LARAMIE COUNTY COMMUNITY COLLEGE

Albany County Campus

Fall Life Enrichment 2015

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Looking for

CREDIT CLASSES?

go online to

lccc.wy.edu/academics/schedule

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.

LARAMIE COUNTY COMMUNITY COLLEGE

Albany County Campus

1125 Boulder Drive
Laramie, Wyoming 82070

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

REGISTER JULY 28

307.778.1236 OR FAX 307.778.1269

KQuigley@lccc.wy.edu

REGISTER JULY 28

Nothing cancels a class quicker than waiting until the last minute to register!

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	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

REGISTER JULY 28

307.778.1236 OR FAX 307.778.1269

KQuigley@lccc.wy.edu

VISIT US AT

lccc.wy.edu/workforce/lifeEnrichment

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	Su	TBA	TBA
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	Su	TBA	TBA
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	Su	01:30PM-04:30PM	ACC 110
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	Su	01:30PM-04:30PM	ACC 110
Sessions: 2	$40	11/01/15-11/08/15	Wendy Ray

ACC Life Enrichment Fall 2015

Call Today for Registration! 307.778.1236 or 307. 778.1134 • Fax 307.778.1269 • Questions? Email KQuigley@lccc.wy.edu

Adult Life Enrichment Classes (Students 18 years of age and older)

☐ Stretch and Strength (LIFE 5057.600)	$240	☐ Cryptograms (LIFE 5043.602)	$60
☐ Art – Independent Study in a Small Group (LIFE 5050.600)	$100	☐ Art of the Renaissance of Northern Europe and Spain (LIFE 6009.600)	$50
☐ The Quilting Primer (LIFE 5054.600)	$300	☐ Drawing with Pencil (LIFE 5049.600)	$55
☐ Art of Italian Renaissance (LIFE 6008.600)	$50	☐ Beginning Needle Tatting (LIFE 5051.600)	$45
☐ The Flavor Profiles of Beer (LIFE 5047.600)	$150	☐ Christmas Cactus Tree Skirt or Table Topper (LIFE 5055.600)	$40
☐ Fun with Dye – Fabric Dyeing (LIFE 5053.600)	$105	☐ Beginning Crochet (LIFE 5052.600)	$38
☐ Cryptograms (LIFE 5043.600)	$60	☐ Exploring Dimensional Quilt Art (LIFE 5056.600)	$40
☐ Cryptograms (LIFE 5043.601)	$60		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
1400 E. College Drive
Cheyenne, Wyoming 82007

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U.S. POSTAGE
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LCCC

POSTAL CUSTOMER

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

lccc.wy.edu/academics

Interested in teaching a Life Enrichment class?

CALL 307.778.1134