

PERSONAL INTEREST



((new)) Goodies & Treats for the Holiday & Other Special Occasions

Attend and create candies, cookies, bars, tarts and many other wonderful treats to be made not only for the holidays but other special occasions as well. Students will supply class materials. Come join us for a fun and hands-on class!

International Cuisine

Some say the best way to get to know a culture is through sampling its food, but even better is learning how to cook it. Various Asian, European, Mid-Eastern and even USA cultures and dishes will be explored. Students will supply class materials.

((new)) Basic Sewing by Hand

Attend and learn the basics of sewing by hand such as patching holes, hemming garments, replacing buttons, mending tears and being prepared for small sewing emergencies. Students will supply materials and complete a small project

((new)) Basic Sewing by Machine

Attend & learn the basics of sewing by machine which includes threading the machine, using proper settings, applying safety precautions and much more. Students will supply materials and enjoy making a seasonal pillow in class. (Equipment: If available, bring portable sewing machine.)



Joy of Painting - Beginner

As a beginner, you will be introduced to the Bob Ross wet-on-wet method of oil painting. You will learn the proper technique of prepping the canvas, various brushes and knives and application of the medium. Class materials will be discussed at first class.

((new)) Joy of Painting - Advanced

As an advanced student, you will continue to expand on the Bob Ross wet-on-wet method of oil painting. You will create paintings within different themes and settings. Class materials will be discussed at first class.

Kick-Boxin'

Bring it on! Burn calories and gain strength by kick boxin' into a healthier you! No equipment needed. Optional: Weighted gloves/ankles weights.

Health Wellness

Get started on a healthier lifestyle. Exercise in SCC's gym on cycles, treadmills, steppers, abdominal crunch apparatus, and weight machines.

Power Step

Come have fun with us, listen to great music and dance away your calories and stress as we encourage and push each other to become healthier. (Equipment needed: Aerobics step).

Total Body Workout

Learn how to plan and implement a total body workout routine to help tone and tighten the entire body from shoulders to calves leaving you with a complete feeling of satisfaction and balance. All that is required to perform the total body workout is a good pair of tennis shoes and sheer will power.

Yoga

This course introduces students to breathing practices, awareness meditation and the physical postures of Yoga and offers advanced instruction for returning students. Participants may wish to purchase their own Yoga mat and wear comfortable clothes.



Want to teach?

SCC is always looking for new instructors!

What Workforce Continuing Education classes are you interested in teaching?

Current possibilities include:

- Nurse Aide
- EMT/Fire
- Skilled Trades
- Computer Skills
- Job Readiness
- Licensures & Certifications
- Basic Skills
- SBC Seminars
- Medical Billing & Coding
- And more!



For more information about teaching at SCC, call us at (910)642-7141, ext. 296.



Personal Interest (Continued)

Title	Date	Day	Time	Location	Hours	Registration/Other Cost	Instructor
Goodies & Treats for the Holidays & Other Special Occasions	11/14-12/12	M	6-9pm	SCC, T-118	15	\$38	CSimmons
International Cuisine	10/01-11/05	Sa	9am-12n	SCC, T-118	18	\$65 + \$0.55 ins	CMullins
Basic Sewing by Hand	9/13-10/11	T	6-9pm	SCC, T-120	15	\$45	LSchalk
Basic Sewing by Machine	10/25-11/22	T	6-9pm	SCC, T-120	15	\$45	LSchalk
Joy of Painting - Beginner	8/22-9/26	M	6-9pm	SCC, D-112	15	\$60	MManess
Joy of Painting - Beginner	10/24-11/21	M	6-9pm	SCC, D-112	15	\$60	MManess
Joy of Painting - Advanced	8/23-9/20	T	6-9pm	SCC, D-112	15	\$60	MManess
Joy of Painting - Advanced	10/25-11/22	T	6-9pm	SCC, D-112	15	\$60	MManess
Kick-Boxin'	9/20-11/10	TTh	5:15-6pm	SCC, NES-219	12	\$40 + \$0.55 ins	JPittman
Health Wellness	8/15-10/17	MTh	6:30-7:15pm	SCC, NES-106	12	\$43 + \$0.55 ins	RThompson
Health Wellness	10/20-12/15	MTh	6:30-7:15pm	SCC, NES-106	12	\$43 + \$0.55 ins	RThompson
Power Step	9/20-11/10	TTh	6:15-7pm	SCC, NES-219	12	\$40 + \$0.55 ins	JPittman
Total Body Workout	8/15-10/17	MTh	5:10-5:55pm	SCC, NES-217	12	\$43 + \$0.55 ins	RThompson
Total Body Workout	10/20-12/15	MTh	5:10-5:55pm	SCC, NES-217	12	\$43 + \$0.55 ins	RThompson
Yoga	9/13-10/20	TTh	4-5pm	SCC, NES-217	12	\$55 + \$0.55 ins	VBalogh
Yoga	10/27-12/08	TTh	4-5pm	SCC, NES-217	12	\$55 + \$0.55 ins	VBalogh

Pre-registration is encouraged.

To pre-register, call (910) 642-7141, ext. 296, 397 or 425.



Defensive Driving

Do You Have a Ticket? If so, call to pre-register for a class today!

Defensive driving classes may minimize or prevent assessment of insurance points or premium surcharges on your insurance policy and/or driver's license. You will need your driver's license number, violation type and court date when you pre-register.

Defensive Driving (4hr)

This course demonstrates the consequences of poor choices that drivers make behind the wheel, putting defensive driving into personal context.

Defensive Driving (8 hr)

This course addresses the attitudes of problem drivers to change their driving behaviors. Participants learn the choices they make have financial, legal, and personal consequences.



Title	Date	Day	Time	Location	Registration
Defensive Driving (4hr)	8/20, 9/17, 10/01, 10/15, 11/05, 11/19 or 12/03	Sa	8am-12n	SCC, T-120	\$60
Defensive Driving (8hr)	9/17 or 11/05	Sa	8am-5pm	SCC, T-120	\$110

Registration Fees for Defensive Driving must be payable by money order or cashier's check.

For more information or to register for a class, call (910) 642-7141, ext. 296, 397 or 425.