Community Education Program

The Community Education program at Calhoun Community College offers something for everyone! Whether you’re looking for a new hobby, or want to start your own business, we have a class for you. Classes are designed to provide you with the skills you need to pursue your goals. We offer non-credit and online classes for children and adults during convenient times to meet your busy schedule. We look forward to seeing you in a community education class. Sign up today and join the fun!

General Information: 256-306-2514

Classes are offered at the Huntsville campus, the Decatur campus, and at Austin High School in Decatur

Scroll down to see all courses or click on these categories to be taken directly to that section.

Creative Arts

CREATIVE CARTOONING ($69)

Course Code: CEI 742
This fun class will include caricature techniques, character development and the usual guidelines for professionals in the “biz”. The student will practice cartooning basics and progress to creating an original cartoon panel. All cartoonists are encouraged to bring a storyline to the second class. If you are already into cartooning, this class could very easily push you over the line into a fun career. Marketing and some business aspects of cartooning will be presented in each lesson.

*Call (256) 306-2514 for supply list
Instructor: Kay Casteel
Section C69; Sat, Feb 12 – 26, 2011; 10:00am-12:00pm; Calhoun, Huntsville Campus
Section C70; Mon, Apr 18 – May 2, 2011; 5:30pm-7:30pm; Austin High School, Rm V01, Decatur
PAINTING YOUR WORLD ($89+materials)

Course Code: CEI 752
Beginning with basic drawing techniques, the student will produce at least two finished paintings of life as he or she knows it. Using your own photos, you will learn how to access what you see and give your painting a painterly look. Observation skills are stressed in this fun, laid-back approach to acrylic painting. Grab a friend and make it even better!

*Call (256) 306-2514 for supply list
Instructor: Kay Casteel

Note: Age range for the class is ages 13+.

INTERMEDIATE DIGITAL PHOTOGRAPHY ($69)

Course Code CEI 749
This Digital Photography class is taught for those who want to do more than “point & shoot”. Topics include the operation of a digital camera with how to use the manual settings (aperture, shutter speed, ISO, autofocus, exposure compensation, etc.), capturing the best image, importing images into the computer, editing the image, sharing the image, and organizing and storing images as well as basic photography & lighting principles and techniques will be covered.
Prerequisite: Introduction to the Computer & the Internet course is recommended
Instructor: Donna Bonnett

PHOTOSHOP ELEMENTS ($69)

Course Code CEI 766
Adobe Photoshop Elements 8 software combines power and simplicity so you can make your photos look extraordinary, share your life stories in unique print creations and web experiences, and easily manage and protect all your photos and video clips.
Prerequisite: Introduction to the Computer & the Internet course, or Windows experience recommended
Instructor: Donna Bonnett

TRAVEL PHOTOGRAPHY FOR THE DIGITAL PHOTOGRAPHER ($95)

The lure of travel is surpassed only by the inevitable desire to bring home pictures and share your adventures. Since the late 1800s when George Eastman produced the first traveling camera with the slogan, "You press the button, we do the rest," travel and photography have been eternally joined. With the added benefits of digital photography so readily available to consumers today, the field is full of new opportunities and new challenges.

Join us and discover this fascinating world through a photographer's eye. This course will address the special needs and techniques digital photographers need to capture scenes from around the world and bring them home. We'll focus on specific tips for digital photographers, and how to use both traditional techniques as well as those unique to digital equipment.

We'll look at subjects such as wildlife on land and at sea, and how to get the best shots of animals in captivity as well as those in the wild. We'll discuss ways to blend in with nature for this popular area of photography and the best kind of equipment for specialized shooting.

We'll share tips on taking shots for professional use and those to treasure from a family vacation. We'll discuss the situations that require model and property releases, and those that don't. You'll learn how and when it's appropriate to pay people to take their picture and how to make the most of those types of opportunities.

Environmental challenges can put your camera equipment in jeopardy, yet conditions such as freezing temperatures and tropical heat often abound in some of the most beautiful places in the world. This class will address those issues and offer practical solutions that travel easily.

You'll learn more about traveling with digital equipment and what to take and what to leave behind as you venture into the wilderness, onto a cruise ship, up in a helicopter, or over an international border. We'll share various examples from destinations around the world, and expand your knowledge of techniques for shooting digitally and working with the images after you get back.

Register online at www.ed2go.com/calhounccalus. Classes begin each month.

GUITAR FOR THE ADULT BEGINNER* ($85, plus $12 material fee)

Course Code CEI 750
You will start from scratch and learn some basic chords and strums that will allow you to play some of your favorite songs! You will go home strumming a well-known tune the first lesson! You will also learn some new ways of reading and playing music which is quick and easy. No musical experience is necessary, just a willing spirit to have a great time! Guitar class is always a good time! Rental instruments are available. *Note: Age range for the class is ages 13+.
Instructor: Anna Uptain Denison

UKULELE FOR THE ADULT BEGINNER* ($65, plus $5 material fee)

Course Code CEI 750
The ukulele is a great instrument to get you started playing a stringed instrument! During the one day workshop you will learn how to tune your ukulele read chord charts and learn several basic chords and strum patterns to get you up and playing this fun instrument! No musical experience necessary, just a willing spirit to have fun! You can furnish your own ukulele (the ukulele is fairly inexpensive), or you may choose to rent one from the instructor! (Ukulele rental is $25 for the 1 day workshop. Rental fee may be put towards the purchase of the instrument- total ukulele cost: $65. Please contact instructor prior to class if you need a rental instrument.) *No musical experience necessary. *Note: Age range for the class is ages 13+.
Instructor: Anna Uptain Denison

Register online at www.ed2go.com/calhounccalus. Classes begin each month.
MANDOLIN FOR THE ADULT BEGINNER* ($85, plus $12 material fee)

Course Code CEI 750
You will start by learning to read a quick and logical form of playing called tablature and move on to basic chord charts. In no time you'll be picking! You will go home playing a couple of traditional favorites after the first class session! You will also learn some of the "signature" techniques that make the mandolin sound so familiar...the tremolo and double stops. You'll be pickin' before you know it! No musical experience necessary. Rental instruments are available. *Note: Age range for the class is ages 13+.
Instructor: Anna Uptain Denison
Section C87; Fri, Apr 15, 2011; 6:30pm-8:30pm and Sat, Apr 16, 2011; 10:00am-3:00pm; Calhoun, Decatur Campus

BANJO FOR THE ADULT BEGINNER* ($85, plus $12 material fee)

Course Code CEI 750
Let's Play the Banjer! During our time together we will learn we will learn an old style playing called up -picking. During this class we will familiarize ourselves with chords, reading tablature and rhythm! You will be up and picking the first night of class and will never look back! We will play some of our favorite gospel songs, as well as the old standards. Come join us for the fun...and pickin'! No musical experience necessary. Rental instruments are available. *Note: Age range for the class is ages 13+.
Instructor: Anna Uptain Denison
Section C88; Fri, May 20, 2011; 6:30pm-8:30pm and Sat, May 21, 2011; 10:00am-3:00pm; Calhoun, Decatur Campus

UPHOLSTERY ($299)

Course Code: CEI 712
You will gain the skills and knowledge to recover your own furniture upon completion of this class. So come in, roll up your sleeves, and get ready to enjoy learning a new skill. This is also a good way to make a few extra dollars in your spare time at home!
Instructor: David Embody
Section C299; Tue, Jan 11 – May 3, 2011; 6:00pm-9:00pm; Calhoun, Decatur Campus
Note: Class will not meet on Mar 22
Section C300; Thu, Jan 13 – Apr 14, 2011; 6:00pm-10:00pm; Calhoun, Decatur Campus
Note: Classes will not meet on Mar 17 & 24
Section C301; Fri, Jan 14 – Apr 1, 2011; 9:00am-2:00pm; Calhoun, Decatur Campus
Note: Classes will not meet on Mar 18 & 25

CAKE DECORATING ($149 + supplies)

Course Code CEI 760
The Wilton Method cake decorating class includes the three main courses:

- **Course I Decorating Basics**
  The Wilton Method Decorating Basics course is the perfect place to start! Your instructor will show you the right way to decorate, step-by-step, so that you experience the excitement of successfully decorating your first cake.

- **Course II Flowers and Cake Design**
  In this course, you'll explore sophisticated ways to bring your cakes and deserts to life! Your instructor will teach you to create breathtaking icing flowers such as pansies, lilies, and the famous Wilton Rose. Then, you'll discover the secrets of arranging them in a beautifully cake-top bouquet.

- **Course III Gum Paste and Fondant**
  In this course you'll discover one of the most exciting and satisfying ways to decorate a cake. Your instructor will lead you every step of the way as you create amazing hand-shaped flowers, beautiful borders and bold accents using these easy-to-shape icings.

All three courses comprise a total of 12 class sessions. Each session lasts two hours and is designed to be very hands-on and interactive.
*Call (256) 306-2514 for supply list
Instructor: Virgie Cousins, Wilton Method Instructor
Section C149; Thu, Jan 20-Apr 14, 2010; 10:00am-12:00pm; Calhoun, Decatur Campus
Note: Class will not meet on Mar 24

CHAIR CANING/FLAT WEAVE ($35 + supplies)

Course Code CEI 754
This class is designed to teach a beginner how to cane a chair using the flat reed method from start to finish.
*Call (256) 306-2514 for supply list
Instructor: Roy Samples
Section C35; Sat, Feb 19 & 26, 2011; 10:00am-12:00pm; Calhoun, Huntsville Campus
Section C36; Mon, Apr 18 & 25, 2011; 5:30pm-7:30pm; Austin High School, Rm V11, Decatur
BASIC ELECTRICITY ($89)
Course Code: CEI 736
Are you in the dark about electricity? This class will provide you with instruction in basic household electricity and safety. It also provides plenty of hands-on training in replacing 3-way switches, wiring new lights and switches, installing ground fault circuit interrupters, light dimmers, ceiling fans, fan speed controls, smoke detectors, and outdoor lighting.
Instructor: Thomas Collins
Section C85, Mon, Jan 31 – Feb 28, 2011; 6:00pm-10:00pm; Calhoun, Decatur Campus

GOING GREEN AT HOME ($95)
Step into a green lifestyle! In this course, you’ll learn how to reduce your carbon footprint by making simple changes that benefit the environment and your own health.
And that’s not all—you’ll learn how to save money, too. You’ll get smart tips for buying eco-safe and energy-efficient products on a budget and you’ll discover creative ways to reuse items you once tossed out. In the process, you’ll discover that making your home green can be both fun and cost-effective.
Because good nutrition is important to a green lifestyle, you’ll find lots of ideas for healthy eating and cooking. In addition, you’ll get great tips for environmentally-friendly decorating and cleaning.
If you’re looking for practical “going green” ideas for your home, this course will cover all the bases. By the time you’re done, you’ll know how to make your living space eco-friendly from top to bottom!
Register online at www.ed2go.com/calhounccalus. Classes begin each month.

BEGINNING KNITTING ($65)
Course Code CEI 755
The student will learn basic knitting stitches in this beginner class. Using knit and pearl stitches, the student will complete a scarf.
Call (256) 306-2514 for supply list
Instructor: Baerbel Patterson
Section C65, Mon, Jan 24 – Mar 7, 2011; 5:30pm-7:30pm; Austin High School, Rm VO-1, Decatur
Note: Class will not meet on Feb 21

INTERMEDIATE SIGN LANGUAGE ($79, includes student manual)
Course Code 723
Welcome to learning the most beautiful language in the world. In this fun course you will learn beginning American Sign Language vocabulary and Pidgin Signed English sentence structure for basic communication with the deaf and hearing impaired. Worksheets provided by the instructor. Sign Language Dictionary recommended, but not required.
Instructor: Jeanie Parker
Section C79, Mon, Jan 24 - Feb 28, 2011; 6:00pm-7:30pm; Calhoun, Decatur Campus

BABY/INFANT SIGN LANGUAGE ($45, student book not included)
Course Code 770
Calling all parents and grandparents! Want to improve the communication between you and your infant or toddler, and increase his or her vocabulary quickly? Then baby sign language is for you! Come join me for a 4 week crash course in teaching your baby sign language.
Instructor: Jeanie Parker
Section C45, Tue, Mar 1 – 29, 2011; 6:00pm-7:30pm; Calhoun, Decatur Campus
Note: Class will not meet on Mar 22

SPEED SPANISH ($95)
Imagine yourself speaking, reading and writing Spanish. Now you can with Speed Spanish! This course is designed for anyone who wants to learn Spanish pronto. You’ll learn six easy recipes for gluing Spanish words together to form sentences. In no time at all, you’ll be able to go into any Spanish speaking situation and converse in Spanish. ¡Qué Bueno!
Register online at www.ed2go.com/calhounccalus. Classes begin each month.

MERRILL REAM SPEED READING ($95)
Are you struggling to keep up with a flood of email, articles, reports, books, and other printed matter? Save yourself oodles of time by learning to read faster and with better comprehension from acclaimed speed reading expert Dr. Merrill Ream. This course is a complete speed reading experience. Topics are presented in a logical progression with plenty of time to help you master the skills and techniques you’ll need for lasting proficiency as a speed reader.
Register online at www.ed2go.com/calhounccalus. Classes begin each month.

SAT/ACT TEST PREPARATION – PART 1 ($95)
Making the decision to attend college is probably one of the most important decisions you’ll ever make, and your performance on college entrance exams is instrumental in determining your college choice. Universities and colleges throughout the U.S. require applicants to take the SAT or ACT as part of their evaluation package. This course will prepare you for both tests.
Both the ACT and the SAT contain verbal and math question types. SAT/ACT Preparation Part I will give you all the information you need to do well on the verbal questions of the ACT and the new SAT.
The ACT verbal sections are called the Reading Test, the English Test, and the Science Test. The Reading Test and the English Test assess your knowledge of English usage, grammar, and reading comprehension. This course will provide you with a grammar and usage review specifically geared to the rules that you'll be tested on in the ACT. You'll also learn how to maximize your time on reading comprehension passages and the passages in the science test.

Beginning in 2005, the ACT began offering an optional essay test. If you choose to take the essay test, our course will show you how to do your best writing in the short period of time you'll be given.

In 2005, the SAT verbal questions also changed. The lessons in this course are designed to prepare you for those changes. The new verbal sections are called Writing and Critical Reading. The Critical Reading section consists of sentence completions and reading comprehension of both long and short passages. You'll learn how to answer both types of questions in the most time-efficient manner. The SAT also contains a new Writing section, which includes a student-written essay and multiple-choice questions about grammar and English usage. This course will prepare you to write the type of essays that grading officials are looking for, and will provide you with a grammar and usage review that's specific to the rules you'll be tested on in the new SAT.

In addition to preparing you for specific question types on both exams, this course will give you pointers in time management, anxiety relief, scoring, and general standardized test-taking. Weekly assignments will encourage you to work with your fellow classmates and your instructor to maximize your performance on all aspects of the verbal questions of the ACT and SAT.

This course and its follow-up will prepare you to excel in all sections of the undergraduate college entrance exams and provide you with the means to achieve your best potential score!

Register online at www.ed2go.com/calhounccalus. Classes begin each month.

GMAT PREPARATION ($95)

Applying to graduate business and management schools usually means taking the GMAT (Graduate Management Admission Test). Our GMAT Preparation Course is a must. Taking this course will provide you with test-taking techniques and methods for improving your score and saving time on all GMAT question types. You'll review the more familiar questions and learn how to approach question types that may be new to you, like critical reasoning and data sufficiency. In the verbal lessons, we will discuss how to do your best on reading comprehension questions, sentence correction questions, critical reasoning questions, and the analytical writing assessment.

In the quantitative lessons, we provide a comprehensive math review and techniques for tackling both problem solving and data sufficiency questions. You will practice on actual GMAT tests from previous years, which is the best way to prepare for any standardized test.

Register online at www.ed2go.com/calhounccalus. Classes begin each month.

GRE PREPARATION – PART 1 (VERBAL AND ANALYTICAL) ($95)

This course covers all question types on the verbal and analytical sections of the GRE. We will discuss how to do your best on reading comprehension, analogies, sentence completions, antonyms, and logical and analytical reasoning questions. We will cover time saving techniques for both the paper based and computer administrations of the test.

Register online at www.ed2go.com/calhounccalus. Classes begin each month.

GRE PREPARATION – PART 2 (QUANTITATIVE) ($95)

This course features a math review and techniques for tackling the quantitative comparison, discrete quantitative, and data interpretation questions that make up the math section of the GRE. We will also cover time saving techniques for both the paper-based and computer administrations of the test.

Register online at www.ed2go.com/calhounccalus. Classes begin each month.

BEGINNING COMPUTERS ($139, includes student manual)

Course Code: CEI 753

Learn the basics of what a personal computer is and how it works, as well as some of the terminology associated with personal computers. You will also learn two computing applications: word processing using Microsoft Word; and spreadsheet processing using Microsoft Excel. One class is devoted to becoming familiar with the internet. Absolutely no prior use, experience or knowledge of PC applications is required for this class.

Instructor: Bill Klein
Section C139: Mon, Mar 7 – May 2, 2011; 5:30pm-7:30pm; Austin High School, Rm BE-1, Decatur
Note: Class will not meet on Apr 11

INTRODUCTION TO THE COMPUTER AND THE INTERNET ($49)

Course Code: CEI 705

This beginning course provides instruction using the computer and the internet. It will include common menus, toolbars, file management, saving, printing, and copying files, as well as setting up an email account and learning to navigate the internet using Explorer.

Instructor: Don White
Section C49: Tue, Jan 11 – 25, 2011; 6:00pm-8:00pm; Calhoun, Decatur Campus
Section C50: Tue, Mar 1 – 15, 2011; 6:00pm-8:00pm; Calhoun, Decatur Campus
Section C51: Sat, Jan 15 – 29, 2011; 9:00am-11:00am; Calhoun, Huntsville Campus

MICROSOFT OFFICE SYSTEM 2007 ($69)

Course Code: CEI 739

This is an introduction class on Microsoft Word, Excel, Access, PowerPoint, Outlook and exploring the Internet. This course provides concise applications on editing and proofreading document, changing the look of text, setting up a workbook, working with data and data tables, creating a database, creating a new presentation, adjusting slide layout and order, sending email messages, managing your inbox and calendar.
INTRODUCTION TO WINDOWS VISTA ($95)

Windows Vista is a radical departure from the Windows versions of yesteryear. Whether you're a beginner or an experienced Windows user, you won't want to miss out on everything this powerful new version has to offer. In this course, specifically designed for beginners and casual users, you'll learn to use Vista's best and most important features. You'll discover techniques for personalizing Vista to your own needs and preferences, set up user accounts and enforce parental controls, keep your computer secure from Internet threats, browse the World Wide Web, manage your e-mail, and keep your names and addresses organized in the new Contacts folder.

You'll also learn to take full advantage of the new Calendar feature, manage and edit your digital photos with the new Windows Photo Gallery, and add fonts, color, and style to your written text.

Register online at www.ed2go.com/calhounccalus. Classes begin each month.

MICROSOFT OFFICE WORD 2007 ($79)

Course Code: CEI 729

This introductory class will provide instruction on creating professional-looking documents, applying styles and themes, formatting text and paragraphs, creating and modifying lists, changing the background of documents, adding headers and footers, and changing the theme of documents. This course will also cover columns and tables and inserting and modifying pictures.

Instructor: Don White

Section C79; Wed, Feb 23 – Mar 16, 2011; 6:00pm-8:00pm; Calhoun, Decatur Campus
Section C80; Sat, Feb 5 – 26, 2011; 9:00am-11:00am; Calhoun, Huntsville Campus

MICROSOFT OFFICE EXCEL 2007 ($79)

Course Code: CEI 730

This is an introduction to spreadsheet management using Microsoft Excel. This course provides instruction in creating and modifying a workbook; finding and replacing data in a workbook; organizing data within a workbook; creating formulas to calculate values; finding and correcting errors in calculations; and formatting a cell and adding images to a workbook.

Instructor: Don White

Section C79; Wed, Mar 29 – Apr 19, 2011; 6:00pm-8:00pm; Calhoun, Decatur Campus
Section C80; Sat, Mar 12 – Apr 9, 2011; 9:00am-11:00am; Calhoun, Huntsville Campus

MICROSOFT OFFICE POWERPOINT 2007 ($79)

Course Code: CEI 731

This introductory class will provide instruction on creating professional presentations using Microsoft PowerPoint. This course provides instruction in creating and modifying a presentation; using ready-made designs in PowerPoint; converting an outline to a presentation; entering and editing text; changing the layout of slides; applying a theme to a presentation; switching to different color schemes; and inserting and formatting a table in a presentation.

Instructor: Don White

Section C79; Wed, Jan 26 – Feb 16, 2011; 6:00pm-8:00pm; Calhoun, Decatur Campus
Section C80; Wed, Mar 30 – Apr 20, 2011; 6:00pm-8:00pm; Calhoun, Decatur Campus
Section C81; Sat, Apr 23 – May 14, 2011; 9:00am-11:00am; Calhoun, Huntsville Campus

INTRODUCTION TO MICROSOFT ACCESS 2007 ($95)

Learn how Microsoft's powerful and award-winning database can help you manage, store, search, analyze, and display important information you've collected about your business, home, community, or any other entity. In this practical and project oriented hands-on workshop, you'll learn how to create tables filled with fields and records. You'll build relationships between the tables to eliminate redundancies and slash data entry time. You'll discover how to achieve huge reductions in data entry errors by setting default values, creating validation rules, and building input masks. You'll find out how to make your database more user-friendly with custom data entry forms, smart lists, and other sophisticated controls. You'll learn how to retrieve exactly what you need from your database with powerful queries and reports, and you'll even start automating routine tasks with labor-saving macros.

Register online at www.ed2go.com/calhounccalus. Classes begin each month.

C# PROGRAMMING FOR THE ABSOLUTE BEGINNER ($95)

Learn the fundamentals of computer programming with C#, the in-demand and incredibly useful programming language that incorporates the best features of Visual Basic, C++, and Java. You'll first develop your understanding of programming fundamentals: input/output operations, decision making, and looping. Then, we'll explore the many benefits of object oriented programming, with plenty of vivid, real-life examples.

Then, you'll gain hands-on experience with sequential data files, and you'll be able to build a professional-looking and intuitive Graphical User Interface (GUI) application on your very own computer. Because there is no better way to learn programming that hands-on practice, almost every lesson includes practical examples and assignments you can use to develop your knowledge of programming. Learn to program the right way: by using a state-of-the-art language to build impressive applications on your schedule and on your very own computer.

Register online at www.ed2go.com/calhounccalus. Classes begin each month.

DESIGNING EFFECTIVE WEBSITES ($95)

These days, creating a Web site is so easy almost anyone can do it. But with all the competition on the Web, creating a site that's effective is more challenging than ever. To do that, you need to employ good design principles. Regardless of your current skills or
level of knowledge, in this course you'll master the basics of Web design and learn how to build sites that are better and more effective. Get ready to take your Web design skills to the next level!

We'll examine the tension between form and function, explore the six major states of the Web site development process, and learn the basics of user-centered design. We'll also review the five basic steps to organizing information, find out how site design themes can be used for information delivery, and review Web page design considerations. Along the way, we'll talk about effective type and graphics and explore the idea of Web 2.0.

This course is a must for Web designers, giving the tips and tools that will help them establish a solid career.

Register online at www.ed2go.com/calhounccalus. Classes begin each month.

**EFFECTIVE BUSINESS WRITING ($95)**

Do you have a nagging suspicion that a small improvement in your writing skills might also improve your career prospects? Don't let small gaps in your business writing skills prevent you from reaching your full potential! It doesn't matter whether you're a clerical worker, an engineer, or an executive. If you communicate with others in writing, you need this course to help you identify and eliminate problem areas. By the end of this course, you'll know the secret to developing powerful written documents that immediately draw readers in and keep them motivated to continue until your very last, well-chosen word.

Register online at www.ed2go.com/calhounccalus. Classes begin each month.

**A to Z GRANT WRITING ($95)**

A to Z Grant Writing is an invigorating and informative course that will equip you with the skills and tools you need to enter the exciting field of grant writing! You'll learn how to raise needed funds by discovering how and where to look for potential funders who are a good match for your organization. You'll also learn how to network and develop true partnerships with a variety of funders, how to organize a successful grant-writing campaign, and how to put together a complete proposal package.

This course speaks mainly to nonprofit organizations, schools, religious institutions, and municipalities seeking grants from foundation, corporate, government, and individual donors. It's also an excellent primer for individuals wishing to become grant-writing consultants or community grant-writing volunteers.

Many of this course's elements also easily translate to the for-profit field and to individual artists, and material specifically designed for businesses and individuals is included. No matter who you are or what level of experience you have, you'll find the A to Z of writing and submitting successful proposals here!

Register online at www.ed2go.com/calhounccalus. Classes begin each month.

**HOW TO SELL ON eBay THE RIGHT WAY ($69, includes student book)**

Course Code: CEI 704

Have a professional teach you the right way to sell on eBay. Training delivered by an Education Specialist who uses the most up-to-date training and student materials – the same ones used by eBay University, so you know you’re learning to make the most of eBay to increase your revenue.

Instructor: Heidi Hardman, Education Specialist, eBay University

Section C69: Sat, Feb 26 & Mar 5, 2011; 9:00am-12:00pm; Calhoun, Huntsville Campus

**GENEALOGY BASICS ($95)**

Tracing your family's history is a fascinating journey. Who will you discover? Genealogy Basics will help you understand the genealogy research process and the way we interpret the information we find. This course guides you through the search process for family names using several subscription-based Web sites, which you can access while you're enrolled in the class. Along the way, you'll learn how to handle-on samples that help you dig deeper into your family's past. You'll develop a strategy to accomplish your objectives, evaluate the results, and share that information with others. You'll discover, in simple terms, where to look, who to contact, and how to make your family history come alive. Was it truth or goof? Where's the proof? Find out why close counts not only in horseshoes, but also in hunting your heritage.

Register online at www.ed2go.com/calhounccalus. Classes begin each month.

**ASSISTING AGING PARENTS ($95)**

Are your parents in their golden years? Learning how to help parents or other loved ones through their transition can prepare us for our own. This compassionate and comprehensive class will give you the tools, techniques, and insights for this passage. Growing older is a part of life. Some aspects are joyful, some bittersweet, some frustrating, some frightening. You will learn what to expect, what to watch for, how to deal with physical and emotional challenges, and where to find resources to help. You'll understand the impact of retirement, learn how to choose a nursing home, and be prepared to deal with death. You'll learn about financial and legal considerations, health issues, and family interpersonal relationships. You'll be introduced to special communication skills, observation methods, and coping mechanisms to ease the burden for everyone involved. You'll learn to handle most of the challenges you will face while coming to appreciate and cherish the privilege of the journey.

Register online at www.ed2go.com/calhounccalus. Classes begin each month.

**GUIDING KIDS ON THE INTERNET ($95)**

Work the Web with your kids! This essential course for teachers, leaders, and parents will give you the confidence you need for helping children get the best from Internet access. Step-by-step instructions will lead you in discovering various kid-friendly Internet features. These include web page creation with easy-to-use templates and examples, kid-safe searches, fun resources for kids; and the many communication possibilities for schools, clubs, teacher networks, and even extended families. This course includes lessons for you, the adult, but also features printable instruction sheets that can be used directly with the young people you work with. The activities are informative, interactive, and fun; and, most importantly, will help you and your kids use the Internet to its fullest potential.

Register online at www.ed2go.com/calhounccalus. Classes begin each month.
BALLROOM DANCING ($85)

Course Code: CEI 757
This is a beginning level Ballroom Dance class for those who want to develop and/or improve their social dance skills. The instructor will provide instructions for steps, patterns and proper techniques, including ballroom dance floor etiquette. Three to five dances will be taught depending on class make-up and progress. This course is a social dancing course structured to teach you to dance in a social setting with diverse partners. **You are not required to bring a partner**, but the class, progresses better with an even mix of males and females.
Instructor: Ralph and Mae Ledbetter
Section C85; Mon, Jan 24 – Feb 28, 2011; 6:00pm-8:00pm; Calhoun, Decatur Campus

TAI CHI CHAUN ($59) (watch this video!!)

Course Code: CEI 746
This is a beginning level T'ai Chi class. It is a self-defense art that is not only relaxing but also practical. The soft movements of T'ai Chi help improve balance, coordination, and concentration. The strength derived from internal and external forces helps to improve flexibility, strength, and endurance.
Instructor: Matthew Martinez
Section C59; Mon, Jan 24 – Mar 7, 2011; 6:30pm-7:30pm; Austin High School, Rm HOE, Decatur
Note: Class will not meet on Feb 21
Section C60; Sat, Mar 5 – Apr 16, 2011; 10:00am-11:00am; Calhoun, Huntsville Campus
Note: Class will not meet on Mar 26

BEGINNING YOGA ($55)

Course Code CEI 756
YogaFit Vinyasa Yoga
This is a beginning YogaFit class. YogaFit vinyasa yoga is part of the on-going evolution of yoga in the West. Yoga originated in India several centuries ago as a system of psychological and physical development. YogaFit is part of the hatha yoga tradition and is a vinyasa style. Hatha yoga movements focus on the lower body, especially the hips, hamstrings, and back. Almost all styles of yoga share the same poses. We will use these poses to help create balance in the body and complement the activities of our daily lives. We will involve linking several poses together to create strength, flexibility, endurance, and balance. Our goals in this YogaFit class will be to work all parts of the body equally, to create a non-judgmental and non-competitive experience for each student, and to bring the joy of yoga to everybody in every body.
Note: Student to bring a traditional yoga mat. (Two mats may be stacked for additional comfort).
Instructor: Joan Cox
Section C55; Mon, Mar 14 – Apr 25, 2011; 6:00pm-7:30pm; Austin High School, Rm HOE, Decatur
Note: Class will not meet on Apr 11

YOGAFIT ($29)

Course Code CEI 767
YogaFit Vinyasa Yoga
This is a beginning YogaFit class. YogaFit vinyasa yoga is part of the on-going evolution of yoga in the West. Yoga originated in India several centuries ago as a system of psychological and physical development. YogaFit is part of the hatha yoga tradition and is a vinyasa style. Hatha yoga movements focus on the lower body, especially the hips, hamstrings, and back. Almost all styles of yoga share the same poses. We will use these poses to help create balance in the body and complement the activities of our daily lives. We will involve linking several poses together to create strength, flexibility, endurance, and balance. Our goals in this YogaFit class will be to work all parts of the body equally, to create a non-judgmental and non-competitive experience for each student, and to bring the joy of yoga to everybody in every body.
Note: Student to bring a traditional yoga mat.
Instructor: Flo Doughty
Section C29; Wed, Jan 12 – Feb 16, 2011; 11:30am-12:15pm; Calhoun, Decatur Campus

ZUMBA ($39)

Course Code CEI 768
Zumba makes working out and getting healthy FUN, FUN, FUN! Zumba fuses fun, easy to follow moves with Latin, International, oldies and current music to give you a great workout! You will burn off calories and stress and leave feeling energized! Come join the fun! This class is suitable for all fitness levels.
Note: Student to bring water and a towel.
Instructor: Flo Doughty
Section C39; Sat, Jan 22 – Feb 26, 2011; 10:00am-11:00am; Calhoun, Huntsville Campus

INTRODUCTION TO NATURAL HEALTH AND HEALING ($95)

Would you like to learn more about natural health but don't know where to start? If so, then this is the course for you! We'll discuss the various stages of health and illness, and you'll discover that true health means wholeness of the mind, body, and spirit. You'll start a personal health journal to evaluate your current lifestyle and observe how your behaviors can affect your health. We'll also explore naturopathy, which seeks ways for the body to heal itself. You'll find out about proper breathing techniques that enhance health, and you'll learn the value of hydrotherapy, diet, biofeedback, and fasting. We'll also examine using the power of the mind for healing the body--discussing brain function tests, visualization, and relaxation therapies. You'll see the great power of belief. Then we'll delve into vitamins, minerals, antioxidants, free radicals, and the basic requirements that constitute a healthy diet. After our talk, you'll be able to develop menus that improve health. We'll also look at herbal healing, aromatherapy, body therapies, massage techniques, osteopathy, chiropractic, T’ai Chi, reflexology, yoga, Feng Shui, therapeutic touch, natural remedies for common emergencies, and much more. By the end of this course, you'll have begun taking charge of your own health and healing!

Register online at [www.ed2go.com/calhounccalus](http://www.ed2go.com/calhounccalus). Classes begin each month.
ZUMBATOMIC FOR KIDS! ($29)

Course Code: CEI 769
You’re gonna love the Zumbatomic® fitness program for kids. It’s a fast-forward fusion of the Zumba program’s moves (salsa, cumbia, reggaeton, hip-hop and more) and high-octane workouts designed to let kids ages 4-12 max out on fun and fitness all at the same time. Safe and effective, kids can't wait to get into the Zumbatomic groove. Watch their energy and fitness levels soar as they get the groove. Be sure to bring water!

Note: Student to bring water and a towel.

Instructor: Flo Doughty
Section C29; Sat, Jan 22 – Feb 26, 2011; 11:00am-11:45am; Calhoun, Huntsville Campus

MANNERS ARE MAGIC! FOR CHILDREN ($10)

Course Code: CEI 707
Children ages 8 and up will learn about the history of etiquette, first impressions, handshakes, introductions, boy/girl etiquette, telephone manners and much more! Each child will be given a place setting and taught the correct way to cut with a knife and fork. A snack will be served so each child can practice with a “hostess” at a “party”. This is a fun way to learn and practice good manners!

Instructor: Robin Jennings
Section C10; Sat, Apr 2, 2011; 10:00am-11:30am; Calhoun, Huntsville Campus

BABYSITTERS TRAINING ($35, includes handbook, emergency reference guide, and CD-ROM)

For youth ages 11-15, this course teaches leadership, basic care, safety, safe play, and basic first aid. Students will receive a babysitter's handbook, an emergency reference guide, and a CD-ROM.

Instructor: Becky Spivey
Fee: $35.00, call 256-353-4891 to register and pay
Fri, Apr 22, 2011; 9:00am-3:00pm; American Red Cross, 431 Holly Street, Decatur

EDUCATION TO GO

Calhoun Community College, in partnership with Education 2 Go, offers a wide range of highly interactive courses that you can take entirely over the Internet. All of our courses include expert instructors, many of whom are nationally known authors. Our online courses are affordable, fun, fast, convenient, and geared just for you. Courses are offered in:

Computers and Technology
Graphic design, Web design, computer literacy, programming, PC troubleshooting, networking, database management, Microsoft Excel, Word, Access, QuickBooks, Dreamweaver, Photoshop, Illustrator, Publisher, PrintShop, Windows, Linux, Mac, Oracle, SQL, and more.

Writing and Language
Editing, grammar, technical writing, creative writing, screenwriting, writing for children, poetry, songwriting, journaling, Spanish, French, Braille, and more.

Business and Careers
Entrepreneurship, accounting, business planning, supervision, customer service, human resources, law, project management, administrative assisting, sales, leadership, stress management, assertiveness, communication, and more.

Grant Writing and Nonprofit Management
Career opportunities are plentiful in the fast-growing nonprofit sector. Prepare to take advantage of unprecedented demand for grant writers, fund raisers, nonprofit managers, and more.

Personal Enrichment
Digital photography, personal finance, investing, debt elimination, art, music, history, philosophy, psychology, math, parenting, film, acting, comedy, drawing, outdoor survival techniques, theme park engineering, and more.

Professional Development
Prepare for the GED, GRE, GMAT, LSAT, and other exams.
All courses run for six weeks, with a two-week grace period at the end. Two lessons are released every Wednesday and Friday by noon Eastern time for the six-week duration of the course. You do not have to be present when lessons are released. You will have access to all lessons until the course ends.

For a complete listing of courses available and registration, visit our website at: www.ed2go.com/Calhounccalus