



2024 FALL CLASS SCHEDULE

Outreach & Workforce Development
"Your Training and Education Partner"

**LARAMIE COUNTY
COMMUNITY COLLEGE**

Outreach & Workforce
Development

LCCC.WY.EDU/WORKFORCE

Check out our online LED courses. Many qualify for 1.5 hours of credit through PTSB.

General Course Information

Lifelong Learning

Since its inception, Laramie County Community College has provided educational services to varied populations within its service area. Noncredit continuing education courses are offered every semester through Outreach and Workforce Development, which include areas such as life enrichment, leadership and professional development training, career, and technical courses. These courses and programs are designed to stimulate students and improve their quality of life. Some offerings will encourage professional and academic progress and help develop creativity, and others will broaden a person’s scope and interests.

For a full list of classes go to lccc.wy.edu/Community.

For information call:

- Life Enrichment307.778.1236
- Workforce Training/OSHA.....307.778.4381
- Eastern Laramie County Outreach Center.....307.432.1678
- Adult Education307.637.2450

Accommodations

If you are in need of accommodations for the course you are registered for please contact us at least 30 days prior to the start of class. For a Life Enrichment class call 307.778.1134, for Workforce and Professional Development 307.778.4381.

Nondiscrimination Statement

Laramie County Community College is committed to providing a safe and nondiscriminatory educational and employment environment. The college does not discriminate on the basis of race, color, national origin, sex, disability, religion, age, veteran status, political affiliation, sexual orientation or other status protected by law. Sexual harassment, including sexual violence, is a form of sex discrimination prohibited by Title IX of the Education Amendments of 1972. The college does not discriminate on the basis of sex in its educational, extracurricular, athletic or other programs or in the context of employment.

The College has a designated person to monitor compliance and to answer any questions regarding the college’s non-discrimination policies. Please contact: Title IX and ADA Coordinator, Suite 205, Clay Pathfinder Building, 1400 E. College Drive, Cheyenne, WY 82007, 307.778.1302, TitleIX_ADA@lccc.wy.edu.

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. The decision to cancel is usually made two business 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.)

The cost to print one class schedule is 15 cents. We distribute three Outreach & Workforce Development schedules each year. These course schedules are recyclable, either to a friend or through your recycling service.

Students who wish to drop a class must do so no later than two business days prior to the start of the class.

Refunds

Class cancelled by LCCC 100%
Withdrawal 2 business days before class begins will be refunded minus a 6% processing fee.
(These policies do not apply to the online ed2go classes.)
Withdrawal after refund deadline No refund; payment required

If campus has a long term closure, in-person classes that cannot be held virtually will receive a prorated refund. This will not apply to any classes that can be held in a virtual format or online.

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 Life Enrichment and Workforce office will notify (to the best of their ability) all students via email for course changes or cancellations.
- Anyone with an idea for a course is welcome to call Life Enrichment at 307.778.1236 or the Workforce and Development office at 307.778.4381
- Students are required to pre-register for their Life Enrichment and Workforce classes. Instructors are unable to accept registrations the day of class.
- Students must attend the section in which they are registered. Students may not attend an alternative section.
- Payment is required at time of registration.
- Please be aware that LCCC does not filter web content and, though they are under supervision, minors will have access to an open internet.
- Student’s must be at least 15 years of age or older, unless otherwise stated in class description, to register for a Life Enrichment class.

Policy on Children and Guests in Class

Only enrolled students may attend a Life Enrichment or Workforce Training class. Children in attendance must meet the age requirements for enrollment in a class, as well as, be a registered student in the class they are attending.

Emergency Closure

In the event of inclement weather or any other emergency closure, students are instructed to listen to Cheyenne radio and TV stations for information regarding the cancellation of classes. Tune to the local media outlets as early as 6 a.m. for information or visit lccc.wy.edu.

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. Instructors for courses may change from those listed.

<div><div></div><div>LIFE ENRICHMENT CLASSES</div></div>		Fax # of Pages:
Mail To: Laramie County Community College, CCI 109 Fax: 833.510.0435 1400 E. College Drive, Cheyenne, WY 82007 Ph: 307.778.1236		
<div><div></div><div>WORKFORCE TRAINING</div></div>		Fax # of Pages:
Mail To: Laramie County Community College, TC 117 Fax: 833.510.0435 1400 E. College Drive, Cheyenne, WY 82007 Ph: 307.778.4381		
From: Student's Name:		Hm Ph:
Date of Birth:	Email Address:	Wk Ph:
Address:		Cell Ph:
City:		
State: ZIP:		
Class Name:	No.:	Class Cost: \$
Class Name:	No.:	Class Cost: \$
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Check # (If mailing with check)_____		
(If sending fax, write MasterCard, Visa or Discover number and expiration date below.)		TOTAL: \$
MC / Visa / Discover #: V-Code:		
Signature:		Expiration Date:
Please use this form to fax or mail in your registration. Fax instructions: you may fax your registration by completing the registration form and using your visa, mastercard or discover number and expiration date. Mailing instructions: if you choose to mail your registration, please mail the completed registration form with a check for the total amount of all classes you're requesting. Make your check payable to lccc. Note: your registration will be entered upon receipt. Unless you hear from us saying that the class is full, you can assume that you are in the class(es) you requested.		

Register online @ lccc.wy.edu/enrichment

Registration opens July 11

LIFE ENRICHMENT IN CHEYENNE

General Course Information

Registration Form

Driver’s Education

Ergonomics in the Workplace

Intro to Power Tools and Woodworking

Meditation and Mindfulness.

Podcast Like a Pro

Starting a Podcast

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ARTS & CRAFTING

Adult Pottery

Basics of Drawing.

Handmade Lace

Learn the ABC’s of Crochet

Needle Felting

Wet Felting

The Basics of Hand Pieced Quilting

Woodworking Project: Modern Minimalist Holiday Tree

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3

EQUINE

Barrell Horse Conditioning

Mounted Tactics.

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3

FINANCIAL

Charitable Giving and Your Financial and Estate Planning Strategy

Medicare Basics

Understanding Medicare Drug Programs

Medicare Advantage Plan, Long-term Care Insurance and Medigap Clarified

Building Your Retirement Income Plan.

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FITNESS

Gentle Yoga

Pickleball for Beginners.

4

4

Relaxation and Balance through Tai Chi and Qi Gong Practices.

Tai Chi and Applications

Yoga I.

Yoga II

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4

LANGUAGE

Conversational American Sign Language

Introduction to French

Practical Italian 1

Practical Italian 2

Practical Spanish

4

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4

HEALTHY LIVING

Childbirth and Support of the Pregnant Body

Introduction to Dementia Caregiving.

5

5

HAND GUN SAFETY

Basic Pistol Class

5

JEWELRY MAKING

Introduction to Precious Metal Clay.

Precious Metal Clay: The Abalone Wave

Precious Metal Clay: Setting Stones Three Ways.

5

5

5

MUSIC

Beginner Late Start Orchestra.

Returner Late Start Orchestra.

5

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PAINTING

Continuing Painting

Introduction to Oil Painting.

Painting Fundamentals

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6

6

WRITING

Ultimate Bootcamp for Writers 3.0

Writing Boot Camp 2.0 - The Next Level

6

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LOCATION ABBREVIATIONS	
LCCC – 1400 E. College Drive, Cheyenne	
ARENA	Ag Arena
BT	Business Technology
CCI	Center for Conferences & Institutes
CT	Career & Technical Building
EEC	Education & Enrichment Center
HS	Health Sciences Building
RAC.	Recreation & Athletics Complex
FA	Fine Arts
TC	The Training Center

A to Z

and Everything in Between

Driver’s Education

The driver’s education course is a program consisting of 30 classroom hours, six hours of in-car instruction (outside of classroom hours) and six hours of observation as set forth by the Wyoming State Department of Education. The course meets the basic requirements of the Wyoming Department of Transportation. REQUIREMENTS: (1) one parent must attend the first ½ hour to hour of the first class (for those students under 18); (2) student must have their driving permit prior to registration; (3) student must provide their own licensed and insured vehicle for the one-on-one driving portion of the class, and; (4) attendance is required at each class for the certificate to be issued. It is highly encouraged for students to have at least 10 hours of driving experience before class starts. There is optional simulator time available for registered driver’s education students. Contact the Life Enrichment office for more details and to sign up for available slots. Students who do not successfully complete the course may be eligible for additional instruction time for a fee. For more information on this program, please see our website at lccc.wy.edu/lifeEnrichment/driversed.

LIFE 1096.600	TTh	05:30PM-08:30PM	CCI 143
	Sa	08:00AM-12:00PM	
Sessions: 9	\$313	10/01/24-10/19/24	TBA
LIFE 1096.601	TTh	05:30PM-08:30PM	CCI 143
	Sa	08:00AM-12:00PM	
Sessions: 9	\$313	11/05/24-11/23/24	TBA

Ergonomics in the Workplace

This class is about making your workspace the most efficient, comfortable and safe space that it can be. Join physical therapists, Kourtney Cox and Charlotte Ennis in figuring out how to lessen occurrences of injuries and increase effectiveness in the workplace. Your back, wrists, and well-being will thank you!

LIFE 2127.600	T	02:00PM-04:00PM	CCI 123
Session: 1	\$13	09/17/24	Kourtney Cox Charlotte Ennis

Intro to Power Tools and DIY Woodworking

Would you like to create a hand-made wood project but are a bit overwhelmed with the process of starting and the thought of using power tools? In this introductory class, you will learn to use common power tools, demystify the lumber yard, plan your wood project, and use power tools to create your one-of-a-kind design. DIY woodworking projects will include a custom charcuterie board, wall creation using studs, and installation of board & batten along with other wall molding applications. All supplies and lumber will be provided.

LIFE 2124.600	Sa	10:00AM-12:00PM	CT 115/118C
Sessions: 5	\$211	09/07/24-10/05/24	Amber Potts

Meditation and Mindfulness

Do you feel like your mind is always busy? Never calm? Does your mind cause you anxiety and worry? This class will give you the strategies to slow it down and get back into the driver’s seat of the mind. Each class will focus on a particular subject of mindfulness. Each meditation will focus on an anchor to support the mind. There is great research out there about the health, emotional and spiritual benefits of meditation. Whether you are a seasoned meditator or just beginning, this class will offer something for everyone.

LIFE 1936.600	W	05:15PM-06:15PM	CCI 123
Sessions: 6	\$131	09/25/24-10/30/24	Betsy Collar

Podcast Like a Pro

Time to start a podcast? We’ll be learning how to make a great podcast recording. From the initial planning to microphone choice to publishing. At the end, you’ll be armed with the information to sound great for your new venture. Taught by an industry veteran involved in over 50 million downloads, you’ll be able to get the answers you need to make your podcast explode.

LIFE 2099.600	Sa	03:30PM-04:30PM	CCI 123
Session: 1	\$26	10/05/24	Toby Lyles

Starting a Podcast

Is your new startup a podcast? Bring your ideas to this workshop. We’ll work together, with questions and examples to help focus your idea. As well, you’ll be armed with the knowledge and resources to record and publish a professional podcast. Taught by an industry veteran involved in over 50 million downloads, you’ll be able to get the answers you need to make your podcast explode.

LIFE 2118.600	Sa	10:00AM-04:00PM	CCI 123
Session: 1	\$85	09/21/24	Toby Lyles

Arts & Crafting

Adult Pottery

Come play in the mud and learn about how to build things out of clay. Learn the methods of shaping, glazing and firing. Exploration and imagination strongly encouraged. All clay, glaze, firing and tools provided. All levels welcome. Come play in the mud!

LIFE 1781.600	T	06:00PM-09:00PM	FA 126
Sessions: 10	\$308	09/17/24-11/26/24	TJ Storer

NO CLASS OCTOBER 15

Basics of Drawing

This is a fun class for those who always wanted to learn to draw but did not want to commit to the time and cost of a credited class. Basics in shape, form, light, placement, shading and terminology will be taught. By the end of the course, students will have completed one composition that will give them the basic knowledge to create the illusion of 3-dimensional space on a 1-dimensional canvas. A supply list will be provided at the time of registration.

LIFE 2048.600	T	06:00PM-08:00PM	TC 123
Sessions: 12	\$159	09/10/24-12/03/24	Pamela Hickman

Handmade Lace

Learn two different ways to create lace by hand: Thread Crochet and Tatting. Students will practice each method and make two lace doilies - one using each method. A supply list will be provided at registration.

LIFE 1994.600	Sa	04:30PM-06:30PM	TC 123
Sessions: 8	\$130	09/07/24-10/26/24	Pamela Hickman

Learn the ABCs of Crochet

Learn the basics of crocheting: identifying crochet language, learn to read a pattern and complete an easy crochet project (granny square blanket, basic hat, or scarf). Come away with a sense of accomplishment and a basic project of your own. MATERIALS NEEDED: 1 - H (5.00 mm) hook. Practice yarn and an instruction manual will be provided. Pattern selection and yarn for in-class project will be discussed at the first class.

LIFE 1809.600	Sa	02:00PM-04:00PM	TC 123
Sessions: 7	\$128	09/07/24-10/19/24	Pamela Hickman
LIFE 1809.601	Sa	02:00PM-04:00PM	TC 123
Sessions: 6	\$128	10/26/24-12/14/24	Pamela Hickman

NO CLASS NOVEMBER 9 and 30

Needle Felting

Learn to sculpt amazing objects like animals, birds, holiday ornaments, and more! You’ll develop both 2D and 3D skills to create amazing artwork to decorate your home or give as gifts. We will work with loose wools and special felting needles. A fun class for all levels!

LIFE 2026.600	Sa	10:00AM-01:00PM	CCI 123
Session: 1	\$128	10/12/24	Carolyn Bender
LIFE 2026.601	Sa	10:00AM-01:00PM	CCI 123
Session: 1	\$128	10/19/24	Carolyn Bender

Wet Felting

Learn to make beautiful and unique textiles! Wet felting is accomplished by layering wool roving, applying water, soap, and a friction motion using your hands and arms. You will learn layering techniques using lustrous merino wool, embellished with silk, plant and synthetic fibers to create a one-of-a-kind beautiful scarf! Special Notes: This class is suited for any skill level and requires standing much of the time. Breaks will be encouraged during the class.

LIFE 1824.600	Sa	10:00AM-04:00PM	HS 210
Session: 1	\$117	09/07/24	Carolyn Bender

The Basics of Hand Pieced Quilting

Learn the process of hand piecing (English paper technique) and hand quilting through creating a sample quilt block. Students will learn how to create a pattern, cut and stitch the quilt pieces together. A supply list will be provided at registration.

LIFE 1960.600	Th	06:00PM-08:00PM	TC 123
Sessions: 10	\$139	09/05/24-11/14/24	Pamela Hickman

Woodworking Project: Modern Minimalist Holiday Tree

Get a jump on the holidays with this hand-made modern wooden holiday tree. We will create a slim geometric tree that would be perfect in those small spaces or for those looking to add some minimalist design to their holiday décor. This woodworking project will incorporate the use of small power tools (need not have expertise in this area). All supplies and lumber to create the tree will be provided; you may bring small ornaments to customize the tree to fit with your holiday décor.

LIFE 2130.600	Sa	09:00AM-12:00PM	CT 115/118C
Session: 1	\$76	11/09/24	Amber Potts

Equine

Barrel Horse Conditioning

The class will focus on exercises and drills to improve horsemanship skills in barrel racing. Riders will be able to work on the pattern with young horses and condition seasoned horses. Rider must provide their own horse. This is a course for intermediate riders and riders with knowledge of barrel racing. Proof of vaccinations by vet note or proof of purchase will be required on the first day of class. Class will meet the published number of times within the published dates. A class schedule will be handed out on the first day of class. Riders under the age of 18 must wear a helmet.

LIFE 2029.600	Su	08:00AM-10:00AM	ARENA
Sessions: 10	\$195	09/08/24-12/08/24	Becky Juschka

Mounted Tactics

Join us for a fun filled class of formation riding. We will work on riding in formation, desensitization, and crowd management while on horseback. This class is intended for intermediate to advanced riders with your own horse and tack. If it is determined that the rider, or horse, does not have the necessary skills for this course, they will not be able to continue. Prerequisite: Introduction to Riding Basics or Instructor approval. Classes will meet the published number of sessions during allotted dates. The instructor will provide class dates on the first day of class. Proof of vaccinations, either by vet note or proof of purchase, will be required on the first day of class.

LIFE 2019.600	Su	10:30AM-12:00PM	ARENA
Sessions: 10	\$154	09/08/24-12/08/24	Michelle Van Eperen

Financial

Charitable Giving and Your Financial and Estate Planning Strategy

Join Natalie Collins, a financial planner, and Shaina Case, an estate and trust administration attorney, as they share information on the ways that charitable planning can benefit not just the charitable organization, but also your financial and estate planning strategy.

LIFE 2119.600	W	12:00PM-01:00PM	CCI 123
Session: 1	\$20	10/02/24	Shaina Case

Medicare Basics

Are you eligible for Medicare or will be shortly? Are you married to someone who will be? Are your parents approaching that age? How do you sign up for Medicare? Do you need to sign up? What if you don't sign up? What are the penalties if you don't? What if you are covered by another insurance plan? What is covered by each part of Medicare? What is Medicare Part C - I have never heard of that? Why do I need to pick a Medicare Part D plan? What is a prescription drug plan anyway? What is the difference between a Supplemental plan and a Medigap plan? Do I need them both? Why should I have long term care insurance if I have Medicare? Doesn't Medicaid pay for that anyway? This class is designed to provide for a brief overview of these topics and help clear up some myths about insurance when we reach age 65.

LIFE 1415.600	M	06:30PM-08:30PM	CCI 123
Session: 1	\$21	10/14/24	Erin LeBlanc

Understanding Medicare Drug Programs

How are drugs covered under Medicare? Do I need to have a drug plan? How do I sign up? Do I need to change the plan every year? I hear there is a penalty if I don't sign up. Is that right? If I am taking no drugs, why do I need to pick a plan? What does that even mean? How do I do it? Is it okay to use the same plan every year? I hear about Open Enrollment, what does that mean? If you have any of these questions, this class is for you.

LIFE 1970.600	M	06:30PM-08:30PM	CCI 123
Session: 1	\$21	10/21/24	Erin LeBlanc

Medicare Advantage Plan, Long-term Care Insurance and Medigap Clarified

Medicare Advantage Plans are new to Wyoming. What are they? What's the difference between a Medigap policy and Supplemental Medicare policy? What is the best time to buy a Medigap policy or a Medicare Advantage Plan? Is a Medicare Advantage Plan or a Medigap policy best for me? What does long term care insurance pay for? Why or why not have a long-term care insurance policy? These questions and more will be answered.

LIFE 2077.600	M	06:30PM-08:30PM	CCI 123
Session: 1	\$21	10/28/24	Erin LeBlanc

Building Your Retirement Income Plan

With retirement within sight, now's the time to figure out how to turn your savings and investments into a paycheck - so you can live comfortably and achieve your goals. The challenge is easier said than done and comes alongside fears of spending too much and not having enough later, or the worry of denying yourself. In this class, we will discuss how to design your retirement income strategy to maximize income and minimize taxes. We will cover the basics of social security, investment management and how taxes may impact your plan. Jess Ryan is a CERTIFIED FINANCIAL PLANNER(TM).

LIFE 1928.600	TTh	05:30PM-07:00PM	CCI 123
Sessions: 2	\$16	09/03/24-09/05/24	Jess Ryan
LIFE 1928.601	TTh	10:00AM-11:30AM	CCI 123
Sessions: 2	\$16	09/10/24-09/12/24	Jess Ryan



Fitness

Gentle Yoga

Winter is a time to slow down. Yoga is an excellent practice that helps us achieve that slower pace and relaxation. These classes are 60-minute sessions. This series is suitable for most levels. We will work from the floor to standing in this class, using props and modifications to find proper alignment. We will practice holding postures for more extended periods of time. We will move slowly and stretch gently. This class will also include breathwork, meditation, and longer savasana (resting pose at the end of class). Props are available, please bring your own yoga mat.

LIFE 2125.600	WF	05:30PM-06:30PM	CCI 143
Sessions: 4	\$49	12/04/24-12/13/24	Toni Brannan

Pickleball for Beginners

Introduction to pickleball for new palyers in a safe and positive environment. The course will include the basic rules of the game, terminology, safety on the court, equipment used, development of basic skills through drills, and game play. This class is great for students who have never played or have played for less than one year.

LIFE 2126.600	Sa	09:00AM-12:00PM	RAC 131
Sessions: 4	\$96	09/07/24-09/28/24	Susan Rocha
LIFE 2126.601	Sa	09:00AM-12:00PM	RAC 131
Sessions: 4	\$96	10/05/24-10/26/24	Susan Rocha

Relaxation, Stretching and Balance through Tai Chi and Qi Gong Practices

RELAXATION through Qi Gong Practices. Qi Gong is an exercise in coordinating one's breath with simple movements. STRETCHING by exaggerating a few Tai Chi postures. BALANCE by learning the tai Chi Walk, while maintaining Shenfa-body alignment. Students can expect to follow the instructor with multiple repetitions of simple Tai Chi movements. To successfully participate in this class, students must be able to walk 25 yards and stand on one foot for two seconds unassisted.

LIFE 2051.600	MW	08:00AM-09:00AM	RAC 126
Sessions: 8	\$71	09/16/24-10/09/24	Cindy Woodworth
LIFE 2051.601	MW	08:00AM-09:00AM	RAC 126
Sessions: 8	\$71	10/21/24-11/13/24	Cindy Woodworth

Tai Chi and Applications

Tai Chi is learned and practiced with slow meditative movements connecting the mind & body. Taijiquan is the study of applications within Tai Chi forms. Students will learn a few Tai Chi postures and practice applications with partners.

LIFE 2120.600	Sa	09:00AM-10:00AM	RAC 126
Sessions: 6	\$59	11/02/24-12/14/24	Michele Schmidt

NO CLASS NOVEMBER 30

Yoga I

This is an entry level yoga class suitable for beginners and students of yoga who desire a refresher in foundational postures. Students will need have the ability to work from the floor to standing. Yoga props will be used in this class to assist students in finding proper alignment in their body. Yoga is a physical practice that includes mindfulness and breathwork which we will also explore in this class. Yoga props are provided. Students should bring their own yoga mat.

LIFE 2110.600	WF	05:30PM-06:30PM	CCI 143
Sessions: 4	\$49	10/23/24-11/01/24	Toni Brannan

Yoga II

This class is designed for students who have some yoga experience. The class is 60 minute sessions that include breathwork and meditation. We will work in yoga postures that vary from floor to standing. Props are used to support the body and make all postures accesible to various skill levels. Please bring your own yoga mat to class.

LIFE 2111.600	WF	05:30PM-06:30PM	CCI 143
Sessions: 6	\$73	09/04/24-09/20/24	Toni Brannan
LIFE 2111.601	WF	05:30PM-06:30PM	CCI 143
Sessions: 6	\$73	11/06/24-11/22/24	Toni Brannan

Healthy Living

Childbirth and Support of the Pregnant Body

This class is taught by Sarah Morey, Executive Director of Earthside Birth and Wellness Center, and Delaney Little PT, DPT and Charlotte Ennis PT, DPT from Hands On Physical Therapy. This class is designed to prepare you for the physical and emotional experience of childbirth. Partners encouraged and welcomed! This 5 week in-person group childbirth class is perfect for anyone planning a birth center birth, home birth, or hospital birth!

LIFE 2128.600	M	06:00PM-08:00PM	CCI 143
Sessions: 5	\$38	09/09/24-10/01/24	Sarah Morey
			Delaney Little
			Charlotte Ennis

Introduction to Dementia Caregiving

Americans are living longer and many are becoming afflicted with dementia in their later years. Whether you love someone with dementia from a distance, care for someone afflicted with dementia, or just want to learn more about caregiving for dementia patients, here is a chance to learn strategies and tactics for dealing with dementia. The instructors, Mike Hand and Patrice Gapen, spent years as full-time caregivers for their spouses. Tuition includes a book that you can take home for later reference.

LIFE 2117.600	T	07:00PM-09:00PM	CCI 123
Session: 1	\$19	10/01/24	Patrice Gapen

Hand Gun Safety

Basic Pistol Class

This course is designed to assist students in the safety and basic use of handguns. Students will be trained in the selection, care, handling and storage of firearms. Safety, defensive procedures and the legal aspects of the use of handguns in self-defense in the state of Wyoming will also be presented. Double-action, center fire handguns are provided. Cost includes handgun use, targets and handout materials. Students will be required to provide their own ammunition (estimated cost is \$100). Information on what ammunition to purchase will be discussed at the first class. Attendance is mandatory on all class days. Students missing class days will be unable to continue with the course and will not receive a refund due to lack of attendance or outside the published course refund policy. Cosponsored by LCCC and the Sheriff's Department, the class will be held at the Laramie County Sheriff's Department, 1910 Pioneer Ave. No firearms shall be brought to the course. In order to participate in this course, class participants must pass a criminal background check run by the Sheriff's Department prior to the start of the course. Students must be a law-abiding resident of the United States, 21 years of age or older and agree to adhere to the LCCC student code of conduct while attending class.

LIFE 1523.600	Th	06:30PM-09:45PM	LCSD LOBBY
Sessions: 5	\$136	09/12/24-10/10/24	Patrick Lewis
LIFE 1523.601	Th	06:30PM-09:45PM	LCSD LOBBY
Sessions: 5	\$136	10/24/24-11/21/24	Patrick Lewis



Register online at

lccc.wy.edu/enrichment

Jewelry Making

Introduction to Precious Metal Clay

Join us for a fun, introductory class where you will learn to make fine silver jewelry using Precious Metal Clay (PMC). PMC is a material that looks and feels like clay but when fired, you're left with .999 fine silver. We will learn design, construction, firing and finishing techniques to make a beautiful pair of fine silver earrings and a pendant. This class is a pre-requisite for future intermediate PMC classes. Please bring a sack lunch, dust mask, safety glasses and an exacto knife with a new blade.

LIFE 2113.600	Sa	10:00AM-04:00PM	FA 144
Sessions: 1	\$115	09/28/24	Cathy Spencer

Precious Metal Clay: The Abalone Wave

Join us for a fun class where you will learn to inlay abalone shell in your precious metal clay pendant. Introduction to Precious Metal Clay is a prerequisite for taking this class. Please bring a dust mask and safety glasses.

LIFE 2122.600	Sa	10:00AM-02:30PM	FA 144
Sessions: 1	\$115	10/26/24	Cathy Spencer

Precious Metal Clay: Setting Stones Three Ways

Learn to set stones in precious metal clay using three different techniques. We will make a pendant using all three styles of stone setting. Introduction to Precious Metal Clay is a prerequisite to this class.

LIFE 2121.600	Tu	10:00AM-02:00PM	FA 144
Sessions: 1	\$115	09/10/24	Cathy Spencer

Language

Conversational American Sign Language

Learn essential communication sign language skills that are culturally appropriate through an engaging and interactive environment. Introduction to Deaf culture, important historical figures, and applicable social etiquette.

LIFE 2039.600	TWTh	05:30PM-07:30PM	BT 103
Sessions: 30	\$244	09/10/24-11/21/24	Chris Bernard

Introduction to French

Vous parlez français? Non? Then this class is for you! Get a start on speaking conversational French. Focus on learning the basics of French and be confident in continuing to self-study.

LIFE 2116.600	MW	06:30PM-08:00PM	TC 123
Sessions: 6	\$150	09/09/24-09/25/24	Timothy Goetter

Practical Italian 1

This course is designed for learners wishing to gain practical knowledge of Italian language and culture to communicate effectively in social situations. Textbook included.

LIFE 1838.600	T	05:30PM-06:30PM	BT 112
Sessions: 10	\$171	09/03/24-11/05/24	Dennis Dicamplic

Practical Italian 2

Ciao di nuovo! Hello again! How would you like to futher improve your Italian language proficiency? If so, this is the course for you! The aim of this course is to further develop your listening, reading, writing, and speaking skills through in-class communicative activities. This course will expose you to enhanced practical grammatical and vocabulary functions, as well as a review of Italian patterns you have previously studied! This Italian course will also explore contemporary Italian culture that will serve you well not only in-class, but also in the real world!

LIFE 1998.600	T	07:00PM-08:30PM	BT 112
Sessions: 10	\$171	09/03/24-11/05/24	Dennis Dicamplic

Practical Spanish

This course emphasizes developing listening and speaking skills used in conversation. You will have the opportunity to develop vocabulary and communication abilities by practicing speaking, reading, and writing. Textbook included.

LIFE 2097.600	M	05:30PM-06:45PM	BT 112
Sessions: 10	\$171	09/09/24-11/11/24	Dennis Dicamplic

Beginner Late Start Orchestra

Have you ever wanted to play a violin, viola, or cello but didn't have the time or life got in the way? Then this is the group for you. Bring your instrument and learn to play in this beginner group.

LIFE 2129.600	M	06:30PM-07:30PM	FA 113
Sessions: 7	\$30	09/09/24-10/21/24	Aaron Bell

LIFE 2129.601	M	06:30PM-07:30PM	FA 113
Sessions: 7	\$30	10/28/24-12/09/24	Aaron Bell

Returner Late Start Orchestra

Have you ever played a violin, viola, or cello and stopped, but want to start again? Then this is the group for you. Dust off your instrument and bring it with you to play.

LIFE 2131.600	M	07:00PM-08:00PM	FA 113
Sessions: 7	\$50	09/09/24-10/21/24	Aaron Bell

LIFE 2131.601	M	07:00PM-08:00PM	FA 113
Sessions: 7	\$50	10/28/24-12/09/24	Aaron Bell

Painting

Continuing Painting

Ready to take your paintings to the next level? Dig deeper into content and practice, combining personal experience and creative thought into authentic subject matter. Students will be pushed to explore themes and deeper meaning, all while refining their foundational skills. Oil and acrylic mediums welcome.

LIFE 2073.600	T	06:00PM-08:00PM	FA 130
Sessions: 8	\$244	09/03/24-10/22/24	James Overstreet

Introduction to Oil Painting

Embark on a vibrant journey into the world of oil painting with this introductory class. Whether you're a beginner eager to explore this timeless medium or an experienced artist seeking to refine your skills, this course is designed to ignite your creativity and deepen your understanding of oil painting techniques. Over the span of several sessions, you'll learn fundamental concepts such as color theory, composition, brushwork, and the manipulation of oil paints. Through hands-on demonstrations and personalized guidance, you'll gain confidence in wielding the brush and expressing your artisitc vision on canvas.

LIFE 2123.600	Th	06:00PM-08:00PM	FA 130
Sessions: 8	\$244	09/05/24-10/24/24	James Overstreet

Painting Fundamentals

Pull out your paints and get started on a journey of artistic expression. Topics will include the use of color, composition and balance to create informed pieces of art. Instruction will include hands-on demonstrations, guided observation, class discussion and critique. Acrylic paints are recommended for beginners; Oil paints permitted. A supply list will be provided at time of registration.

LIFE 2053.600	W	06:00PM-08:00PM	FA 130
Sessions: 8	\$244	09/04/24-10/23/24	James Overstreet

We appreciate your feedback. Please take a moment to complete an online survey about your class.

lccc.wy.edu/lesurvey

Writing

Ultimate Bootcamp for Writers 3.0

The Ultimate Bootcamp for Writers 3.0 offers three sessions that are longer in classroom time and commitment. Writers will hit the ground running with five submitted pages of their work in progress to the instructor before the first class begins. The Ultimate Bootcamp 3.0 will challenge writers to double-down on their writing and marketing. From finding an agent and drafting a submission packet, to the pros and cons of self-publishing, writers will leave with more developed, refined work.

LIFE 2098.600	Th	06:00PM-08:30PM	HS 106
Sessions: 3	\$236	10/03/24-10/17/24	Mary Billiter

Writing Boot Camp 2.0 - The Next Level

Boot Camp 2.0 turns up the heat to take your writing work-in-progress to the next level! From query letters and submission guidelines to character and plot development, focused weekly marketing, reading and writing prompts will strengthen, build, and refine your writing. By the end of four weeks, writers will be on track with their author and book development.

LIFE 2045.600	Th	06:00PM-08:00PM	HS 106
Sessions: 4	\$236	09/05/24-09/26/24	Mary Billiter



DRIVER SIMULATOR

Do you have a new driver in your house? Would you like to try out their knowledge of Rules of the Road before they drive the streets? The driver simulator is an excellent choice for those who are new to driving or would just like more practice. Included with driver education class. Other times \$15 per one hour session.

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BUSINESS TRAINING INFORMATION

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(For refund, cancelation and withdrawal information see inside front cover.)

COMPUTER APPLICATIONS

Adobe Acrobat Pro: New Experience

Students in this course will achieve advanced mastery of a fully comprehensive set of Adobe Acrobat Professional skills such as creating, editing, combining PDFs, advanced editing by creating bookmarks, links, buttons, elements, multimedia, watermarks, comments, markup, shared reviews, interactive forms, digital signatures, security, conversions and optimization. Comes with course textbook. Note: student must already have their own Acrobat Pro subscription to use in class for learning activities.

BTWD 0766.600	Th	09:00AM-04:00PM	TC 103
Session: 1	\$149	12/12/24	Michael Stephens

Google Workspace Level 1

This course provides an overview about Google Workspace, either free or paid editions, with a primary focus on its most commonly used apps such as Gmail, Drive, Calendar, Chat, Meet, Docs, Sheets, Slides, Forms and Keep, with hands-on activities. Students will learn about tapping into its communication and collaboration potential. It is for students who have little to no familiarity with Google Workspace but are contemplating using it for personal or business purposes. It is strongly recommended but not required for the course, if students already have a Google or Gmail account to use in class.

BTWD 0764.600	T	09:00AM-04:00PM	TC 103
Session: 1	\$149	12/17/24	Michael Stephens

MS Access Level 1

This course provides the basic concepts and skills to start using Microsoft Access: How to navigate the Access interface, and how to create and modify tables, queries, forms, and reports. You will benefit most from this course if you want to gain a basic understanding of Access and be able to design and create simple tables, queries, forms, and reports. The course assumes you know how to use a computer, and that you're familiar with Microsoft Windows. It does not assume that you've used a different version of Access or another database system before.

BTWD 0745.600	T	09:00AM-04:00PM	TC 103
Session: 1	\$149	09/10/24	Michael Stephens

MS Excel Level 1

Excel Level 1 provides the basic concepts and skills students need to start being productive with Microsoft Excel: how to create, save, share, and print worksheets that contain various kinds of calculations and formatting. Students will benefit most from this course if they want to accomplish basic workplace tasks in Excel, or if they want to have a solid foundation for continuing on to become an Excel Expert. If they intend to take a Microsoft Office Specialist or Expert exam for Excel, this courseware is a good place to start their preparation, but they will need to continue on to other courses to be fully prepared for either exam. The course assumes students know how to use a computer, and that they're familiar with Microsoft Windows. It does not assume that they've used a different version of Excel or another spreadsheet program before.

BTWD 0737.600	M	09:00AM-04:00PM	TC 103
Session: 1	\$149	09/23/24	Michael Stephens
BTWD 0737.601	W	09:00AM-04:00PM	TC 103
Session: 1	\$149	10/23/24	Michael Stephens
BTWD 0737.602	Th	09:00AM-04:00PM	TC 103
Session: 1	\$149	12/05/24	Michael Stephens

MS Excel Level 2

Excel Level 2 builds on the basic concepts and skills of our Level 1 course to provide more advanced tools for analysis and presentation of complex, realistic data in Microsoft Excel: how to manage complex workbooks, build more complex functions, use data analysis tools, make an impact with powerful chart and presentation features, and collaborate with other users. Students will benefit most from this course if they want to use Excel 2019 to perform real-world tasks such as rearranging and presenting complex data. The course assumes students know how to use a computer, that they're familiar with Microsoft Windows, and that they've taken the Level 1 course or have equivalent introductory experience with Excel.

BTWD 0741.600	T	09:00AM-04:00PM	TC 103
Session: 1	\$149	10/08/24	Michael Stephens

Presentation Software Skills

This training provides concepts and skills in a hands-on computer lab that students can utilize for more engaging and successful delivery of knowledge and ideas using visual presentation software such as MS PowerPoint, Google Slides and others. Topics covered include necessary equipment, best practices, organizing content, using templates to polish appearance and save time, utilizing multimedia to increase engagement, major dos and don'ts, and other essential presentation tips to ensure a successful presentation that keeps your audience's attention. This course is for students with little to no familiarity using presentation software and also for those who have some experience, but are looking to expand and sharpen their skills.

BTWD 0763.600	T	09:00AM-04:00PM	TC 103
Session: 1	\$149	12/10/24	Michael Stephens

COMPUTER APPLICATION TRAINING

LEADERSHIP & BUSINESS TRAINING

CPR & First Aid Training

& MORE AT LCCC

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SCAN TO CHECK OUT OUR CLASSES!

MS Excel Level 3

Excel Level 3 builds on the concepts and skills of our Level 1 and Level 2 courses to provide advanced tools for solving real-world problems in Microsoft Excel: lookup and decision-making functions, auditing and error-handling, array functions, date and text functions, importing and exporting, what-if-analysis, and macros. Students will benefit most from this course if they want to use Excel to perform real-world tasks such as handling and getting information from large amounts of data from sources inside out and outside of Excel, creating output that varies according to conditions, manipulating dates and text, and automating repetitive tasks. The course assumes students know how to use a computer, that they're familiar with Microsoft Windows, and that they've taken the Level 1 and Level 2 courses or have equivalent introductory experience with Excel. The exercises are more detailed and complex than those in levels 1 and 2.

BTWD 0742.600	M	09:00AM-04:00PM	TC 103
Session: 1	\$149	09/16/24	Michael Stephens
BTWD 0742.601	W	09:00AM-04:00PM	TC 103
Session: 1	\$149	11/13/24	Michael Stephens

NEW

QuickBooks Online \$300

This course will cover both the desktop and online versions of QuickBooks, Intuit's accounting software for small businesses. The class will have a teaching component and an opportunity for hands-on practice. You'll learn about setting up and creating a company, modifying the chart of accounts, working with multiple lists, invoicing, processing payments, working with bank accounts and bank/credit card reconciliation, entering and paying bills, customizing forms, creating reports and graphs, tracking and paying sales tax and preparing payroll. A basic understanding of computers and accounting knowledge is recommended for this class. Each student receives a comprehensive textbook, which is included in the course fee.

BTWD 0108.600	ThF	09:00AM-03:00PM	TC 103
Sessions: 2	\$300	09/19/24-09/20/24	Bridgette White
BTWD 0108.601	MT	09:00AM-03:00PM	TC 103
Sessions: 2	\$300	10/21/24-10/22/24	Bridgette White
BTWD 0108.602	MT	09:00AM-03:00PM	TC 103
Sessions: 2	\$300	11/11/24-11/12/24	Bridgette White

CPR & FIRST AID

CPR and First Aid

During this course, you will gain knowledge and skills that may help save a life. You will learn the basics of first aid, the most common life-threatening emergencies, how to recognize them, and how to help. You will also learn how to recognize when someone needs CPR, how to call for help, and how to give CPR and use an AED (automated external defibrillator).

EMTN 4010.600	Th	06:00PM - 09:00PM	TC 115
Session 1:	\$110	09/12/2024	Bryant Bitner
EMTN 4010.601	Th	06:00PM - 09:00PM	TC 115
Session 1:	\$110	09/12/2024	Bryant Bitner
EMTN 4010.602	Th	06:00PM - 09:00PM	TC 115
Session 1:	\$110	09/12/2024	Staff
EMTN 4010.603	Th	06:00PM - 09:00PM	TC 115
Session 1:	\$110	09/12/2024	Bryant Bitner
EMTN 4010.604	Th	06:00PM - 09:00PM	TC 115
Session 1:	\$110	09/12/2024	Bryant Bitner
EMTN 4010.605	Th	06:00PM - 09:00PM	TC 115
Session 1:	\$110	09/12/2024	Bryant Bitner
EMTN 4010.606	Th	06:00PM - 09:00PM	TC 115
Session 1:	\$110	09/12/2024	Bryant Bitner

CPR for Healthcare Providers

Basic Life Support (BLS) Provider Course is the foundation for saving lives after cardiac arrest. You will learn the skills of high-quality cardiopulmonary resuscitation (CPR) for victims of all ages and will practice delivery of these skills both as a single rescuer and as a member of a multi-rescuer team. This course focuses on what healthcare rescuers need to know to perform high-quality CPR in a wide variety of settings. You will also learn how to respond to choking emergencies and how to use an automated external defibrillator (AED).

EMTN 4015.600	F	09:00AM - 12:00PM	TC 115
Session 1:	\$89	09/13/2024	Frances Phelps
EMTN 4015.601	F	09:00AM - 12:00PM	TC 115
Session 1:	\$89	09/27/2024	Frances Phelps
EMTN 4015.602	F	09:00AM - 12:00PM	TC 115
Session 1:	\$89	10/18/2024	Frances Phelps
EMTN 4015.603	F	09:00AM-12:00PM	TC 115
Session 1:	\$89	10/25/2024	Frances Phelps
EMTN 4015.604	F	09:00AM-12:00PM	TC 115
Session 1:	\$89	11/08/2024	Frances Phelps
EMTN 4015.605	F	09:00AM-12:00PM	TC 115
Session 1:	\$89	11/22/2024	Frances Phelps
EMTN 4015.606	F	09:00AM-12:00PM	TC 115
Session 1:	\$89	12/06/2024	Frances Phelps
EMTN 4015.607	F	09:00AM-12:00PM	TC 115
Session 1:	\$89	12/20/2024	Frances Phelps

LEADERSHIP, ORGANIZATIONAL AND PROFESSIONAL DEVELOPMENT

Bridges Out of Poverty

The Bridges Out of Poverty workshop increases participants' understanding of economic class, the importance of the eleven resources, and the impact of hidden rules. This introductory workshop is designed for people who work for organizations or businesses that interact with individuals in poverty.

BTWD 0684.600	T	08:00AM-12:00PM	TC 112
Session: 1	\$109	09/17/24	Melissa Martin
BTWD 0684.601	M	08:00AM-12:00PM	TC 112
Session: 1	\$109	10/28/24	Melissa Martin

Collaborative Culture

Sometimes working together is a challenge. This class will use Lego Serious Play to work on methods and skills to develop a collaborative culture with an emphasis on generational commonalities.

BTWD 0769.600	W	08:00AM-12:00PM	TC 112
Session: 1	\$109	11/20/24	Lisa Will

Crucial Conversations

Based on the bestselling Crucial Conversation book by Vital Smarts, this course teaches the practice and skills for having difficult conversations. Relationships are strengthened and intractable problems are resolved through conscious use of these techniques.

BTWD 0477.600	ThF	08:00AM-05:00PM	TC 112
Sessions: 2	\$450	10/03/24-10/04/24	Melissa Martin
BTWD 0477.601	ThF	08:00AM-05:00PM	TC 112
Sessions: 2	\$450	11/21/24-11/22/24	Melissa Martin



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DiSC Behavioral Assessment

Do you understand the needs of the people you work with? Everything DiSC® is a research based tool to help individuals at all levels within any organization improve self-awareness, self-management, social awareness and relationship management. It is a fast, easy way to go from assessment to action, with tips and strategies to connect better with your co-workers and improve your workplace.

BTWD 0460.600	F	08:00AM-12:00PM	TC 112
Session: 1	\$109	08/30/24-08/30/24	Melissa Martin
BTWD 0460.601	T	08:00AM-12:00PM	TC 112
Session: 1	\$109	12/17/24-12/17/24	Melissa Martin

Emotional Intelligence

Emotional intelligence is one of the strongest indicators of professional success and increases personal motivation, empathy and self-awareness. Participants will learn the four components of emotional intelligence and their impact on both personal and professional success.

BTWD 0217.600	W	09:00AM-03:00PM	TC 123
Session: 1	\$149	09/25/24	Lisa Will

Good Grammar

Participants will improve their writing and communication skills through no-nonsense instruction in grammar and punctuation. Topics include parts of speech, subject-verb agreement, and commonly confused words.

BTWD 0611.600	W	08:00AM-12:00PM	TC 112
Session: 1	\$109	09/25/24	Monica Puente
BTWD 0611.601	W	08:00AM-12:00PM	TC 112
Session: 1	\$109	12/11/24	Monica Puente

Human Resources for Managers

Participants explore critical elements for Human Resource Management and discuss legal issues vital to hiring in the workplace.

BTWD 0139.600	Th	08:00AM-12:00PM	TC 112
Session: 1	\$109	09/26/24	Charlie Rando
BTWD 0139.601	W	08:00AM-12:00PM	TC 123
Session: 1	\$109	10/30/24	Charlie Rando

Identify Leadership Voice

It is critical to identify the role communication plays in achieving our leadership goals. In this course we will explore the “voice” we use in verbal and written communication. Our “voice” elicits a response - positive or negative. This workshop will help participants develop skills to manage this essential tool through awareness and practical application.

BTWD 0751.600	W	09:00AM-03:00PM	TC 123
Session: 1	\$139	11/13/24	Monica Puente

Lunch & Learn Beating Burnout

A “Lunch and Learn” virtual session on a variety of topics to provide learning for the workplace and your own personal growth.

BTWD 0671.601	W	11:30AM - 01:00PM	Online
Session: 1		11/06/2024	Lisa Will

Lunch & Learn Emotional Intelligence

Learn how to increase your emotional intelligence by developing empathy. This class will focus on strategies to become more empathetic.

BTWD 0671.600	W	11:30AM - 01:00PM	Online
Session: 1		10/09/2024	Lisa Will

New Supervisor Training

This session will present innovative training to help new supervisors embrace their roles and build skills in five key areas: promoting communication, guiding work, leading the workforce, coaching employee performance, and developing themselves.

BTWD 0563.600	W	08:00AM-05:00PM	TC 112
Session: 1	\$218	09/11/24	Monica Puente
BTWD 0563.601	W	08:00AM-05:00PM	TC 123
Session: 1	\$218	12/04/24	Monica Puente

Reduce Stress/Build Resilience

Stress complicates our lives for sure. How can we reduce its negative effects and build resilience in the process? We will focus on necessary self-care steps to adapt and move forward as stronger people.

BTWD 0759.600	W	08:00AM-12:00PM	TC 112
Session: 1	\$109	10/23/24	Lisa Will

Sculpting the Leader in You

A leadership style is an intentional configuration of skills, traits, and competencies.) It is a combination of transformational influencing, communication, and team building. Today’s leaders must possess a style that is compatible with a diverse workforce to lead through changing times. This full-day workshop is an immersion to develop and enrich successful leadership skills.

BTWD 0752.600	W	08:00AM-05:00PM	TC 112
Session: 1	\$218	10/16/24	Monica Puente

The Art of Goal Setting

Puzzled by what you want to accomplish this year? Maybe a new creative way to face the challenge of goal setting will offer both fresh ideas and strategies to enable you to actually meet the goals that matter to you. This class uses Lego Serious Play to work through the process of goal setting.

BTWD 0757.600	W	11:00AM-01:00PM	TC 123
Session: 1	\$55	09/11/24	Lisa Will

Microsoft® Office Specialist (MOS) Certification Training

\$349 Per Application (includes test voucher)

MOS certifications are industry-recognized credentials that validate proficiency in technical skills using software applications. The Microsoft® Office Specialist exams include Word, Word Expert, Excel, Excel Expert, Access, PowerPoint, and Outlook. Students work independently, self-paced, with instructor available as needed. Call 307.778.4381 or email dkaelin@lccc.wy.edu for more details.



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TECHNICAL TRAINING

Certified Fiber Optics Technician

This introductory approximately 2 ½ day fiber optics technician course is designed for anyone interested in becoming a Certified Fiber Optics Technician. This training combines theory and 85% hands-on activities to prepare the student to take the Certified Fiber Optic Technician (CFOT) test that is sanctioned by the Fiber Optics Association (FOA) and given and graded the final class day. This course also introduces the student to industry standards governing Fiber-To-The-Desk (FTTD), Fiber-To-The-Home (FTTH), and Distribution Cabling. Students will learn how to identify fiber types, recognize various connectors used in fiber installation; and install, terminate, splice, and properly test installed fiber cable to existing standards. Note: The student must pass both the written and hands on exams to successfully pass this course. This course is recognized by The US Department of Labor and is sanctioned by the Fiber Optic Association (FOA). Along with chapter tests, class discussions, and substantial hands-on activities, the CFOT exam is given and graded at the end of the class. Students will demonstrate the ability to build, test, and troubleshoot a fiber optic LAN network.


BTWD 0158.600 M 08:00AM-05:00PM TC 121
Tues 08:00AM-12:00PM
Session 1 1/2 \$995 BDI Datalynk



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Health & Safety Training

Scan here to register



Certified Fiber Optics Specialist

This two day, approximately 12-hour program is designed to offer advanced training to anyone involved with the testing and maintenance of fiber optics networks. A focal point in the program is to offer a general, easy to understand, approach to fiber optics testing standards with little theory and considerable hands on activities. This comprehensive program explains the variety of testing standards, equipment and technological approaches used in fiber network testing and splicing and how to choose among them. This 85% hands on course explores the overall spectrum of testing and maintenance of singlemode fiber optics networks and provides a detailed overview and demonstration of various pieces of equipment used in testing and maintenance. Subject matter includes a detailed study of ANSI/TIA/EIA-526-(7)A, OTDR fundamentals and uses, OTDR vs. Insertion Loss Testing, Return Loss Testing, and Attenuation testing using the Power Source and Light Meter. This course is recognized by The US Department of Labor and is sanctioned by the Fiber Optic Association (FOA). Along with chapter tests, class discussions, and substantial hands-on activities, the Specialist Fiber Optics Certification Test (both written and practical) is given and graded at the end of the class. To receive FOA certification, students must pass both written and hands on exams. Students will receive a Certificate of Completion at the end of the program. Prerequisite: Fiber Optics Association (FOA) Certified Fiber Optics Technician (CFOT) Course. As of January 1, 2015, the student MUST have successfully passed the basic CFOT course within the preceding 12 months or have renewed their FOA membership within that time frame prior to attending the CFOS/T, CFOS/S, and/or the CFOS/O FOA Specialist courses. There are no exceptions.

BTWD 0159.600 W 01:00PM-05:00PM TC TBA
Th 08:00AM-05:00PM
Sessions: 2 \$895 10/23/24-10/24/24 Staff

Certified Fiber Optic Splicing

This approximately 8-hour splicing specialist training includes a complete presentation explaining the importance of high performance splicing and further details the points necessary to achieve these splices. 85% hands-on classroom activities will provide training in both fusion and mechanical splicing of either single or multimode fiber optic cables. Inside or outside plant fiber optic cable types will be utilized at instructor's discretion during these hands-on sessions along with fiber optics enclosures and splice trays. The student will be responsible for successfully making and testing both mechanical and fusion splices. This course is recognized by The US Department of Labor and is sanctioned by the Fiber Optic Association (FOA). CFOS/S test is given and graded at the end of the class. Prerequisite: Fiber Optics Association (FOA) Certified Fiber Optics Technician (CFOT) Course. As of January 1, 2015, the student MUST have successfully passed the basic CFOT course within the preceding 12 months or have renewed their FOA membership within that time frame prior to attending the CFOS/T, CFOS/S, and/or the CFOS/O FOA Specialist courses offered.

BTWD 0247.600 F 08:00AM-05:00PM TC 121
Session: 1 BDI Datalynk

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Laramie County Community College

Certified Administrative Professional

This course provides the information you'll need to know to sit for the Certified Administrative Professional (CAP) exam offered by the International Association of Administrative Professionals.

Executive Assistant

Train for a career as an executive assistant. You'll learn MBA-level business management skills and prepare for the Certified Administrative Professional (CAP) exam.

Certified Medical Administrative Assistant w/ Medical Terminology

You will learn the professional traits and responsibilities to become a vital part of the healthcare team in a medical office, clinic, hospital, and other healthcare settings. You will also prepare for the CMAA exam.

Medical Billing and Coding

Train for an in-demand healthcare career in medical billing and coding and prepare for industry certification in this course.

Professional Bookkeeping with QuickBooks Online

Acquire the skills you need to make the most of QuickBooks Online. This course will help you understand how to get your business finances in order and save time with this powerful and useful tool. This course also serves as preparation for the certified user exam.

Certified Technical Writer

Examine the field of technical writing, learn how to write within any technical writing context, and develop your own portfolio. Students will also prepare for the Certified Professional Technical Communicator exam.

NASM Certified Personal Trainer and Exam Preparation

This online program will help you pass the NASM exam and earn your NASM Certified Personal Trainer certification, one of the most respected certifications in the fitness industry.

Certified Digital Marketing Professional

Learn search engine optimization, content marketing, social media marketing, mobile marketing, pay-per-click, and more.

Advertising and Outreach Specialist

Learn how to create advertising pieces for print and digital media. Learn to develop and execute all stages of an ad campaign, from writing copy to story-boarding.

Certified Legal Secretary

This program will help you gain the skills you need to begin work as a legal secretary and prepare for the Accredited Legal Professional certification exam through NALS the Association of Legal Professionals.

Child Development Associate

Learn the principles of child growth and development from birth through age five and how they align with the 8 Child Development Associate (CDA) competencies.

To Enroll or learn more, visit or call us at:

www.careertraining.ed2go.com/laramieccc/

307.778.4381



Pharmacy Technician Training

The perfect start to a great career!

- Classes run for 15 weeks
- Learn the top 200 drugs, dosages and more
- Sit for your PTCB licensure exam

Classes start Fall 2024



Call 307.432.1629, email rmcelroy@lccc.wy.edu or scan to get started



The Sky is the Limit ADULT CAREER & EDUCATION ACES @ LCCC

We can help you develop the skills necessary for meaningful employment or continued education!
Services are offered **FREE OF COST** | Students must be 16+



- HIGH SCHOOL EQUIVALENCY TESTING (HiSET)
- ENGLISH AS A SECOND LANGUAGE (ESL)
- SUMMER BRIDGE CLASSES

SCAN THE CODE TO LEARN MORE



LARAMIE COUNTY COMMUNITY COLLEGE
PRESENTS

CONCEPT FORGE

@ the **AMMC**
ADVANCED MANUFACTURING & MATERIAL CENTER

Do you have an idea to create the greatest product ever?

Equipped with:

- various types of 3-D printers
- laser engraver
- sublimation printer
- camera equipment
- and much more!

SCAN THE CODE TO MAKE IT HAPPEN!



CDL

Training and Certification Testing

Improve your driving skills with LCCC's CDL simulator.

Daytime and evening classes offered

Grant funding may be available to qualified applicants

**Call 307.778.4381
for more information!**



Take your career to the next level by becoming a Certified Public Manager.

Whether you are an accomplished public sector leader or aspiring to be one, develop crucial skills by earning the nationally-recognized Certified Public Manager® designation at Laramie County Community College.

\$3,399 per participant, all materials included

Registration now open for 2024/2025 Wyoming Certified Public Manager Program Cohorts.

For more information visit lccc.wy.edu/CPM

(Group discounts available for agencies enrolling 2+ students)

Outreach & Workforce Development

1400 E. College Dr., Cheyenne, WY 82007

307.778.4381 | DKaelin@lccc.wy.edu | lccc.wy.edu

START YOUR MEDICAL CAREER IN AS LITTLE AS 20 WEEKS!

BECOME A CERTIFIED CLINICAL MEDICAL ASSISTANT

Training includes:

- Clinical externship at a local healthcare provider
- Sit for National Healthcareer Association Certification Exam
- Grant funding may be available to qualified applicants

Classes
start Fall
2024



Call 307.432.1629 or rmcelroy@lccc.wy.edu
or scan to get started



307.778.4381

WORKFORCE & PROFESSIONAL DEVELOPMENT



Eastern Laramie County Outreach Center

607 Elm Street
Pine Bluffs, Wyoming 82082
Pinebluffs@lccc.wy.edu
lccc.wy.edu/easternLaramieCounty

307.432.1678

Check out Page 10 for
Adult Education and ESL classes

Share Your
passion and Teach

BONJOUR

Contact the Life Enrichment office at
307.778.1236 or lifeEnrichment@lccc.wy.edu
for more information

LIFE ENRICHMENT

Introduction to Drawing

This will be a fun class for those who always wanted to learn to draw but did not want to commit to the time and cost of a college credit class. Basics of shape, form, light, placement, shading and terminology will be taught. By the end of the course, students will have completed one composition that will give them the basic knowledge to create the illusion of 3-dimensional space on a 1-dimensional canvas. Students will need their own 8x11 sketch pad.

LIFE 8029.750	Th	02:30PM-04:00PM	ELCC
Sessions: 12	\$30	09/05/24-11/21/24	Pamela Hickman

Beginning Crochet

Learn the basics of crocheting: identify crochet language, learn to read a pattern and complete an easy crochet project (granny square blanket, basic hat, or scarf). Come away with a sense of accomplishment and a basic project of your own. MATERIALS NEEDED: 1 H (5.00 mm) hook. Practice yarn and an instruction manual will be provided. Yarn for in-class project and pattern selection will be discussed at the first class.

LIFE 8033.750	Th	12:00PM-2:00PM	ELCC
Sessions: 7	\$30	9/05/24-10/17/24	Pamela Hickman
LIFE 8033.751	Th	12:00PM-2:00PM	ELCC
Sessions: 7	\$30	10/24/24-12/12/24	Pamela Hickman

NO CLASS NOVEMBER 28

CPR/First Aid

During this course, you will gain knowledge and skills that may help save a life. You will learn the basics of first aid, the most common life-threatening emergencies, how to recognize them, and how to help. You will also learn how to recognize when someone needs CPR, how to call for help, and how to give CPR and use an AED (automated external defibrillator). Cost of class includes American Heart Association Card.

EMTN 4010.750	Th	10:00AM-01:00PM	ELCC
Sessions: 1	\$22	08/08/2024	Cameron Karajanis
EMTN4010.751	Tu	10:00AM-01:00PM	ELCC
Sessions: 1	\$22	09/17/2024	Cameron Karajanis
EMTN 4010.752	M	10:00M-01:00PM	ELCC
Sessions: 1	\$22	10/14/2024	Cameron Karajanis

Dance Fitness

Welcome! This course is a joint venture between Donna Black and Lisa Williams to promote wellness and strength through a combination of dance fitness and Zumba. The main focus is for you to have a workout that leaves you feeling invigorated, strong, and happy. Through dance, you will be supported on your journey of self care through physical fitness. There will be a variety of music used to help you dance your way to a stronger, happier, more fit YOU! We can't wait for you to join us.

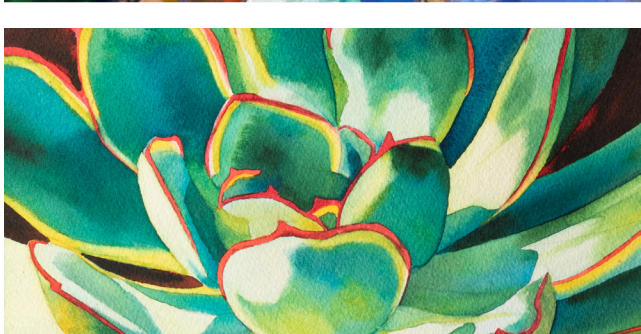
LIFE 8034.750	M	05:45PM-06:45PM	ELCC GYM
Sessions: 4	\$22	09/09/24-09/30/24	Donna Black
LIFE 8034.751	M	05:45PM-06:45PM	ELCC GYM
Sessions: 4	\$22	10/07/24-10/28/24	Donna Black
LIFE 8034.752	M	05:45PM-06:45PM	ELCC GYM
Sessions: 5	\$22	11/04/24-12/09/24	Donna Black

Time Together Winter Holiday Crafting

Calling all families. Come and enjoy a fun activity together creating fun holiday crafts. Each person will create a Gnome Head Bag Tag and a Sock Snowman. The students will walk away with a completed Holiday oriented object that they can use to enhance their holiday decorations. All supplies included. This class is geared for parents and children together.

LIFE 8035.750	F	01:00PM-03:30PM	ELCC
Sessions: 1	\$15	11/15/24	Pamela Hickman

Register online @ lccc.wy.edu/enrichment



FOR THE LOVE OF THE

ARTS



SAVE THE DATE
SATURDAY, SEPTEMBER 7



LARAMIE COUNTY
COMMUNITY COLLEGE
Foundation

CULTURAL AND COMMUNITY ENRICHMENT SERIES

ED & CAREN MURRAY
ART SERIES

presents



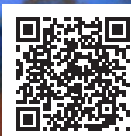
COLETTE ODYA SMITH

widely exhibited, award-winning
painter, educator and juror,
working primarily in soft pastels

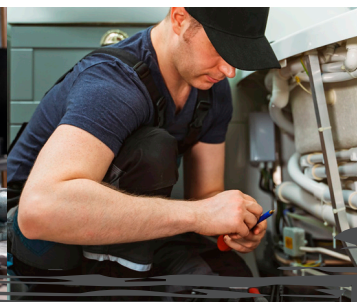
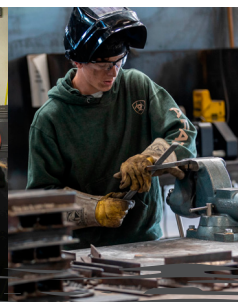
**AUGUST 12 –
SEPTEMBER 7**
ESTHER & JOHN CLAY
ART GALLERY @ LCCC

**ARTIST RECEPTION
SEPTEMBER 5**

Surbrubb/Prentice Lobby
6 p.m.



Scan the code to learn
more about the Cultural
and Community
Enrichment Series



AREAS OF STUDY

- Automotive
- Diesel
- Electrical
- Fundamentals of Trade Skills
- Industrial Maintenance
- Welding
- Wind Energy

ACTIVITIES

- Skills-USA | Compete on State and National Level

PROGRAM LENGTH

Credit Diploma Programs

- Complete in one or two semesters (9 months)
- Exclusively technical and "hands-on" courses

Associates Degree

- Two-year program
- Credit for prior learning available for industry professionals

CAREER OPTIONS

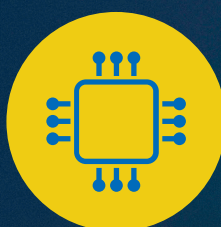
- High paying, high-demand jobs available in all program areas

**SCHOLARSHIPS
AVAILABLE**

Call 307.778.4360 or
email svanhorn@lccc.wy.edu



TAKE A TOUR! lccc.wy.edu/admissions



INFORMATION TECHNOLOGY

Areas of Study

- Cybersecurity
- Datacenter
- Network Administration
- Virtualization
- Cloud Administration
- Telecommunications
- Data Analytics
- Applied Programming
- Network Infrastructure
- IT Fundamentals starting fall 2024

*Earn Industry Certifications
in a number of courses*

Activities

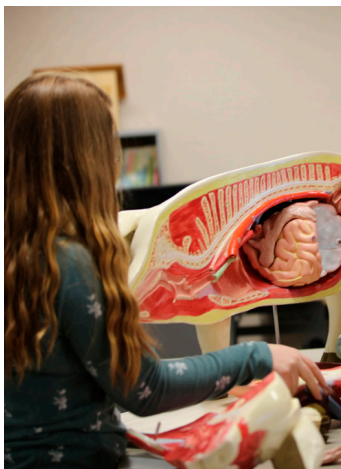
- Gaming Club
- TEK Eagles

**SCHOLARSHIPS
AVAILABLE!**

Come tour!

Call/Email for more information:
307.432.1631 | DMcIntosh@lccc.wy.edu





AG&EQUINE



Come Tour!



Areas of Study

- Agriculture & Equine
- Agricultural Business
- Agriculture Production Technology
- Animal Science
- Equine Management
- Natural Resource Management

Teams Activities

- Archery
- Livestock Judging
- Livestock Show Team
- Ranch Horse Team
- IHSA Western Equestrian Team
- IHSA Hunt Seat Equestrian Team
- Rodeo

— Scholarships Available! —

For more information contact Katie Shockley | 307.778.4335 | kShockley@lccc.wy.edu



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- Pair the BAS degree to any Associate degree from LCCC or other accredited institution
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- Students learn how to apply principles learned in class and how it directly affects their industry
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- Scholarship & financial assistance available
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CONTACT LCCC FOR MORE INFORMATION:
CALL PROGRAM DIRECTOR JEFF SHMIDL AT 307.778.1343
OR EMAIL [JSHMIDL@LCCC.WY.EDU](mailto:jshmidl@lccc.wy.edu)

lccc.wy.edu



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ONE-YEAR **COMPREHENSIVE** PROGRAM
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ENROLL TODAY!

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JOIN. SING. PLAY.



THE LCCC MUSIC DEPARTMENT

offers many opportunities for ensemble performance! Ensembles are welcomed to any musician who knows how to sing or play an instrument ranging from 14-100+ years of age. Enrollment is FREE, but also available for college credit. All rehearsals run from 6:30-8:20 p.m. beginning the week of August 19. Classes have rolling admission and no preregistration is required! Simply join us in the Music Rehearsal Studio (Fine Arts 139).

COLLEGIATE CHORALE | Mondays with Bethany Smith-Jacobs
WIND ENSEMBLE | Tuesdays with Dr. Frank Cook
JAZZ ENSEMBLE | Wednesdays with Dr. Frank Cook

CHAMBER ORCHESTRA | Thursdays with John Fritz
CHEYENNE BRASS BAND | Sundays Biweekly with Nick Simons
& Dr. Frank Cook *Please note the Cheyenne Brass Band requires an audition.

For more information contact Dr. Frank Cook | fcCook@lccc.wy.edu | 307.778.1306



Facility Rental at LCCC

Facilities & Events Office 307.778.1322

Whether you are planning a meeting for 10 or an event for 300 Laramie County Community College has a facility for you. Training, meeting, and event facilities located in the Clay Pathfinder building, the Center for Conference and Institutes, and the Training Center are available to rent.

As classes and college activities allow, the College Arena, the Surbrugg Prentice Auditorium (SPA), the Recreation & Athletics Complex (RAC) large gym, and other campus facilities may be rented by community organizations or individuals. The Surbrugg Prentice Auditorium (SPA) accommodates 400 in an auditorium setting. The SPA has a large performance stage, state-of-the-art lighting, sound, and audio-visual system.

Credit and noncredit classes and college activities take precedence over community rentals.



Let us host your next event in Cheyenne!



- Concerts
- Conferences
- Film Festivals
- Meetings
- Parties
- Plays
- Recitals
- Speakers Series
- Trainings
- Weddings

For more information about facility rental at LCCC, visit lccc.wy.edu/about/facilities, or contact:

Arlene Lester-Carlson
307.778.1291 • alester@lccc.wy.edu

Melissa Gallant
307.778.1322 • mgallant@lccc.wy.edu

Stacey Rorabaugh
307.778.1382 • srorabaugh@lccc.wy.edu



**LCCC Life Enrichment
presents
Exploring Greece
and It's Islands
April 14-28, 2025**



Special Travel Presentation
Wednesday, August 14, 2024
6:30PM via Zoom
Email lifeEnrichment@lccc.wy.edu
for presentation link.

For more information call 307.778.1236 or
email lifeEnrichment@lccc.wy.edu.



START YOUR CAREER IN HEALTHCARE.

- Pharmacy Technican
- Certified Clinical Medical Assistant
- Dental Assisting
- Telehealth Coordinator

Classes offered throughout
the year CALL 307.432.1629 or
email rmcelroy@lccc.wy.edu for information.

Grant funding available for qualified applicants.

scan to get started

