Registration Information

Noncredit
You may register for any of the noncredit Life Enrichment classes by calling 307.778.1236.
You also may register in person between 8 a.m. and 4 p.m., Monday through Friday, at the Cheyenne Center for Conferences & Institutes, Room 109.

Refund Policies
To withdraw or to receive a refund, contact the Life Enrichment Office at 307.778.1236. After the class begins, no refund will be given.

Refunds
Class cancellation ....................... 100%
Withdrawal two business days before class begins ............... 100%
Withdrawal after class registration closes ... No refund; payment required
For credit classes, please refer to the summer class schedule.

Looking for CREDIT CLASSES?
go online to lccc.wy.edu/academics/schedule
**Equal Opportunity for Participation**

LCCC does not discriminate on the basis of race, creed, color, national origin, sex, age, disability or marital status. The college complies with the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972 and the laws of Wyoming.

In keeping with the goals and requirements established in Section 504 of the Rehabilitation Act of 1973, Laramie County Community College does not discriminate against students with disabilities in its policies, programs, activities or services. Accordingly, equal opportunity for admission is extended to all people. Classes scheduled at senior resident centers are open to anyone, not just senior citizens. Life Enrichment classes are for residents 18 years of age and older, except those noted in the schedule.

**Errors and Cancellations**

This schedule of classes is not a contract, and the college does not assume liability for errors in scheduling. Please inform the college of any errors by calling any of the contact phone numbers listed.

The college reserves the right to cancel any class that does not have sufficient enrollment to cover expenses. The decision to cancel is usually made two days before the first class meeting, and every effort is made to notify registered students promptly. A full refund is processed automatically unless the student decides to transfer to another class or section of a canceled class. Registering at least two weeks before a class begins helps avoid unnecessary cancellations. In order to ensure class enrollment, students should register with payment no later than two days prior to the start of a class. (Life Enrichment and Business Training will take enrollments up to the starting date of the course.) Students who wish to drop a class must do so no later than two business days prior to the start of the class.

**Guidelines**

- There are a minimum number of people who must be enrolled before a class can be held. (This number varies depending on the course.)
- The instructor or the program manager will notify (to the best of their ability) all students if a course is canceled.
- Anyone with an idea for a course is welcome to contact Life Enrichment at 307.778.1134.

**Emergency Closure**

In the event of inclement weather or any other emergency closure, students are instructed to logon to lccc.wy.edu or listen to Laramie radio stations KCGY or KOWB for information regarding the cancellation of classes.

**Bookstore**

To find information on textbooks go to lccc.textbooktech.com

**Disclaimer**

This schedule of classes, including tuition and fees, is not a contract, and the college does not assume liability for errors in scheduling or financial charges. Please call any discrepancies to the college’s attention.

**Questions? Call 307.778.1236**

KQuigley@lccc.wy.edu
Stretch and Strength
This class will increase one’s flexibility and balance, as well as one’s strength of core muscle groups. The instructor will draw from her experience as a professional dancer, as well as from her knowledge of such techniques as Pilates and Egoscue. This class is designed for all levels of abilities, from beginner to the advance student. Classes are held in Studio A at the Laramie Rec Center (LRC).

LIFE 5057.600  TTh  05:15PM-06:00PM  LRC A
Sessions: 24  $240  09/01/15-11/19/15  Mary Hanrattie

Art – Independent Study in a Small Group
If you want to work on your own project but need some help or encouragement during the process, this is the class for you. The focus will be on drawing and painting. Bring your project, supplies and questions and have some fun working in a positive atmosphere with a small group of art enthusiasts. We will provide tables, chairs, easels, and extra lighting. There will be help from a professional art instructor.

LIFE 5050.600  Th  05:00PM-07:00PM  ACC 110
Sessions: 6  $100  09/03/15-11/19/15  Svetlana Howe

The Quilting Primer
This series of classes will take you through the process of creating a quilt from the very beginning of choosing fabric to finishing the edges of the quilt. This is also a good refresher course. Supply list will be provided to students at the first class.

LIFE 5054.600  TBA  TBA  ACC TBA
Sessions:  $300  09/06/15-11/22/15  Wendy Ray

Art of Italian Renaissance
A visual journey of the art and artists of the Italian Renaissance. An overview of the influences that helped mold the art and artists from early through late Renaissance.

LIFE 6008.600  MTW  06:00PM-07:15PM  ACC 110
Sessions: 6  $50  09/07/15-09/17/15  Lee Lane

The Flavor Profiles of Beer
This course introduces students to vast array of beer flavors. Topics include: profiles of beer styles, sensory analysis (describing beer flavors), off-flavors in beer, brewing implications for flavors, and beer judging. Students in this course will learn how to properly taste and describe beers as well as how to accomplish/avoid certain flavors in beer from a brewing perspective. MUST BE 21. Classes are held at Altitude Chophouse & Brewery (AC&B).

LIFE 5047.600  W  05:30PM-07:00PM  AC&B
Sessions: 8  $150  09/09/15-10/28/15  Jared Long
Fun with Dye – Fabric Dyeing
The first class will introduce fabric dyeing using MX dye. We will cover how to mix the dye to make solutions, how and what auxiliaries to use to make the dye solutions permanent, dye a six step value gradation from dark to light, a seven step color to color from an 18-step color wheel, and the rinse-out procedure. The second class will explore the different possibilities of direct application of dye to fabric. We will cover painting, stenciling, stamping, and over-dyeing pre-printed fabrics. The third class will explore different techniques for texturing fabrics by using different forms of applied resists and bound resists. (A kit is required $25 at the first class.)
A supply list will be provided to students at the time of registration.

```
LIFE 5053.600  Su  01:30PM-04:30PM  ACC 110
Sessions: 3   $105  09/13/15-09/27/15  Wendy Ray
```

Cryptograms
This course will teach you how to solve cryptograms like an expert. Dozens of simple tips that anyone can learn will be discussed and practiced. Along the way, you’ll also discover some of the mathematical and linguistic methods of analysis that professional code breakers use. The material is presented in a relaxed and interwoven format of lecture, demonstration, conversation, practical application, and individual assistance. Upon completion of this course, you can expect to make quick work of nearly 100% of the cryptograms in newspapers and puzzle magazines. All classroom materials are provided.

```
LIFE 5043.600  SaSu  06:00PM-08:00PM  ACC 219
Sessions: 6   $60  09/12/15-09/27/15  Bill Briere
LIFE 5043.601  SaSu  06:00PM-08:00PM  ACC 219
Sessions: 6   $60  10/03/15-10/18/15  Bill Briere
LIFE 5043.602  SaSu  06:00PM-08:00PM  ACC 219
Sessions: 6   $60  11/07/15-11/22/15  Bill Briere
```

Art of the Renaissance of Northern Europe and Spain
A visual journey of the art and artists of the Northern European Renaissance. An overview of the influences that helped mold the art and artists from early through late Renaissance.

```
LIFE 6009.600  MTW  06:00PM-07:15PM  ACC 110
Sessions: 6   $50  09/21/15-9/31/15  Lee Lane
```

Drawing with Pencil
Have you often caught yourself mindlessly doodling? Would you like to take this hobby to another level or take up the art of drawing in pencil? This class will start you off on the “write” foot or simply help you fine tune those drawing skills.

```
LIFE 5049.600  MW  06:00PM-08:00PM  ACC 110
Sessions: 8   $55  10/05/15-10/28/15  Lee Lane
```
Beginning Needle Tatting
Have you ever tried to tat with a shuttle or just thought you would learn to tat? This class is for you. You will learn how to make the tatting stitching and picots, then join them to make a wonderful lace. The projects are a piece of straight lace and a snowflake. You will need a size 5 tatting needle; patterns and thread will be provided.

**LIFE 5051.600**  
Sessions: 2  
$45  
10/04/15-10/11/15  
Wendy Ray

Christmas Cactus Tree Skirt or Table Topper
Impress your family and friends with a table topper or tree skirt by using a 10-degree ruler and quick piecing techniques. The surprise is when you cut out your project, you are cutting out a second project in reverse. You can make two tree skirts or two table toppers or one of each, including pattern. When registering please indicate if you need a ruler, ($13 each). A supply list will be provided to students at the time of registration.

**LIFE 5055.600**  
Sessions: 2  
$40  
10/11/15-10/18/15  
Wendy Ray

Beginning Crochet
This is a good beginning or refresher class. In the first class, we will cover how to read a pattern, proper yarn tension, and how to crochet a chain, single stitches, and double stitches. In the second class, we will discuss how to finish projects, how needles size and yarn make a difference, and how to choose yarns and needles if you need to make a substitution for a project. Patterns will be provided. A ball will be needed for the fist. A supply list will be provided at the time of registration.

**LIFE 5052.600**  
Sessions: 2  
$38  
10/18/15-10/25/15  
Wendy Ray

Exploring Dimensional Quilt Art
Students will design, draft patterns and create quilted 3-D structures using various folding, gathering, pleating, shrinking and layering techniques. Students will be able to adapt these textured affects into their art quilt. Class projects include multi-sided vessels, hanging objects, and raised surfaces that are ready to be embellished with paint, beads and other items. Patterns included – kit fee $8. Supply list will provided to students at the first class.

**LIFE 5056.600**  
Sessions: 2  
$40  
11/01/15-11/08/15  
Wendy Ray
# Adult Life Enrichment Classes (Students 18 years of age and older)

<table>
<thead>
<tr>
<th>Class Description</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stretch and Strength (LIFE 5057.600)</td>
<td>$240</td>
</tr>
<tr>
<td>Art – Independent Study in a Small Group (LIFE 5050.600)</td>
<td>$100</td>
</tr>
<tr>
<td>The Quilting Primer (LIFE 5054.600)</td>
<td>$300</td>
</tr>
<tr>
<td>Art of Italian Renaissance (LIFE 6008.600)</td>
<td>$50</td>
</tr>
<tr>
<td>The Flavor Profiles of Beer (LIFE 5047.600)</td>
<td>$150</td>
</tr>
<tr>
<td>Fun with Dye – Fabric Dyeing (LIFE 5053.600)</td>
<td>$105</td>
</tr>
<tr>
<td>Cryptograms (LIFE 5043.600)</td>
<td>$60</td>
</tr>
<tr>
<td>Cryptograms (LIFE 5043.601)</td>
<td>$60</td>
</tr>
<tr>
<td>Cryptograms (LIFE 5043.602)</td>
<td>$60</td>
</tr>
<tr>
<td>Art of the Renaissance of Northern Europe and Spain (LIFE 6009.600)</td>
<td>$50</td>
</tr>
<tr>
<td>Drawing with Pencil (LIFE 5049.600)</td>
<td>$55</td>
</tr>
<tr>
<td>Beginning Needle Tatting (LIFE 5051.600)</td>
<td>$45</td>
</tr>
<tr>
<td>Christmas Cactus Tree Skirt or Table Topper (LIFE 5055.600)</td>
<td>$40</td>
</tr>
<tr>
<td>Beginning Crochet (LIFE 5052.600)</td>
<td>$38</td>
</tr>
<tr>
<td>Exploring Dimensional Quilt Art (LIFE 5056.600)</td>
<td>$40</td>
</tr>
</tbody>
</table>

**Total:** $

**Student's Name:**

**Home Phone:**

**Address:**

**Cell Phone:**

**City:**

**State:**

**ZIP:**

**Date of Birth:**

**Email Address:**

Please tell us any other enrichment classes you would be interested in:

---

**Mail checks to:** Life Enrichment  
Laramie County Community College  
1400 E. College Drive  
Cheyenne, Wyoming 82007
Laramie County Community College offers the highest quality education at an affordable price.

DEGREE and certificate PROGRAMS that can be completed at ACC

Accounting
Business and Finance
Business Management
Computer Information Systems
  Cisco Certified Networking Associate
  Microsoft Systems and Networks
Education
  Early Childhood Education
EMT Certification
Engineering
History
Interdisciplinary Liberal Arts
Mathematics
Psychology
Technical Studies

Interested in teaching a Life Enrichment class?

CALL

307.778.1134

lccc.wy.edu/academics