

Continuing & Community Education

REGISTRATION BEGINS AUGUST 26

How to register:

- Mail your registration to Centralia College Office of Enrollment Services, 600 Centralia College Blvd., Centralia, WA 98531.
- Register by phone using a credit card at 360-623-8940.
- Fax your registration with credit card information to 360-330-7106.
- Bring your registration to the Office of Enrollment Services in the TransAlta Commons.

Please register no later than 24 hours prior to the first day of class. For more information, call 360-623-8940 or visit www.centralia.edu/academics/cont-ed.

BUSINESS AND CERTIFICATIONS

Flagger Training & Certification

You learn professional flagging techniques and proper work zone set-up in accordance with standards and guidelines of the Federal Manual on Uniform Traffic Control Devices (MUTCD), Washington State Department of Transportation, and the Department of Labor and Industries Washington Administrative Code pertaining to flagging and temporary traffic control. Students passing the demonstration portion and 50-question exam will receive the Washington State Flagger Certification Card accepted in Washington, Oregon, Idaho, and Montana, and the American Traffic Safety Services Association (ATSSA) National Flagger Certification Card accepted in most other states. Course includes references to the ATSSA flagging workbook, MUTCD, workshops, flagging demonstration, video, and PowerPoint presentation. Successful completion of course certifies you for a period of three years. You must be 18 years of age to receive certification. Bring a pencil/pen to class. Refunds given if you withdraw at least 24 hours prior to the start of class. Cost for each class is \$75. Face Mask required in class and on campus. Instructor: Rich Bunker.

Sa	8:00am – 5:00pm	WAH 115
Sep 5	Code 4601	Course CE 200B
Oct 3	Code 4602	Course CE 200C
Nov 7	Code 4606	Course CE 200D
Dec 5	Code 6600	Course CE 200A
Jan 2	Code 6601	Course CE 200B

First Aid & CPR Certifications

The First Aid/CPR/AED class covers bleeding control, seizures, epi-pen use, allergic reactions, broken bones, choking, poisoning, CPR for adults, children and infants, and other life-threatening emergencies. Learn how to use AED (automated external defibrillator). Upon completion, you will receive a First Aid/CPR/AED certification card valid for two years. Refunds given if you withdraw at least 24 hours prior to the start of class. Face Mask required on campus. Instructor: Chris Layton. Cost is \$75.

Sa	8:30am – 4:00pm	TBD
Sep 26	Code 4622	Course CE 207A
Oct 24	Code 4623	Course CE 207B
Nov 21	Code 6602	Course CE 207A
Dec	Code 6603	Course CE 207B

DANCE

COVID-19 PROTOCOL FOR ALL DANCE CLASSES:

You must sign up with your own partner. Wear a mask. The ballroom will be divided into cubes with each partnership dancing in their own cube. Each class will be limited to 8-12 people. All dance classes will be held at The Centralia Grand Ballroom, 202 Centralia College Blvd, Centralia, WA 98531.

Swing Dance

Learn the East Coast Swing, starting with the basics and moving on to advanced steps and rhythm changes. You will learn how to lead and follow various partners with emphasis on timing and styling. Find out when to use sing-time versus triple-time swing and move easily between the two. Learn to do multiple spins and some trick steps. Wear comfortable clothing and shoes that allow your feet to spin a full turn (leather or smooth soles) – preferably not tennis shoes. Instructor: Marie Kiser.

Sep 21 – Nov 2	M	7:00pm – 8:00pm	CGB
Code 4607	Course CS 157A		\$55
Lifelong Learners 50+			
Code 4608	Course SNRC 093A		\$25

Beginning Ballroom Dancing

Learn to glide your partner around the dance floor with style and grace. You will learn the salsa, waltz, foxtrot, swing, rumba, cha cha, tango, and nightclub two-step. Leading and following techniques and timing are stressed. Instructor: Marie Kiser.

Sep 21 – Nov 2	M	6:00pm – 7:00pm	CGB
Code 4609	Course CS 157B		\$55
Lifelong Learners 50+			
Code 4610	Course SNRC 093B		\$25



Intermediate Ballroom Dancing

If you know the basics and want to move on to more technical steps and dance positions, this class will improve your floor craft and personal styling. Includes all dances from the beginning class, plus introduction to West Coast Swing and Samba. Instructor: Marie Kiser.

Sep 24 – Nov 5	Th	7:00pm – 8:00pm	CGB
Code 4611	Course CS 157C		\$55
Lifelong Learners 50+			
Code 4612	Course SNRC 093C		\$25

Advanced Ballroom Dancing

This class is for students who are comfortable with the Beginning and Intermediate levels of dancing, and would like to advance to more intricate patterns and timings in all the dances (this includes “continuity style” in the Waltz and Fox Trot). This level will add Bolero, Viennese Waltz, and Quick Step to the group dances already offered. Instructor: Marie Kiser.

Sep 24 – Nov 5	Th	6:00pm – 7:00pm	CGB
Code 4613	Course CS 157D		\$55
Lifelong Learners 50+			
Code 4614	Course SNRC 093D		\$25

HEALTH AND FITNESS

Basic Weights

This class is designed to condition the musculature of the body using machine and free weights. Instructor: Tina Goss.

Sep 21 – Dec 11	Time TBD	ONLINE
Code 4615	Course CS 129A	\$54

Yoga

This exercise class combines flexibility, muscular strength, endurance, and relaxation. You will be encouraged at your own level of fitness. Instructor: Tina Goss.

Sep 21 – Dec 11	Time TBD	ONLINE
Code 4616	Course CS 129B	\$54

Stretching & Flexibility

Learn to perform safe stretches to increase flexibility and range of motion. Understand how stretching can help decrease injury, recover after other workouts and calm the mind and body. Instructor: Carrie Johnson.

Sep 21 – Dec 11	Time TBD	ONLINE
Code 4617	Course CS 129C	\$54



Senior Adult Fitness for Flexibility

A fitness class for seniors to warm up the muscles, then stretch those muscles for flexibility, agility and balance, done in your own home, with instructor guidance via the internet. The class will be led as floor stretches 90% of the time, which is safer for most joints than weight-bearing. Props needed are a hand towel and an exercise mat 1/2 inch thick (thinner is fine if you prefer). Please contact instructor April Beaugard with your questions at aprilbeau@yahoo.com.

Sep 21 – Dec 11	T Th	8:00AM	ONLINE
Code 4618	Course SNRC 090A		\$25

Senior Adult Fitness for Strength

A fitness class for seniors to warm up muscles, perform strength-building exercises and follow a cool-down in your own home, led by instructor via the internet. Participants will use their own body weight to train the major muscles of the body. Props needed are a hand towel and a straight-back chair. Please contact instructor April Beaugard with your questions at aprilbeau@yahoo.com.

Sep 21 – Dec 11	T Th	9:00AM	ONLINE
Code 4621	Course SNRC 090B		\$25

RESTART: A sugar detox program

This 5-week RESTART program is a simple, powerful way to give your body a vacation from having to process toxins like sugar. With a 3-week sugar detox built right in, the program focuses on how to use real food to boost your energy and cut sugar and carb cravings. You will also learn about digestion and blood sugar regulation. Discover how good you can feel! Instructor: Kate Moore. Location: TBD.

Sep 23 – Oct 21	W	6:00pm – 7:45pm	
Code 4619	Course CS 207A		\$90

Sep 26 – Oct 24	S	10:00am – 11:45am	
Code 4620	Course CS 207B		\$90

Reiki Level 1

Would you like to access a simple and safe technique to provide healing energy to yourself and others? This one-day seminar is full of information, techniques, experiences, placements, and meditations. You will be able to effectively transfer healing Reiki energy to yourself or another person, restoring health and wellness on all levels. No prior ability or experience necessary. There will be frequent breaks and a 1 hour lunch break. We will be using "Reiki, The Healing Touch" by William Rand as our textbook, which is available at reiki.org. Both paper and digital copies are available at the website. When ordering, keep in mind that it will take about 10 days to receive the paper copy.

Oct 17	Sa	8:30am – 5:00pm	ONLINE
Code 4624	Course CS 207C		\$100

CREATIVE ARTS

Intermediate/Advanced Jewelry:

Silversmithing

This class is for returning jewelry students who have completed Beginning Jewelry making. Some stone setting will be explored in the combination of rings, pendants, and bracelets. Students will work on individual project. Supplies will range from \$20-60 and are payable to the instructor. Instructor: Ann Rawls

Sep 21 – Dec 11	M	11:00am – 3:00pm	TEC 109
Code 4625	Course CS 104A		\$80

Lifelong Learners 50+			
Code 4626	Course SNRC 081A		\$54

Sep 22 – Dec 12	T	11:00am – 3:00pm	TEC 109
Code 4627	Course CS 104B		\$80

Lifelong Learners 50+			
Code 4628	Course SNRC 081B		\$54

Weekly Jewelry Workshop

This class is for returning intermediate/advanced jewelry students. This is a project class; each student should come prepared with a project to complete at the workshop. The instructor will be on hand to teach students individual skills required to complete their project. All students must have taken Beginning and Intermediate Jewelry classes prior to registering for this workshop. Supplies will range from \$20-60 and are payable to the instructor. Instructor: David Furuli.

Sep 23 – Dec 13	W	11:00am – 3:00pm	TEC 109
Code 4629	Course CS 104C		\$60

Lifelong Learners 50+			
Code 4630	Course SNRC 081C		\$34

Stained Glass – Lead & Foil

Learn the techniques to make and complete your first stained glass panel. Class covers selecting design, leading basics, soldering, and finishing techniques. *Must wear closed-toe shoes to class* Bring your own glass tools or purchase supplies and tools from the instructor at class. Glass and material supplies will cost approximately \$100-200, payable to the instructor. Class is held at 18245 Irwin St SW, Rochester. Call 360-273-6562 for directions. Supplies: Bring a fine or medium black and silver Sharpie. You may bring a sack lunch or snack to the day classes. Instructor: Karen Milton.

Day Class:

Sep 23 – Oct 30	W	10:00am – 1:00pm	Rochester
Code 4631	Course CS 103A		\$107

Lifelong Learners 50+			
Code 4632	Course SNRC 081D		\$54

Oct 28 – Nov 25	W	10:00am – 1:00pm	Rochester
Code 4633	Course CS 103B		\$107

Lifelong Learners 50+			
Code 4634	Course SNRC 081E		\$54

Dec 2 – Dec 30	W	10:00am – 1:00pm	Rochester
Code 6604	Course CS 103A		\$107

Lifelong Learners 50+			
Code 6605	Course SNRC 081A		\$54

Evening Class:

Sep 3 – Oct 1	Th	6:00pm – 9:00pm	Rochester
Code 4635	Course CS 103C		\$107

Lifelong Learners 50+			
Code 4636	Course SNRC 081F		\$54

Oct 8 – Nov 5	Th	6:00pm – 9:00pm	Rochester
Code 4637	Course CS 103D		\$107

Lifelong Learners 50+			
Code 4638	Course SNRC 081G		\$54

Nov 12 – Dec 17	Th	6:00pm – 9:00pm	Rochester
Code 6606	Course CS 103B		\$107

Lifelong Learners 50+			
Code 6607	Course SNRC 081B		\$54

Underage Students

Students under the age of 16 who wish to take non-credit classes through Continuing & Community Education must be accompanied to all scheduled classes by a parent or legal guardian. A completed and signed consent form and signed permission from the instructor must be received prior to registration.



Interested in Teaching?

Bring your special skill, knowledge and expertise to the community by teaching a class for Continuing Education. We are looking for part-time/non-credit instructors. Classes offered days, evenings or weekends, are a great way to share your knowledge and talent while earning a paycheck.

Qualifications:

- Experience with proposed subject matter.
- Enjoy sharing knowledge and skills with others.
- Completed course proposal.

Visit www.centralia.edu/academics/cont-ed/ for current class offerings and a course proposal, or contact Jake Fay at 360-623-8400 or jake.fay@centralia.edu.

Glass Workshops

Beginners welcome! Workshops are a great way to sample stained glass and create a project to keep or give as a gift. Material costs listed below. *Must wear closed-toe shoes to class.* Classes held at 18245 Irwin St SW, Rochester. Supplies: Bring a fine or medium black and silver Sharpie. You may bring a sack lunch or snack to the day classes. Instructor: Karen Milton.

Everything Christmas (\$15 - \$25)

Sep 26 Sa 10:00am – 3:00pm
Code 4639 Course CS 101A \$35

Nov 14 Sa 10:00am – 3:00pm
Code 6608 Course CS 101A \$35

Rings and Things (\$15 - \$25)

Sep 28 M 5:00pm – 9:00pm
Code 4644 Course CS 101F \$35

Wind Chimes (\$15 - \$25)

Oct 14 W 6:00pm – 9:00pm
Code 4640 Course CS 101B \$35

Fused Standing Christmas Tree (\$15 - \$25)

Oct 24 Sa 10:00am – 2:00pm
Code 4642 Course CS 101D \$35

Lead Nugget (\$15 - \$25)

Oct 26 M 6:00pm – 9:00pm
Code 4643 Course CS 101E \$35

Christmas Wind Chimes (\$15 - \$25)

Nov 4 & 11 W 6:00pm – 9:00pm
Code 4641 Course CS 101C \$35



PERSONAL INTEREST

Poetry Workshop: Free-Verse

In this class, you will learn the basics of the main subgenres and poetic movements involved in free-verse poetry. We will look at the works of Emily Dickinson, Walt Whitman, and Maya Angelou just to name a few. Instructor: Myriah Starr Barringer

Dec 15 – 17 T-Th 6:30pm – 8:30pm VIRTUAL
Code 6609 Course CS 176A \$35



MUSIC

Concert Choir

The Centralia College Choir is a vocal ensemble made up of Soprano, Alto, Tenor and Bass Voices and is open to all students and community members regardless of musical knowledge or background. You must be able to match a pitch as we move very rapidly. Literature will include high-level standard repertoire as well as contemporary favorites. There is one formal concert. Instructor: Vicki Tobin.

Sep 21 – Dec 11 Th 6:30pm – 9:00pm VIRTUAL
Code 4645 Course CS 164AA \$25