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- explore a variety of rich cultural experiences
- discover something new about yourself
- whet your intellectual appetite
- develop a new talent or interest
- balance education with real life experience
- acquire skills to help you succeed

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Enrollment is easy — just a quick phone call (513-556-6932) or a few mouse clicks away (uc.edu/ce/commu)

Join the fun and learn something new with our noncredit classes!

Donna Burns

Donna Burns
Director, Communiversit

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Take Great Photos



Learn a Language



Play an Instrument!

Icons courtesy of www.wpzoom.com



Arts & Handicrafts

Classes in antiques, art, bead jewelry, painting, pottery, stained glass, etc.

Bead Jewelry Making I

Make your own unique jewelry using a wide variety of sterling silver and glass beads. Learn basic beading techniques including bead selection, clasp attachment, and bracelet, necklace and earring design. Use your new skills in class to fashion two pieces of jewelry (your choice between earrings, bracelet or 16" necklace — with \$1 per extra inch wanted). Come away with the skills to not only create more jewelry on your own but also to repair broken jewelry. No experience necessary.

Megan Painter will guide you through the process of creating professional looking jewelry.

Wed., 7-9 pm; March 12; \$24 (no discounts), plus \$20 supply fee payable to instructor in class (includes all beads, wire, clasps, and supplies to complete the in-class projects); #3668-01

Location: UC Victory Pkwy Campus (Historic Edgecliff by Eden Park)

Create a Kaleidoscope

Construct a beautiful kaleidoscope in class to give as a gift or keep for yourself. No previous glass cutting experience required; basic glass cutting and soldering techniques will be taught. Patterns and supplies will be available from the instructor.

Mary Jane Riggi has a wealth of experience as a stained glass artisan and teacher.

Sat., 10 am-4 pm; Jan. 25; 1 day; \$59 (no discounts), plus approximately \$60-70 for supplies payable to instructor in class; you may use some of the studio tools during class. Lunch not included — bring your own or order pizza with the group; #3605-01

Location: Artist's Studio (Mt. Airy)

Create a Pair of Tall Whimsical Mugs

Create a pair of tall whimsical mugs to drink your hot chocolate or warm cider during the rest of the winter. During the first class you will hand-build your mugs from extruded clay tubes. The pair will then be bisque-fired before the second class when you will decorate and glaze them. After a glaze-firing they are ready for you to pick-up. They will be ready before Valentine's Day.

Rick Hoffman has over twenty years of experience making pottery and teaching others how to make it. He currently owns, runs and teaches at Covington Clay — a pottery studio and gallery in Covington, KY.

Sat., 10 am-12 pm; Jan. 25 & Feb. 8; 2 sessions; \$45 (no discounts), plus \$20 for materials, equipment and firing fee payable to the instructor at the first class; #3151-01

Location: Covington Clay, Covington KY (Historic Business District)

Drawing Mandalas: Expression through Circular Designs

Learn to create and design your own mandalas, circular designs created through the use of repeated images and geometries. In one evening you will learn the basics of circular geometry, how to divide spaces, and how to use that knowledge to create wonderful artworks to treasure and share. Use the skills and supplies you acquire in the class to create as many designs as you like. No previous art experience is necessary. If you can, please sign up 5 days in advance so instructor can order supplies at the best price.

Alisa Strauss has years of experience creating and designing stained glass pieces, blown glass sculptures, jewelry, graphic designs, and pencil and ink artworks. She has won a variety of awards and has been featured in museum exhibits and art shows.

Wed., 6:30-9 pm; Jan. 22; \$29, plus \$20 supply fee payable to instructor for complete kit so you can make multiple designs in and out of class; #3718-01

Location: UC Victory Pkwy Campus (Historic Edgecliff by Eden Park); park free

Glass Fusing Primer

Focus on fundamentals of kiln forming and warm glass work as you create your own fused glass pieces, including decorative and functional items and jewelry. Techniques include glass cutting, setting up a kiln, shelf preparation, glass compatibility, annealing cycles and slumping. You'll prepare several pieces for firing; then return to the studio 2 weeks after the class to retrieve your fired pieces.

Mary Jane Riggi has an abundance of experience as a stained glass artisan and instructor.

Sat., 11 am-4 pm; Feb. 1; \$69 (no discounts), plus between \$50-75 for tools and supplies payable to instructor at class; lunch not included — bring your own or order pizza with the group; #3707-01

Location: Artist's Studio (Mt. Airy)



Make a Pair of Mugs

Historic Buildings around Town

Visit and explore four landmark buildings. First, meet at the Rauh House, a rare example of the International Style which has recently been restored. Although dating from the 1930s, this home is as modern as if built yesterday. Also learn how the original owners, the Rauh family, rescued WWII victims while living in this home. After lunch together at the 1854 Rail House in Glendale, including a talk by your host, you'll continue on to the building that houses the Fire Museum, a beautiful 1906 edifice which houses memorabilia from the Cincinnati Fire Department, the nation's first-full time, professional fire department. Next, it's on to the oldest brick house in Ohio still on its original site — the 1804 Betts House. Learn about the family, the city, and the legacy of historic preservation.

Frank Farmer Loomis IV is a fine arts appraiser, author, journalist, lecturer and NPR talk show host.

Sat., 10 am-3:30 pm; Jan. 25; one day; \$44, plus lunch and admission fee at own expense; #3115-01

Location: Meet at the Rauh House (Woodlawn)

Jewelry Making: A Pendant Necklace and Matching Earrings

Make a stunning pendant embellished with rhinestones and flower bead caps and matching earrings with epoxy clay, which is a no-bake, fast drying jewelry clay. Learn how to condition the epoxy clay, string the pendant in a jewelry cord, finish it with clasps and jump rings, and embellish it with jewelry components. Please bring jewelry tools if you have or you can use the ones from the instructor. No prior experience is needed.

Banu Kesavalu is a beading and polymer clay artist with experience of 15 years.

Sat., 10 am-12 pm; Jan. 18; \$24, plus \$20 supply fee payable to instructor in class (includes epoxy clay, colorful rhinestones, metallic dust, Swarovski crystals, jewelry findings, jewelry cord and supplies to complete the in-class projects); #3724-01

Location: UC Victory Pkwy Campus (Historic Edgecliff by Eden Park)

Jewelry Making: Clustered Swarovski Set

Create a sparkly necklace and earring set with Swarovski crystals and jewelry components. Learn how to make bead clusters using head pins, attach clasps and jump rings, and how to finish the jewelry using end clasps and earring hooks. Please bring jewelry tools if you have or you can use the ones from the instructor. No experience necessary.

Banu Kesavalu is a beading and polymer clay artist with 15 years' experience.

Sat., 10 am-12 pm; Jan. 25; \$24, plus \$20 supply fee payable to instructor in class (includes Swarovski crystals, pearls, chain/cord, jewelry findings and supplies to complete the in-class projects); #3725-01

Location: UC Victory Pkwy Campus (Historic Edgecliff by Eden Park)

Oriental Brush Painting in a Day

Begin with the basics and end with beautiful paintings! You'll learn simple, quick strokes that can enhance your painting skills while learning the Oriental way of the brush. No drawing needed; you will produce paintings of flowers, animals or landscapes using only brush strokes. Experience painting with unique brushes, ink and paper for a relaxing and creative day.

Jean Vance, MFA, MA, has that rare combination of being a talented artist and a gifted teacher; and she especially enjoys introducing adults to the fun of painting. She has studied Oriental Brush Painting since 1982 as the demonstrating artist with the First Ohio Trade Fair in Wuhan, China.

Sun., 10 am-4 pm; Feb. 9; 1 day; \$69 (no discounts), plus lab fee of \$20 for Oriental paper, Chinese brushes, ink stone and ink sticks, colored inks and painting pads used in class, plus all handouts — payable to instructor in class. No supplies needed; #3717-01

Location: UC Victory Pkwy Campus (Historic Edgecliff by Eden Park)



Make Some Jewelry

Quilt Making in a Day: Fundamentals

Learn the basics of quilt making, including planning, color, design, cutting, stitching, quilting, and binding. Learn the correct, time honored techniques which result in treasures to cherish for years to come. At the end of the day, take home your completed project to enjoy as either a table runner or wall hanging, in your choice of color scheme. Bring to class your sewing machine plus a mastery of simple sewing skills — how to thread machine, operate, and wind bobbins, sew backwards and forwards.

Pamela Reising founded and owned Comforts of Home quilt shop, was a columnist for Sew Business Magazine and a contributor to needlework publications.

Sat., 9 am-4 pm; Feb. 1; one session; \$69 (no discounts), plus \$89 supply fee payable to instructor in class. Covers cost of quality fabrics, batting, a universal template, plus basic quilting tools to continue using to create projects on your own. Bring a brown bag lunch plus your sewing machine; #6625-01

Location: UC Victory Pkwy Campus
(Historic Edgecliff by Eden Park)

Stained Glass for Beginners

Begin with the basics of building a Tiffany style panel using the copper foil method. Learn types of glass, glass cutting techniques, grinding, foiling, soldering and framing a panel. Complete a panel of your choosing (sizes vary; average is 11 x 17").

Mary Jane Riggi is experienced in the art of stained glass, from design and building to teaching.

Sat., 10 am-4 pm; Jan. 18; 1 day; \$75 (no discounts), plus \$125-150 for materials and toolkit payable to instructor in class. You may use some of the studio tools during class. Lunch not included — bring your own or order pizza with the group; #3500-01

Location: Artist's Studio (Mt. Airy)

Watercolor in a Day

Try something new, you'll like it! Learn the basics, explore a wealth of tips and techniques, and delve into composition and color mixing. Jean teaches through demonstration, hands-on experience, and individual coaching. Experience the joy of painting, of self-expression, and of seeing the world in a new way as you create your own original paintings. All are welcome, no experience necessary.

Jean Vance, MFA, OWS, MA, has that rare combination of being a talented artist and a gifted teacher; and she especially enjoys introducing adults to the fun of painting.

Sat., 10 am-4 pm; Feb. 8; 1 day; \$69 (no discounts), plus lab fee of \$30 (payable to instructor in class) for use of brushes, paper, paint, mixing palettes, and all supplies used in class, plus all handouts. No supplies needed; #3508-01

Location: UC Victory Pkwy Campus
(Historic Edgecliff by Eden Park)



*Try Your Hand
at Quilting*

What People Like Best About Communiversity...

- Quality of Instructors
- Fascinating, useful, and timely topics
- Learning new things for pure enjoyment
- Mastering skills to apply right away
- Good value for the money
- First-rate, affordable informal classes
- No tests, grades or papers to worry about
- Convenient Locations



Astronomy

Classes in planets, sun, moon, stars, galaxies and constellations.

Astronomy Classes at Cincinnati Observatory Center are held atop Mt. Lookout in one of our city's true treasures, where the views are great (and the parking is free)!

Behind the Scenes at the Observatory

Look to the heavens through the oldest continuously used telescope in the world; explore the depths of the 1873 observatory including its attic and basement; and learn why President Adams laid the observatory's original cornerstone in 1843. Hear the fascinating history of the founding of the observatory; investigate how the 19th century astronomers determined time for the city of Cincinnati; discover why the observatory was designated a National Historic Landmark; and find out what is in store for the future.

John Ventre is the historian with the Cincinnati Observatory Center.

Mon., 7-9 pm; Feb. 17; \$22, #1207-01

Location: The Cincinnati Observatory Center (Hyde Park/Mt. Lookout); free parking

Dance of the Gods: Motions of the Planets

For thousands of years our ancestors believed that our Earth was the immovable center of the Universe. The apparent motions of the five naked-eye "wandering stars" (planets) presented a great challenge to anyone attempting to explain their changing locations in the night sky. Not until the European Renaissance did we finally glimpse the true nature of the motions of the planets and realize for the first time Earth's place in the solar system. Travel with us through history to investigate the model of Ptolemy and how scientists who came more than a thousand years later deciphered nature's clues to the understanding of the complex motions of the planets. We will discuss ideas and observations of Copernicus, Tycho, Kepler and Galileo and how these great scientists solved the mystery of "The Dance of the Gods." Weather permitting; telescope viewing with the 1845 telescope will be part of the evening's activities.

Terry Flesch is an astronomer and a presenter at the Cincinnati Observatory Center.

Fri., 7-9 pm; Feb. 21; \$22, #1218-01

Location: The Cincinnati Observatory Center (Hyde Park/Mt. Lookout); free parking

Jupiter and the Giants

Each unique in its own way, the giant planets remained mysterious and unreachable for centuries. However, the Grand Tour of the Voyager probes and the follow-up missions of Galileo and Cassini have provided astronomers with intriguing data that will take years to interpret. This course will survey what we know and what we have yet to understand about the majestic giants of our solar system.

Terry Endres is a presenter with the Cincinnati Observatory Center and teaches astronomy at Cincinnati State.

Tues., 7-9 pm; Jan. 28; \$22, #1237-01

Location: Cincinnati Observatory Center (Hyde Park/Mt. Lookout); free parking

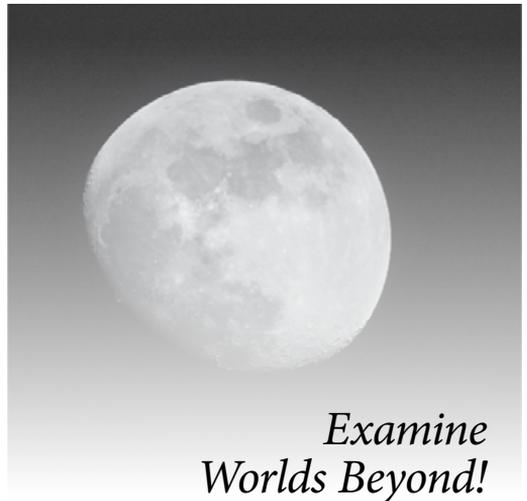
Stargazing 101

Constellations change in the heavens from season to season. In this class you will study the imaginative figures we call constellations. Learn to use a planisphere to find any constellation at any given time and date. If the weather is clear, we will go outside to find many of the brighter constellations; and you will also have the option of looking through the observatory telescope.

Dean Regas is the outreach astronomer with the Cincinnati Observatory Center.

Tues., 7-9 pm; Feb. 4; \$22, plus \$4 optional materials fee for star chart payable to instructor at class; #1209-01

Location: The Cincinnati Observatory Center (Mt. Lookout/Hyde Park); free parking



*Examine
Worlds Beyond!*



Business & Career

Classes in business analytics, job seeking, career selection, floral business, inventing, land lording, social media, voice acting, etc.

An Introduction to Voiceovers: Class

Are people always telling you that you have a great voice? Do you often find yourself listening to your favorite audiobook, commercial or cartoon character and thinking, "I could do that"? If so, then you could have what it takes to begin working as a professional voiceover artist. The current voiceover trends have made it easy and affordable for just about anyone to get involved. In this fun and empowering two-hour introductory workshop, you will learn about the different types of voiceovers and what tools are needed in order to find success in the voiceover industry. You will have the opportunity to get a taste of what it's like to be a voice actor as you perform a real voiceover script. You will be recorded so that you can receive professional voiceover evaluation later. Come ready to laugh, learn and be inspired...

Taught by a professional voice actor from the Voice Acting Training Company, Voices For All.

Mon., 6-8 pm; Feb. 17; \$39 (no discounts), #1140-01

Location: UC main campus

An Introduction to Voiceovers: One-on-One Live

See preceding description. Receive the same information you would get in the traditional class (above) but in a one-on-one format. After enrolling with us, you'll schedule a one-and-a-half hour time slot with your instructor, at your mutual convenience. The online format may be through IChat, Skype, or by phone — your choice.

Taught by a professional voice actor from the Voice Acting Training Company, Voices For All.

Arrange your own personal session with your instructor when you wish — any time from Jan. 6-Mar. 3; 1.5 hours; \$49 (no discounts), #1150-01

Location: Taught through IChat, Skype or over the phone — your choice — during the above date span

Prospective Instructors

We welcome new class ideas and proposals.

If you'd like to be considered, call Donna at 513-556-9197 or see "Apply to Teach" at our web site.

Shared Leadership in the Workplace

Building a better workplace starts with you! In this six-module shared leadership workshop, you will earn C.A.R.E. Certification (the acronym stands for Courage to take Action Relevant to Everyone). Gain access to real case studies and lessons learned from experts with over thirty years of real corporate workplace experience. Master nine key components, delve into workplace concerns, motives and mentors, C.A.R.E. efficiency assessments, and effect changes your teammates, co-workers and supervisors will notice. Learn how to revolutionize your career by enhancing your relevance and becoming a "go-to" person in the workplace. Once C.A.R.E. certification is achieved, you will be looked upon as a leader, mentor and partner, NOT just a resource.

Charlie Lobosco is a certified seminar leader, author and Technology VP with almost 40 years of experience in the corporate workplace. His C.A.R.E. brand was awarded the Presidents service award in 2012.

Eva Lewandowski is a certified life coach and consultant with over 25 years of experience in the corporate workplace.

Together they bring incredible energy and enthusiasm to the classroom.

Sat., 10 am-4 pm; Feb. 22 & Mar. 1; 2 days; \$99, includes workbook, C.A.R.E. pin and certification; #1156-01

Location: UC Victory Pkwy Campus (Historic Edgecliff by Eden Park)

Social & Business Dining Etiquette See details on page 22

What to Wear and How to Wear It See details on page 24



Online Classes Available

Visit ed2go.com/uc

Then select "Business;" click on "Start Your Own Business" to explore careers in Event Planning; Arts & Crafts; Consulting; Pet Sitting; Tour Director, and more....



Certificate Programs for Professional Development

Online Certificates and Courses

- Led by expert instructors
- Interactive discussion areas
- 24/7 access; work at own pace
- Audio/slide presentations
- Supplemental readings included
- Retake class at no charge (up to 12 months)

See course details: content, outlines, objectives, outcomes, instructor bios, and how to enroll at yogotclass.org/catalog.cfm/Ucincinnati

Questions? Just call 513-556-6932

Take all courses in a category to earn a certificate (many certificate programs are comprised of stand-alone courses that you may take individually.) Fees (no discounts) and course lengths vary.

- Certificate programs begin Feb. 3

Business Coaching Certificate

Acquire skills to develop, implement, and support coaching and mentoring programs and see your employees' performance improve.

Business Research Certificate

Succeed in research, using the best and most appropriate data for decision making; communicate results for maximum impact. Take 3 courses: Intro to Business Research; Business Statistics; and Qualitative Business Research.

Customer Research Certificate

An 8-Stage Needs Assessment model plus low- and no-cost methods of customer research will give you a step-by-step proven approach to researching and selecting services or activities.

eMarketing Essentials Certificate

- Improving Email Promotions (Feb. 3)
- Boosting Your Web Site Traffic (Mar. 3)
- Online Advertising (Apr. 7)

Inbound Marketing Certificate

Help customers find you through organic search, using your website to attract visitors naturally through search engines, the blogosphere, and social media; use landing pages and forms to collect names and email address, and implement lead-nurturing campaigns that result in sales.

- Intro to Inbound Marketing (Feb. 3)
- Content Marketing (Mar. 3)
- Advanced Inbound Marketing (Apr. 7)

Leadership Development Certificate (for Gen Y)

- Leadership Principles (Feb. 3)
- Developing Your Leadership Skills (Mar. 3)
- Developing Your Professional Career (Apr. 7)

Managing Social Media Platforms Certificate

Integrate and manage social networks as part of your communication and marketing strategies.

- Twitter (Feb. 3)
- Facebook for Business (Mar. 7)
- Linked In (Apr. 7)

Mobile Marketing Certificate

Retain and gain customers via location-based marketing, mobile payments, QR codes, applications, mobile coupons and more.

- Mobile Marketing (Feb. 3)
- Creating Cell Phone Apps (Mar. 3)
- Adv. Mobile Marketing (Apr. 7)

Non-Profit Administration Certificate

- Revenue Generation for Non-Profits (Feb. 3)
- Program Evaluation (Mar. 3)

Presentation Media Certificate

- Prezi (Feb. 3)
- PhotoShop for Presentations (Mar. 3)
- Creating Visual Presentations (Apr. 7)

Social Media for Business Certificate

- Intro to Social Media (Feb. 3)
- Marketing with Social Media (Mar. 3)
- Integrating SM in Your Org. (Apr. 7)

Supervisory and Leadership Certificate

Get practical and insightful methods for new and even experienced supervisors and managers. Two-month online program; begins Feb. 3

Other Certificate Programs:

- Customer Service Certificate
- Data Analysis Certificate
- Designing Webinars Certificate
- Entrepreneurship Certificate
- Management Certificate
- Workplace Communication

Visit yogotclass.org/catalog.cfm/Ucincinnati
for all the details about these classes!



Communication & Writing

Classes in communication, public speaking, relationships, writing, fiction, nonfiction, etc.

From Stage Fright to Stage Zen

Do you have trouble speaking up in meetings? Does the thought of making a presentation send you into a panic? Whether you're speaking at a podium, a meeting, a conference call, or at a party, the goal is the same — to have your opinion heard. This is NOT about honing your presentation skills. This course will provide you with tools and support to help you overcome (not just hide) your fear of speaking. Courage takes practice. But it's hard to practice when your fear can be so overwhelming. We'll practice together in a safe, supportive, and fun environment. Learn to connect with your audience (even an audience of one) by being true to yourself and you'll learn that fear is just energy. Each week will consist of a short discussion, group exercises and a bit of fun homework to reinforce our discussion.

Eva Lewandowski is a certified Life Coach; she is also a SAG/AFTRA voiceover talent. She understands firsthand the struggles people face with anxiety and public speaking.

Wed., 6:30-8 pm; Jan. 29–Feb. 26; 5 wks; \$129, #3313-01

Location: UC Victory Pkwy Campus
(Historic Edgecliff by Eden Park)

Writing Sci-Fi

There are ten essential ingredients for writing compelling science fiction; among them are plot, character, drama, setting, action and gimmick — this course will explore all of them. Science fiction, fantasy, and paranormal are three of the hottest, best-selling genres of fiction writing today. Find out how you can write works that are captivating, convincing, and gripping.

Brian L. Meyers, MA, is an engaging, informative educator, writer, and former community journalist. He is currently plotting for more action.

Tues., 6:30-8:30 pm; Jan. 28–Feb. 25; 5 wks; \$99, #3308-01

Location: UC Victory Pkwy Campus
(Historic Edgecliff by Eden Park)

Writing to Meet People: Internet Dating

Internet dating may be the most popular way to meet people. You can do it, too. Many people think it's scary. It doesn't have to be. You may ask yourself where do I begin? What do I do? What do I say? Where do I go? What if I don't like to write or find it hard to write about myself? No worries. It's easy. You'll come away from this class with at least 10 brilliant but simple ideas for writing your internet dating profile designed to get you the results you want. Learn how to use photos to your advantage — even if you don't like the way you look — and how to write emails that get replies. It's easy. It's fun. Here's what you do... well, first thing is to sign up for class!

Brian L. Meyers, MA, is an engaging, informative educator, writer, former community journalist, and veteran of the internet dating scene.

Tues., 6:30-8:30 pm; Jan. 14 & 21; 2 wks; \$48, #3306-01

Location: UC Victory Pkwy Campus
(Historic Edgecliff by Eden Park)



Online Classes Available

Visit ed2go.com/uc

Then select "Writing & Publishing."
See Grant Writing, Business Writing, and a variety of specialized creative writing topics.



*Express Yourself
with Words*



Explore the World

Classes in trip planning, destination travel, sightseeing, cultures of the world, etc.

These destination travel classes will give you valuable information about pre-trip planning, transportation options, accommodations, points of interest, local customs and culture. Vicky Mary shares her enthusiasm and love for travel along with her wealth of professional experience. She is the owner and president of Victoria Travel.

Alaska: Grand American Destination

Going to Alaska sometime in the near future or just want to know more about it? Come with us on this "talking tour" and explore Alaska, from its coastline to its heartland. Learn about Denali Park, rugged Fairbanks, the wild west town of Skagway, and the rich Indian and Eskimo culture. Small yacht tours of glacial areas, whale watching, and the Alaska Ferry System are just a few of the ways you can enjoy some incredible scenery! Careful and creative pre-trip planning can make all the difference.

Vicky Mary, owner and president of Victoria Travel, shares her enthusiasm for travel along with her wealth of professional experience.

Mon., 7-9 pm; Feb. 24; \$24, #1311-01

Location: UC Victory Pkwy Campus
(Historic Edgecliff by Eden Park)

Central Europe

Connect with the charisma, culture, and charm of countries such as Germany, Switzerland, Austria, the Czech Republic, and Hungary. These countries offer wonderful travel opportunities and allow you to explore the rich history and beauty of these lands. You can see cosmopolitan cities, quaint medieval villages, bustling market squares, craggy mountains, dark pine forests, imperial palaces, and soaring cathedrals. Learn about food, festivals, and local customs plus transportation options such as railway passes, rental cars, and special driving routes. You'll also discuss accommodations, like bed & breakfasts, royal castles, hotels, or spas.

Vicky Mary, owner and president of Victoria Travel, shares her enthusiasm for travel along with her wealth of professional experience.

Mon., 7-9 pm; Feb. 10; \$24, #1514-01

Location: UC Victory Pkwy Campus
(Historic Edgecliff by Eden Park)

Ireland: The Emerald Isle

Ireland's rich past combined with its cultural and musical traditions make it a must-see destination. It is possible to travel Ireland on your own and in this class, we will explore topics such as how to meet the wonderful people of Ireland, using bed and breakfast vouchers, plus transportation options, including rental cars, trains, buses, and escorted tours. Travel to Northern Ireland will also be discussed. From the quaint villages to the gorgeous gardens to the lush green of this special island, you can plan your own unforgettable trip.

Vicky Mary, owner and president of Victoria Travel, shares her enthusiasm for travel along with her wealth of professional experience.

Mon., 7-9 pm; Feb. 17; \$24, #1526-01

Location: UC Victory Pkwy Campus
(Historic Edgecliff by Eden Park)

Italy Insights

Join us on a "talking tour" to survey this region, from the historic, pre-Roman areas of southern Italy, through the scenic Tuscany hill towns and Renaissance wonders of Florence to romantic Venice and the Alpine lakes. Learn about some of the less explored areas too, such as Sicily and the Veneto. Take a look at special interest travel like spas and cooking schools; then examine the pros and cons of rental cars and rail passes. We'll discuss accommodations, such as pensions, economical villa and apartment rentals, and even some famous palaces that are available to tourists.

Vicky Mary, owner and president of Victoria Travel, shares her enthusiasm for travel along with her wealth of professional experience.

Mon., 7-9 pm; Jan. 27; \$24, #1314-01

Location: UC Victory Pkwy Campus
(Historic Edgecliff by Eden Park)

The Intrepid Traveler Workshop

Whether you're a novice traveler or your passport is worn thin, come empower yourself to become a more capable, confident, and independent traveler. Topics include: passports, visas, flight bookings, accommodations, travel insurance, immunizations, cell phones, money conversion, safety issues, packing tips, culture-shock, and more. Create your own custom travel plan with personalized guidance in this two-part workshop.

Simone Kuzma is the founder of Wanderlust: Wanderlearn, a Cincinnati-based company specializing in travel education and experiential trips.

Sat., 9 am-12 pm; Feb. 8 & 15; 2 mtgs – 6 hrs total; \$69, #1548-01

Location: UC main campus

The Moundbuilders: Exploring the Ancient Earthworks of the Ohio Valley

Who were the Moundbuilders? Why did they build so many complex earthworks? Examine archaeological data about the earthworks in the region surrounding present day Cincinnati to learn how the prehistoric inhabitants built their impressive monuments. Learn how changes in society over time are reflected in the types of monuments people built, art and artifact styles, and burial customs. This is the ideal course for anyone who wants to see and learn about the pre-history of the region.

Alisa Strauss, PhD, teaches in the Anthropology Dept. at UC; she is especially interested in prehistoric pottery and projectile points, American Indian food techniques, mythology and religion.

Mon., 6:30-9 pm; Feb. 17; \$29, #1543-01

Location: UC main campus

What People Like Best...

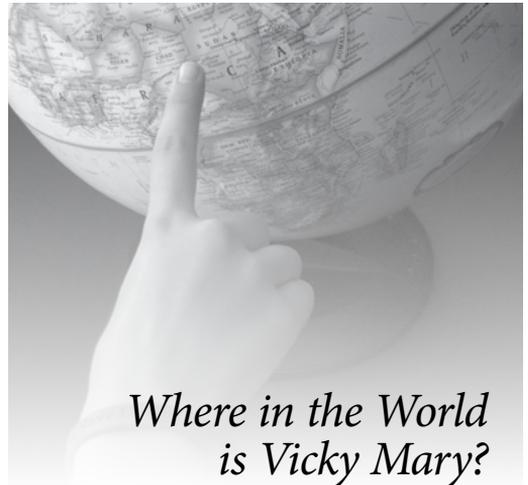
“A lot of organized information in a short time.”

“The course provided wonderful insights.”

Students in “Ireland” travel class



Travel the World



Where in the World is Vicky Mary?



Fitness and Health

Classes in healthy cooking, hypnosis, massage, movement, tai chi, yoga, zumba, etc.

“Fitness Flex Pass” with Pat

The flexibility you’ve asked for! Take any of Pat Woellert’s scheduled classes — see details of Zumba Toning; Zumba Fitness; or Boot Camp Lite. Depending on the size of the pass you purchase, you have the right to attend any of Pat’s classes — until either you’ve used up your pass or the expiration date of your Flex Pass has come and gone. When that happens, simply buy another pass! Please note that passes do expire on the end date listed and may not be carried over into another term.

- 5-Class Pass; \$24 (no discounts), #4363-05
- 10-Class Pass \$48 (no discounts), #4363-10

Pat Woellert, MEd in health education, is ACE-certified (the American Council on Exercise) in personal training and in group fitness instruction. She is also a licensed Zumba® instructor through Zumba® Fitness, LLC.

Boot Camp Lite

No fear here — you can do it! This kinder, gentler boot camp is designed to improve your cardiovascular endurance, muscular strength, balance, and flexibility with fun, easy-to-follow drills. Bring a pair of hand held weights suitable to your fitness level, a mat for floor work, and supportive aerobic shoes.

Taught by Pat Woellert, M.Ed in Health Education.

Thurs., 5:35-6:35 pm; Jan. 9-March 13; 10 wks; \$48 (no discounts), we encourage you to enroll through our “Fitness Flex Pass”; #4339-01

Location: UC Victory Pkwy Campus (Historic Edgecliff by Eden Park)

Zumba® Fitness

This unique workout is a “feel-happy” approach to fitness. Its high energy, motivating music and rhythms are a fusion of Latin and International dance themes. Great for the body and great for the mind, this workout combines fast and slow rhythms designed to sculpt the body, burn calories and fat, and tone you up. Bring floor mat and wear supportive aerobic shoes.

Taught by Pat Woellert, MEd in health education and licensed Zumba® instructor.

Mon., 5:35-6:35 pm; Jan. 6-March 17; (no class Jan. 20); 10 wks; \$48 (no discounts), #4352-01

Wed., 5:35-6:35 pm; Jan. 8-March 12; 10 wks; \$48 (no discounts), #4352-02

We encourage you to enroll through our “Fitness Flex Pass.”

Location: UC Victory Pkwy Campus (Historic Edgecliff by Eden Park)

Zumba® Toning

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness-party. You will learn how to use light weights (1-2 pounds) to tone all your target zones, including arms, abs, glutes and thighs. Sculpt your body naturally while having a total blast. Bring 1-2 pound dumbbells, a mat for floorwork, and wear supportive aerobic shoes.

Taught by Pat Woellert, licensed Zumba® Instructor through Zumba® Fitness, LLC.

Tues., 5:35-6:35 pm; Jan. 7-March 11; 10 wks; \$48 (no discounts), we encourage you to enroll through our “Fitness Flex Pass”; #4311-01

Location: UC Victory Pkwy Campus (Historic Edgecliff by Eden Park)

Alexander Technique: Tired of Your Aches and Pains?

Alexander Technique Postural Training and Practice can help by teaching you to stop little-recognized habits that cause muscle strain and joint wear-and-tear. The technique will also help you reclaim your natural capacity to lengthen and support upright posture with ease and efficiency. Sitting at a desk, household chores, yardwork, exercise and skilled-activities can all be performed with energy to spare when executed with poise and coordination. Forget what you think you know about "proper" posture, core-strength or ergonomic devices; people from all walks of life and physical conditions can learn to use their bodies with skill and confidence by using this technique.

Claire Rechnitzer, certified Alexander Technique teacher has benefited personally from the technique and she enjoys teaching others how to increase their stamina and resilience.

Tues., 6:30-8 pm; Jan. 28-Feb. 25; 5 wks; \$129 (no discounts), bring a mat or towel to lie on and a thick phone book; #4354-01

Location: UC Victory Pkwy Campus (Historic Edgecliff by Eden Park)

Beginner's Mind~Yoga Basics

Learn the foundational yoga postures typically practiced in a yoga-asana sequence. A wonderful experience for those new to yoga, just learning the basics of alignment, breath and intention, these classes include an introduction to sun salutations, standing postures, backbends, forward bends, twists, inversions, restorative poses, breathing, relaxation and more. Come and enjoy a relaxing atmosphere with soothing music and gentle movements for any body.

Anna Ferguson, BA, RYT, CYTA, has studied with many remarkable teachers and master yoga practitioners over the years; she has completed both 200-hour and 500-hour teacher training courses.

Your choice of days — or take them both!

Tues., 5:15-6:15 pm; Jan. 21-March 11; 8 wks; \$99 (no discounts), #4325-01

Thurs., 5:15-6:15 pm; Jan. 23-March 13; 8 wks; \$99 (no discounts), #4325-02

Location: World Peace Yoga & Motion Studio (Clifton near Ludlow)

Face Lift Massage: Do It Yourself

Acquire some simple techniques so that you can give yourself a face lift massage — or bring a partner and work on each other. Through demonstration and self-application, you can learn to tone and condition your skin, tighten and lift your facial muscles, reduce the stress you carry there, and look and feel more youthful. Learn to work with trigger points — 30 different muscles — in your cheeks, jaw, eyes, scalp, brow, nose, neck, and shoulders. Discuss the best sequence of strokes, how to build massage into your routine, what you need to know about oils, and the profound effect that massage can have.

Stephanie Nelms is a trained medical massage therapist who is licensed by the Ohio Medical Massage Board; she is dedicated to providing quality therapeutic massage.

Mon., 6:30-8:30 pm; Jan. 27 & Feb. 3; 2 wks; \$59 (no discounts), for your comfort bring along a small pillow for your back plus a small blanket or throw; #4361-01

Location: UC Victory Pkwy Campus (Historic Edgecliff by Eden Park)

Massage for Two

Bring your partner! Whether you pair up with your spouse, mom, or your best friend, you'll take turns mastering some massage basics that you can use to help relax tension and offer some relief to aching muscles — without tiring yourself out. We will focus on different areas of the body, including head, neck, shoulders, arms, legs, and back. You can also learn individual techniques (primarily Swedish massage) for you or your partner's specific muscle needs. Please dress in shorts and t-shirts.

Stephanie Nelms is a highly trained medical massage therapist and is licensed by the Ohio Medical Massage Board. She is dedicated to providing quality therapeutic massage and educating people about wellness.

Mon., 6:30-8:30 pm; Feb. 10 & 17; 2 wks; \$59 (no discounts), per person; wear shorts and t-shirt; bring a mat, a small blanket or throw and a bath towel to class; #4348-01

Location: UC Victory Pkwy Campus (Historic Edgecliff by Eden Park)

Pilates Mat Class

How can this whole body fitness workout using mat Pilates benefit you? You'll find you can build strength without bulk, increase flexibility, develop core and back muscles, and improve your posture while reducing aches and pains. Other benefits typically include an increase in energy, and improved breath work and concentration, as well as balance and coordination. Mat classes are a good way for beginners to be introduced to the whole concept of Pilates. You should be in good health with no physical problems that would be aggravated by exercising. Mats will be provided during class.

Kristy Brandabur is certified in Pilates and Yoga through the Spencer Institute. She has been in the Health and Fitness Industry for over 25 years; her undergraduate degree is in Exercise Science and Health Promotion; and her master's degree is expected (2014).

Sat., 12-1 pm; Jan. 18-March 8; 8 wks; \$99 (no discounts), #4330-01

Location: Metamorphosis: Holistic Wellness Center LLC (historic district Columbia Tusculum)

Shape Up with Belly Dance

Dance your way into shape with this captivating combo of low impact exercise and natural dance that celebrates the personal beauty of all women - of all sizes, all ages. These stretching and swaying movements, electrifying shimmies, and flowing arms are rooted in thousands of years of feminine history. Belly dance promotes flexibility, strength and grace; it helps you unwind and inspires a positive attitude. Learn authentic steps, correct techniques and appealing dance routines. From your fingertips to your toes, and from your head to your heart, this dance will draw you in.

Nanci Glendening's teaching experience as well as her stage experience is extensive.

Mon., 6:45-7:45 pm; Feb. 3-March 10; 6 wks; \$69 (no discounts), wear bike shorts, leotard or yoga clothes and bring a scarf to tie around your hips. Wear ballet slippers or socks; #5261-01

Location: UC Victory Pkwy Campus (Historic Edgecliff by Eden Park)

Tai Chi for Beginners

This is a great introduction to Tai Chi. You'll get all of the fundamentals with this easy to learn short set of moves. Focus is on the Yang style 8 movement form. Join us for fun, stress reduction, enhanced athletic performance and balance.

Ralph Dehner is a Certified Personal Trainer, Certified Tai Chi Instructor and one of 16 USA Master/Trainers in Dr. Paul Lam's Tai Chi for Health Programs.

Your choice of dates:

Mon., 6-7 pm; Jan. 27-March 17; 8 wks; \$99 (no discounts), #4510-01

Thurs., 5-6 pm; Jan. 30-March 20; 8 wks; \$99 (no discounts), #4510-02

Location: Mighty Vine Wellness Club (on Vine)

Weight Loss Hypnosis

Our focus is weight loss; however, with hypnosis, there is no "diet." The premise is that over-eating is a habit and hypnosis can stop the habit. Begin by identifying the stressors in your life and be hypnotized for stress reduction. The next week, explore what habits control your eating and be hypnotized to change those habits. Finally, discuss ways to make exercise a safe, healthy and enjoyable part of your day. A third hypnosis helps instill the desire to incorporate exercise as part of your life. Change your life as you experience hypnosis as a tool to reduce stress and change eating and exercise habits.

Natalie McKerrell, PhD in holistic health sciences, is a certified hypnotherapist; she has studied at the Cincinnati School of Hypnosis.

Wed., 6:30-8:30 pm; Jan. 29-Feb. 12; 3 sessions; \$69, plus \$35 CDs and material fee payable to instructor at first class; #6120-01

Location: UC Victory Pkwy Campus (Historic Edgecliff by Eden Park)

What People Like Best...

“I found the instructor very informative and the class extremely helpful.”

“Unique holistic approach.”

Students in “Weight Loss Hypnosis” class



Food

Classes in healthy eating, cooking, menu planning, nutrition, etc.

Health-Smart Cooking

Discover how healthy and tasty meals can be prepared quickly and simply in this fun, informal, and interactive class series. As your instructor dices, chops, sautés, and stir fries her way to preparing two delicious meals each week, you'll see how easy and enjoyable cooking can be. Sessions will include creative fridge/pantry cooking, what foods to eat to promote good nutrition and health, plus an emphasis on Asian, Mexican, and Mediterranean cooking. Then, the best part of all — time to eat!

Peachy Seiden, MS, RD is a nutrition consultant who has maintained her own private practice, the Cincinnati Nutrition Counseling Center, since 1990. She has found that one of the best ways to get people to eat healthy is to show them how to cook that way!

Sat., 11:30 am-1 pm; Jan. 25-March 1; 6 wks; \$139 (no discounts), includes all materials and food; #8124-01
Location: Cincinnati Nutrition Center (Silverton)



Home and Garden

Classes in interior decorating, interior design, real estate, gardening, etc.

Buying a House in a Changing Market

Whether a first time or step up seasoned buyer, all will benefit from this fact-filled fun class. We will keep you up to date on all the latest changes in the market. Explore essential topics such as determining the best way to go about finding that property you want, what you can afford, using the MLS, and the ins and outs of contracts, financing, and insurance. Class is strictly educational in nature; learn from the pro's about buying smart in today's market.

Gary Rossignol, course facilitator, has been a practitioner in real estate since 1986. Guest experts include an attorney, a mortgage broker, and a home inspector.

Tues., 6:30-9 pm; Feb. 11 & 18; 2 wks; \$59,
#8401-01

Location: UC main campus

Selling Your Home — Fast and for Top Dollar

Invest two hours in learning the ins and outs of how to sell your home and the returns could be enormous. Find out the key points of pricing, marketing, and showing your home to maximum advantage. Learn critical information about state requirements, inspections, documentation and financing. If you do consider listing with an agent, how do you interview and select one? And what's the #1 most common mistake in selling a house? Come and find out!

Gary Rossignol has been a practitioner in real estate since 1986 and is a certified instructor in Ohio and Kentucky for realtor continuing education courses. Course is strictly educational in nature.

Tues., 6:30-8:30 pm; Feb. 4; \$29, #8344-01
Location: UC main campus

What People Like Best...

“He was very informative and professional.”

“Gives great overview and good take-away materials.”

Students in “Selling Your Home” class



Buy or Sell a Home



Language

Classes in Arabic, Chinese, ESL, French, Hindi, Italian, Spanish, etc.

Arabic for Beginners

Acquire a basic understanding of the Arabic language and learn to express yourself in that language as you focus on alphabet recognition, basic structures and vocabulary. Emphasis will be on pronunciation, expressions and basic communication skills. You should also be prepared to work on your own outside of class in order to get the most out of this experience.

Youssef Costandi, MD, was past president of the Egyptian-American Club and has an abiding desire to help others learn the basics of his native language. Dr. Costandi is multi-lingual; he received his early education in a French school which was directed by the Jesuit Fathers in Cairo.

Mon., 6-8 pm; Feb. 10-March 24; 7 wks; \$169, plus \$10 for vocabulary CD plus 100 pages of resource material — payable to instructor at first class; #7502-01

Location: UC Victory Pkwy Campus (Historic Edgecliff by Eden Park)

Beginning Mandarin Chinese

We'll introduce you to the basics of pronunciation, grammar, and everyday vocabulary of Mandarin, the official language of China. You will focus on speaking and listening comprehension, though an introduction to Chinese characters will also be included. Whether your aim is to access China's explosive economic market, broaden your exposure to Chinese culture, or prepare for travel, you're sure to have fun and learn much from this course.

Amy Zhao teaches in an encouraging and relaxed atmosphere. She has received her Chinese Language Teaching Certificate from the Shanghai International Language Institute and has over a decade of experience teaching Chinese to Americans.

Mon., 6-8 pm; Feb. 10-Apr. 14; 10 wks; \$215 (no discounts), plus text "Ni Hao I" (ISBN: 978-1876739065) and workbook (ISBN: 978-1876739072) — both available at UC and DuBois bookstores plus online booksellers. Additional \$10 materials fee payable to instructor at first class; #7510-01

Location: UC main campus

English as a Second Language: Conversation & Pronunciation

Daytime Classes — Practice speaking and improve your conversation skills in a small group setting. Pronunciation exercises focus on difficult sounds and will help you speak clearer English. While grammar is not the focus of this class, instructors will politely correct speaking mistakes.

Teachers will select exercises and topics that are best tailored to your particular needs.

Conversa's English instructors will make you feel comfortable so you can speak, practice and improve.

Mon., Wed., Fri. & one Thurs.; Feb. 3-28; meet 3 days per week for 4 weeks for a total of 12 classes. Note the times: 1-2:30 pm on Mon. & Wed. and 11:30 am-12:30 pm Fridays.

NOTE: You must register no later than 10 am on Thurs., Jan. 30 and attend a 3-hour placement and orientation session at that time; \$250 (no discounts), plus \$15 materials fee payable to Conversa at first class; #7006-01

Location: Conversa Language Center (Downtown)

French for Beginners

Learn the basics of the most romantic of the romance languages! This eight-week course will offer a foundation of French pronunciation, vocabulary, and grammar designed to make sense to American beginners. You will become acquainted with contemporary French culture and geography and develop basic conversational skills useful for travel and everyday situations, all in an informal, encouraging atmosphere.

Mary Helen Weber has an excellent background in French through training and travel, and experience as an instructor. She is a fluent speaker and enjoys sharing this beautiful language with others.

Sat., 10:30 am-12:30 pm; Jan. 18-March 8; 8 wks; \$189, plus text "French: A Self-Teaching Guide," 2nd Edition by Suzanne A. Hershfield-Haims (ISBN: 0-471-36958-6 available at UC and DuBois Bookstores plus online booksellers); #7007-01

Location: UC Victory Pkwy Campus (Historic Edgecliff by Eden Park)

Italian for Beginners

Learn to communicate in this beautiful, musical language. You'll acquire the basics of pronunciation, vocabulary, grammar and sentence structure as you begin to develop your conversational skills. Emphasis will be on speaking and pronunciation, plus special expressions for travelers. Tips on traveling, sightseeing, and enjoying the culture of Italy will also be included.

Antonio Iemmola specializes in introducing adults to the language of his native country.

Thurs., 7-9 pm; Jan. 23-March 13; 8 wks; \$189, plus text "Italian: A Self Teaching Guide" by E. Lebano (ISBN: 978-0471359616 available at UC and DuBois bookstores plus online booksellers); #7004-01

Location: UC Victory Pkwy Campus (Historic Edgecliff by Eden Park)



Money Matters

Classes in finance, money management, retirement planning, etc.

Women in Transition: Making Financial Decisions

For women, transition is a fact of life. Consider these stunning statistics: 1/3 of all women who have ever been widowed were under age 50; nearly 80 percent of all married women will become widows; and 2/3 of all recent first marriages will end in divorce. Whether you're married or single, you need to understand those financial issues that affect you as a woman. This program is a primer that teaches financial survival tactics for the real world. If you've ever entertained questions you were afraid or too embarrassed to ask, join us. Learn how to protect yourself from financial catastrophe.

Suzan B. Kotler, CFP, has devoted her career to helping people with money matters. Knowledgeable and motivating, she has been recognized by Cincinnati Magazine as a five star wealth manager for five consecutive years.

Sat., 10 am-1 pm; March 8 & 15; 2 mtgs; 6 hrs total \$69, includes workbook; please note: Our seminars are educational in nature. The University does not endorse or promote any products, strategy or views. Any presented are those of the instructor only; #9030-01

Location: UC main campus



Music and Dance

Classes in ballroom dance, hula, salsa dance, swing dance, tango, Celtic fiddle, guitar, piano, etc.

Celtic Fiddling for Beginners Level I

Do you want to play Irish or Scottish fiddle music, but have never picked up a fiddle? Rest assured, by the end of this class you'll have a solid foundation on the instrument and a handful of great tunes! Along the way you'll see how easy it is to learn music by ear (no sheet music required), get a taste of music history and theory, and, of course, have fun in the process! Learn how Irish tunes are built on simple patterns, enabling you to learn any tune you hear. Explore proper fiddle ergonomics so that you can enjoy a lifetime of playing. This is the class for you if you can't play a tune or don't even know how to hold the instrument and bow.

Justin Bonar-Bridges has been playing Irish music in the U.S., Ireland, and Canada for nearly twenty years, studying with some of the tradition's greatest masters and winning international accolades. Since 2001 he has taught at the Riley School of Irish Music and has played in the celebrated Celtic band Silver Arm.

Thurs., 6:25-7:25 pm; Jan. 23-Feb. 27; 6 wks; \$139 (no discounts), plus you'll need to bring a fiddle/violin to each session, including the first. Rentals are available all over town and can be had for as little as \$13 per month; #4207-01

Location: UC Victory Pkwy Campus
(Historic Edgecliff by Eden Park)

Celtic Fiddling for Beginners: Level II

This is a continuation of the preceding course. Using foundation skills and ear training learned in Level I, we'll tackle some trickier tunes and explore techniques that will help your playing sound Irish or Scottish. We may even dive into some of the other Celtic lands for inspiration! If you've already learned some tunes by ear and have a background on the fiddle, or you've previously taken Celtic Fiddling for Beginners I, this class is for you.

Justin Bonar-Bridges has been playing Irish music in the U.S., Ireland, and Canada for nearly twenty years, studying with some of the tradition's greatest masters and winning international accolades. Since 2001 he has taught at the Riley School of Irish Music and has played in the celebrated Celtic band Silver Arm.

Thurs., 7:35-8:35 pm; Jan. 23-Feb. 27; 6 wks; \$139 (no discounts), plus you'll need to bring a fiddle/violin to each session, including the first. Rentals are available all over town and can be had for as little as \$13 per month; #4208-01

Location: UC Victory Pkwy Campus
(Historic Edgecliff by Eden Park)



Make Some Music

Dancing for Two: Ballroom-Style

Tired of watching all the fun and ready to join in? Transform yourself into a dancer as you learn the basics of the beautiful, ballroom-style dances — slow fox trot, waltz, mambo, cha-cha, and rumba. This is an introductory level, especially for those who have had no prior dance classes. Both couples and singles are welcome, although we cannot guarantee partners for singles. Wear smooth hard leather soled shoes to enable turns and changes in direction.

Jeff Greatorex is a dance enthusiast and experienced teacher of dance.

Fri., 7:40-8:40 pm; Jan. 17-March 14 (no class Feb. 21); 8 wks; \$79, #4211-01

Location: UC Victory Pkwy Campus
(Historic Edgecliff by Eden Park)

Guitar

Explore varying styles of music as you conquer the fundamentals of guitar technique, reading music, and chord study in a group setting. Increase your enjoyment of playing as you establish proper playing techniques. Bring an acoustic (not electric) guitar to all classes and find out that anyone can read music and anyone can play!

Saul Meyerson-Knox, MM in classical guitar performance with UC's College Conservatory of Music, is an active performer and guitar teacher.

Tues., 6:40-7:55 pm; Jan. 21-March 4; 7 wks; \$159, plus text "The FJH Young Beginner Guitar Method: Lesson Book 1" (G1016 - CD not required) available from UC or DuBois Bookstores plus online booksellers; #5224-01

Location: UC Victory Pkwy Campus
(Historic Edgecliff by Eden Park)

Guitar II

Refine and hone your guitar playing! The focus is on more in-depth coverage of technique, reading music, and chord study. You must be able to read notes on the guitar in first position and know basic chords. Bring an acoustic guitar to all classes.

Saul Meyerson-Knox, MM in classical guitar performance with UC's College Conservatory of Music, is an active performer and guitar teacher.

Tues., 8-9:15 pm; Jan. 21-March 4; 7 wks; \$159, plus text "The FJH Young Beginner Guitar Method: Lesson Book 2" (G1021 - CD not required) available from UC or DuBois Bookstores plus online booksellers; #5225-01

Location: UC Victory Pkwy Campus
(Historic Edgecliff by Eden Park)

Mandolin for Beginners

Looking for an instrument with a lot of versatility that won't break the bank? Maybe you're interested in playing chords along with your favorite songs, or you want to learn a few Irish or bluegrass tunes and jam with your friends. With a mandolin you'll have it all — you can play chords for accompaniment or take the lead with melodies. This is a course for those who have never played mandolin before and are looking to build a solid foundation on the instrument. You'll start by learning how to hold and maintain your mandolin, but by the end of the course you'll be playing tunes and know some basic chords — and you'll have learned it all by ear!

Justin Bonar-Bridges has played in the celebrated Celtic band Silver Arm; and he has taught various stringed instruments for over a decade.

Thurs., 5:15-6:15 pm; Jan. 23-Feb. 27; 6 wks; \$139 (no discounts), you will need a mandolin, an electronic tuner, and a simple recording device. If you don't already have a mandolin, playable mandolins such as the Rogue RM-100A can be obtained online for as little as \$50; #4215-01

Location: UC Victory Pkwy Campus
(Historic Edgecliff by Eden Park)

Recreational Music Making at the Piano: Course One

Using the "Musical Moments" curriculum, developed by Debra Perez and Will Bailey, you'll learn to read music and to play by chords. Your success is attributed to the comfortable pacing and logical sequencing of the materials. Emphasis is placed on wellness and the joy of making music, right from the first lesson! You will meet in a state-of-the art piano facility; each piano has a headphone and groups are kept small. This introductory course does not require a piano at home, although it is recommended.

Sophie Wang, teacher and performer of piano, is affiliated with the University of Cincinnati College-Conservatory of Music and is trained in Recreational Music Making.

Tues., 6:10-7:10 pm; Jan. 21-March 11; 8 wks; \$160 (no discounts), plus purchase and bring to class "Musical Moments: A Recreational Music Making Program: Book One with CD." Available online at: everylifeneedsmusic.com/MMOrdering.htm or UC Bookstore; #4216-01

Location: UC main campus

Recreational Music Making at the Piano: Course Two

Take the next step with us in this continuation class and we'll help you gain more skills in reading, chord playing, and hand positions. Learn on a state-of-the-art electronic piano (with headphones), enabling you to go at your own pace, with lots of interaction from the instructor. Class is designed for those who have taken Piano I with us or who possess the equivalent skills.

Sophie Wang, teacher and performer of piano, is affiliated with the University of Cincinnati College-Conservatory of Music and is trained in Recreational Music Making.

Tues., 7:20-8:35 pm; Jan. 21-March 11; 8 wks; \$179 (no discounts), plus purchase and bring to class "Musical Moments: A Recreational Music Making Program: Book One with CD." Available online at: everylifeneedsmusic.com/MMOrdering.htm or UC Bookstore; #5217-01

Location: UC main campus

Salsa and Merengue Dance

Capture the spirit and the rhythm of these popular Latin dances as you learn their special moves, steps, shines, and styles. Focus will be on the Cuban style Salsa and the Merengue, a quick even-stepping hip-moving dance which originated from the Dominican Republic. You'll practice holds, hand positions, and turns as you gain confidence in adjusting your moves to the speed of the music and flowing from one move to the next. Both couples and singles are welcome, although we cannot guarantee partners for singles. Class is geared for beginners. You must wear soft-soled shoes (leather or others that allow for smooth turning).

Doni Jessen, MBA, has a wealth of experience teaching, performing and choreographing Latin dance.

Thurs., 7-8 pm; Jan. 16-March 6; 8 wks; \$89, plus \$8 materials fee for cd, payable to instructor at first class; #5229-01

Location: UC Victory Pkwy Campus (Historic Edgecliff by Eden Park)

Swing Dances: An Introduction

From Jitterbug (Single Time Swing) to East Coast Swing (Triple Time), you'll be picking up your feet and having a ball. Swing to music from the '50s and '60s, honky-tonk, C & W, and even rock. Gain self-confidence in maneuvering around a dance floor and increase your repertoire of fast dance movements as you learn these always popular styles of dance. You'll begin by mastering the basics and then add some new combinations as you go. Wear leather soled shoes to allow for smooth turning, please. Partner recommended but not required.

Jeff Greatorex is a dance enthusiast and experience teacher of dance.

Fri., 8:45-9:45 pm; Jan. 17-March 14 (no class Feb. 21); 8 wks; \$79, #5262-01

Location: UC Victory Pkwy Campus (Historic Edgecliff by Eden Park)

Ukulele I: For Beginners

Ukuleles aren't just for luaus! You'll be amazed at the variety of styles you can play — from blues and country to pop and light rock. After mastering the fundamentals (tuning, holding and finger placement), we'll focus on really getting comfortable with your instrument. Watch, listen, and play along as you build on the basics of chords, strumming, playing up the neck, and trying out some variations and tempos. No musical experience needed. Bring your ukulele and let's make some music!

Saul Meyerson-Knox, MM in classical guitar performance with UC's College Conservatory of Music would love to get you playing that ukulele.

Tues., 5:15-6:30 pm; Jan. 21-March 4; 7 wks; \$159 (no discounts), bring your own ukulele (soprano, concert, or tenor - no baritone) and text for Hal Leonard Ukulele Method Book 1 with audio CD (only about \$9); #4214-01

Location: UC Victory Pkwy Campus (Historic Edgecliff by Eden Park)

What People Like Best...

**"Jeff is very fun, nice,
and patient."**

Student in "Swing Dances" class



Play an Instrument



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Discover the secrets to setting up fully formatted worksheets quickly and efficiently.

Creating Web Pages

Acquire the basics of HTML so you can design, create, and post your very own site. Advanced Web Pages also offered.

Project Management Fundamentals & Applications

Gain the skills you'll need to succeed in the fast-growing project management field. Experienced project manager teaches you tricks of the trade in these two classes.

Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

SQL

Gain a solid working knowledge of the most powerful database programming language in the introductory class. Go beyond the basics in the Intermediate level.

A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals.

Writer's Workshop for Beginners

Get a taste of the writer's life and improve your writing skills in this intro to writing creatively.

Creating Mobile Apps with HTML5

Learn to use HTML5, CSS3, JavaScript, jQuery, and Web APIs to create cross-platform mobile apps and mashups.

Java Programming

An experienced Java programmer introduces important Java topics with clear, step-by-step instructions. Intro and intermed. levels available.

Microsoft Project

Discover how to effectively plan, implement, and control projects using Microsoft Project, the world's most popular project management software.

Supervision and Management I & II

Learn how to be an effective manager or supervisor. Master the basics of communicating effectively, and learn tools for developing your own interpersonal skills.

Illustrator

Gain confidence and skills to use this powerful software tool for graphic arts.

Photoshop Elements: Digital Photographer I, II

Learn to edit and correct digital images to repair deficiencies and bring out the best in your photographs.

Accounting Fundamentals I and II

Gain a marketable new skill by learning the basics of double-entry bookkeeping and financial reporting. Then go to the next level with dividends, plant assets, depreciation, accrued revenue and expenses, retained earnings, stockholders' equity, and financial reports.

Creating WordPress Websites I and II

Master the technical elements of WordPress; learn how to organize a blog or website, create appealing content, and achieve better positions on search engines.

PHP and My SQL

Learn how to create an interactive Web site, allowing visitors to post and retrieve information provided by you or your site's visitors. Intro & intermed. levels.

Learn online anytime, anywhere!

A new section of every course in our online catalog will begin on the following dates:

Dec 11 • Jan 15 • Feb 19 • Mar 19

ed2go.com/uc

Advanced Fiction Writing

Explore advanced fiction writing techniques with a published novelist.

Certification Preparation:

Note price exception: \$159 each (no discounts).
CompTIA Network+ Certification Prep
CompTIA A+ Certification Prep (All Levels)
CompTIA Security+ Certification Prep

Effective Business Writing

Improve your prospects by developing powerful written documents that draw readers in and keep them!

Microsoft Access

Find out how to store, locate, print, and automate access to all types of information. Intro and intermediate levels.

Other Popular Course Titles include:

Microsoft PowerPoint

Create dazzling slide presentations with mul-timedia, charts, outlines, graphs, clip art, and hypertext links.

Photoshop

Learn how to create original images and to fix and process photos. Levels I & II; Creating Web Graphics.

Mac, iPhone and iPad Programming

Learn to create Mac, iPhone, and iPad apps and programs using Objective-C and the Xcode compiler.

Languages: Spanish, Italian, Japanese, or French

Your choice! Prepare to speak a new language in a wide variety of settings and situations and you will enrich your experiences while traveling.

Start Your Own Small Business

Stop dreaming and learn how to start your own successful small business.

Advanced Web Pages

Take your Web development skills to the next level as you learn how to create advanced websites using CSS, HTML5, media queries for mobile devices, interactive forms, and embedded video.

Introduction to C++ Programming

Learn to program in C++, even if you have no prior programming experience!

Explore a Career or Start Your Own Business

In Arts & Crafts; Gift Baskets; Plants; Pet Sitting; Event Planning; Consulting Practice; Publishing; Home-Based Business; and more.

Introduction to Database Development

An experienced professional guides you through a structured approach to database design and development.

Leadership

Gain the respect and admiration of others, exert more control over your destiny, and enjoy success in your professional and personal life.

Project Management Applications

Experienced project manager teaches you tricks of the project management trade.

Secrets of Better Photography

Explore strategies and a variety of tricks to create excellent photographs in all types of situations.

QuickBooks Intro, Intermed

Quickly and efficiently gain control over the financial aspects of your business. Performing Payroll offered too.

Stocks, Bonds & Investing

Learn how to make wise investment decisions so that you have enough money to live comfortably through your retirement.

How to Get Started in Game Development

Take steps toward a new career in game development by building a foundation to design games in a wide variety of genres for different audiences and platforms.

Intro to Statistics

Improve your understanding of data and learn how to develop graphs and charts so you can use this information to make better decisions.

How to Get Started:

1. Visit our Online Learning Center for all the details: ed2go.com/uc
2. Browse or Search the catalog for the courses you want. Click any title to view course details, syllabus, instructor bio, requirements, student reviews and course demos.
3. Enroll and pay for your classes at ed2go.com/uc Or choose from three other ways to enroll on page 31. Fees: Most online classes are only \$119 (no discounts).
4. Return to our Online Learning Center and click the My Classroom tab when your course starts. To begin your studies, simply log in with the name and password you provided during enrollment.
5. Start Dates: A new section of every online course will begin on the following dates:

DEC 11 • JAN 15 • FEB 19 • MAR 19

For complete Online Course Catalog,
see ed2go.com/uc.



Options for Teens

Check out these programs of special interest to teens

Preparing a New Generation for Success® Finishing Touches for Teens (p 23)

Project a positive appearance, prepare for new relationships and new experiences (school, college, job, or important events).

ACT Preparation (p 27)

Beef up your confidence and your potential by studying strategies for approaching this test.

SAT Preparation (p 28)

Acquire an arsenal of tools to help you succeed on this important test.



Personal Development and Special Interest

Classes in meditation, mindfulness, pet care, make-up, wardrobe, image, finding your purpose, etc.

Building Resilience in Chaotic Times

This interactive class is designed to provide you with a toolbox of positive, nurturing techniques to maintain wellness, strengthen resilience, connectivity and effectively manage everyday life. Each class introduces simple techniques that increase the ability to quiet the mind, stay present, gain inner control, listen effectively, communicate from the heart and develop empathy. Techniques include: mindfulness, guided meditation, breath awareness, heart-centered communication, reflection and journaling.

Sherry McHenry is a stress management consultant, guiding individuals and groups in developing life skills that help reduce stress, change behavior patterns and create healthier, more balanced lives.

Sat., 9:30-11 am; Jan. 18-Feb. 8; 4 wks; \$75 (no discounts), plus \$15 materials fee (includes relaxation audio) payable to instructor at first class; #6049-01

Location: Montgomery Rd (Pleasant Ridge)

Contemporary Social and Business Dining Etiquette

Knowing how to conduct yourself over the table provides a tremendous advantage throughout life. Learn to be comfortable in any dining situation, whether formal, informal, business or social. Join Ms. Glendening at deSha's as you polish your table manners in an enjoyable, private setting over a delicious dinner. Topics include: navigating the table; the silent service code; forms of service; and the five most common dining mistakes. From "How do I eat this?" to "Faux Pas Recovery 101," we'll have fun while learning some important lessons in this unforgettable class!

Nanci Glendening, co-founder and past president of the Association of Image Consultants International OH-PA Chapter, has conducted appearance and etiquette programs for all types and sizes of organizations.

Mon., 6:45-8:45 pm; Jan. 27; \$39 (no discounts), plus \$32 for five-course dinner, taxes and gratuities payable to instructor at beginning of class; #6045-01

Location: DeSha's (Harper Point)

Finishing Touches

A polished image, a pulled-together appearance and knowing what to do and say in any situation develops self-confidence and prepares you for new relationships and experiences. Discover and master many concepts: contemporary social etiquette; the art of conversation and charisma; what goes into good grooming, fashion, wardrobe, hair, and makeup; how to use body language and posture to your advantage; plus pointers on personality and aesthetics. You can practice and learn the techniques you'll need to present yourself at your personal and professional best.

Nanci Glendening, co-founder and past president of the Association of Image Consultants International OH-PA Chapter, has conducted appearance and etiquette programs for all types and sizes of organizations.

Wed., 6:30-8:30 pm; Feb. 5-26; 4 wks; \$159 (no discounts), #6046-01

Location: UC Victory Pkwy Campus (Historic Edgecliff by Eden Park)

Fortune Telling

Learn about how anthropologists categorize the wide variety of fortune telling (divination) techniques used around the world and discuss examples from a wide variety of cultures, both past and present. After looking at the many ways that one can accomplish an act of divination, we will then put our knowledge into practice by learning how to use at least two fortune telling methods (tarot and runes).

Alisa Strauss, PhD, teaches in the Anthropology Department at UC. She is especially interested in the study of mythology, folklore, magic, and religion both cross-culturally and through time.

Mon., 6:30-9 pm; Feb. 10; \$29, plus \$20 supply fee for your own deck of tarot cards, set of Viking runes, and instructional materials payable to instructor in class; #6157-01

Location: UC main campus

Herbs and Oils

Have fun in this series exploring some of the types, properties, and uses of our instructor's favorite essential oils and natural herbs. We'll hit the highlights as you learn about these main areas: personal/body care; around the house; and home remedies. You'll see demonstrations and get some hands-on experience creating some of these hand-crafted products as you learn how to make such things as herbal teas, potpourri, room diffuser spray, and soaps for laundry and for body. Also learn about some important precautions to take when using these oils and herbs.

Kristy A. Brandabur, RMA, CHLC, CMBFC, RA (AHHA), is the owner of Metamorphosis: Holistic Wellness Center LLC. She has been in the health and fitness industry for over 25 years.

Sat., 10-11:30 am; Feb. 8-22; 3 wks; \$54 (no discounts), plus \$10 supply fee payable to instructor at first class for oils, herbs, and all materials; #6052-01

Location: Metamorphosis: Holistic Wellness Center LLC (Historic district Columbia Tusculum)

Preparing a New Generation for Success®: Finishing Touches for Teens

Discover how to project a positive appearance, learn what to do and say in any situation as you prepare for new relationships and new experiences (school, college, job, party, or an important event). Topics include: posture and body language, what to wear, grooming, beauty basics, personality, dining etiquette tips, civility, art of conversation, and social skills. We are offering two sections of this course — Mondays is Basic Training for Young Men; and Wednesdays is Finishing for Young Women.

Nanci Glendening, co-founder and past president of the Association of Image Consultants International OH-PA Chapter, has conducted appearance and etiquette programs for all types and sizes of organizations.

Mon., 4-6 pm; Feb. 3-24; 4 wks;
\$159 (no discounts), For Young Men; #6051-01

Wed., 4-6 pm; Feb. 5-26; 4 wks;
\$159 (no discounts), For Young Women; #6051-02

Location: UC Victory Pkwy Campus
(Historic Edgecliff by Eden Park)

Professional Make-Up Skills

Do you want to learn professional techniques and secrets to doing your own make-up — without the sales pitch and the very public department store environment? In this fun, relaxed class, you'll bring in your own make-up bag. Find out what your make-up will do for you, what basics you really need, how to select and purchase makeup, and how to handle some of the tools. Explore daytime and evening looks, how to minimize flaws, and how to take care of your skin. The second session is really hands-on, so come fresh-faced. We'll be starting from scratch as you learn how to apply your make-up as if it was done professionally every day.

Meredith McClain is a professional make-up artist. She does not represent any company and does not sell any products; she currently works in the industry for a variety of companies.

Mon., 6:30-8:30 pm; Feb. 24-March 10; 3 wks;
\$69 (no discounts), plus \$10 fee payable to instructor for use of supplies in class; remember to bring in your own make-up to learn application techniques; #6138-01

Location: UC Victory Pkwy Campus
(Historic Edgecliff by Eden Park)



Polish Up Your Image

The Heart of Meditation: The Open Path

The ancient and direct practice of meditation fosters and cultivates an awakened perspective, allowing the mind to become quiet, and the heart to open. Explore the subtle wisdom of the open path. We will provide chairs and meditation cushions; try to avoid eating for an hour before class. No particular belief system required — just a desire to find the clarity and peace that meditation can bring.

Bonnie Beverage, a teacher in the Theravada Tradition, is one of the founding members of the Dharma Center. She has taught History of Buddhism since 1998 at UC. She is also the author of "Take-Home Dharma" and "Impermanence: the Only Lesson You will Ever Need."

Thurs., 7 pm-8:30 pm; Feb. 6-27; 4 wks; \$59, #6044-01

Location: Dharma Center of Cincinnati (Upper Northside)

What to Wear and How to Wear It

From wardrobe planning and accessories to discovering your best colors and most flattering styles, find out how you can achieve that "put together" look. Focus on personal appearance and polish, find out about image killers, and do's and don'ts.

Nanci Glendening, of Glendening Image Research, is co-founder and past-president of the Association of Image Consultants International OH-PA Chapter. She also modeled in Miami FL and was a former Miss Cincinnati USA.

Wed., 6:30-8:30 pm; Jan. 29; \$29, #6156-01

Location: UC Victory Pkwy Campus (Historic Edgecliff by Eden Park)



Photography

Classes in how to use your camera, how to take better pictures, etc.

Digital Photography: Basic Level

Get started with the basics in this introductory class, which is available only this term. Bring your Point and Shoot digital camera and camera manual to class as we explain some of the most common functions and features; i.e., focus, zoom, flash, shutter speed, ISO, white balance, storing images, and composition. Become familiar with some of the terminology and basic photo editing as well (sizing, cropping, toning and printing). We'll incorporate some feedback of images you take outside of class, so you can learn by doing. The focus is on taking better pictures — while your camera is left in the automatic mode.

Mark Bealer and Vickie Daniels are co-owners of Studio 66 LLC, a wedding and studio photography business. Vickie has an associate's degree in photography and has worked as a professional photographer since 2005. Our lead instructor, Mark, has been a professional photographer since 1988.

Wed., 5:30-6:55 pm; Feb. 5-March 12; 6 wks; \$129 (no discounts), #3823-01

Location: UC main campus

Digital Photography: Advanced Level (for D-SLR only)

Are you ready to shoot in manual exposure with your digital single lens reflex (D-SLR) camera? Bring your camera and camera manual to class (class available only this term). We will introduce you to the control of your D-SLR's features; i.e., shutters, apertures, lens characteristics, custom white balance, and sensor resolution. We'll also go into detail with other topics such as focus, zoom, ISO, storing images and composition. We'll incorporate critiques of images you take outside of class, so you can learn by doing. The focus is on taking better pictures — while your camera is in the manual mode.

Mark Bealer and Vickie Daniels are co-owners of Studio 66 LLC, a Cincinnati-based wedding and studio photography business.

Wed., 7-8:30 pm; Feb. 5-March 12; 6 wks; \$159 (no discounts), #3824-01

Location: UC main campus



Online Classes Available

Visit ed2go.com/uc

Then select "Personal Development."

Click on Digital Photography to see Photoshop and Making Movies classes.



Sports and Adventure

Classes in aviation, golf, tennis, tree climbing, scuba diving, etc.

Ice Skating

Learn the fundamentals of this fascinating sport. Even if you've never been on the ice before, you can begin to master forward and backward stroking, turns, stops, very basic starter jumps and the elements of spinning. One-half hour will include specific instruction in figure skating techniques. If you wish, you may stay on and skate until 4 pm as part of the "open skate" (included in fee) to spend time on your own practicing and perfecting your skills.

Heidi Hartley, NSA Figure Skating Instructor, is skating director at Northland Ice Skating.

Sat., 1:30-2 pm; Jan. 18-Feb. 22; 6 wks; \$75 (no discounts), includes rink admission and skate rental plus "open skate" time until 4 pm to practice on your own; #4517-01

Location: Northland Ice Skating (Evendale)

Skiing

All levels of skiers will have the chance to get the most out of skiing! Perfect North Slopes is open from 9:30 am until 9:30 pm; it has 3 triple chair lifts and two quads, carpet lifts, 100% snowmaking capability and lighted slopes. Groups will be formed with people of similar capabilities so that you may learn at your own pace. Please arrive at least 30 minutes early the first night. In order to start your lesson promptly, we need to allow time to process your pass and to assign the groups.

Perfect North Slopes professional staff concentrates on making skiing easy by utilizing the American Teaching System (ATS).

Your choice of dates:

Tues., 6-9 pm; Jan. 7-28

Thurs., 6-9 pm; Jan. 9-30

TIMES: Your choice of start times for each one-hour lesson: 6, 7 or 8 p.m.

No matter your level of skiing ability, come when it suits you best; 4 one-hour lessons;

FEES: (Four-week lesson program)

\$40 paid to UC for instruction (no discounts)

\$50 paid to Perfect North for ski and boot rental (optional)*

\$80 paid to Perfect North for lift tickets

(required)*

*Fees to Perfect North to be paid at first class.

Please note: Equipment rental and lift tickets are good for up to 8 hours each visit. Each lift ticket also includes snow tubing.

Location: Perfect North Slopes

(Lawrenceburg, Indiana)

Snowboarding

All levels of boarders will have the opportunity to enhance their riding ability. Groups will be formed with people of similar capabilities so that you may learn at your own pace. Please arrive at least 30 minutes early the first night. In order to start your lesson promptly, we need to allow time to process your pass and to assign the groups.

Perfect North Slopes Professional Staff strive to make snowboarding lessons geared to individual needs.

Your choice of dates:

Tues., 6-9 pm; Jan. 7-28

Thurs., 6-9 pm; Jan. 9-30

TIMES: Your choice of start times for each one-hour lesson: 6, 7 or 8 p.m.

No matter your level of ability, come when it suits you best; 4 one-hour lessons; \$40 (no discounts),

FEES: (Four-week lesson program)

\$40 paid to UC for instruction (no discounts)

\$50 paid to Perfect North for snowboard and boot rental (optional)*

\$80 paid to Perfect North for lift tickets

(required)*

*Fees to Perfect North to be paid at first class.

Please note: Equipment rental and lift tickets are good for up to 8 hours each visit. Each lift ticket also includes snow tubing.

Location: Perfect North Slopes

(Lawrenceburg, Indiana)



Try Some Snow Sports!

TENNIS RAIN OR SHINE at Anderson Mercy Healthplex

Indoor tennis classes are facilitated by Joe Foley, winner of over 100 tournaments and former captain of the best tennis team in UC's history.

Tennis for Beginners

Get in shape with tennis! Work on hand-eye coordination, racquet skills, basic strokes, and scoring. This experience is designed for the player who has never played the game or is unfamiliar with the rules. Bring your own racquet.

Joe Foley has introduced this sport to thousands of people who continue to play for a lifetime.

Sun., 4-5 pm; Jan. 26-March 2; 6 wks;

\$69 (no discounts), #4105-01

Location: Mercy Healthplex Anderson

Tennis for Intermediates

This is an enjoyable way to get in shape and stay in shape! You are ready for this experience if you have had some previous instruction or if you can hit ground strokes and serves in play from the baseline with reasonable success. You'll have the chance to work on strokes with movement, rally skills, overheads, and volleys. And for those who are ready, you may practice getting that first serve in, adding spin, net play, strategy, and control. Bring your own racquet.

Facilitated by Joe Foley.

Sun., 5-6 pm; Jan. 26-March 2; 6 wks;

\$69 (no discounts), #4107-01

Location: Mercy Healthplex Anderson

We Offer Our Classes at Convenient Locations around Town...

Heare's a partial listing:

- UC Victory Parkway Campus (Edgecliff)
- UC main campus (Clifton Avenue)
- Historic homes (various)
- Peachy's Health Smart (Silverton)
- Artist's Studio (Mt. Airy)
- Cincinnati Observatory Center (Mt. Lookout)
- Conversa Language Center (Downtown)
- Covington Clay (Covington)
- DeSha's Restaurant (Harper's Point)
- Dharma Center (Northside)
- Mercy Healthplex (Anderson)
- Metamorphosis (Columbia Tusculum)
- Mighty Vine Wellness Club (Downtown)
- Northland Ice Skating (Evendale)
- Perfect North Slopes (Laurenceburg)
- Yoga Studio (Clifton)
- And more...



Try Out Your Tennis

What People Like Best...

“Have a time and place to play indoors. Overall, a great class.”

Student in “Intermediate Tennis” class



Test Preparation

Classes in ACT Prep, SAT Prep, GRE Prep, GMAT Prep, LSAT Prep, TOEFL Prep, etc.

ACT Preparation

Losing sleep and getting anxious about test day? In this intensive class, you'll build confidence and make the most of your potential by studying strategies for taking the ACT and by reviewing topics covered by the ACT (math, writing and reading comprehension). Learn a variety of test taking methods and work with the instructor to adapt the ones that best suit your own unique style and personal strengths. You'll get support for questions and concerns; plus discussions, PowerPoints, use of TPR materials, and lots of concrete examples. Discover approaches to increase your odds on each question type, how to use a process of elimination, construct a well-defined essay (optional) on this test, plan your critical reading passage strategy, and learn when it's good to guess.

Allen Feibelman has taught over 1000 hours of test prep and has won awards for teaching college English at UC and at Chatfield College. His personalized approach in the classroom provides maximum support for your preparation.

Sun., 9 am-2 pm; Jan. 26 & Feb. 2; 2 days; \$154 (no discounts), plus bring calculator and text "Cracking the ACT" (most current edition), a publication of The Princeton Review. Lunch not included — bring own or a few dollars extra to order pizza with the group; #4604-01

Location: UC main campus

GMAT Preparation: Concentrated

Our concentrated course is team-taught and class size is kept small to enhance your learning experience. The English instructor provides an intro to the Graduate Management Admission Test, including common misconceptions, time management tips, and insights into how to study. He covers the analytical writing assessment and verbal sections. The math instructor teaches the quantitative and integrated reasoning sections and reviews concepts of algebra and geometry. You'll work with authentic test questions and responses and arm yourself with skills and confidence by learning helpful strategies.

Allen Feibelman, MA, is an associate professor at Chatfield College and has taught with the UC English Department. Allen has also taught for Princeton Review.

Jane Allen, MEd in mathematics, has taught for 17 years. Currently, she is teaching College Preparatory and Honors Math at Kings High School.

Sat., 9 am-1 pm; Feb. 1-22; 4 wks; \$249 (no discounts), plus text "The Official Guide for GMAT Review" (13th Ed.), Wiley Publishing, Inc. (ISBN: 978-1118109793 available from UC and DuBois bookstores plus online booksellers); #4607-01

Location: UC main campus

GRE Preparation: Concentrated

Our concentrated content and small class size will help you lay the foundation for success on the GRE test. You'll work with authentic questions and responses and gain confidence by learning helpful strategies in our team-taught course. The English instructor provides the intro to the GRE, including common misconceptions, time management tips, and insights into how to study; his focus is on teaching analytical writing and verbal reasoning skills. The math instructor teaches quantitative reasoning skills along with a review of concepts of algebra and geometry.

Allen Feibelman, MA, is an associate professor at Chatfield College and has taught with the UC English Department. Allen has also taught for Princeton Review.

Jane Allen, MEd in mathematics, has taught for 17 years. Currently, she is teaching College Preparatory and Honors Math at Kings High School.

Sat., 9 am-1 pm; Feb. 1-22; 4 wks; \$249 (no discounts), plus text "The Official Guide to the GRE revised General Test with CD-ROM," 2nd ed., a publication of the Educational Testing Service (ISBN: 978-0071791236) available from UC and DuBois bookstores plus online booksellers; #4608-01

Location: UC main campus

LSAT Preparation Class

Prepare to take the LSAT by spending 4 Saturday afternoons delving into a detailed analysis of each LSAT problem type, getting critiques of your writing samples, taking a full-length mock exam, and developing strategies along with a sense of timing and confidence.

Taught by Mina Ludwig.

Class is offered two times each year, once in April; and again in August.

SAT Preparation

Gain confidence and make the most of your potential by studying strategies for taking the SAT and by reviewing topics covered by the SAT. You will learn specific techniques for taking the math, writing and reading comprehension parts of the test. Discover how the test is structured, effective methods for solving each problem type, and what to expect. Acquire an arsenal of tools to help you succeed, including how to use a process of elimination, construct a well-defined essay on test day, plan your critical reading passage strategy, and decide how to handle the conundrum "to guess or not to guess."

Allen Feibelman has taught over 1000 hours of test prep and has won awards for teaching college English at UC and at Chatfield College. His personalized approach in the classroom provides maximum support for your preparation.

Sun., 9 am-2 pm; Feb. 23 & March 2; 2 days; \$154 (no discounts), plus text "Cracking the SAT" 2014 edition, a publication of The Princeton Review (ISBN: 978-0307945617 available from UC and DuBois bookstores plus online booksellers). Lunch is not included -bring your own or a few dollars extra to order pizza with; #4603-01

Location: UC main campus

TOEFL iBT Preparation

The Test of English as a Foreign Language (TOEFL) is used to measure English language proficiency. It is the most accepted test in the world; and Internet-based testing has made it even more accessible. This course will help you prepare to take the TOEFL as you focus on the main features of the test, test-taking strategies, exercises, and practice. We will cover the types of skills evaluated by the various sections of the test, including reading, listening, writing and speaking.

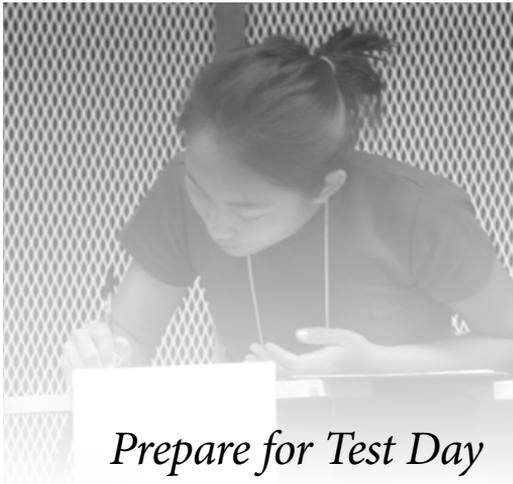
Jennifer Wiebe, EdM, is a graduate of U of Illinois Urbana-Champaign; she is an experienced teacher who has a love of languages.

*To register for the TOEFL iBT test with UC call 513-556-7173 or see uc.edu/testing/services.html

*To register for this TOEFL test preparation class, call 513-556-6932 or visit uc.edu/ce/commu

Wed., 6:30-8:30 pm; Jan. 22-March 12; 8 wks; \$189 (no discounts), plus text "Delta's Key to the TOEFL iBT: Advanced Skill Practice" (2011, ISBN 9781936402113 includes CD's) is recommended but not required; #4602-01

Location: UC main campus



Online Classes Available

Visit ed2go.com/uc

Then select "Personal Development."
Click on Test Prep for other options.

Yearly Plan

For your planning purposes here's a list of our Test Prep classes and estimated start months:

GRE (Feb., May, Oct.)

GMAT (Feb., May, Oct.)

LSAT (Apr., Aug.)

TOEFL (Jan., Apr., Jul., Oct.)

PSAT (Oct.)

SAT (Jan., Mar., Apr., Sep.)

ACT (Jan., Apr., Jun., Sep., Oct., Dec.)



Class Listing

by Start Dates

1/6	An Intro to Voiceovers: One-on-One Live	1/29	What to Wear and How to Wear It
1/6	Zumba® Fitness	1/29	From Stage Fright to Stage Zen
1/7	Skiing	1/30	Tai Chi for Beginners
1/7	Snowboarding	2/1	Glass Fusing Primer
1/7	Zumba® Toning	2/1	GRE Preparation: Concentrated
1/8	Zumba® Fitness	2/1	GMAT Preparation: Concentrated
1/9	Skiing	2/1	Quilt Making in a Day: Fundamentals
1/9	Snowboarding	2/3	Online Programs begin in vareity of topics such as: Business Research; Customer Research, Data Analysis
1/9	Boot Camp Lite	2/3	More Online Certificate Programs in: eMarketing; Inbound Marketing; Mobile Marketing, and more
1/14	Writing to Meet People: Internet Dating	2/3	English as a Second Language: Conversation & Pronunciation
1/15	Online Classes: Choose from 200 titles	2/3	Preparing a New Generation for Success: Young Men
1/16	Salsa and Merengue Dance	2/3	Shape Up with Belly Dance
1/17	Dancing for Two: Ballroom-Style	2/4	Stargazing 101
1/17	Swing Dances: An Introduction	2/4	Selling Your Home - Fast and for Top Dollar
1/18	Stained Glass for Beginners	2/5	Digital Photography: Basic Level
1/18	Pilates Mat Class	2/5	Digital Photography: Advanced Level
1/18	Ice Skating	2/5	Finishing Touches
1/18	Building Resilience in Chaotic Times	2/5	Preparing a New Generation for Success: Young Women
1/18	French for Beginners	2/6	The Heart of Meditation: The Open Path
1/18	Jewelry Making: A Pendant Necklace and Matching Earrings	2/8	Herbs and Oils
1/21	Beginner's Mind~Yoga Basics	2/8	The Intrepid Traveler Workshop
1/21	Recreational Music Making at the Piano: Course One	2/8	Watercolor in a Day
1/21	Recreational Music Making at the Piano: Course Two	2/9	Oriental Brush Painting in a Day
1/21	Guitar II	2/10	Beginning Mandarin Chinese
1/21	Ukulele I: For Beginners	2/10	Fortune Telling
1/21	Guitar	2/10	Central Europe
1/22	TOEFL iBT Preparation	2/10	Massage for Two
1/22	Drawing Mandalas	2/10	Arabic for Beginners
1/23	Beginner's Mind~Yoga Basics	2/11	Buying a House in a Changing Market
1/23	Italian for Beginners	2/17	Behind the Scenes at the Observatory
1/23	Celtic Fiddling for Beginners Level I	2/17	The Moundbuilders
1/23	Celtic Fiddling for Beginners: Level II	2/17	An Intro to Voiceovers: Class
1/23	Mandolin for Beginners	2/17	Ireland: The Emerald Isle
1/25	Historic Buildings around Town	2/19	Online Classes: Choose from 200 titles
1/25	Health-Smart Cooking	2/21	Dance of the Gods: Motions of the Planets
1/25	Create a Kaleidoscope	2/22	Shared Leadership in the Workplace
1/25	Create a Pair of Tall Whimsical Mugs	2/23	SAT Preparation
1/25	Jewelry Making: Clustered Swarovski Set	2/24	Alaska: Travel Destination
1/26	Tennis for Beginners	2/24	Professional Make-Up Skills
1/26	Tennis for Intermediates	3/3	Designing Webinars Certificate: Online Program
1/26	ACT Preparation	3/8	Women in Transition:
1/27	Contemporary Social and Business Dining Etiquette	3/12	Bead Jewelry Making I
1/27	Tai Chi for Beginners	3/19	Online Classes: Choose from 200 titles
1/27	Italy Insights		
1/27	Face Lift Massage: Do It Yourself		
1/28	Jupiter and the Giants		
1/28	Alexander Technique: Tired of Your Aches and Pains?		
1/28	Writing Sci-Fi		
1/29	Weight Loss Hypnosis		



Program Information

Information on Location and Parking, Material and Supply Fees, Discounts, and more!

Enroll Early

Courses can fill up quickly! To ensure a space in the class of your choice, please enroll now. We will accept registrations as long as there is room.

If the class you want is filled, we'll put you on a wait list and notify you as soon as possible. You may choose to remain on the wait list, transfer to another class, or receive a refund (if you paid by credit card you will not be charged). Every effort will be made to accommodate you — we've even been known to create new class sections to meet your needs.

Designed for You

Our courses are designed for anyone interested in learning something new. Classes are short-term and focused to accommodate busy schedules. Truly “learning for learning’s sake,” we offer a no-pressure option (no tests, grades or papers) to continuing education for all adults. We also extend a welcome to high school students interested in Mini Medical College, test preparation classes, plus some of our special topics just for teens.

Class Changes

We don't like to make changes, but sometimes it's unavoidable. We reserve the right to change times, locations or instructors. If we must cancel a class, we will make every effort to notify you immediately. Please provide daytime phone numbers so that we may contact you. You may then choose to transfer to another class or receive a full refund.

Location and Parking

Our classes are held online, face-to-face, at UC's Main Campus, at UC's Victory Parkway Campus, and at 20 other locations around town — see the last line of each description for the class location.

Exact room and building locations, parking information, and directions will be mailed to you with confirmation of your enrollment.

If you have a disability and need specialized services, call the Disability Services Office at 513-556-6823 well in advance of your class to discuss your needs.

Confirmation of Enrollment

If you have not received confirmation within two days of starting date for your class, please call 513-556-6932. Office hours are 8 am–5 pm Monday-Friday.

Material and Supply Fees

Some classes require additional fees for supplies or materials — they are noted in the class listing. *These fees are to be paid to the instructor at the first class session.* These fees are nonrefundable and discounts do not apply to them.

Books

A few courses require the purchase of book(s); those are noted in the description. You may buy them from local or online booksellers. If you buy your books from UC (513-556-1400) or DuBois (513-281-4120), you will find them in a special Communiversity section.

Discounts

In order to take advantage of these discounts, you must request your discount at the time you first enroll. Only one discount may apply per class. Classes not available at a discount are marked with a “no discounts” notation.

UC Faculty and Staff Discount

Full-time UC faculty and staff may take one class per quarter at half-price. Spouses and dependents are ineligible. This discount requires special handling and is not available online. Call 513-556-6932 to arrange.

Senior Citizens Discount

Golden Buckeye card holders are eligible for a 20 percent discount on many of our classes — be sure to provide us with your card number, please.

Refunds

A refund of the enrollment fee can be made up to 48 hours before the first session. We regret that no refunds may be made anytime thereafter.

However, we do stand behind our programs and will do whatever it takes to ensure your satisfaction.

4 Easy Ways to Enroll

Choose what is simplest for you — online, phone, in-person or mail. See details on the next page.

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Phone: 513-556-6932
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uc.edu/ce/commu

4 Easy Ways to Enroll



ONLINE at uc.edu/ce/commu



CALL us **513-556-6932**

Office hours are 8am–5pm Monday–Friday.



VISIT our office.

UC Victory Pkwy, Admin Bldg–Ste. 208,
2220 Victory Pkwy, 45206.
(No cash accepted.) Office hours listed above.



MAIL this convenient form with a check to:

Communiversity
PO Box 210093
Cincinnati, OH 45221-0093
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MAIL IN ENROLLMENT FORM (Enclose Check)

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Additional Names _____

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I am enrolling for

Title _____ Course # _____ Fee _____

Total _____

Preferred Customer No.: 9

Communiversi**ty**

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