East Central College Community Education programs include a variety of workshops, camps, and training programs to promote lifelong learning and social development. Programing includes professional development, personal interest, and youth education and enrichment.

The classes listed in this booklet are coordinated by East Central College’s Center for Workforce Development. Some courses require an additional textbook.

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### Class Locations

- ECC-Union - U.S. Highway 50 at Prairie Dell Road
- ECTC - East Central Training Center south edge of main campus in Union
- DSSC - Don Shook Student Center, main campus in Union
- Bookstore, Lower Level of Don Shook Student Center, 636.584.6737
- HH - Hansen Hall, main campus in Union
- ECC-Washington - ECC at Four Rivers Career Center, 1978 Image Drive

### It’s Easy to Register!

- Complete and submit the enrollment form to ce@eastcentral.edu
- Call 636.584.6528
- Fax 636.584.8988
- www.EastCentral.edu/CE

Staff available to serve you:
Monday - Thursday from 7:30am - 7:30pm
Friday from 7:30am - 4:00pm

### College Closed

- Monday, September 7
  Labor Day Holiday
- Wednesday - Sunday, November 25-29
  Thanksgiving Break

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**Non-Discrimination Notice** East Central College does not discriminate on the basis of race, color, religion, national origin, ancestry, gender, sexual orientation, age, disability, genetic information or veteran status. Inquiries/concerns regarding civil rights compliance as it relates to student programs and services may be directed to Shelli Allen, Vice President of Student Development, 131 Buescher Hall, 636-584-6565 or stnotice@eastcentral.edu.
COMMUNITY EDUCATION

COMPUTERS

INTRO TO BASIC COMPUTERS
This class is for the true beginner. Students will learn how to use the mouse (or laptop pad) to control the computer, create documents, avoid problems with basic techniques, and cope with common computer-use problems.
Cost: $55
CE 0100 ITU 01 ECC-Union, ECTC 111
Mondays Sept. 28 - Nov. 2
6:00pm - 7:30pm

KEYBOARDING
This is the perfect course to learn touch-typing (type text you read from a printed page without looking at your keyboard) and improve your typing speed and accuracy. Students will learn to touch type the alphabetic, numeric, and symbol keys; type from text; compose new writing pieces from prompts; and practice taking timed typing tests to help in job interviews.
Cost: $55
CE 0100 ITU 26 ECC-Union, ECTC 111
Wednesdays Sept. 30 - Nov. 11
6:00pm - 8:30pm No class on Oct. 7

INTRO TO COMPUTERS FOR SENIORS
This class is for people 55 and older who are new to a computer. Students will learn how to use the mouse (or laptop pad) to control the computer, create documents, avoid problems with basic techniques, and cope with common computer-use problems.
Cost: $75
CE 0100 ITU 1 ECC-Union, ECTC 111
Tuesdays Sept. 15 - Oct. 20
9:30am - 11:30am

CLASSES FOR KIDS

CHILDREN'S CHORALE
The East Central Children's Chorale is a community Treble Choir for children in grades 4-8. The choir is sponsored by the East Central College department of music. The mission of the Children's Chorale is to promote musical literacy through high quality music education and to demonstrate this learning through the achievement of artistic excellence in performance.
Cost: $60
CE 0100 MUU 5 ECC-Union, HH 101
Mondays Aug. 31 - Dec. 4
4:00pm - 5:30pm

GREAT ROBOTICS I
In this introductory class, students will learn to build and program robots that can navigate obstacle courses and respond to a multitude of sensors, including motion, touch and sound using the LEGO® Mindstorms base kit. Participants must be at least 9 years old to enroll in this class.
Cost: $75
CE 0100 CEU 1 ECC-Union, ECTC 109
Wednesdays Sept. 30 - Oct. 28
6:00pm - 8:00pm

CHALLENGING ROBOTICS
Take robotics to the next level with the LEGO® Mindstorms base kit! We will advance through different levels of programming with sound, light, touch and ultrasonic sensor to master the programming of basic movements, and then progress to more difficult challenges. Participants must be at least 12 years old to participate in this class. New Mindstorm kits will be used this fall!
Cost: $75
CE 0100 CEU 2 ECC-Union, ECTC 109
Mondays Sept. 28 - Nov. 9
6:00pm - 8:00pm

It’s Easy to Register!
Call 636-584-6528, or complete and submit the enrollment form to ce@eastcentral.edu or fax to 636-584-8988.
Staff are available to serve you:
Monday - Thursday from 7:30am - 7:30pm • Friday from 7:30am - 4:00pm
We can only accept cash payment on our Union campus.

WWW.EASTCENTRAL.EDU/CWD/COMMUNITY-EDUCATION
COMMUNITY EDUCATION

DANCE

EASY SOCIAL DANCE
Couples can learn how to two-step, night club slow dance, and swing. This class is for all levels of experience. Bring a partner and see how easy it is to look great on the dance floor!
Cost: $40 per person
CE 0100 HLU 02  ECC-Union, ECTC Room A
Thursdays  Sept. 10 - Oct. 8
6:30pm - 8:30pm

LINE DANCING
Learn the “Boot Scootin’ Boogie” and the “Watermelon Crawl” as well as other popular line dances that don’t require a partner. Whether a beginner or experienced, everyone can have fun line dancing!
Cost: $40 per person
CE 0100 HLU 01  ECC-Union, ECTC Room A
Tuesdays  Oct. 20 - Nov. 17
6:30pm - 8:30pm

SWING DANCING
Students will learn the art of the East Coast Swing and will be able to jitterbug to the oldies, rock, country, hip-hop and more. Bring a partner and have a great time. Smooth soled shoes required; no experience needed.
Cost: $40 per person
CE 0100 HLU 03  ECC-Union, ECTC Room A
Thursdays  Oct. 22 - Nov. 19
6:30pm - 8:30pm

FITNESS

MEDITATION & RELAXATION
Meditation reduces stress, calms, reduces negativity and also increases focus and concentration. In this class students learn techniques to help them enjoy meditation, reduce stress and remain calm in any situation.
Cost: $45
CE 0100 MBSU  ECC-Union, ECTC 114
Mondays  Sept. 21 - Dec. 14
6:00pm - 7:30pm

ZUMBA
Have a blast in one hour of calorie-burning, body-energizing, awe-inspiring movements! The routines feature interval sessions where fast and slow rhythms and resistance training are combined to tone and sculpt the body. Purchase the season pass for $100 and attend all sessions of Zumba and PiYo!
Cost: $60
CE 0100 FITU  ECC-Union, ECTC Room A
Mondays  Sept. 21 - Dec. 14
6:00pm - 7:00pm

PiYo
PiYo is a total-body fitness system designed to whip people into shape from head to toe. It combines the practices of Pilates and yoga to help build strength, lose weight, increase flexibility - and have a great time doing it. Purchase the season pass for $100 and attend all sessions of Zumba and PiYo!
Cost: $60
CE 0100 FIU 01  ECC-Union, ECTC Room A
Mondays  Sept. 21 - Dec. 14
7:30pm - 8:30pm

YOGA FOR BEGINNERS
Whether a person is new to yoga or just prefers a slower pace, this class is the perfect match. Learn the basics of yoga, including breathing, poses and relaxation. Relax and let the stress go! No previous experience is required.
Cost: $45
CE 0100 FITU 10  ECC-Union, ECTC 114
Wednesdays  Sept. 23 - Oct. 28
6:00pm - 7:00pm

SELF DEFENSE FOR MEN
This course teaches men to protect themselves, develop self-esteem, and get physically fit. Students will learn simple, yet effective, mental and physical self-defense techniques. The course emphasizes avoidance, awareness, confidence building and street worthy techniques taught in a safe and controlled environment. Please dress for light to medium physical contact.
Cost: $80
CE 0100 FIU 02  ECC-Union, ECTC 114
Tuesdays  Sept. 29 - Oct. 20
6:00pm - 8:00pm

Pre-Enrollment Required
No walk-ins accepted.
Fees are due at the time of registration to secure a spot in class.

For More Information Call the Community Education Office -  636-584-6528
CHILDREN’S CHORALE
The East Central Children’s Chorale is a community Treble Choir for children in grades 4-8. The choir is sponsored by the East Central College department of music. The mission of the Children’s Chorale is to promote musical literacy through high quality music education and to demonstrate this learning through the achievement of artistic excellence in performance.
Cost: $60
CE 0100 MUU 5  ECC-Union, HH 101
Mondays Aug. 31 - Dec. 4
4:00pm - 5:30pm

ADULT BEGINNING PIANO
Here’s an opportunity for piano instruction for anyone ages 18 to 105. This class is for adults seeking to learn how to play the piano and read music. Day and evening lessons are available.
Cost: $65
CE 0100 MUU 01  ECC-Union, HH 120
Fridays Sept. 25 - Dec. 4
12:00pm - 1:00pm

CE 0100 MUU 02  ECC-Union, HH 120
Thursdays Sept. 24 - Dec. 3
5:00pm - 6:00pm

PERSONAL INTEREST

AMERICAN SIGN LANGUAGE
Excited to learn another language? Try American Sign Language! This class will cover an overview of ASL, its basic vocabulary, structure, syntax and grammar. Students will focus on grasping the concept of finger spelling, numbers, colors, facial grammar and sentence structure. They will also learn conversational/cultural behaviors to hold a basic conversation in ASL with deaf/hard-of-hearing users of the language. Participants will gain knowledge about the deaf culture, providing them with a broad perspective of the language as a whole.
Cost: $45
CE 0100 FORU  ECC-Union, ECTC 114
Thursdays Sept. 17 - Oct. 22
6:00pm - 8:00pm

SELF DEFENSE FOR WOMEN
This course teaches women to protect themselves, develop self-esteem, and get physically fit. Students will learn simple, yet effective, mental and physical self-defense techniques. The course emphasizes avoidance, awareness, confidence building and street worthy techniques taught in a safe and controlled environment. Please dress for light to medium physical contact.
Cost: $80
CE 0100 FIU 03  ECC-Union, ECTC 114
Tuesdays Oct. 27 - Nov. 17
6:00pm - 8:00pm

SENIORCISING
This class provides senior citizens with a semester membership to the ECC Fitness Center at the main campus in Union. An individualized exercise program will be developed based on fitness assessments. Participants must utilize a specially designated hour each weekday. This time will emphasize improving the physical fitness component of flexibility, which will lead to an increase in range of motion and mobility. Students must be at least 55 years of age to participate.
Cost: $25
CE 0100 FI 16  ECC-Union, DSSC 310
Mondays & Wednesdays Sept. 14 - Dec. 9
1:30pm - 2:30pm

CE 0100 FI 15  ECC-Union, DSSC 310
Tuesdays & Thursdays Sept. 15 - Dec. 10
1:30pm - 2:30pm

MUSIC

COLLEGE BAND
The College Band is open, with consent of the director, to community members who have had previous instrumental experience. The band, under the direction of Aaron Bounds, explores a wide range of original and transcribed work. Two concerts are held each semester. Community members can join at any time during the semester. For more information call 636-584-6697 or email: aaron.bounds@eastcentral.edu.
No participation fee!
Mondays ECC-Union, HH 105
5:00pm - 7:00pm Aug. 17 - Dec. 14
PERSONAL INTEREST

BASICS OF RETIREMENT PLANNING
Students who take this course will learn to find simple strategies to maximize their retirement nest egg and steer clear of scams. Ensure that the money lasts longer than you do. Discover how to avoid the common mistakes and find financial lifelines. The textbook will be included in the class fee.
Cost: $45
CE 0100 FINW
Tuesdays
6:00pm - 7:30pm
ECC-Washington, Room E9
Sept. 29 - Nov. 3

LEARN TO SPEAK SPANISH
This course is for anyone who wants to attain a speaking knowledge of the Spanish language. Communication and comprehension will be stressed more than grammatical depth. This course will prove useful to those wanting to communicate with Spanish speaking individuals. Home study will be necessary. The textbook will be available for purchase at the ECC Bookstore.
Cost: $75
CE 0100 FLU 1
Tuesdays
6:30pm - 8:30pm
ECC-Union, ECTC 109
Sept. 29 - Nov. 3

ONLINE CLASSES

ECC’s Center for Workforce Development offers over 600 non-credit courses in a variety of disciplines. The courses vary in length from six weeks to one year. Classes can be completed at home, any time of the day or night. The classes are taught through third-party vendors and are not the curriculum of ECC.

Accounting and Finance
• Accounting Fundamentals
• Keys to Successful Money Management

Design and Composition
• Discover Digital Photography
• Secrets of Better Photography
• Creating WordPress Websites
• Introduction to Dreamweaver CS6

Language and Arts
• Introduction to Internet Writing Markets
• Beginner’s Guide to Getting Published

Law and Legal
• Real Estate Law
• Workers’ Compensation

Personal Enrichment
• 12 Steps to a Successful Job Search
• Grammar Refresher
• Introduction to Interior Design
• Everyday Math

Tools for Teachers
• Creating Classroom Centers
• Teaching Smarter With SMART BOARDS
• Creating a Classroom Website
• Creating the Inclusive Classroom
• Homeschool With Success

Test Prep
• SAT/ACT Preparation
• GMAT Preparation
• LSAT Preparation

CHECK OUT ED2GO.COM/ECCONLINE FOR THE COMPLETE LISTING.
COMMUNITY EDUCATION REGISTRATION FORM

Name: __________________________  Former Names: __________________________
(First) (Middle Initial) (Last)

Date of Birth: _____________________  □ Male  □ Female  Email: __________________________

Address: ____________________________  City: ________________  State: ________  Zip: __________

Primary Phone: (____) ____________________________  Secondary Phone: (____) ____________________________

Emergency Contact: ____________________________  Phone # (____) ____________________________
□ Parent  □ Guardian  □ Spouse  □ Other

Have you ever been arrested for, charged with, pleaded guilty to or been convicted of a felony?
□ Yes*  □ No

Have you ever received a suspended imposition of sentence or suspended execution of sentence for a felony?
□ Yes*  □ No

*If you answered yes to either question, please attach a copy of your background check to the registration.

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Total: $________________________

Fees are due at the time of registration to secure your place in class.

Checks should be made payable to East Central College

□ Registration paid by check
Check # __________________________

□ Registration paid by cash
Amount: $______________________  Received by: __________________________

*cash payments only accepted at the Community Education office in Union.

Mail to: East Central College
Attn: Community Education
1964 Prairie Dell Road
Union, MO 63084

By Phone/Fax:  Phone: (636)584-6528
Fax:      (636)584-8988

*Call to complete registration by credit card.

In Person: East Central College/Training Center
1964 Prairie Dell Road
Union, MO 63084

East Central College – Washington
1978 Image Drive
Washington, MO 63090

Registration is Easy!!

Refund/Withdrawal Policy
Occasionally, classes may be rescheduled, consolidated or canceled at the discretion of East Central College Community Education. In the event of a class cancelation by East Central College Community Education, each student will be provided a full refund. To withdraw, students must contact East Central College Community Education no less than 48 hours prior to the start of the class. Students that withdraw less than 48 hours prior to the start of class shall forfeit their right to a refund. All registrations include a $5.00 nonrefundable registration fee. Some programs may have specific policies which will be noted in individual class descriptions. Locations, dates and times are subject to change, but participants will be notified. East Central College does not discriminate on the basis of race, color, religion, national origin, ancestry, gender, sexual orientation, age, disability, genetic information or veteran status. Inquiries/concerns regarding civil rights compliance as it relates to student programs and services may be directed to Shelli Allen, Vice President of Student Development, 131 Buescher Hall, 1964 Prairie Dell Road, Union, MO 63084, (636) 584-6565 or stnotice@eastcentral.edu.
The Adult Education and Literacy Program at East Central College provides classes to improve your skills in math, reading, writing, social studies and science.

All classes are free with books and materials provided for you while in class. Instruction is individualized to meet your needs with instructors who will work with you to reach your goals.

The classes are designed to help you prepare for and pass the High School Equivalency Test (HiSET), formerly known as the GED®. We can also help you improve your WorkKeys and college placement scores.

Whether you are looking to begin a new career, go to college or acquire technical training, we are here to guide you through the process.

WE HOPE YOU WILL GIVE US AN OPPORTUNITY TO PLAY A ROLE IN YOUR SUCCESS!

LEARN MORE. EARN MORE.

ENTRY LEVEL WAGES EARNED

LESS THAN HIGH SCHOOL $17,528
HIGH SCHOOL GED® OR HSE $24,315
ASSOCIATE DEGREE $38,342

At East Central College, we want to see you succeed. Participants in the Adult Education and Literacy Program are eligible to apply for a scholarship that would cover the cost of the first college class.