

PROFESSIONAL DEVELOPMENT

Food Sanitation

Classes held at Highland Community College and JoDavies/Carroll AVC

This course is for managers or representatives of food service establishments who require certification. A certificate of completion will be awarded to students who meet all course requirements, including the completion of the state examination. Pre-registration for this class is required. **Textbook is required for this class. Successful students will earn 1 credit hour.**

HMEC192ACC 6717
Date: January 14 – March 4
Day: Thursday
Time: 7:00 p.m. – 9:15 p.m.
Location: HCC Student Conference Ctr., Room H117
Cost: \$91, 1 credit
Instructor: Georgia Balsamo

HMEC192BCC 6718
Date: March 18 – May 6
Day: Thursday
Time: 7:00 p.m. – 9:15 p.m.
Location: HCC Student Conference Ctr., Room H117
Cost: \$91, 1 credit
Instructor: Georgia Balsamo

HMEC192ECC 6729
Date: February 1 – March 15
Day: Monday
Time: 3:00 p.m. – 6:00 p.m.
Location: JoDavies/Carroll Area Vocational Ctr, Elizabeth, IL
Cost: \$91, 1 credit
Instructor: Sharon Zigmont

HMEC192FCC 6730
Date: March 29 – May 10
Day: Monday
Time: 3:00 p.m. – 6:00 p.m.
Location: JoDavies/Carroll Area Vocational Ctr, Elizabeth, IL
Cost: \$91, 1 credit
Instructor: Sharon Zigmont

Food Sanitation Refresher Classes

This class is only for currently licensed students who have been notified that their license is due for renewal and who have been notified that they can renew by taking this refresher course. Note: It is critical that each student bring their current sanitation license ID number with them to the refresher class so that license renewal paperwork can be submitted by the instructor as soon as the refresher session is completed.

CED020ACC 6719
Date: March 11
Day: Thursday
Time: 12:30 p.m – 5:30 p.m.
Location: HCC Student Conference Ctr., Room H208
Cost: \$30
Instructor: Georgia Balsamo

CED020BCC 6720
Date: May 13
Day: Thursday
Time: 12:30 p.m – 5:30 p.m.
Location: HCC Student Conference Ctr., Room H210
Cost: \$30
Instructor: Georgia Balsamo

CED020ACC 6719
Date: March 11
Day: Thursday
Time: 12:30 p.m – 5:30 p.m.
Location: HCC Student Conference Ctr., Room H208
Cost: \$30
Instructor: Georgia Balsamo

Highly Successful Presentations

Imagine making a presentation of yourself and your products or services, and your audience hangs on every word and surrounds you after your talk! Attend this workshop and learn the four stages of presentations, cornerstones of successful communication, and how to use your eyes, voice, gestures, breathing, and voice patterns to become more credible and approachable. Class size is 20.

WFD 052 ACC 6745
Date: March 5
Day: Friday
Time: 9:00 a.m. – Noon
Location: HCC Student/Conference Ctr., Room H-210
Cost: \$60
Instructor: Dieter Ammann

Planning for Better Time Management

Have you wanted to be better organized and get more done on your job? Participants will better understand the process of creating and maintaining the conditions of effectively executing plans, learn to identify the three major steps in the planning process, recognize the elements of executing plans, and be able to identify major time wasters and counters for each. Class size is 20.

WFD 052 BCC 6746
Date: May 7
Day: Friday
Time: 9:00 a.m. – Noon
Location: HCC Student/Conference Ctr., Room H-210
Cost: \$60
Instructor: Lydell Manning

Basics of Non-Profit Fund Raising: Picks, Pans and Snip-Its

Participants will learn about the importance of planning for fund raising, while incorporating the necessity to “color outside the lines”, at the same time. Do’s and don’ts, maximizing volunteers (including the board!), institutional readiness, and marketing tips will be included in this overview of fund development basics. Class size is 20.

WFD 052 CCC 6753
Date: April 28
Day: Wednesday
Time: 6:00 p.m. – 9:00 p.m.
Location: HCC Student/Conference Ctr., Room H-210
Cost: \$50 (refreshments included)
Instructor: Kathleen Weber, CFRM

Blueprint Reading Workshop

Do you need hands-on training in reading blueprints on the job? Here’s your chance to learn how to read, interpret and communicate using prints. Learn to work with the components common to Mechanical Engineering Prints. Topics include title blocks, dimensioning, tolerances, linetypes, symbols, terminology, measurement, orthographic projection, sectioning, detail, and pictorial views. Class size is 20.

WFD 048 ACC 6743
Date: February 20 & 27
Day: Saturday
Time: 8:30 a.m. - Noon
Location: HCC Marvin-Burt Liberal Arts Ctr., Room M-122
Cost: \$125
Instructor: Scott Anderson

Geometric Dimensioning & Tolerancing

Acquaints students with the means of identifying engineering design and drawing requirements with respect to the function and relationship of a part feature. Topics include symbols, rules, terminology, geometric characteristics, datums and inspection as related to the ASME Y14.5- 1994. At the conclusion of this course the student will be able to interpret geometric symbols applied to a mechanical print. Class size is 20.

WFD 048 BCC 6744
Date: March 13 & 20
Day: Saturday
Time: 8:30 a.m. – Noon
Location: HCC Marvin-Burt Liberal Arts Ctr., Room M-122
Cost: \$125
Instructor: Scott Anderson

DOT Haz Mat

This one day course provides an overview of the Training Requirements, Packaging, Hazard Communication and Security issues as they relate to transportation. DOT Hazardous Materials Regulations (HMR 49CFR Parts 171 – 180) require training and certification for anyone shipping or receiving haz-mat in relation to the transportation of hazardous material. This may include filling packages, labeling or marking of containers, preparing and or signing shipping papers. Class size is 20.

WFD 048 CCC 6747
Date: March 2
Day: Tuesday
Time: 8:00 a.m. – 5:00 p.m.
Location: HCC Student Conference Ctr., Room H-210
Cost: \$149
Instructor: John Vaughan

8 Hour HAZWOPER Annual Refresher Course

Pre-Requisite: OSHA 40 Hour or 24 Hour HAZWOPER training. This annual refresher course meets the requirements of OSHA 29 CFR 1910.120 for eight hours of required annual refresher training for workers in waste operations., RCRA activities and emergency response. A review of PPE, chemical hazards, permit-required confined space entry, and other HAZWOPER topics will be included. Students are encouraged to discuss site specific issues and concerns. Class size is 20.

WFD 048 ECC 6748
Date: March 17
Day: Wednesday
Time: 8:00 a.m. - 5:00 p.m.
Location: HCC Student Conference Center, Room, H-210
Cost: \$149 (materials included)
Instructor: John Vaughan

Forklift Operator Safety Training

Prerequisite – Age 18 and older
Participants will gain basic knowledge needed to safely operate a powered industrial lift truck. The class includes lecture with a power point presentation, discussion, video presentation and a written exam. After successful completion of the written exam students will receive a certificate of completion which they may take to their employer

for site and function specific testing that is required by regulation. Class size is 20. Save time and money by bringing this class to your workplace and training your workers on site. Call 815/232-1362.

WFD 048 FCC 6749
Date: April 20
Day: Tuesday
Time: 8:00 a.m. – 12:00 p.m.
Location: HCC Student Conference Ctr., Room H-210
Cost: \$95 (materials included)
Instructor: John Vaughan

Introduction to Microsoft Excel 2007

Prerequisite: Working knowledge of Microsoft Windows
This class provides an introduction to the generation and use of spreadsheets using Microsoft Excel 2007. Learn about editing operations, format properties, workbooks vs worksheets, and formulas and functions. Students are instructed with lecture and in class activities. Class size is 14.

WFD 011 ACC 6750
Date: February 16 & 23
Day: Tuesday
Time: 9:00 a.m. – 11:50 a.m.
Location: HCC Technology Ctr. Room T-159
Cost: \$50
Instructor: Rudy Nielsen

Promote Your Business with Twitter & Facebook

Learn to target market your business inexpensively with today’s viral marketing methods: Twitter and Facebook. This hands-on computer class will show you how to create accounts and events, and add friends and Facebook pages with your business’ promotion in mind. The course will also include tips on social bookmarking and how to start a blog. Class size is 14.

WFD 011 CCC 6752
Date: April 13 & 20
Day: Tuesday
Time: 6:30 p.m. – 8:30 p.m.
Location: HCC Technology Ctr., Room T-159
Cost: \$60
Instructor: Nancy Barker

PERSONAL ENRICHMENT

Self Defense

Learn techniques for protecting and defending yourself in a variety of situations. Men and women can benefit from the physical and mental aspects of this training, offered by our experienced instructor. Students should purchase the book, *Self Defense: Steps to Survival* by Katy Mattingly, in the college bookstore. Participants should wear comfortable clothing. Men must wear an athletic cup. A note pad and pen are suggested. Maximum class size is 10.

PERS 037N 6762
Date: February 2 – March 9
Day: Tuesday
Time: 8:00 p.m. – 9:00 p.m.
Location: YMCA Multi-Purpose Room
Cost: \$35
Instructor: Allen Reed

Computers Made Easy for Seniors

This non-threatening, hands-on class will help you ease into computer-age technology and become familiar with the jargon, concepts and basic operations.

DATP 110CA 6763
Date: April 6 & 8, 13 & 15
Day: Tuesday & Thursday
Time: 9:00 – 11:30 a.m.
Location: HCC Technology Ctr., Room T-159
Cost: \$38
Instructor: Bob Baker

DATP 110CB 6764
Date: April 6 & 8, 13 & 15
Day: Tuesday & Thursday
Time: 1:00-3:30 p.m.
Location: HCC Technology Ctr., Room T-159
Cost: \$38
Instructor: Bob Baker

Internet and Email for Seniors

Examine the fascinating world of the Internet. Learn how to send and receive messages and attachments via email, search various websites for information, and understand the basics of the World Wide Web.

DATP 110CC 6765
Date: April 20 & 22, 27 & 29
Day: Tuesday & Thursday
Time: 9:00-11:30 a.m.
Location: HCC Technology Ctr., Room T-159
Cost: \$38
Instructor: Bob Baker

Internet and Email for Seniors

Examine the fascinating world of the Internet. Learn how to send and receive messages and attachments via email, search various websites for information, and understand the basics of the World Wide Web.

DATP 110CD 6766
Date: April 20 & 22, 27 & 29
Day: Tuesday & Thursday
Time: 1:00-3:30 p.m.
Location: HCC Technology Ctr., Room T-159
Cost: \$38
Instructor: Bob Baker

Card Making

Learn the beautiful and useful art of making custom cards by hand. Students will learn a variety of card making techniques, including simple fold cards, embellishments, layered paper and embossing in Session 1, and much more in the class meetings to follow. Students will need to bring a ruler, small sharp scissors, a pencil, a small notebook and double-sided tape to each class. The instructor will have a packet of materials available for \$12 at the first class.

CED 020NA 6767
Date: February 3 & 17, March 3 & 17
Day: Wednesday
Time: 6:00-8:00 p.m.
Location: HCC Fine Arts Building, Room FA-062
Cost: \$20
Instructor: Debbie Miller

CED020 NB 6768
Date: March 31 & April 7, April 21 & May 5, 2010
Day: Wednesday
Time: 6:00-8:00 p.m.
Location: HCC Fine Arts Building, Room FA-062
Cost: \$20
Instructor: Debbie Miller

Crocheting

Classes will be held in Verna’s new upstairs classroom. In this class, you will learn to make a chain, single, double, triple, and a half-double crochet stitches. Learn to increase, decrease and learn to read patterns. Learn to do the afghan, post, and popcorn stitches. You will need to supply a size G or H crochet hook, a skein of light colored yarn and a Susan Bates My Crocheting Teacher book. You may purchase all items at the first class if necessary. Class is limited to 8 students.

PERS036ACC 6794
Date: February 1 – March 8
Day: Monday
Time: 7:00 p.m. – 9:00 p.m.
Location: Verna’s Yarn Shop 888 W. Galena, Freeport, IL
Cost: \$45
Instructor: Verna Kintzel

Knitting

Classes will be held in Verna’s new upstairs classroom. Learn to cast on stitches and how to knit and purl. Student will also learn how to do increasing and decreasing. Learn to put these stitches together to make a garter, rib and stockinette stitches and how to read patterns and how to bind off. First project will be a hat or dishcloth. Student will need a pair of 10 inch, size 7, 8, or 10 knitting needles, a skein of light colored worsted weight yarn and Susan Bates My Knitting Teacher book. You may purchase all items at the first class if necessary. Class is limited to 8 students.

PERS036BCC 6795
Date: February 2 – March 9
Day: Tuesday
Time: 7:00 p.m. – 9:00 p.m.
Location: Verna’s Yarn Shop 888 W. Galena, Freeport, IL
Cost: \$45
Instructor: Verna Kintzel

HCC WEST IN ELIZABETH

Introduction to Microsoft Excel 2007

Prerequisite: Working knowledge of Microsoft Windows
This class provides an introduction to the generation and use of spreadsheets using Microsoft Excel 2007. Participants will learn about editing operations, format properties, workbooks vs worksheets, and formulas and functions. Students are instructed with lecture and in class activities. Class size is 12

WFD 011 BCC 6751
Date: April 8 & 15
Day: Thursday
Time: 9:00 a.m. – 11:50 a.m.
Location: HCC West, Elizabeth, IL, Room 123
Cost: \$50
Instructor: Rudy Nielsen

Card Making

Learn the art of card making from scratch! Whether you are an experienced stamper or a novice artist, this class has something for everyone. We will start with the “basics” and then move up from there. At the first class, students will purchase a materials kit for \$15. Class size is 8.

CED 020 N 6754
Date: February 18, 25 March 4, 11
Day: Thursday
Time: 6:00 p.m. – 8:00 p.m.
Location: HCC West, Elizabeth, IL, Room 127
Cost: \$20
Instructor: Lori Thrash

James Bowie and His Knife

James Bowie was an iconic figure in the early American West. He was an entrepreneur, politician, and soldier. Bowie survived major wounds during the famous Vidalia Sandbar fight in 1827 and went on to join the Texas Revolution against Mexico where he died with David Crockett and William Travis at the Alamo in 1836. We will examine the life and times of Bowie, and students will learn how to use the big fighting knife given Bowie’s name by knife makers and those who used it throughout the 19th century.

Students should wear comfortable workout clothing including a long sleeved sweatshirt and safety glasses; men must wear an athletic cup. Forearm pads (soccer shin pads) and light leather gloves, such as work/gardening gloves are suggested. Students will also provide an appropriate knife. Class size is 10.

PERS 034A 6755
Date: March 7,
Day: Saturday
Time: 10:00 a.m. – 4:00 p.m.
Location: HCC West, Elizabeth, IL, Gym
Cost: \$25
Instructor: Allen Reed

Studio Art Class

The studio class will offer student with some experience working in oil or soft pastels the opportunity to work on projects of their choice with the help of a professional artist. Students choosing oils should bring a table easel, 6 8x10 canvas boards (12x16 are also OK but nothing larger), Viva paper towels, mineral spirits or turpenoid, 3 filbert brushes in assorted sizes, 3 bright brushes in assorted sizes, a palette (a white plastic plate works well), mineral spirits or turp with no odor, and paints in the following colors: Alizaran, Phalo blue, cad yellow light, white and black. Students choosing pastels should bring 10 sheets of 600 grade regular household sand paper, assorted soft pastels (available at art supply stores or online – Rembrandt brand Recommended), charcoal (vine or willow), a kneaded easer, a table easel, an old tooth brush, a plastic plate, waxed paper, Viva paper towels, a container for water and a ¼” wide flat bristle brush. Class size is 8.

PERS 036N 6756
Date: February 2 – March 9
Day: Tuesday
Time: 6:00 p.m. – 9:00 p.m.
Location: HCC West, Elizabeth, IL, Room 127
Cost: \$69
Instructor: Janet Checker

Basic Drawing Techniques

Learn the basics of pencil drawing, taught with much personal guidance by an experienced professional artist. Express yourself and learn about line, shape, texture, shading and more as you discover your own artistic talent. Students should bring an 11x14 sketch pad, a kneaded easer, a table easel if possible, soft charcoal, assorted pencils – HB, B3, B6, B9 or 10 - tracing paper, a ruler, a 45 degree triangle, and white pastel (chalk). Class size is 8.

PERS 036NB 6757
Date: February 3 – 24
Day: Wednesday
Time: 6:00 p.m. – 9:00 p.m.
Location: HCC West, Elizabeth, IL, Room 127
Cost: \$69
Instructor: Janet Checker

Beginning Oil Painting

This class is for the person interested in developing or gaining additional knowledge of the art of oil painting. Color, values, composition and different techniques used in painting with oil will be covered, as well as drawing techniques needed to create a finished oil painting. Students should bring a table easel, 6 8x10 canvas boards (12x16 are also OK but nothing larger), Viva paper towels, mineral spirits or turpenoid, 3 filbert brushes in assorted sizes, 3 bright brushes in assorted sizes, a palette (a white plastic plate works well), mineral spirits or turp with no odor, and paints in the following colors: Alizaran, Phalo blue, cad yellow light, white and black. Class is limited to 8 participants

PERS 036NC 6758
Date: March 10 - 31
Day: Wednesday
Time: 6:00 p.m. – 9:00 p.m.
Location: HCC West, Elizabeth, IL, Room 127
Cost: \$69
Instructor: Janet Checker

Advanced Oil Painting

This class is for students with some knowledge of oil painting who would like to learn new techniques in painting. At least one class will include a Pleine Aire painting opportunity. This class is available to Studio Class Students also. See the Studio Class above for a supply list. Class is limited to 8 participants.

PERS 036ND 6759
Date: March 16 – April 6
Day: Tuesday
Time: 6:00 p.m. – 9:00 p.m.
Location: HCC West, Elizabeth, IL, Room 127
Cost: \$69
Instructor: Janet Checker

Painting Portraits From A Photo

Using pastels, acrylics, or oils, students will learn the process of painting a portrait and how to create a likeness of the subject and give it dimension. Students will work from photos of their choice. Students should bring a table easel, 6 8x10 canvas boards (12x16 are also OK but nothing larger), Viva paper towels, mineral spirits or turpenoid, 3 filbert brushes and 2 bright brushes in assorted sizes, a palette (a white plastic plate works well), mineral spirits or turp with no odor, a personal photo for

portraits and paints in the following colors: Alizarin crimson, Phalo blue, cad yellow light, cad red light, yellow ochre, burnt umber, burnt sienna, Viridian green, white and black. Class is limited to 8 participants

PERS 036NE 6760
Date: April 7 - 28
Day: Wednesday
Time: 6:00 – 9:00 p.m.
Location: HCC West, Elizabeth, IL, Room 127
Cost: \$69
Instructor: Janet Checker

Life Drawing/Painting

Students will learn the basics of life drawing with a posed live model. This will cover how to draw what they actually see, correct proportions and how to develop their own guide to “map” the figure. Experienced artists are also welcome. Model fee extra. See the Studio Class above for a supply list. Class is limited to 8 participants.

PERS 036NF 6761
Date: April 13 – May 4
Day: Tuesday
Time: 6:00 – 9:00 p.m.
Location: HCC West, Elizabeth, IL, Room 127
Cost: \$69
Instructor: Janet Checker

Dance Class in Cedarville Learn to Dance

Learn to dance the Hustle. This three count swing was developed in the 1970's to keep up with the changing music. Thousands of songs, from the 70's to now, can fit the beat of this dance. Grab a partner and some friends! Join the fun at the Jane Addams Community Center. You must have a dance partner to participate in this class.

PERS036ECC 6796
Date: February 1 – March 8
Day: Monday
Time: 6:30 p.m. – 8:00 p.m.
Location: Jane Addams Community Center, Cedarville, IL
Cost: \$30 per person
Instructor: Kelly Myers

Open Houses for Equine Classes in Freeport

An Introduction to Equine Classes offered during the Spring of 2010. For Directions to Country View Equestrian Center please check out their website at: www.countryview-equestrian.org.

A glimpse of the courses Intro to Horse Health Care and Horse Equipment, Intro to Equine Sports Massage, Equine Sports Massage I, Horse Handling and Horsemanship I and A Touch of Natural Healing Methods for Horses. All these classes will be offered in Spring 2010, starting January 12. This meeting will cover the basic contents of the courses. You will also meet the instructor for the Equine Courses, Anki Fockstedt, and have a possibility to tour the facilities of Country View Equestrian Center.

WFD 048 FCC 4747
Date: December 7, 2009
Day: Monday
Time: 6:30 p.m. – 8:00 p.m.
Location: Country View Equestrian Ctr.
Cost: Free of Charge
Instructor: Anki Fockstedt

A glimpse of the courses Equine Sports Massage I, Intro to Horse Breeding, Horse Training I and Intro to Dressage. All these classes will be offered in Spring 2010, starting March 29. This meeting will cover the basic contents of the courses. You will also meet the instructor for the Equine Courses, Anki Fockstedt, and have a possibility to tour the facilities of Country View Equestrian Center.

WFD 048 GCC 6797
Date: March 8
Day: Monday
Time: 6:30 p.m. – 8:00 p.m.
Location: Country View Equestrian Ctr.
Cost: Free of Charge
Instructor: Anki Fockstedt

Short Equine Classes Breeds of the World

Here is a chance to learn more about the breeds of the world! Perfect class when your aim is to learn more about different kinds of horses, their origins and what they are used for. These three hours will also give you a taste of the characteristics of the breeds. Class size is 14

WFD 048 HCC 6798
Date: February 8
Day: Monday
Time: 6:00 p.m. – 9:00 p.m.
Location: HCC Student /Conference Ctr., Room H-210
Cost: \$15
Instructor: Anki Fockstedt

A Taste of Horse Massage

Come on- take a step into the world of massaging horses! Perfect class if you are curious and interested to know more what massage is all about. These three hours will give you a taste of how and when and why to massage. You will also learn an easy, short massage and a quick way to check out the horse's muscle tone. Class size is 10

WFD 048 ICC 6799
Date: February 28, 2010
Day: Sunday
Time: 2:00 p.m. – 5:00 p.m.
Location: Country View Equestrian Ctr.
Cost: \$25
Instructor: Anki Fockstedt

A Taste of Dressage

It is about time to look into the beauty of dressage? These hours are perfect to set aside if you are keen to know more about the essence of dressage and where that might take you with a horse! This class is also a good start if you are thinking of riding dressage in the future. Includes basic theory and practice. Class size is 10

WFD 048 JCC 6800
Date: February 22
Day: Monday
Time: 6:00 p.m. –8:30 p.m.
Location: Country View Equestrian Ctr.
Cost: \$25
Instructor: Anki Fockstedt

When it is Time to Buy a Horse

Take this time to get into the basics of buying a horse! Great class if you consider buying a horse for yourself or a family member sometime in the near future. These hours will cover necessary care for the horse such as feed, veterinarian care, care for the horse's feet, shelter and pasture requirements. The

basic costs of owning a horse will also be covered. Class size is 14

WFD 048 KCC 6801
Date: March 1
Day: Monday
Time: 7:00 p.m. –9:00 p.m.
Location: HCC Student/Conference Ctr., Room H-210
Cost: \$10
Instructor: Anki Fockstedt

A Taste of Horse Massage

Come on – take a step into the world of massaging horses! Perfect class if you are curious and interested to know more what massage is all about. These three hours will give you a taste of how and when and why to massage. You will also learn an easy, short massage and a quick way to check out the horse's muscle tone. Class size is 10.

WFD 048 LCC 6802
Date: March 8
Day: Monday
Time: 12:00 p.m. –3:00 p.m.
Location: Country View Equestrian Center
Cost: \$25
Instructor: Anki Fockstedt

A Taste of Horse Massage

Come on – take a step into the world of massaging horses! Perfect class if you are curious and interested to know more what massage is all about. These three hours will give you a taste of how and when and why to massage. You will also learn an easy, short massage and a quick way to check out the horse's muscle tone. Class size is 10

WFD 048 MCC 6803
Date: March 15
Day: Monday
Time: 6:00 p.m. –9:00 p.m.
Location: Country View Equestrian Center
Cost: \$25
Instructor: Anki Fockstedt

A Taste of Ground Driving

Have you ever wondered how it is to drive a horse by hand? Here is an opportunity to learn why and when to use this beautiful way to work with your horse. This class will cover the basis of ground driving as an alternative and compliment. Class size is 10.

WFD 048 NCC 6804
Date: April 12
Day: Monday
Time: 6:00 p.m. –9:00 p.m.
Location: Country View Equestrian Ctr.
Cost: \$25
Instructor: Anki Fockstedt

Equine Courses offered through Highland Community College

Take the opportunity and release your curiosity - sign up for Equine courses at Highland Community College, surely we have something for your taste! For directions to Country View Equestrian Center please check out their website at www.countryview-equestrian.org. Please note: These classes are **not** eligible for financial aid.

Intro to Horse Health Care and Horse Equipment

Learn the basics of how to prevent injuries, diseases, and how to keep your horse healthy overall. Learn what equipment to use depending on what you do with the horse and the particular horse needs. This class will also include field trips. Class size is 14.

SPTP 164 ACC 6780
Date: January 12, 19, 26, February 2, 9, 16, 23, March 2, 9, 16
Day: Tuesday
Time: 3:30 p.m. – 5:30 p.m.
Location: HCC Student/Conference Ctr., Room H-210
Cost: \$149 (1 credit)
Instructor: Anki Fockstedt

Equine Sports Massage I

Move further into the great world of massaging horses! This class is perfect for you if you have some previous experience in the field or if you already have taken the Intro course. In this class you will learn treatments for different parts of the horse, to release stress points, to design your own massage program for the individual horse and to analyze the movements of the horse. Includes practice and field trips. Class size is 10.

SPTP 165 BCC 6779
Date: January 12, 19, 26, February 2, 9, 16, 23, March 2, 9, 16
Day: Tuesday
Time: 6:30 p.m. – 8:30 p.m.
Location: HCC Student/Conference Ctr., Room H-210 and Country View Equestrian Ctr.
Cost: \$189 (1 credit)
Instructor: Anki Fockstedt

Intro to Horse Breeding

Get to know the basics in the field of breeding! Great class if you want to know theories behind breeding and how to make it possible to succeed as a breeder. Conformation of the horse will also be included. Class size is 14.

SPTP 166 ACC 6777
Date: March 30, April 6, 13, 20
Day: Tuesday
Time: 6:30 p.m. – 8:30 p.m.
Location: HCC Student/Conference Ctr., Room H-209
Cost: \$69 (.5 credit)
Instructor: Anki Fockstedt

Intro to Dressage

Get a glimpse of how to dance with a horse! This class is perfect if you have some basic riding experience and want to develop your skills further. This class will cover the basics of dressage in both theory and practice and include field trips. Class size is 10.

SPTP 170 ACC 6782
Date: April 1, 8, 15, 22, 29, May 6
Day: Thursday
Time: 7:00 p.m. – 9:00 p.m.
Location: HCC Student/Conference Ctr., Room H-208 and Country View Equestrian Ctr.
Cost: \$169 (1 credit)
Instructor: Anki Fockstedt

Horse Training I

An opportunity to practice basic riding, lunging and ground driving! This class is perfect if you just want some more experience in working with horses or after you have taken the class Intro to the Practical Work of the Horse. You will have a possibility to design a training program for your own, your friend's or your upcoming horse. Class size is 10.

SPTP 167 ACC 6778
Date: April 27, May 4, 11
Day: Tuesday
Time: 6:00 p.m. – 9:00 p.m.
Location: Country View Equestrian Ctr.
Cost: \$149 (.5 credit)
Instructor: Anki Fockstedt

NEW—Equine Courses offered through Highland Community College

Take the opportunity and release your curiosity - sign up for Equine courses at Highland Community College, surely we have something for your taste! For directions to Country View Equestrian Center please check out their website at www.countryview-equestrian.org. Please note: – These classes are **not** eligible for financial aid.

Intro to Equine Sports Massage

In this class you will cover the basics of massage, stretching, muscles, anatomy and physiology. Basics of bits, saddles, and shoeing will also be included. Includes practice and lectures from field experts. Class size is 10.

SPTP 161 ACC 6775
Date: January 13, 20, 27, February 3, 10, 17, 24, March 3, 10, 17
Day: Wednesday
Time: 6:00 p.m. – 9:00 p.m.
Location: HCC West, Elizabeth, IL Room 126 and Country View Equestrian Ctr.
Cost: \$329 (2 credits)
Instructor: Anki Fockstedt

Community Education classes at Highland Community College are designed to provide meaningful, enjoyable and varied educational opportunities. These classes have been developed to address needs of students in our College district and to help individuals explore interests, achieve goals and enrich lives. Over forty classes are offered in various Northwest Illinois locations. These courses focus on a wide range of topics, including business and technical skills, arts, computers, cooking, music and personal enrichment. Please take a moment to review this brochure and find a class or two that you would be interested in taking.

To register for classes, call 815.599.3612. In addition, you may register for Community Education courses in the Admissions Office in Freeport or at HCC West in Elizabeth, IL. Registration forms and a complete list of classes are also available at www.highland.edu.

Highland Community College
2998 W. Pearl City Road
Freeport, IL 61032

A Touch of Natural Healing Methods for Horses

This class will cover the basics of different methods to keep a horse sound and healthy used throughout the world today. A class to join also if you are eager and curious to know more about what a horse will be able to contribute to us humans if we just let them. Class size is 14.

SPTP 168 ACC 6773
Date: January 14, 21, 28, Feb. 4,
Day: Thursday
Time: 6:00 p.m. – 8:00 p.m.
Location: HCC West, Elizabeth IL, Room 126
Cost: \$56 (.5 credit)
Instructor: Anki Fockstedt

Horse Handling and Horsemanship I

This class is perfect if you just want some more experience and tips in the field or after you have taken the Intro class. This class will cover specifics in how to work with a horse in a secure way and a sound environment for you both. Different ways to approach the horse and to load and trail the horse will also be included. Includes field trips. Class size is 14.

SPTP 169ACC 6774
Date: February 11, 18, 25, March 4, 11, 18
Day: Thursday
Time: 6:00 p.m. – 8:00 p.m.
Location: HCC West, Elizabeth, IL Room 126
Cost: \$149 (1 credit)
Instructor: Anki Fockstedt

Equine Sports Massage I

Learn treatments for different parts of the horse, to release stress points, to design your own massage program for the individual horse and to analyze the movements of the horse. Includes practice and field trips. Class size is 10.

SPTP 165ACC 6776
Date: March 31, April 7, 14, 21, 28, May 5, 12
Day: Wednesday
Time: 6:30 p.m. – 8:30 p.m.
Location: HCC West, Elizabeth, IL Room 126 & Country View Equestrian Ctr.
Cost: \$189 (1 credit)
Instructor: Anki Fockstedt

Spring 2010 Community Education Classes



HIGHLAND COMMUNITY COLLEGE

www.highland.edu

Class offerings subject to change.