

◆ SEDONA/VERDE VALLEY ◆

COMMUNITY EDUCATION

Fall 2024 Schedule

HANDS-ON LEARNING & SPECIAL INTEREST

Yavapai
COLLEGE

WELCOME TO COMMUNITY EDUCATION

From the Coordinator of Verde Valley/Sedona Community Education and College for Kids programs

Kathleen Freed



...it's the perfect
opportunity
to explore an
interest and add
a new hobby or
skill to your life."

Welcome to Fall at Community Education!

Community Education classes offer opportunities to discover new skills and have fun while learning. With no tests or grades, it's the perfect opportunity to explore an interest and add a new hobby or skill to your life. Our instructors live and work in our community, and we have put together a selection of educational and special interest courses. We also welcome families with children ages 12+ to sign up for one of our family friendly classes together. Whether you are interested in a one-day workshop or an eight-week course, we have something on offer for community members with a variety of interests. For more information on available courses, visit the website at: www.yc.edu/cevs.

If you are interested in teaching a non-credit course for Community Education at the Verde Valley or Sedona campus, please contact us at: commedsvv@yc.edu.

We hope to see you on the Yavapai College campus this fall! The Community Education office is in Building I, Room 112 on the Verde Valley campus, Mon-Fri, 8 a.m. - 5 p.m. Visit our website or give us a call at [928] 634-6537 for assistance and to register.

Thank you!



Visit www.yc.edu/cevs or call 928-634-6537 to register

Where Lifelong Learning Flourishes

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www.yc.edu/cevs

Your next adventure in learning is just a click away!

- Browse and pay for classes online
- View instructor biographies
- Find course descriptions, dates, and locations

Visit www.yc.edu/commed and click on the link Browse and Register.

Other Ways to Register:

Register by phone: [928] 634-6537
Monday through Friday, 8:30 am – 5 pm
Walk-in registration at Building I, Room 112 on the Verde Valley Campus, Monday through Thursday.

Age Requirements:

Community Education classes are open to the public, ages 14+. Students under 18 attending a class must seek prior approval and have a completed Minor Student Permission form signed by parent or legal guardian. Be sure to check our list of classes, where families with children 12+ are encouraged to sign up for classes together.

Call [928] 634-6537 for approval and to request Minor Student Permission form.

Fees:

Tuition fees are due and payable at time of registration. Fees vary in accordance with class length and other expense factors. Classes must meet minimum enrollment. In the event of any administrative cancellation, you will receive a full refund of your tuition.

Please enroll early. Classes will be cancelled one to two weeks prior to start date if enrollment is too low.

Refund/Cancellation Policies:

More than 14 days before course start = Full Refund minus a 5% credit card fee
8-13 days before course start = 50% Refund
7 days or less = No Refund
No Refunds given after course start date

Course Locations:

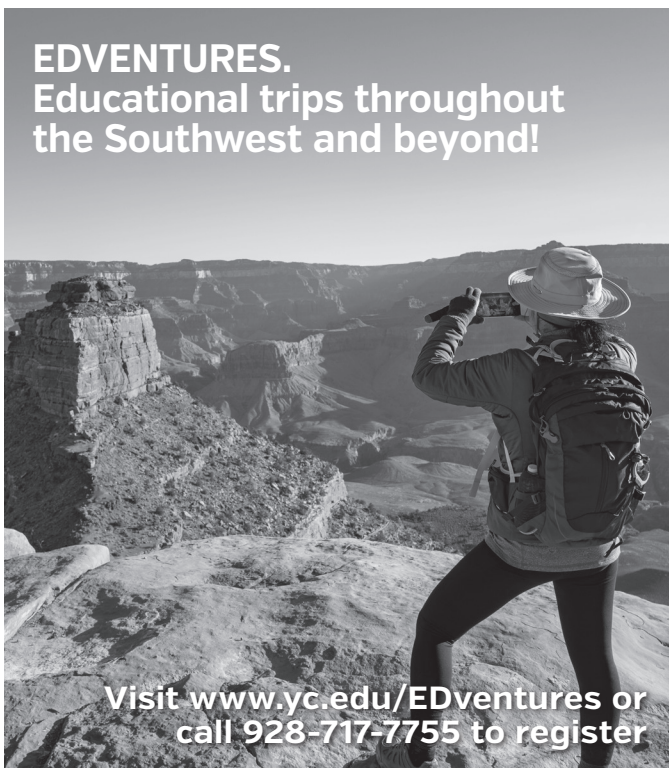
**Unless otherwise noted.*

SEDONA CENTER

4215 Arts Village Dr., Sedona AZ 86336

VERDE VALLEY CAMPUS

601 Black Hills Dr., Clarkdale AZ 86324



COMMUNITY EDUCATION COURSES

ACTIVE MIND AND BODY



TAI CHI CHIH

VCE-ACT001-FA24 • Tues/Thurs, 10/3/2024 to 11/21/2024

10:00am - 11:00am

I-137 • Verde

T'ai Chi Chih, often referred to as "joy through movement" or "moving meditation," is a simple practice. It can bring benefits into your life, such as increased energy, improved balance, vitality, improved health among others. Regular practice promotes well-being, relaxation, and serenity in the midst of activity, while nurturing a deep sense of you and contentment in the present moment. You'll enjoy this gentle, contemplative workout with Janet Batchelder, easily one of our most popular instructors. Wear comfortable clothing and non-slip shoes.

Janet Batchelder • \$123

BOOTCAMP BLAST

VCE-ACT002-FA24 • Tues/Thurs, 10/8/2024 to 11/14/2024

8:30am - 9:30am

I-137 • Verde

This popular bootcamp-style class is instructor-led and designed for all fitness levels. You will be encouraged to work at a level of intensity appropriate for you. The course integrates a large variety of movements, music, challenges and games. This session will include periodic trips outside the room to walk and enjoy the cool morning air. You will increase strength and cardio capacity and improve agility and flexibility. The instructor is known for her enthusiasm and ability to motivate you every day, all in a supportive way. Students should bring yoga mats.

Alma Rodoni • \$150

YOGA AND MEDITATION

VCE-ACT003-FA24 • Wed, 10/2/2024 to 11/13/2024

8:30am - 9:30am

I-137 • Verde

Whether you are new to yoga and meditation, or looking to expand your current practice, this class is for you! Yoga and meditation are proven to positively affect physical health, mental health, and mood. Practicing together offers social connection and FUN...especially with this longtime teacher. She will guide you through a variety of breathing practices, fundamental postures, gentle flows, relaxation, and meditation techniques designed to support your well-being. Foundational yoga and meditation concepts will be thoughtfully woven through each class. Appropriate for all levels. Wear comfortable clothing. Please bring your yoga mat and a bath or beach towel. **No class 10/30.**

Lisa Jachowicz • \$102



ZUMBA

VCE-ACT004-FA24 • Mon/Wed, 9/30/2024 to 11/20/2024

10:00am - 11:30am

I-137 • Verde

Join our exhilarating Zumba Fitness program that blends world rhythm with easy-to-follow dance choreography and aerobics for a total body workout. This fun and energetic class caters to all ages and fitness levels. **No class 11/11.**

Danielle Dodds-Stewart • \$198



YOGA FOR PERSONAL GROWTH AND TEACHER TRAINING (HYBRID)

SCE-ACT008-FA24 • Fri/Sat/Sun, 11/15/24 to 11/17/2024 (first in-person practicum)
Online course content available starting 11/1/24
Hybrid: Online and In-Person at Sedona Center

Seeking a greater sense of balance, peace, and well-being in your life? Discover how the ancient practices of yoga can illuminate your path forward. You'll learn practical applications of yoga philosophy to guide mindfulness, meditation, and asana practices (AND gain the tools to become a certified yoga instructor in the process!) Yoga for Personal Growth and Teacher Training [RYT 200] is back at Yavapai College with Dr. Karly Way, this time in a hybrid format, with online coursework and two in-person weekend practicums at our Sedona Center. If you have ever dreamed of becoming a yoga instructor, or simply want to enrich your understanding, now is your time! **Online content will be available for this course starting November 1.** Students will have one year to complete the program. **Course sign-up deadline: October 21.** For more information, call: 928-634-6537.

Karly Way • \$899

ARTS & CRAFTS

LUMINOUS WATERCOLOR PAINTING

VCE-ART050-FA24 • Wed, 10/2/2024 to 11/20/2024
1:00pm - 3:00pm
G-107 • Verde

This is a watercolor painting class with emphasis on luminous light, glowing flowers, dappled light, different types of shadows, etc. Different subjects ranging from floral pieces, landscapes in various seasons will be studied to give the student an understanding of the impact that the choices made in lighting a piece of art can make. Students will spend approximately \$60 on supplies. A supply list will be provided upon receipt.

Art Gecko • \$139

INTRO TO MOUNTAIN BIKING

VCE-ACT006-FA24 • Thurs, 10/3/2024 to 10/24/2024
4:00pm - 6:00pm
G-103 • Verde

In this Intro to Mountain Biking course, students will learn the basic skills needed to enhance their mountain biking experience. Our motto is, "It's never a good day to take your bike for a walk," so this class will teach students what to bring on their ride, trail side maintenance, pre and post-ride nutrition, and stretching. Students will also learn a variety of riding techniques, which are essential to mountain biking. Course cost: \$227 with an approximate \$145 supply cost. Bike rentals are available from Verde Valley Bicycle Company for \$125. Students should schedule an appointment for September 26 with Verde Valley Bicycle Company to pay for and get fitted for a rental bike or for a basic consultation for their personal mountain bike.

Greg Miranda • \$227

QIGONG FOR WELLNESS

SCE-ACT009-FA24 • Tues, 10/1/2024 to 11/19/2024
9:30am - 11:30am
29 • Sedona

Enjoy and experience easy relaxed movements that promote healthy range of movement and increased well-being. We will also discuss health concepts in this interactive format. All levels are welcome to attend.

Gina Wu • \$139

COMMUNITY EDUCATION COURSES

WATERCOLOR PENCILS

VCE-ART051-FA24 • Wed, 10/2/2024 to 11/20/2024
3:15pm - 4:15pm
G-107 • Verde

In Watercolor Pencils with Art Gecko, students will become familiar with basic materials and equipment, understand basic watercolor pencil techniques, execute key topics into basic designs, and find joy in painting and sharing knowledge with one another. Each week will bring a new lesson, learning increasingly advanced techniques, building on previous lessons, including the use of mixed media, pens, pencils, etc. The class will learn about materials, including brushes, brush care, paper, pencil techniques, color choices, and wet/dry techniques. Students will discuss composition as well as what makes a piece compelling, and what makes a piece boring. The class will do sketching, focusing on composition, and values to create a foundation for a great painting. See why students find classes with Art Gecko fun and informative. Students will spend approximately \$20 on supplies. A supply list will be provided upon receipt.

Art Gecko • \$139

PAPER CRAFT ART

VCE-ART052-FA24 • Wed, 10/16/2024 to 11/20/2024
10:00am - 12:00pm
8 • Sedona

Paper Craft is an art form that is easy to learn. Make your own art cards, gift boxes, and paper beads. Each project involves easy measuring and paper-folding skills. Very basic tools – a ruler, glue, scissors – are all that's needed. All materials for the class lessons will be provided, along with printed instructions or templates for each project. Participants may buy or bring additional supplies for their own artistic creations. Learn new skills and ideas to share with friends, children, other craft-minded individuals, or discover relaxing entertainment for time alone. There is no right or wrong – it's art!

Nancy Rupert • \$149

ARTS: VISUAL & PERFORMING



INTRODUCTION TO DIGITAL PHOTOGRAPHY

VCE-ART053-FA24 • Tues, 10/1/2024 to 11/5/2024
10:00am - 1:00pm
28 • Sedona

Learn the basics of digital photography including how to photograph landscapes, wildlife, people, and more. Instruction will be on the functions of a camera and how to use different settings to create great photos. Photos will be edited and set up to share in different formats. Students will be required to bring their own digital camera. Participants will be asked to subscribe to the Lightroom app for this class.

Zach Rohe • \$145

COMPUTER & TECHNOLOGY LIVING IN THE CLOUDS

VCE-COM100-FA24 • Tues, 10/8/2024 to 11/12/2024
9:00am - 11:00am
M-203 • Verde

The current tech revolution is the integration of all our devices and information through “the Cloud.” But just what IS The Cloud? And what is The Internet?! Let us ride on the cloud to learn about cloud computing and services, cloud storage, sync, data access, backup and sync, file sharing, and much more. Become informed about the Internet, browsers, search engines, and the technology you should understand. Visit the Internet of Things and how you are already in that world. Get more comfortable with AI & Augmented/Virtual Reality. Get Smarter about your amazing and sometimes dangerous Smart World.

Sharon Sherman • \$133

HEALTH & NUTRITION

TRADER JOE'S: WHAT'S IN YOUR BASKET?

VCE-HEA200-FA24 • Mon, 10/14/2024 to 10/21/2024

4:30pm - 6:00pm

G-111 • Verde

Snacks, hacks and Culinary Entrees! Indulge your taste buds and embark on a flavorful food journey. This course invites you to delve into the world of gastronomy through the lens of one of the most beloved and innovative grocery stores – Trader Joe's. Students will discover the art of culinary exploration as we navigate the aisles of Trader Joe's to uncover hidden gems, healthy choices, culinary treasures and hacks for a busy lifestyle. From distinctive snacks and gourmet ingredients to quick meal solutions, the class will be an adventure in discovering the diverse and affordable offerings that make Trader Joe's a foodie's paradise. Whether you're a seasoned home chef or someone looking to expand their culinary horizons, this course promises to inspire, educate, and satisfy your appetite for all things food-related. **A majority of the featured products will be vegetarian and on the healthier side with some notable exceptions. Do not sign up for this course if you have any food allergies.** Course costs: \$45, plus \$25 supply fee.

Alma Rodoni • \$45

PHILOSOPHY, RELIGION, & UNEXPLAINED

EDGAR CAYCE AND THE BIBLE: CHRISTIANITY MEETS THE NEW AGE (IN-PERSON & ZOOM)

SCE-PHI401-FA24 • Sedona Center, Room 28

ZCE-PHI402-FA24 • Zoom

Wed, 10/9/24 to 11/6/2024

4:00pm - 5:30pm

28 • Sedona

An exploration of the channeled readings of Edgar Cayce, with a focus on his astonishing interpretations of the Old and New Testaments of the Christian Bible. Classes will include the following: a study of the origin and destiny of the soul; a new look at Old Testament characters and events such as Moses and the Exodus; the life (and past lives) of Jesus of Nazareth and his relationship with the Essenes; and a unique and surprising interpretation of the mysterious Book of Revelation. Classes will be conducted with a respect for all points of view on this soul-stirring topic

Russell White • \$95

PHILOSOPHY OF MIND & CONSCIOUSNESS

VCE-PHI403-FA24 • Wed, 10/2/24 to 10/23/2024

6:00pm - 8:00pm

G-104 • Verde

What is the nature of God? How much free will do we have? What are we besides intelligent animals? In this course, we'll explore these questions and more by delving into the revolutionary consciousness studies of a late, local spiritual teacher and other great philosophers of the past. By the end of this course, one should have a deep personal grasp on the paradoxical relationship between essence and appearance and know what it truly means to embark on a spiritual journey.

Britton W Frost • \$97

PROFESSIONAL DEVELOPMENT



LIFEGUARDING

CRC-PRO602-FA24 • Mon to Fri, 10/14/2024 to 10/18/2024

9:00am - 2:00pm

Cottonwood Rec Center

The American Red Cross Lifeguard Certification course will train and certify participants to be a lifeguard for swimming pools. The Lifeguard certification course includes the following American Red Cross certifications: Lifeguarding, First Aid and CPR/AED for the professional rescuer, valid for 2 years. Courses are all a blended learning course format with online education, classroom, and in-water components. American Red Cross requires all Lifeguard certification candidates to complete the American Red Cross Lifeguard Certification Online Course prior to the first-class date. Participants must be at least 15 years old at the time of the course. Attendance is required at all class sessions. Course costs: \$47 plus \$150 fee for American Red Cross Certification.

Julia Root • \$47

COMMUNITY EDUCATION COURSES

SELF-ENRICHMENT & LIFESTYLE

SKILLS FOR MORE PRODUCTIVE LIVING -PART ONE

VCE-SEL500-FA24 • Wed, 10/2/2024 to 10/23/2024
1:00pm - 2:30pm
G-106 • Verde

Skills for More Productive Living - Part One: Learn how to adjust your habits, declutter your life, reduce stress and overcome fears.

Rick Rokosz • \$97

SKILLS FOR MORE PRODUCTIVE LIVING - PART TWO

VCE-SEL501-FA24 • Wed, 10/30/2024 to 11/20/2024
1:00pm - 2:30pm
G-106 • Verde

Skills for More Productive Living - Part Two: Focus on making better decisions, how to tackle tough problems, negotiate win-win solutions and how to successfully implement a change.

Rick Rokosz • \$97



CHESS FOR BEGINNERS

VCE-SEL502-FA24 • Tues, 10/8/2024 to 11/5/2024
4:30pm - 5:30pm
G-102 • Verde

In this course, students will learn the basics of chess: setting up the board, piece names, basic rules, simple strategies, and math. This class is targeted to adults, but it is also family-friendly. If you sign up as a pair for this course, the second person gets half off.

Arthur Richardson • \$97

WRITING, LITERATURE, & LANGUAGES



ASL FOR ADVENTUROUS ADULTS

SCE-WRI550-FA24 • Mon/Wed, 9/30/2024 to 11/20/2024
5:30pm - 7:00pm
29 • Sedona

Dive into American Sign Language (ASL) with our engaging, hands-on course! Whether you're a total newbie or just a bit rusty, we'll have you signing like a pro in no time. You'll learn to sign while enjoying fun and interactive sessions. Whether for career growth, communication with Deaf friends, or exploring a new language, our course offers practical practice and insights from Deaf community members. No prior experience needed—just bring your enthusiasm and a willingness to learn! *Students will be tested on their signing and understanding ability in this course.

No class 11/11.

Angela Emerson • \$198

INTERMEDIATE CONVERSATIONAL ITALIAN ZCE-WRI551-FA24 • Mon, 9/30/2024 to 11/4/2024 4:00pm - 6:00pm Zoom

Our most popular course for nearly a decade running, Conversational Italian with Sandy Immerso is a showcase for what makes community education so powerful: An excellent teacher, an engaged classroom community, and a fantastic subject. Join one of the most exciting groups of learners west of the Mississippi (but only a hop, skip, and a jump from Italy) today! Please note: This class is intended for individuals with an intermediate-level conversational grasp of the language. This is not a beginner course; if you are interested in Beginning Italian, please contact us at 928-634-6537.

Sandy Immerso • \$118

INTERMEDIATE CONVERSATIONAL SPANISH

ZCE-WRI552-FA24 • Mon, 9/30/2024 to 11/4/2024
2:00pm - 4:00pm
Zoom

After years of teaching the incredibly popular Conversational Italian, beloved instructor Sandy Immerso began teaching a similarly-styled Spanish course in 2019. To no one's surprise, it immediately became a massive hit. Come learn with a welcoming community of Spanish enthusiasts – learn to speak better to communicate with Español speakers every day, or use the occasion to plan for your next trip to a Spanish-speaking country! Please note: This class is intended for individuals with an intermediate-level conversational grasp of the language. This is not a beginner course; if you are interested in Beginning Spanish, please contact us at 928-634-6537.

Sandy Immerso • \$118



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ONLINE CAREER TRAINING

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Health and Fitness
Hospitality
Information Technology

View all courses at:
careertraining.yc.edu

ONLINE SHORT COURSES

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Course Features:

TWO OPTIONS TO CHOOSE FROM:

- 6-week format
 - Monthly start dates
- OR
- Self-paced
 - 3-month duration

Popular Courses:

Speed Spanish
Accounting Fundamentals
A to Z Grant Writing
Introduction to Microsoft Excel 2019/Office 365
Discover Sign Language
Project Management Fundamentals
Computer Skills for the Workplace

View all courses at:
ed2go.com/yavapai

EARN A LITTLE AND SHARE A LOT!

Sedona-Verde Valley Community Education is looking for dynamic, knowledgeable teachers with fresh ideas for non-credit adult and children's classes.

Visit our website www.yc.edu/ce to submit a new course proposal and resume, or call 928-634-6537

Yavapai
COLLEGE



CONTENT AVAILABLE
ONLINE NOV. 1, 2024

200-HOUR HYBRID

YOGA FOR PERSONAL GROWTH & TEACHER TRAINING

WITH DR. KARLY WAY



Yoga for Personal Growth and Teacher Training (RYT 200) with Dr. Karly Way is being offered for the first time in a hybrid format, with online coursework and two in-person weekend practicums at the Yavapai College Sedona Center. If you have ever dreamed of becoming a yoga instructor, or simply want to enrich your understanding, now is your time!

**First In-person
Practicum:**

November 15-17

Sign-up deadline:

October 21

Course Cost:

\$899



FOR MORE INFO:

YC.EDU/YOGA OR 928-649-5476

YAVAPAI COLLEGE SEDONA CENTER
4215 ARTS VILLAGE DR. | SEDONA, AZ



Yavapai COLLEGE

Sedona/Verde Valley Community Education
1100 E Sheldon St
Prescott AZ 86301-3297



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www.yc.edu/cevs

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ECRWSS

INTERESTED IN TEACHING?

**WE HAVE OPENINGS FOR
COMMUNITY EDUCATION
AT THE VERDE VALLEY
OR SEDONA CAMPUS**

Winter/Spring 2024 Course
Proposal Due Date for Adult
Community Education:
October 1, 2024

Summer 2025 Course
Proposal Due Date for Adult
Community Education:
February 18, 2025

COURSE LOCATIONS:

**Unless otherwise noted.*

SEDONA CENTER
4215 Arts Village Dr.
Sedona AZ 86336

VERDE VALLEY CAMPUS
601 Black Hills Dr.
Clarkdale AZ 86324

