



EAST CENTRAL COLLEGE

**COMMUNITY  
EDUCATION**  
Fall 2015



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[www.EastCentral.edu/CE](http://www.EastCentral.edu/CE)

# COMMUNITY EDUCATION

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](mailto:ce@eastcentral.edu)
  - Call 636.584.6528
  - Fax 636.584.8988
- [www.EastCentral.edu/CE](http://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

This is our format for listing classes:

### CLASS TITLE

Description providing a brief summary of the class.

Class Cost

Course #

Day(s)

Time(s)

Location and Room

Date(s)

# 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](mailto: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.

# 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.

# COMMUNITY EDUCATION

## 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](mailto:aaron.bounds@eastcentral.edu).

No participation fee!

Mondays                      ECC-Union, HH 105  
5:00pm - 7:00pm                      Aug. 17 - Dec. 14

## 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

# COMMUNITY EDUCATION

## 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](http://ED2GO.COM/ECCONLINE) FOR THE COMPLETE LISTING.**

<b>FOR OFFICE USE ONLY:</b>	
Student ID:	_____
Registration Date:	_____
Registered By:	_____

**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.

Semester	Subject	Course #	Section	Title	Day/Time	Fee
	CE					\$
	CE					\$
	CE					\$
	CE					\$
<b>Total :</b>						<b>\$</b>

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

<p>Checks should be made payable to <b>East Central College</b></p> <p><input type="checkbox"/> Registration paid by check Check # _____</p> <p><input type="checkbox"/> Registration paid by cash Amount: \$ _____ Received by: _____</p> <p><i>*cash payments only accepted at the Community Education office in Union.</i></p>	<p><b>East Central College</b> accepts the following credit cards:</p> <p><input type="checkbox"/> MasterCard <input type="checkbox"/> Visa <input type="checkbox"/> Discover <input type="checkbox"/> American Express</p> <p>Card Number: _____</p> <p>Expiration Date: _____ CVV #: _____</p> <p>Signature: _____ Date: _____</p>
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**Registration is Easy!!**



**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

**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 cancellation 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.

**POSTAL PATRON LOCAL**



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.**



**MAXIMIZE YOUR POTENTIAL**

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.

**Day Classes Offered in:**

- Gerald
- Rolla
- Sullivan
- Union
- Washington

**Evening Classes Offered in:**

- Cuba
- Gerald
- Owensville
- Pacific
- Rolla
- St. Clair
- St. James
- Union
- Washington

And coming soon to Hermann!

**REGISTER TODAY!**

**636.584.6533**  
**573.719.1323**  
**www.EastCentral.edu/AEL**  
**AEL@EastCentral.edu**