

Spring 2020

The Community Enrichment department and staff are excited about our lineup for this coming Spring and we hope you will be too!

All class information and registration is available online at www.actx.edu/ce/classes. Please call us with any questions you may have (M – F from 8 AM – 5 PM) and we will be glad to help in any way that we can.

- Maggie Thetford, Community Enrichment Director – (806) 371 - 2902
- Josiah West, Administrative Assistant – (806) 371 - 2920
- Bethany Fox, Administrative Clerk – (806) 371 - 2929
- Ashley Walton, Supervisor of Sports & Dance – (806) 356 - 3668

Thank you for making Amarillo College such a wonderful place for your fellow students, children and our instructors.

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Community Enrichment

For additional information, please call (806) 371-2906 unless otherwise noted.

Acting

So You Want to Perform? (Ages 15 - Adult)

\$125.00

A class for the adult actor who wants to explore theatre concepts, scene and script analysis as well as theatre performance techniques. Find your creative self as you learn about theatre in a friendly environment.

ID# 187122 ACT-1021-3001

07:00PM-08:30PM

W

01/22 - 05/06

Linda Dee Hughes

WSC Ordway Hall 107

22.50 Hrs.

Antiques, Arts and Crafts

Adventures in Pottery I

\$177.00

Make decorative items using practices employed by ancient and modern potters. Hand-building to form vessels using potter's wheel and decorative glazes. All supplies furnished.

ID# 184425 ARTCT-1160-2002

06:00PM-09:00PM

M

01/27 - 03/09

Robert Fox

DTWN Business & Industry Center 119

21.00 Hrs.

Adventures in Pottery I

\$202.00

ID# 184389 ARTCT-1160-2001

06:00PM-09:00PM

R

01/23 - 03/12

Mary Gonzalez

DTWN Business & Industry Center 119

24.00 Hrs.

Adventures in Pottery II

\$177.00

For all levels of potters desiring to re-ignite their pottery skills. Concentrates learning how to throw pots on the wheel and on hand building techniques. Encourages both unique, abstract creative designs and simple uncomplicated designs. Introduces glazing techniques. All supplies furnished.

ID# 184426 ARTCT-1160-3002

06:00PM-09:00PM

M

03/23 - 05/04

Robert Fox

DTWN Business & Industry Center 119

21.00 Hrs.

ID# 184390 ARTCT-1160-3001

06:00PM-09:00PM

R

03/26 - 05/07

Mary Gonzalez

DTWN Business & Industry Center 119

21.00 Hrs.

All About Ceramics

\$291.00

Explore creative ideas using the ceramic processes employed by ancient and modern potters. Hand-building to form vessels using the potter's wheel and decorative glazes. Some supplies may be required.

ID# 187787 ARTCT-1160-3003

02:00PM-04:45PM

MW

01/22 - 05/06

Dennis Olson

WSC Russell Hall 106

79.25 Hrs.

All About Ceramics

\$299.00

ID# 187788 ARTCT-1160-3004

05:30PM-08:15PM

TR

01/21 - 05/07

Dennis Olson

WSC Russell Hall 106

82.50 Hrs.

Drawing Without Fear I

\$291.00

This is a Continuing Education course within an academic class. Explore drawing using a variety of techniques and media in this fun and creative class. Some supplies may be required.

ID# 187784 ARTCT-1065-3001

05:30PM-08:15PM

MW

01/22 - 05/06

Stephanie Jung

WSC Russell Hall 122

79.75 Hrs.

ID# 187786 ARTCT-1065-3003

09:00AM-11:45AM

MW

01/22 - 05/06

Stephanie Jung

WSC Russell Hall 122

79.75 Hrs.

Drawing Without Fear I

\$299.00

ID# 187785 ARTCT-1065-3002

09:00AM-11:45AM

TR

01/21 - 05/07

James Cost

WSC Russell Hall 122

82.50 Hrs.

Drawing Without Fear II

\$291.00

This class is designed for the individual who has drawn before, but wishes to enhance their skills. Basics of contour, shading and shadows will be taught along with simple perspective, texture and composition. Projects will be based on still-life arrangements that will be rendered realistically in pencil, charcoal or ink. Some supplies may be required.

ID# 187789 ARTCT-1067-3001

12:30PM-03:15PM

TR

01/21 - 05/07

Stephanie Jung

WSC Russell Hall 122

82.50 Hrs.

Antiques Through the Ages**\$73.00**

This class is designed to explore the antique eras and what influenced them. Examples of period antiques will be provided via power point, classroom activities, and a walking tour of the Amarillo Antique District.

ID# 184642 ARTCT-1079-1001 06:00PM-08:00PM T 03/24 - 05/12
 Mark Rowh DTWN Business & Industry Center 113 16.00 Hrs.

Jewelry Making I: Metalsmith**\$196.00**

Students will be guided through the process of creating rings, necklaces, pendants, bracelets and earrings using copper, brass and silver. Participants will be introduced to sawing, stamping, texturing, rivet-making, forming, filing, surface treatment and polishing. Metal soldering is not covered. No previous experience needed. Supply list furnished at first class.

ID# 184635 ARTCT-1085-3001 06:00PM-09:00PM T 01/21 - 04/21
 Carlos Parra WSC Russell Hall 114 39.00 Hrs.

Jewelry Making II: Soldering**\$196.00**

This course will teach the basics of jewelry soldering and stone setting. Hands on experience with different soldering and stone setting techniques to create beautiful pieces of jewelry. Open to all, but some metalsmithing experience is recommended. Supply list furnished at first class.

ID# 184433 ARTCT-1085-3002 06:00PM-09:00PM W 01/22 - 04/22
 Owen Salisbury WSC Russell Hall 114 39.00 Hrs.

Jewelry Making III**\$196.00**

This class will teach intermediate and some advanced stone setting techniques. Build on your metal skills with hands on techniques that will help you set cabochons and colored faceted stones in settings with confidence. Open to all, but soldering and basic stone setting techniques is required. Supply list furnished at first class.

ID# 184637 ARTCT-1085-3003 06:00PM-09:00PM R 01/23 - 04/23
 Carlos Parra WSC Russell Hall 114 39.00 Hrs.

Watercolor I**\$94.00**

Beginners learn the basics; experienced painters work at their own pace during this studio time. Everyone is given the opportunity to explore the dynamic world of watercolor. In this low stress environment, you are encouraged to develop your own style at your own pace as we try different techniques and materials. We cover washes, textures, color, color mixing, brush techniques, the elements of art, and more. Class includes demonstrations by the instructor. Supply list given at first class meeting.

ID# 184567 ARTCT-1200-2001 01:00PM-04:00PM S 01/25 - 03/07
 Sharron Moore-Fitzner DTWN Business & Industry Center 119 21.00 Hrs.

Watercolor II**\$94.00****Prerequisite: Completion of Watercolor I or prior instructor approval.**

Continuation of Watercolor I. Beginners continue to expand skills, experienced painters continue to challenge their comfort zones during this studio time. Everyone is encouraged to explore the dynamic world of watercolor. In this low stress environment, you can develop your own style at your own pace as we try different techniques and materials. We continue to cover color, value, composition, elements and principles of art, and more. Class includes demonstrations by the instructor. Supply list given at first class meeting.

ID# 184570 ARTCT-1200-3001 01:00PM-04:00PM S 03/14 - 05/09
 Sharron Moore-Fitzner DTWN Business & Industry Center 119 21.00 Hrs.

Automotive

Small Engine Course (Ages 15+)**\$107.00**

Learn how to troubleshoot and repair your small engines instead of paying to have it repaired. This course is designed to introduce students to the operation/principles of a 4-cycle small engine. Please do not bring any small engines the first day of class. Class size is limited so enroll early!

ID# 185459 MISC-1949-2001 06:00PM-08:00PM T 01/21 - 03/10
 Webb Hilbert III High School Dual Credit ACAL HIGH 16.00 Hrs.

Computer Basics

Basic Computer Skills

\$41.00

This course covers basic operation of Windows Operating System including mouse/keyboard operation, file navigation, basic Windows program operations along with an optional Q&A session every class.

ID# 184595 MISC-1023-2001	05:30PM-07:00PM	T	02/04 - 02/25
ID# 184596 MISC-1023-3001	05:30PM-07:00PM	T	03/24 - 04/14
Sam Fulce	DTWN Business & Industry Center 126		6.00 Hrs.

Google Google Google

\$19.00

This course will cover Google Docs and the other online programs that are essential for a modern worker/student. A Google Sign-In is required for this class.

ID# 185463 MISC-1023-2004	05:30PM-06:30PM	R	02/06 - 02/13
Josiah West	DTWN Business & Industry Center 126		2.00 Hrs.

Internet Safety

\$19.00

This course covers a variety of ways users are taken advantage of online, how to recognize those methods as well as how to protect themselves and loved ones from falling victim to scammers, phishers and online threats.

ID# 185460 MISC-1023-2002	05:30PM-06:30PM	R	01/23 - 01/30
ID# 185461 MISC-1023-2003	05:30PM-06:30PM	R	02/20 - 02/27
ID# 185462 MISC-1023-3002	05:30PM-06:30PM	R	04/02 - 04/09
Josiah West	DTWN Business & Industry Center 126		2.00 Hrs.

MS Word 2013 - Beginning

\$45.00

Prerequisite: Windows experience. Learn word processing terminology and concepts. Create, format, edit and print documents and tables. Use simple tools and utilities.

ID# 184674 MISC-1045-2001	06:15PM-08:15PM	MW	02/03 - 02/12
Melissa Elliott	WSC Byrd Business Bldg 213		8.00 Hrs.

MS Word 2013 - Intermediate

\$45.00

Prerequisite: MS Word experience. Learn word processing terminology and concepts. Work with tables, mail merge, header/footers, textboxes, shapes, WordArt, pictures and templates. Create, format, edit and track technical documents.

ID# 184675 MISC-1048-1001	06:15PM-08:15PM	MW	02/24 - 03/04
Melissa Elliott	WSC Byrd Business Bldg 213		8.00 Hrs.

MS Excel 2013 - Beginning

\$45.00

Prerequisite: Windows experience. Learn electronic spreadsheet terminology and concepts; create, format, edit and print spreadsheets; create and work with simple formulas and functions; use formatting features; generate charts, graphs and reports. Create headers and footers.

ID# 184676 MISC-1044-3001	06:15PM-08:15PM	MW	03/23 - 04/01
Melissa Elliott	WSC Byrd Business Bldg 213		8.00 Hrs.

MS Excel 2013 - Intermediate

\$45.00

Prerequisite: MS Excel experience. Review Excel formulas and functions. Create complex formulas and pivot tables. Format, sort, outline, filter and import data.

ID# 184677 MISC-1051-3001	06:15PM-08:15PM	MW	04/06 - 04/15
Melissa Elliott	WSC Byrd Business Bldg 213		8.00 Hrs.

Culinary

All About Wine

\$192.00

Prerequisite: Must be 21 years old. Choose wine with confidence after sipping your way through the world's major regions with the experts, Tina Aikman and the Cask and Cork staff, 5461 McKenna Square #101, Amarillo TX. Start with a wine primer and take a tasting journey through France, Italy, South America, Australia and Spain. Due to the cost of wine, there will be no refunds after 12 noon the day before class begins.

ID# 187632 SPEC-1209-3001	07:00PM-09:00PM	T	02/11 - 02/25
Kristina Aikman	Cask and Cork		6.00 Hrs.
	5461 McKenna Sq. #101		

Cake Decorating - Beginning

\$136.00

Create borders, stars, writing techniques, figure piping, flowers (roses, daisies, violets, mums), and more. Learn professional decorating tips and ideas. Most supplies furnished, supply list available at first class meeting. Due to the cost of ingredients, there will be no refunds after 12 noon the day before class begins.

ID# 184632 COOK-1031-2001	06:00PM-08:00PM	T	01/21 - 02/25
ID# 185464 COOK-1031-3001	06:00PM-08:00PM	T	03/24 - 04/28
Gwen Peterson	DTWN Business & Industry Center 134A		12.00 Hrs.

Lebanese: Easter Cookie

\$23.00

The "Easter Cookie" is traditionally made during The Holy Week and is given to family and friends who come to visit. Due to the cost of ingredients, there will be no refunds after 12 noon the day before class begins.

ID# 186640 COOK-1031-3002	06:30PM-08:30PM	W	03/11
Lisa Touma	DTWN Business & Industry Center 134A		2.00 Hrs.

Lebanese: Chicken Shawarma

\$23.00

Shawarma is a Middle Eastern "street" food that is very common and popular. Come and learn how to prepare this amazing dish with all the fixings. Due to the cost of ingredients, there will be no refunds after 12 noon the day before class begins.

ID# 186641 COOK-1031-3003	06:30PM-08:30PM	T	05/12
Lisa Touma	DTWN Business & Industry Center 134A		2.00 Hrs.



Agrilife Step Up & Scale Down

\$84.00

Lizabeth Gresham Family & Community Health Agent with Texas A&M Agrilife can help you Step Up and Scale Down for the New Year! Let's spend our lunch hour together on Tuesdays and Thursdays from 12 noon to 1:00pm and learn to make and sample nutritious meals and learn new skills to help find the path to healthier weight management. Together we will learn how to form habits to help maintain a healthier weight, stay active, plan healthy meal options and reduce the risk for chronic disease! Healthy lunch demos and sampling in every class so bring your lunch with you and come join me and have fun learning. Let's start our new health journey together! Due to the cost of ingredients, there will be no refunds after 12 noon the day before class begins.

ID# 187596 COOK-1031-2002	12:00PM-01:00PM	TR	01/23 - 02/18
Lizabeth Gresham	Texas A&M Agrilife –Potter County Extension Office 3301 SE 10 th		8.00 Hrs.

Amarillo College is excited to collaborate with Northwest Texas Healthcare and Texas Agri Life to provide our community with culinary classes that are healthy and convenient. What you eat is one of the most important factors of a healthy lifestyle. If you have a medical condition like heart disease, cancer or diabetes these classes can help you get on the path to a healthy recovery.

Heart to Heart

\$22.00

Heart healthy meals can be easy to cook and delicious! Come learn from Nwth dietitians, quick and easy recipes that will benefit your heart recovery. Due to the cost of ingredients, there will be no refunds after 12 noon the day before class begins.

ID# 187120 COOK-1023-2001	06:30PM-08:30PM	M	02/10
NWTH Staff	DTWN Business & Industry Center 134		2.00 Hrs.

Low Salt, Great Taste **\$22.00**
 Learn healthy ways from NWTH dietitians to add extra bite to your plate. Add flavor to your meals without adding salt. Due to the cost of ingredients, there will be no refunds after 12 noon the day before class begins.
ID# 187123 COOK-1023-3001 06:30PM-08:30PM M 03/09
 NWTH Staff DTWN Business & Industry Center 134 2.00 Hrs.

Making Every Bite Count **\$22.00**
 Are you trying to eat well and you feel a little insecure about what to eat and you feel a little insecure about what to eat and what not to? Come and learn with the professional dietitians from NWTH. Due to the cost of ingredients, there will be no refunds after 12 noon the day before class begins.
ID# 187124 COOK-1023-3002 06:30PM-08:30PM M 03/23
 NWTH Staff DTWN Business & Industry Center 134 2.00 Hrs.

What's the Deal With Carbs? **\$22.00**
 Come learn easy tricks to keep your meals balanced and nutritious with NWTH dietitians! Due to the cost of ingredients, there will be no refunds after 12 noon the day before class begins.
ID# 187125 COOK-1023-3003 06:30PM-08:30PM M 04/13
 NWTH Staff DTWN Business & Industry Center 134 2.00 Hrs.



Back to the Table with Chef Bud

Let Chef Bud Andersen, Chef Consultant for the Ben E. Keith Company, take you on a culinary journey. Learn to create your own flavors using simple ingredients. From traditional grilling and great sauces, to challenges such as fish, you will explore new dishes and cooking techniques as well as learn how to eliminate stress in the kitchen with this fun, informative and flavorful series of classes. Chef Bud believes food is a facilitator. "Since the beginning of time man has gathered to eat. Enjoy this time together". Chef Bud invites you "Back to the Table" to rediscover and recreate the precious time we share together enjoying great food and each other!

Check back soon to see what Chef Bud will be teaching in Spring 2020!

Dance (Teen-Adult)

Ballroom

Ballroom Dancing - Beginning/Intermediate **\$88.00**
 Introduction to ballroom dancing. Basics of Foxtrot, Waltz, East Coast Swing, Rumba, Samba, Tango, and Cha-Cha. Partner is required. Closed toe shoes and no backless shoes.
ID# 184365 DANCE-1005-3001 07:00PM-08:30PM W 01/22 - 04/22
 Staff DTWN Nixson Gym 200 19.50 Hrs.

Ballroom Dancing - Beginning to Advanced**\$61.00**

Introduction to ballroom dancing. Basics of Foxtrot, Waltz, East Coast Swing, Rumba, Samba, Tango, and Cha-Cha. Partner is required. Closed toe shoes and no backless shoes.

ID# 184638 DANCE-1005-3002	07:00PM-09:00PM	F	03/27 - 05/08
Bob and Nancy Barr	WSC Russell Hall 103		12.00 Hrs.

North American Dance**\$75.00**

This class is an introduction to 4 Mexican country dance styles, including cumbia, huapango, norteño and capilla. Participants will learn the basic dance elements of these dance styles, as well as other culturally fun and exciting technical and free-styles of dance.

ID# 184547 DANCE-1009-3003	07:00PM-08:30PM	T	01/21 - 05/15
Corie Garza	DTWN Nixson Gym 200		16.50 Hrs.

South American Dance**\$75.00**

This class is an introduction to 4 South America dance styles, including Salsa, Mambo, Cha-Cha, and Merengue. Participants will learn both technical and free-style dance, as well as learning other fun and exciting diverse cultural styles.

ID# 184545 DANCE-1009-3001	07:00PM-08:30PM	R	01/23 - 04/09
Corie Garza	DTWN Nixson Gym 200		16.50 Hrs.

Seniors' South American Dance**\$60.00**

This class is for seniors who would like to enjoy a fun time learning South American dance styles, including Cha-Cha, Mambo, Rumba and Merengue. The class is free-style and slow paced for everyone to enjoy.

ID# 184546 DANCE-1009-3002	11:00AM-12:00PM	M	01/27 - 04/27
Corie Garza	DTWN Nixson Gym 200		13.00 Hrs.

Hip Hop, Jazz & Afrobeat Dance**\$123.00**

Join Carnell Malone to learn various unique style of dance ranging from Hip Hop to Line, Country, Cumbias and even Couples Dances.

ID# 188088 DANCE-1085-3001	07:30PM-09:30PM	F	01/24 - 05/08
Carnell Malone	DTWN Downtown Campus Nixson Gym 200		28.00 Hrs.

Belly Dancing

Belly Dancing - Oriental Style**\$43.00**

Introduction to basic oriental style belly dance techniques and movement. Bring a scarf to wrap around your hips.

ID# 185373 DANCE-1010-2001	06:30PM-08:00PM	M	01/27 - 03/02
ID# 185376 DANCE-1010-3001	06:30PM-08:00PM	M	03/23 - 04/27
Leslie Crawford	DTWN Nixson Gym 200		12.00 Hrs.

Clogging

Clogging - Basic**\$43.00**

Clogging is a percussive dance like tap dancing which originated in the Appalachian Mountains. Although Bluegrass or old time fiddle music is the traditional music that cloggers dance to, today we clog too many styles of music like pop, country, and even rap. Come learn to clog! It is a lot of fun and very good exercise.

Precision Line: <https://www.youtube.com/watch?v=NMA5kgajhEA>

Traditional Hoedown: https://www.youtube.com/watch?v=nJScMMwIP_Y

ID# 184431 DANCE-1013-2001	02:30PM-04:00PM	S	01/25 - 02/29
ID# 187256 DANCE-1013-3002	02:30PM-04:00PM	S	03/28 - 05/09
Brian Vick	DTWN Nixson Gym 102C		9.00 Hrs.

Clogging - Intermediate**\$43.00**

Prerequisite: Clogging beginning class or previous experience.

Precision Line: <https://www.youtube.com/watch?v=NMA5kgajhEA>

Traditional Hoedown: https://www.youtube.com/watch?v=nJScMMwIP_Y

ID# 187255 DANCE-1013-2002	01:00PM-02:30PM	S	01/25 - 02/29
ID# 184432 DANCE-1013-3001	01:00PM-02:30PM	S	03/28 - 05/09
Brian Vick	DTWN Nixson Gym 102C		9.00 Hrs.

Country Western

Country Western Dance - Beginning

\$73.00

Learn the basic Texas Two-step, Waltz, Cotton-eye Joe, Jitterbug and line dances.

ID# 184435 DANCE-1015-2001	07:00PM-09:00PM	T	01/21 - 03/10
Joe & Sissy Sexton	WSC Russell Hall 104		16.00 Hrs.
ID# 184437 DANCE-1015-3001	07:00PM-09:00PM	R	03/26 - 05/14
Joe & Sissy Sexton	WSC Russell Hall 103		16.00 Hrs.

Country Western Dance - Intermediate

\$73.00

Couples only. Advanced Texas Two-step, Waltz, Sweetheart Schottische, Triple Two-step, and East Coast Swing.

ID# 184438 DANCE-1016-2001	07:00PM-09:00PM	R	01/23 - 03/12
Joe & Sissy Sexton	WSC Russell Hall 103		16.00 Hrs.
ID# 184439 DANCE-1016-3001	07:00PM-09:00PM	T	03/24 - 05/12
Joe & Sissy Sexton	WSC Russell Hall 104		16.00 Hrs.

Line Dancing

Seniors' Line Dancing

\$15.00

Join other dancers and learn some fun Line Dances or just come for the great exercise!

ID# 185788 DANCE-1095-3001	09:00AM-11:00AM	R	01/23 - 05/07
Staff	DTWN Nixon Gym 102		30.00 Hrs.

English, Literature and Film

La Frontera/The Border, Selected Studies in Literature

\$149.00

In this class we will discuss the literal, cultural, and metaphorical border (or lack thereof) between the United States and Mexico. We will work with short stories, poetry, and two short novels (Ana Castillo's *The Guardians* and Yuri Herrera's *Signs Preceding the End of the World*). We will also watch related films: a recent documentary, *The River and the Wall*; a Latino / a classic *Bless Me, Ultima*; a film about immigration, *El Norte*; and the adaption of Cormac McCarthy's *All the Pretty Horses*. For more information, please email echudson@actx.edu.

ID# 187643 NFUND-2092-3001	05:30PM-08:15PM	T	01/21 - 05/12
Dr. Edward Hudson	WSC Ordway Hall 106		48.00 Hrs. (4.80 CEU)

Fencing

Fencing - Beginning (Ages 13 - Adult)

\$100.00

For students who have less than 3 semesters of fencing instruction. Instruction in the basic principles and techniques of modern sport fencing including the foil and epee. Depending on student interest, some instruction in the techniques of the saber may be available. All equipment is provided. The instructors are professional members of USA Fencing.

ID# 185584 HER-1056-3001	07:00PM-08:30PM	R	01/23 - 05/07
Bary Nusz	WSC Russell Hall 104		22.50 Hrs.

Fencing - Competitive (Ages 13 - Adult)

\$94.00

For students who are or want to be competitive fencers. Students are required to be outfitted in full USA Fencing regulation standard uniform and all necessary foil and epee equipment. Depending on the student's experience, the class provides beginning, intermediate or advanced instruction in the basic principles of modern sport fencing and emphasizes instruction in the techniques of the foil, epee and to a lesser extent, saber. The class consists of drills, sparring and competitive bouts.

ID# 185643 HER-1055-3001	10:00AM-11:30AM	S	01/25 - 05/09
Bary Nusz	WSC Russell Hall 104		21.00 Hrs.

Fitness & Health

All in Body Workout **\$73.00**

All body toning and strengthening workout class. It helps to improve your cardio endurance, strength, and flexibility. It is fast-pace and a fun loving workout.

ID# 185684 HER-1002-3001	05:30PM-06:30PM	TR	01/21 - 03/12
Cleo Wilke	WSC Russell Hall 103		16.00 Hrs.

All in Body Workout **\$64.00**

ID# 185686 HER-1002-3002	05:30PM-06:30PM	TR	03/24 - 05/07
Cleo Wilke	WSC Russell Hall 103		14.00 Hrs.

Beginner Yoga & Meditation (18+) **\$115.00**

Exploring different meditative processes including guided meditation, moving meditation, breathing meditation, step process, and more! Great for cultivating a calm mind, controlling wandering thoughts and overwhelming emotions. Students must provide own yoga/exercise mat.

ID# 187772 HER-1189-3001	12:30PM-01:30PM	M	01/27 - 05/04
Jennifer Landram	West Campus Gym/Dance 108		14.00 Hrs.

Cardio & Strength **\$131.00**

This class provides high intensity interval training (HIIT) through a combination of circuit workouts and tabata sequences. Burn calories and tone muscles by alternating basic cardio moves and weight training targeted at specific muscle groups. Strengthen your core through a series of Pilates exercises and improve flexibility with final stretching.

ID# 185687 HER-1002-3003	05:30PM-06:30PM	TR	01/21 - 05/07
Charles Ledwig	WSC Russell Hall 104		30.00 Hrs.

Early Bird Cardio & Abs **\$100.00**

Get your workout done early. Burn fat and calories with easy aerobic moves. Then tone up abs, butt, hips and legs with Pilates and varied mat exercises. Stretch to finish off a total body workout.

ID# 185688 HER-1002-3004	05:30AM-06:15AM	MW	01/27 - 05/06
Sandra Porter	WSC Russell Hall 104		22.50 Hrs.

Early Bird Cardio & Strength **\$106.00**

Total body workout. Tone and build muscle using weights, body bar and tubing. Burn calories with simple dance and step moves. Finish with a relaxing stretch.

ID# 185695 HER-1002-3005	05:30AM-06:30AM	TR	01/21 - 05/07
Sandra Porter	WSC Russell Hall 104		24.00 Hrs.

Gentle Yoga Foundations for Teens and Beginners **\$115.00**

New to Yoga? This gentle and exploratory yoga class is intended to empower and boost self-efficacy. In this safe, welcoming environment students will learn self-regulation skills through breath awareness and accessible yoga stretches. Gentle yoga promotes the ability to self-soothe, reduce chronic anxiety, depression, and insomnia issues. This class is ideal for all levels of experience, especially students who have never practiced yoga before or who consider themselves beginners. It is intentionally slower-paced for grounding, centering, and to allow time for mind-body connection. Students must provide own yoga/exercise mat.

ID# 187749 HER-1183-3007	05:30PM-06:30PM	R	01/23 - 05/07
Sharon Burkett	West Campus Gym/Dance 108		15.00 Hrs

ID# 187808 HER-1183-3019	11:00AM-12:00PM	R	01/25 - 05/09
Sharon Burkett	West Campus Gym/Dance 108-1		14.00 Hrs

Hiking 101 **\$15.00**

Meet us at the entrance of Palo Duro Canyon and join us for two adventurous hikes - do not let the temperature keep you off the trails. Just layer up and you will be surprised how quickly your body warms up. Learn hiking tips to build your confidence as you enjoy the beautiful canyon. Please bring water and snacks. Hiking poles are advisable but not required.

ID# 187108 HER-1202-2001	02:00PM-03:30PM	U	02/02 & 02/23
Staff	Palo Duro Canyon		3.00 Hrs.

ID# 187114 HER-1202-3001	05:30PM-07:00PM	R	03/26
Staff	And 05:30PM-07:00PM	U	04/19
	Palo Duro Canyon		3.00 Hrs.

Intro to Yoga Basics (18+) \$115.00
 Students will learn different breathing techniques, hand yoga (mudras), postures and movements, chants and meditations to support relaxation and balance in your life. Students can rely on a traditional Kundalini format, as taught by Yogi Bhajan. Throughout the class, you can expect varying degrees of challenges in activity and rest, yes, resting can be a big challenge we face today. Come to learn more about this ancient technology and integrate relaxation into your day-to-day. Students must provide own yoga/exercise mat.

ID# 187740 HER-1183-3002	06:00AM-07:00AM	T	01/21 - 05/05
Mia Forrester	West Campus Gym/Dance 108		15.00 Hrs.
ID# 187751 HER-1183-3003	08:00PM-09:00PM	R	01/23 - 05/07
Mia Forrester	West Campus Gym/Dance 108		16.00 Hrs.
ID# 187758 HER-1183-3004	01:00PM-02:00PM	S	01/25 - 05/09
Mia Forrester	West Campus Gym/Dance 108		14.00 Hrs.

Movement & Meditation (18+) \$115.00
 Does life feel busy and stressful instead of peaceful and happy? Finding balance doesn't have be challenging. In this class, you'll explore was to find balance through meditative movement to music, as well as mandala art creation. Class themes will include Physical Awareness, Emotional Awareness, Self-worth, Compassion, Communication, Clear Thinking, and Awareness of Others. The end goal is to help you experience more peace, joy, and freedom in everyday life. Students must provide own yoga/exercise mat.

ID# 187775 HER-1189-3002	06:00PM-07:00PM	F	01/24 - 05/08
Sharon Burkett	West Campus Gym/Dance 108		14.00 Hrs.

Recover Your Self (18+) \$115.00
 Beginner class that focuses on increasing self-awareness and improving physical, mental, and emotional health using kriyas with music, mantra, movement and breathing. Recover Your Self yoga will help you connect with Your True Self using Kundalini Yoga to move energy through the Chakras, while helping to release tension, balance energy, and promote sense of calmness and well-being. Students must provide own yoga/exercise mat.

ID# 187755 HER-1183-3010	08:00AM-09:00AM	S	01/25 - 05/09
Stephanie Nunn	West Campus Gym/Dance 108		14.00 Hrs.

Tai Chi \$94.00
 Tai Chi and Qi Gong. Learn the free flowing Tibetan style of meditation in motion. Basic concepts of Chi, Yin Yang, and eastern philosophy are addressed. The health aspects of breathing, balance, the brain, bodywork, and beauty are emphasized. The first eight weeks of classes address beginning tai chi and the remainder blend intermediate chi gung such as push hands and bagwa.

ID# 185715 HER-1157-3001	06:30PM-08:00PM	W	01/22 - 04/29
Jacque Koch	WSC Russell Hall 103		21.00 Hrs

Yoga for Beginners - Relax & Renew (18+) \$115.00
 Take a seat on a yoga mat or chair to breathe, stretch, and experience ways to bring balance, joy, and vitality to your life. This gentle and exploratory yoga class is intended to empower and facilitate self-connection. Each class includes warm-ups, breath awareness, yoga stretches, deep relaxation, and affirmations. All levels and abilities welcome. Prenatal and postpartum friendly. Students must provide own yoga/exercise mat.

ID# 187750 HER-1183-3005	06:00PM-07:00PM	T	01/21 - 05/05
Sharon Burkett	West Campus Gym/Dance 108		15.00 Hrs.
ID# 187756 HER-1183-3006	09:00AM-10:00AM	S	01/25 - 05/09
Sharon Burkett	West Campus Gym/Dance 108		14.00 Hrs.

Yoga for Everyone \$61.00
 Enjoy an hour completely focused on your physical balance and well-being. Concentrate on breathing and muscle control. Develop strength and flexibility. Leave class feeling rejuvenated. Students must provide own yoga/exercise mat.

ID# 185716 HER-1183-3001	09:30AM-10:30AM	S	01/25 - 05/09
Betty Goodgion	WSC Russell Hall 103		14.00 Hrs.

Yoga for Moms - Relax and Renew \$115.00
 Take a seat on a yoga mat or chair to breath, stretch, and experience ways to bring balance, joy, and vitality to your life. This gentle and exploratory yoga class is intended to empower and facilitate self-connection. Each class includes warm-ups, breath awareness, yoga stretches, deep relaxation, and affirmations. All levels and abilities welcome. Prenatal and Postpartum friendly. Students must provide own yoga/exercise mat.

ID# 187739 HER-1183-3008	10:30AM-11:30AM	T	01/21 - 05/05
Sharon Burkett	West Campus Gym/Dance 107		15.00 Hrs.
ID# 187752 HER-1183-3009	01:00PM-02:00PM	W	01/22 - 05/06
Sharon Burkett	West Campus Gym/Dance 108		15.00 Hrs.

Yoga for Over 55 - Relax & Renew**\$115.00**

Take a seat on a yoga mat or chair to breath, stretch, and experience ways to bring you balance, joy, and vitality to your life. This gentle and exploratory yoga is intended to empower and facilitate self-connection. Each class includes warm-ups, breath awareness, yoga stretches, deep relaxation, and affirmations. All levels and abilities welcome. Students must provide own yoga/exercise mat.

ID# 187746 HER-1183-3016	11:30AM-12:30PM	T	01/21 - 05/05
Sharon Burkett	West Campus Gym/Dance 107		15.00 Hrs.
ID# 187754 HER-1183-3017	03:00PM-04:00PM	W	01/22 - 05/06
Sharon Burkett	West Campus Gym/Dance 108		15.00 Hrs.

Yoga for Success (Collegiate Students)**\$115.00**

A beginner's guide to Kundalini Yoga with specific tools to help with the unique stress of life while continuing your education. Come move, breathe, meditate, and learn how to stress less and enjoy more with yoga! Students must provide own yoga/exercise mat.

ID# 187738 HER-1183-3011	06:00PM-07:00PM	M	01/27 - 05/04
Nakisha Lechner	West Campus Gym/Dance 108		14.00 Hrs.
ID# 187771 HER-1183-3014	02:00PM-03:00PM	S	01/25 - 05/09
Nakisha Lechner	West Campus Gym/Dance 108		14.00 Hrs.

Zumba® (Teen-Adult)**\$60.00**

Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called "exercise in disguise."

ID# 185717 HER-1011-3001	06:30PM-07:30PM	W	01/22 - 05/06
Hector Leal III	WSC Russell Hall 104		15.00 Hrs.

Zumba® - Gold**\$61.00**

Takes the Zumba® formula and modifies the moves and pacing to suit the needs of the active older participant as well as those starting or restarting their journey to fitness. Zesty Latin and current music. Exhilarating, easy to follow moves and most of all FUN!

ID# 185719 HER-1012-3001	10:30AM-11:30AM	S	01/25 - 05/09
Betty Goodgion	WSC Russell Hall 103		14.00 Hrs.

Games & Entertainment

Bridge - Beginning**\$39.00**

Are you an absolute beginner or do you need a refresher on your skills? Bridge is a mental sport and a great way to improve your memory and concentration skills. Meet new people and enjoy learning in a fun relaxed class.

ID# 185720 HER-1031-2001	06:00PM-08:00PM	T	02/18 - 03/10
Jacqueline Davis	Off Campus in District		8.00 Hrs.

Bridge - Intermediate**\$39.00**

Move from a novice player to an intermediate player with more competitive skills in intermediate bridge lessons. Bridge is a mental sport and a great way to improve your memory and concentration skills. Meet new people and enjoy learning in a fun relaxed class.

ID# 185721 HER-1032-3001	06:00PM-08:00PM	T	03/24 - 04/14
Jacqueline Davis	Off Campus in District		8.00 Hrs.

Evening Adventures Series 20s to 30s

Escape Night**\$27.00**

Escape the winter blues with an evening of suspense and intrigue. Do you have what it takes to "escape" this adventure?

ID# 187142 SPEC-1014-2003	07:00PM-09:00PM	R	02/06
	Amarillo Escape & Mystery 12208 Canyon Drive		

A Dinner to Remember**\$29.00**

Celebrate Valentine's Day by learning from one of Amarillo's top chefs, Alfonzo Armstrong. Enjoy a night of cajun cuisine, you will not forget.

ID# 187143 SPEC-1014-2004	07:00PM-09:00PM	R	02/13
	DTWN Business & Industry Center 134A		

Art Adventure			\$24.00
Yes you canvas! Step out of your comfort zone and learn how to paint a masterpiece on canvas. It will be as easy as 1,2,3.			
ID# 187145 SPEC-1014-2005	07:00PM-09:00PM	R	02/20
	DTWN Business & Industry Center 123		
Beer Tasting			\$22.00
Prerequisite: Must be 21 years old. Got chemistry? Learn the science behind brewing. Enjoy a night of tasting some of Pondaseta's top beers. Come early and grab dinner at one of Amarillo's top food trucks.			
ID# 187146 SPEC-1014-2006	07:00PM-09:00PM	R	02/27
	Pondaseta Brewing Co. 7500 SW 45th		
Dance! Dance!			\$14.00
Get up, get out and learn to dance from two of Amarillo College's favorite instructors.			
ID# 187147 SPEC-1014-2007	07:00PM-09:00PM	R	03/05
	DTWN Nixson Gym 102C		

Discounted Rate!

Evening Adventures Series 20s to 30s			
Prerequisite: Must be 21 years old. Sign up for one adventure or the entire series for an "adventurous" discount! Grab your friends or significant other and explore fun-filled nights in our town. Don't delay, sign up today!			
ID# 185644 SPEC-1014-2001	All above listed dates/times		\$93.00
Linda Dominguez			10.00 Hrs.

Evening Adventures Series 40s & Up

Escape Night			\$27.00
Escape the winter blues with an evening of suspense and intrigue. Do you have what it takes to "escape" this adventure?			
ID# 187148 SPEC-1014-2008	07:00PM-09:00PM	R	02/06
	Amarillo Escape & Mystery 12208 Canyon Drive		
Dance! Dance!			\$14.00
Get up, get out and learn to dance from two of Amarillo College's favorite instructors.			
ID# 187150 SPEC-1014-2009	07:00PM-09:00PM	R	02/13
	DTWN Nixson Gym 102C		
A Dinner to Remember			\$29.00
Come and learn from one of Amarillo's top chefs, Alfonso Armstrong. Enjoy a night of Cajun cuisine, you will not forget.			
ID# 187151 SPEC-1014-2010	07:00PM-09:00PM	R	02/20
	DTWN Business & Industry Center 134A		
Art Adventure			\$24.00
Yes you canvas! Step out of your comfort zone and learn to paint a masterpiece on canvas. It will be easy as 1,2,3.			
ID# 187153 SPEC-1014-2011	07:00PM-09:00PM	R	02/27
	DTWN Business & Industry Center 123		
Beer Tasting			\$22.00
Prerequisite: Must be 21 years old. Got chemistry? Learn the science behind brewing. Enjoy a night of tasting some of Pondaseta's top beers. Come early and grab dinner at one of Amarillo's top food trucks.			
ID# 187154 SPEC-1014-2012	07:00PM-09:00PM	R	03/05
	Pondaseta Brewing Co. 7500 SW 45 th		

Discounted Rate!

Evening Adventures Series 40s & Up			
Prerequisite: Must be 21 years old. Sign up for one adventure or the entire series for an "adventurous" discount! Grab your friends or significant other and explore fun-filled nights in our town. Don't delay, sign up today!			
ID# 185637 SPEC-1014-2002	All above listed dates/times		\$93.00
Linda Dominguez			10.00 Hrs.

Gymnastics

For additional information, please call (806) 356-3668.

Teen Tumbling (Ages 13-19) \$115.00

Prerequisite: Must be able to perform back-handsprings without coach assistance.

ID# 187158 HER-1019-3001 07:00PM-08:00PM M 01/27 - 05/04
Morgan Richardson West Campus Gym/Dance 101 14.00 Hrs.

Adult Power Tumbling/Trampoline \$115.00

Prerequisite: Must be able to perform back-handsprings without coach assistance.

ID# 187169 HER-1019-3002 07:30PM-08:30PM W 01/22 - 05/06
Morgan Richardson West Campus Gym/Dance 101 15.00 Hrs.

Languages

Conversational Spanish I \$78.00

For those workers, tourists, or language enthusiasts with no experience; or for those who want to brush up on their Spanish. Provides tools for future learning through conversational and immersive atmosphere to build confidence and adaptability to the world of Spanish speakers.

ID# 185362 LANG-1031-2001 06:00PM-08:30PM T 01/21 - 02/25
Christopher Lillico WSC Ordway Hall 211 17.50 Hrs.

Conversational Spanish II \$78.00

For those individuals who are familiar with the Spanish language and wish to improve their comprehension and fluency through efficient practice. Practical for getting an edge in the workforce, being confident as tourists, or honing the ability of language enthusiasts.

ID# 185363 LANG-1031-3001 06:00PM-08:30PM T 03/24 - 04/28
Christopher Lillico WSC Dutton Hall 201 15.00 Hrs.

Spanish Conversational Beginning \$94.00

Basic tools for everyday communication. Practical for those who need Spanish for jobs, trips, etc. Taught by a native Spanish-speaking instructor with over 25 years of teaching experience.

ID# 185482 LANG-1031-3002 06:00PM-08:00PM M 01/27 - 03/30
ID# 185479 LANG-1031-3003 06:00PM-08:00PM W 01/29 - 04/08
Lucy Gaete WSC Dutton Hall 105 20.00 Hrs.

Spanish Conversational Intermediate \$94.00

Focus on working with verbs. Learn to speak and write complete sentences with a native Spanish-speaking instructor with over 25 years of teaching experience.

ID# 185483 LANG-1033-3001 06:00PM-08:00PM T 01/28 - 04/07
Lucy Gaete WSC Ordway Hall 202 20.00 Hrs.

Spanish Conversational Advanced \$94.00

Focus on grammar; present, past, and future verb tenses. Taught by a native Spanish speaking instructor with over 25 years of teaching experience. For additional information please call (806) 371-2920.

ID# 185480 LANG-1034-3001 06:00PM-08:00PM R 01/30 - 04/09
Lucy Gaete DTWN Business & Industry Center 120 20.00 Hrs.

Martial Arts/Self Defense

Aikido Self-Defense \$189.00

Introduction to the self-defense martial art of Aikido. Aikido combines the joint locks and throws from jujitsu with the dynamic movements of sword and spear fighting. Instructor is a member of the United States Aikido Federation. No prior martial arts experience needed. Students are encouraged to wear a martial arts Gi uniform.

ID# 185723 HER-1021-3001 06:30PM-08:00PM MW 01/22 - 05/06
James Albertson DTWN Nixon Gym 102C 43.50 Hrs.

Aikido Self-Defense			\$100.00
ID# 185724 HER-1021-3002	06:30PM-08:00PM	MW	01/22 - 03/11
ID# 185725 HER-1021-3003	06:30PM-08:00PM	MW	03/23 - 05/06
James Albertson	DTWN Nixon Gym 102C		21.00 Hrs.

Music

Amarillo Master Chorale **\$56.00**
 Perform advanced choral literature. Extra rehearsal(s) before performance(s) For audition and additional information please contact Nathan Fryml at n0582382@actx.edu.

ID# 184827 MUSIC-1020-3001	07:00PM-09:45PM	M	01/27 - 05/11
Nathaniel Fryml	WSC Music Building 102		41.25 Hrs.

Brass Ensemble **\$56.00**

Traditional brass ensemble performing various styles of music. Performances outside of class meeting will be regularly scheduled. Instructor approval required, contact 371-5340 for more information.

ID# 184823 MUSIC-1022-3002	12:00AM-11:59PM	MTWRF	01/21 - 05/15
Kellie Bartley	WSC Music Building 311		44.00 Hrs.

Chamber Orchestra **\$56.00**

Perform chamber orchestra literature. Extra rehearsal(s) before performance(s). For additional information please call (806) 371-5340.

ID# 184830 MUSIC-1095-3001	07:00PM-09:45PM	R	01/23 - 05/14
David Hinds	WSC Music Building 104		44.00 Hrs.

Community Concert Band **\$56.00**

Perform concert band literature. Extra rehearsal(s) before performance(s). For additional information please contact Kellie Bartley at k0358093@actx.edu.

ID# 184822 MUSIC-1022-3001	07:00PM-09:45PM	M	01/27 - 05/11
Kellie Bartley	WSC Music Building 104		41.25 Hrs.

Concert Choir **\$56.00**

Concert Choir is a select collegiate vocal ensemble committed to the performance of outstanding literature from the Renaissance through the present. Extra rehearsal(s) before performance(s). For audition and additional information please contact Nathan Fryml at n0582382@actx.edu

ID# 184829 MUSIC-1150-3001	12:30PM-01:45PM	MWF	01/22 - 05/15
Nathaniel Fryml	WSC Music Building 102		63.25 Hrs.

Guitar Class **\$56.00**

A basic study of guitar covering scales, chord progressions, sight reading, tablature style and technique. Students must furnish own instruments. For additional information please call (806)371-5340.

ID# 184825 MUSIC-1042-3001	07:00PM-09:45PM	M	01/27 - 05/11
Homero Campos	WSC Music Building 200		41.25 Hrs.

Guitar Ensemble **\$56.00**

For guitar students, instructors and those who just love to play. Explore, rehearse and perform a variety of literature for guitar ensemble, increase knowledge of lesser-used repertoire, and hone individual reading and ensemble skills at all levels. Students must furnish their own instruments and be able to read music. For additional information please call (806)371-5340.

ID# 184826 MUSIC-1042-3002	07:00PM-09:45PM	R	01/23 - 05/14
Homero Campos	WSC Music Building 200		44.00 Hrs.

Jazz Ensemble **\$56.00**

Study and perform jazz, jazz-rock, swing, and modern experimental jazz compositions. Required audition, contact Jim Laughlin at james.laughlin@actx.edu.

ID# 184832 MUSIC-1170-3001	12:30PM-01:45PM	TR	01/21 - 05/14
Staff	WSC Music Building 104		40.00 Hrs.

Opera Workshop **\$56.00**

Participate in opera production(s). Audition required for all performance jobs. Possibilities include chorus, backstage work, set design/construction etc. For additional information please call (806) 371-5340.

ID# 184831 MUSIC-1088-3001	07:00PM-09:30PM	TR	01/21 - 05/14
Mary Johnson	WSC Music Building 102		80.00 Hrs.

Piano Ensemble**\$56.00**

For piano students, instructors and those who just love to play! Explore, rehearse and perform a variety of literature for piano ensemble, increase knowledge of lesser-used repertoire, and hone individual reading and ensemble skills at all levels. Bring your passion for music and be ready for some fun! For more information contact Diego Caetano at d0581368@actx.edu

ID# 184824 MUSIC-1111-3001
Diego Caetano

10:00AM-11:30AM
WSC Music Building 200

S

01/25 - 05/09
21.00 Hrs.



Motorcycle Operator Training

To register or for more information, please call (806) 371-2929.

Motorcycle RiderCourse - Basic**\$235.00**

Please note a prerequisite of 3 hours of online instruction must be completed PRIOR to your participation in the road class.

Requirements:

Approved by the Department of Public Safety and required for everyone, regardless of age, applying for a first time motorcycle endorsement.

1. Must be at least 15 years of age and have an unrestricted provisional class "C" or higher driver license or learner permit.
2. Ability to ride a two-wheeled bicycle.
3. Must bring driver license or learner permit along with certificate of completion for on-line e-course.
4. Students under 18 years of age must bring parent or guardian with them to start of first class in order to have them sign a waiver.
5. Participants must wear protective gear - eye protection, sturdy leather footwear that covers the ankle, long-sleeve shirt or jacket, long non-flare denim pants, or equivalent, and full-fingered gloves, preferably leather.
6. Motorcycle and helmet is furnished, however, you may use your own DOT approved helmet.
7. You MUST be on time to class.

Class begins at 8:00AM sharp! **Please arrive 15 minutes prior to class start time. Class tuition and fees will be forfeited unless ALL required conditions are met.** Class may run past the scheduled end time each day due to inclement weather and/or student needs. This class is physically demanding and requires motorcycle riding outside in inclement weather conditions. You MUST be in good health to take this class.

East Campus, Public Service Training Center, Room 115

ID# 184216 MOTRG-1003-2002	08:00AM-05:30PM	SU	02/08 - 02/09
ID# 184217 MOTRG-1003-2003	08:00AM-05:30PM	SU	02/22 - 02/23
ID# 184225 MOTRG-1003-3002	08:00AM-05:30PM	SU	03/07 - 03/08
ID# 184239 MOTRG-1003-3005	08:00AM-05:30PM	SU	04/18 - 04/19
ID# 184243 MOTRG-1003-3007	08:00AM-05:30PM	SU	05/02 - 05/03
ID# 184246 MOTRG-1003-3009	08:00AM-05:30PM	SU	05/16 - 05/17
Staff			15.00 Hrs.

West Campus, Building C, Room 110C

ID# 184177 MOTRG-1003-2001	08:00AM-05:30PM	SU	02/01 - 02/02
ID# 184223 MOTRG-1003-3001	08:00AM-05:30PM	SU	02/29 - 03/01
ID# 184227 MOTRG-1003-3003	08:00AM-05:30PM	SU	03/14 - 03/15
ID# 184237 MOTRG-1003-3004	08:00AM-05:30PM	SU	04/04 - 04/05
ID# 184240 MOTRG-1003-3006	08:00AM-05:30PM	SU	04/25 - 04/26
ID# 184245 MOTRG-1003-3008	08:00AM-05:30PM	SU	05/09 - 05/10
ID# 184247 MOTRG-1003-3010	08:00AM-05:30PM	SU	05/23 - 05/24
Staff			15.00 Hrs.

Experienced RiderCourse

\$150.00

Our newest motorcycle licensing class! The Experienced *RiderCourse* consists of 5 hours of on-cycle instruction, a 3-hour classroom session and a required eCourse (approximately 3 hours on-line).

Riders are highly encouraged to use their own street legal motorcycle (proof of insurance and registration will be checked) for this class. If this is not possible, a training motorcycle may be provided at no extra cost.

1. Must be at least 18 years of age and have an unrestricted provisional class "C" or higher driver license or learner permit.
2. Actively ride a personal motorcycle.
3. Must bring driver license or learner permit along with certificate of completion for on-line e-course.
4. Participants must wear protective gear - eye protection, sturdy leather footwear that covers the ankle, long-sleeve shirt or jacket, long non-flare denim pants, or equivalent, and full-fingered gloves, preferably leather.
5. You **MUST** be on time to class.

Class begins at 8:00AM sharp! **Please arrive 15 minutes prior to class start time. Class tuition and fees will be forfeited unless ALL required conditions are met.** Class may run past the scheduled end time each day due to inclement weather and/or student needs. This class is physically demanding and requires motorcycle riding outside in inclement weather conditions. You **MUST** be in good health to take this class.

East Campus, Public Service Training Center, Room 115

ID# 184221 MOTRG-1002-2001	08:00AM-05:30PM	S	02/15
ID# 184222 MOTRG-1002-2002	08:00AM-05:30PM	U	02/16
ID# 184224 MOTRG-1002-3001	08:00AM-05:30PM	S	02/29
ID# 184238 MOTRG-1002-3002	08:00AM-05:30PM	U	04/05
ID# 184241 MOTRG-1002-3003	08:00AM-05:30PM	S	04/25
ID# 184242 MOTRG-1002-3004	08:00AM-05:30PM	U	04/26
ID# 184248 MOTRG-1002-3005	08:00AM-05:30PM	S	05/23
Staff	EC Public Service Training C 115		8.00 Hrs.

3 Wheel Basic RiderCourse

\$235.00

Successful completion of this course, consisting of eight hours of classroom activities and eight hours of on-cycle riding exercises, plus knowledge and skill tests, may waive the license test in your state. The course may also earn you an insurance discount. You must bring your own 3-wheel motorcycle.

1. Must be at least 15 years of age and have an unrestricted provisional class "C" or higher driver license or learner permit.
2. Must bring driver license or learner permit.
3. Students under 18 years of age must bring parent or guardian with them to start of first class in order to have them sign a waiver.
4. Participants must wear protective gear - eye protection, sturdy leather footwear that covers the ankle, long-sleeve shirt or jacket, long non-flare denim pants, or equivalent, and full-fingered gloves, preferably leather.
5. Motorcycle and helmet will be furnished, however, you may use your own DOT approved helmet.
6. You **MUST** be on time to class.

Class begins at 8:00am sharp! **Please arrive 15 minutes prior to class start time. Class tuition and fees will be forfeited unless ALL required conditions are met.** Class may run past the scheduled end time each day due to inclement weather and/or student needs. This class is physically demanding and requires motorcycle riding outside in inclement weather conditions. You **MUST** be in good health to take this class.

West Campus, Building C, Room 110C

ID# 184219 MOTRG-1005-2001	08:00AM-06:00PM	SU	02/08 - 02/09
ID# 184226 MOTRG-1005-3001	08:00AM-06:00PM	SU	03/07 - 03/08
ID# 184228 MOTRG-1005-3002	08:00AM-06:00PM	SU	03/28 - 03/29
ID# 184244 MOTRG-1005-3003	08:00AM-06:00PM	SU	05/02 - 05/03
Staff			16.00 Hrs.



Photography

Basic Digital Photography **\$61.00**

Beginners course for digital SLR (Single Lens Reflex) camera. Learn the settings to help get past the fears of the camera. Instruction manual and camera equipment is required to bring to the class.

ID# 185360 PHOTO-1015-2001	07:00PM-09:00PM	M	01/27 - 03/02
Pat Parker	WSC Parcels Hall 314		12.00 Hrs.

Urban/Landscape With Phones **\$61.00**

Learn how to photograph, with your own cell phone, landscapes and take detailed photos of structures and ruins in an urban setting.

ID# 185660 PHOTO-1070-2001	07:00PM-09:00PM	M	01/27 - 03/02
Christopher Haden	WSC Parcels Hall 312		12.00 Hrs.

Night & Low-Light Photography **\$61.00**

Learn how to adjust the settings on your DSLR. Take long exposure photos in low light and paint with light.

ID# 185665 PHOTO-1070-3001	07:00PM-09:00PM	M	03/23 - 04/27
Christopher Haden	WSC Parcels Hall 312		12.00 Hrs.

All About Photography **\$299.00**

This is a continuing education course within an academic class. No grades, just the fun. Introduction to the basics of photography. Beginners course fully covering digital and film photography and includes some darkroom work. Photo assignments are designed to improve your camera skills and composition.

ID# 187588 PHOTO-1016-3001	12:30PM-03:15PM	TR	01/21 - 05/07
Rene West	WSC Parcels Hall 306		82.50 Hrs.
ID# 187590 PHOTO-1016-3003	06:30PM-09:15PM	TR	01/21 - 05/07
Cindy Wallace	WSC Parcels Hall 306		82.50 Hrs.
ID# 187589 PHOTO-1016-3002	09:00AM-11:45AM	MW	01/22 - 05/06
Brent Cavanaugh	WSC Parcels Hall 220		79.75 Hrs

Beginning Photoshop **\$291.00**

This is a continuing education course within an academic class. No grades, just the fun. Introduction to the basics of Photoshop. Learn the skills needed to edit photography and create digital art.

ID# 187779 PHOTO-1019-3001	09:00AM-11:45AM	MW	01/22 - 05/06
Rene West	WSC Parcels Hall 306		79.75 Hrs.

Advanced Digital Imaging-Photoshop **\$291.00**

This is a continuing education course within an academic class. No grades, just the fun. Continuation of using Photoshop for advanced photography and digital art creation.

ID# 187781 PHOTO-1019-3002	03:30PM-06:15PM	MW	01/22 - 05/06
Rene West	WSC Parcels Hall 306		79.75 Hrs.

Photographic Darkroom Process**\$299.00**

This is a Continuing Education course within an academic class. No grades, just the fun. Learn about early photographic processes and enjoy a lecture on the history of photography. You will have access to the film darkroom facilities for film projects.

ID# 187782 PHOTO-1020-3001 09:00AM-11:45AM TR 01/21 - 05/07
 Rene West WSC Parcels Hall 306 82.50 Hrs.

Portrait Photography**\$291.00**

This is a Continuing Education class within an academic class. No grades, just the fun. Learn the basics of classic portraiture lighting and posing.

ID# 187783 PHOTO-1011-3001 06:30PM-09:15PM MW 01/22 - 05/06
 Tracy Pitt WSC Parcels Hall 319 79.75 Hrs.

Sewing/Needle Arts/Upholstery

Creative Crochet**\$89.00**

Come join us in the Creative Crochet Class. Learn how to read a pattern and stitch chart. Plus learn how to work a V stitch, change yarn color and work with 2 strands of yarn together. Beginners will learn basic stitches and make easy projects. Advance at your own pace as you spend an enjoyable 2 hours with us. For the first class meeting bring a skein of 4 ply yarn and size H aluminum crochet hook.

ID# 185726 SEW-1008-3001 06:30PM-08:30PM R 02/20 - 04/30
 D'Esta Sharp DTWN Business & Industry Center 123 20.00 Hrs.

Machine Sewing Beginning**\$66.00**

This 6 week guided beginning course will cover the following:

Week 1: The care and use of a sewing machine, how to read a pattern, how to choose the right material & notions for your project.

Week 2: Laying out your material, pattern, pinning & cutting.

Week 3: Beginning sewing techniques

Week 4: Sew

Week 5: Sew

Week 6: Complete your project.

Sewing machines are provided. For more information or supply list please call (806) 371-2929 before first class meeting.

ID# 185727 SEW-1040-3001 06:30PM-08:30PM M 03/23 - 04/27
 Cathey Fredrick Downtown Campus 123 12.00 Hrs.

Writing

Creative Writing**\$179.00**

This Creative Writing class will offer students the opportunity to become more skilled and confident creative writers. We will learn about specific techniques and strategies that writers can use to achieve particular and powerful effects. Students will write drafts and then final copies of a poem and a short story while receiving peer and instructor feedback. Students will also be provided with a variety of online examples of poems and stories for models and inspiration. For more information, email Professor Margie Netherton at mcwaguespack@actx.edu.

ID# 187862 NFUND-2092-2001 WEB 01/21 - 03/13
 Margaret Netherton Distance Education Internet Course 48.00 Hrs. (4.80 CEU)

Kids' College

For additional information, please call (806)371-2920.

ACCT Amarillo College Conservatory Theatre

For additional information, please call (806) 371-5909 or (806) 371-2906.

Audition and Production Prep (Ages 12-18)

\$125.00

A class designed to prepare for a successful audition and what is then expected of the actor after being cast. Curriculum to include: monologue and song selection, make-up design and implementation, script analysis and character studies.

ID# 187054 ACT-1120-3001

04:30PM-05:30PM

M

01/27 - 05/04

Kelsey Landry

WSC Ordway Hall 107

14.00 Hrs.

Improvisation: The Court Jesters (Ages 12-18)

\$125.00

A class to train students in the art of improvisation, one of the most important foundational courses for theatre artists. A showcase performance is included.

ID# 187058 ACT-1010-3001

05:00PM-06:30PM

M

01/27 - 05/04

Peyton Kerr

WSC Ordway Hall 112

21.00 Hrs.

ACCT Ambassadors

\$125.00

A female chorus, soprano, second soprano and alto (ssa) to represent the conservatory as an outreach project. The students will learn musical theatre rep and will entertain on behalf of ACCT at community events. All ages are encouraged to participate.

ID# 187079 ACT-1020-3001

04:30PM-06:00PM

T

01/21 - 05/05

Staff

WSC Ordway Hall 112

22.50 Hrs.

Exploring Theatre Concepts (The Young Professional)

\$125.00

A class designed to explore the world of theatre from creative movement to performance techniques. An overall view of what it takes to be a young professional in the theatre world.

ID# 187059 ACT-1006-3001

05:00PM-06:30PM

T

01/21 - 05/05

Kelsey Landry

WSC Ordway Hall 107

22.50 Hrs.

Read It! Direct It! (Age 12 - 18)

\$125.00

A class for those interested in reading theatrical literature from all periods of time. The student will choose scenes from a play and will then have the opportunity to cast and direct the chosen scenes. A showcase performance is included.

ID# 187119 ACT-1110-3002

05:00PM-06:30PM

W

01/22 - 05/06

Peyton Kerr

WSC Ordway Hall 112

22.50 Hrs.

Write It! Act It! (Age 10-18)

\$125.00

A class that combines the art of the playwright with the art of performance. Young playwrights and young actors will collaborate in the writing and acting of original scripts. A topic for the play will be chosen and all will write dialogue, stage directions, properties and scenic requirements. After completion, the play will be rehearsed and performed by the students of the class. A showcase is included.

ID# 187107 ACT-1110-3001

05:15PM-06:45PM

W

01/22 - 05/06

Staff

WSC Ordway Hall 107

22.50 Hrs.

Cheerleading

For additional information, please call (806) 356-3668.

There are no more than 12 students per instructor. Classes are in order of level, age, day and time, starting with Monday. Parent Watch Day will be announced the first class day and be posted on the bulletin board in the lobby. Please be advised all classes are co-ed unless otherwise noted.

Cheer Beginning/Intermediate (Ages 4-7)

\$115.00

Beginning tumbling with correct technique. Partner stunting, jumps, cheers, and chants.

ID# 185901 CHILD-1030-3002	04:30PM-05:30PM	T	01/21 - 05/05
Julianna Perry	West Campus Gym/Dance 101		15.00 Hrs.
ID# 185902 CHILD-1030-3003	07:30PM-08:30PM	W	01/22 - 05/06
Kailey Whittington	West Campus Gym/Dance 101		15.00 Hrs.
ID# 185903 CHILD-1030-3004	07:00PM-08:00PM	R	01/23 - 05/07
Tabra Elliott	West Campus Gym/Dance 101		15.00 Hrs.
ID# 185904 CHILD-1030-3001	05:30PM-06:30PM	F	01/24 - 05/08
Macy Walker	West Campus Gym/Dance 101		14.00 Hrs.

Cheer Intermediate (Ages 8-16)

\$115.00

Beginning tumbling with correct technique. Partner stunting, jumps, cheers, and chants.

ID# 185905 CHILD-1030-3005	06:30PM-07:30PM	W	01/22 - 05/06
Morgan Richardson	West Campus Gym/Dance 101		15.00 Hrs.

Dance

For additional information, please call (806) 356-3635 or (806) 371-2906.

Ballet, Tap, Jazz, Hip-Hop, Line Dancing

Please note that dance classes are listed in order of age, day, and time, starting with Monday. Dance classes are closed instruction classes. Parents are invited to observe classes on designated watch days. Parent Watch Days are assigned by each individual instructor. All students must be toilet trained unless noted in the class description. Please be advised that dance classes are co-ed unless otherwise noted.

ALL CLASSES ARE NON-PERFORMING

Non-performing classes are designed with a focus on technical development with NO recital or costume cost at the end of the semester.

Mommy and Me Creative Movement (Ages 2-4)

\$75.00

Parent participation class. (Parent does not enroll in the class, only their child.) Parent is to stay and help the dancer.

No siblings are allowed that are not enrolled in the class. Dancers and parents should dress in comfortable attire.

Ballet shoes are not required.

ID# 185906 CHILD-1065-3009	10:00AM-10:30AM	M	01/27 - 05/04
Lynzee Oden	West Campus Gym/Dance 107		7.00 Hrs.

Pre-Ballet (Ages 2-4)

\$75.00

Must be completely toilet trained. No diapers or pull-ups. This class focuses on rhythmic movement to fun kid's music.

Hair pulled back off face, leotard, tights, and pink ballet shoes are required.

ID# 185908 DANC-2030-3001	10:30AM-11:00AM	M	01/27 - 05/04
Lynzee Oden	West Campus Gym/Dance 107		7.00 Hrs.
ID# 185909 DANC-2030-3002	04:00PM-04:30PM	M	01/27 - 05/04
Calista Maldonado	West Campus Gym/Dance 107		7.00 Hrs.
ID# 185910 DANC-2030-3003	09:30AM-10:00AM	F	01/24 - 05/08
Lynzee Oden	West Campus Gym/Dance 107		7.00 Hrs.
ID# 185911 DANC-2030-3004	01:00PM-01:30PM	S	01/25 - 05/09
Calista Maldonado	West Campus Gym/Dance 107		7.00 Hrs.

Ballet Beginning (Ages 3-5)**\$75.00**

Must be completely toilet trained. No diapers or pull-ups. This class focuses on rhythmic movement to fun kid's music. Hair pulled back off face, leotard, tights, and pink ballet shoes are required.

ID# 185912 DANC-2031-3001	10:00AM-10:30AM	F	01/24 - 05/08
Lynzee Oden	West Campus Gym/Dance 107		7.00 Hrs.
ID# 185913 DANC-2031-3002	05:00PM-05:30PM	F	01/24 - 05/08
Calista Maldonado	West Campus Gym/Dance 107		7.00 Hrs.

Ballet & Tap Beginning (Ages 3-5)**\$115.00**

Must be completely toilet trained. No diapers or pull-ups. Introduction to pre-ballet and tap techniques. Hair pulled back from face, leotard, pink tights, pink ballet and black tap shoes required.

ID# 185915 DANC-2160-3001	11:00AM-12:00PM	M	01/27 - 05/04
Lynzee Oden	West Campus Gym/Dance 107		14.00 Hrs.
ID# 185916 DANC-2160-3002	04:30PM-05:30PM	M	01/27 - 05/04
Calista Maldonado	West Campus Gym/Dance 107		14.00 Hrs.
ID# 185919 DANC-2160-3004	10:00AM-11:00AM	W	01/21 - 05/05
Lynzee Oden	West Campus Gym/Dance 107		15.00 Hrs.
ID# 185921 DANC-2160-3005	05:30PM-06:30PM	W	01/22 - 05/06
Elizabeth Camp	West Campus Gym/Dance 107		15.00 Hrs.
ID# 185922 DANC-2160-3007	04:30PM-05:30PM	R	01/23 - 05/07
Calista Maldonado	West Campus Gym/Dance 107		15.00 Hrs.
ID# 185923 DANC-2160-3008	10:00AM-11:00AM	S	01/25 - 05/09
Calista Maldonado	West Campus Gym/Dance 107		14.00 Hrs.

Ballet & Jazz Beginning (Ages 4-7)**\$115.00**

Introduction to ballet and jazz techniques. Hair pulled back from face, leotard, tights, and pink ballet shoes required.

Jazz shoes will be discussed at first class meeting.

ID# 185924 DANC-2261-3003	12:00PM-01:00PM	W	01/22 - 05/06
Lynzee Oden	West Campus Gym/Dance 107		15.00 Hrs.

Ballet & Tap Beginning (Ages 5-8)**\$115.00**

Introduction to ballet and tap techniques. Hair pulled back from face, leotard, tights, pink ballet, and black tap shoes required.

ID# 185925 DANC-2161-3001	06:30PM-07:30PM	R	01/23 - 05/07
Elizabeth Camp	West Campus Gym/Dance 107		14.00 Hrs.
ID# 185926 DANC-2161-3002	10:30AM-11:30AM	F	01/24 - 05/08
Lynzee Oden	West Campus Gym/Dance 107		14.00 Hrs.
ID# 185930 DANC-2161-3003	04:00PM-05:00PM	F	01/24 - 05/08
Calista Maldonado	West Campus Gym/Dance 107		14.00 Hrs.
ID# 185932 DANC-2161-3004	11:00AM-12:00PM	S	01/25 - 05/09
Calista Maldonado	West Campus Gym/Dance 107		14.00 Hrs.

Ballet & Jazz Beginning (Ages 5-8)**\$115.00**

Introduction to ballet and jazz techniques. Hair pulled back from face, leotard, tights, and pink ballet shoes required.

Jazz shoes will be discussed at first class meeting.

ID# 185944 DANC-2261-3001	05:30PM-06:30PM	M	01/27 - 05/04
Calista Maldonado	West Campus Gym/Dance 107		14.00 Hrs.
ID# 185948 DANC-2261-3006	05:30PM-06:30PM	R	01/23 - 05/07
Calista Maldonado	West Campus Gym/Dance 107		15.00 Hrs.

Ballet & Tap (Ages 8-11)**\$115.00**

Introduction to ballet and tap techniques. Hair pulled back from face, leotard, pink tights, pink ballet and black tap shoes required.

ID# 185951 DANC-2160-3003	06:30PM-07:30PM	M	01/27 - 05/04
Calista Maldonado	West Campus Gym/Dance 107		14.00 Hrs.
ID# 185955 DANC-2160-3006	06:30PM-07:30PM	W	01/22 - 05/06
Elizabeth Camp	West Campus Gym/Dance 107		15.00 Hrs.
ID# 185957 DANC-2160-3009	12:00PM-01:00PM	S	01/25 - 05/09
Calista Maldonado	West Campus Gym/Dance 107		14.00 Hrs.

Ballet & Jazz (Ages 8-11)**\$115.00**

Introduction to ballet and jazz techniques. Hair pulled back from face, leotard, tights, and pink ballet shoes required. Jazz shoes will be discussed at first class meeting.

ID# 185959 DANC-2261-3002	07:30PM-08:30PM	M	01/27 - 05/04
Calista Maldonado	West Campus Gym/Dance 107		14.00 Hrs.
ID# 185960 DANC-2261-3004	04:30PM-05:30PM	W	01/22 - 05/06
Elizabeth Camp	West Campus Gym/Dance 107		15.00 Hrs.
ID# 185961 DANC-2261-3005	07:30PM-08:30PM	W	01/22 - 05/06
Elizabeth Camp	West Campus Gym/Dance 107		15.00 Hrs.
ID# 185963 DANC-2261-3008	05:30PM-06:30PM	F	01/24 - 05/09
Calista Maldonado	West Campus Gym/Dance 107		14.00 Hrs.
ID# 185964 DANC-2261-3009	09:00AM-10:00AM	S	01/25 - 05/09
Calista Maldonado	West Campus Gym/Dance 107		14.00 Hrs.

Ballet & Jazz (Ages 12-16)**\$115.00**

Introduction to ballet and jazz techniques. Hair pulled back from face, leotard, tights, and pink ballet shoes required. Jazz shoes will be discussed at first class meeting.

ID# 185965 DANC-2261-3007	07:30PM-08:30PM	R	01/23 - 05/07
Elizabeth Camp	West Campus Gym/Dance 107		15.00 Hrs.

Hip Hop (Ages 8-12)**\$115.00**

A high-energy class that infuses the latest styles of street dancing, breaking, popping, and locking. Hip Hop dance encourages students to step outside of the box by bringing their own individual style and personality to the movements.

ID# 187812 DANC-1362-3002	07:00PM-08:00PM	T	01/21 - 05/05
Melissa Ammons	West Campus Gym/Dance 107		15.00 Hrs.
ID# 187811 DANC-1362-3001	06:30PM-07:30PM	F	01/24 - 05/08
Melissa Ammons	West Campus Gym/Dance 107		14.00 Hrs.

Hip Hop (Ages 6-12)**\$115.00**

This very energetic rhythmic form of dancing is designed for all ages. It will give you a sense of rhythm and coordination with hopes that you will be ready to go to your next creative level in Hip Hop. You will be able to bring your style and personality and learn to dance with your soul.

ID# 187827 DANC-1362-3003	05:00PM-06:00PM	T	01/21 - 05/05
Jasmine Taylor	West Campus Gym/Dance 107		15.00 Hrs.
ID# 187828 DANC-1362-3004	01:30PM-02:30PM	S	01/25 - 05/09
Jasmine Taylor	West Campus Gym/Dance 107		15.00 Hrs.

Hip Hop (Ages 13-16)**\$115.00**

This very energetic rhythmic form of dancing is designed for all ages. It will give you a sense of rhythm and coordination with hopes that you will be ready to go to your next creative level in Hip Hop. You will be able to bring your style and personality and learn to dance with your soul.

ID# 187829 DANC-1362-3005	06:00PM-07:00PM	T	01/21 - 05/05
Jasmine Taylor	West Campus Gym/Dance 107		15.00 Hrs.
ID# 187830 DANC-1362-3006	02:30PM-03:30PM	S	01/25 - 05/09
Jasmine Taylor	West Campus Gym/Dance 107		14.00 Hrs.

Line Dancing (Ages 8-15)**\$115.00**

Learn the art of several choreographed dances with a repeated sequence of steps for each song! The group will have move as one, while standing in lines or rows, either all facing each other or in the same direction, and executing the steps at the same time. In this class you will learn Same Ol Two-Step, Biker Shuffle, Boot Scootin Boogie, Tucker, Texas Twist, Blurred Lines, Cheerleader, Country Girl and many more!

ID# 187832 DANC-2363-3001	03:30PM-04:30PM	S	01/25 - 05/09
Jasmine Taylor	West Campus Gym/Dance 107		14.00 Hrs.

Fencing

Youth Fencing (Ages 8 - 12)

\$94.00

For students who have less than 3 semesters of fencing instruction. Instruction in the basic principles and techniques of modern sport fencing including the foil and epee. Depending on student interest, some instruction in the techniques of the saber may be available. All equipment is provided. The instructors are professional members of USA Fencing.

ID# 185679 CHILD-2700-3001	07:00PM-08:30PM	M	01/27 - 05/04
Bary Nusz & Staff	WSC Russell Hall 103		21.00 Hrs.

Fencing - Beginning (Ages 13 - Adult)

\$100.00

For students who have less than 3 semesters of fencing instruction. Instruction in the basic principles and techniques of modern sport fencing including the foil and epee. Depending on student interest, some instruction in the techniques of the saber may be available. All equipment is provided. The instructors are professional members of USA Fencing.

ID# 185584 HER-1056-3001	07:00PM-08:30PM	R	01/23 - 05/07
Bary Nusz	WSC Russell Hall 104		22.50 Hrs.

Fencing - Competitive (Ages 13 - Adult)

\$94.00

For students who are or want to be competitive fencers. Students are required to be outfitted in full USA Fencing regulation standard uniform and all necessary foil and epee equipment. Depending on the student's experience, the class provides beginning, intermediate or advanced instruction in the basic principles of modern sport fencing and emphasizes instruction in the techniques of the foil, epee and to a lesser extent, saber. The class consists of drills, sparring and competitive bouts.

ID# 185643 HER-1055-3001	10:00AM-11:30AM	S	01/25 - 05/09
Bary Nusz	WSC Russell Hall 104		21.00 Hrs.

Gymnastics

For additional information, please call (806) 356-3668 or (806) 371-2906.

Except for "Move with Me" classes, gymnastics students must be completely toilet trained. There are no more than 12 students per instructor. Gymnastics classes are in order of level, age, day and time, starting with Monday. Parent Watch Day in the main gymnastics building will be announced the first class day and will be posted on the bulletin board in the lobby. Building B watch day is every day. Please be advised all classes are co-ed unless otherwise noted.

We have two locations on the West Campus for gymnastics:

Building B Room 107 & Gym/Dance Room 101.

Move with Me Music, Dance & Tumble (Ages 1.5-4)

\$115.00

Parent participation class. (Parent does not enroll in the class, only their child.) Parent is required to stay and help the gymnast. All pieces of equipment taught. Siblings must be enrolled in the class to participate.

ID# 185966 CHILD-1065-3010	11:00AM-12:00PM	W	01/22 - 05/06
Lynzee Oden	West Campus Gym/Dance 101		15.00 Hrs.

Move with Me (Ages 2-4)

\$115.00

Parent participation class. (Parent does not enroll in the class, only their child.) Parent is required to stay and help the gymnast. All pieces of equipment taught. No siblings are allowed that are not enrolled in the class.

ID# 185967 CHILD-1065-3001	10:00AM-11:00AM	M	01/27 - 05/04
Brandi Urquhart	West Campus Building B 107		14.00 Hrs.
ID# 185968 CHILD-1065-3002	07:00PM-08:00PM	M	01/27 - 05/04
Macy Walker	West Campus Building B 107		14.00 Hrs.
ID# 185970 CHILD-1065-3003	10:00AM-11:00AM	T	01/21 - 05/05
Brandi Urquhart	West Campus Building B 107		15.00 Hrs.
ID# 185972 CHILD-1065-3004	06:00PM-07:00PM	T	01/21 - 05/05
Remington Cooke	West Campus Building B 107		15.00 Hrs.
ID# 185975 CHILD-1065-3005	10:30AM-11:30AM	W	01/22 - 05/06
Brandi Urquhart	West Campus Building B 107		15.00 Hrs.
ID# 185979 CHILD-1065-3006	06:00PM-07:00PM	W	01/22 - 05/06
Lauren Bentley	West Campus Building B 107		14.00 Hrs.
ID# 185980 CHILD-1065-3007	10:00AM-11:00AM	F	01/24 - 05/08
Brandi Urquhart	West Campus Building B 107		14.00 Hrs.
ID# 185981 CHILD-1065-3008	09:00AM-10:00AM	S	01/25 - 05/09
Remington Cooke	West Campus Building B 107		14.00 Hrs.

Level 1 (Ages 2-4)**\$115.00**

Must be completely toilet trained, no diapers or pull-ups. All pieces of equipment taught. Emphasis on balance and coordination.

ID# 185982 CHILD-1075-3001	09:00AM-10:00AM	M	01/27 - 05/04
Staff	West Campus Building B 107		15.00 Hrs.
ID# 185983 CHILD-1075-3002	04:00PM-05:00PM	M	01/27 - 05/04
Macy Walker	West Campus Building B 107		15.00 Hrs.
ID# 185984 CHILD-1075-3003	04:00PM-05:00PM	T	01/21 - 05/05
Lauren Bentley	West Campus Building B 107		15.00 Hrs.
ID# 185985 CHILD-1075-3004	09:30AM-10:30AM	W	01/22 - 05/06
Brandi Urquhart	West Campus Building B 107		15.00 Hrs.
ID# 185986 CHILD-1075-3005	04:00PM-05:00PM	R	01/23 - 05/07
Macy Walker	West Campus Building B 107		15.00 Hrs.
ID# 185987 CHILD-1075-3006	09:00AM-10:00AM	F	01/24 - 05/08
Blakely Meek	West Campus Building B 107		14.00 Hrs.
ID# 185989 CHILD-1075-3025	04:30PM-05:30PM	F	01/24 - 05/08
Jenessa Pompa	West Campus Building B 107		14.00 Hrs.
ID# 185991 CHILD-1075-3026	10:00AM-11:00AM	S	01/25 - 05/09
Remington Cooke	West Campus Building B 107		14.00 Hrs.
ID# 185993 CHILD-1075-3027	12:00PM-01:00PM	S	01/25 - 05/09
Lani Green	West Campus Building B 107		14.00 Hrs.

Level 1 (Ages 3-5)**\$115.00**

Must be completely toilet trained, no diapers or pull-ups. All pieces of equipment taught. Emphasis on balance and coordination.

ID# 185994 CHILD-1075-3009	09:00AM-10:00AM	M	01/27 - 05/04
Brandi Urquhart	West Campus Building B 107		14.00 Hrs.
ID# 185995 CHILD-1075-3010	11:00AM-12:00PM	M	01/27 - 05/04
Brandi Urquhart	West Campus Building B 107		14.00 Hrs.
ID# 185996 CHILD-1075-3011	05:00PM-06:00PM	M	01/27 - 05/04
Lauren Bentley	West Campus Building B 107		14.00 Hrs.
ID# 185998 CHILD-1075-3012	06:00PM-07:00PM	M	01/21 - 05/04
Macy Walker	West Campus Building B 107		14.00 Hrs.
ID# 185999 CHILD-1075-3013	11:00AM-12:00PM	T	01/21 - 05/05
Brandi Urquhart	West Campus Building B 107		15.00 Hrs.
ID# 186000 CHILD-1075-3014	05:00PM-06:00PM	T	01/21 - 05/05
Remington Cooke	West Campus Building B 107		15.00 Hrs.
ID# 186001 CHILD-1075-3015	10:30AM-11:30AM	W	01/22 - 05/06
Staff	West Campus Building B 107		15.00 Hrs.
ID# 186025 CHILD-1075-3016	11:30AM-12:30PM	W	01/22 - 05/06
Brandi Urquhart	West Campus Building B 107		15.00 Hrs.
ID# 186028 CHILD-1075-3017	04:00PM-05:00PM	W	01/22 - 05/06
Lauren Bentley	West Campus Building B 107		15.00 Hrs.
ID# 186032 CHILD-1075-3018	05:00PM-06:00PM	W	01/22 - 05/06
Tanna Schley	West Campus Building B 107		15.00 Hrs.
ID# 186033 CHILD-1075-3019	05:00PM-06:00PM	R	01/23 - 05/07
Macy Walker	West Campus Building B 107		15.00 Hrs.
ID# 186034 CHILD-1075-3020	06:00PM-07:00PM	R	01/23 - 05/07
Remington Cooke	West Campus Building B 107		15.00 Hrs.
ID# 186036 CHILD-1075-3021	10:00AM-11:00AM	F	01/24 - 05/08
Blakely Meek	West Campus Building B 107		14.00 Hrs.
ID# 185988 CHILD-1075-3024	11:00AM-12:00PM	F	01/24 - 05/08
Brandi Urquhart	West Campus Building B 107		14.00 Hrs.
ID# 185990 CHILD-1075-3007	05:30PM-06:30PM	F	01/24 - 05/08
Julianna Perry	West Campus Building B 107		14.00 Hrs.
ID# 185992 CHILD-1075-3008	11:00AM-12:00PM	S	01/25 - 05/09
Lani Green	West Campus Building B 107		14.00 Hrs.

Level 1 (Ages 4-7)**\$115.00**

Emphasis on beginning gymnastics. All pieces of equipment taught.

ID# 186037 CHILD-1081-3001	10:00AM-11:00AM	M	01/27 - 05/04
Staff	West Campus Building B 107		14.00 Hrs.
ID# 186040 CHILD-1081-3002	05:00PM-06:00PM	M	01/27 - 05/04
Macy Walker	West Campus Building B 107		14.00 Hrs.
ID# 186043 CHILD-1081-3003	12:00PM-01:00PM	T	01/21 - 05/05
Brandi Urquhart	West Campus Building B 107		15.00 Hrs.
ID# 186052 CHILD-1081-3004	04:00PM-05:00PM	T	01/21 - 05/05
Remington Cooke	West Campus Building B 107		15.00 Hrs.
ID# 186053 CHILD-1081-3005	06:00PM-07:00PM	T	01/21 - 05/05
Tanna Schley	West Campus Building B 107		15.00 Hrs.
ID# 186054 CHILD-1081-3006	07:00PM-08:00PM	T	01/21 - 05/05
Remington Cooke	West Campus Building B 107		15.00 Hrs.
ID# 186055 CHILD-1081-3008	05:00PM-06:00PM	W	01/22 - 05/06
Lauren Bentley	West Campus Building B 107		15.00 Hrs.
ID# 186058 CHILD-1081-3009	06:00PM-07:00PM	W	01/22 - 05/06
Tanna Schley	West Campus Building B 107		15.00 Hrs.
ID# 186060 CHILD-1081-3010	05:00PM-06:00PM	R	01/23 - 05/07
Remington Cooke	West Campus Building B 107		15.00 Hrs.
ID# 186062 CHILD-1081-3011	07:00PM-08:00PM	R	01/23 - 05/07
Macy Walker	West Campus Building B 107		15.00 Hrs.
ID# 186065 CHILD-1081-3012	11:00AM-12:00PM	F	01/24 - 05/08
Blakely Meek	West Campus Building B 107		14.00 Hrs.
ID# 186070 CHILD-1081-3013	04:30PM-05:30PM	F	01/24 - 05/08
Kiana Kelsch	West Campus Building B 107		14.00 Hrs.
ID# 186071 CHILD-1081-3024	10:00AM-11:00AM	S	01/25 - 05/09
Lani Green	West Campus Building B 107		14.00 Hrs.
ID# 186072 CHILD-1081-3026	12:00PM-01:00PM	S	01/25 - 05/09
Remington Cooke	West Campus Building B 107		14.00 Hrs.

Levels 1-2 (Ages 4-7)**\$115.00**

Emphasis on beginning gymnastics. All pieces of equipment taught.

ID# 186074 CHILD-1081-3014	11:00AM-12:00PM	M	01/27 - 05/04
Staff	West Campus Building B 107		14.00 Hrs.
ID# 186077 CHILD-1081-3027	04:00PM-05:00PM	M	01/27 - 05/04
Lauren Bentley	West Campus Building B 107		14.00 Hrs.
ID# 186079 CHILD-1081-3016	06:00PM-07:00PM	M	01/27 - 05/04
Kailey Whittington	West Campus Building B 107		14.00 Hrs.
ID# 186081 CHILD-1081-3017	05:00PM-06:00PM	T	01/21 - 05/05
Kailey Whittington	West Campus Building B 107		15.00 Hrs.
ID# 186082 CHILD-1081-3018	11:30AM-12:30PM	W	01/22 - 05/06
Staff	West Campus Building B 107		15.00 Hrs.
ID# 186083 CHILD-1081-3019	12:30PM-01:30PM	W	01/22 - 05/06
Brandi Urquhart	West Campus Building B 107		15.00 Hrs.
ID# 186085 CHILD-1081-3028	04:00PM-05:00PM	W	01/22 - 05/06
Tanna Schley	West Campus Building B 107		15.00 Hrs.
ID# 186086 CHILD-1081-3020	07:00PM-08:00PM	W	01/22 - 05/06
Lauren Bentley	West Campus Building B 107		15.00 Hrs.
ID# 186090 CHILD-1081-3021	06:00PM-07:00PM	R	01/23 - 05/07
Macy Walker	West Campus Building B 107		15.00 Hrs.
ID# 186092 CHILD-1081-3022	09:00AM-10:00AM	F	01/24 - 05/08
Brandi Urquhart	West Campus Building B 107		14.00 Hrs.
ID# 186095 CHILD-1081-3023	05:30PM-06:30PM	F	01/24 - 05/08
Kiana Kelsch	West Campus Building B 107		14.00 Hrs.
ID# 186096 CHILD-1081-3025	11:00AM-12:00PM	S	01/25 - 05/09
Remington Cooke	West Campus Building B 107		14.00 Hrs.

Levels 1-2 (Ages 4-7)**\$185.00**

Emphasis on beginning gymnastics. All pieces of equipment taught.

ID# 186110 CHILD-1081-3029	04:00PM-05:00PM	TR	01/21 - 05/07
Remington Cooke	West Campus Building B 107		30.00 Hrs.

Levels 1-2 Boys (Ages 4-7)			\$115.00
Prerequisite: This is a boy's only class. Emphasis on beginning men's gymnastics. This class follows USAG Men's Gymnastics Programs.			
ID# 186099 CHILD-1087-3001	04:00PM-05:00PM	M	01/27 - 05/04
Jenessa Pompa	West Campus Gym/Dance 101		14.00 Hrs.
ID# 186103 CHILD-1087-3003	06:00PM-07:00PM	T	01/21 - 05/05
Tess Homer	West Campus Gym/Dance 101		15.00 Hrs.
ID# 186104 CHILD-1087-3004	12:00PM-01:00PM	S	01/25 - 05/09
Alyssa Davis	West Campus Gym/Dance 101		14.00 Hrs.
 Levels 1-2 (Ages 8-11)			 \$115.00
Emphasis on beginning gymnastics. All pieces of equipment taught.			
ID# 186105 CHILD-1081-3030	05:00PM-06:00PM	W	01/22 - 05/06
Jessie Gallier	West Campus Gym/Dance 101		15.00 Hrs.
ID# 186106 CHILD-1081-3040	06:30PM-07:30PM	W	01/22 - 05/06
Kailey Whittington	West Campus Gym/Dance 101		15.00 Hrs.
ID# 186107 CHILD-1081-3032	04:00PM-05:00PM	R	01/23 - 05/07
Riana Diegelman	West Campus Gym/Dance 101		15.00 Hrs.
ID# 186109 CHILD-1081-3035	05:00PM-06:00PM	R	01/23 - 05/07
Tabra Elliott	West Campus Gym/Dance 101		15.00 Hrs.
ID# 186111 CHILD-1081-3034	06:00PM-07:00PM	R	01/23 - 05/07
Tabra Elliott	West Campus Gym/Dance 101		15.00 Hrs.
ID# 186112 CHILD-1081-3036	06:30PM-07:30PM	F	01/24 - 05/08
Alyssa Davis	West Campus Gym/Dance 101		14.00 Hrs.
ID# 186116 CHILD-1081-3037	11:00AM-12:00PM	S	01/25 - 05/09
Alyssa Davis	West Campus Gym/Dance 101		14.00 Hrs.
 Levels 1-2 (Ages 8-11)			 \$185.00
Emphasis on beginning gymnastics. All pieces of equipment taught.			
ID# 187172 CHILD-1081-3038	05:00PM-06:00PM	MW	01/27 - 05/06
Alyssa Davis	West Campus Gym/Dance 101		28.00 Hrs.
 Levels 1-2 Boys (Ages 8-11)			 \$115.00
Prerequisite: This is a boy's only class. Emphasis on beginning men's gymnastics. This class follows USAG Men's Gymnastics Programs.			
ID# 187173 CHILD-1087-3005	07:00PM-08:00PM	M	01/27 - 05/05
Staff	West Campus Gym/Dance 101		14.00 Hrs.
ID# 187539 CHILD-1087-3006	04:00PM-05:00PM	T	01/21 - 05/05
Tabra Elliott	West Campus Gym/Dance 101		15.00 Hrs.
ID# 187540 CHILD-1087-3007	04:30PM-05:30PM	R	01/23 - 05/07
Aaron Jett	West Campus Gym/Dance 101		15.00 Hrs.
 Levels 1-2 (Ages 8-16)			 \$115.00
Emphasis on beginning gymnastics. All pieces of equipment taught.			
ID# 187541 CHILD-1081-3039	06:00PM-07:00PM	M	01/27 - 05/04
Mystic Davis	West Campus Gym/Dance 101		14.00 Hrs.
 Level 2 (Ages 4-7)			 \$115.00
Prerequisite: Beginning Level 1 class. Must be able to perform cartwheels, handstands, and round-offs without assistance. All pieces of equipment taught.			
ID# 185997 CHILD-1117-3001	12:00PM-01:00PM	M	01/27 - 05/04
Brandi Urquhart	West Campus Building B 107		14.00 Hrs.
ID# 186002 CHILD-1117-3002	07:00PM-08:00PM	M	01/27 - 05/04
Kailey Whittington	West Campus Building B 107		14.00 Hrs.
ID# 186003 CHILD-1117-3003	07:00PM-08:00PM	W	01/22 - 05/06
Tanna Schley	West Campus Building B 107		15.00 Hrs.
ID# 186004 CHILD-1117-3004	07:00PM-08:00PM	R	01/23 - 05/07
Remington Cooke	West Campus Building B 107		15.00 Hrs.

Level 2 (Ages 8-11)			\$115.00
Prerequisite: Beginning Level 1 class. Must be able to perform cartwheels, handstands, and round-offs without assistance. All pieces of equipment taught.			
ID# 186005 CHILD-1117-3005	06:00PM-07:00PM	M	01/27 - 05/04
Alyssa Davis	West Campus Gym/Dance 101		14.00 Hrs.
ID# 186006 CHILD-1117-3006	07:00PM-08:00PM	M	01/27 - 05/04
Riana Diegelman	West Campus Gym/Dance 101		14.00 Hrs.
ID# 186007 CHILD-1117-3007	05:00PM-06:00PM	T	01/21 - 05/05
Tabra Elliott	West Campus Gym/Dance 101		15.00 Hrs.
ID# 186008 CHILD-1117-3008	06:30PM-07:30PM	F	01/24 - 05/08
Macy Walker	West Campus Gym/Dance 101		14.00 Hrs.

Level 2 (Ages 12-16)			\$115.00
Prerequisite: Beginning Level 1 class. Must be able to perform cartwheels, handstands, and round-offs without assistance. All pieces of equipment taught.			
ID# 186009 CHILD-1117-3009	06:00PM-07:00PM	W	01/22 - 05/06
Jessie Gallier	West Campus Gym/Dance 101		15.00 Hrs.
ID# 186010 CHILD-1117-3010	05:00PM-06:00PM	R	01/23 - 05/07
Riana Diegelman	West Campus Gym/Dance 101		15.00 Hrs.

Level 2-3 (Ages 4-7)			\$115.00
Prerequisite: Beginning Level 1 class. Must be able to perform cartwheels, handstands, and round-offs without assistance. All pieces of equipment taught.			
ID# 186011 CHILD-1117-3011	06:00PM-07:00PM	M	01/27 - 05/04
Riana Diegelman	West Campus Gym/Dance 101		14.00 Hrs.
ID# 186012 CHILD-1117-3012	11:00AM-12:00PM	S	01/25 - 05/09
Macy Walker	West Campus Gym/Dance 101		14.00 Hrs.

Levels 2-3 (Ages 8-11)			\$115.00
Prerequisite: Beginning Level 1 class. Must be able to perform cartwheels, handstands, and round-offs without assistance. All pieces of equipment taught.			
ID# 186013 CHILD-1117-3013	05:00PM-06:00PM	M	01/27 - 05/04
Jenessy Pompa	West Campus Gym/Dance 101		14.00 Hrs.
ID# 186014 CHILD-1117-3014	07:00PM-08:00PM	M	01/27 - 05/04
Mystic Davis	West Campus Gym/Dance 101		14.00 Hrs.
ID# 186015 CHILD-1117-3015	07:00PM-08:00PM	M	01/27 - 05/04
Alyssa Davis	West Campus Gym/Dance 101		14.00 Hrs.
ID# 186016 CHILD-1117-3016	05:30PM-06:30PM	T	01/21 - 05/05
Julianna Perry	West Campus Gym/Dance 101		15.00 Hrs.
ID# 186017 CHILD-1117-3017	04:00PM-05:00PM	W	01/22 - 05/06
Alyssa Davis	West Campus Gym/Dance 101		15.00 Hrs.
ID# 186018 CHILD-1117-3018	05:30PM-06:30PM	W	01/22 - 05/06
Kiana Kelsch	West Campus Gym/Dance 101		15.00 Hrs.

Levels 2-3 (Ages 8-11)			\$185.00
Prerequisite: Beginning Level 1 class. Must be able to perform cartwheels, handstands, and round-offs without assistance. All pieces of equipment taught.			
ID# 186019 CHILD-1117-3019	06:30PM-07:30PM	TR	01/21 - 05/07
Aaron Jett	West Campus Gym/Dance 101		30.00 Hrs.

Levels 2-3 (Ages 12-16)			\$115.00
Prerequisite: Beginning Level 1 class. Must be able to perform cartwheels, handstands, and round-offs without assistance. All pieces of equipment taught.			
ID# 186021 CHILD-1117-3020	05:30PM-06:30PM	R	01/23 - 05/07
Aaron Jett	West Campus Gym/Dance 101		15.00 Hrs.
ID# 186022 CHILD-1117-3021	05:30PM-06:30PM	F	01/24 - 05/08
Alyssa Davis	West Campus Gym/Dance 101		14.00 Hrs.

Levels 2-3 (Ages 4-7)			\$185.00
Prerequisite: Beginning Level 1 class. Must be able to perform cartwheels, handstands, and round-offs without assistance. All pieces of equipment taught.			
ID# 186023 CHILD-1117-3022	04:00PM-05:00PM	MW	01/22 - 05/06
Jessie Gallier	West Campus Gym/Dance 101		29.00 Hrs.

ID# 186024 CHILD-1117-3023 Alyssa Davis	04:00PM-05:00PM West Campus Gym/Dance 101	TR	01/21 - 05/07 30.00 Hrs.
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Levels 3-4 (Ages 8-16) \$115.00
Prerequisite: Beginning Level 2 class. Must be able to perform back-handsprings without assistance. All pieces of equipment taught.

ID# 187544 CHILD-1116-3003 Morgan Richardson	06:00PM-07:00PM West Campus Gym/Dance 101	M	01/27 - 05/04 14.00 Hrs.
ID# 187542 CHILD-1116-3004 Kailey Whittington	05:30PM-06:30PM West Campus Gym/Dance 101	W	01/22 - 05/06 15.00 Hrs.
ID# 187543 CHILD-1116-3005 Riana Diegelman	07:00PM-08:00PM West Campus Gym/Dance 101	R	01/23 - 05/07 15.00 Hrs.

Homeschool Levels 1-2 (Ages 5-16) \$115.00
 Designed for home schooled children. All pieces of equipment taught.

ID# 187546 CHILD-1109-3001 Morgan Richardson	09:00AM-10:00AM West Campus Gym/Dance 101	M	01/27 - 05/04 14.00 Hrs.
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Homeschool Levels 2-3 Coed (Ages 5-16) \$115.00
Prerequisites: Beginning level 1 class. Must be able to perform cartwheels, handstands, and round-offs without assistance. Designed for homeschooled children. All pieces of equipment taught.

ID# 187551 CHILD-1110-3001 Morgan Richardson	10:00AM-11:00AM West Campus Gym/Dance 101	M	01/27 - 05/04 14.00 Hrs.
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Homeschool Levels 3-5 (Ages 8-16) \$115.00
Prerequisite: Beginning Level 2 class. Must be able to perform back-handsprings without coach assistance. Designed for home-schooled children. All pieces of equipment taught.

ID# 187552 CHILD-1080-3001 Morgan Richardson	11:00AM-12:00PM West Campus Gym/Dance 101	M	01/27 - 05/04 14.00 Hrs.
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Pre-Team L 2-3 Girls (A 5-18) \$320.00
Prerequisite: By approval of instructor only. You must try-out and be invited to enroll in the class. Class follows USAG Women's Artistic Gymnastics.

ID# 187557 CHILD-1125-3001 Mystic Davis	04:00PM-06:00PM West Campus Gym/Dance 101	MW	01/22 - 05/06 58.00 Hrs.
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Yoga and Meditation

For additional information, please call (806) 356-3668 or (806) 371-2906.

Calm Kids: Mindful Art & Movement (Ages 5-8) \$115.00
 Who says calm can't be fun! This class is perfect for exploring moments of calm & inviting in curiosity + fun with the goal of stretching beyond ...wherever your beyond may be! The world is full of unlimited possibilities! As we gently stretch beyond each part of ourselves, we embrace the journey of saying 'yes' to the miracles in every moment. Each class will include expressive movement/dance, yoga stretches, breath awareness, and art exploration. Connecting with our breath and body helps us calm the mind, ground the body, and observe our feelings so that we can better express ourselves! Students must provide own yoga/exercise mat.

ID# 187768 CHILD-1565-3001 Sharon Burkett	04:00PM-05:00PM West Campus Gym/Dance 108	T	01/21 - 05/05 15.00 Hrs.
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Calm Kids: Mindful Art & Movement (For Boys, Ages 8-12) \$115.00

Who says calm can't be fun! This class is perfect for exploring moments of calm & inviting in curiosity + fun with the goal of stretching beyond ...wherever your beyond may be! The world is full of unlimited possibilities! As we gently stretch beyond each part of ourselves, we embrace the journey of saying 'yes' to the miracles in every moment. Each class will include expressive movement/dance, yoga stretches, breath awareness, and art exploration. Connecting with our breath and body helps us calm the mind, ground the body, and observe our feelings so that we can better express ourselves! Students must provide own yoga/exercise mat.

ID# 187770 CHILD-1565-3002 Sharon Burkett	04:00PM-05:00PM West Campus Gym/Dance 108	W	01/21 - 05/15 15.00 Hrs.
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Calm Kids: Mindful Art & Movement (For Girls, Ages 8-12) \$115.00

Who says calm can't be fun! This class is perfect for exploring moments of calm & inviting in curiosity + fun with the goal of stretching beyond ...wherever your beyond may be! The world is full of unlimited possibilities! As we gently stretch beyond each part of ourselves, we embrace the journey of saying 'yes' to the miracles in every moment. Each class will include expressive movement/dance, yoga stretches, breath awareness, and art exploration. Connecting with our breath and body helps us calm the mind, ground the body, and observe our feelings so that we can better express ourselves! Students must provide own yoga/exercise mat.

ID# 187774 CHILD-1565-3003 04:30PM-05:30PM R 01/23 - 05/07
Sharon Burkett West Campus Gym/Dance 108 15.00 Hrs.

Calm Kids: Mindful Art & Movement (For Girls, Ages 13-17) \$115.00

Who says calm can't be fun! This class is perfect for exploring moments of calm & inviting in curiosity + fun with the goal of stretching beyond ...wherever your beyond may be! The world is full of unlimited possibilities! As we gently stretch beyond each part of ourselves, we embrace the journey of saying 'yes' to the miracles in every moment. Each class will include expressive movement/dance, yoga stretches, breath awareness, and art exploration. Connecting with our breath and body helps us calm the mind, ground the body, and observe our feelings so that we can better express ourselves! Students must provide own yoga/exercise mat.

ID# 187776 CHILD-1565-3004 10:00AM-11:00AM S 01/25 - 05/09
Sharon Burkett West Campus Gym/Dance 108 14.00 Hrs.

Gentle Yoga for Teens \$115.00

New to Yoga? This gentle and exploratory yoga class is intended to empower and boost self-efficacy. In this safe, welcoming environment, students will learn self-regulation skills through breath awareness and accessible yoga stretches. Gentle yoga promotes the ability to self-soothe, reduce chronic anxiety, depression, anxiety, and insomnia issues. This class ideal is for all levels of experience, especially students who have never practiced yoga before or who consider themselves beginners. It is intentionally slower-paced for grounding, centering, and to allow time for mind-body connection. Students must provide own yoga/exercise mat.

ID# 187777 CHILD-1565-3006 11:00AM-12:00PM S 01/25 - 05/09
Sharon Burkett West Campus Gym/Dance 108 14.00 Hrs.

Movement & Meditation (Ages 9-12) \$115.00

Does life feel busy and stressful instead of peaceful and happy? Finding that balance doesn't have to be challenging. In this class, you'll explore ways to find balance through meditative movement to music, as well as mandala art creation. Class themes will include physical awareness, emotional awareness, self-worth, compassion, communication, clear thinking, and awareness of others. The end goal is to help you experience more peace, joy, and freedom in everyday life. Students must provide own yoga/exercise mat. Students must provide own yoga/exercise mat.

ID# 187769 CHILD-1565-3005 05:00PM-06:00PM T 01/21 - 05/05
Sharon Burkett West Campus Gym/Dance 108 15.00 Hrs.

Martial Arts

Jr. Dragons Jkd (Grades K-6) \$64.00

Jr Dragons will be taught various self-defense principles and techniques which are designed to subdue, control and defeat an assailant. The course is fun, nontraditional, and easy to learn. For additional information, please call (806) 371-2920.

ID# 185729 CHILD-1339-3001 11:00AM-12:00PM S 01/25 - 05/09
Michael Watson DTWN Nixson Gym 102C 14.00 Hrs.

Music

Orff Music (PreK - 1st Grade) \$75.00

Music, rhythm, and movement class using Orff instruments and techniques with an emphasis on preparing and/or strengthening student skills for Suzuki instrumental study. This section is open to those NOT currently enrolled in the Suzuki Program. For additional information please call (806) 371-5340.

ID# 184868 SUZ-8099-3001 05:00PM-05:30PM W 01/22 - 04/29
Cassandra Hussey WSC Music Building 204 7.00 Hrs.

Youth Jazz Orchestra (Ages 14-19) \$56.00

Study and perform jazz, jazz-rock, swing, and modern experimental jazz compositions. This class meets on Sunday afternoons. For audition and additional information please contact Jim Laughlin at james.laughlin@actx.edu.

ID# 184834 MUSIC-1170-3002 04:30PM-06:00PM U 01/26 - 05/10
James Laughlin WSC Music Building 104 21.00 Hrs.

Philosophy

Bend the Rules: Debate & Philosophy (Ages 13-18)

\$106.00

Philosophy and debate aren't just dead old men talking about metaphysical truths or ethical dilemmas. It's also a room full of people arguing about what makes a sandwich a sandwich, or why we think we shouldn't eat our pets. In this class we use philosophy and debate to tackle life's important questions. We will have discussions on a topic every week, followed by a class debate following either a Student Congress or simplified Lincoln-Douglas format.

ID# 187207 SPEC-1223-3001	05:30PM-07:00PM	TR	01/21 - 03/12
Robinne Rios	DTWN Business & Industry Center 113		24.00 Hrs.

Power Tumbling & Trampoline

Power Tumbling & Trampoline Levels 1-2 (4-7)

\$115.00

Beginning power tumbling and trampoline only.

ID# 187558 CHILD-2350-3001	04:00PM-05:00PM	M	01/27 - 05/04
Riana Diegelman	WC Gym/Dance 101		14.00 Hrs.
ID# 187559 CHILD-2350-3002	06:00PM-07:00PM	R	01/23 - 05/07
Alyssa Davis	WC Gym/Dance 101		15.00 Hrs.
ID# 187560 CHILD-2350-3003	04:30PM-05:30PM	F	01/24 - 05/08
Macy Walker	WC Gym/Dance 101		13.00 Hrs.
ID# 187561 CHILD-2350-3004	10:00AM-11:00AM	S	01/25 - 05/09
Macy Walker	WC Gym/Dance 101		14.00 Hrs.

Power Tumbling & Trampoline Levels 1-2 (8-11)

\$115.00

Beginning power tumbling and trampoline only.

ID# 187562 CHILD-2350-3005	05:00PM-06:00PM	M	01/27 - 05/04
Riana Diegelman	West Campus Gym/Dance 101		14.00 Hrs.
ID# 187563 CHILD-2350-3006	06:00PM-07:00PM	T	01/21 - 05/05
Tabra Elliott	West Campus Gym/Dance 101		15.00 Hrs.
ID# 187564 CHILD-2350-3007	04:30PM-05:30PM	W	01/22 - 05/06
Kiana Kelsch	West Campus Gym/Dance 101		15.00 Hrs.
ID# 187565 CHILD-2350-3008	06:00PM-07:00PM	R	01/23 - 05/07
Riana Diegelman	West Campus Gym/Dance 101		15.00 Hrs.
ID# 187566 CHILD-2350-3009	12:00PM-01:00PM	S	01/25 - 05/09
Macy Walker	West Campus Gym/Dance 101		14.00 Hrs.

Power Tumbling & Trampoline Levels 2-3 (8-16)

\$115.00

Prerequisites: Beginning Levels 1-2 class. Must be able to perform back-handsprings without coach assistance.

Power tumbling and trampoline only.

ID# 187570 CHILD-1132-3001	07:00PM-08:00PM	T	01/21 - 05/05
Tess Homer	West Campus Gym/Dance 101		15.00 Hrs.
ID# 187571 CHILD-1132-3002	07:00PM-08:00PM	W	01/22 - 05/06
Jessie Gallier	West Campus Gym/Dance 101		15.00 Hrs.
ID# 187572 CHILD-1132-3003	07:00PM-08:00PM	R	01/23 - 05/07
Alyssa Davis	West Campus Gym/Dance 101		15.00 Hrs.

Ice Skating

For additional information, please call (806) 356-3668.

Ice Skating Beginning (Ages 5-8)

\$150.00

Introduction to basic ice skating skills. Learn to glide forward and backward, stop, turn, fall, and get up. Class follows USFS Basic Skills curriculum. Rental skates are included in the course fee, but wrist guards and skating or hockey style helmets are required. Due to ice rink availability, occasional variations in schedule will be necessary.

ID# 187170 CHILD-1122-3001	12:00PM-01:30PM	S	01/25 - 02/29
Svetlana Petrey	Amarillo Civic Center Coliseum		9.00 Hrs.

Ice Skating Beginning (Ages 9-18)

\$150.00

ID# 187171 CHILD-1122-3002	12:00PM-01:30PM	S	01/25 - 02/29
Alicia Eaton-Spoll	Amarillo Civic Center Coliseum		9.00 Hrs.



Seniors' College

For additional information, please call (806) 371-2922.

Art Classes

Acrylic Painting – Beginning to Advanced

\$55.00

Beginning, intermediate, and advanced class. Students must furnish own art supplies. Pickup supply list, 1314 S. Polk, Room 123, and have supplies before first class meeting.

ID# 185730 SRCIT-1024-3001	09:00AM-12:00PM	M	01/27 - 05/04
Donna Cobb	DTWN Business & Industry Center 123		42.00 Hrs.
ID# 185731 SRCIT-1024-3002	01:00PM-04:00PM	M	01/27 - 05/04
Darl Landis	DTWN Business & Industry Center 123		42.00 Hrs.

Woodcarving Beginning/Intermediate

\$55.00

Various projects will be based on level of skill. Must provide own tools. Supply list will be given at first class meeting.

ID# 186379 SRCIT-1951-3001	09:00AM-12:00PM	M	01/27 - 05/04
ID# 186380 SRCIT-1951-3002	01:00PM-04:00PM	M	01/27 - 05/04
James Fuller	DTWN Business & Industry Center 119		42.00 Hrs.

Drawing and Watercolor – Beginning to Advanced

\$55.00

Use a variety of subjects and techniques in a relaxed, fun class. Students must furnish own art supplies. Supply list can be picked up at 1314 S. Polk St., Room 123.

ID# 186381 SRCIT-1362-3001	09:00AM-12:00PM	R	01/30 - 05/07
Sandra Jones	DTWN Business & Industry Center 119		42.00 Hrs.

Computer Classes

Basic Computer Skills

\$41.00

This course covers basic operation of Windows Operating System including mouse/keyboard operation, file navigation, basic Windows program operations along with an optional Q&A session every class.

ID# 184595 MISC-1023-2001	05:30PM-07:00PM	T	02/04 - 02/25
ID# 184596 MISC-1023-3001	05:30PM-07:00PM	T	03/24 - 04/14
Sam Fulce	Downtown Campus 126		6.00 Hrs.

Internet Safety

\$19.00

This course covers a variety of ways users are taken advantage of online, how to recognize those methods and how to protect themselves and loved ones from falling victim to scammers, phishers and online threats.

ID# 185460 MISC-1023-2002	05:30PM-06:30PM	R	01/23 - 01/30
ID# 185461 MISC-1023-2003	05:30PM-06:30PM	R	02/20 - 02/27
ID# 185462 MISC-1023-3002	05:30PM-06:30PM	R	04/02 - 04/09
Josiah West	DTWN Business & Industry Center 126		2.00 Hrs.

Google Google Google**\$19.00**

This course will cover Google Docs and the other online programs that are essential for a modern worker/student. A Google Sign-In is required for this class.

ID# 185463 MISC-1023-2004

05:30PM-06:30PM

R

02/06 - 02/13

Josiah West

DTWN Business & Industry Center 126

2.00 Hrs.

Dancing

Seniors' Line Dancing**\$15.00**

Join other dancers and learn some fun Line Dances or just come for the great exercise!

ID# 185788 DANCE-1095-3001

09:00AM-11:00AM

R

01/23 - 05/07

Staff

DTWN Nixon Gym 102

30.00 Hrs.

Seniors' South American Dance**\$60.00**

This class is for seniors who would like to enjoy a fun time learning South American dance styles, including Cha-Cha, Mambo, Rumba and Merengue. The class is free-style and slow paced for everyone to enjoy.

ID# 184546 DANCE-1009-3002

11:00AM-12:00PM

M

01/27 - 04/27

Staff

DTWN Nixon Gym 200

13.00 Hrs.

Physical Fitness

Yoga for Over 55 - Relax & Renew**\$115.00**

Take a seat on a yoga mat or chair to breath, stretch, and experience ways to bring you balance, joy, and vitality to your life. This gentle and exploratory yoga is intended to empower and facilitate self-connection. Each class includes warm-ups, breath awareness, yoga stretches, deep relaxation, and affirmations. All levels and abilities welcome.

Students must provide own yoga/exercise mat.

ID# 187746 HER-1183-3016

11:30AM-12:30PM

T

01/21 - 05/05

Sharon Burkett

West Campus Gym/Dance 107

15.00 Hrs.

ID# 187754 HER-1183-3017

03:00PM-04:00PM

W

01/22 - 05/06

Sharon Burkett

West Campus Gym/Dance 108

15.00 Hrs.

Zumba® - Gold**\$61.00**

Takes the Zumba® formula and modifies the moves and pacing to suit the needs of the active older participant as well as those starting or restarting their journey to fitness. Zesty Latin and current music. Exhilarating, easy to follow moves and most of all FUN!

ID# 185719 HER-1012-3001

10:30AM-11:30AM

S

01/25 - 05/09

Betty Goodgion

WSC Russell Hall 103

14.00 Hrs.