

REGISTRATION
OPEN NOW!

FALL
2025

CLASS SCHEDULE



OUTREACH & WORKFORCE
DEVELOPMENT
@LCCC

LCCC.WY.EDU/WORKFORCE

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 Enrichment 307.778.1236
- Workforce Training/OSHA 307.778.4381
- Eastern Laramie County Outreach Center 307.432.1629
- 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. (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.

Refunds

Class cancelled by LCCC 100%
Withdrawal 2 business days before class begins will be refunded minus a 6% processing fee.

 Icon indicates that class refund policies may differ.

Withdrawal after refund deadline No refund; payment required

Pro Rata Refund Policy - For programs state approved for VA payment, see Veterans Information Bulletin for program specifics, to include pro-rata refund requirements.

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.
- All School of Outreach & Workforce Development students must adhere to the LCCC code of conduct, (www.lccc.wy.edu/life/handbook/index.aspx) while attending classes

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.

<input type="checkbox"/> LIFE ENRICHMENT CLASSES Mail To: Laramie County Community College, CCI 109 Fax: 833.510.0435 **1400 E. College Drive, Cheyenne, WY 82007 Ph: 307.778.1236		Fax # of Pages:
<input type="checkbox"/> WORKFORCE TRAINING Mail To: Laramie County Community College, TC 117 Fax: 833.510.0435 **1400 E. College Drive, Cheyenne, WY 82007 Ph: 307.778.4381		Fax # of Pages:
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: \$
Class Name:	No.:	Class Cost: \$
Class Name:	No.:	Class Cost: \$
Class Name:	No.:	Class Cost: \$
Check # (If mailing with check) _____ (If sending fax, write MasterCard, Visa or Discover number and expiration date below.)		TOTAL: \$
MC / Visa / Discover #: _____		Expiration Date:
V-Code: _____		
Signature: _____		
<small>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.</small>		





GIVE THE Perfect Gift!

Whether looking to advance your career or take a class for fun, we've got you covered!

Check out our classes and register online @ lccc.wy.edu/enrichment



LIFE ENRICHMENT
@LCCC

307.778.1236 | lccc.wy.edu/workforce/lifeEnrichment

Please Note: • Not eligible for refunds. **Expires 2 years from date issued. Funds from vouchers not redeemed by expiration date will be used for Youth Camp Scholarships. Reproductions not valid.

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LOCATION ABBREVIATIONS

ARENA Ag Arena
BT | Business Technology

CCI | Center for Conferences
 & Institutes
CT | Career & Technical Building

HS | Health Sciences Building
RAC | Blue FCU Recreation &
 Athletics Complex

FA | Fine Arts
TC | Training Center



LIFE
ENRICHMENT

SCAN TO REGISTER ONLINE OR CALL 307.778.1236

A to Z + Everything in Between

Driver’s Education

The driver’s education course is accredited by the Wyoming Department of Education and meets the basic requirements to convert a driver’s permit to a license by the Wyoming Department of Transportation. Communication regarding required waivers and scheduling will be sent to the email provided at registration. Attendance for all components of this program is required for a completion certificate to be issued. The course is broken into two segments: classroom instruction and driving evaluation/observation. Students who do not successfully complete the course may be eligible for additional instruction time for a fee.

Requirements for Completion:

1. 30 hours of Classroom Instruction:
- a. Students can enroll in the classroom instruction portion any time after their 14th birthday.

b. This course is appropriate for students preparing to take their permit exam or anyone who has their learner’s permit.

c. This course covers topics such as state driving laws, driver readiness, vehicle operation, basic maintenance and much more.

d. A parent/legal guardian must attend the first ½ hour to hour of the first class (for those students under 18)

e. Optional simulator time is available for registered driver’s education students and can be scheduled by contacting the Life Enrichment office.
2. Driving Evaluation/Observation:
- a. 6 hours of driving evaluation can be completed once the student driver has their driving permit and has completed 25 of the required 50 DMV driving hours

b. Proof of hour completion is provided by showing hours logged in the DMV Road Ready app.

c. Classroom instruction must be in progress or fully completed before a student can begin their driving evaluation time.

d. Students must provide their own licensed and insured vehicle for their in-car evaluation drives

e. 6 hours of in-car observation are completed observing a fellow student driver.

f. The observation component can be completed at any time after a student has started their classroom session

LIFE 1096.600	T, Th	5:30 PM-8:30 PM	
Sessions: 9	Sa	8:00 AM-12:00 PM	CCI 143
	\$313	10/14/2025-11/1/2025	Keith Tast
LIFE 1096.601	T, Th	5:30 PM-8:30 PM	
Sessions: 9	Sa	8:00 AM-12:00 PM	BT 103
	\$313	11/4/2025-11/22/2025	Keith Tast

Basic Automotive Maintenance

Learn the essentials of keeping your vehicle running smoothly in this hands-on, half-day class designed for everyday drivers. You’ll gain confidence checking fluids, changing a tire, understanding warning lights, and performing other simple maintenance tasks on your own vehicle. Perfect for anyone who wants to save money, stay safe, and feel more in control behind the wheel. Minimum age 18 to enroll. Safety glasses and basic shop supplies (cleaners, shop towels, etc.) will be provided.

LIFE 2154.600	Sa	8:00 AM-12:00 PM	AT 101
Sessions: 1	\$120	7/12/2025	Brad Whitman
LIFE 2154.601	Sa	8:00 AM-12:00 PM	AT 101
Sessions: 1	\$120	8/9/2025	Brad Whitman

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	6:30 PM-9:45 PM	LCSD LOBBY
Sessions: 5	\$136	9/4/2025-10/2/2025	Pat Lewis
LIFE 1523.601	Th	6:30 PM-9:45 PM	LCSD LOBBY
Sessions: 5	\$136	10/16/2025-11/13/2025	Pat Lewis

Introduction to Close-Up Magic

Do you get caught up on the term “Magic”. Yes, we’ll be studying card and coin magic (among others), and by the end of the course, you’ll be ready to perform a few great tricks. But the study of magic is also a conversation about philosophy, theatre, fiction, and psychology. This course will be beneficial to anyone in business, sales, or any industry where you work with people.

LIFE 2159.600	W	6:00 PM-7:30 PM	CCI 121
Sessions: 6	\$151	9/3/2025-10/8/2025	Daniel Jaspersen
LIFE 2159.601	W	6:00 PM-7:30 PM	CCI 121
Sessions: 6	\$151	10/15/2025-11/19/2025	Daniel Jaspersen

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	3:00 PM-5:00 PM	CCI 130
Sessions: 1	\$19	10/7/2025	Patrice Gapen
LIFE 2117.601	T	7:00 PM-9:00 PM	CCI 123
Sessions: 4	\$19	10/7/2025	Patrice Gapen

Grant Writing Demystified

New to grant writing or want to hone your skills to make your proposals more competitive? Learn from an experienced grant writer how to bring in those dollars for great causes. This lively and highly interactive course will detail the steps and logic process that will take your proposals from good to great! This is a hands-on workshop, so come prepared with project ideas and prepared to write with a laptop, tablet, or pen and paper so you can share and discuss with other participants. No project in mind? No worries! We’ll make one up for you to try!

LIFE 2155.600	Sa	8:30 AM-12:30 PM	CCI 121
Sessions: 1	\$73	10/18/2025	Susan Vittitow

Leveraging AI for Grant Development

This hands-on course explores how AI tools can support research, summarize complex information, and assist in drafting key proposal components such as timelines, project outcomes, and implementation professionals - the course focuses on practical applications and responsible use of AI to increase efficiency and effectiveness in grant writing. Taught by a seasoned grant professional with a strong background in securing public and private funding, this course integrates real-world insights and practical strategies. Bring a funding idea- whether it’s a rough concept or a developed plan - and discover how AI can take you grant development experience to the next level! No prior experience with AI or grant writing is required.

LIFE 2158.600	Sa	9:00 AM-12:00 PM	CCI 144
Sessions: 1	\$73	11/1/2025	Jennifer McCartney

Arts

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	6:30 PM-9:00 PM	FA 126
Sessions: 10	\$308	9/9/2025-11/18/2025	TJ Storer

There will be no class 10/14/2025.

Basics of Drawing

This is a fun class for those who always wanted to learn to draw! Students will learn basics in shape, form, light, placement, shading and terminology to create the illusion of 3-dimensional space on a 1-dimensional canvas. By the end of the course, students will have completed one composition showcasing the skills learned. A supply list will be provided at the time of registration.

LIFE 2048.600	T	6:00 PM-8:00 PM	CCI 121
Sessions: 12	\$159	9/2/2025-11/18/2025	Pamela Hickman

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	T	6:00 PM-8:00 PM	FA 130
Sessions: 12	\$236	9/16/2025-11/4/2025	James Overstreet

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	Th	6:00 PM-8:00 PM	FA 130
Sessions: 8	\$236	9/18/2025-11/6/2025	James Overstreet

Advanced Community Painting

Develop advanced painting and perceptual skills while exploring and expanding personal content, materials, and technical approaches. Learn how to generate a statement about your work through personal objectives and peer critique. Expand your oil and acrylic skills with the opportunity to apply skills and concepts of painting to other media.

LIFE 2156.600	F	9:00 AM-12:00 PM	FA 130
Sessions: 14	\$250	8/22/2025-12/12/2025	Ron Medina

There will be no class 10/10/2025 & 11/28/2025.

Crafts

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	2:00 PM-4:00 PM	CCI 143
Sessions: 6	\$117	9/6/2025-10/18/2025	Pamela Hickman

There will be no class 10/11/2025.

LIFE 1809.601	Sa	2:00 PM-4:00 PM	TC 123
Sessions: 6	\$117	11/1/2025-12/13/2025	Pamela Hickman

There will be no class 11/29/2025.

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	10:00 AM-2:00 PM	CCI 121
Sessions: 2	\$185	9/6/2025-9/13/2025	Carolyn Bender

Nuno Felting

Nuno felting is a process of layering wool fiber and embellishments onto silk fabric to make a uniquely beautiful textile. Prior experience with wet felting is required for this class. The basic process includes laying out colorful wool fibers on silk habotai fabric, adding soap and water, and using friction to cause the fibers to interlock. No prior experience is required for this class. In this fun class you will create a uniquely beautiful scarf! Materials and supplies are included. Be prepared to work with your hands and arms and times of standing. Be sure to wear comfortable shoes. Breaks will be encouraged as needed. Bring 3 bath towels, sponge, and a 2-3 quart container.

LIFE 2138.600	Sa	10:00 AM-4:00 PM	CCI 121
Sessions: 1	\$175	11/1/2025	Carolyn Bender

Dog Training

Mind Your Manners

This class is designed to teach you how to teach your dog. You will learn how to teach basic house manners such as "sit", "down", "stay", and walking on a loose leash. We will work on problem behaviors and learn some fun tricks. Dogs 6 months or older are welcome. All dogs are required to be current on vaccines, Rabies, Parvo and Bordetella (kennel cough). Bring proof of vaccinations to first in-person class. Please note the first scheduled class will be a 3-hour virtual orientation. A link will be sent to the email provided at registration.

LIFE 1023.600	Sa	12:00 PM-3:00 PM	
	Sa	12:45 PM-2:15 PM	FT 104
Sessions: 6	\$149	9/27/2025-11/1/2025	Cathy Anderson
LIFE 1023.601	Sa	12:00 PM-3:00 PM	
	Sa	2:30 PM-4:00 PM	FT 104
Sessions: 6	\$149	9/27/2025-11/1/2025	Cathy Anderson

Puppy ABCs & 123s

Get your puppy started off on the right paw. This class is designed to teach you how to teach your puppy basic house manners, such as "sit", "down", "stay", and walking on a loose leash. We will work on problem behaviors, such as jumping & mouthing and learn some fun tricks. Puppies 14 weeks to 6 months. All dogs are required to be current on vaccines, Rabies (as soon as old enough) Parvo and Bordetella (kennel cough). Bring proof of vaccinations to first in-person class.

Please note the first scheduled class will be a 3-hour virtual orientation. A link will be sent to the email provided at registration.

LIFE 1025.600	Sa	12:00 PM-3:00 PM	
	Sa	11:00 AM-12:30 PM	FT 104
Sessions: 6	\$149	9/27/2025-11/1/2025	Cathy Anderson

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	8:00 AM-10:00 AM	AREN 100
Sessions: 10	\$165	9/7/2025-12/14/2025	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	10:30 AM-12:00 PM	AREN 100
Sessions: 10	\$165	9/7/2025-12/7/2025	Michelle VanEperen

Finance

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	T, Th	5:30 PM-7:00 PM	CCI 123
Sessions: 2	\$16	9/16/2025-9/18/2025	Jess Ryan

Maximizing Social Security

Social Security is an extremely complex pension system with numerous rules and nuances. It is not necessarily the job of the Social Security Administration to help you decide upon the best strategy for you and your family; they generally just do what you tell them without providing you with advice. This class will educate you on the potential benefits of deferring your Social Security and also provide claiming strategies for those of you who are married, divorced, or widowed. You'll also learn how to avoid costly mistakes and how to maximize your benefit. Jess Ryan is a CERTIFIED FINANCIAL PLANNER®.

LIFE 2140.600	T	5:30 PM-6:30 PM	CCI 123
Sessions: 1	\$16	10/7/2025	Jess Ryan

Medicare Basics

Join us for an informative session designed to help you understand the fundamentals of Medicare. Whether you're approaching eligibility or assisting a loved one, this seminar will cover key topics such as enrollment periods, coverage options, costs, and important deadlines. Our goal is to equip you with the knowledge you need to make confident healthcare decisions.

LIFE 1415.600	M	6:30 PM-8:30 PM	CCI 123
Sessions: 1	\$21	10/13/2025	Erin LeBlanc

Understanding Medicare Drug Programs

Navigating Medicare prescription drug coverage can be confusing - but it doesn't have to be. This seminar will break down the essentials of Medicare Part D and other drug coverage options, including how plans work, how to compare costs, and what to watch for with formularies and coverage gaps (the "donut hole"). Learn how to choose a plan that fits your needs and budget and get tips for avoiding common pitfalls. A Q&A session will follow to address your specific concerns.

LIFE 1970.600	M	6:30 PM-8:30 PM	CCI 123
Sessions: 1	\$21	10/20/2025	Erin LeBlanc

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

Understanding your healthcare coverage options is crucial to planning for the future. In this seminar, we'll explain the differences between Medicare Advantage Plans, Long-Term Care Insurance, and Medigap (Medicare Supplement Insurance). You'll learn how each type of coverage works, what benefits they offer, how they fit into overall healthcare planning, and what to consider when choosing the best option for your needs. We'll break down complex terms into clear, practical information to help you make confident, informed decisions. A Q&A session will follow the presentation.

LIFE 2077.600	M	6:30 PM-8:30 PM	CCI 123
Sessions: 1	\$21	10/27/2025	Erin LeBlanc

Healthy Living & Fitness

All Levels Yoga

This is an entry level yoga class suitable for beginners and students of yoga who desire a refresher in foundational postures. Students will need 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 2132.600	M	5:30 PM-6:30 PM	RAC 126
Sessions: 6	\$73	9/29/2025-11/3/2025	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	9:00 AM-11:00 AM	RAC 131
Sessions: 4	\$96	9/13/2025-10/4/2025	Susan Rocha
LIFE 2126.601	Sa	9:00 AM-11:00 AM	RAC 131
Sessions: 4	\$96	11/1/2025-11/22/2025	Susan Rocha

REGISTRATION IS OPEN NOW!
CALL 307.778.1236 OR VISIT
LCCC.WY.EDU/LIFEENRICHMENT

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

This class is designed to reduce stress, increase flexibility and strength, and improve balance. The ancient Chinese practices of Tai Chi and QiGong combine slow, deliberate moves and focused breathing. These low impact exercises include gentle movements with minimal stress on the muscles and joints. Students can expect to follow the instructor with multiple repetitions of simple Tai Chi and QiGong movements.

LIFE 2051.600	T, Th	9:30 AM-10:30 AM	RAC 126
Sessions: 8	\$71	9/9/2025-10/2/2025	Cindy Woodworth
LIFE 2051.601	T, Th	1:00 PM-2:00 PM	RAC 126
Sessions: 8	\$71	10/14/2025-11/6/2025	Cindy Woodworth

Zumba

Get ready to groove, sweat, and have fun with Zumba! This high-energy dance fitness class combines upbeat Latin music with easy-to-follow dance moves for a full-body workout. Whether you're a seasoned dancer or have two left feet, Zumba is for everyone-no dance experience required. You'll burn calories, improve your cardio, and tone muscles while enjoying the party atmosphere. Come join us and let the rhythm move you toward better health and fitness!

LIFE 2141.600	T, Th	5:30 PM-6:30 PM	RAC 131
Sessions: 8	\$61	9/9/2025-10/2/2025	Lisa Williams
LIFE 2141.601	T, Th	5:30 PM-6:30 PM	RAC 131
Sessions: 8	\$61	10/7/2025-10/30/2025	Lisa Williams
LIFE 2141.602	T, Th	5:30 PM-6:30 PM	RAC 131
Sessions: 8	\$61	11/4/2025-12/4/2025	Lisa Williams

There will be no class 11/25/2025 & 11/27/2025.

Jewelry Making

Fused Glass Jewelry

Get ready to unleash your creativity in this hands-on, fun-filled class where art meets science! Students will design and create their own unique piece of jewelry using fused glass techniques and dazzling dichroic glass. Through a mix of guided instruction and creative freedom, you'll learn how to cut, layer, and kiln-fire glass to produce vibrant, wearable art. Whether you're making a pendant, earrings, or a keychain, each creation is one-of-a-kind-just like you. No prior experience needed-just bring your imagination and a willingness to explore the colorful world of glass fusing!

LIFE 2157.600	Sa	10:30 AM-12:00 PM	FA 144
Sessions: 2	\$146	12/6/2025-12/13/2025	Dave Rowswell

Intro to Jewelry

In this introductory course, students will learn how to design, cut, and polish a cabochon to create a unique piece of jewelry. This guided project will teach students how to safely operate the equipment in the metals lab and provide guidance on what tools to purchase for at-home projects. Each student must bring a pair of safety glasses. All other materials are provided. Students may need to retake this course to attain the necessary skill level for the Jewelry Studio.

LIFE 2135.600	T	5:30 PM-8:30 PM	FA 125
Sessions: 5	\$139	10/7/2025-11/4/2025	Dave Rowswell

Jewelry Studio

This open studio course is for experienced jewelers with advanced skills. This is not an instruction course and students who do not have the necessary skill level will be asked to transfer to the introductory course being offered later in the semester. Students are responsible for providing all components and consumables for their projects. A safety review and test must be passed before students will be cleared for the use of the equipment.

LIFE 2134.600	M, W	5:30 PM-8:30 PM	FA 144
Sessions: 15	\$158	10/6/2025-11/24/2025	Dave Rowswell

Language

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	M, W	6:00 PM-7:30 PM	CCI 123
Sessions: 6	\$150	9/8/2025-9/24/2025	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	5:30 PM-6:45 PM	BT 112
Sessions: 10	\$171	9/2/2025-11/4/2025	Dennis Dicampli

Practical Italian 2

Ciao di nuovo! Hello again! How would you like to further 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	7:00 PM-8:30 PM	BT 112
Sessions: 10	\$171	9/2/2025-11/4/2025	Dennis Dicampli

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	5:30 PM-6:45 PM	BT 112
Sessions: 10	\$171	9/8/2025-11/10/2025	Dennis Dicampli

Music

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	6:30 PM-7:30 PM	FA 113
Sessions: 7	\$30	9/8/2025-10/20/2025	Aaron Bell
LIFE 2129.601	M	6:30 PM-7:30 PM	FA 113
Sessions: 7	\$30	10/27/2025-12/8/2025	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	7:00 PM-8:00 PM	FA 113
Sessions: 7	\$30	9/8/2025-10/20/2025	Aaron Bell
LIFE 2131.601	M	7:00 PM-8:00 PM	FA 113
Sessions: 7	\$30	10/27/2025-12/8/2025	Aaron Bell

Technology

Digital Privacy Basics

We lock our doors, we don't walk on a red, but it's so easy to release our private data out to the wild. If you get ads that seem like they overheard your conversation or were in your head, this is the class for you. We'll talk about good passwords management, and cover strategies to keep the private data private.

LIFE 2150.600	T	6:00 PM-7:00 PM	CCI 123
Sessions: 1	\$49	10/14/2025	Toby Lyles

Recording Music

Do you want to record music, or get better at doing so? Come learn the basics of recording. We'll walk through mic choice, audio signal chain, types of EQ and compression. If that's your kind of fun, come join!

LIFE 2143.600	Th	6:00 PM-7:30 PM	CCI 123
Sessions: 1	\$49	10/16/2025	Toby Lyles

Taking Social Media Videos

Video always seems easy, just point and shoot right? What happens when it just doesn't come out like we imagine? In this class, we'll explore how to capture social media videos that look and sound top tier.

LIFE 2152.600	W	6:00 PM-7:00 PM	CCI 123
Sessions: 1	\$49	10/15/2025	Toby Lyles

Three Mistakes Podcasters Make

Starting any business can be treacherous. We'll go over the three mistakes podcasters who don't make it make. There will be plenty of time for Q&A to find out how to win. Podcasting is a solid bet to generate income, grow as an individual and make lasting connections. Come join to find out how! This will precede the class Starting a Podcast. Sing up for both to take the ideas of this class and create a plan you can take action on.

LIFE 2145.600	Sa	10:15 AM-11:15 AM	CCI 123
Sessions: 1	\$26	10/18/2025	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. 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	12:00 PM-4:00 PM	CCI 123
Sessions: 1	\$85	10/18/2025	Toby Lyles

Recording and Editing a Podcast

Are you interested in a podcast but feel like a fish out of water with the technical aspects? Bring your computer, microphone....Just bring all your great. We'll work together to record and edit with your equipment. By the end, you'll have a recording setup and workflow you can trust.

LIFE 2144.600	Sa	10:00 AM-2:00 PM	CCI 123
Sessions: 1	\$85	10/25/2025	Toby Lyles

EASTERN LARAMIE COUNTY OUTREACH CENTER

Dance Fitness

Join us for a high-energy Dance Fitness class that combines the fun of dance with a full-body workout! This class is designed for all fitness levels and will use easy-to-follow moves inspired by a range of dance styles. Whether you're a seasoned dancer or new to the floor, this class will help you stay fit, feel energized, and have fun! Bring water, comfortable clothing, and get ready to dance your way to better health.

LIFE 8034.750	M	5:30 PM-6:30 PM	ELCC
Sessions: 4	\$49	9/8/2025-9/29/2025	Donna Black
LIFE 8034.751	M	5:30 PM-6:30 PM	ELCC
Sessions: 4	\$49	10/6/2025-10/27/2025	Donna Black
LIFE 8034.752	M	5:30 PM-6:30 PM	ELCC
Sessions: 4	\$49	11/3/2025-11/24/2025	Donna Black

Excel 1

Excel Level 1 teaches basic concepts and skills to start being productive with Microsoft Excel and is a strong start on a journey towards becoming an Excel Expert. It covers how to create and format worksheets that contain calculations with formulas and functions, including using proper reference types. Moving and copying data correctly, basic chart creation and various other tips and tricks are also covered. Books are provided, along with classroom hands-on-keyboard activities. For students who might consider the option Microsoft Office Specialist Excel Associate and Expert exams, this course along with Excel 2 and Excel 3, map to the objectives of both exams.

LIFE 8026.750	T	9:00 AM-4:00 PM	ELCC
Sessions: 1	\$179	9/23/2025	Michael Stephens



Scan the code to register!

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Harjo is the acclaimed author of ten poetry collections, including *Weaving Sundown in a Scarlet Light* and *An American Sunrise*. A gifted musician, she also performs with her band, *Poetic Justice*, and has released seven albums blending poetry and song.

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Computer Applications

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BTWD 0766.600	Th	9:00 AM-4:00 PM	TC 103
Sessions: 1	\$179	12/11/2025	Michael Stephens

Google Workspace

This in-person course offers a comprehensive overview of Google Workspace, both free and paid editions, with a primary focus on its core productivity apps such as Gmail, Drive, Calendar, Chat, Meet, Docs, Sheets, Slides, Forms and Keep, and includes hands-on activities in our computer lab. Students will learn about tapping into its significant file creation, communication and collaboration potential. Books are provided. This course is designed for individuals who have minimal familiarity with Google Workspace but are considering its use for personal or business purposes. It is a course requirement that students already have a Gmail account to use in class for practice activities.

BTWD 0764.600	T	9:00 AM-4:00 PM	TC 103
Sessions: 1	\$179	12/2/2025	Michael Stephens

Introduction to AI

This in-person course offers a comprehensive overview of Artificial Intelligence (AI) and various applications for both personal and work purposes. It includes discussions on benefits, challenges, ethical and security concerns. Additionally, the course covers different AI tools available, including MS Copilot and ChatGPT, among others. In the computer lab, participants will engage in hands-on activities such as creative use of Gen(erative)AI, practical use cases to improve tasks at home or work, and basic Prompt Engineering principles. Finally, the course addresses the future of AI, both preparing for its inevitable integration into our lives, and a look ahead to what's on the horizon. No previous knowledge of AI is required.

BTWD 0821.600	T	9:00 AM-4:00 PM	TC 103
Sessions: 1	\$179	10/21/2025	Michael Stephens

Intro to Power BI

Are you an Excel Power User hungry for more? Microsoft's Power BI is a logical progression, building upon your existing knowledge of Excel and data analysis. Its data connection capabilities and visualization features surpass those found in spreadsheets, enabling you to create interactive worksheets and dashboards. Power BI's data visualizations are invaluable for exploring, analyzing and reporting on insights and trends, which can then be shared with your team or clients to facilitate better decision-making. Topics covered include: connecting to, analyzing, cleaning, transforming, loading, visualizing and reporting data with Power BI. Books are provided, along with in-person computer lab activities. As Power BI builds upon and extends numerous spreadsheet and data management concepts, it is strongly recommended to have completed Excel levels: 1, 2, 3, PivotTables, and Power Pivot courses as prerequisites, although they are not mandatory for enrollment in this course.

BTWD 0822.600	T	9:00 AM-4:00 PM	TC 103
Sessions: 1	\$179	11/18/2025	Michael Stephens

YOU'VE GOT QUESTIONS.
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MS Excel Level 1

Excel Level 1 teaches basic concepts and skills to start being productive with Microsoft Excel and is a strong start on a journey towards becoming an Excel Expert. It covers how to create and format worksheets that contain calculations with formulas and functions, including using proper reference types. Moving and copying data correctly, basic chart creation and various other tips and tricks are also covered. Books are provided, along with classroom hands-on-keyboard activities. For students who might consider the optional Microsoft Office Specialist Excel Associate and Expert exams, this course along with Excel 2 and Excel 3, map to the objectives of both exams.

BTWD 0737.600	T	9:00 AM-4:00 PM	TC 103
Sessions: 1	\$179	9/9/2025-9/9/2025	Michael Stephens
BTWD 0737.601	T	9:00 AM-4:00 PM	TC 103
Sessions: 1	\$179	11/11/2025	Michael Stephens

MS Excel Level 2

Excel Level 2 continues the journey of transformation into an Excel Expert, teaching to use more advanced tools for analysis, rearrangement and presentation of more complex, yet realistic data. This course covers managing workbooks with more elaborate functions, ranges, tables, validation and summarizing tools like consolidation and subtotaling. The very popular and powerful feature of PivotTables and also conditional formatting are taught, along with more advanced charts. Books are provided, along with classroom hands-on-keyboard activities. For students who might consider the optional Microsoft Office Specialist Excel Associate and Expert exams, this course along with Excel 1 and Excel 3, map to the objectives of both exams. Although Excel 1 is strongly recommended for foundational concepts, it is not a requirement for Excel 2.

BTWD 0741.600	T	9:00 AM-4:00 PM	TC 103
Sessions: 1	\$179	9/30/2025	Michael Stephens
BTWD 0741.601	T	9:00 AM-4:00 PM	TC 103
Sessions: 1	\$179	12/9/2025	Michael Stephens

MS Excel Level 3

Excel Level 3 reaches new heights in a student's journey towards Excel Expert, building upon skills learned in Levels 1 and 2, and teaching about some of Excel's most powerful and advanced tools for data analysis and presentation. This course covers logical and lookup functions, more advanced formulas, arrays, auditing, error-trapping, and the much beloved and useful date, time, text and other functions. Importing from other non-Excel data sources using Power Pivot, exporting data, exploration of What-If Analysis and finally, automating repetitive tasks with Macros are also covered in this course. These are all skills that elevate a student into an Excel Power User. Books are provided, along with classroom hands-on-keyboard activities. For students who might consider the optional Microsoft Office Specialist Excel Associate and Expert exams, this course along with Excel 1 and Excel 2, map to the objectives of both exams. Although Excel 1 and 2 are strongly recommended in order to better understand more advanced concepts taught in Excel 3, it is not a requirement for this course.

BTWD 0742.600	Th	9:00 AM-4:00 PM	TC 103
Sessions: 1	\$179	9/4/2025	Michael Stephens
BTWD 0742.601	T	9:00 AM-4:00 PM	TC 103
Sessions: 1	\$179	11/25/2025	Michael Stephens

MS Excel PivotTables

Ready to turbo-charge your Microsoft Excel skills and advance your data analysis capabilities? In this half-day course, the first of a 2-part series (followed by "Excel: Power Pivot"), this course will help you gain a better overall understanding of data analysis and how to take advantage of more advanced features of Excel's PivotTables (PTs) and PivotCharts, to analyze data from a variety of sources and then present meaningful data with maximum clarity and effectiveness, to improve business decisions. Topics covered include: preparing raw data, creating PTs from multiple sources, summarizing, organizing, filtering and formatting PTs, followed by creating, manipulating and formatting PivotCharts. Books are provided, along with in-person computer lab activities. As this course builds upon and extends numerous Excel concepts, it is strongly recommended to have completed Excel levels: 1, 2, 3 courses as prerequisites, although they are not mandatory for enrollment in this course. This course and its Part 2 companion: "Excel: Power Pivot," collectively qualify as "Excel 4: Data Analysis."

BTWD 0819.600	M	8:00 AM-12:00 PM	TC 103
Sessions: 1	\$119	10/13/2025	Michael Stephens
BTWD 0819.601	M	8:00 AM-12:00 PM	TC 103
Sessions: 1	\$119	12/15/2025	Michael Stephens

MS Excel Power Pivot

Do you enjoy the incredible data manipulation of Excel PivotTables? Ready to power-up and perform more impressive analyses on larger data sets? This half-day course, the second of a 2-part series (preceded by "Excel: PivotTables"), will teach you how to use Excel's powerful Power Pivot add-in, to grant access to an extensive set of data processing, rearranging and summarizing features, including the Power Pivot Data Model. Topics covered include: navigating Power Pivot, managing data relationships for creating Power Pivot reports, creating calculated fields, columns, KPIs, using CUBE functions and also DAX date and time functions. Books are provided, along with in-person computer lab activities. This course is the second of a 2-part series, so prior successful completion of "Excel: PivotTables" is required. As this course builds upon and extends numerous Excel concepts, it is also strongly recommended to have completed Excel levels: 1, 2, 3 courses as prerequisites, although they are not required for enrollment in this course. This course along with its Part 1 companion: "Excel: PivotTables," collectively qualify as "Excel 4: Data Analysis."

BTWD 0820.600	T	8:00 AM-12:00 PM	TC 103
Sessions: 1	\$119	10/14/2025	Michael Stephens
BTWD 0820.601	T	8:00 AM-12:00 PM	TC 103
Sessions: 1	\$119	12/16/2025	Michael Stephens

CPR Training

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	6:00 PM-9:00 PM	TC 123
Sessions: 1	\$110	8/28/2025	Bryant Bitner
EMTN 4010.601	Th	6:00 PM-9:00 PM	TC 123
Sessions: 1	\$110	9/18/2025	Bryant Bitner
EMTN 4010.602	Th	6:00 PM-9:00 PM	TC 123
Sessions: 1	\$110	10/9/2025	Bryant Bitner
EMTN 4010.603	Th	6:00 PM-9:00 PM	TC 123
Sessions: 1	\$110	10/23/2025	Bryant Bitner
EMTN 4010.604	Th	6:00 PM-9:00 PM	TC 123
Sessions: 1	\$110	11/6/2025	Bryant Bitner
EMTN 4010.605	Th	6:00 PM-9:00 PM	TC 123
Sessions: 1	\$110	11/20/2025	Bryant Bitner
EMTN 4010.606	Th	6:00 PM-9:00 PM	TC 123
Sessions: 1	\$110	12/11/2025	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	9:00 AM-12:00 PM	TC 115
Sessions: 1	\$89	9/12/2025	Frances Phelps
EMTN 4015.601	F	9:00 AM-12:00 PM	TC 115
Sessions: 1	\$89	9/26/2025	Frances Phelps
EMTN 4015.602	F	9:00 AM-12:00 PM	TC 115
Sessions: 1	\$89	10/17/2025	Frances Phelps
EMTN 4015.603	F	9:00 AM-12:00 PM	TC 115
Sessions: 1	\$89	10/31/2025-10/31/2025	Frances Phelps
EMTN 4015.604	F	9:00 AM-12:00 PM	TC 115
Sessions: 1	\$89	11/14/2025	Frances Phelps
EMTN 4015.605	F	9:00 AM-12:00 PM	TC 115
Sessions: 1	\$89	12/5/2025	Frances Phelps
EMTN 4015.606	F	9:00 AM-12:00 PM	TC 115
Sessions: 1	\$89	12/19/2025	Frances Phelps

Healthcare Careers

TO GET STARTED WITH THE FOLLOWING CLASSES SCAN THE QR CODE



Certified Clinical Medical Assisting

Certified Clinical Medical Assistants perform administrative and certain clinical duties under the direction of a physician in a medical environment. This program focuses instruction on preparing patients for examination, treatment, and diagnostic testing; performing routine laboratory procedures; taking and recording vital signs and medical histories; administering medications as directed by a physician and understanding the cardiac life cycle. As well as administrative duties such as scheduling appointments, maintaining medical records, and billing and coding information for insurance purposes. Students who successfully completed the classroom portion will continue to the 80-hour externship experience. Industry accepted background check, drug screening and proof of vaccination are required for enrollment. Upon successful completion of this program, students would be eligible to sit for the National Healthcareer Association (NHA) Certified Clinical Medical Assistant (CCMA) national examination. Certification exam included in class price. Course schedule is tentative and a final schedule will be provided before the start of classes.

BTWD 0428.540	(M,W,Th)	6:00-9:00 PM	8/18/25-12/17/25
Externship dates to follow			

Dental Assisting

This training prepares students for entry level positions in one of the fastest growing health care industries. The purpose of this course is to familiarize the student with all areas of pre-clinical dental assisting and provide training in the professional skills required to function as an assistant in the dental practice. Students will complete training to obtain their radiography permit. Those who successfully completed the classroom portion will continue to the 40-hour externship experience. In addition to entry-level administrative jobs, this course is ideal for students interested in pursuing a future formal Dental Hygienist program. Course schedule is tentative and a final schedule will be provided before the start of classes.

BTWD 0432.540	(M, Th)	5:30-9:00 PM	7/17/25-11/10/25
Externship dates to follow			Cost: \$3360.00

Leadership & 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	Th	1:00 PM-5:00 PM	TC 112
Sessions: 1	\$119	10/16/2025	Melissa Martin
BTWD 0684.601	W	8:00 AM-12:00 PM	TC 112
Sessions: 1	\$119	11/19/2025	Melissa Martin

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	WTh	8:00 AM-5:00 PM	TC 112
Sessions: 1	\$599	9/24/2025-9/25/2025	Melissa Martin

Developing Others

Personal development is a specific plan of action for individuals to reach higher levels of performance in the workplace. In this workshop participants will develop skills to collaborate with individuals to draft personal development goals that are meaningful, attainable, time-bound, and help the individual grow professionally.

BTWD 0787.600	T	9:00 AM-4:00 PM	TC 112
Sessions: 1	\$179	10/21/2025	Monica Puente
BTWD 0787.601	T	9:00 AM-4:00 PM	TC 112
Sessions: 1	\$179	12/9/2025	Monica Puente



FOR MORE INFO, SCAN THE CODE

Enhancing Communication Skills

Fostering impactful lines of communication with the workforce is a critical skill for those new to supervision. This workshop is focused on awareness and practical application related to verbal and written communication. Focus areas include timely conflict resolution, documenting performance, sharing accolades, and discussion planning.

BTWD 0507.600	T	8:00 AM-12:00 PM	TC 120
Sessions: 1	\$119	10/7/2025	Monica Puente
BTWD 0507.601	Th	8:00 AM-12:00 PM	EEC 213
Sessions: 1	\$119	12/4/2025	Monica Puente

Good Grammar a Refresher Course

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	Th	8:00 AM-12:00 PM	TC 112
Sessions: 1	\$119	9/11/2025	Monica Puente

Identify Your 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	T	9:00 AM-4:00 PM	TC 120
Sessions: 1	\$179	11/11/2025	Monica Puente

Motivating Others

Recognizing what drives each member of the team is key to helping you: provide meaningful support, deliver impactful coaching, set relevant goals, build trusting relationships, and help them take ownership of their work. Come to this course to explore and learn more about the four generations in today’s changing workplace.

BTWD 0075.600	T	9:00 AM-4:00 PM	TC 112
Sessions: 1	\$179	9/23/2025	Monica Puente
BTWD 0075.601	Th	9:00 AM-4:00 PM	TC 112
Sessions: 1	\$179	11/20/2025	Monica Puente

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	T	8:00 AM-5:00 PM	TC 112
Sessions: 1	\$239	9/2/2025	Monica Puente
BTWD 0563.601	Th	8:00 AM-5:00 PM	TC 120
Sessions: 1	\$239	11/6/2025	Monica Puente

Practical Project Management

Join our 4-hour intensive workshop to equip you with essential project management skills. This hands-on session will guide you through the project lifecycle, from initiation to closure, ensuring you understand what makes a project successful. Participants will leave with a solid understanding of project management stages, practical tools for each phase, and strategies to ensure project success from start to finish. Recommended for professionals seeking to enhance their project management capabilities.

BTWD 0789.600	T	1:00 PM-5:00 PM	TC 123
Sessions: 1	\$119	9/23/2025	Maryellen Tast
BTWD 0789.601	W	1:00 PM-5:00 PM	TC 112
Sessions: 1	\$119	10/15/2025	Maryellen Tast

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	Th	8:00 AM-5:00 PM	TC 120
Sessions: 1	\$239	10/16/2025	Monica Puente

Small Business Development

Bookkeeping Power Hour Series

In this 5-part online training, entrepreneurs and small business owners can learn bookkeeping best practices for their businesses. By the end of this training,



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the business owner should be able to set up and use QuickBooks to complete necessary bookkeeping processes effectively and efficiently. Don’t miss this opportunity to get your finances working for your business.(Course does not include the cost of QuickBooks online. Please reach out to thebusinessstudio@lccc.wy.edu if you need assistance purchasing this product.)

BTWD 0809.500	WF	12:00 PM-1:00 PM	TBD
Sessions: 1	\$125	9/10/2025-9/24/2025	Staff

Canva for Business: Create Branded Marketing Materials

Learn how to use Canva, a free and easy design tool, to create eye-catching marketing materials for your business. From social media graphics to flyers and business cards, this hands-on class will show you how to design professional-looking content-even if you’re not a graphic designer.

BTWD 0815.600	Sa	9:00 AM-12:00 PM	TC 112
Sessions: 1	\$100	10/25/2025	Staff
BTWD 0815.601	T	9:00 AM-12:00 PM	TC 112
Sessions: 1	\$100	10/28/2025	Staff
BTWD 0815.601	S	9:00 AM-12:00 PM	TC 112
Sessions:1	\$100		Staff

Digital Marketing 101: Building a Simple Strategy

Digital marketing can feel overwhelming-but it doesn’t have to be. This class breaks it down into simple steps to help you build a clear, focused marketing plan. Learn how to reach your audience through the right mix of social media, email, and content-no experience required

BTWD 0818.600	Sa	9:00 AM-12:00 PM	TC 123
Sessions: 1	\$100	9/13/2025	Staff
BTWD 0818.601	T	9:00 AM-12:00 PM	TC 123

Human Resource Bootcamp

During this bootcamp, entrepreneurs and small business owners adding employees or needing to improve their human resource practices will receive guidance from qualified human resource and accounting experts. Participants can customize this training and only pay for the HR support they need. Topics include Accounting, QuickBooks, Payroll, Grants, and Employee Handbook.

BTWD 0811.600	M	9:00 AM-4:00 PM	TC 112
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OR SCAN THE QR CODE FOR MORE INFO

Sessions: \$100 8/4/2025 Staff

Intro to Social Media for Business

Want to grow your business through social media marketing but don't know where to start? This beginner-friendly course will walk you through the most popular platforms, what to post, how to plan content, and ways to connect with your audience online. Perfect for local businesses ready to boost their visibility.

BTWD 0816.600	Sa	9:00 AM-12:00 PM	TC 112
Sessions:	\$100	10/11/2025	Staff
BTWD 0816.601	W	9:00 AM-12:00 PM	TC 112
Sessions:	\$100	10/15/2025	Staff

Marketing Your Business on a Budget

Marketing doesn't have to be expensive. This course will show you low-cost and free tools and strategies to promote your business. learn how to make the most of social media, email, word-of-mouth marketing, and more-while keeping your costs low and your impact high.

BTWD 0817.600	Sa	9:00 AM-12:00 PM	TC 112
Sessions:	\$100	12/13/2025	Staff
BTWD 0817.601	W	9:00 AM-12:00 PM	TC 112
Sessions: 1	\$100	12/17/2025	Staff

Newsletters for Your Business: From Setup to Send

Newsletters are one of the best ways to stay connected with customers and grow your business. In this class, you'll learn how to set up a free email marketing platform, design your first email, build your contact list, and send newsletters that people actually want to read.

BTWD 0814.600	Sa	9:00 AM-12:00 PM	TC 123
Sessions: 1	\$100	11/15/2025	Staff
BTWD 0814.601	W	9:00 AM-12:00 PM	TC 123
Sessions: 1	\$100	11/19/2025	Staff

Technology Power Hour Series

In this 5-part training, entrepreneurs and small business owners can learn how different programs and technologies can support their businesses. At the end of this series, business owners should have more technology tools to support their business operations.

BTWD 0813.550	Th	12:00 PM-1:00 PM	TBD
Sessions: 1	\$95	9/18/2025-10/16/2025	Staff

Technical Training

CDL Class A

Complete the theory portion of training online (18 hours of computer-based self-study training) within 21 days. Upon completion, obtain your commercial learner permit and scheduled 4-6 weeks behind the wheel (MTWTHF). This course meets all new federal training requirements effective February 2022.

CDL 1001.200	MTWThF	5:00 PM-9:00 PM	CT 101
Sessions: 1	\$5050	8/18/2025-10/9/2025	James Drudge
CDL 1001.201	MTWThF	5:00 PM-9:00 PM	CT 101
Sessions: 1	\$5050	10/13/2025-12/12/2025	James Drudge
CDL 1001.360	MTWThF	8:00 AM-5:00 PM	ACC TBA
Sessions: 1	\$5050	8/18/2025-9/12/2025	James Drudge
CDL 1001.361	MTWThF	8:00 AM-5:00 PM	ACC TBA
Sessions: 1	\$5050	9/15/2025-10/9/2025	James Drudge
CDL 1001.362	MTWThF	8:00 AM-5:00 PM	ACC TBA
Sessions: 1	\$5050	10/13/2025-11/7/2025	James Drudge
CDL 1001.363	MTWThF	8:00 AM-5:00 PM	ACC TBA
Sessions: 1	\$5050	11/10/2025-12/12/2025	James Drudge
CDL 1001.600	MTWThF	8:00 AM-5:00 PM	CT 101
Sessions: 1	\$5050	8/18/2025-9/12/2025	James Drudge
CDL 1001.601	MTWThF	8:00 AM-5:00 PM	CT 101
Sessions: 1	\$5050	9/15/2025-10/9/2025	James Drudge
CDL 1001.602	MTWThF	8:00 AM-5:00 PM	CT 101
Sessions: 1	\$5050	10/13/2025-11/7/2025	James Drudge
CDL 1001.603	MTWThF	8:00 AM-5:00 PM	CT 101
Sessions: 1	\$5050	11/10/2025-12/12/2025	James Drudge

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CDL Entry Level Driver Theory

The online training will meet the FMCSA's mandated theory instruction requirements.

CDL 1007.550			
Sessions: 1	\$250	8/18/2025-9/12/2025	James Drudge
CDL 1007.551			
Sessions: 1	\$250	9/15/2025-10/9/2025	James Drudge
CDL 1007.552			
Sessions: 1	\$250	10/13/2025-11/7/2025	James Drudge
CDL 1007.553			
Sessions: 1	\$250	11/10/2025-12/12/2025	James Drudge

OSHA 10-Hour General Industry

This 10-hour course will introduce students to OSHA policies, procedures, standards and general industry safety and health principles. Topics for this course will include Occupational Safety and Health Act(OSHA), general duty, walking and working surfaces, electrical hazards, hazardous materials, personal protective equipment, machine guarding and hazard communication. Upon successful completion of this course participants will receive an OSHA General Industry Safety and Health 10-hour card. 1.0 CEUs

OSHA 0082.600	T, W	7:00 AM-12:30 PM	TC 120
Sessions: 2	\$150	10/28/2025-10/29/2025	Paul Bernier

Fiber Optics

Structured Cabling: Copper & Ethernet

Students learn the fundamentals of common copper and ethernet network cabling deployments used within telecommunications and internetworking environments. Students develop hands-on skills in the installation, termination, repair and usage of ethernet and copper network cabling standards. Students will sit for an industry certification exam at the conclusion of this course.

BTWD 0805.540	T, Th	4:00 PM-6:40 PM	BT 210
Sessions: 1	\$1,375	8/19/2025-10/9/2025	Troy Amick

Structured Cabling: Fiber Optics

Students learn the fundamentals of fiber optic network cabling deployments used within telecommunications and internetworking environments. Students develop hands-on skills in the installation, termination, repair, and usage of fiber optic network cabling standards. Students will be eligible to sit for an industry certification exam at the conclusion of this course.

BTWD 0807.540	T, Th	4:00 PM-6:40 PM	BT 210
Sessions: 1	\$1,375	10/14/2025-12/11/2025	Troy Amick

Telecom Infrastructure Design & Access

Students learn the basics of residential and commercial construction standards, materials, and design in relation to the installation of structured network cable solutions. Students develop the skillsets to identify entry and access points, create new physical access as needed, identify and consider risks, and resolve potential hazards or errors. Students practice the installation of structured network cable solutions, and the safe utilization of the tools and equipment that are standard in the industry.

BTWD 0806.540	W	4:00 PM-6:40 PM	BT 210
Sessions: 1	\$875	8/20/2025-12/10/2025	Troy Amick

Weekend Welders

This open-shop welding workshop provides hands-on access to welding machines while covering the fundamentals of SMAW, GMAW, and GTAW. Whether you're a first-time welder looking to learn the basics or an experienced welder preparing for certification, we'll meet you at your skill level and help you achieve your goals. Must be at least 18 years-old to register.

BTWD 0786.600	Sa	7:00 AM-12:00 PM	FT 107
Sessions: 1	\$260	10/4/2025-10/4/2025	Matthew Nolan
BTWD 0786.601	Sa	7:00 AM-12:00 PM	FT 107
Sessions: 1	\$260	11/1/2025-11/1/2025	Chase Metzler
BTWD 0786.602	Sa	7:00 AM-12:00 PM	FT 107
Sessions: 1	\$260	12/6/2025-12/6/2025	Cory Morgan



HEALTH & SAFETY TRAINING

OSHA 501: Trainer Course in Occupational Safety and Health Standards for General Industry

M, T, W, Th	8:00 AM - 4:30 PM	TC 121
\$795	8/18/25-8/21/25	

OSHA 511: Occupational Safety and Health Standards for General Industry

M, T, W, Th	8:00 AM-4:30 PM	TC 123
\$795	7/21/25-7/24/25	

OSHA 3015: Excavation, Trenching, and Soil Mechanics

M, T, W	8:00 AM-4:30 PM	TC 121
\$705	10/6/25-10/8/25	



ASSE Backflow Training

Initial Certification:

This 40-hour class is designed to prepare participants for the American Society of Sanitary Engineers (ASSE) backflow tester certification exam. Attendance at all components of this course is required in order to sit for the 100-question written exam and complete the hands-on demonstration to an ASSE proctor of the operation and testing of ASSE approved assemblies. Participants must document 5 years of plumbing or related experiences to qualify to take the exam. Department of Environmental Quality contact hours for Water Operator Certification will also be available for this course.

ISTN 1560	8:00 AM-5:00PM
	9/23-25/2025 & 9/30/2025-10/1/2025

COST \$1000.00

Recertification:


This 8-hour class is designed to prepare participants to complete their recertification for the American Society of Sanitary Engineers (ASSE) backflow tester certification exam. Participants must hold a current ASSE Backflow certification or a certificate that is not more than 6 months past their certificate expiration dates to enroll in the recertification class. Please provide your ASSE certificate number at the time of registration. Any participant who does not meet these requirements will need to retake the initial certification class. Department of Environmental Quality contact hours for Water Operator Certification will also be available for this course.

ISTN 1562	8:00 AM-5:00PM
	10/14/2025

Cost: \$853

To register for class, call 307.778.4381

 **** The refund deadline for this course is 7 business days before the first day of class. No refunds will be given following the drop deadline. Payment is required at time of registration.**



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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



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For more information contact Michael Lange | mlange@lccc.wy.edu | 307.778.1120



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