Lífe

Fundamentals of Flavor Dynamics

In this course you will critically taste and evaluate a range of ingredients and cooking methods found in professional kitchens that will enhance your cooking. You will evaluate how each of these influences a flavor profile. We will cover use of herbs and spices, different stocks, comparative tasting of garlic, toasting of spices and cooking methods. On the last evening of class you will use this information and you get to practice preparing and presenting your own special dish to your fellow Chefs. Fun night for all. Due to the unique one on one instruction with Chef Lee, the class size is limited to the first 8 Individuals who register.

Monday, July 29—Friday, August 2

6:00-9:00pm

Register by: July 17

Cost ~ \$110 plus \$40 for food supplies

Selling Ideas

Like it or not, we're all in sales. Whether we're employees pitching colleagues on a new idea, entrepreneurs enticing funders to invest, or parents and teachers cajoling children to study, we spend our days trying to move others. This class offers a fresh look at the art and science of selling. The class reveals the new ABCs of moving others (it's no longer "Always Be Closing"), explains why extraverts don't make the best salespeople, and shows how giving people an "off-ramp" for their actions can matter more than actually changing their minds. This class will cover the six successors to the elevator pitch, the three rules for understanding another's perspective, the five frames that can make your message clearer and more persuasive, and much more. Trainer is Andy Long. .5 credit

Wednesday, July 10 9:00am-4:00pm Register by: July 3 Cost ~ 60+ Learner ~ \$45.20 Individual \$78.34

Essential Oils

This class will begin with a brief history of essential oils. The class will also discuss gardening with essential oils, how to use them for weight loss and for purifying the air, and how to replace a medicine cabinet with body-friendly oils which boost the immune system. The session will address the physical and emotional effects of essential oils and their uses topically, internally and aromatically. Various diffusers will be examined. Recipes will be given such as; deodorant and soothing blends for children. Participants will investigate over 50 essential oils. Presenter is Jan Scott.

Monday, June 17 and Tuesday, June 18 6:00-8:00pm Registration & Payment by: June 13

How to Register

Cost ~ \$40.00

To Register for Classes Summer 2013

Call: (970) 521-6900
Email: jessica.buckmaster@njc.edu
Stop in:
Northeastern Junior College
Extended Studies Office
3rd Floor Knowles Hall
Sterling, CO
Monday—Friday
8:00am-5:00pm

Payment ~Full payment is required at the advertised registration and payment date for each class. Class sizes are limited. The Extended Studies Office will determine if a sufficient number of students are registered to offer the course two working days prior to the course start date. Cancellation and Refund ~If the course is cancelled, participants will receive a full refund. Participants must notify the Extended Studies Office of individual cancellations two working days prior to class start date to receive a refund.

earning



Lifelong learning is easy through NJC!



Fitness Classes

Yoga

Tues./Thurs. 7:00-8:00am, Begin: 6-18 ~ End: 8-15 Connie Henderson, instructor

Body Sculpting & Toning

Mon./Wed.

6:30-7:30am, Begin: 6-10 ~ End: 8-7

OR

Tues./Thurs.

5:30-6:30pm, Begin 6-11 ~ End 8-8

Lindsey Lorenzo, instructor

Register for the classes above by June 7

Yoga in the Park

Communicate with nature in the park. Yoga will enhance general health and well-being through strength, flexibility, balance and relaxation techniques and exercises. Students practice yoga according to their individual fitness levels and abilities. Instructor is Pete Sabala.

Tuesday/Thursday, May 21—July 2

7:00-8:00pm

Register by: May 16

Ultimate Warrior Workout

This form of "bootcamp" will allow you to find a new level of "crazy" to add to your pre-existing workout routine. You will experience all the benefits of high-intensity interval training (HITT) through a variety of circuits and intervals. This class is able to be modified to everyone's individual needs, and will burn a ton of calories in order to achieve maximum results! Instructor is Kari Mueller.

Monday/Wednesday, June 10—August 7

6:00-7:00pm

Register by: June 7

Fitness Classes

Cost ~ 60+ Learner ~ \$78.34 Individual ~ \$134.72

The above fitness classes include an 8-week membership to the Bank of Colorado Event Center (BOCEC) on campus

Come Out & Get Your Swing On! Beginner Golf for Adults

Introduces a basic course in golf designed for those who have had little or no formal instruction or for those with some experience who are interested in improving some aspect of their game. Includes driving range, putting green, and on-course play. Instructor is Vern Harbart.

Wednesday, May 29—June 19

5:30-7:30pm

Register by: May 23

Cost ~ 60+ Learner ~ \$45.20

Individual ~ \$78.34

Beginning Adult Tennis

Beginning Adult Tennis is for people of all ages who are interested in taking up tennis for the first time, as well as those who want to get back in the game. With the instruction of Amber Girdler, the fundamentals of tennis will be presented resulting in healthy, high energy fun.

Tuesdays, May 21—July 23

7:00-8:30pm

Register by: May 16

Cost ~ 60+ Learner ~ \$78.34

Individual ~ \$134.72

Athletic Taping Techniques and Concussion Research

Learn or improve your athletic taping skills. We will focus on the most common athletic taping mistakes. We will also review the most up-to-date research on concussions, how to identify and treat, referral and return to play. You will walk away from this class proficient and confident in your athletic taping skills along with important knowledge and understanding of concussions. *Participants will need to bring two rolls of athletic pre-wrap and 10 roles of athletic tape.* Instructor is Kari Mueller. .5 credit Tuesday, June 11

9:00am-4:00pm Register by: June 6

Cost ~ \$73.39

Computer Classes

Presentation Power: Prezi & SlideRocket

Ready to step up your presentation game? Add visually compelling content to your presentations with two online tools: Prezi and SlideRocket. In this interactive class, you will learn new ways to bring life to your content through the use of Prezi and SlideRocket. Whether you are sharing information in your classroom or engaging customers in a sales presentation, you will leave this class with a new level of enthusiasm, ready to design memorable and captivating presentations. Instructor is Stephanie Nelson. .5 credit

Wednesday, June 12 9:00am-4:00pm Register by: June 6

Introduction to Excel

Microsoft Excel is a spreadsheet application and part of Microsoft Office. This course covers working with Excel spreadsheet software to create, edit and save worksheets and workbooks. This course will improve your workplace skill set. Instructor is Jessica Buckmaster.

.5 credit Wednesday, June 19 9:00am-4:00pm Register by: June 13

Intermediate Excel

This one day class will build on the fundamental Excel concepts and will prepare the participants for advanced topics. Class is designed for persons with some experience using Excel, but who may not use it every day. Instructor is Ronda Monheiser. .5 credit

Wednesday, June 26 9:00am-4:00pm Register by: June 20

Registration for the first computer training is \$76.57 for individuals & \$48.38 for 60+ Learners. Each course after is \$64.52 for individuals & \$36.33 for 60+ Learners. Register for one, two or all three!