

FLATHEAD VALLEY COMMUNITY COLLEGE
CONTINUING  **EDUCATION**
SUMMER 2024 NON-CREDIT COURSE CATALOG



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Continuing Education Summer Non-Credit Course Catalog

Welcome to the Continuing Education’s Summer 2024 session where you can create, imagine, discover and dream while updating your skills. Call **406.756.3832** or visit fvcc.edu/ContinuingEducation to register today!

General Interest and Workforce Training

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Online registration is easy!

Register at fvcc.edu/ContinuingEducation.

For questions regarding online registration, call **406.756.3832**.
 Space is limited so register early to secure your space.

All classes are held in-person at FVCC unless otherwise noted.
 Select classes are held at off-campus partner locations or online via Zoom.

FVCC Continuing Education

Arts and Technology Building, Room 215
Monday-Friday, 8am-5pm | 406.756.3832

Non-Credit Registration

Registration for non-credit classes is ongoing throughout the semester.

- Register online at fvcc.edu/ContinuingEducation.
- Early registration is encouraged, as class size is limited.
- Payment is due at the time of registration.

General Information

- With instructor's permission, students under age 16 may register for adult non-credit classes.
- Continuing Education classes do not qualify for financial aid.
- All classes are held at FVCC unless noted.

Class Cancellations

- Classes that do not receive a minimum number of student enrollment may be cancelled.
- If a class cancels, you will be notified and a full refund will be processed.

Withdraw

If you are unable to attend a Continuing Education class or workshop for which you have registered, please call Continuing Education immediately to officially withdraw.

Refunds

- Cancellations received 14 calendar days prior to the start of a class or workshop will receive a full refund. Students must contact Continuing Education at 406.756.3832 or ceinfo@fvcc.edu to cancel and request the full refund.
- No refund is issued for cancellations received less than 14 calendar days prior to the start of the class or workshop.

Transfer

Requests to transfer from one class to another, made less than 14 calendar days prior to the start of the first class, may be subject to an additional fee.



Key:

- A) Occupational Trades (OT)
- B) Maintenance
- C) Business & Social Science (BSS)
- D) Learning Resource Center (LRC)
- E) Blake Hall (BH)
- F) Ross Hall (RH)
- G) Arts & Technology (AT)
- H) Rebecca Chaney Broussard Center for Nursing and Health Science (BC)
- I) Early Childhood Center (ECC)
- J) Founders Hall (FH)
- K) Broussard Family Library and Learning Commons
- L) Paul D. Wachholz College Center (WCC)

 Lactation Room

 Flathead Valley
Community College™
Continuing Education



FVCC Kids College 2024 has an exciting summer line-up for a variety of interests, abilities and grade levels. Age ranges are based on the grade your child will be entering in the fall.

Enrollment is limited and available on a first-come, first-served basis. A completed and signed waiver is due at the time of registration to reserve your child's seat in class and can be found online.

Make sure to wear weather/class appropriate clothing and secure closed-toe footwear, and bring a water bottle and snack.

See pages 7-8 for a complete listing of Kids College classes.



EXPERIENTIAL LEARNING ACADEMY

Experiential Learning Academy (ELA) introduces middle school and high school students to various career paths and related post-secondary education with week-long camps. Through hands-on learning, ELA provides an opportunity for students to engage with local employers and professionals, as well as college faculty, staff and students as they explore their field of interest.

The Author's Adventure for Teens **NEW** \$214

Explore poetry, short fiction, novel and screenplay writing. Check out resources available on campus and meet with published professionals who work in both fiction and non-fiction. Bring a notebook and a lunch each day as you enjoy a week of creative writing! Bring a lunch.

Jun 17-21 9am-4pm Grades 7-10

Introduction to Health Sciences **NEW** \$259

Get college-level experience in diverse medical fields through simulation labs, lectures and hands-on activities. Start to build your medical terminology, learn about the human body, and get a glimpse of what it is like to be a nurse, EMT, physical therapist assistant, surgical technologist, radiologic technologist and more. Engage with college faculty and industry professionals to expand your understanding of in-demand health care careers. Bring a lunch.

Jul 15-19 9am-4pm Grades 7-9

CyberTech Camp

Learn what it takes to be an information security expert. Explore types of cyber threats and how to counter them as you learn about ethical hacking principles, legal considerations, and how to appropriately report a problem. Meet with industry professionals, solder your own mixer board, learn basic programming skills and experiment with Raspberry Pi computers in this free camp funded by CyberMontana. **Watch for details coming soon to fvcc.edu/ContinuingEducation.**

CANCELED



CREATIVE ARTS

Introduction to Drawing with PrismaColor Pencils NEW **\$124**

Unlock the expressive potential of PrismaColor pencils with realistic drawing techniques for all skill levels. Learn blending, shading and highlighting to create vivid artworks with depth and detail. With expert guidance, refine your skills and unleash creativity through hands-on activities.

Jun 24-28 9am-12pm **Grades 9-12**
Jul 8-12 1-4pm **Grades 6-8**

America in Art **\$114**

Take a trip through time and explore ways to depict historical events and symbols in American history through a variety of art mediums. Come join our trip!

Jun 24-28 9am-12pm **Grades 3-5**

Montana Animals & Art **\$114**

Montana is home to many unique mammals, birds and amphibians. This course offers students the opportunity to learn about several Montana animals through creating mixed media artwork and researching each animal's habitat, special survival skills and defining body features and function.

Jun 10-14 9am-12pm **Grades 3-5**

Art Extravaganza **\$114**

Learn about the seven design principles of art: line, space, color, form, value, shape and texture. This class uses a variety of mediums to create beautiful pieces of art that are displayed in an art show for family and friends.

Jun 10-14 9am-12pm **Grades 1-2**
Jun 17-21 9am-12pm **Grades 3-5**

Mammal Mash-Ups NEW **\$119**

Take the unique characteristics of your favorite mammals and mash them up to create some crazy creatures. Using air-dry clay, experiment with scale, form and texture to create a crazy creature family. Build a diorama through drawing and collage for your mammal mash-up family and then present it on the final day of class.

Jun 24-28 1-4pm **Grades 6-8**

Introduction to Painting & Color Theory NEW **\$124**

Explore the vibrant world of painting and delve into the fundamentals of color theory, painting procedures and various techniques. Learn how to mix and manipulate colors effectively, develop an understanding of composition and master essential painting techniques. Leave with a comprehensive foundation for expressing your creativity on canvas at any skill level.

Jul 8-12 9am-12pm **Grades 6-8**
Jul 15-19 1-4pm **Grades 9-12**

Rock Painting & Nature Art NEW **\$99**

Have fun using natural materials to make art. Paint rocks that can be hidden so others can enjoy finding them or keep them for your own collection. Make pictures and craft projects using sticks, rocks, pine cones and other things found outdoors.

Jul 8-12 9am-12pm **Grades 1-2**
Jul 8-12 1-4pm **Grades 3-5**

Fiber Collage **\$119**

Are you feeling crafty, creative, curious and ready to touch the fine arts through fiber art? Come explore how traditional fiber art techniques can meet contemporary practices. Create a fabric collage that explores texture, fabric design and embroidery to share a personal narrative about a topic you choose.

Jul 8-12 1-4pm **Grades 9-12**

Quirky Quilling **\$119**

Quilling is an art form that uses strips of paper that are rolled, shaped and glued together to create decorative designs. Learn about a variety of quilling techniques and combine them together to create a unique work of art that will brighten any room.

Jul 15-19 1-4pm **Grades 6-8**

Foundations of Drawing NEW **\$129**

Explore different foundations of drawing that can be applied to multiple drawing subjects. Spend the week drawing landscapes, animals, still life setups, architecture and portraits. Explore different art supplies and how to use them to create fun and inspiring pieces of art.

Jun 10-14 9am-12pm **Grades 9-12**
Jul 15-19 9am-12pm **Grades 6-8**

CULINARY CREATIONS

Cake Decorating Creations **\$114**

Explore layer cakes, fillings, frosting and fondant as you spend the week making a two or three-layer cake from start to finish. Make and bake a red velvet or Magnolia's vanilla cake, whip up a variety of frostings and fillings, and explore different cake decorating techniques including piped borders and flowers. End the week showing off your artistry then feast on your decadent dessert during the Final Cake Party!

Jun 17-21 1-4pm **Grades 3-5**



Montana Culinary Creations **\$114**

Learn to read and follow simple recipes as you produce tasty dishes based on Montana-sourced foods. Spend each day focusing on a specific food found in our great state and learn about its nutritional value, health benefits and regional availability. Then work in teams to make delicious dishes like Butternut Bison Lasagna, Carrot Pumpkin Muffins, Baked Mac and Cheese, and Flathead Cherry Salad.

Jun 10-14 9am-12pm **Grades 3-5**
Jun 10-14 1-4pm **Grades 1-2**

Register online today!

Quick | Easy | Convenient

fvcc.edu/ContinuingEducation

LANGUAGE & CULTURE

German Language & Culture **\$109**

Join us for a fun way to get to know the German language and culture through games, music, dancing, crafting and cooking. No prior knowledge of German is necessary to explore new cultural traditions.

Jun 17-21 9am-12pm **Grades 3-5**
Jun 24-28 9am-12pm **Grades 6-8**

**Japanese Language & Culture** **\$109**

Explore Japan and its language and culture with a native Japanese language instructor. Learn how to introduce yourself and begin communicating by learning alphabets, greetings, words, phrases and numbers through fun activities such as singing songs, creating origami arts and playing games. Students also learn to make a Japanese traditional dish during this fun-filled week.

Jun 17-21 9am-12pm **Grades 6-8**
Jun 24-28 9am-12pm **Grades 1-2**
Jun 24-28 1-4pm **Grades 3-5**

NATURE & RESILIENCY

Nature-Based Mindfulness **NEW** **\$114**

Ground yourself in the senses by connecting with the healing benefits of nature. Through the hands-on practices of yoga, breath work, meditation, quiet walks and nature-based art, learn to access an inner calm and bring awareness to the present moment.

Jul 15-19 9am-12pm **Grades 3-5**
Jul 15-19 1-4pm **Grades 6-8**

STEAM-Work **NEW** **\$114**

Develop communication skills through partner and group activities involving STEAM challenges. Create marble mazes and spaghetti marshmallow towers, participate in the biggest bubble challenge and use mystery ingredients to create unique snacks. Play games like Scattergories, headbands and silent ball all the while learning how to work well with others and develop effective communication skills.

Jun 10-14 1-4pm **Grades 3-5**
Jul 15-19 1-4pm **Grades 3-5**

PERFORMING ARTS & MUSIC

Create Your Own Podcast **\$99**

Podcasts are popular and informative, and now you can start your own. Learn about different podcast styles and leave with one written and recorded episode, as well as information about entering future podcast challenges like NPR's Student Podcast Challenge.

Jun 17-21 1-4pm **Grades 6-8**

Music Around the World **NEW** **\$99**

Embark on a captivating musical voyage around the globe! Through listening, discussion and reflection, gain a deeper understanding of cultural expressions, world music traditions and the universal language of music. No instruments required—just an open mind and a love for melodies from every corner of the world!

Jul 15-19 9am-12pm **Grades 6-8**

Soundtrack Storytelling **NEW** **\$114**

Unleash your creativity in this dynamic music class. Learn how composers create captivating soundtracks for imaginary scenes using digital tools. Explore melody, mood and character themes while discovering the magic of music in storytelling.

Jun 10-14 9am-12pm **Grades 6-8**

Jazz & Hip-Hop Dance **\$114**

Learn jazz and hip-hop steps, then combine them together in choreography to perform for family and friends on Friday. No previous dance experience needed. Wear clothes to move and dance in. Bring socks for jazz (or jazz shoes if you have them) and tennis shoes for hip-hop.

Jun 10-14 9am-12pm **Grades 1-4**
Jun 10-14 1-4pm **Grades 5-9**

**Irish Dance & Music** **\$99**

Learn the fundamentals of Irish dance: step dancing basics, traditional choreography and ceili dancing, and then how to recognize tunes to showcase steps to. In addition to dancing, come have fun crafting, conditioning, playing games and performing at the end of the week.

Jun 17-21 9am-12pm **Grades 3-5**
Jun 24-28 9am-12pm **Grades 4-8**

Beginning Guitar for Kids **\$89**

Learn to play various guitar chords and strums using fun songs. Learn how to tune your guitar, read music lead sheets and understand basic music theory as applied to guitar. Bring your guitar and tuner.

Jun 10-14 1-3pm **Grades 5-8**

Theater Workshop **\$99**

Theater and performance have been a form of expression for centuries. Spend a week exploring your strengths as a performer. Each student produces short scenes for a variety of purposes, engages in fun improvisational exercises, and performs in both a scripted solo and ensemble piece.

Jun 24-28 1-4pm **Grades 4-8**



SCIENCE & TECHNOLOGY

Stop Motion Animation: LEGO Brickfilms **NEW** **\$124**

Learn how to write a script, plan, shoot and edit your own stop-motion LEGO movie using a free program, Brickfilms. Working in small groups, discover the fun of bringing your LEGOs to life on the big screen!

Jun 10-14 9am-12pm **Grades 1-2**
Jun 10-14 1-4pm **Grades 3-5**
Jun 24-28 9am-12pm **Grades 6-8**
Jun 24-28 1-4pm **Grades 3-5**

ROBLOX® Coders **\$179**

Discover the Lua language through a visual block coding system while designing experiences in ROBLOX®, an online universe where you can create anything you dream of. This class combines game design concepts, coding, and of course fun. Learn how to navigate ROBLOX's studio software to reimagine the popular game.

Jul 8-12 9am-12pm **Grades 6-8**
Jul 8-12 1-4pm **Grades 3-5**

ROBLOX® Makers **\$179**

Unlock the power of ROBLOX® Studio, the world creation tool used by real world ROBLOX® developers. Learn how to build 3D models and create an adventure in your ROBLOX® world. Bring characters to life with unique animations you design.

Jun 17-21 9am-12pm **Grades 6-8**
Jun 17-21 1-4pm **Grades 3-5**



Circuit City \$129

Build simple electrical circuits and test electrical current as you build light, fan and speaker circuits. Investigate conductivity of different materials including water and a pencil. Finish the week with Circuit City Contest: can you build the last circuit and win? Take your circuit kit home at the end of the week to continue innovating!

Jun 10-14 1-4pm Grades 1-2
Jun 17-21 1-4pm Grades 3-5
Jul 15-19 1-4pm Grades 1-2

LEGO® Robotics \$114

Explore basic programming using a LEGO® EV3 Mindstorm kit. Working with a partner, take on a variety of challenge activities as you build and program a robot. Learn how to incorporate movement and sensors into your programming and build design. Each day features a new guided build and challenge activity.

Jun 10-14 1-4pm Grades 6-8
Jul 15-19 9am-12pm Grades 3-5

Animal Habitats \$99

Learn about a new animal group each day and discover the habitats in which these different animals live. Identify the various animals that make up each group and use hands-on activities, games and group discussions to explore these amazing animals and their habitats.

Jun 17-21 9am-12pm Grades 1-2

Polar Expedition \$99

Discover the unknown worlds of the North and South Poles. Learn the differences between the Arctic and Antarctic biomes, what causes the auroras, how animals camouflage themselves and more through art, scientific inquiry and food for a fun, hands-on week.

Jun 17-21 9am-12pm Grades 1-2
Jun 24-28 1-4pm Grades 1-2

Physical Geography & Geology NEW \$99

Learn about the physical features of the earth while creating models of mountains, plains, volcanoes, oceans and rivers. Study soil, rocks and minerals with hands-on activities. Discover characteristics of the main types of rocks and then collect and categorize rock samples outside. End the week with creative projects using rocks.

Jun 17-21 1-4pm Grades 1-2
Jun 24-28 9am-12pm Grades 1-2
Jul 8-12 1-4pm Grades 1-2

The Montana Dinosaur Experience \$114

As home to the T-Rex, Triceratops, Maiasaura and more, Montana's dinosaur history is one of the greatest in the world. Learn all the different species that were discovered here, why Montana is such a paleontological hotbed, and get your hands dirty digging, classifying and bringing these incredible animals to life.

Jul 8-12 9am-12pm Grades 3-5
Jul 15-19 9am-12pm Grades 1-2



WRITING & LITERATURE

Exploring World Mythology \$99

Explore and read mythologies from Greek, Roman, Norse, Egyptian and South American cultures. In addition to reading myths, activities include listening to podcasts, acting out reader's theater scripts and presenting on myths.

Jun 10-14 1-4pm Grades 6-8

Authors & Illustrators \$114

Make your own book as you read classic children's books and discuss their illustrations. Learn about storyboarding, then choose a story to tell and begin building your very own book. Explore colors, textures and shapes to add imagery to your pages. Finish the week with your own illustrated book and a deeper appreciation for authors and illustrators!

Jun 17-21 9am-12pm Grades 1-2
Jun 17-21 1-4pm Grades 3-5

ONE-DAY CLASSES & WORKSHOPS

Safe Sitter Essentials with CPR \$79

Learn the essentials required to be a safe and successful sitter. This one-day training workshop designed to prepare students to safely watch younger siblings or babysit covers a number of safety issues including how to handle emergencies, choking safety, first aid and CPR, as well as basic child development and behavior management. Bring a lunch.

Jun 11 9am-3:30pm Grades 5-8
Jun 25 9am-3:30pm Grades 5-8
Jul 9 9am-3:30pm Grades 5-8

Babysitting Bootcamp \$69

This class prepares older teens who are new or experienced babysitters. Briefly review the basics of babysitting and then learn about the AHA Heartsaver K-12 certification that includes CPR, FA and AED.

Jun 12 8am-12pm Grades 9-12
Jun 24 8am-12pm Grades 9-12

Pet First Aid for Kids \$49

Learn how to prevent pet emergencies, recognize when your pet is sick and perform pet CPR.

Jul 16 9am-12pm Grades 5-8

CPR for Kids \$49

An American Heart Association instructor teaches CPR Basics and how to help a family member or friend in the event of an emergency. Skills are taught in a dynamic group environment using the AHA's research proven practice-while-watching technique with hands-on CPR practice time. Class does not include actual certification.

Jun 18 9am-12pm Grades 7-10
Jul 10 1-4pm Grades 7-10

Outdoor First Aid for Kids \$59

This course is essential for any kids who enjoy the outdoors with their families. Class topics include environmental emergencies, makeshift transport, medical emergencies, creative bandaging, bone and joint injuries, splinting and more.

Jun 13 1-4pm Grades 5-8
Jun 19 9am-12pm Grades 5-8
Jul 10 9am-12pm Grades 5-8

Pet Walking 101 \$59

This one-day workshop covers business basics and the fundamentals of starting a pet walking and pet sitting business, certifications you need to earn clients' trust, personal and community safety, foundations of pet care, and first aid basics and CPR.

Jun 13 9am-12pm Grades 5-8

Kids College Classes

CLASS NAME	DATES	TIME	INSTRUCTOR	GRADES
Art Extravaganza	June 10-14	9am-12pm	Dana Fraley	1-2
Stop Motion Animation: LEGO Brickfilms	June 10-14	9am-12pm	Chris Tempel	1-2
Jazz & Hip Hop Dance	June 10-14	9am-12pm	Chelsea Speer	1-4
Montana Animals and Art	June 10-14	9am-12pm	Lexi Gilbert	3-5
Montana Culinary Creations	June 10-14	9am-12pm	Amy Danforth	3-5
Soundtrack Storytelling	June 10-14	9am-12pm	Misty Koyuncu	6-8
Foundations of Drawing	June 10-14	9am-12pm	Steve Miller	9-12
Circuit City	June 10-14	1-4pm	Lexi Gilbert & Jess Hensley	1-2
Montana Culinary Creations	June 10-14	1-4pm	Amy Danforth	1-2
Stop Motion Animation: LEGO Brickfilms	June 10-14	1-4pm	Chris Tempel	3-5
STEAM-Work	June 10-14	1-4pm	Stacey Andersen	3-5
Beginning Guitar for Kids	June 10-14	1-3pm	Dee Fleming	5-8
Jazz & Hip Hop Dance	June 10-14	1-4pm	Chelsea Speer	5-9
Exploring World Mythology	June 10-14	1-4pm	Megan Koppes	6-8
LEGO Robotics	June 10-14	1-4pm	Katie Eberhardy	6-8
Safe Sitter Essentials with CPR	June 11	9am-3:30pm	Racheal Vargas	5-8
Babysitting Bootcamp	June 12	8am-12pm	Racheal Vargas	9-12
Pet Walking 101	June 13	9am-12pm	Racheal Vargas	5-8
Outdoor First Aid for Kids	June 13	1-4pm	Racheal Vargas	5-8
The Author's Adventure for Teens	June 17-21	9am-4pm	Kathy Dunnehoff	7-10
Authors & Illustrators	June 17-21	9am-12pm	Melanie Ruonavaara	1-2
Polar Expeditions	June 17-21	9am-12pm	Linda Puchta	1-2
Animal Habitats	June 17-21	9am-12pm	Lexi Gilbert & Amy Danforth	1-2
Art Extravaganza	June 17-21	9am-12pm	Dana Fraley	3-5
Irish Dance & Music	June 17-21	9am-12pm	Claire Gutschenritter	3-5
German Language & Culture	June 17-21	9am-12pm	Susi Byrne	3-5
ROBLOX Makers	June 17-21	9am-12pm	Ally Jones	6-8
Japanese Language & Culture	June 17-21	9am-12pm	Yoshimi Yamamoto-Derks	6-8
ROBLOX Makers	June 17-21	1-4pm	Ally Jones	3-5
Physical Geography & Geology	June 17-21	1-4pm	Linda Puchta	1-2
Cake Decorating Creations	June 17-21	1-4pm	Amy Dansforth	3-5
Circuit City	June 17-21	1-4pm	Lexi Gilbert	3-5
Authors & Illustrators	June 17-21	1-4pm	Melanie Ruonavaara	3-5
Create Your Own Podcast	June 17-21	1-4pm	Megan Koppes	6-8
CPR for Kids	June 18	9am-12pm	Racheal Vargas	7-10
Outdoor First Aid for Kids	June 19	9am-12pm	Racheal Vargas	5-8
Physical Geography & Geology	June 24-28	9am-12pm	Linda Puchta	1-2
Japanese Language & Culture	June 24-28	9am-12pm	Yoshimi Yamamoto-Derks	1-2
America in Art	June 24-28	9am-12pm	Dana Fraley	3-5
Irish Dance & Music	June 24-28	9am-12pm	Claire Gutschenritter	4-8
Stop Motion Animation: LEGO Brickfilms	June 24-28	9am-12pm	Chris Tempel	6-8
German Language & Culture	June 24-28	9am-12pm	Susi Byrne	6-8
Intro to Drawing with Prismacolor Pencils	June 24-28	9am-12pm	Kenadie Pisk	9-12
Polar Expeditions	June 24-28	1-4pm	Linda Puchta	1-2

Kids College Classes (continued)

CLASS NAME	DATES	TIME	INSTRUCTOR	GRADES
Japanese Language & Culture	June 24-28	1-4pm	Yoshimi Yamamoto-Derks	3-5
Stop Motion Animation: LEGO Brickfilms	June 24-28	1-4pm	Chris Tempel	3-5
Theatre Workshop	June 24-28	1-4pm	Brynne Cadigan	4-8
Mammal Mash-ups	June 24-28	1-4pm	Jemina Watstein	6-8
Babysitting Bootcamp	June 24	8am-12pm	Racheal Vargas	9-12
Safe Sitter Essentials with CPR	June 25	9am-3:30pm	Racheal Vargas	5-8
Rock Painting & Nature Art	July 8-12	9am-12pm	Melanie Ruonavaara	1-2
Montana Dinosaur Experience	July 8-12	9am-12pm	Sheena Istre	3-5
ROBLOX Coders & Entrepreneurs	July 8-12	9am-12pm	Ally Jones	6-8
Introduction to Painting & Color Theory	July 8-12	9am-12pm	Kenadie Pisk	6-8
Physical Geography & Geology	July 8-12	1-4pm	Linda Puchta	1-2
Rock Painting & Nature Art	July 8-12	1-4pm	Melanie Ruonavaara	3-5
ROBLOX Coders & Entrepreneurs	July 8-12	1-4pm	Ally Jones	3-5
Introduction to Drawing with Prismacolor Pencils	July 8-12	1-4pm	Kenadie Pisk	6-8
Fiber Collage	July 8-12	1-4pm	Jemina Watstein	9-12
Safe Sitter Essentials with CPR	July 9	9am-3:30pm	Racheal Vargas	5-8
Outdoor First Aid for Kids	July 10	9am-12pm	Racheal Vargas	5-8
CPR for Kids	July 10	1-4pm	Racheal Vargas	7-10
Introduction to Health Sciences	July 15-19	9am-4pm	Karla Ryan & Faculty	7-9
Montana Dinosaur Experience	July 15-19	9am-12pm	Sheena Istre	1-2
Nature-Based Mindfulness	July 15-19	9am-12pm	Christiane Hinterman	3-5
LEGO Robotics	July 15-19	9am-12pm	Katie Eberhardy	3-5
Foundations of Drawing	July 15-19	9am-12pm	Steve Miller	6-8
Music Around the World	July 15-19	9am-12pm	Misty Koyuncu	6-8
Circuit City	July 15-19	1-4pm	Mary Fusaro	1-2
STEAM-Work	July 15-19	1-4pm	Stacey Andersen	3-5
Nature-Based Mindfulness	July 15-19	1-4pm	Christiane Hinterman	6-8
Quirky Quilling	July 15-19	1-4pm	Jemina Watstein	6-8
Introduction to Painting & Color Theory	July 15-19	1-4pm	Kenadie Pisk	9-12
Pet First Aid for Kids	July 16	9am-12pm	Racheal Vargas	5-8



General Interest & Workforce Training

ACCOUNTING & FINANCE

Unlocking Financial Statements

As a decision-maker for your organization, you have powerful tools in your balance sheet, income statement and cash flow. Refine your understanding about generally accepted accounting principles and how to scan any financial report to quickly notice pertinent numbers.

Brien Kreps 1 session
Wed May 1 6-9pm \$49

Cash-Flow Management

Would you like to know how to increase the balance in your business checking account? Learn how the decisions you make daily affect your cash flow and what decisions you can make to improve your cash flow.

Brien Kreps 1 session
Wed May 8 6:30-8:30pm \$35

AGRICULTURE, GARDENING & ANIMALS



Beginning Beekeeping

Explore the amazing world of honey beekeeping. Class covers basic biology, equipment, acquiring bees, bee health, easy honey harvesting and winterizing as well as an apiary field trip on the second day. Answer all your buzzing questions and learn many amazing facts and skills about honey beekeeping.

Angela Tollerson 2 sessions
Sat May 18-25 10:30am-3pm \$79

Square Foot Gardening

Learn to save time, effort, tools, space and water with the square foot gardening method. It is estimated to cost 50% less and uses 20% less space, 10% of the water, and only 2% of the work compared to single row gardening. There's virtually no weeds, no digging or rototilling, and no heavy tools necessary.

Kathy Prim 1 session
Sat May 4 10am-12:30pm \$34



Pet First Aid, CPR & Disaster Response

Learn to identify and prevent pet emergencies and recognize normal and abnormal vital signs. Discuss how to care for pets, plan for the outdoors and travel, and how best to handle disaster and response.

Racheal Vargas 1 session
Fri Jun 21 9am-1pm \$74

BRIDGE, HOBBIES & HANDICRAFTS

Beginning Bridge I

Learn to start playing bridge for the first time. Or, have you played part bridge and want to learn duplicate bridge or just want to improve your bidding and playing? If so, then this is the class for you!

Cathy Barbouletos 8 sessions
Tue/Thu Jun 4-27 5-7pm \$99

Beginning Bridge II

Do you want to improve your bidding, playing and defensive skills? Learn to play bridge with confidence. No class on 7/4.

Cathy Barbouletos 8 sessions
Tue/Thu Jul 2-30 5-7pm \$99

Beginning Bridge III

You've learned all the basics, now learn the conventions to complete a successful game. This class meets at the Flathead Valley Bridge Center. No class on 7/6.

Cathy Barbouletos 8 sessions
Sat Jun 1-Jul 27 10am-12pm \$99

BUSINESS EFFICIENCY & QUALITY

Lean Six Sigma (LSS) is a team-focused managerial approach that seeks to improve performance by eliminating the waste of physical resources, time, effort and talent while assuring quality in production and organizational processes. It combines Six Sigma methods and tools with the Lean Manufacturing/Lean Enterprise philosophy. This LSS series equips you with LSS methodologies or certifications to benefit any organization.

Lean Six Sigma Series Overview NEW (Zoom ONLY)

Learn the true value of the various Lean Six Sigma (LSS) certifications, what it takes to obtain them and how you and your organization can benefit from these learnings. Explore White Belt, Yellow Belt, Green Belt and Black Belt course offerings.

Jennifer Gardner 1 session
Fri Jun 7 11am-12pm Free

Lean Kaizen Certification NEW

Learn the basic tools of Lean Kaizen or Rapid Improvement Event (RIE) methodologies in this 1-day course led by a certified Lean Six Sigma Black Belt (LSSBB). Learn how to implement a successful Lean Kaizen culture for any organization. Gain basic proficiency in value stream mapping, task prioritization, checkpoints and more.

Jennifer Gardner 1 session
Fri Jun 14 12-4pm \$150

Lean Six Sigma Executive White Belt NEW Certification

Learn the basic tools of Lean Six Sigma (LSS) methodologies in this 1-day course led by a certified Lean Six Sigma Black Belt (LSSBB). Learn how to champion or sponsor Lean or Six Sigma projects for any organization. Gain basic proficiency in quality management, process improvement techniques, identifying waste and inefficiencies within processes, data collection, data analysis and more.

Jennifer Gardner 1 session
Fri Jun 21 12-4pm \$150

COMMUNICATION & CUSTOMER SERVICE

Don't Hesitate: Decide!

Master a powerful tool for making informed, intelligent, synergistic decisions while harmonizing different perspectives and opinions. Discover how to achieve buy-in among competing personalities when tough decisions must be made. Learn to deploy a decision making model that combines interpersonal skills, rational skills and task skills to get everyone's commitment and support.

Phil Quigley 1 session
Thu Apr 18 9-11am \$35

The Art of Persuasion

Learn the secrets of some of the world's most inspiring and successful influencers. Master a suite of best practices for influencing colleagues, executives, customers and other decision makers. Win others over with empathy, compassion and understanding, and by learning and applying three game changing persuasion tools.

Phil Quigley 1 session
Thu May 2 9-11am \$35

Next Level Customer Service Toolkit

Take your customer service to the next level, confront conflict with confidence and help your team stay motivated in tough times. Learn powerful customer service techniques including: 7 things never to say to customers; 4 ways to apologize; 5 secrets to move a customer out of their hardball mentality; and methods on how to handle 4 common difficult customer types.

Lisa Jones 4 sessions
Tue/Thu May 14-23 2:30-4:30pm \$125

Certified Interpretive Guide Course

Engage audiences, present with confidence, organize your ideas, spark your creativity and connect people to places through this internationally recognized certificate. Great for educators, interpreters, guides, docents and public speakers of any kind! Register by May 5 at interpnet.com - go to Interpretive Guide Courses under Professional Development. Optional: Interpretive Guide Certificate and a one year membership with the National Association for Interpretation for an additional \$165.

Christiane Hinterman,
Certified Interpretive Trainer 4 sessions
Mon-Thu May 20-23 8:30am-4:30pm \$265



COMPUTERS & MEDIA TECHNOLOGY

Start & Grow Your YouTube Channel

Learn the essentials to be successful with your own YouTube channel - realities, niche, channel name, camera and sound options, editing, dashboard and analytics. Walk away with tips for growing your channel.

Chris Tempel 3 sessions
Wed Apr 24-May 8 6-8pm \$84

WordPress: Easy Website Design

Learn how to set up an entire website with WordPress. No programming skills needed.

Shannon Hanson 3 sessions
Wed Apr 24-May 8 1-5pm \$159

Advanced WordPress Web Design

Designed for those responsible for the administration of a WordPress website or who just want a deeper understanding of how it works - learn about themes, plugins, installation and registration as well as backing up your site and moving to a new host.

Shannon Hanson 3 sessions
Wed May 15-29 1-5pm \$159

Foundations of Microsoft Excel

Explore the basics of spreadsheet functions like shortcuts to assist in data entry, how to create formulas, and basic formatting. Learn to manage an Excel workbook including data organization, linking, cross sheet formulas and working with multi sheet books. Walk away with tips and tricks to speed up your layout, formatting, and printing. Prerequisite: experience with basic Windows functions.

Allison McCarthy 2 sessions
Apr 23-30 1-4pm \$129 (Zoom Option)

Advanced Microsoft Excel

Dive into useful Excel functions like graphs and charts, IF and VLOOKUP formulas, conditional formatting rules, sorting and filtering functions, and more. Learn to use advanced filtering to build accurate, duplicate-free lists that you can then send to a separate file for emailing. Combine the power of pivot tables with accurate lists to create summary level reports. Prerequisite: Excel Level I & II - or Foundations of Excel.

Allison McCarthy 2 sessions
May 7-14 1-4pm \$129 (Zoom Option)

CREATIVE ARTS

Acrylic Plein Air Painting

Learn landscape painting with acrylic paint and some of the most beautiful scenery to be found. Carpooling directions to sites and the material list provided at the time of registration.

Jill Kanewisher 4 sessions
Fri May 31-Jun 21 2-5pm \$94

Basics & Beyond of Crazy Quilting

Learn about the eclectic form and technique of handwork and quilt projects. Materials and stitch book provided to help guide you through developing your own design. Learn 10-15 crazy quilt stitches, how to add embellishments, and how to meticulously plan your design for a stylish, haphazard look.

Jan Shanahan 1 session
Sat Jun 22 10am-3pm \$69
Sat Aug 3 10am-3pm \$69

Register today!

fvcc.edu/ContinuingEducation

FITNESS, HEALTH & WELLNESS



Beginning Crochet

Learn about yarn, needles, pattern reading and the basic stitches and textures needed to create simple to intermediate projects. Bring a pattern if you have one, metal hook sizes G, H, I and J, one skein of acrylic worsted yarn, ruler or gauge guide and small scissors. Class includes practice yarn, yarn needle, "fun yarns" to try, and guidebook/pattern sample.

Jan Shanahan 1 or 2 sessions
Sat May 18 10am-3pm \$69
Wed Jul 24-31 5:30-8pm \$69

Hand Embroidery with a Contemporary Twist

Start the summer off learning the handcraft of embroidery. Learn how to use embroidery thread to make the right size stitches, transfer designs to your surface and be creative about the stitching. Discover delicate stitches or larger more primitive stitches to suit your design.

Jan Shanahan 1 or 2 sessions
Sat Jun 15 10am-3pm \$69
Wed Jun 19-26 5:30-8pm \$69

Needlepoint Basics

Learn about canvas types and what kind of yarns/threads work best with each one. Begin by marking your canvas and then learn core stitch techniques and several additional textured stitches to add personality to your piece. The finished product can be made into a small pillow or blocked and placed in a frame. All canvas, threads, stitch guide and needles are supplied.

Jan Shanahan 1 session
Sat Jul 13 10am-3pm \$69



SHiNE Dance Fitness™

SHiNE Dance Fitness™ brings original routines to life using hit music and choreography for all abilities. Rooted in jazz, ballet and hip-hop, this workout gives you a creative outlet and is the perfect balance of cardio and toning to ensure you receive a full-body workout.

Donna Bryant 7 sessions
Thu May 16-Jun 27 5:30-6:30pm \$69

Oula One

Oula One is a heart-based, musically-inspired yoga dance fusion class. Each session is done barefoot on the mat, with no jumping or impact. Journey through spinal warming and activation, balancing and strengthening, core work, stretching and relaxation. Join us for a great way to rejuvenate mind, body and soul. No class May 27.

Donna Bryant 6 sessions
Mon May 20-Jul 1 5:30-6:30pm \$64



Introduction to Forest Bathing (Shinrin-yoku)

Forest bathing, also known as shinrin-yoku and forest therapy, offers a new way to experience nature for health and well-being with positive physiological and psychological benefits. Learn how to slow down and focus your senses on the natural world to help address daily stresses. Discover this easy, simple and fun practice you can do anytime and anywhere.

Ellen Horowitz 1 session
Wed Jun 5 6-8:30pm \$34
Thu Jun 20 6-8:30pm \$34
Thu Jul 11 6-8:30pm \$34
Thu Jul 25 6-8:30pm \$34
Thu Aug 8 6-8:30pm \$34
Thu Aug 22 6-8:30pm \$34

Connecting to Nature from the Back Porch NEW

Research shows that spending time outdoors is good for your health. Learn simple ways to incorporate nature connection practices into your life to address daily stresses. Class takes place on an FVCC patio with landscaping and seating, and views of the forest and mountains. Wheelchair accessible.

Ellen Horowitz 1 session
Tue Jun 18 6-8pm \$29
Tue Jul 16 6-8pm \$29
Tue Aug 20 6-8pm \$29

Stop the Bleed®

Learn how to apply a basic wound dressing, pack a deep laceration, apply a chest seal, apply a tourniquet and perform a basic injury assessment. Stop the Bleed encourages bystanders to become trained, equipped and empowered to help in a bleeding emergency before professional help arrives. Includes certification.

Racheal Vargas 1 session
Wed May 1 1:30-2:45pm \$34
Wed Jun 5 1:30-2:45pm \$34

Family & Friends CPR

Learn the knowledge and skills needed to perform CPR and save lives. This class is designed for family members, grandparents, or anyone wishing to learn the basics of CPR and choking hazard/danger/skills or have a quick refresher. Taught by Certified American Heart Association instructor.

Racheal Vargas 1 session
Wed May 1 10am-1pm \$39

Heartsaver® Total (CPR, AED & First Aid)

This course from the American Heart Association is designed for anyone with little or no medical training and wants to prepare to act in an emergency at work or home. Learn CPR skills for adults, children and infants. Receive a completion card after finishing the first aid and/or CPR training.

Racheal Vargas 1 session
Tue May 7 9am-2pm \$79
Wed May 29 9am-2pm \$79
Fri Jun 14 9am-2pm \$79

Basic Life Support for Healthcare Providers

The American Heart Association's Basic Life Support course reflects new science from the 2020 AHA Guidelines Update for CPR and Emergency Cardiovascular Care. This video-based, instructor-led course teaches single rescuer and team basic life support skills for application in both in-facility and pre-hospital settings.

Racheal Vargas 1 session
Tue May 7 2:30-5:30pm \$64
Wed Jun 5 9am-1pm \$64
Mon Jun 14 1-4pm \$64

FOOD SAFETY

ServSafe® Food Safety for Managers Training & Certification Program



Learn what you need to know to pass the ServSafe Food Protection Manager Certification. The exam is part of the session. Flathead City-County Health Dept Staff 1 session

Thu May 9 8:30am-5pm \$95
Tue Jun 18 8:30am-5pm \$95

Thank you to McDonald's and the Flathead City-County Health Department for their sponsorship to keep the cost of this course low.

ServSafe® Food Safety Exam Proctoring
Visit fvcc.edu/testingcenter to schedule an appointment to take the exam. Questions? Email proctor@fvcc.edu.

LEADERSHIP

"You've Got This" Delegation Tool

With integrity, accountability and courage, apply a powerful delegation tool that helps bring out the natural best in people, boosts their confidence and self-regard, and delivers extraordinary results. Be a change maker who encourages innovative ideas and behavior.

Phil Quigley 1 session
Wed Apr 17 2:30-4:30pm \$35

Feedback or Feed Forward?

Studies show that among Millennials and Gen Zs, direct feedback is the most wanted developmental tool. Use Feed Forward coaching and mentoring to improve this group's performance and advance their careers. Learn how to request, give, receive and act on feedback, as well as specific practices that boost your reputation as a mentor and your credibility as a leader.

Phil Quigley 1 session
Wed Apr 24 2:30-4:30pm \$35

Build a High-Trust Culture

Culture is the bedrock of any organization, and trust is the ingredient that puts people first, aligns them with your mission, and produces exceptional results. Keep your best people with a safe, supportive and welcoming culture. Discover the "secret sauce" that characterizes the culture of the best places to work. See how your organization can build a trusting "I've got your back" culture that stresses growth, learning and well-being.

Phil Quigley 1 session
Wed May 8 2:30-4:30pm \$35

MARKETING

Social Media Marketing

In the age of digital marketing, selecting the right social media platform for your business is essential. Class begins with a high-level overview of the major social media platforms, including Facebook, Instagram, Twitter, LinkedIn, TikTok, and Pinterest, and delves into the statistics and best use cases for each platform to empower businesses to make informed decisions.

Conner Seyfert 1 session
Tue Apr 30 6-7pm \$30

Use AI to Build & Market Your Business (Zoom Only)

The era of artificial intelligence (AI) is here and more than a little intimidating. Demystify this new technology and learn practical ways to use AI to your business advantage. Explore various generative AI tools; discuss best practices and pitfalls to beware of; and then roll up your sleeves and use AI to create usable content and images for nearly anything your business needs.

Benj Burke 1 session
Wed May 15 6-8pm \$36

MUSIC



Beginning Ukulele

Learn to play fun songs using chords, strums and music theory. Bring your own ukulele. For ages 16 and up. No class on May 27.

Dee Fleming 5 sessions
Mon May 20-Jun 25 6:30-8pm \$69

Beginning Guitar I: Basic Chords

Learn basic chords, various types of strums, music theory and proper playing position on the guitar using fun, familiar melodies. Provide your own guitar.

Dee Fleming 6 sessions
Tue May 21-Jun 25 6:30-8pm \$79

Beginning Guitar I: Basic Note Reading

During this class learn simple note reading and playing in addition to chords and strums. Provide your own guitar.

Dee Fleming 5 sessions
Tue Jul 2-Jul 30 6:30-8pm \$69



Beginning Guitar II: Chords

Learn more advanced chords, various types of strums and music theory. You must be able to play seven chords to attend this class. Bring your own guitar.

Dee Fleming 6 sessions
Wed May 22-Jun 26 6:30-8pm \$79

OUTDOOR ADVENTURES

Wilderness EMT Transition NEW

This 40-hour course focuses on extended care in austere environments including spinal assessment, improvised splinting, altitude illnesses, environmental emergencies and litter construction. Apply core concepts learned in EMS to a backcountry setting where the tools of the ambulance are unavailable. This class is for anyone who has completed an EMT course (NREMT exam not required) or holds an EMT or higher certification. (40 CEUs for current EMTs)

Tony Meiklejohn 5 sessions
Mon-Fri May 13-17 8am-5pm \$350

Basic Wilderness First Aid for Women

Learn to understand and avoid wilderness hazards and provide emergency care in the wilderness. Students wishing certification from NASAR can make arrangements at the end of the program. Additional \$30 fee required for certification.

Racheal Vargas 1 session
Wed May 16 9am-5:30pm \$94



Flowering Trees & Shrubs of the Flathead NEW

Familiarize yourself with common flowering trees and shrubs that are important to wildlife. Some produce edible fruits and others can be incorporated into native plant landscaping. Also learn how to identify aspen, birch and cottonwood from one another. Class includes a Zoom presentation and time in the field.

Ellen Horowitz **1 session**
Wed Jun 12 **9am-2pm** **\$54**

First Sail: Introduction to Sailing

Prepare to take the helm of a 25' sloop on beautiful Flathead Lake when you join an ASA certified instructor for your first sail. The first session meets for classroom discussion and review of e-learning resources. Then, take to the water during a three-hour small group sailing lesson on a date determined during the first class. Learn the parts of a sailboat, basic sail theory, boat handling and crew work, rules of the road, trip preparation, safety considerations and commonly used knots.

George Michels **2 sessions**
Wed Jun 19 **6-9pm** **\$99**

PHOTOGRAPHY & PHOTO EDITING

Digital Cameras: Get Off Auto

Understand what your different camera settings do and when to use them. Bring your own digital camera with your instruction CD or manual, charged battery and memory card.

Marita Combs **1 session**
Thu Apr 25 **1-5pm** **\$65**



Register online today!
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Photo courtesy of Great Northern Whitewater Raft & Resort

The following classes are offered by Great Northern River Guides under a U.S. Forest Service permit and meet at Great Northern Whitewater Rafting and Resort in West Glacier.

River Rafting: Oar Guiding Basics

Gain a basic understanding of river running skills in oar-guided rafts and the fundamentals of safe boat handling. Learn the dynamics of moving water, how to read the river, choosing a route and maneuvering the boat around obstacles.

Sat/Sun Apr 27-28 **9am-5pm** **2 sessions**
\$325

River Rescue: Swiftwater Safety

Learn and practice accident prevention and rescue techniques. Develop skills for river emergencies. This course is designed for private boaters as well as professional river guides.

Sat/Sun May 4-5 **9am-5pm** **2 sessions**
\$325

Swiftwater Rescue for Women NEW

Learn self-rescue techniques, recognition and avoidance of common river hazards, and rescue techniques for paddlers in distress. Discuss personal safety, commonly used skills, and fundamental to advanced techniques for dealing with entrapments, strainers, rescue vest applications and boat pins.

Sat/Sun Jun 8-9 **9am-5pm** **2 sessions**
\$325

WRITING

Grammar Refresher

Often when we write, we know what sounds and looks right without understanding why. Take this course and remember the "why" of grammar. Leave with practical and easy-to-remember rules for checking and correcting sentences, verb agreement, commas, colons and semicolons.

Kathy Dunnehoff **1 session**
Mon Apr 22 **5:30-6:30pm** **\$30**

10 Ways to Polish Your Professional Writing

Whether you're writing emails, reports, social media posts, or grants, there are easy ways to up your game. Learn ten ways to make your writing professional and effective.

Kathy Dunnehoff **1 session**
Mon Apr 29 **5:30-6:30pm** **\$30**

**Interested in contract training?
Let's talk.**

Call Jodi at
406.756.3833 or email jsmith@fvcc.edu.



RUNNING START

Running Start offers eligible high school juniors and seniors an affordable way to advance their college education while still in high school. The first six credits are tuition-free for Montana students. Subsequent credits are offered at 50% off in-district tuition costs.

2022-23 Academic Year

1,100+
High School
Students

7,700+
Total
Credits

Over
\$1.3M
Total Tuition
Savings

Running Start is offered in high schools in Flathead County and Lincoln County as well as in other high schools in the state.



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Columbia Falls



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Libby



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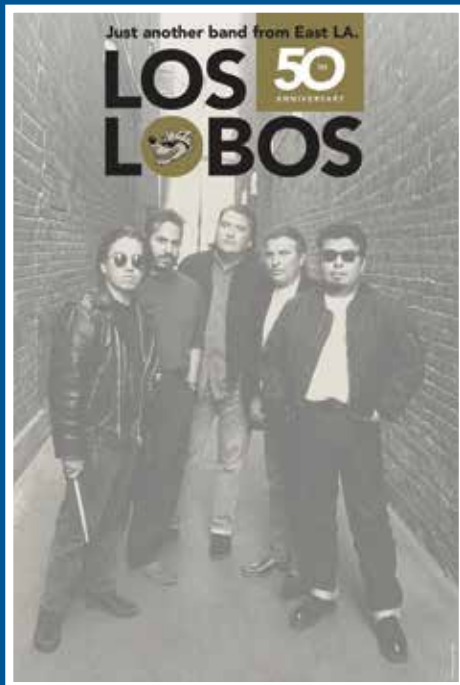
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On the campus of Flathead Valley Community College



RYAN HAMILTON

May 3, 2024



LOS LOBOS

July 26, 2024



DON MCLEAN

September 4, 2024

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