BELLEVUE COLLEGE

Spring 2017
BCconted.com

CONTINUING EDUCATION

Personal Enrichment

PERSONAL ENRICHMENT

DANCE AND FITNESS

Balance, Breathe and Ball Yoga *NEW!*

A combined class of Yoga and Pilates that concentrates on breathing and improving balance and flexibility while building foundational core strength. This class is for people with some experience in Yoga and intermediate students seeking a solid foundation to the benefits of Yoga and Pilates. Bring a yoga sticky mat; a "stretching" strap and Exercise Ball (55, 65 or 75 cm. depending on height) are required. Questions regarding size of Ball please contact instructor at yogamarna@gmail.com Fee: $75

Item G8975	M. Hanneman	NORTH
5 Wednesdays	Apr 5 - May 3	7:30 - 8:30pm
Item G8977	M. Hanneman	NORTH
5 Wednesdays	May 17 - Jun 14	7:30 - 8:30pm

Ballet Basics

Have you wanted to learn ballet, but find it intimidating to walk into an adult dance class never having danced before? This is the class for you! You will learn basics dance steps and terminology at the root of all types of dance, that will prepare the absolute beginner. Visit our website for more information. Fee: $179

Item G9479	P. Olson	MAIN
8 Wednesdays	Apr 5 - May 24	5:30 - 7:00pm

** Ballet shoes required after the first lesson*

Ballet Basics II

This course picks up where Ballet Basics leaves off. Dancers wanting to refine their classical technique & refresh their dance vocabulary are welcome. Ballet shoes required from 2nd class forward. Ballet attire recommended. See website for more info. Fee: $225

Item G9482	P. Olson	MAIN
10 Wednesdays	Apr 5 - Jun 7	7:00 - 8:30pm

** Ballet shoes required after the first lesson*

Bellydancing for Fun & Ultimate Fitness

Join us as we explore one of the world's most ancient and honored dance traditions. Learn traditional movement patterns, camel walks, figure 8's, serpentine arms, stomach rolls and flutters, and more! Fee: $149

Item G9470	T. Chard	MAIN
8 Thursdays	Apr 6 - May 25	6:15 - 7:30pm

Gentle Yoga and Pilates for Flexibility and Strength

Hatha Yoga (in the Iyengar Style). The class will incorporate poses that will include stretching, balance and mobility. Pilates is incorporated for core strength. The course is designed for all BODY TYPES and levels of FLEXIBILITY and STRENGTH. Explore self-direction and gain information about your body. Bring a "sticky" mat, two 1" Yoga blocks and a stretchy strap to the first class (available where yoga supplies are sold). Instructor will provide Pilate Balls. Bring water and refrain from eating for two hours before class. All levels of experience are welcome. Fee: $75

Item G8958	M. Hanneman	NORTH
5 Wednesdays	Apr 5 - May 3	6:15 - 7:15pm
Item G8962	M. Hanneman	NORTH
5 Wednesdays	May 17 - Jun 14	6:15 - 7:15pm

Jazz and Ballet Workout

Bring together the energetic and rhythmic movements of jazz dance with the toning and strengthening benefits of ballet for a fun way to get in shape. Class focuses on toning strength, working the lower body, abdominal and upper arm area, and low impact aerobics. Wear comfortable clothes, ballet or soft Jazz shoes recommended. The class is designed for beginners to intermediate level, all dancers and non-dancers are welcome. Fee: $119

Item G9476	K. Fedor-White	MAIN
8 Tuesdays	Apr 4 - May 23	6:00 - 7:30pm

Morning Yoga Stretch

Would you like to feel better? More focused, less tension and discomfort? Start your day with a clear mind and relaxed but focused energy. Learn effective breathing, stretches to release tension and pain, yoga asanas for strength and flexibility. End with a deep relaxation. Work with your body, at your own pace. Instructor has over 30 years of experience and will give adjustments for any special needs or concerns. Bring your yoga mat and water. Wear loose, comfortable clothing. Fee: $144

Item G8968	H. Campbell	PLCC
10 Thursdays	Apr 6 - Jun 8	9:00 - 10:15am

Class meets at Pine Lake Community Center

Self-Defense 101 for Women

Learn to recognize threatening situations, express your boundaries, and--if necessary--physically enforce them. Topics: recognizing assailant ploys/manipulations and how to thwart them; practicing releases from common grabs; making decisive strikes to vital targets; and assessing risks. Come prepared to challenge yourself. Material fee included. Fee: $185

Item G8961	J. Factor	NORTH
6 Saturdays	Apr 15 - May 20	1:30 - 3:30pm

Social Dance Beginners I

Want to learn to dance? In this fun and easy class you will be introduced to the world of dancing with partners and will learn the basics of the today's most popular dances; Salsa, Fox Trot, Waltz Rumba and Swing. Class focuses on footsteps, techniques of execution, leading and following, transitions into variations, as well as musicality, and timing recognition. Course will prepare you for the dance floors! Partners are recommended but not required. Comfortable shoe wear, no tennis shoes please. Fee: $129

Item G9474	K. Fedor-White	MAIN
8 Mondays	Apr 3 - May 22	6:00 - 7:00pm

Social Dance Beginners II/Intermediate

Have you had some dance experience in the past and want to learn more? This class is for students wanting to expand their techniques, dance steps, confidence and add more dances to their repertoire. Class will include expanded styling, footwork and several new dances in Latin category and introduces smooth dances in International styling. New dances are: Samba, Cha Cha, and continuing with Rumba. Tango and Fox Trot with free flowing International style. Partners are recommended but not required. No tennis shoes please. Some previous dance experience necessary. Fee: $129

Item G9475	K. Fedor-White	MAIN
8 Mondays	Apr 3 - May 22	7:00 - 8:00pm

Tap Dancing

Try this fun and creative dance form and you may find a true joy in working out! Learn basic steps and combinations, correct timing and get plenty of aerobic workout. This class is suitable for all age groups. You will need tap shoes and comfortable attire. Instructor is a Conservatory Graduate and a former professional dancer with many years of experience. No loose clothing or high heels. Fee: $129

Item G9478	K. Fedor-White	NORTH
8 Tuesdays	Apr 4 - May 23	8:00 - 9:00pm

Yang Style Tai Chi *NEW!*

Tai chi is for everyone! Regardless of your background and experience, tai chi helps develop and maintain balance, flexibility, mental acuity, and overall health. Based on the traditional Chinese concept of yin and yang, tai chi exercise is calming yet energizing. Come relax and get some exercise and fresh air for your mind. We will be learning the Yang style of tai chi, developed by Yang Chengfu.

Item G8980	E. Madsen	NORTH
Thursdays		6:30 - 7:30pm

SEE WEBSITE FOR COURSE DETAILS.

Yoga for Every Body

This non-intimidating class encourages beginners as well as experienced yoga students to work at their own level. Emphasis is on breath, stress reduction, increased flexibility, joint stability/mobility, conditioning core muscles and overall body strength. Class ends with relaxation, leaving you feeling refreshed and connected. Fee: $144

Item G8969	H. Campbell	PLCC
10 Mondays	Apr 3 - Jun 12	6:25 - 7:40pm

CLASS MEETS AT PINE LAKE COMMUNITY CENTER, NO CLASS ON MAY 29.

Where does my class meet?

Class room assignments are listed on monitors in the North Campus lobby.

ENTREPRENEURSHIP

eBay Selling Series

Learn how to create a Seller account, upload photos, accept PayPal payments, and determine shipping costs. Includes insider Tips, Tricks and Traps, what to sell and not sell, where to get FREE shipping supplies and FREE home pickup. Includes photography tips that make your items sparkle, and get the highest bids for antiques and collectibles. Also covers how to find and sell only the hottest items, drop shipping and how to get top ranking for your listings. Fee: $99

Item G8956	K. Boyd	NORTH
1 Saturday	May 13	9:00am - 4:00pm

The class has a 60-minutes break.

Lovegevity: Wedding and Event Planner Certification

Classroom, instructor-led, hands-on/class session with online course access for those looking to get started in the wedding and event industry right away. Students fulfill all course requirements and prepare for the certificate exam by participating in the online and classroom sessions.

This course allows for instructor interaction with new perspectives and insider information from others in the industry attending who bring advice, insight, and experience to group discussions. Local classes take class trips, meet with local vendors, and attend local industry events. Courses are taught by seasoned wedding and event professionals. Fee: $1,195

Item G8957	D. Davis	NORTH
10 Wednesdays	Apr 5 - Jun 7	5:30 - 9:30pm

Professional Bartending

Become a professional bartender! Learn how to mix, measure and master more than 250 of today's most popular cocktails—Electric Iced Teas, Margaritas, Smith & Wessons, Apple Martinis and more! Professional free pouring/layering techniques, bartending terms, increasing tips, bar promotions, job searching, and responsible serving. No prior liquor knowledge required; must be 18+. This course now includes Home Bartending! Fee: $189

Item G8955	L. Ronnestad	NORTH
3 sessions WThS	Apr 19 - Apr 22	6:00 - 9:00pm

Class meets from 6 - 9 pm on Wednesday & Thursday; and 9 am - 4:30 pm on Saturday with one hour break 12:00 pm - 1:00 pm. No class on Friday.

Voice-Overs: NOW is YOUR Time!

YOU'VE HEARD LISA FOSTER ON TV AND RADIO COMMERCIALS! Now hear Lisa LIVE as she illustrates how YOU could actually begin using your speaking voice for commercials, films, and videos! Most people go about it the wrong way. Lisa will show you a unique, outside the box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! See website for more information. Fee: $65

Item G9452	L. Foster	NORTH
1 Saturday	May 6	10:00am - noon

HEALTH AND NUTRITION

Food and Health ***NEW!***

This course is studying food nutrition and human health. Topics include introducing of the food processing in the body, reviewing of major food type including organic and low GI food, sharing family cooking tips, and discussing the association between food supply and common human disorders. Fee: $79

Item G8973	F. Xie	NORTH
4 Fridays	Apr 17 - May 8	9:00 - 11:00am

Healing Kitchen

You are what you digest! Discover how to stock and use your kitchen to stay healthy and balanced naturally thru the 5000 year old healing system practiced by millions. Learn why food plays such a big role in healing using spices and herbs the right way for health and well-being, and recipes that heal and balance doshas and other imbalances. Fee: $49

Item G8951	A. Arora	NORTH
1 Saturday	Apr 22	1:00 - 4:00pm

Staying Healthy Thru the Seasons

Discover how each one's unique balance of physical, mental, emotional, and spiritual self shifts our balance continuously, through life's challenges and experiences. Learn how the body can use the natural window of seasonal change for cleansing and rejuvenating our system. Join us as we explore how to detox and rebuild for balance, enhanced energy, and vigor at the onset of new seasons for a unique mind-body experience! Fee: $49

Item G8952	A. Arora	NORTH
1 Wednesday	Apr 5	5:00 - 8:00pm

HOME AND GARDEN

Basic Hands - On Home Repair and Maintenance

Discover a variety of home improvements and maintenance skills in the Eastside's most comprehensive home repair class. Learn hand and power tool selection, operation and personal safety; kitchen and bath remodels; electrical and plumbing repairs; wall repair; and more! Gain the ability to undertake most small home repairs at home. Visit our website for more information. Tuition includes material fee. Fee: $145

Item G8976	P. Marx	NORTH
1 Saturday	Jun 10	9:30am - 4:00pm

The class has a 30-minutes break.

Conquering Paperwork, Email, and Information Overload ***NEW!***

Are you swamped by mail and paperwork that just keeps coming in everyday? Has your email inbox expanded to the point where you think you'll never see the bottom of it? In this class you'll learn ways to process all your paper and create useful filing systems. The goal is to manage all your information so that you can put it away and find it when you need it. With some simple organizing skills you can overcome overwhelm and feel in control again. Fee: $55

Item G8978	R. Ross	NORTH
2 Tuesdays	May 2 - May 9	7:00 - 8:30pm

How to Hire and Work with Your Remodeling Contractor ***NEW!***

Planning on a remodeling project or dreaming about a new kitchen? Don't know which way to turn? Then this class is for you! Learn what comes first, (second, third) and how to establish project budget, specifications and bid procurement. Basic house construction and remodeling do's and don'ts will be covered. The second session will include cabinet choices, layout, style and installation. Come with a notepad, questions, photos and ideas for your remodeled space. Fee: $79

Item G8971	P. Marx	NORTH
1 Saturday	Apr 15	9:30am - 1:30pm

Landscape Design

Maximize the beauty, value and enjoyment of your yard! Equal parts theory and practical tips, this class employs slides, lectures and a tour of the Bellevue College campus to examine plant specimens. Topics include grading, plantings, lawns and entertainment areas. Analyze your own site and work with the instructor to create a unique new plan for your property. Instructor holds a degree in landscape architecture and is a specialist in native plants. Fee: $169

Item G8970	B. Constantine	MAIN
6 Tuesdays	Apr 11 - May 16	7:00 - 9:30pm

MINDFULNESS

A Chance to Trance: Discover Hypnosis for Goal Achievement

Everyone can be hypnotized and learn to focus their own unconscious minds in powerful ways to achieve their goals. If you've ever wondered what trance is like, here's your chance to experience hypnosis first hand and be guided through an ingenious process of goal manifestation by Master Hypnotist & Licensed Trainer of NLP, Connie Brannan. Bring a pillow, if you like, and bring a goal for your life success! Fee: $49

Item G8974	C. Brannan	NORTH
1 Wednesday	May 3	7:00 - 9:00pm

Find the latest news, events, and classes at BCCE!
Join the conversation:
Stay in-the-know

Ayurveda: The Art of Healthy Living

Ayurveda is the ancient practice of daily and seasonal routines to maintain health and balance in one's life. Originating in India, this lifestyle-healing model has spread in recent years to the West. Through an understanding of the interaction between our personal body types, our environment and the qualities of our food, we can start a practice of balance and preventative care within ourselves. Learn the philosophy of Ayurveda, including learning your personal body type, food combining and daily self-care routines. Taught by Ayurvedic Wellness Practitioner. Fee: $65

Item G8967	G. Nagano	NORTH
2 Tuesdays	May 16 - May 23	6:30 - 8:30pm

Body Language Boot Camp

Explore the power of your body's language in this information-packed class. We'll cover the basics—from eye contact and facial expressions to gestures and the style of your walk. Learn how to command authority with your posture and why small changes in your body's language have the power to draw people toward you or push them away. From business to pleasure to dating, learn to unravel the secrets behind a language that everyone speaks, but few of us really know. Fee: $49

Item G8965	R. Gilbert, P.Ph.D	NORTH
1 Wednesday	May 10	6:30 - 9:30pm

Brain Basics for Adult Learners

Learn what makes your brain tick, how "Deep Practice" improves learning, what makes "experts" expert, and why passively sitting back can be harmful to your brain. We'll explore the role physical fitness plays in learning, why exercising your brain is as important as exercising your body, and how understanding your brain and how it works can help you choose learning strategies that maximize your own personal success. Fee: $49

Item G8966	R. Gilbert, P.Ph.D	NORTH
1 Wednesday	May 17	6:30 - 9:30pm

Calming Down: A Daily Life Management Course

Gain more personal effectiveness and self-esteem when faced with challenging life situations. In this hands-on course, participants will gain a better understanding of the sources of rage, anger and anxiety and learn ways to reframe and develop a less reactive way of life. The course is designed for adults- young and old who want assistance with important life issues ranging from relationship building, anger and stress management, creating a positive attitude and better life management choices. Fee: $129

Item G8979	R. Macdonald, M.M	NORTH
4 Tuesdays	May 2 - May 23	6:30 - 9:30pm

Meditation & Mindfulness *NEW!* in Daily Life

This course explains how to achieve peace of mind and perspective on daily problems through practicing different types of breathing meditation. The course will also explore how to train in mindfulness outside of formal meditation, integrating the intentions and insights gained through meditation practice into our daily life. Gen Khedrub has been a Buddhist monk for over 20 years, and is the Resident Teacher at Ka-dampa Meditation Center Washington. Fee: $99

Item G8960	K. Khedrub	NORTH
4 Thursdays	Apr 27 - May 18	7:00 - 8:30pm

Self-Coaching for Success *NEW!*

One of the biggest hurdle to being successful is the self. The nagging inner critic constantly evaluates us harshly, stops us mid-way and at times brings us down completely.

Science and history tell us that we are capable of anything they can dream. This workshop is about making impossible dreams possible.

You will learn the proven tools and strategies to overcome your inner critic. You will witness the power of self-coaching unfold in front of your own eyes. You will experience an immediate shift in self-confidence, creativity, happiness, positivity which leads to success in every sphere of life. Fee: $49

Item G8954	A. Arora	NORTH
1 Wednesday	Apr 19	5:00 - 8:00pm

Speaking With Your Authentic Voice

Learn how to speak from your heart about what really matters! If you've ever felt tongue-tied or had a fear of public speaking, this non-textbook approach will be your saving grace. Join Pamela Ziemann, author of Giving Voice to Your Cause in this ultra-safe and fun environment. Overcome your inhibitions, find your unique voice and relate to others in an astonishing new way. Fee: $89

Item G8964	P. Ziemann	NORTH
1 Saturday	Apr 29	9:00am - 4:00pm

PERSONAL FINANCE

DIY Investing

Wall Street is the world's most sophisticated misinformation machine. Learn how to see through the fog of investing and discuss the most important concepts, like diversification, rebalancing and costs. Even if you want to work with a professional, everyone needs to know the basics of how to invest on their own. For more information, visit our website. Fee: $39

Item G8953	L. Vignec	NORTH
1 Saturday	Apr 15	10:00am - 12:30pm

Learn a Language with a Friend

It is so much more fun with a friend. Together you can practice and laugh as you both gain new confidence speaking French, Italian or even Thai.

See pages 38–43.

http://www.bellevuecollege.edu/ce/language-classes/

BELLEVUE COLLEGE

Registration Fee

A non-refundable Registration Fee of $10 per quarter will be charged in addition to course fees on all registrations starting on **MARCH 27.** This fee will be waived if you register for classes BEFORE this date (and do not cancel the class).

Course Prerequisites

Many courses list "Prerequisites," which are considered to be basic skills and expected knowledge prior to taking the class. Instructors will assume a readiness for the class materials and will not use class time to discuss prerequisite material. **Always check the course description on our website for textbook information and complete course descriptions.**

Withdrawals & Refunds for Non-credit Classes

Some courses have withdrawal & refund policies that differ from this policy; these are noted in the course descriptions.

You may request a refund by phone at (425) 564-2263 or in person at North Campus. A $10.00 processing fee is assessed on student-initiated refunds.

Online classes:

- Flexible Start-Date Classes: No refund will be issued once the course has been accessed. A 100% refund will be made if Bellevue College cancels the course.
- Group Start and Hybrid Classes: Follow the in-person class policy listed below.

In-person classes: A refund (minus the processing fee) will be made if you withdraw at least 3 working days before the class start date. No refund will be made after that date. There are no partial refunds. A 100% refund will be made if Bellevue College cancels the class. The deadlines for dropping a class during weeks without holidays are:

If class starts:	Student must call to change before:
Monday	5 pm previous Wednesday
Tuesday	5 pm previous Thursday
Wednesday	5 pm previous Friday
Thursday	5 pm previous Monday
Friday - Sunday	5 pm previous Tuesday

Bus Information

Bellevue College campuses are served by Metro and Sound Transit bus routes. Please contact Metro (206) 553-3000 or visit *http://metro.kingcounty.gov* or Sound Transit (800) 201-4900 *www.soundtransit.org*

Parking

Parking at the Bellevue College North Campus and satellite locations is free of charge. Please see *http://BCconted.com/publicsafety/parking.asp* for Main Campus parking information and fees.

Continuing Education North Campus • (425) 564-2263

14673 NE 29th Place, Bellevue, WA 98007

Student I.D. Number

Quarter ❑ Fall ❑ Summer ❑ Winter ❑ Spring

Year _____

NON CREDIT

Social Security Number * ___ – ___ – ____

❑ Please check this box and sign below if you decide not to provide your Social Security Number

Signature

*To comply with federal law, we are required to ask for your Social Security Number (SSN) or Individual Taxpayer Identification Number (ITIN). Your SSN/ITIN is confidential and, under federal law, it is protected and will not be disclosed to unauthorized parties. Disclosure may be authorized for the purpose of Hope/Lifetime Learning tax credits, state and federal financial aid, transcript records and to conduct institutional research.

Last Name

First Name Initial

Address City State Zip

Telephone Number: Day Evening

Date of Birth: Month Day Year

E-mail Address

Please charge my: ❑ Visa ❑ MasterCard

Card Number _____ Exp. Date_____

Account Name:

Please help us better meet your educational needs by supplying the following:

Occupation _____

Indicate the course(s) / workshop(s) you want, and send amount for total fees:

Item Number	Course Title	Fees
_____	_____	$_____
_____	_____	$_____
_____	_____	$_____
_____	**Registration fee charged (starting on March 27)**	$ **10**

TOTAL FEES ENCLOSED $_____

TELOS students are charged a $5 fee per quarter by the TSO.
Please refer to the TELOS Student Organization with any questions regarding this fee.

Complete the form and mail with your check (or credit card number) to:
Bellevue College, CONTINUING EDUCATION, 14673 NE 29th Place, Bellevue, WA 98007
Before you mail this form, please read the refund policies.
TO REGISTER BY PHONE CALL (425) 564-2263 OR BY FAX (425) 564-3113

Visit our website for additional information.

BCconted.com/registration

- Course Completion Requirements
- Certificate of Completion
- Download course schedule
- Under-Age Policy
- Equal Opportunity
- Students with Disabilities
- Health Disclaimer

BCconted.com/resources

- Accessibility
- Test Center
- Maps, directions & bus route
- Off-site class locations
- Main Campus
- Poppinjay's Café