

CNCC South Routt Center

Wellness Courses

ASHTANGA INSPIRED YOGA

Ashtanga yoga is a challenging yoga practice that synchronizes the breath with a progressive series of asanas (postures). Benefits of this practice include increased strength and flexibility, improved circulation, and a calm mind. Previous yoga experience and knowledge of yogic postures is helpful, but not required. Please bring your sticky mat. If you have a strap, blanket, or block, please bring to class. **COST: \$62.75**

South Routt Community Building

WLNS1002-501 82035 W 9/9-10/28 6:30-8pm Gustafson
WLNS1002-503 82038 W 11/4-12/16 6:30-8pm Gustafson

A.M. VINYASA FLOW YOGA

A Vinyasa Flow class uses consistent, steady breathing to link a series of poses together in a flowing manner. It tones and strengthens your body while lengthening the muscle tissue to improve overall flexibility. Start your day feeling more energetic, calmer and stronger. This class is appropriate for All Levels of yoga practitioners from beginners to more advanced students. **COST: \$47.06**

South Routt Community Building

WLNS1002-502 82036 T 9/8-10/27 7-8am Gustafson
WLNS1002-504 82037 T 11/3-12/15 7-8am Gustafson

CHILDREN'S TAE KWON DO

This course is designed to introduce basic martial arts techniques and forms designed to improve your physical and mental capacity. Gain an understanding of the basic philosophies and concepts of martial arts and develop a powerful sense of character and will. For those involved, a promotion fee of \$15 will be paid to the instructor and a belt may be awarded. Ages 7-13. **COST: \$64.71**

Soroco Middle School

YTHC 1001-501 82039 W 9/8-12/16 4:30-5:30pm Williams
YTHC 1001-502 82088 W 9/8-12/16 6-7pm Williams

TRIBAL FUSION BELLY DANCE

This is a beginning class focusing on basic techniques of traditional Belly Dance and Tribal Fusion. Introduces basic movements and emphasizes strengthening and toning. Ages 16 and older are welcome. **COST: \$75.49**

Let's Dance Studio

WLNS1003-501 82040 W 9/9-11/18 8:15-9:15pm Anderson

THE YAMPA CIRCUIT

This class is an outdoor circuit of cardio and toning. Stay entertained by a constantly changing routine and the beautiful fall outdoors. Class will meet at the preschool and tour around Yampa. Strollers welcome! **COST: \$18.38**

Yampa

WLNS1001-501 82002 T 9/8-10/6 9:15-10:15am Karow

Arts and Crafts Courses

KNITTING IN THE ROUND

Beginners are welcome in this course where you will create an adult sized hat using circular needles. **NO SEAMS NECESSARY!** You will work with basic knitting stitches, with optional embellishments and accents. You may bring your own materials (specified at registration) or they will be available for purchase the first night of class. **COST: \$21.88**

K&K Wools, Yampa

ARCR 1001-501 82003 T 10/20-11/10 7-8:30pm Karow

SEW GREEN!

Learn to sew beautiful, trendy apparel and home accents by re-purposing thrift store finds! Fabric is hard to find, expensive to purchase, and its manufacturing processes create environmental toxins. Go Green at your local thrift store! Beginners are welcome (even if you've never taken your sewing machine out of the box). Please bring your own machine and basic supplies. **COST: \$35.06**

Brand Spankin' Used and South Routt Community Center

ARCR1001-502 82004 T 11/17-12/8 7-9pm Hoff

POETRY WRITING

Teaches techniques for creating poems, including study of figurative language, forms, and sound patterns of poetry. **3 credits.**

The Mugshot

ENG 227 21256 W 9/7-12/19 7-9pm Krautkramer

FIRST TIME FELTERS

Learn the basics of needle felting and hot water felting. Use simple tools: wool fibers (yarn or roving), foam work surface, and felting needles to create flat and 3-D works of art. Then learn to start with a knit or crochet project in wool or natural fibers and felt using hot water and agitation. **COST: \$15.50**

K&K Wools, Yampa

ARCR 1002 82072 M 11/2&9 6-8pm Tussey

CNCC South Routt Center

Computer Courses

SMALL BUSINESS COMPUTING

The computer technology for small business course is designed to expose owners of small business to the basic computer software tools that are used in the business world today. Participants will learn the basics of Intuit Quickbooks, Microsoft Word, Microsoft Excel, Microsoft Powerpoint, Microsoft Outlook, Basic HTML/website construction, and basic/essential hardware knowledge. The course will include hands-on lab time that will see participants creating documents, spreadsheets, presentations, web pages, and performing basic bookkeeping tasks in a Windows environment. Participants must have at least basic Windows/computer operation skills, but no knowledge of the other listed programs is required. **1 Credit**

SOROCO HS

CIS 175-531	21287	M-F	9/21-25	6-9pm	Lell
CIS 175-532	21288	M-F	11/9-13	6-9pm	Lell

WINDOWS SHORT COURSE

This course includes basic and advanced operation of the Windows operating system (Focusing on XP and Vista). General maintenance, backing up data, smart storage, common operations, and short cuts will be discussed. **Cost: \$29.41**

Soroco HS

COMP 1001-531	82073	M	9/21	4-6pm	Lell
COMP 1001-532	82074	M	11/9	4-6pm	Lell

EMAIL OPERATIONS

This course will discuss the two most common email programs, Apple Mail and MS outlook (including Microsoft Mail and Outlook Express). Discussed will be how to generate emails, attach files, create signatures, and personalize emails with images and backgrounds. Also discussed will be some dangerous emails, how to avoid them, and keep from getting them in the future. **Cost: \$29.41**

Soroco HS

COMP 1002-531	82075	T	9/22	4-6pm	Lell
COMP 1002-532	82076	T	11/10	4-6pm	Lell

WORD PROCESSING

This course covers MS Word and Apple Pages and is intended to illustrate the power and capabilities of modern word processors, including the creation of forms, tables of contents, mail merges, and editing/proofreading/collaborative creation. **Cost: \$29.41**

Soroco HS

COMP 1003-531	82077	W	9/23	4-6pm	Lell
COMP 1003-532	82078	W	11/11	4-6pm	Lell

SPREADSHEET OPERATIONS

This course illustrates the capabilities of MS Excel and Apple Numbers and discusses how to create basic tables, pivot tables, multi-sheet tabulation, and formulae. **Cost: \$29.41**

Soroco HS

COMP 1004-531	82079	U	9/24	4-6pm	Lell
COMP 1004-532	82080	U	11/12	4-6pm	Lell

INTERNET SAFETY

This class is intended for parents and care givers who would like to learn how to keep children from seeing inappropriate content on the web. A variety of means are discussed, as well as some of the things children will attempt to view. **FREE COURSE!**

Oak Creek Library

COMP 1005-531	82081	F	9/25	4-6pm	Lell
COMP 1005-532	82082	T	9/22	9:30-11:30am	Lell
COMP 1005-533	82083	T	11/10	9:30-11:30am	Lell

PC TECHNOLOGY

This class is designed to familiarize learners with the basic components of a personal computer. Extremely hands-on, this class will have learners actually handling all of the major components of a personal computer, and installing them. The purpose of this class is to enable learners to feel comfortable doing basic repairs and upgrades on their own PC's rather than relying upon third parties to do so for them. **Cost: \$29.41**

Soroco HS

COMP 1006-531	82084	F	11/13	4-6pm	Lell
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To register for any course:

Complete the enclosed registration form and mail to

Box 124; Oak Creek, CO 80467

OR

Register online at www.cncc.edu – click on My Community Ed (credited courses only)

Credited courses may require accuplacer testing. Call 736-2323 for details

CNCC South Routt Center

Continuing Education

ENGLISH COMPOSITION I

Emphasizes the planning, writing, and revising of compositions, including the development of critical and logical thinking skills. This course includes a minimum of five compositions. **3 Credits**

Soroco HS

ENG 121 21258 U 9/7-12/14 6-9pm Little

POETRY WRITING

Teaches techniques for creating poems, including study of figurative language, forms, and sound patterns of poetry. **3 credits.**

The Mugshot

ENG 227 21256 W 9/7-12/19 7-9pm Krautkramer

PUBLIC SPEAKING

Combines the basic theory of speech communication with public speech performance skills. Emphasis is on speech delivery, preparation, organization, support, and audience analysis.. **3 credits.**

Soroco HS

COM 115 21257 W 9/7-12/19 6:30-9pm Little

MASTERPIECES OF LITERATURE

Examines significant writings in world literature from the ancients through the Renaissance. Emphasizes careful readings and understanding of the works and their cultural backgrounds. **3 credits.**

Soroco HS

LIT 201 21259 M 9/7-12/19 6:30-9pm Broadbent

First Aid and CPR Courses

FRIENDS AND FAMILY FIRST AID AND CPR

Emphasis on the skills needed to recognize and respond confidently and calmly to emergencies and to help prevent accidents. Topics include primary assessment, airway obstructions, infant and child CPR, Adult CPR, control of bleeding, illness assessment, sudden illness, motor vehicle safety, injury assessment, burns, fractures, wounds, child abuse, hypothermia, and communication. This course meets both Pediatric CPR/FA as well as Adult CPR/FA certification requirements. **0.5 Credit**

Yampa Town Hall

HWE 175 21269 U 10/1&8 6-10pm Haas

CPR FOR PROFESSIONALS

Meets the requirements for those who work in Emergency Services, health Care and other professional areas. Material presented in the course is basic patient assessment, basic airway management, rescue breathing, and CPR for infant, children, and adult patients.

0.5 Credit

Yampa Town Hall

HPR 102 21268 U 10/22&29 6-10pm Haas

EMT

EMT BASIC REFRESHER

Prerequisite: Current CPR card, current or less than 36 months expired EMT basic certification. Provides required didactic and skills review for renewing EMT students. Accommodates the needs of the re-entry EMT student. **3 Credits**

South Routt

EMS 126 20407 W 9/9-12/12 6am-1pm Staff

EMT BASIC CONTINUING EDUCATION

Prerequisite: Current CPR card, current EMT basic certification.

1 Credit

South Routt

EMS 175 20405 U 9/9-12/9 6:30pm-10pm Kelliher

EMT BASIC CONTINUING EDUCATION

Prerequisite: Current CPR card, current EMT basic certification.

1 Credit

South Routt

EMS 175 20400 U 9/9-12/9 1pm-4pm Staff

EMT INTERMEDIATE CONTINUING EDUCATION

Prerequisite: Current CPR card, current EMT I certification.

1 Credit

South Routt

EMS 275 20406 U 9/9-12/9 6:30pm-10pm Kelliher

EMT INTERMEDIATE CONTINUING EDUCATION

Prerequisite: Current CPR card, current EMT I certification.

1 Credit

South Routt

EMS 275 21040 U 9/9-12/9 1pm-4pm Staff



South Routt Center
PO Box 124
Oak Creek, CO 80467

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Oak Creek, CO 80467
PERMIT #14

POSTAL PATRON

SOUTH ROUTT CENTER FALL 2009 COURSE SCHEDULE

For more information contact:
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