

Personal Enrichment

SEWING

For the beginner. Emphasis will be placed on the use of the sewing machine, new construction, pattern and fabric selection, pattern and fit.

FSHN1006.51201 - Solomon

S 01/31-03/28 9:00a-1:00p
32 hrs C330 \$95

ADVANCED SEWING

For those that have completed Beginning Sewing and wish to continue to enhance their skills and learn advanced techniques.

FSHN1094.52201 - Solomon

S 01/31-03/28 2:00p-6:00p
32 hrs C330 \$95

BEGINNING TAILORING

This course is designed for the person with some sewing skills. Students will learn how to "clean finish" a garment, sew in linings, set in pockets, tailor collars, set in zippers and complete several tailored garments.

FSHN1094.51202 - Solomon

W 01/28-03/28 6:00p-10:00p
32 hrs C330 \$95

PATTERN DESIGN I

An introduction to the creative design of clothing through the flat pattern method. General principles of pattern-making using the basic five piece dress sloper. A study of dart manipulation, slashing and spreading the pattern and contouring sew lines.

FSHD 1028.51201 - Solomon

T 02/03-04/28 6:00p-10:00p
48 hrs C370 \$150

YOGA

Designed for those seeking instruction and guidance towards building strength, increasing flexibility and conditioning. Open to all levels. Instructor Natalie Burnham is certified in Vinyasa and Ashtanga.

visit www.pilatessquared.com

PHEZ1000.52252 - Wingate, M.

S 02/07-04/25 12:00p-1:00p
10 hrs Pilates \$140
Squared

CAKE DECORATING I and II

Learn decorating techniques using flowers, fillers, illuminating sprays, dusting powders, fondant and lace molds.

Bi-lingual class. Classes held at the ** West Dallas Multipurpose Cntr. 2828 Fishtrap Road.

PSTR1006.51200 - Duran, G.

MW 02/02-03/11 6:30p-9:30p
36 hrs West Dallas \$125
Center

PSTR1006.51201 - Duran, G.

TR 03/24-04/30 6:00p-9:00p
36 hrs West Dallas \$125
Center

HAT DESIGN/MILLINERY

This course is a study of the basic skills and methods used to create hats. An application of the techniques used to design and produce hats for fashion, theater, historic reproduction and education instruction purposes.

FSHD 1035.51201 - Johnson, D.

S 01/31-03/28 9:00a-1:00p
32 hrs C370 \$125

PILATES

Based on the exercise concepts developed by Joseph Pilates, this course uses a series of mat method movement exercises to increase muscular definition, coordination, flexibility and body awareness. This course is no-impact and appropriate for all fitness levels. The instructor, Nancie Rosales is the Fletcher Facilitator in Dallas. visit www.pilatessquared.com

PHEZ1000.52253 - Rosales, N.

S 02/07-04/25 11:00a-12:00p
10 hrs Pilates \$140
Squared

SOMMELIER TRAINING

The International Sommelier Guild (ISG) has brought together the resources of top educational institutions, industry leaders, premier restaurateurs, wine merchants, and wine writers. The ISG has certified sommeliers for nearly 20 years and it is the only professional body that certifies sommeliers by direct instruction. Contact G. Smith at 214-860-2142.

FDST2033.51201 - Beeson, D.

U 02/01-04/12 12:00p-7:00p
working lunch
84 hrs C100 Pay on-line @
www.international-sommelier.com

DIPLOMA SOMMELIER PROGRAM

The program is an intensive six-month course held once a week for eight clock hours. The International Sommelier Guild is the only professional body that accredits Sommeliers by direct instruction. The curriculum covers everything from viticulture, vinification, tasting techniques, cellaring, investment strategy, menu design, and regional analysis of wines, spirits, and ales.

Contact Gloria Smith at 214 860-5725 for more information on the Diploma Sommelier Program.

PRIVATE MUSIC LESSONS

Private lessons in piano, voice, and guitar may be scheduled through Continuing Education. Lessons are scheduled by the instructor on an individual basis prior to registration.

Sessions:

30 minutes: \$18.00

1 hour: \$31.50

Piano - Fay Jones, Janice Kilgore

Voice - Fay Jones, Janice Kilgore

Guitar - Yoban Quijano

Woodwind - David Schloss

To Schedule a Class

Call 214 860-2341

Sommelier Training

The International Sommelier Guild (ISG) has brought together the resources of top educational institutions, industry leaders, premier restaurateurs, wine merchants, and wine writers. The ISG has certified Sommeliers for 20 years and is the only professional body that certifies Sommeliers by direct instruction.



Classes are held Sunday's at El Centro College, 12:00p - 7:00p in Room C100.

Next Class begins February 1st - Registration deadline January 4th, 2009

For Sommelier registration information, see page 34 and visit www.internationalsommelier.com

BEGINNING SALSA

This class teaches the basic salsa dance moves, steps and combinations. Students do not need a partner to sign up, as we will be rotating partners in the class. For information, please contact – Gloria Smith 214-860-2142

DANZ1000.51220 – Angelo, R

TR	02/03-02/17	5:30p-7:30p
10 hrs	BJP202A	\$60

DANZ1000.51221 – Angelo, R

TR	02/24-03/10	5:30p-7:30pp
10 hrs	BJP202A	\$60

DANZ1000.51222 – Angelo, R

TR	04/14-04/28	5:30p-7:30p
10 hrs	BJP202A	\$60

INTRODUCTION TO THE INTERNET

Class emphasis is on using the World Wide Web to locate, transfer, and publish information. Survey of emerging technologies on the Internet

ITNW1037.51240 - Williams

TR	02/10-04/14	5:30p-7:30p
48 hours	BJP1550	\$125

INTRODUCTION TO COMPUTERS

Overview of computer information systems. Introduces computer hardware, software, procedures, and human resources. Explores integration and application in business and other segments in society. Fundamentals of computer problem-solving and programming may be discussed. Examines applications and software relating to a specific curricular area

ITSC1001.51210 - Guerra

MW	02/09-04/08	5:30p-7:30p
48 hours	BJP1550	\$125

BEGINNING AEROBICS

This course focuses on understanding exercise and its effect on the body. Cardiovascular endurance, muscular strength, endurance and flexibility are improved through a variety of conditioning activities.

PHEZ1000.52250 - Wilson, N.

TR	01/27-05/14	5:30-6:30p
30 hours	BJP-GYM	\$40

CONDITIONING EXERCISE

This course emphasizes the development of cardiovascular endurance by utilizing choreographed routines which may combine basic dance patterns with walking, jogging, jumping, etc. Individual fitness levels are accommodated by the intensity of the workout.

PHEZ1000.52260 - Wilson, N.

MTR	03/09-05/14	5:30p-6:30p
45 hours	BJP-GYM	\$50

**A CHOCOLATE EVENT
COMING FEBRUARY 2009**

SHOW YOUR STAFF HOW MUCH YOU VALUE THEM!

STRESS AND CHOCOLATE SEMINAR
Presented by
Cheryl Nason - Speaker, Author, Motivator

For More Information Contact Tarsha Campbell at 214 860-2491

Managing Change and Loss

Grief is a somewhat complicated and misunderstood emotion that, unfortunately, we must all experience at some time or other. Grief may challenge us through death, divorce, lost of hopes and dreams, or other life events.

This seminar, “**A Personal Journey: Personal Awareness and Growth After a Loss**”, will give you empowering tools from a survivor’s perspective to increase self knowledge, personal freedom, accountability and the ability to effect positive personal change after a loss.

January 24th, 9:00am - 1:00pm and January 31st, 9:00am - 1:00pm
Two 4-Hour Saturday Sessions
Register for **CMSZ1000.52201**
Total Cost \$60 - Room - A432

This seminar will be repeated:

March 7th, 9:00am - 1:00pm and March 14th, 9:00am - 1:00pm
Register for **CMSZ1000.52301**
(Two 4-Hour Saturday Sessions)
Total Cost \$60 - Room - A432



Instructor, Phyllis Bedford
Author, A Personal Journey “Finding Wings with Shattered Pieces”

For More Information Contact Joe Williams at 214 860-2145