

**Community Education**  
**Summer/Fall 2018**  
**Course Catalog**



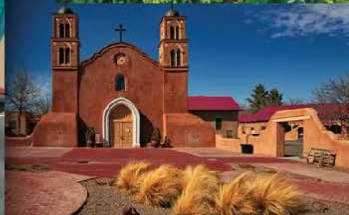




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CITY OF SOCORRO



[william.stone@nmt.edu](mailto:william.stone@nmt.edu)

St Paul's United Methodist Church  
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### Saturday Night at St. Paul's

6pm - Free Home Cooked Meal  
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All Tech students welcome

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## Registration

### Regular Tech Students

Register for Community Education classes the same way you register for regular classes. Community Education credit courses are graded Satisfactory or Unsatisfactory (pass fail) and you must attend at least 70% of classes to pass the course. You may register on Banweb using your Banner number.

Community Education courses are elective credit courses. They do not count towards core general education requirements but they do count towards graduation and financial aid. Please see your advisor if you have any questions regarding credit for Community Education classes.

### Community, Staff, Faculty and Retirees

Students who are not pursuing a degree program are classified as special students or non-degree seeking students. Special/Non-degree seeking students who have never taken a course at Tech need to complete the Admission form for Special Students and return the form to the Admissions Office in Fidel Center. For further information, please call 575-835-5424.

Students with degrees must apply in the Graduate Office, Fidel Center. You may also download an application online at our website. **Staff, Faculty, and Retirees**, receive a tuition waiver up to three credit hours. Please check with Human Resources Office for the tuition waiver form. Note that students must attend and participate in a minimum of 70% of classes to pass the course.

### Tuition

Full-time undergraduate students do not pay extra tuition when these classes are part of their 12-18 hour course load. Full-time graduate students may enroll for 1 credit hour of Community Education coursework beyond their 12 hour credit limit, at no extra charge, with the permission of the Graduate Office.

Special Students are charged for 1 credit hour, \$243.37\*(subject to change) for each class. Classes will have material or labs fees as well. Tuition for seniors 65 years and older pay \$5.00 per credit hour and must be requested at time of registration in the Registrar's Office.

### Non Credit Courses:

Fees Vary – check course listing.

### Contact Us

New Mexico Tech Community Education and Outreach,  
801 Leroy Place, Cramer Hall #201, Socorro, NM 87801  
www.nmt.edu/ced-home  
(575)-835-6581  
Lillian Armijo, Director

## Summer 2018 CLASSES

### Fine Arts

#### Drawing and Painting

##### Painting in Oils

This stress-free class allows students to learn how to oil paint at their own pace, while more experienced painters can develop their skills in a helpful and open-minded atmosphere. This class encourages originality and promotes artistic freedom.

(1 credit hour)

Lab Fee: \$60.00

Instructor: Jenny Blomquist

**CRN#: 76093**, Course#: FA 152C-01

M 1815-2015 FACW 104

**CRN#: 76142**, Course#: FA 152C-02

M 1515-1715 FACW 104

##### Painting in Acrylics

This course is designed for students who have had little or no painting instruction. Students learn about painting tools, materials, and how to apply them to at least one painting. (1 credit hour)

Lab Fee: \$60.00

Instructor: Ramona L. Montoya

**CRN#: 75904**, Course#: FA 153C-01

R 1815-2015 FACW 104

### Glass Works

#### Stained Glass I

Introduction to stained glass, including patterns, cutting, foiling, soldering, and glass selection (1 credit hour)

Lab Fee: \$60.00

Instructor: Dona Nowicki

**CRN#: 76090**, Course#: FA 260C-01

M 1300-1555 FACW 112

#### Glass Fusing/Slumping

This course is designed to be a comprehensive introduction to melting and molding glass with no lead lines. After completing the required projects, students will be able to create projects of their own design. (1 credit hour)

Lab Fee: \$60.00

Instructor: Dona Nowicki

**CRN#: 76092**, Course#: FA 261C-01

M 1715-2015 FACW 112

### Enameling and Metal Arts

#### Beginning Enameling

This is a beginning course in enameling, the art of fusing glass to metal. After completing the self-paced coursework, the student can create items of their own design. (1 credit hour)

Lab Fee: \$70.00

Instructor: Theresa Boracci

**CRN#: 75934**, Course#: FA 280C-01

W 1400-1650 FACW 109

#### Enameling II

This is a self-paced course in which the student will explore advanced techniques in enameling.

Experimentation is encouraged. Learn plique-a-jour, cloisonné, basse taille & others. (1 credit hour)

Lab Fee: \$70.00

Prerequisites: Beginning Enameling

Instructor: Theresa Boracci

**CRN: 75935**, Course#: FA 281C-01

W 1830-2130 FACW 109

#### Beginning Metal Arts & Lapidary

This is a beginning course in metal arts & lapidary. Students must complete projects in each of the following fabrication: lost wax casting, titanium & lapidary. Students will be expected to safely use hand tools, power tools, chemicals & acetylene torches. (1 credit hour)

Lab Fee: \$80.00

Instructor: Theresa Boracci

**CRN: 75936**, Course#: FA 282C-01

T 0900-1150 FACW 109

**CRN: 75937**, Course#: FA 282C-02

T 1400-1650 FACW 109

#### Armor Making

Armor making is for the medieval enthusiast. Projects include chain mail, scale mail, & plate mail. (1 credit hour)

Lab Fee: \$100.00

Instructor: Theresa Boracci

**CRN: 75938**, Course#: FA 286C-01

U 0900-1230 FACW 109

**CRN: 75939**, Course#: FA 286C-02

U 1400-1730 FACW 109



## **Metal Arts & Lapidary II**

This course is a continuation of Metal & Lapidary Arts. Students will complete projects of their own design including jewelry, small sculpture, stone shaping & more. Students will be expected to safely use hand tools, power tools, various chemicals & acetylene torches. (1 credit hour)

Lab Fee: \$80.00

Prerequisites: Beginning Metal Arts

Instructor: Theresa Boracci

**CRN: 75941**, Course#: FA 283C-01  
T 1430-1650 FACW 109

**CRN: 75942**, Course#: FA 283C-02  
M 1400-1650 FACW 109

**CRN: 76012**, Course#: FA 283C-03  
M 1830-2100 FACW 109

## **Precious Metal Clay I**

This course is an introduction to Precious Metal Clay, PMC. Students will create predetermined jewelry pieces using this innovative material. Additional PMC can be purchased from the instructor for further experimentation. (1 credit hour)

Lab Fee: \$150.00

Instructor: Theresa Boracci

**CRN: 75943**, Course#: FA 284C-01  
W 0900-1150 FACW 109

## **Precious Metal Clay II**

Students must provide their own tool sets & PMC. Students will create jewelry pieces of their choice using this innovative material. Students will learn to program the kiln & monitor firing. PMC & tool sets can be purchased from the instructor for further experimentation. (1 credit hour)

Lab Fee: \$15.00 plus material purchased from instructor.

Prerequisites: Precious Metal Clay I.

Instructor: Theresa Boracci

**CRN: 75944**, Course#: FA 285C-01  
W 0900-1150 FACW 109

## **Armor Making**

Armor making is for the medieval enthusiast. Projects include chain mail, scale mail, and plate mail. (1 credit hour)

Lab Fee: \$85.00

Instructor: Theresa Boracci

**CRN#: 75938**, Course#: FA 286C-01  
U, 0900-1230, FACW 109

**CRN#: 75939**, Course#: FA 286C-02  
U, 1400-1730, FACW 109

## **Photography**

### **Smartphone Photography**

This course will introduce students to the basics of photography including composition, exposure, shooting with intent, and post processing, and using a smartphone camera. We will cover smartphone camera basics, and advanced functions, explore apps and accessories, and post a portfolio on Instagram or Facebook. (1 credit hour)

Lab Fee: \$35.00

Instructor: Martha Gino

**CRN#:76247**, Course#: FA 189C-01  
W, 1730-1825, Library 212

## **Physical Recreation**

### **Relaxation and Yoga**

#### **Tai Chi Chuan**

Yang's Tai Chi Chuan is an elegant, moving meditation with slow flowing movements that are performed with an emphasis on correct body mechanics. (1 credit hour)

Lab Fee: \$15.00

Instructor: Douglas Corpolongo

**CRN#: 76149**, Course#: PR 143C-01  
TR 1600-1655 SAC

#### **Gentle Yoga**

This course will help you to let go of the tensions of your day through gentle breath work, seated meditation, and movement to increase mobility. (1 credit hour)

Lab Fee: \$15.00

Instructor: Marisa Wolfe

**CRN#: 76190**, Course#: PR 121C-01  
MW 1600-1650 SAC

#### **Intermediate Yoga**

A continuation of Beginning Yoga, demonstrating more advanced yoga postures and breathing techniques (1 credit hour)

Lab Fee: \$15.00

**CRN#: 76191**, Course#: PR 220C-01

Instructor: Margaret Griffin

TR 1200-1250 GYM 1

**CRN#: 76192**, Course#: PR 220C-02

Instructor: Melissa Begay

MW 1200-1250 GYM 1

## Sports and Recreation

### Zumba

Experience various styles of Latin rhythms such as meringue, salsa, & samba. This is a total body workout for a more toned & sculpted body.

(1 credit hour)

Lab Fee: \$15.00

**CRN#: 76069**, Course#: PR 132C-01

Instructor: Dana Chavez

TR 1730-1825 SAC

### Aquatic Zumba

This course is a combination of Zumba and water resistance, helping tone muscles with a low impact fitness workout. (1 credit hour)

Lab Fee: \$15.00

Instructor: Victoria Murillo

**CRN#: 76150**, Course#: PR 189C-10

TR 1800-1855 SWIM CENTER

### Spinning

Introductory rides will be taught at light to moderate intensity. Proper spinning techniques of seated flats and climbing will be taught. (1 credit hour)

Lab Fee: \$20.00

Instructor: Kim Padilla

**CRN#: 75995**, Course#: PR 134C-01

MW 0630-0725 GYM SPIN ROOM

**CRN#: 76153**, Course#: PR 134C-03

MW 1200-1245 GYM SPIN ROOM

### Weight Lifting

Students' workout routines are personalized with individual goals. Once a routine has been assigned, students are free to exercise on their own schedule. (1 credit hour)

Lab Fee: \$15.00

Instructor: Levi Del Curto

**CRN#: 76154**, Course#: PR 100C-01

TR 1900-1955 GYM WEIGHT ROOM

**CRN#: 76155**, Course#: PR 100C-02

TR 2000-2055 GYM WEIGHT ROOM

### Boot Camp and Tabata

This class is designed to push participants further than they would normally push themselves in the gym alone. Interval training and circuit training are major components of this class. (1 credit hour)

Lab Fee: \$15.00

Instructor: Melissa Begay

**CRN#: 76066**, Course#: PR 189C-01

MW 1600-1655 EAST GYM

### Pilates Matwork

This course provides an excellent strengthening work out using the principles of Joseph Pilates to build the core and improve flexibility. (1 credit hour)

Lab Fee: \$15.00

Instructor: Carrie Marsyla

**CRN#:76276**, Course#: PR 123C-01

MW, 1200-1255, EAST GYM

## Non-Credit

### Music

#### Piano I-V

If you are new to the piano or wish to refresh lessons taken long ago, this course will help you learn the basic piano skills in a group environment.

(0 credit hours)

Lab Fee: \$15.00

Tuition: \$130.00

Instructor: Gaby Benalil

**CRN#: 76336**, Course#: CED 330C-01

M 1100-1250 RH 232

#### Strings I-V

Learn the viola or violin in this small group setting. (0 credit hour)

Lab Fee: \$15.00

Tuition: \$130.00

Instructor: Gaby Benalil

**CRN#: 76338**, Course#: CED 342C-01

M 1400-1530 RH 232

#### Vocal Studio

This class offers an introduction to vocal techniques and how to develop a strong vocal fold for singing, sight reading, and basic music theory. All levels welcome! (0 credit hour)

Lab Fee: \$15.00

Tuition: \$130.00

Instructor: Gaby Benalil

**CRN#: 76337**, Course#: CED 335C-01

M 1300-1350 RH 232

## Certifications

### Concealed Carry Weapons Training

A requirement to attain a New Mexico Concealed Carry Weapons license, the course may be taken for new applicants.

Lab fee: \$15.00

Tuition: \$75.00

Prerequisites: 21+ & eligible for a NM Concealed Carry Permit.

Instructor: Scott Teare

**CRN: 76139**, Course#: CERT 189C-01

(June 23-24) SU 0800-1700 WORKC 116

## Fall 2018 CLASSES

### Fine Arts

#### Glass Works

##### Stained Glass I

Introduction to stained glass, including patterns, cutting, foiling, soldering, and glass selection (1 credit hour)

Lab Fee: \$60.00

Instructor: Dona Nowicki

**CRN#: 64856**, Course#: FA 260C-01

M, 1000-1155, FACW 112

##### Glass Fusing and Slumping

This course is designed to be a comprehensive introduction to melting and molding glass with no lead lines. After completing the required projects, students will be able to create projects of their own design. (1 credit hour)

Lab Fee: \$60.00

Instructor: Dona Nowicki

**CRN#: 64754**, Course#: FA 261C-01

M, 1715-1915, FACW 112

##### Stained Glass Design

Learn to design and fabricate your own stained glass pieces. (1 credit hour)

Lab Fee: \$60.00

Instructor: Dona Nowicki

**CRN#: 65025**, Course#: FA 264C-01

M, 1330-1530, FACW 112

##### Stained Glass Interpretation

Students in this class will interpret well known works of art into stained glass. (1 credit hour)

Lab Fee: \$60.00

Instructor: Dona Nowicki

**CRN#: 65026**, Course#: FA 265C-01

T, 1715-1915, FACW 112

##### Fused Glass Jewelry

Learn to create stunning original jewelry in fused glass. (1 credit hour)

Lab Fee: \$60.00

Instructor: Dona Nowicki

**CRN#: 65342**, Course#: FA 267C-01

W, 1715-1915, FACW112

##### Glass Bead Making

Learn to make glass beads, stringers, and decorative techniques like millefiori. This class will cover winding beads from spheres to disks. (1 credit hour)

Lab Fee: \$60.00

Instructor: Dona Nowicki

**CRN#: 64755**, Course#: FA 262C-01

W, 1300-1455, FACW 112

##### Dimensional Stained Glass

Students will learn how to create three-dimensional stained glass artwork. (1 credit hour)

Lab Fee: \$60.00

Instructor: Dona Nowicki

**CRN#: 65341**, Course#: FA 266C-01

M, 1515-1715, FACW 112

### Painting and Drawing

#### Painting in Oils

This stress-free class allows students to learn how to oil paint at their own pace, while more experienced painters can develop their skills in a helpful and open-minded atmosphere. This class encourages originality and promotes artistic freedom. (1 credit hour)

Lab Fee: \$60.00

Instructor: Jenny Blomquist

**CRN#: 65131**, Course#: FA 152C-01

M, 1515-1715, FACW 104

**CRN#: 65132**, Course#: FA 152C-02

M, 1815-2015, FACW 104

**CRN#: 65197**, Course#: FA 152C-03

W, 1600-1755, FACW 104

**CRN#: 65352**, Course#: FA 152C-04

R, 1600-1755, FACW 104

#### Painting in Oils II

This course is designed as a continuation of concepts learned in Painting in Oils and is intended to further student development as a painter. Emphasis will be placed on development of the student's painting skill and will introduce the use of critical thinking in relation to conceiving and producing finished works. (1 credit hour)

Lab Fee: \$60.00

Instructor: Jenny Blomquist

**CRN#:65381**, Course#: FA 189C-11

W, 1600-1755, FACW 104

**CRN#:65382**, Course#: FA 189C-12

R, 1600-1755, FACW 104

### **Advanced Oil Painting**

This advanced oil painting class will polish individual techniques through research and practice with different mediums, brush types, and substrates that will be used as appropriate. The focus of this class is on the individual painter. Prerequisites:

Painting in Oils or prior experience.

(1 credit hour)

Lab Fee: \$60.00

Instructor: Natasha Isenhour

**CRN#: 65167**, Course#: FA 189C-08

W, 1000-1155, FACW 104

### **Painting in Pastels**

Learn the basics of rendering in pastels, developing contrast and color sense. Make what you imagine come to life. (1 credit hour)

Lab Fee: \$60.00

Instructor: Natasha Isenhour

**CRN#: 65134**, Course#: FA 189C-07

T, 1800-1955, FACW 104

**CRN#: 65133**, Course#: FA 189C-06

T, 1500-1650, FACW 104

### **Advanced Pastel Painting**

This class takes a more in depth examination of the execution of the properties of pastels, varied surfaces, and more complex composition. (1 credit hour)

Lab Fee: \$60.00

Instructor: Natasha Isenhour

**CRN#: 65351**, Course#: FA 189C-10

W, 1400-1555, FACW 104

### **Advanced Painting**

Advanced Painting is designed for the student working in either Oil or Pastel to broaden his or her skills in this comfortable summer school setting. Basic knowledge of the medium of preference is required. (1 credit hour)

Lab Fee: \$60.00

Instructor: Natasha Isenhour

**CRN#: 65344**, Course#: FA 189C-09

W 1800-1955, FACW 104

### **Painting in Acrylics**

This course is designed for students who have had little or no painting instruction. Students learn about painting tools, materials, and how to apply them to at least one painting. (1 credit hour)

Lab Fee: \$60.00

Instructor: Ramona L. Montoya

**CRN#: 64753**, Course#: FA 153C-01

R, 1815-2015, FACW 104

### **Technical and Industrial Drawing**

This course is divided into two parts. First, students will be taught to draw in one and two-point perspective. In the second part of the course, students will learn to apply perspective drawing and to develop drawings which show a pictorial method of communication of ideas. (1 credit hour)

Lab Fee: \$35.00

Instructor: Leo Gabaldon

**CRN#: 64752**, Course#: FA 151C-01

T, 1800-1955, FACE 114

### **Comics Drawing I**

Learn about the craft of sequential art and how to draw your own cartoons and comics. Even if you think you can't draw, this course will soon be your favorite class. (1 credit hour)

Lab Fee: \$25.00

Instructor: Richard Arthur

**CRN#:**, Course#: FA 189C-04

W, 1800-1955, FACE 114

### **Comics Drawing II**

Continued practice on serial art, storylines, and graphics. (1 credit hour)

Lab Fee: \$25.00

Instructor: Richard Arthur

**CRN#:**, Course#: FA 189C-05

W, 1800-1955, FACE 114

## Ceramics & Clay

### **Wheel Thrown Ceramics I**

Learn how to create pottery using a wheel, including throwing, glazing, and surface skills. Build your craft with new techniques as you progress.

(1 credit hour)

Lab Fee: \$60.00

Instructor: Belle Rehder

**CRN#: 64757**, Course#: FA 271C-01

R, 1730-1930, FACE 102

### **Wheel Thrown Ceramics II**

Learn more advanced techniques, including glazing, firing, and wheel specialties. (1 credit hour)

Lab Fee: \$60.00

Instructor: Belle Rehder

**CRN#: 65024**, Course#: FA 289C-04

R, 1730-1930, FACE 102



### Hand Building in Clay I

Learn the basic techniques for constructing clay objects solely by hand. There will be demonstrations for techniques and assigned projects, after which the students may work. (1 credit hour)

Lab Fee: \$60.00

Instructor: Georgia Raymond

**CRN#: 64756**, Course#: FA 270C-01

T, 1715-1915, FACE 102

### Hand Building in Clay II

Continues with more advanced techniques in hand building (1 credit hour)

Lab Fee: \$60.00

Instructor: Georgia Raymond

**CRN#: 65122**, Course#: FA 270C-02

T, 1715-1915, FACE 102

### Sculptural Ceramics I

This course will explore different techniques in forming representational as well as abstract ceramic sculptures. After completing the self-paced coursework, the student can create items of his/her own design. (1 credit hour)

Lab Fee: \$60.00

Instructor: Georgia Raymond

**CRN#: 64758**, Course#: FA 272C-01

W, 1715-1915, FACE 102

### Sculptural Ceramics II

Students will further develop creativity in clay expression, new techniques, and procedures.

(1 credit hour)

Lab Fee: \$60.00

Instructor: Georgia Raymond

**CRN#: 65123**, Course#: FA 289C-06

W, 1715-1915, FACE 102

### Fiber Arts

#### Weaving 101

Learn the fundamentals of woven cloth including yarn selection, loom preparation, weaving finishes, project planning, regional history, and the connection between textiles and technology. Rigid heddle loom focus. (1 credit hour)

Lab Fee: \$60.00

Instructor: Elizabeth Gipson

**CRN#: 65225**, Course#: FA 189C-14

W, 1530-1730, FACE 114

### Photography

#### Introduction to Digital Photography

This course will give the student a basic foundation in using a digital camera and finding their style when it comes to photography. The technical aspects of photography, camera functions, composition, and the aesthetic nature of photography will also be covered. (1 credit hour)

Lab Fee: \$35.00

Instructor: Anthony Perreault

**CRN#: 65116**, Course#: FA 189C-01

R, 1800-1920, FACE 114

#### Introduction to Photoshop

This is an introductory course in Photoshop. The course will cover opening images in Photoshop, making nondestructive changes to the image and saving it to either print or email output. Advanced techniques such as combining multiple images using layer masks and layer blending modes to create new, unique images will also be explored. (1 credit hour)

Lab Fee: \$35.00

Instructor: Anthony Perreault

**CRN#: 65693**, Course#: FA 189C-02

M, 1800-1920, SPEARE

**CRN#: 65118**, Course#: FA 189C-03

W, 1800-1920, SPEARE

### Enameling and Metal Arts

#### Beginning Enameling

This is a beginning course in enameling, the art of fusing glass to metal. After completing the self-paced coursework, the student can create items of their own design. (1 credit hour)

Lab Fee: \$65.00

Instructor: Theresa Boracci

**CRN#: 64759**, Course#: FA 280C-01

R, 1400-1650, FACW 109

**CRN#: 64760**, Course#: FA 280C-02

R, 1830-2130, FACW 109

#### Enameling II

This is a self-paced course in which the student will explore advanced techniques in enameling. Experimentation is encouraged. Learn Plique-a-jour, cloisonné, basse taille, and more! (1 credit hour)

Lab Fee: \$65.00

Instructor: Theresa Boracci

**CRN#: 64761**, Course#: FA 281C-01

R, 0900-1150, FACW 109

**CRN#: 64762**, Course#: FA 281C-02

R, 1400-1650, FACW 109

**CRN#: 64772**, Course#: FA 281C-03

R, 1830-2130, FACW 109

### **Beginning Metal Arts and Lapidary**

This is a beginning course in metal arts and lapidary. Students must complete projects in each of the following fabrication mediums: lost wax casting, titanium, and lapidary. (1 credit hour)

Lab Fee: \$75.00

Instructor: Theresa Boracci

**CRN#: 64763**, Course#: FA 282C-01

T, 0900-1150, FACW 109

**CRN#: 64764**, Course#: FA 282C-02

T, 1400-1650, FACW 109

**CRN#: 65291**, Course#: FA 282C-04

T, 1830-2055, FACW 109

### **Metal Arts and Lapidary II**

This course is a continuation of Metal and Lapidary Arts. Students will complete projects of their own design including jewelry, small sculpture, stone shaping, and more. Students will be expected to safely use hand tools, various chemicals and acetylene torches. (1 credit hour)

Lab Fee: \$75.00

Instructor: Theresa Boracci

**CRN#: 64765**, Course#: FA 283C-01

M, 1400-1650, FACW 109

**CRN#: 64766**, Course#: FA 283C-03

W, 1430-1700, FACW 109

**CRN#: 64767**, Course#: FA 283C-04

M, 1830-2100, FACW 109

### **Precious Metal Clay I**

This course is an introduction to Precious Metal Clay, PMC. Students will create predetermined jewelry pieces using this innovative material. Additional PMC can be purchased from the instructor for further experimentation. (1 credit hour)

Lab Fee: \$160.00

Instructor: Theresa Boracci

**CRN#: 64768**, Course#: FA 284C-01

W, 1900-2130, FACW 109

### **Precious Metal Clay II**

Students must provide their own tool sets and PMC. Students will create jewelry of their choice using this innovative material. (1 credit hour)

Lab Fee: \$10.00

Instructor: Theresa Boracci

**CRN#: 64769**, Course#: FA 285C-01

W, 1900-2130, FACW 109

### **Armor Making**

Armor making is for the medieval enthusiast. Projects include chain mail, scale mail, and plate mail. (1 credit hour)

Lab Fee: \$85.00

Instructor: Theresa Boracci

**CRN#: 64770**, Course#: FA 286C-01

U, 0900-1230, FACW 109

**CRN#: 64771**, Course#: FA 286C-02

U, 1400-1730, FACW 109

## Physical Recreation

### **Relaxation and Yoga**

#### **Tai Chi Chuan- Elder's**

The American Geriatric Society and the Center for Disease Control suggest that Tai Chi is the most effective exercise for improving balance and preventing falls in senior citizens. It is also an effective and safe cardio vascular exercise that anybody can practice regardless of age or physical condition.

(1 credit hour)

Lab Fee: \$15.00

Instructor: Dug Corpolongo

**CRN#: 65343**, Course#: PR 143C-02

TR, 1400-1450, SAC

#### **Tai Chi Chuan**

Yang's Tai Chi Chuan is an elegant, moving meditation with slow flowing movements that are performed with an emphasis on correct body mechanics. (1 credit hour)

Lab Fee: \$15.00

Instructor: Dug Corpolongo

**CRN#: 64853**, Course#: PR 143C-01

TR, 1600-1650, SAC

#### **Stretch and Relaxation**

This course is an introduction to stretching properly, breathing methods, meditation, and progressive body relaxation. (1 credit hour)

Lab Fee: \$15.00

Instructor: Maggie Griffin

**CRN#: 65136**, Course#: PR 124C-01

TR, 1600-1655, GYM 1

#### **Beginning Yoga**

Introduction to yoga including deep stretches, powerful standing poses, vinyasa, deep breathing, and conscious relaxation techniques. (1 credit hour)

Lab Fee: \$15.00

Instructor: Maggie Griffin

**CRN#: 65345**, Course#: PR 120C 01

TR, 1715-1815, GYM 1

### Slow Flow Yoga

This is an invigorating class which focuses on supporting the structural integrity of the spine, back, and abs through a flowing vinyasa-style practice.

(1 credit hour)

Lab Fee: \$15.00

Instructor: Kelley Flynn

**CRN#: 65347**, Course#: PR 122C 01

MW, 1600-1655, SAC

### Gentle Yoga

This course will help you to let go of the tensions of your day through gentle breath work, seated meditation, and movement to increase mobility.

(1 credit hour)

Lab Fee: \$15.00

Instructor: Kelley Flynn

**CRN#: 65346**, Course#: PR 121C-01

MW, 1700-1750, SAC

### Intermediate Yoga

A continuation of Beginning Yoga demonstrating more advanced yoga postures and breathing techniques. (1 credit hour)

Lab Fee: \$15.00

**CRN#: 65349**, Course#: PR 220C-01

Instructor: Maggie Griffin

TR, 1200-1255, GYM1

**CRN#: 65350**, Course#: PR 220C-02

Instructor: Melissa Begay

MW, 1200-1255, GYM1

### Martial Arts

#### Karate I

Karate is an ideal exercise and self-defense program for both men and women. The class incorporates kicks, punches, blocks, throws, and intricate strategies. (1 credit hour)

Lab Fee: \$15.00

Instructor: Scott Teare

**CRN#: 64744**, Course#: PR 141C-01

TR, 1600-1655, GYM1

#### Karate II

Karate II is an ideal exercise and self-defense program for both men and women who want to further broaden their exposure to the kicks, punches, blocks, throws, and intricate strategies.

(1 credit hour)

Lab Fee: \$15.00

Instructor: Scott Teare

**CRN#: 65028**, Course#: PR 189C-10

TR, 1600-1655, GYM1

### Taijitsu

Students must be at least 18 years of age to take this class. This is an introductory course to hand-to-hand combat forms of both the samurai and the ninja.

(1 credit hour)

Lab Fee: \$15.00

Instructor: Alex George

**CRN#: 65156**, Course#: PR 142C-01

MW, 1700-1755, GYM HANDBALL COURT

### Sports and Recreation

#### Boot Camp and Tabata

This class is designed to push participants further than they would normally push themselves in the gym alone. Interval training and circuit training are major components of this class. (1 credit hour)

Instructor: Melissa Begay

Lab Fee: \$20.00

**CRN#: 64858**, Course#: PR 189C-05

MW, 1600-1655, EAST GYM

#### Spinning

Introductory rides will be taught at light to moderate intensity. Proper spinning techniques of seated flats and climbing will be taught. (1 credit hour)

Lab Fee: \$20.00

Instructor: Kim Padilla

**CRN#: 64738**, Course#: PR 134C-01

MW, 1715-1810, GYM SPIN ROOM

**CRN#: 64852**, Course#: PR 134C-02

MW, 0630-0725, GYM SPIN ROOM

**CRN#: 64862**, Course#: PR 134C-03

TR, 0630-0725, GYM SPIN ROOM

**CRN#: 65542**, Course#: PR 134C-04

MW, 1200-1250, GYM SPIN ROOM

#### Introduction to Archery

This course is designed for the beginner or novice archer and uses target bows and equipment. It introduces students to the basic techniques of target archery as a lifetime activity. (1 credit hour)

Lab Fee: \$40.00

Instructor: Bran Olney

**CRN#: 65157**, Course#: PR 189C-03

M, 1930-2100, SAC



### Weight Lifting

Students' workout routines are personalized with individual goals. Once a routine has been assigned, students are free to exercise on their own schedule.

(1 credit hour)

Lab Fee: \$15.00

Instructor: Levi del Curto

**CRN#: 64740**, Course#: PR 100C-01

TR, 1900-1955, GYM WEIGHT ROOM

**CRN#: 65056**, Course#: PR 100C-02

TR, 2000-2055, GYM WEIGHT ROOM

### Basketball

This course is a fun and refreshing way to get out of the normal routine of repetitive practicing exercises. Emphasis will be placed on rules and violations.

(1 credit hour)

Lab Fee: \$15.00

Instructor: Brad Hoffman

**CRN#: 64743**, Course#: PR 111C-01

MW, 1800-1850, EAST GYM

### Indoor Soccer

Have you ever wanted to learn how to play soccer? Indoor soccer offers players of all levels the chance to get some exercise and have fun! (1 credit hour)

Lab Fee: \$15.00

Instructor: Brad Hofmann

**CRN#: 64736**, Course#: PR 112C 01

MW, 2000-2055, EAST GYM

**CRN#: 64737**, Course#: PR 112C 02

MW, 2100-2155, EAST GYM

### Beginning Golf

A course designed for the beginning golfer which explores theory, mechanics, basic fundamentals of golf, rules, etiquette, and the use of irons and woods.

(1 credit hour)

Lab Fee: \$75.00

Instructor: Clemente Grijalva

**CRN#: 64741**, Course#: PR 106C-01

TR, 1300-1355, GOLF

**CRN#: 64742**, Course#: PR 106C-02

MW, 1300-1355, GOLF

### Intermediate Golf

Improve your score by concentrating on specific areas of the game and building skills learned in beginning golf. (1 credit hour)

Lab Fee: \$75.00

Instructor: Clemente Grijalva

**CRN#: 64751**, Course#: PR 206C-01

TR, 1100-1155, GOLF

### Fencing

This course will provide the student with an introduction to Olympic-style sport saber fencing by focusing on the essential physical and conceptual elements of the sport. (1 credit hour)

Lab Fee: \$45.00

Instructor: Cynthia Villyard

**CRN#: 65135**, Course#: PR 110C 01

T, 1900-2055, SAC

### Outdoor Recreation

#### Hueco Tanks Climbing and Camping

This course is an advanced bouldering specific course with basic camping element. The course will take place at Hueco Tanks State Historical Park, with camping being at either American Alpine Clubs Hueco Rock Ranch, or the park campground. Students will be instructed in advanced spotting, and pad management techniques in a world class bouldering area. Students will also have the opportunity to attempt a variety of bouldering climbs at the world famous Hueco Tanks State Historical Park. (1 credit hour)

Lab Fee: \$115.00

Instructor: Scott Roberts

Trip 1: October 27-28

Trip 2: December 1-2

#### Camping

Camp overnight and learn the proper methods in setting up camp, choosing a site, and other camping must-know skills. You will meet once on April 21, to prepare for the camping trip April 22-23.

(1 credit hour)

Lab Fee: \$40.00

Instructor: Scott Roberts

Course#: PR 289C

Trip 1: November 10-11

#### Performance Climbing

Take your climbing skills to the next level in this gym-based class that will work your muscle memory and develop your climbing strength. (1 credit hour)

Lab Fee: \$15.00

Instructor: Scott Roberts

**CRN#: 64927**, Course#: PR 189C-01

MW, 1900-1955, GYM

### Performance Climbing II

Take your climbing skills to the next level in this gym-based class that will work your muscle memory and develop your climbing strength. (1 credit hour)

Lab Fee: \$15.00

Instructor: Scott Roberts

**CRN#: 65065**, Course#: PR 189C-02

TR, 1900-1955, GYM

### Bouldering

This class focuses on the most basic form of rock climbing, where the goal is to complete short climbs while you are protected by bouldering pads and gymnastic spotting techniques. (1 credit hour)

Lab Fee: \$15.00

Instructor: Scott Roberts

**CRN#: 65030**, Course#: PR 289C-01

R, 1515-1855, GYM

### Beginning Rock Climbing

This course is an introduction to the exciting sport of rock climbing with an emphasis on safe technique.

Safe knots and belay technique will be taught.

(1 credit hour)

Lab Fee: \$50.00

Instructor: Scott Roberts

**CRN#: 64746**, Course#: PR 161C-01

W, 1515-1855, GYM

**CRN#: 64747**, Course#: PR 161C-02

T, 1515-1855, GYM

### Intermediate Rock Climbing

Continued instruction for experienced climbers to hone in climbing skills with an emphasis on safety

(1 credit hour)

Prerequisites: Beginning Rock Climbing.

Lab Fee: \$50.00

Instructor: Scott Roberts

**CRN#: 64748**, Course#: PR 261C-01

W, 1515-1855, GYM

**CRN#: 64749**, Course#: PR 261C-02

T, 1515-1855, GYM

### Aerobics and Pilates

#### Zumba Strong

Strong by Zumba is a high intensity interval training class using more traditional fitness moves. It provides a more athletic, conditioning style workout, using your own bodyweight as resistance to achieve muscle definition. (1 credit hour)

Lab Fee: \$15.00

Instructor: Victoria Murillo

**CRN#: 65173**, Course#: PR 132C-03

TR, 1730-1825, WEST GYM

### Zumba

Experience various styles of Latin rhythms such as meringue, salsa, & samba. This is a total body workout for a more toned & sculpted body.

(1 credit hour)

Lab Fee: \$15.00

**CRN#: 64868**, Course#: PR 132C-01

Instructor: Dana Chavez

TR, 1730-1825, SAC

**CRN#: 64739**, Course#: PR 132C-02

Instructor: Victoria Murillo

MW, 1715-1755, EAST GYM

### Pilates Matwork

This course provides an excellent strengthening work out using the principles of Joseph Pilates to build the core and improve flexibility. (1 credit hour)

Lab Fee: \$15.00

Instructor: Carrie Marsyla

**CRN#: 65348**, Course#: PR 123C-01

MW, 1200-1255, EAST GYM

### Dance

#### Beginning Belly Dance

This course presents the basic moves of belly dance with a well-balanced warm up and hip articulation.

(1 credit hour)

Lab Fee: \$15.00

Instructor: Julie Johnson

**CRN#: 64745**, Course#: PR 150C-01

MW, 1900-1955, GYM 1

#### Intermediate Belly Dance

This course continues for the serious belly dancer, with dance choreography and props. (1 credit hour)

Lab Fee: \$15.00

Instructor: Julie Johnson

**CRN#: 64750**, Course#: PR 250C-01

MW, 2000-2055, GYM 1

#### Country and Western Dance

Students will learn and master the basics of many dance types. (1 credit hour)

Lab Fee: \$15.00

Instructor: Glenn Gray

**CRN#: 65137**, Course#: PR 154C-01

MR, 1830-1925, SAC

## Certifications

### For Credit

#### Beginning MS Excel 2016

This course will cover cell basic such as modifications, formatting, saving workbooks, and creating simple formulas, templates and worksheet basics. No prior knowledge of Excel required.

(1 credit hour)

Lab Fee: \$15.00

Instructor: Camille Gurule

Course#: CERT 189C

January 22<sup>nd</sup> - March 23<sup>th</sup>

M, 1715-1915, Library 208

#### Intermediate MS Excel 2016

This course will cover creating complex formulas, sorting, outlining, and filtering data, reviewing and sharing workbooks, working with charts and creating pivot tables. Beginning MS Excel or prior experience is required. (1 credit hour)

Lab Fee: \$15.00

Instructor: Camille Gurule

Course#: CERT 189C

March 26<sup>th</sup> - April 30<sup>th</sup>

M, 1715-1915, Library 208

### Non- Credit

#### Concealed Carry & Weapons Training

This class fulfills a requirement to attain a New Mexico Concealed Carry Weapons license. The course may be taken for new applicants as well as for 2 and 4 year renewals. \*Prerequisite: All students must be 21 years and older and eligible for a New Mexico Concealed Carry Permit. (0 credit hours)

Lab Fee: \$15.00

Tuition: \$100.00

Instructor: Scott Teare

Course#: CERT 189C

SU, 0800-1700, WORKC 116

## Music

### Piano I-V

If you are new to the piano or wish to refresh lessons taken long ago, this course will help you learn the basic piano skills in a group environment.

(0 credit hours)

Lab Fee: \$15.00

Tuition: \$130.00

Instructor: Gaby Benalil

CRN#: 65751, Course#: CED 330C-01

M, 1700-1750, RH 232

### Strings I-V

Learn the viola or violin in this small group setting. (0 credit hours)

Lab Fee: \$15.00

Tuition: \$130.00

Instructor: Gaby Benalil

CRN#: 65750, Course#: CED 342C-01

M, 1300-1350, RH 232

### Vocal Studio

This class offers an introduction to vocal techniques and how to develop a strong vocal fold for singing, sight reading, and basic music theory. All levels welcome! (0 credit hour)

Lab Fee: \$15.00

Tuition: \$130.00

Instructor: Gaby Benalil

CRN#: 65752, Course#: CED 335C-01

M 1800-1850 RH 232





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