wood is interesting. You'll learn to sharpen your fixed knife. Create several small projects. Bring a sturdy glove. Materials fee of \$1-\$3 payable at each class. **Marshall SPOT.** 6wks. No class 1/20, 2/17, 3/24, 4/21

Th 6:30-9pm \$48

82141 1/13-3/3

82146 3/10-4/28

Scandinavian Rug Making

Discover the ease of hooking your own beautiful and durable rugs using an old Scandinavian technique. \$30 material fee payable to instructor. **Luepke Center Alcoa Room.**

82120 W 1/19-2/16 6-8pm \$38

Beginning Needlepoint

See why needlepoint has been enjoyed for centuries, by learning a variety of stitches worked in wool, cotton or silk over fabric mesh. Finished works may be made into pillows, wall hangings, holiday ornaments or rugs. \$20 material fee payable to instructor.

Luepke Alcoa Room. 4 wks.

82652 W 3/2-3/23 6-8pm \$35

Beading Fundamentals

It's easy to make your own custom earrings, bracelets and necklaces to match your wardrobe. Keeping current with fashion trends has never been so affordable. \$20 material fee payable to instructor.

Luepke Alcoa Room. 4 wks.

82133 W 4/6-4/27 6-8pm \$35

GARDEN ART

A \$10 supply fee is required for all classes and payable to instructor, Emmy Hieter. Classes are in **Marshall Center Arts and Crafts Room.** These make wonderful gifts!

W 6:30-8:30pm \$19

Word Stones

Express yourself as you create new ornaments for your garden. Make three bricks with your favorite inspirational word imprinted into stone.

81798 2/2

NEW! Painted Leaf Boxes

Create a beautiful work of art to store your mementos, or to give as gifts. Each painted leaf box will be completed in one class.

81596 3/16

Stepping Stones

Make two stepping stones for your garden. Bring any rocks, marbles, beads, coins or personal mementos, etc. to embed into your stones. Bring rubber gloves.

81601 4/13

POTTERY

Pottery and clay classes include the first 25 lbs. of low-fire clay, basic tools and some glazes and underglazes, after that students purchase additional clay, tools and glazes. All work will be fired by instructor, Kim Murton. **Marshall Craft Room West.**

Pottery I

Introduction to wheel throwing and hand building techniques pinch, coil and slab. Glazing techniques and slip decoration will be discussed. 6wks.

Sa 10am-noon \$88
82187 1/15-2/19 **82188** 3/5-4/9

NEW! Pottery II

For students who have had some experience in clay and glazing or have taken Pottery I. Work at your own pace with both hand building and wheel throwing, bring your tools. 6wks.

Sa 10am-noon \$88
81603 1/15-2/19 **82189** 3/5-4/9

MUSIC & PERFORMANCE

Introduction to Acting

Ages 12+. Step into the spotlight! Get comfortable performing in front of an audience and become more confident with public speaking. Final performance held at last class. **Marshall Oak Room.** 7wks.

81621 T 1/18-3/1 7:30-9pm \$98

Beginning/Intermediate Acting

Ages 12+. (Pre-requisite: Introduction to acting or instructor approval)

How do I get that part? Expand upon skills covered in beginning acting with an emphasis on auditioning, cold reading and choosing a monologue. Finish with a professional audition. **Marshall Oak Room.** 7wks.

81623 T 3/8-4/19 7:30-9pm \$98

NEW! Beginning Contemporary Guitar – Group Lesson

Learn about the guitar and reading music in this group class. No previous experience required. Materials provided as a printable e-book. Students must provide own guitar. Instructor, Sam Larson. **Luepke Center Alcoa Room.** 8wks. No class 2/24.

82229 Th 6-7pm 1/27-3/24 \$85

Women's Singing Group - Sing Out Loud!

If you're interested in group singing, a re-entry singer, shower singer, karaoke singer or just beginning to try your musical wings, learn group songs, harmonies and vocal techniques that will have you singing with a strong, healthy, and happy voice! **Luepke Alcoa Room.** 5wks.

Sa 2-3pm \$41

81947 1/15-2/12 **81948** 2/19-3/19

81949 3/26-4/23

Piano, Voice or Flute – Private Lessons

Learn the basics and good technique in piano, voice or flute skills. Lessons are

tailored to your needs. Provide your own flute. Deanna Ramage. 5wks. Schedule a half-hour lesson. **Luepke Ste. 1.** No class 1/17.

M/T/W/F 2-6:30pm Sa 3-4:30pm \$69

M

81639 1/10-2/14 **81641** 2/28-3/28

81642 4/4-5/2

T

81643 1/11-2/8 **81650** 2/15-3/15

81652 3/22-4/19

W

81655 1/2-2/9 **81658** 2/16-3/16

81660 3/23-4/20

F

81664 1/14-2/11 **81666** 2/18-3/18

81668 3/25-4/22

Sa

81669 1/15-2/12 **81711** 2/19-3/19

81712 3/26-4/23

Piano or Cello – Private Lessons

Play piano or cello for your own enjoyment, or work towards graded levels of achievement, learning the basics, music theory and how to make up your own music. Students must provide own cello. Louise Nedela. 5 wks. \$69

Th 4-6pm

81802 1/13-2/10 **81803** 2/17-3/17

81946 3/24-4/21

Sa 9am-1pm

81799 1/15-2/12 **81800** 2/19-3/19

81801 3/26-4/23

DANCE & MOVEMENT

Ballet, Tap and Jazz classes are taught by Patty Miletich, who has instructed for Vancouver-Clark Parks and Recreation for over 25 years. Classes are in the **Marshall Oak/Elm Room.** No class 1/17.

Modern Jazz

Warm up to contemporary music using ballet lyrical and jazz type exercises.

M 7:15-8:15pm

81424 1/10-2/14 \$46 5wks

81425 2/28-4/25 \$65 7wks

Ballet II

15 and older. Advanced beginning to intermediate. Classical Russian ballet technique includes barre and center work. You'll be challenged according to their level of experience.

M 6:15-7:15pm

81418 1/10-2/14 \$46 5wks

81419 2/28-4/25 \$65 7wks



Ballet III

15 and older. Intermediate-advanced classical ballet for adults, includes barre and center work. 7wks.

W 6:30-7:30pm \$65

81420 1/12-2/23

81421 3/2-4/27

Tap I

Beginning Tap dance for adults.

M 5:30-6:15pm

81422 1/10-2/14 \$35 5wks.

81423 2/28-4/25 \$49 7wks.

Tap II

Advanced beginner-intermediate level for adults. Warm up to basic rhythm and learn a routine. 7wks.

W 5:45-6:30pm \$49

81426 1/12-2/23 81427 3/2-4/27

Celtic Tap - Beginning

Hard shoe dance basics of Cape Breton, American tap, and Scottish and Irish step dancing to lively Celtic music. Tap shoes recommended, but not required. **Marshall Oak Room.** Instructor, Linda Mae Dennis. 7wks.

T 5:30-6:30pm \$42

81428 1/11-3/1 81429 3/8-4/26

Celtic Tap – Intermediate

The basics and beyond! For students with one year or more of tap instruction. **Marshall Oak Room.** Instructor, Linda Mae Dennis 7wks.

T 6:30-7:30pm \$42

81430 1/11-3/1 81431 3/8-4/26

Scottish Country Dance for Everyone

Dance the social dance of Scotland to enjoyable, uplifting, lively music! All levels of dancers are welcome. Partners not necessary. Wear low-heeled shoes. **Marshall Elm Room.** 8wks.

W 7:45-9pm \$42

81414 1/12-3/2 81415 3/9-4/27

Line Dance

Boot scoot into fun and great exercise. No partner needed. Prior dance experience not required for beginning class. Intermediate class requires a thorough understanding of basic line dance steps. Leather sole shoes recommended – no tennis shoes. Instructor, Andy Chumbley. **Luepke Community Room.** 8wks.

W \$42

Beginning 4:30-5:30pm

81270 1/12-3/2 81271 3/9-4/27

Intermediate 5:45-6:45pm

81272 1/12-3/2 81273 3/9-4/27

Belly Dance

A fun way to get fit and learn an exciting new dance form. Class includes a night out to a Greek or Arabic restaurant and a sewing workshop for a costume. Instructor, Ruby Sowder. **Luepke Community Room.** 8wks.

Th \$42

Beginning 6:30-8pm

81266 1/13-3/3 81267 3/10-4/28

Intermediate 8-9pm

81268 1/13-3/3 81269 3/10-4/28

Zydeco Dancing

Start with basic Zydeco, an easy and energetic partner dance to music from southwest

Louisiana, and add new moves every week. Partner recommended. Instructor, John Klindt. **Marshall Oak Room.** 8wks.

Th 6:45-8pm \$42

81432 1/13-3/3

81433 3/10-4/28

NEW! East Coast Swing

From timeless classics of the 40's and 50's to chart toppers of today, swing is here to stay. Learn dance combinations as well as easy lead and follow techniques. Partner recommended, but not required. Instructor, John Klindt. **Marshall Center Oak Room.** 8wks.

Th 8-9pm \$42

81434 1/13-3/3 81435 3/10-4/28

Social Dancing at Groove Nation

These classes are fun for everyone and easy to learn! Taught by certified ballroom dance instructors. Bring your Parks and Recreation receipt to your first class. For questions, contact Groove Nation at 699-7150. **Groove Nation Dance Center:** 9212 NE Hwy 99.

Adult Hip Hop: High energy movements are broken down into simple, easy-to-learn segments and repeated enough for a beginner to learn. No class 4/8. 8wks.

F 6-7pm \$118

82633 1/7-2/25

82639 3/4-4/29

Social and Ballroom dancing encompasses a variety of dance styles in each 8 week session teaching: waltz, foxtrot, salsa, swing, cha cha, rumba, and even the hustle! Come and experience what everyone is talking about! No class 4/8. 8wks.

Social and Ballroom Dancing level 1

F 7-8pm \$118

82635 1/7-2/25 Rumba

82644 3/4-4/29 Waltz

Social and Ballroom Dancing level 1-2

F 8-9pm \$118

82691 1/7-2/25 Quick Step 1

82692 3/4-4/29 Quick Step 2