

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.

FSHN1006.54130 - Solomon , Y.

S	06/13-08/08	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.

FSHN1094.54131- Solomon , Y.

S	06/13-08/08	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.

FSHN1094.54132 - Solomon , Y.

W	06/03-07/22	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 1028.54133 – Solomon , Y.

T	06/02-08/18	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

PHEZ1000.54134 - Wingate, M.

S	06/06-08/15	12:00p-1:00p
10 hrs	Pilates Squared	\$140

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 1035.54136 - Johnson, D.

S	06/06-08/01	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

PHEZ1000.54137 - Rosales, N.

S	06/06-08/15	11:00a-12:00p
10 hrs	Pilates Squared	\$140

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

DANZ1000.54239 – Angelo, R

TR	06/09-06/23	5:30p-7:30p
10 hrs	BJP202A	\$60

DANZ1000.54240 – Angelo, R

TR	07/07-07/21	5:30p-7:30p
10 hrs	BJP202A	\$60

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.

PHEZ1000.54242 - Wilson, N.

MWR	06/01-08/06	5:30p-6:30p
30 hours	BJP-GYM	\$40

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.

FDST2033.54138 - Beeson, D.

U	06/07-08/30	12:00p-7:00p
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, Sharon Seaton

Voice - Fay Jones, Sharon Seaton

Guitar - Tim Courtney

Woodwind - David Schloss

To Schedule a Class

Call 214 860-2341

Sommelier Training



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

*Next Class begins June 7th - Registration deadline May 29th
For Sommelier registration information, see page 34 and
visit www.international-sommelier.com*

MANAGING CHANGE AND LOSS

This is a stimulating and practical seminar for all involved in teaching and learning about loss and managing change. It provides a refreshing survivor approach to a difficult and often uncomfortable subject. The seminar, aimed at empowering those experiencing grief and loss, will assist participants to learn how to manage the effects of a wide variety of significant life changes such as death; divorce; identity, hopes and dreams, and more.

The instructor, a survivor, uses her own personalized and proven 12 stages to managing change and loss. She takes participants through her process and integrates the information into practical application to provide a framework for understanding and applying personal coping skills. Learning to manage change and loss will help life flow more peacefully.

Instructor, Phyllis Bedford
Author of, A Personal Journey "Finding Wings with Shattered Pieces"
Register for CMSZ1000.54100
June 6, 13, 20 and 27 - 9:00a - 1:00p
Cost \$60 Room A532
Call 214 860-2145 for more information