COMMUNITY EDUCATION

LEARN FOR LIFE

DEPARTMENT OF CONTINUING EDUCATION
1500 College Parkway
Elko, NV  89801
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WEBSITE:
www.gbcnv.edu/community.html

REGISTRATION:
www.gbcnv.edu

Personal enrichment classes in Elko, Ely, and Winnemucca
Learn for Life!
With work, family, errands, and chores, who has time?

You do!

Our classes are designed with your busy schedule in mind. We offer classes for all ages at a wide variety of times and locations. Exercise your body and mind, make new friends, and experience the world around you in a slightly different way. New classes start weekly.

Join us for a spring semester full of adventure!

- Beginning Snowshoeing
- Private Pilot Ground School
- Languages: Basque, Spanish, and Russian
- Fly Fishing, Casting, and Rod Building
- Featured Presenter,
  Dr. Meggin McIntosh
- Handwriting Analysis
- Genealogy
- Cooking with Flair
- Home Organizing
- Travel
- Dance
- Gardening

Great Basin College
Continuing Education Department
Elko

Aviation

Private Pilot Ground School
AV 110B E01 Call # 10816
Tuesdays, 1/25–5/17 5:30–8:15 p.m.
EIT 104 $224.25 John Wright
3 credits
Students will be introduced to federal air regulations, aerial navigation, radio, general service, and safety practices.

Business/Industry

Logical Decision Making Process
BI 079Z E01 Call # 12281
Tuesdays, 2/1–3/29 6–8 p.m.
MCML 219 $90.00 Floyd Edwards
Learn techniques to make sound decisions and determine solutions to your problems. These techniques are applicable to all aspects of life.

Crafts and Art

Lariat Basket & Leather Tooling Class
CA 040Z E01 Call # 14034
Saturday, 1/22 9:30 a.m.–3 p.m.
AA 101 $65.00 Jeff Myers
Join Nevada folk artist Jeff Myers in creating a lariat basket with a personalized hand-stamped leather center. Please bring a soldering iron, extension cord, and lunch. Leather stamping tools provided.

All Art of Eggery Courses:
CA 056Z Saturdays
9:30 a.m.–5:30 p.m.
GTA 122
Shandry Jarrell

Western Egg Section E01 Call # 13021
January 22 $98.00
Howdy! Transform an emu egg into a western scene to celebrate cowboy poetry. Class fees include $45 in supplies. It will be a long day partner; don’t forget to bring some grub.

Musical Valentine Egg Section E02 Call # 12779
February 12 $128.00
Design a beautiful musical valentine egg from a rhea or ostrich egg. Bring a snack or lunch to class. The course fees include $60.00 in supplies.

Spring Garden Section E03 Call # 14032
April 2 $110.00
Carve and decorate an ostrich egg for spring. The spring design features lattice design cutting, daisies, sunflowers and bumblebees. The course fees include $65.00 in supplies. Remember to bring a snack or lunch on the day of class.

Beginning Quilting
CA 070Z E01 Call # 12446
Saturdays, 2/26–3/12 10 a.m.–3 p.m.
MCML 222 $75.00 Maureen Figart
Learn rotary cutting techniques, triangle construction, chain piecing, setting blocks, how to add borders, and attach binding. Students will purchase fabrics at the end of the first class. Please bring a sewing machine on 3/5 and 3/12. Bring sack lunch or snack to every class.
Glass Etching
CA 072Z E01 Call # 13969
Saturday, 2/26 9:30 a.m.–1:30 p.m. GTA 122 $45.00 Shandry Jarrell

Learn to create stencils from adhesive foam. Use these handmade stencils with a cream etching compound to decorate glass. The course fees include $20.00 in materials.

French Cooking with Julia Child
Section E01 Call # 10845
1/29 $75.00
With a wink and a nod to one of the world’s most beloved chefs, we will cook some of Julia’s favorite dishes: coq au vin, sole meunière, ratatouille niçoise and tarte tatin just to name a few. This class is hands-on and will include recipes and supplies to complete the dishes. Please bring your own knives, apron, food storage containers, and appetite to enjoy what you create.

Eat, Pray, Love
Section E02 Call # 13017
2/12 $55.00 per student/Couples only
Let’s celebrate all things food! First we visit Rome for pizza and gelato, then Indonesia for kabobs and sates, and Bali for pork in sweet soya sauce. Enjoy a day of exploring different cultures and sampling some of your own exotic creations. The class will include recipes and supplies to complete the dishes. Please bring your own knives, apron, food storage containers, and appetite to enjoy what you create. This class is for couples only.

Rajun Cajun
Section E03 Call # 12430
3/12 $75.00
This class will be rocking with Cajun specialties such as shrimp etouffee, crab cakes with remoulade sauce, and bananas foster. Class is hands-on and includes recipes and supplies to complete the dishes. Please bring your own knives, apron, food storage containers, and appetite to enjoy what you create.

It’s all Greek to Me! Opaa!
Section E04 Call # 12431
4/9 $75.00
All Greek, all the time! We start with Greek meatballs and tzatziki, dolmades, feta cheese Greek salad, moussake, and baklava, and this is just the beginning of our Greek feast! Class is hands-on and includes recipes and supplies to complete the dishes. Please bring your own knives, apron, food storage containers, and appetite to enjoy what you create.

Chef Carole Newman
Creative Cooking Instructor

COOKING WITH FLAIR

All Cooking Classes:
HA 076Z Saturdays 9:00 a.m.–12:00 p.m.
Adobe Middle School Home Economics Room 20 Carole Newman
A Spring Fling
Section E05  Call # 14006
5/14  $75.00
Let’s celebrate a new beginning: roasted game hens, salmon mousse, pots de crème Grand Marnier, carmelized onion and gorgonzola focaccia, and roasted asparagus! Class is hands-on and includes recipes and supplies to complete the dishes. Please bring your own knives, apron, food storage containers, and appetite to enjoy what you create.

Health

All Classes: Basic Life Support for Health Care Providers
Fridays  8 a.m.–12:30 p.m.
HSCI 110 $75.00  Karen Mowrey

HCI 003Z E01 Call # 14022 1/28

HCI 003Z E02 Call # 34444 2/11

HCI 003Z E03 Call # 35941 3/4

HCI 003Z E04 Call # 10886 4/8

Students will master CPR skills necessary for various ages (infant, toddler, adult). Learn about Automated External Defibrillator (AED), foreign body airway obstructions, and how to use a bag mask device.

Language

Basque Language: Intermediate
LANG 010Z E01 Call # 14004
Thursdays, 1/27–5/12  1–2:15 p.m.
MCML 211 $20.00  Anita Franzoia
Students will use BOGA computer program to utilize instantaneous word search and cultural lessons. Students will converse in Basque with the teacher. Internet will be used for various applications.

Spanish for Travelers
LANG 011Z E01 Call # 14530
Mondays, Wednesdays, 5/2–6/8  6–8 p.m.
HSCI 106 $110.00  Sherry Blair
This class is for students with little or no background in Spanish. Learn basic conversational skills to prepare for travel and common situations. No class on May 30.

Conversational Russian
LANG 013Z E01 Call # 11696
Wednesdays, 1/26–5/11  5:30–8 p.m.
EIT 104 $150.00  Lyudmyla Gray
Students will learn basic conversational Russian over the course of a semester in small-group study. Textbook material will be made available on the first day of class.

Leisure

Beginning Snowshoeing
LSR 006Z E01 Call # 10903
Tuesday, 2/15  7–8:30 p.m.
MCML 222

Thursday, 2/17  6–9 p.m.
Outdoors $20.00  Peter Bagley
Location TBA
Join us this February for a full moon snowshoe hike! Learn snowshoeing and winter safety techniques on Tuesday evening, February 15. Enjoy a full moon snowshoe hike the following Thursday night, February 17. Discount snowshoe equipment rental will be available to students at Cedar Creek Clothing.
Fly Casting
LSR 011Z   E01   Call # 14029
Saturday, 4/2   8 a.m.–12 p.m.
National Guard Armory   $15.00
Dwight Stake
Enjoy the beautiful rhythmic flows of fly casting.
Learn the art of basic forward cast and the roll cast.
Class covers rod set up, fly lines, and how to make
a practice fly-casting rod.

Country Swing Western Dance
LSR 017Z   E01   Call # 10912
Wednesdays, 1/5–1/19   6:45–8 p.m.
THTR   $20.00
Daniel Johnson
Join the fun! Learn basic beginner steps, the
Country Swing, and Pony Swing! No partner needed
to sign up. Families and youth welcome!

Beginning Guitar
LSR 026Z   E01   Call # 14009
Mondays, 2/7–4/11   7–8:15 p.m.
AA 102   $80.00
Louis Gunnels
Bring your own acoustic or electric guitar for eight
lessons including basic music, musical styles and
genres, and musicianship. Students will explore
various parts of the guitar, how it is held, cared for,
and played. Topics such as scales, keys, key
signatures, triads, and diads will be covered. No
class on 2/21 and 3/21.

Custom Fishing Rod Building
LSR 028Z   E01   Call # 13009
Tuesdays, 1/25–3/29   6– 9 p.m.
GTA 111 & 113   $30.00
Dwight Stake
Instructor will explain all parts of spinning, fly, and
bait casting rods. Students will make tools and
assemble custom handles using thread art for
custom lettering and design. Booklet included in
class fee.

Beginning Fly Tying
LSR 029Z   E01   Call # 14011
Wednesdays, 1/26–3/30   7–9 p.m.
GTA 124   $25.00
Dwight Stake
If you enjoy fishing in the beautiful lakes and
streams of Northeastern Nevada, this is the class
for you! Learn how to use the basic tools and fly-
tying materials to tie flies in various stages of the
life cycles. Learn rod setup, rod action casting and
more. Students will also learn about the fishing
rivers and lakes.

Handwriting Analysis
LSR 032Z   E01   Call # 11279
Thursday, 2/3–3/10   6:15–7:30 p.m.
MCML101   $80.00
Sandra Marczak
Discover how each stroke of handwriting reveals
the personality of the writer. Graphoanalysis is a
scientific method of personality assessment based
on research that was carried out by both empirical
and clinical processes. Handwriting reveals
intelligence, achievement, potential, emotional
stability, sociability, aptitudes (basic vocational),
fears and defenses, and imagination. Business
executives, health professionals, attorneys, police,
credit managers, and even parents hoping to better
understand their children all use it. Graphoanalysis
is dedicated to human understanding and
happiness.

Handwriting Analysis
LSR 032Z   E02   Call # 14003
Thursday, 2/3–3/10   6:15–7:30 p.m.
MCML 101   $55.00
Sandra Marczak
This section is discounted for seniors age 62 and
over. See above description.

Instructor Spotlight: Sandra Marczak
Sandy was introduced to
Graphoanalysis and took the 8
Basic Steps class through Great
Basin College over 22 years ago.
(Of course it was not called GBC
then, but Northern Nevada
Community College.) Dorothy
Jackson was the instructor, and
Sandy feels very fortunate to have
learned from the best. Dorothy
was a Master Graphoanalyst and a published columnist in
many newspapers around the country. Sandy says she
knew instantly, while reading about the class, that it was
the class for her. She went on to become certified through
the International Graphoanalysis Society of America
(IGAS) in 1990. The study of Graphoanalysis really
changed her life. Sandy’s dream to teach Graphoanalysis
at the college became a reality in 2009, when her good
friend and colleague Joan Zunino, retired from teaching
the class and turned it over to her. Sandy is passionate
about handwriting analysis and looks forward to many
more years of sharing her knowledge through
Continuing Education classes at GBC!
Introduction to Creative Photo Composition Using Digital Photography
LSR 055Z   E01   Call # 12146
Tuesdays, 1/25–3/1    6–8 p.m.
EIT 208 $125.00 Charles Ekburg
Students will learn to organize shapes and colors in a manner that will draw and sustain powerful viewer interest and minimize/eliminate post-camera processing time. As well, the instructor will teach students to merge basic camera functions with their creative efforts. The class requires a digital camera with standard memory card or standard download cable (no phone cameras). Students will benefit greater if their cameras have manual setting abilities. The instructor will evaluate student progress through classroom presentations.

Creative Photo Composition Using Digital Photography II
LSR 055Z   E02   Call # 12450
Tuesdays, 3/8–4/19    6–8 p.m.
EIT 208 $125.00 Charles Ekburg
Instructor will tutor students in advanced elements of creative photographic composition using a process called "image pre-visualization" and guide them in using advanced camera techniques. Students will learn to use pre-visualization to create exciting images from even mundane subjects and learn how to develop their own unique individual photographic styles. This class requires a digital camera with manual setting capabilities and standard memory card or standard download cable (no phone cameras). No class on 3/22.

Swimming for Adults
LSR 063Z   E01   Call # 12280
Monday & Wednesday, 1/24–4/20
8:30 a.m.– 9:30 a.m.
Elko City Pool $171.00 Jana DeLong
This course is designed to improve your swimming fitness. Whether you just need a little help and someone to give you workouts or you need to learn the proper form for each of the swimming strokes, this class is for you. Intermediate swimming skills are a prerequisite (must be able to put your face in the water, and float on front and back without help.) No class on 4/4 and 4/6.

Water Aerobics
LSR 063Z   E02   Call # 14025
Tuesday & Thursday, 1/25–4/21 7–8 p.m.
Elko City Pool $130.00 Jana DeLong
This is an exercise class in chest deep water. You will be doing a warm up, cardio section, arm, abs, leg strengthening, and cool down. Exercise can be adapted to high or low activity levels. Great for all fitness levels since water can be supportive to the body.

Instructor Spotlight:
Jana DeLong
Jana started out in the Aquatics “field” as a lifeguard in 1987. She became a Red Cross Water Safety Instructor in 1988 and has been teaching swimming to all levels ever since then. She graduated from college with a Bachelor of Science in Wellness Management from Black Hills State University in 1995. After working part-time at the Elko pool, Jana became the Assistant Swimming Pool Manager in 1999. She is also an Instructor for the American Red Cross and teaches Professional CPR, First Aid, Lifeguarding and Water Safety. Jana is certified through the Aquatic Exercise Association (AEA).

Container Gardening: The Edible Garden
LSR 065Z   E01   Call # 13013
Saturday, 5/28 10–11 a.m.
Colorscapes $5.00 Marvel Clyde
Green House
Class will be held at Colorscapes, 167 Pleasant Valley Road #5. Incorporating edibles (veggies and herbs) into flower beds and container gardens will add color, fragrance, and bounty!
Cajun/Zydeco Dance
LSR 074Z  E01  Call # 12460
Tuesday, 3/8–3/29  6:45–8 p.m.
CSL Solarium  $20.00  Richard Sturm
Join the toe-tappin' lively rhythm of Cajun/Zydeco music and learn to dance the Cajun/Zydeco two-step, waltz, and shuffle. No partner needed to sign up. A fun time is guaranteed! Families with children are welcome.

Golf
LSR 100Z  E01  Call # 10890
Monday - Thursday, 5/23–6/2  2:30 – 4:30 p.m.
Ruby View  $100.00  Carl Smith
Golf Course
Class will be held on the following dates: May 23, 24, 25, 26, 30, 31, June 1, and 2. This course is designed to take a beginning golfer and give them the skills to feel comfortable playing on their local course. You will learn: correct grip, proper posture at address, how to align your body to the target, the most important golf rules, and course etiquette. The skills covered will include putting, chipping, pitching, and the full golf swing. Instruction will take place on the driving range, putting green, and golf course. Participants will play two nine-hole rounds at Ruby View Golf Course. Green fees and range balls are not included in the price.

Personal Development

Introduction to Genealogy
PD 078Z  E01  Call #10873
Saturday, 3/5  9–11 a.m.
HTC 110  $25.00  Coralee Griswold
This class is designed to take you step-by-step through the process of genealogical research. You will be introduced to the resources and techniques needed to track down the information about your family's history and to build a family tree. This class is intended for beginners and for people who have been doing genealogy for a while, but need some help putting it all together and keeping it organized.

Genealogy
PD 078Z  E02  Call #12444
Saturday, 3/19  9–11 a.m.
HTC 110  $25.00  Coralee Griswold
After developing your chart you will bring it to class where you will be aided in the use of internet resources. This is a hands-on class, and you will be introduced to several different sites to further develop your research. Some knowledge of the Internet is helpful but not required. Following this class you will be able to explore many of these sites at your own leisure.

Instructor Spotlight:
Coralee Griswold
Coralee is a fifth generation Nevadan, spent her youth on a remote ranch in White Pine County. She has been in and around the Elko community, through shopping, family, and social links since youth. Coralee earned a degree in Nursing at Northern Nevada Community College (now Great Basin College) followed by a bachelor’s of science degree from the University of Nevada, Reno.

An avid researcher, she was led to genealogy when her grandmother handed her letters, dating from the late 1880’s. “From relatives,” her grandmother explained, then went on, “one was written to my father from his mother when he was 21, explaining that his father was really his stepfather AND his first cousin, therefore sharing the same surname.”

At this point, Griswold said her brain struggled to make sense of the questions that were forming around her. The names were not familiar, and her grandmother did not know all the individuals written about in the letters. This is when Griswold was irremediably hooked on genealogical research.

Coralee states, “The more one researches, the more one finds themselves continually looking for names, dates and places; looking feverishly through records at various libraries, courthouses, graveyards, and through internet databases. The more one finds, the harder one will dig for their own family history.”

Griswold’s emphasis of research has been within the United States. She also has some experience in Canadian, Irish and Italian records. She is most known for her work with the Griswold Family Association. Griswold has authored and edited: The Griswold Family: 12 Generations in England; and The Griswold Family, The Sixth & Seventh Generation.
“Hunks, Chunks, and Bites (or How to Eat an Elephant): Managing Your Small & Large Projects”  
**PD 103Z E01 Call # 12427**  
Friday, 2/4 8 a.m.–4 p.m.  
TBA $149.00 Meggin McIntosh

You have projects…lots of them. Consider this definition of a project: “A non-routine series of task directed toward a goal.” (Snead & Wycoff, 1997).

Or, maybe you’d rather think about David Allen’s definition: “A project is anything that takes two or more steps to complete.” Whew! That puts it into perspective, doesn't it?

I’ll say it again: You have lots of projects. I’ll also wager this: You could use some help managing those projects. This workshop will offer you structures and strategies for conceptualizing and completing your projects.

“Hunks, Chunks, and Bites: Managing Your Small & Large Projects” is for people who have projects that they want to complete and are a bit frustrated by not getting them completed—and who may not be sure why they aren't getting them completed (or even started!)

Note: This workshop is not for someone who is trying to build a building or plan a national convention for 50,000 attendees. It's for people who need (and want) to
- Design a website
- Hire an assistant
- Help a child apply for college
- Market a booklet
- Get more members for an association
- De-clutter their home, office, and/or garage
- Write a dissertation, thesis, or book

And the like…

Sound similar to some of your projects (that aren't quite done)? Then take part in “Hunks, Chunks, and Bites” so you can design and manage these projects right to completion.

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“Seven Sane and Sensible Practices (So You Control Your Digital Deluge Instead of It Controlling You)”  
**PD 104Z E01 Call # 12429**  
Saturday, 2/5 8:30 a.m.—12 p.m.  
HTC 123 $85.00 Meggin McIntosh

1. Have you (and everyone else you know) 'had it' with email?
2. Does the time you spend on email increase, no matter what you do?
3. Are you feeling bombarded by information—some of which you want and some of which you do NOT want?
4. Is your #1 task for the day sometimes not completed…yet you've dealt your incoming emails?
5. Do you actually love email and various web-based tools and want to be a power user instead of “dabbling” in it?

Well, then you would be wise to be part of the upcoming session with Dr. Meggin McIntosh, “The Ph.D. of Productivity™.” She will teach you “Seven Sane and Sensible Practices (So You Control Your Digital Deluge Instead of It Controlling You!” The Seven Sane and Sensible Practices all include words beginning with “D:” determine, delete, decide, defer, defend, devalue, deploy. You may think you know what to do, but, if you answered ‘yes’ to any of the 5 questions above, you don't...at least not yet.

Here’s what participants in this fast-paced, practical workshop can expect to learn:
- How to decrease the amount of time you spend on email by at least 50%;
- How to increase the clarity of your communication, thereby amplifying your own and others' productivity; and
- How to maximize your sense of satisfaction about your workday.
- How to amplify your brain's resources to better complete your work...peacefully. Predictably, and productively.
Instructor Spotlight:
Dr. Meggin McIntosh

Dr. McIntosh is “The Ph.D. of Productivity™”!
Through her company, Emphasis on Excellence, Inc., Meggin has optimized the momentum of thousands of professionals who want to become more productive. She does this through seminars and workshops on time, paper, information and life management. In addition, Meggin consults with individuals in their offices to ensure their organization and productivity in the work environment and publishes several no-cost weekly e-zines subscribed to by professionals around the world. Access one or more of these:

Top Ten Productivity Tips
(www.toptenproductivitytips.com)

Keys to Keeping Chaos at Bay
(www.keepingchaosatbay.com)

I Want to Be Just Whelmed!
(www.justwhelmed.com)

Meggin is known for her humor and practical knowledge. While a professor and administrator at the University of Nevada, Reno, Dr. McIntosh won numerous teaching awards—at the college, university, state, and national levels. In December 2003, she left academia to be able to focus fully on her company's mission of changing what people know, feel, dream, and do.

As Dr. McIntosh helps you learn “Seven Sane and Sensible Practices. Expect to gain ideas you will put into practice immediately.

This will be a powerful presentation for you and your colleagues. Don't miss it!

Home Organizing for All
PD 105Z E01 Call # 12032
Wednesday, 2/16 6–9 p.m.
MCML 101 $45.00 Jill Phillips
Learn proven techniques to organize everything from kitchen chaos and stacks of stuff to closet clutter and craft-room craziness. Take your home from a "cluttered place" to a "unique space." Organizing reduces stress and increases productivity while leading to monetary savings and a simplified life!

Instructor Spotlight: Jill Phillips

Jill is a Professional Organizer and owner of Unique Spaces Organizing in Elko, Nevada. Jill specializes in residential and small business organizing. She believes that being organized is a process that can be taught to anyone, and she enjoys helping others master that skill. She also believes that an organized environment/life can increase productivity, release anxiety, and change lives for the better.

In her free time she is an avid gardener, reader, and "organizing junkie."

Writing for Publication
PD 060Z E01 Call # 12425
Wednesday, 1/26 – 5/11 6–8 p.m.
EIT 208 $85.00 Floyd Edwards
Converting an idea into the right words for publication is a skill one can learn. This class will cover the notable differences between various genres, subject matters and writing styles. The instructor has been published in technical journals, editorials, short fiction, and novels. Bring your ideas for assistance in maximizing the potential in today's markets. Group critique skills will be developed for those willing to participate.
Self Defense Tactics
PD 008Z E01 Call # 12464
Wednesday, 1/19 5:30–9:00 p.m.
AA 102 $45.00 Lisa Abbott
Self Defense involves much more than just physical fighting. This class covers all aspects of Women's Self Defense, which includes what to expect before, during, and after an assault. It is an important class for any woman who would like to become more aware of personal defense strategies and tactics.

Self Defense Tactics
PD 008Z E02 Call # 14038
Saturday, 1/22 8:30 a.m.–12:00 p.m.
AA 102 $45.00 Lisa Abbott
See description above.

Pilates
PD 067Z E01 Call # 14043
Tuesday, Thursday, 12/28–1/20 4–5:15 p.m.
Old Sage Gym $45.00 Terri Covert
(Multi Purpose Room)
This class features non-impact exercises to develop strength, flexibility, and balance by training core abdominal and back muscles. Class meets at the old Sage Elementary Multi-purpose room. No class on 1/4.

Instructor Spotlight:
Terri Covert
Terri is originally from Grass Valley, CA and is studying in the area of Bachelor of Arts in Integrative Studies, Resource Management. Covert enjoys spending every moment she can outdoors exploring the landscape of the Great Basin... “I love the wide open spaces. I also enjoy reading, gardening, and competitive sports!” Terri teaches a variety of physical education courses at the Fitness Center. She instructs Pilates, Body Conditioning & Contouring, and Kettle Bells. Covert finds that GBC offers a multitude of outdoor field school experiences. Covert says GBC is an energetic and engaged campus. “The small class size at GBC helps me connect with my professors. I feel like my education is a partnership.” Join Terri in her physical education classes!

Beginning Belly Dancing
PD 069Z E01 Call # 12445
Fridays, 2/25 – 5/6 4–5:15 p.m.
AA 102 $75.00 Annie Miceli
Discover sensuous Middle Eastern dance. Learn basic dance steps and combinations. An overview of principles, music theory, and choreography is included. Learning finger cymbals in optional. No class 3/25.

Intermediate Belly Dancing
PD 070Z E01 Call # 10282
Fridays, 2/25 – 5/6 5:30–6:45 p.m.
AA 102 $75.00 Annie Miceli
Expand basic footwork and learn combinations, music theory, choreography, isolation, layering, transitions, and spins. Learn to use finger cymbals which can be purchased from the instructor. No class 3/25.

Fitness Center Membership
PD 008Z E01 Call # 14157
Monday–Saturday, 1/24–5/13 Fitness Center Hours
GBC $55.00 Norm Cavanaugh
Fitness Center
Can attend Monday through Saturday dependent on open GBC Fitness Center hours. Students must be taking at least three credits to be enrolled in this class.

Physical Education

Total Fitness Workout
PE 001Z E01 Call # 10884
Monday and Wednesday, 1/24-5/11 4-5:15 p.m.
FIT 1 $160.00 Jennifer Stieger
Gain knowledge of muscle groups and learn your target heart rate. Improve your cardiovascular endurance, body composition, flexibility, and strength through aerobics, weight-lifting, and core conditioning exercises.

Driver Education

Behind the Wheel Drivers Education
DE 001Z ES9 Call # 12505
Days TBA 3/11–5/13 Times TBA
$ 175.00 Luke Sellers
This is a self paced class, and the instructor will arrange a driving schedule with students. Prerequisite: Valid Nevada Drivers Permit.
Basic Online Driver Education for High School Students

TT 109B  IK1  Call # 35852
Online, 1/25–3/29  2 credits
Tim Wickersham  $35.00

TT 109B  IK2  Call # 37436
Online, 2/22 – 5/3  2 credits
Chris Murphy  $35.00

TT 109B  IK3  Call # 35942
Online, 3/15–5/24  2 credits
Joe de Braga  $35.00

TT 109B  IK4  Call # 35860
Online, 4/12 – 6/21  2 credits
Luke Sellers  $35.00

TT 109B  IK5  Call # 35900
Online, 5/10–7/1  2 credits
Charles Ayers  $35.00

This class is required for first-time drivers under the age of 18 applying for their license in Nevada! Topics include traffic laws and rules of the road, vehicle control techniques, dangers of distracted or impaired driving, and how to navigate a roundabout. This course is web based. Students will be mailed their login and password just prior to the start date. Please sign up early. No enrollments will be accepted after class starting date. Sessions are offered several times each semester. Prerequisite: Must be 15 years of age to enroll.

Wood Carving

HOME ARTS

HA 096Z  Y01  Call # 28092
Wednesdays, 2/2–2/23  7–9 p.m.
GBC 101  $75.00  Martin Sorenson
Learn how to carve your own figurine. Students will have to supply their own tools and safety glasses. The total cost includes these materials: knife, glove, and wood.

Contemporary Dance

LEISURE

LSR 047Z  Y01  Call # 28094
Tuesday & Thursday, 1/25–2/22  7–9 p.m.
TBA  $115.00  Bree Morrison
This class is an exploration of movement and dance with emphasis on performing. Men, women, and high school age students are welcome to enroll. $15 facility fee included in cost of class.

Contact Improvisation

LSR 074Z  Y01  Call # 26446
Mondays, 1/24–2/28  7–9 p.m.
TBA  $ 65.00  Bree Morrison
Practice will include rolling, falling, and being upside down. The class also will follow a physical point of contact, plus supporting and giving weight to a partner. There is a $15.00 facility fee included in the total cost of class. There will be no class on 2/21.

Wood carving figurines by Martin Sorenson
Personal Development

Renewal Weapon Permit
PD 009Z Y01 Call # 15545
Friday, 5/13 6–9 p.m.
GBC 109

Saturday, 5/14 8 a.m.– 5 p.m.
Ely Firing Range $25.00 William Book
This class is for anyone who needs to renew their concealed firearms permit. There is review of laws and firearm safety. The student must pass the shooting test. Do NOT bring firearms to class.

Martial Arts
PD 102Z Y01 Call # 26454
Monday – Thursday, 2/1–3/11 7–8 p.m.
TBA $130.00 David Crook and Dusty Lamb
This class features Polynesian martial arts with aspects of Kenpo and Kung Fu. Program covers exercises and breathing techniques with blocks, kicks, and punches to increase physical strength, balance, coordination and mental awareness. Students must attend two classes per week. There is no class on 2/21.

Winnemucca

Aviation

Private Pilot Ground School
AV 110B W01 Call # 29593
Thursdays, 1/22–5/20 7–9:45 p.m.
WCC 124 $224.25 Irl Franklin
3 credits
Students will be introduced to federal air regulations, aerial navigation, radio, general service, and safety practices.

Home Economics

Beginning Cake Decorating
HEC 122B W01 Call # 30947
Tuesdays, 1/22–5/20 1–3 p.m.
WCC 202 $149.50 Karen Anderson
This course will introduce the beginner to traditional cake decorating techniques as well as the modern use of rolled fondant. Students will have the opportunity to apply their skills preparing cakes for a variety of occasions.
Experience the incredible beauty of the Basque Regions of France and Spain:

San Sebastian  Pamplona  St. Jean Pied de Port and Luz
Bilbao       Markina      Lekeitio
Gernica       Bermeo       Bakio

12 Days and 10 Overnights
Optional academic credit available through GBC.

Join this private tour designed by Anita Francoia in conjunction with EF Customized Tours: www.eftours.com
Tour #422778

Trip includes: Round trip airfare from Salt Lake City, first-class hotel accommodations with private bathrooms, continental breakfast daily, dinner daily, service of a full-time tour guide, ground transportation, entrance to the Guggenheim Museum and Plaza de Toros, free time at the San Fermin Festival Running of the Bulls, and Karmen Festival

Approximate Cost: $3,185 per traveler (based on the number and age of travelers)

$95 enrollment fee holds your spot!
Enroll early to get the best pricing!
Tour price will increase closer to date of departure!

FOR MORE INFORMATION:
Contact Angie de Braga, 775-753-2231 or angied@gwmail.gbcnv.edu
LAST ENROLLMENT OPPORTUNITY: MARCH 18, 2011