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Learn Something New!

Bookmark Us!

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Plunge into some cool classes this summer!

Whether you are into painting pictures or taking them, shaking it up on the dance floor or waking up a hidden talent, Communiversity has classes to meet your needs.

*Enrich yourself*  
(no tests, grades or papers)  
as you experience  
hands-on learning.

On or off-campus, face-to-face and online options abound.

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

Take the plunge and get involved!

*Donna Burns*  
Donna Burns  
Director, Communiversity
### ARTS & HANDICRAFTS

- Bead Jewelry Making I 4
- Beginning Stained Glass 4
- Earrings: Make and Take 4
- Plein-Air Painting: Beyond Basics 4
- Pottery Plates 5
- Rookwood Pottery: Not Your Common Clay 5
- Watercolor Weekend Workshop 5
- Wine Glasses 5
- Wire Wrap Jewelry Making 5

### ASTRONOMY

- Behind the Scenes at the Observatory 6
- Stargazing 101 6
- Sundials 6

### BUSINESS & CAREER

- Social Media: Back to Basics 7
- Social Media: Establish Yourself on Linkedin 7
- Social Media: Get Connected 7
- Social Media: Networking & Job Searching 7
- High Style Flower Arranging 8
- Introduction to Voiceovers Class 8
- Voice Acting: One-on-one Live 8

### BUSINESS & CAREER (ONLINE) 9

- Online Certificate Programs in: Business Coaching
  - Business Research
  - eMarketing Essentials
  - LEED Green Associate Exam Prep
  - Mobile Marketing
  - Social Media for Business
  - Supervisory & Leadership
  - Video Marketing
  - Plus many individual courses, too

### COMMUNICATION & WRITING

- How to Write Great Characters and Dialogue 10
- How to Write Your Internet Dating Profile 10

### EXPLORE THE WORLD

- France’s Many Faces 11
- Hawaiian Islands 11
- South America Travel 11
- Travel Savvy 11

### FITNESS & HEALTH

- Alexander Technique: Introduction 12
- Beginner’s Mind—Yoga Basics 12
- Beginners Vinyasa Yoga 12
- Pat’s “Class Pass” 13
- Boot Camp Lite 13
- Zumba Gold * 13
- Zumba® Fitness 13
- Zumba® Toning 13
- Shape Up with Belly Dance 14
- Simple Health-Smart Cooking 14
- Sleep Hypnosis 14
- Weight Loss Hypnosis 14

### HOME & GARDEN

- Give Your Space a Face-lift 15
- Home Makeover: Making Color Count 15
- Make $5 in Real Estate 15

### LANGUAGE

- French for Adv. Beginners 16
- French for Beginners 16
- Italian for Beginners 16
- Spanish for Beginners 16

### MONEY MATTERS

- Women & Finance Essentials 17

### MUSIC & DANCE

- Celtic Fiddling for Beginners 17
- Celtic Fiddling for Intermediates 18
- A Beginner’s Guide to Drum Circles 18
- Dancing for Two: Ballroom-Style 18
- Guitar 18
- Guitar II 19
- Harmonica Workshop 19
- Hula for Beginners 19
- Mountain Dulcimer Workshop 19
- Salsa and Merengue Dance 20
- Swing Dances 20
- Ukulele Workshop 20

### ONLINE CLASSES 21

Visit www.ed2go.com/uc to see all 200 class titles and details; new classes begin each month

### PERSONAL DEVELOPMENT/SPECIAL INTEREST

- Social and Business Dining Etiquette 24
- Couponing: A Crash Course 24
- Fortune Telling 24
- Heart of Meditation 25
- Juggling is Within Your Reach 25
- Professional Make-up Skills 25
- What to Wear and How to Wear It 25

### PHOTOGRAPHY

- “Go Pro Photographer” 26
- Digital Photography: Advanced 26
- Digital Photography: Basic 26

### SPORTS & ADVENTURE

- Golf: Beginning 27
- Golf: Intermediate 27
- Scuba Diving: The Basics 27
- Tennis for Beginners 27
- Tennis for Intermediates 27

### TEST PREPARATION

- ACT Preparation 28
- GMAT Preparation 28
- GRE Preparation 29
- LSAT Preparation 29

### Program Information 30
- Enrollment Information 31

CALL (513) 556-6932
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; June 20; $19 (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) park free

Earrings: Make and Take Away
Making wire-wrapped jewelry is easy! Make and take away two finished earrings--one basic tear-drop earring set and one swirly earring set (hoop design with swirls and beads). You will also take away the techniques and skills to make great pieces on your own to wear, sell, or give as gifts, plus some resources for project ideas. Prereq: either our Wire Wrap Jewelry Making class OR prior experience wire wrapping.

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

- Wed., 7-9 pm; July 25; $19 (no discounts), plus $25 supply fee payable to instructor in class (includes all beads, anti-tarnish silver plated or copper wire (upgrade to sterling silver for $10 more), clasps, and supplies to complete the in-class projects); #3720-01
- Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park) park free

Plein-Air Painting: Beyond the Basics
Designed for both those with previous oil painting experience and those who have taken the beginning plein-air class, this class will take you beyond the basics. Continuing the studies of impressionistic painting techniques, we will meet in a scenic park to work on a large painting. By scouting out a desired spot, we will do the sketches and color studies to prepare and finish a larger painting that captures the impression of light and color of the Cincinnati landscape.

Richard Luschek studied classical painting under Boston painter Paul Ingbretson for three years after earning his BFA degree with UC’s DAAP program. He is a working artist who maintains his own art studio.

- Sat., 9:30 am-1 pm; (bring a brown bag lunch or snack if you wish); June 23-July 14; 4 wks; $110 (no discounts), supplies are the student’s responsibility. A list will be sent with your enrollment confirmation or see www.uc.edu/dam/ucce/docs/Commu/Classes/paintingsupplies.pdf.; #3505-01
- Location: First class meets at artist’s studio in Eden Park; then at various parks thereafter

Pottery Plates
Create a set of three matching plates consisting of a dinner plate, salad plate and bread and butter plate. During the first class, you will make the plates from slabs of clay and add texture by embossing them with various fabrics and plants. Your plates will be bisque fired before the second class when you will stain the textured areas and glaze them. After a glaze-firing, they are ready for you to pick up. Your finished pieces will be microwave and dishwasher safe.

Rick Hoffman has over 20 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; July 28 & Aug. 11; 2 sessions; $45 (no discounts), plus $20 for materials, equipment and firing payable to the instructor at the first class; #3149-01
- Location: Covington Clay, Covington KY (Historic Business District)
Rookwood Pottery: Not Your Common Clay
Discover the decorative arts and antique styles of a true Cincinnati original - Rookwood Pottery. Meet one evening to discuss the intriguing history of how one woman transformed common clay into an art pottery revolution. Our guest, Riley Humler, art pottery expert and auction director, will then discuss artist-signed Rookwood pieces, recent prices, and trends in collecting art pottery.
Saturday, we tour Rookwood Pottery in their new headquarters for a behind the scenes look at how pottery is produced. Next, we proceed to the Cincinnati Art Museum for lunch, followed by a tour of the antique Rookwood pieces at the museum. You provide your own transportation; directions to be supplied at orientation class.

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

• Tues., July 10, 7-9 p.m. — class and orientation at Humler & Nolan (Tower Place Mall); and Sat., July 14 – meet at 10 a.m. to tour the pottery (downtown), then on to lunch and a tour at Cincinnati Art Museum until 3:30 p.m.; $49 (no discounts), plus transportation, lunch and parking fees are on your own; #3140-01
Location: Humler & Nolan first night, then Sat., Rookwood Pottery Co. (downtown) & Art Museum

Watercolor Weekend Workshop
Learn the basics, explore a wealth of tips and techniques, and delve into composition and color mixing. Beginners and more advanced painters are welcome. Jean teaches through demonstration, hands-on experience, and individual coaching. She'll also introduce you to some fun experimental techniques such as pouring, masa paper, and yuppo. Experience the joy of painting, of self-expression, and of seeing the world in a new way as you create your own original paintings.

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.

• Sat. & Sun., 10 am-4 pm; July 21 & 22; 2 days; $124 (no discounts). Supplies will be furnished by students and a web link to that list will be sent with your confirmation of enrollment OR see http://uc.edu/dam/uc/ce/docs/ Commu/classes/color.pdf. You may bring a brown bag lunch or take a break and have lunch at an area restaurant if you choose; #3503-01
Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park); park free

Beginning Stained Glass
Learn the basics of building a Tiffany style panel using the copper foil method to complete a panel of your choosing. Learn types of glass, glass cutting techniques, grinding, foiling, soldering and framing a panel. Panel sizes will vary, with the average being 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; Aug. 18; 1 day; $99 (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)

Wine Glasses: Paint, Etch and Embellish a Set
Let your imagination go wild creating your own one-of-a-kind wine glasses to give as gifts or keep for yourself. Create up to four wine glasses in this class using etching cream and glass paints. Add wine charms from glass jewels and other embellishments for a unique look.

Mary Jane Riggi is talented artisan and instructor who operates her own stained glass studio.

• Sat., 12-4 pm; June 23; $35 (no discounts), plus $25 supply fee payable to instructor in class for all 4 glasses, charms, paints and etching cream; you may use some of the studio tools during class; #3501-01
Location: Artist’s Studio (Mt. Airy)

Wire Wrap Jewelry Making
In this class, you will make a wire wrap linked bracelet and earrings (or a pendant if you’d rather) using head pins. Both pieces will incorporate anti-tarnish silver plated wire and glass beads (we’ll give you a variety to choose from in class). Learn to wrap, twist, and sculpt wire using simple tools and materials (you will not wrap beads or stones). After practicing a bit, you’ll find you can create your own unique jewelry to get the same effect you see in pieces in upscale boutiques.

Taught by Megan Painter.

• Wed., 7-9 pm; June 27; $19 (no discounts), plus $20 supply fee payable to instructor in class (includes all beads, wire, clasps, and supplies to complete the in-class projects); #3708-01
Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park) park free
Astronomy Classes at the COC

These classes 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.
• Tues., 7-9 pm; July 31; $18, #1207-01

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., 8-10 pm; Aug. 14; $18, plus $3 optional materials fee for star chart payable to instructor at class; #1209-01

Sundials

The angles of sunlight and shadows can tell us many things: the time of day, the season, cardinal directions, the size and shape of the Earth, and even our precise location on Earth. To unravel these secrets of time and space, you need only a stick and a ray of light! In this class, we will explore a variety of sundial designs, including one you can stand upon. As weather permits, we will use them to tell time and direction. We will also attempt to use the most primitive of sundials - a stick in the ground - to measure our location in terms of latitude and longitude coordinates. Bring a watch!

Leo Sack is the Outreach Educator with the Cincinnati Observatory Center.
• Sat., 12-2 pm; Aug. 4; $18, #1230-01
Social Media: Back to the Basics
New to social media? Don’t know what Twitter is or find posting on Facebook and LinkedIn uncomfortable? Attend this class to learn about the most frequently used social media sites and how they are used professionally. Learn the differences between top social media platforms, plus do’s and don’ts while online.

Nikki Means, MBA, is the CEO of Project Socialize, LLC. She has created strategies for successful social media programs while leveraging eight years of project and process management to ensure seamless implementation.

- Mon., 6:30-9 pm; July 23; $59 (no discounts), bring your laptop, smart phone, or tablet with WiFi capability; #1151-01
- Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park) park free

Social Media: Establish Yourself on LinkedIn
LinkedIn is the world’s largest professional networking site online. Recruiters actively use LinkedIn to find new employees for open positions and business owners use LinkedIn in to connect with peers and prospective clients. By not having a LinkedIn account and completed profile, you are hindering the growth of your professional network. In this class you will create your profile, add connections, and learn about LinkedIn’s core functionality.

Nikki Means, MBA, is the CEO of Project Socialize, LLC. She has created strategies for successful social media programs while leveraging eight years of project and process management.

- Mon., 6:30-9 pm; July 30; $59 (no discounts), bring your laptop or tablet with WiFi capability; #1152-01
- Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park) park free

Social Media: Networking and Job Searching in Action
Over 73 percent of companies now use social media for recruiting. We’ll focus on four key areas - LinkedIn, Facebook, Twitter, and Blogs - with specific strategies for getting noticed. Within each of these online platforms, you’ll learn how to build your professional network online and enhance your job search. By strategically using social media tools, you can target companies, locate positions, connect with hiring managers and recruiters, and establish yourself as an expert in your industry. Pre-req: You must have already opened a LinkedIn account, started your profile, and loaded your resume. Note: Enroll in our 3 other social media classes this term (Basics, LinkedIn, Facebook/Twitter) and you can take this class for only $39. Call 556-6932 to enroll for this special offer.

Nikki Means, MBA, is the CEO of Project Socialize, LLC. She has created strategies for successful social media programs while leveraging eight years of project and process management to ensure seamless implementation.

- Mon., 6:30-9 pm; Aug. 6; $59 (no discounts), bring your laptop, smartphone, or tablet with WiFi capability; #1154-01
- Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park) park free
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.
• Sun., 2–4 pm; July 22; $39 (no discounts), #1140-01

An Introduction to Voiceovers: One-on-One Live
This one and a half hour experience introduces you to different types of voiceovers and what tools are needed to find success. This is your opportunity to work individually with an instructor who will coach you in a one-on-one, online setting as you read from real scripts. Notes will be taken on your performance so you can receive a professional voice evaluation later. Acquire the knowledge you’ll need to help you decide if this is something you’d like to pursue. 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 time with your instructor, at your mutual convenience - 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 1½ hour session when you wish; $49 (no discounts), #1150-01
• Location: Taught through IChat, Skype or phone – your choice

High Style Flower Arranging
Using store bought or home grown flowers and herbs, learn the basic principles of floral arranging and create beautiful centerpieces. In addition, you will discover ways to care and treat fresh cut flowers to maximize their use. You may apply class experience towards obtaining a job in the floral industry (the instructor has numerous contacts and leads) or simply use what you’ve learned in your own home or office decorating.

Peachy Seiden founded, owned, managed and operated Peachy’s Blossoms, Inc. for 25 years.
• Sat., 2–4 pm; July 14-Aug. 18; 6 wks; $149 (no discounts), plus $90 to cover entire cost of all greenery and fresh flowers for the series; it will be payable to your instructor at the first class. You create an arrangement each week and you get these materials at cost. Bring sharp scissors, vase or container (maybe something fun like a teapot or a watering can); #1145-01

Location: 7400 Montgomery Rd. (Silverton)

Social & Business Dining Etiquette
Please see page 24 for details.

Online Classes Also Available:
See www.ed2go.com/uc; select “Business,” click on “Start You Own Business” to explore specific careers (i.e., Event Planning; Tour Director, etc.)
Online Certificates and Courses
Get Skills for the 21st Century ~ Boost your organization’s bottom line.
• Led by an expert instructor
• Interactive discussion areas
• 24/7 classroom access
• Audio/slide presentations
• Supplemental readings included
• Retake class at no charge (up to 12 months)
• Work at your own pace

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

Questions? Just call 513-556-6932

CERTIFICATES
Take all courses in a category to earn a certificate (or just take individual courses that interest you). Fees vary (no discounts).

Business Coaching Certificate
Acquire skills to develop, implement, and support coaching and mentoring programs in your workplace. Improve your employees’ performance and create a rewarding work environment. Two-month online course, begins June 4; $295

Business Research Certificate
Learn to succeed in research, utilizing the best and most appropriate data for decision making. Find out how to communicate results for maximum impact. Components: Intro to Business Research; Business Statistics; and Qualitative Business Research. Comprised of three online courses; begins June 4; $495

eMarketing Essentials Certificate
Relevant for any type of organization, including companies, non-profits, and government agencies.
• Improving Email Promotions (June 4; $195)
• Boosting Your Web Site Traffic (July 2; $195)
• Online Advertising (June 4 or Aug. 6; $195)
Three one-month online courses; take all three to earn certificate for just $495, includes readings.

LEED Green Associate Exam Prep
Acquire fundamental concepts of green building; then prepare yourself to take exam and earn the LEED Green Associate credential from the Green Building Certification Institute. Two month course, begins June 4; $695

Mobile Marketing Certificate
Find out about location-based marketing, mobile payments, QR codes, applications, and mobile coupons. You will learn how mobile marketing can increase your capabilities to retain current customers and gain new ones.
• Mobile Marketing (June 4; $195)
• Creating Cell Phone Apps (July 2; $245)
• Adv. Mobile Marketing (Aug. 6; $245)
Three one-month online courses; take all three to earn certificate for just $595

Social Media for Business Certificate
Communicate, market and serve your customers:
• Intro to Social Media (June 4; $195)
• Marketing with Social Media (July 2; $195)
• Integrating SM in Your Org. (Aug. 6; $195)
Three one-month online courses; take all three to earn certificate for just $495

Supervisory & Leadership Certificate
Get practical and insightful methods for new and even experienced supervisors and managers. One two-month online certificate program; begins June 4; $395

Video Marketing Certificate
Use simple online video to quickly bond with your viewer, drive traffic to your website, boost business and build brand awareness.
• Video Marketing (July 2; $195)
• YouTube for Business (July 2; $195)
Two one-month online courses; take both at once to earn certificate for just $395

COURSSES (one-month-long)
(multiple start dates; fees vary; details at web link below)

Visit www.yougotclass.org/catalog.cfm/Ucincinnati for all the details about these classes!
How to Write Great Characters and Dialogue

Did you ever notice how great novels and stories leave you just a little nostalgic at the end - like you have just said goodbye to a really good friend? Maybe you have an idea for a really great novel, book, or story. Maybe you have a really great character that you want to bring to life; that you want people to fall in love with. You will want to create compelling, memorable, and enduring characters and put wonderful words in their mouths. Using ten simple, concrete strategies and ideas, this course will explore how to do that. Whether your characters are meant to be lovable or despicable, this course will help you bring them to life and have them engage in brilliant verbal encounters.

Brian L. Meyers, MA, is an engaging, informative educator, writer, and former community journalist.

• Tues., 6:30-8:30 pm; June 19-July 17; 5 wks; $99, #3307-01

Online Classes Also Available:
See www.ed2go.com/uc; select “Writing & Publishing;” see Grant Writing, Business Writing, and a Variety of Specialized Creative Writing Topics

Learn to Be a Better Communicator!

What People Like Best…

“This course exceeded my expectations…I feel I have a leg up on my new career.”

Student in “Internet Writing Market Online” class

How to Write Your Internet Dating Profile

Your online dating profile is more than merely a list of your hobbies or a description of the person you seek. It’s a concise and compelling piece of writing. Your online profile must engage your reader. It has to be part introduction, part marketing, part flash-fiction, part essay, and part easy cheese dip. Better than a late-night, TV infomercial, this course examines the mechanics of language, the buzz words people use and what they really mean, how to use language to stand out from the crowd, how to target specific readers, how to engage them, and what sorts of photographs to use so that you attract the sort of people you want and compel them to respond. Come to our boot camp and find out ten ideas designed to increase your chances of meeting your ideal date online.

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

• Thurs., 6:30-8:30 pm; June 21-July 5; 3 wks; $59, #3306-01
France’s Many Faces
France is a country of many dimensions with “something for everyone.” It contains one of the most exciting and sophisticated cities in the world - Paris. Or if you prefer the countryside, there’s the hill country of Provence, the chateaus in the Loire Valley, specially designed vineyard or restaurant itineraries, or even bicycle tours. There are Roman ruins near Avignon and prehistoric artifacts in the Dordogne region for history buffs. From the Riviera to the famous museums and cathedrals, this class will help you make the most of your sightseeing, transportation, and accommodations options.

- Mon., 7-9 pm; July 23; $18, #1301-01
- Location: UC Victory Pkwy Campus (historic Edgecliff next to Eden Park); park free

Hawaiian Islands
The rich diversity, natural beauty, and cultural history of these islands are unparalleled. Explore travel options and alternatives such as accommodations (like bed and breakfasts and the National Parks), points of interest, local customs and culture. Learn about the most popular islands: Kauai, the Garden Island; Hawaii, the Big Island; and Maui, everyone’s favorite. Also explore some of the lesser-known isles, such as Molokai and Lana‘i. Find out about snorkeling tours, hiking trails, parks, and where to find the best beaches!

- Mon., 7-9 pm; June 18; $18, #1310-01
- Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park); park free

South America Travel
South America has so much to offer, including a good value for the US dollar. Too extensive for one trip, we will explore the combinations of Peru\Ecuador and the Galapagos; plus Brazil\Argentina\Chile. Besides airfare and hotel selections, find out about the new lodges in the Amazon, new ways to explore the ruins at Macchu Picchu, and wonderful camps in Patagonia.

- Mon., 7-9 pm; July 16; $18, #1541-01
- Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park); park free

Travel Savvy
Don’t spend your precious travel dollars needlessly. You can find bargains and adventures if you are willing to think outside the box. Get creative with accommodations, find the best deals for transportation, and discover the best times of year to travel. Learn an insider’s tips, tricks and techniques for traveling smart from a professional who has assisted thousands of travelers.

- Mon., 7-9 pm; June 25; $18, #1334-01
- Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park); park free
Alexander Technique: An Introduction

As children, our coordination and balance develop instinctively and movement is naturally poised. Over the years, as we spend hours slouching at desks, sitting cross-legged, squinting and craning our necks, many of us develop unconscious behaviors that aggravate or cause pain, tension, fatigue and anxiety. The Alexander Technique helps you recognize your own harmful habits and replace them with conscious conduct. With increased awareness and guiding directions you can feel lighter, taller, looser and calmer. Poor posture? Nothing can help as much as the Alexander Technique.

Claire Rechnitzer, certified Alexander Technique teacher, has benefited personally from the technique by learning to stop habits that were causing lower back pain and muscle spasms. She enjoys teaching others to reduce their tensions.

• Tues., 6:30-8 pm; July 17-Aug. 21; 6 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) park free

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- and 500-hour teacher training courses.

• Tues., 5:15-6:15 pm; June 19-Aug. 7; 8 wks; $99 (no discounts), #4325-01

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

Beginners Vinyasa Yoga

Enjoy this soft flowing class using deep rhythmic breathing and a balanced stream of postures that are connected in a gentle manner, easing into each yoga asana in a moving and meditative state. It is sure to leave you feeling peaceful and calm. Gentle sun salutations, inversions, forward bends, back bends, and standing postures are among the positions that will be introduced.

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.

• Tues., 6:30-7:30 pm; June 19-Aug. 7; 8 wks; $99 (no discounts), #4328-01

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

What People Like Best…

“Great way to try a specialized technique at a reasonable price…fun and relaxing!”

Student in “Alexander Technique” class

Join Communiversity on Facebook.
Pat’s “Class Pass” Special Summer Offer
The flexibility you’ve been waiting for! Take any of Pat Woellert's scheduled classes - see details of Zumba Gold®; 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 Class 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; $22 (no discounts), #4363-05
• 10-Class Pass; $44 (no discounts), #4363-10

About Your Instructor: 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 certified 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, MEd in health education.
• Thurs., 5:35-6:35 pm; June 21-Aug. 23; 10 wks; $44 (no discounts), also see special summer offer listed as “Pat's Class Pass;” #4339-01
Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park) park free

Zumba Gold®
This is a dance-fitness class that feels friendly, and most of all, fun. All of the elements that Zumba is known for are here: the zesty Latin music; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. What's different is that the moves and pacing have been modified to suit the needs of those just starting their journey to a fit and healthy lifestyle and those who want to move in a gentler way but still have the fun of Zumba.

Taught by Pat Woellert, certified Zumba® instructor.
• Mon., 5:35-6:35 pm; June 18-Aug. 20; 10 wks; $44 (no discounts), also see special summer offer listed as “Pat's Class Pass;” #4362-01
Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park) park free

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 or towel and wear supportive aerobic shoes.

Taught by Pat Woellert, certified Zumba® instructor.
• Wed., 5:35-6:35 pm; June 20-Aug. 29 (no class July 4); 10 wks; $44 (no discounts), also see special summer offer listed as “Pat's Class Pass;” #4352-01
Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park) park free

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, certified Zumba® instructor.
• Tues., 5:35-6:35 pm; June 19-Aug. 21; 10 wks; $44 (no discounts), also see special summer offer listed as “Pat's Class Pass;” #4311-01
Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park) park free
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; June 25-July 30; 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) park free

Simple Health-Smart Cooking: With An Ethnic Flair
In this fun, informal, and interactive class series, you'll discover how healthy and tasty meals can be prepared quickly and simply. As your instructor dice, chops, sautés, and stir fries, you'll see how easy and enjoyable cooking can be. Join in with your comments and questions. Sessions will include: Asian, Mexican, and Mediterranean cooking; creative fridge/pantry cooking; and all will emphasize what foods to eat to promote healthy hearts, bones, and bodies. 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., 12-1:30 pm; July 14-Aug. 18; 6 wks; $139 (no discounts), includes all materials and food; #8124-01
- Location: Cincinnati Nutrition Center (Silverton)

Sleep Hypnosis
Counting sheep not working for you? Relief may be at hand! Topics include resting techniques, preparing yourself for sleep, shutting off the mind chatter, de-stressing, and how to get a better night's sleep. Class includes a 45-minute full body relaxation; you will learn how to practice these same techniques on your own at home. For your comfort, we recommend that you bring a mat and blanket for the hypnosis — or if you prefer, you may sit in a chair.

Natalie McKerrell, PhD in holistic health sciences, is a certified hypnotherapist; she has studied at the Cincinnati School of Hypnosis.
- Sat., 10 am-1 pm; June 30; $39, plus $15 for sleep hypnosis CD payable to instructor in class; #4359-01
- Location: Essex Studios (near Taft and I-71)

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.
- Sat., 10 am-12 pm; July 14-28; 3 sessions; $59, plus $35 CDs and material fee payable to instructor at first class; #6120-01
- Location: Essex Studios (at Taft and I-71)

What People Like Best…
“Opened my mind to new ways to lose weight or accomplish goals.”

Student in “Weight Loss Hypnosis” class
Give Your Space a Face-Lift
Rejuvenate your home at a minimal cost by applying some tried and true professional decorating principles. First, you’ll want to acquire some fundamental knowledge of interior design in the all-important areas of function, furniture, lighting, scale, line, proportion, balance, and focal points. Then, why not explore your creative potential as you define a home project you’d like to tackle?

Timothy Mendenhall, MEd, has been an interior designer for some of the finest residential design firms in Cincinnati.

- Thurs., 6:30-8:45 pm; Aug. 2-16; 3 wks; $59, includes optional one-half hour one-on-one meeting with instructor to discuss your design; #8341-01

Home Makeover Essentials: Making Color Count
Learn to apply some basic skills, tips and techniques that professional interior designers use to transform homes. The focus of this class is on enhancing your home with colors and patterns — it’s a relatively simple and inexpensive path toward a home makeover. Topics include basic color theories, patterns and textures as they apply to space, and choosing a color palette based on hue, value, intensity, and mood. Find out how to use colors and patterns effectively throughout every room while making one cohesive statement.

Timothy Mendenhall, MEd, has been an interior designer for some of the finest residential design firms in Cincinnati. He works independently with Tim Mendenhall Interior Design Group, a full-service interior design firm.

- Thurs., 6:30-8:45 pm; July 12-26; 3 wks; $59, includes optional one-half hour one-on-one meeting with instructor to discuss your color schemes; #8339-01

Make Money in Real Estate: Legally and Ethically
Delve into the do’s and don’ts of short term property investments and sales (currently known as flipping). You know the recent hype, and this arena can be tricky; it pays to do your homework. This class is a great first step. Bone up on common terms, scams, and facts about property; such as, what to look for, where to find it, how to negotiate the deal, and what to avoid. Learn about working with banks, calculating fix-up costs, figuring a realistic selling price, and how to decide what to rehab and what to repair. Be reputable. Be smart. Be profitable.

Gary Rossignol, course facilitator, has been a practitioner in real estate since 1986. He is a member of the Cincinnati Real Estate Investor Association.

- Tues., 6:30-8:30 pm; July 17; $29, #8347-01

Tints, Shades and More about Color!
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French for Beginners

Learn the basics of the most romantic of the romance languages! Simple dialogues, questions, basic vocabulary, and expressions for travel and everyday situations will be the focus. Enjoy learning correct pronunciation and how to communicate while traveling as you explore aspects of life in modern French speaking countries.

Colette Wiltz is an experienced instructor of French who enjoys introducing her native language to others.

- Tues., 6:15-8:15 pm; June 19-Aug. 7; 8 wks; $169, plus text “Learn French the Fast and Fun Way” and companion CD, published by Barron’s (ISBN: 978-0764176890 available at UC and DuBois bookstores plus online booksellers); #7507-01

French for Advanced Beginners

Do you already have a passing acquaintance with this beautiful language but want to learn a little more? This course will help you with simple conversations, dialogues, vocabulary, pronunciation, expressions for travel and everyday situations. Come and have fun while you freshen up your French.

Colette Wiltz is an experienced instructor of French who enjoys teaching her native language.

- Thur., 6:15-8:15 pm; June 21-Aug. 9; 8 wks; $169, plus text “Learn French the Fast and Fun Way” and companion CD by Bourquin-Leete, published by Barron’s (ISBN: 978-0764176890 available at UC and DuBois bookstores plus online booksellers); #7003-01

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; June 21-Aug. 16 (no class July 5); 8 wks; $169, 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) park free

Spanish for Beginners

Whether you plan to travel or not, you can find a foreign experience right here in town as you study the culture and language of Spanish speakers. Become acquainted with one of the world’s loveliest languages. Focus on the fundamentals, learn basic structures and useful expressions, and then put them into practice. Find out how easy it is to boost your skills and to improve a little each week. No previous exposure to Spanish required.

Aimelin Schweitzer is an adjunct assistant professor with Romance Languages and Literature Department at UC.

- Fri., 5:30-7:30 pm; June 22-Aug. 10; 8 wks; $169, plus text “Spanish Now! Level 1 with CD’s” published by Barron’s 2005 (ISBN: 978-0764177743 available at UC and DuBois bookstores plus online booksellers); #7076-01
Women & Finance Essentials

Women today handle more money in their lifetimes than ever before. But did you know that women, as a group, invest later, invest less and generally have 1/3 as much accumulated for retirement when compared to men? Focus on topics such as the female factor, your money personality, roadblocks to financial security, how the Federal Income Tax system works (it's not what you make, it's what you get to keep), tax planning strategies, retirement planning (how much is enough?), basic investment principles and "will" power (the American way of leaving). Confusion, ignorance, procrastination and fear of finance prevent many women from developing a financial plan. Don't let it stop you. Join us!

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 three consecutive years.

- Sat., 10 am-1 pm; June 23 & 30; 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; #9031-01

Music and Dance

Celtic Fiddling for Beginners

Want to play Irish or Scottish fiddle music? And have fun doing it? Rest assured, there is no need to read music since Celtic fiddling is an oral tradition. Learn to 'hear' the tune and play it by ear; and we'll introduce you to music notation - if and when you want. Play a jig, a reel and other tunes; and learn the difference between these time signatures, as well as the techniques and tricks to make your tune sound really Irish or Scottish. Each class will consist of learning tunes in sections, then putting the sections all together, with some music history, technique, warm-ups and listening games, plus some tips on playing with others. This class is for you if you can't play a tune and if you 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 20 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., 6-7 pm; June 21-July 26; 6 wks; $139 (no discounts). You'll need to bring a fiddle/violin to each session, including the first. Rentals are available all over town (East-siders can look up "Strings 'N Things" or "Antonio Violins," West-siders try "Baroque Violin" or "A Violin Makers Workshop") and can be had for as little as $13 per month. Also bring a recording device (cassette, mp3, laptop, cell phone) to record at least 3 minutes of music per week. If you haven't got a recording device, most office supply stores sell some inexpensive ones; #4207-01

Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park); park free
Celtic Fiddling for Intermediates
See preceding description for Celtic Fiddling for Beginners. It’s essentially the same class and is taught by the same instructor; but this one is for anyone who can already play 2 or 3 tunes (from any culture).

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., 7:15-8:15 pm; June 21-July 26; 6 wks; $139 (no discounts). You’ll need to bring a fiddle/violin to each session, including the first. Rentals are available all over town (East-siders can look up “Strings ‘N Things” or “Antonio Violins,” West-siders try “Baroque Violin” or “A Violin Makers Workshop”) and can be had for as little as $13 per month. Also bring a recording device (portable cassette, mp3 recorder, laptop, cell phone) to record at least 3 minutes of music per week. If you haven’t got a recording device, most office supply stores sell some inexpensive ones; #4208-01

Location: UC Victory Pky Campus (historic Edgecliff by Eden Park); park free

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; June 29-Aug. 24 (no class July 20); 8 wks; $69; #4211-01

Location: UC Victory Pky Campus (historic Edgecliff by Eden Park) park free

A Beginner’s Guide to Drum Circles
Explore drums from different parts of the world, different types of drum circles, basic drum circle etiquette, and hands-on instruction in creating the fundamental sounds of a drum. You will also learn some basic rhythm patterns so that you can join in the fun. If you’ve wanted to go to a drum circle but felt that you wanted to know the basics first, then this is the class for you. Drums will be provided.

Julie Powers is an occupational therapist and a professional percussionist; she is an experienced drumming circle leader and facilitator.
- Wed., 7-8 pm; 5 classes, meeting every other Wednesday on June 27; July 11 & 25; and Aug. 8 & 22; $49 (no discounts), #4212-01

Location: Mighty Vine Wellness (on Vine)

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., 6-7:30 pm; June 19-July 24; 6 wks; $159, plus text “The FJH Young Beginner Guitar Method: Book 1” (G1016 - CD not required) available from UC or DuBois bookstores plus online booksellers; #5224-01

Location: UC Victory Pky Campus (historic Edgecliff by Eden Park) park free

Experience the joy of playing guitar!
Guitar II
Refine and hone your guitar playing in this continuation class. Focus will be on the same major topics from Guitar I, but they will be covered in more depth. 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., 7:30-9 pm; June 19-July 24; 6 wks; $159, plus text "The FJH Young Beginner Guitar Method: Book 2" (CD not required) available from UC or DuBois bookstores plus online booksellers; #5225-01

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

Harmonica Workshop
It will only take two hours in this workshop to teach you to play the harmonica. We will explore how to read harmonica music, how to play the instrument and how to translate any song into harmonica tablature so that you can play it on the harmonica. Receive your own harmonica to take home and leave the workshop having played at least 10 songs. Please note that uniformity is a key feature of this unique workshop; even if you already own an instrument, it will not be suitable to use it during this class. No prior musical training is necessary.

Joe Zsigray is based in Bowling Green, Ohio, and he tours Ohio, Michigan and Indiana offering this special and fun learning experience.

- Sat., 12:30-2:30 pm; June 23; $30 (no discounts), plus $20 materials fee payable to instructor in class, includes handouts, music and harmonica (this is the instrument you will all learn on in class and will keep); #5234-01

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

Mountain Dulcimer Workshop
People who live in the Appalachian region of the United States have played the mountain dulcimer for decades. Come learn to play this wonderful 3-stringed American instrument. Receive your own mountain dulcimer to take home and learn to play at least 10 songs on the dulcimer during this one 3-hour workshop. No prior musical training or experience is necessary. Even if you have never played any instrument before, this is the place to start. Please note that uniformity is a key feature of this unique workshop; even if you already own an instrument, it will not be suitable to use during this class.

Joe Zsigray has been playing the mountain dulcimer for over 20 years; he has so much fun giving these special workshops and empowering others to play!

- Sat., 9 am-12 pm; June 23; $34 (no discounts), plus $40 materials fee payable to instructor in class, includes handouts, music and dulcimer (this is the instrument you will all learn on in class and will keep); #5233-01

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

Hula for Beginners
Discover the graceful dances of Hawaii. For centuries, Hawaiians have used dance as a way to tell stories about their ancestors, gods and culture. Find out the meaning behind the dance and why you “keep your eyes on the hands.” You will learn basic steps of the hula and two dances, one hapa haole (lyrics in English) and one sung in Hawaiian. Wear comfortable clothes; instructor will discuss other clothing options at the first class.

Wendy Dunning is a partner in Na Mea Hula O Cincinnati, a local Polynesian dance group. She has studied ethnic dance for 15 years, taught hula for five years, and performs regularly.

- Wed., 6:45-7:45 pm; June 20-July 18 (no class July 4); 4 wks; $44, #4203-01
- Wed., 6:45-7:45 pm; July 25-Aug. 15; 4 wks; $44, #4203-02

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

What People Like Best…
“It’s not intimidating and you really can play the instrument by the end of the class!”

Student in “Dulcimer” class
**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.

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

- Thurs., 7-8 pm; June 21-Aug. 9; 8 wks; $89, plus $8 materials fee for tape, payable to instructor at first class; #5229-01
- Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park) park free

**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; June 29-Aug. 24 (no class July 20); 8 wks; $69, #5262-01
- Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park) park free

**Ukulele Workshop**

Pacific Islanders have played the ukulele for years. Portuguese sailors who played the ukulele spread the instrument throughout the pacific region. In this workshop, you will learn to play this fun 4-stringed instrument. Receive your own ukulele to take home and learn to play at least 7 songs. Please note that uniformity is a key feature of this unique workshop; even if you already own an instrument, it will not be suitable to use it during this class. You will learn to strum the instrument properly, tune the ukulele in both standard and open tuning, and learn how to read a chord chart. No prior musical training or experience is necessary.

*Taught by Joe Zsigray.*

- Sat., 3-5 pm; June 23; $34 (no discounts), plus $35 materials fee payable to instructor in class, includes handouts, music and ukulele (this is the instrument you will all learn on in class and keep); #5235-01
- Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park) park free

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WRITING AND PUBLISHING

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

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Improve your prospects by developing powerful written documents that draw readers in and keep them motivated to continue to the end.

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Apply technical writing conventions, interviewing skills, documentation management, publishing and formatting techniques; get tips on how to get that first job.

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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; June 18; $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)

Couponing: A Crash Course
“Saving money is the same as making money,” is what our instructor says. Do you ever wonder how the coupon queens get all that stuff for free? Do you want to learn how to coupon like a pro? And this class is about so much more than saving a few dollars a week with a few coupons. It’s all about how to eat healthy and how to realistically adopt some not-so-extreme coupon skills into your life. Some of the concepts covered: meal planning; where to find coupons; organizing your coupons; buying in bulk; stockpiling with sense; finding your own deals; and matching coupons with sales.

Cindy Ewing, domestic savings specialist, began by teaching herself how to slash her grocery budget as a hobby; then it became a passion, and then a career. She is eager to teach you how you can cut your grocery bills in half.

- Tues., 6:30-9 pm; June 26; $29, #6037-01

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.

- Wed., 6:30-9 pm; June 20; (since solstice days are important for divination in many cultures); $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 Victory Pkwy Campus (historic Edgecliff by Eden Park) park free

What People Like Best...
“Lots of useful, practical information – very interesting!”

Students in “Fortune Telling” class
Heart of Meditation: Compassion and Loving-Kindness
Discover how to awaken an inner happiness which in turn connects us to all of life and engenders compassion. Metta, loving-kindness, is not an intellectual concept but an energy that is present in our hearts and minds. Metta practice can serve as a path of liberation from our egos and our worries; in fact, 2,500 years ago, the Buddha taught metta meditation as an antidote for fear. We will practice sending metta to ourselves, family, friends, neutral persons and those with whom we feel enmity. 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., 7-8:30 pm; July 12-Aug. 2; 4 wks; $49, #6040-01
- Location: Dharma Center of Cincinnati (Upper Northside)

Juggling Is within Your Reach
Explore the method of cascade juggling as you learn how to keep three objects moving in relationship to each other. Get hands-on experience juggling balls, scarves and pins; practice the overthrow technique, juggling while eating an apple, plus juggling variations. This beginner's workshop is for people who have never juggled or who have never mastered juggling three balls.

Joe Zsigray is based in Bowling Green, Ohio, and he tours the region offering a variety of fun and unique workshops.

- Sat., 5:30-7 pm; June 23; $30 (no discounts), plus $15 materials fee payable to instructor in class, includes juggling equipment for each participant to take home; #6098-01
- Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park) park free

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; June 27; $29, #6156-01
- Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park) park free

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.

Nora Fink is a professional wardrobe stylist and 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.

- Wed., 6:30-8:30 pm; Aug. 15-29; 3 wks; $54 (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) park free

Join Communiversity on facebook.
“Go Pro Photographer:”
Getting the Shot that Sells
You'll receive enough tips and techniques in these fast-paced, information-packed, hands-on classes to be well on your way to discovering the vital components needed to launch yourself as a successful professional photographer. Part inspiration, part nuts and bolts, and part “the business of photography,” our visiting Hollywood photographer will guide you through the basics of what it takes to “go pro.” From building a portfolio to conducting photo sessions, directing, and marketing, and he'll help you discover your own style. This is an incredible opportunity to learn Tim's secrets with the stars through “hands-on photo shoots” of models using natural and studio lighting. Engage with models during the photo shoot; learn to communicate and direct them to produce the image that sells. Classes include some group instruction, plus individual help and pro-tips. Bring your digital camera (no point-and-shoots) and any lenses you have to work with in class. You must already have good basic knowledge of how to operate the functions of your camera.

Tim Courtney, professional photographer, lives in Palm Springs, CA and has shot over 40 magazine covers in the US and Europe, published in books and appeared on LA and NYC radio and TV news. His exceptional celebrity portraits have defined his career. The owner of Tim Courtney Photography, he got his start by taking one community education course in photography; then was bitten by the shutter bug and was off and running.

• Sat., 9:30 am-4 pm; June 9; one-day intensive; $169 (no discounts), plus $30 (cash) equipment/model fee payable to instructor in class. Bring brown bag lunch or pick one up at an area restaurant. Certificates of Participation provided upon request; #3832-01
Location: UC Victory Pkwy Campus (historic Edgecliff by Eden Park) park free

Online Classes Also Available:
See www.ed2go.com/uc; select “Personal Development;” click on “Digital Photography ”to see PhotoShop and Making Movies classes

Digital Photography: Basic Level
Get started with the basics in this introductory class. 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.

• Thurs., 5:30-6:55 pm; June 21-Aug. 2 (no class July 12); 6 wks; $119 (no discounts), #3823-01

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? We will introduce you to the control of your D-SLR's features; i.e., shutters, apertures, lens characteristics, custom white balance, sensor resolution and go into more detail with all of the other topics listed in our Basic Level I description. Bring your camera and your camera's manual to class as we move you into the realm of D-SLR photography. 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.

• Thurs., 7-8:30 pm; June 21-Aug. 2 (no class July 12); 6 wks; $159 (no discounts), #3824-01

Join Communiversity on facebook.
**Golf: Beginning**

Don’t want to be left out of the golf outing again this year? Just want to feel more at ease playing with friends? This class is designed to prepare new or beginner golfers to feel comfortable with the fundamentals of the game. Topics will include putting, chipping, pitching, and the full swing with irons and woods. We will also cover basic rules and etiquette with one on-course playing class to make you more confident in taking your game to the golf course. Bring your own clubs if you can; if not, equipment will be provided.

Kyle Voska and Tom Bach are PGA professionals.

- Wed., 6:15-7:45 pm; June 27-Aug. 15 (no class July 4); 7 wks; $99 (no discounts), plus a one-time $10 practice range fee payable at first class (includes all range balls); #4101-01
- Location: Sharon Woods Golf Course

**Golf: Intermediate**

Instruction will focus on refinement of strokes and strategy in the areas of driving, long and short iron play, and putting. It is designed for golfers beyond the beginner level who want to improve their game. It is preferable that you have your own clubs but it is not required.

Kyle Voska and Tom Bach are PGA professionals.

- Tues., 6:15-7:45 pm; June 26-Aug. 7; 7 wks; $99 (no discounts), plus a one-time $10 practice range fee (payable at first class–includes all range balls); #4104-01
- Thurs., 6:15-7:45 pm; June 28-Aug. 9; 7 wks; $99 (no discounts), plus a one-time $10 practice range fee (payable at first class–includes all range balls); #4104-02
- Location: Sharon Woods Golf Course

**Scuba Diving: The Basics**

Experience the same sense of fun and excitement shared by scuba divers throughout the world - but within the safe confines of a pool. All students must be present for first class session. If you wish to go on to earn Open Water SCUBA Certification, you must complete four open water dives. Travel and equipment costs for these open water certification dives are not included as part of this course.

Taught by professional staff of Scuba Unlimited, which is the exclusive dive center of the Newport Aquarium.

- Tues., 6:30-10:30 pm; July 10-Aug. 21; 7 wks; $85 (no discounts), $85 instructional fee, plus supply fees payable to Scuba Unlimited at first class: $180 for in-class equipment rental and insurance and $60 for PADI crewpak. Bring own mask, fins and snorkel (or purchase in class - packages start at $170); #4502-01
- Location: Scuba Unlimited (Blue Ash)

**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; May 20-June 24; 6 wks; $69 (no discounts), #4105-01
- Sun., 4-5 pm; July 15-Aug. 19; 6 wks; $69 (no discounts), #4105-02
- 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; May 20-June 24; 6 wks; $69 (no discounts), #4107-01
- Sun., 5-6 pm; July 15-Aug. 19; 6 wks; $69 (no discounts), #4107-02
- Location: Mercy Healthplex Anderson

To enroll, see page 30
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.

Your choice of sections and dates:
• Sat. & Sun., 9 am-2 pm; Aug. 25 & 26; 2 days; $154 (no discounts); #4604-01
• Sun., 9 am-2 pm; May 27 & June 3; 2 days; $154 (no discounts); #4604-02


Other: Bring a calculator. Lunch not included—bring your own or a few dollars extra to order pizza with the group.
Location: UC main campus

GMAT Preparation
Are you in the market for a business school? Enhance your chances of acceptance with this structured study of the Graduate Management Admission Test. The English instructor covers the analytical writing assessment and verbal sections in the first three weeks while the math instructor covers the quantitative section in the latter half of the course. Concepts of algebra and geometry will be reviewed. You’ll work with authentic test questions and responses and gain confidence by learning helpful strategies.

• To register for the GMAT test, call 1-800-717-GMAT or see www.mba.com
• To register for this GMAT test prep class, call 513-556-6932 or visit www.uc.edu/ce/commu

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; June 30-Aug. 11 (no class July 28); 6 wks; $259 (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). NOTE ~ This class prepares you for the new test; #4600-01
GRE Preparation
Do you want to maximize your ability to score well on the GRE and get admitted to graduate school? In a relaxed atmosphere, you’ll lay the foundation for success as you’re guided through actual test questions, enhancing your answer strategy. The math instructor teaches quantitative reasoning skills in the first three weeks and the English instructor completes the course with analytical writing and verbal reasoning. Concepts of algebra and geometry will be reviewed. You will work with authentic test questions and responses and gain confidence by learning helpful strategies.

• To register for the GRE test at UC, call 513-556-7173
• To register for this GRE test prep class, call 513-556-6932 or visit www.uc.edu/ce/commu

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

• Sat., 9 am-1 pm; June 30-Aug. 11 (no class July 28); 6 wks; $259 (no discounts), plus text “The Official Guide to the GRE revised General Test with CD-ROM,” a publication of the Educational Testing Service (ISBN: 978-0071700528) available from UC and DuBois bookstores plus online booksellers; #7142-01

LSAT Preparation
The key to success on the Law School Admission Test is practice, strategy, and timing. Delve into a detailed analysis of each LSAT problem type: reading comprehension, analytical reasoning, and logical reasoning. By discussing the problems and explanations, you’ll develop the ability to approach the LSAT as a series of intellectual games to which you can apply strategies studied in class. You will also benefit from the instructor’s critique of your LSAT writing samples. The course culminates in a full-length mock exam. Using actual questions from previous tests, under timed conditions, will prepare you for the real environment. In addition, and outside of classroom hours, the instructor offers individualized assistance with the personal statement essay required for all law school applications.

Mina Ludwig, JD, UC College of Law, is currently in private practice and counsel for the Hamilton County Board of Mental Health and Recovery Services.

• Sat., 12-4 pm; Aug. 25-Sep. 22 (no class Sept. 1); 4 mtgs; $299 (no discounts), plus “Barron’s LSAT” (ISBN: 978-0764140846) by Bobrow (13 Ed.) ~ must have this text for immediate use in class sessions 1, 2 & 3; plus “The Official LSAT SuperPrep” by the Law School Admission Council (ISBN: 978-0979305061) for use in class session 4 & for self-study — both available from UC and DuBois bookstores plus online booksellers.; #4601-01

Location: UC Victory Pkwy Campus (historic Edgedcliff by Eden Park) park free

Online Classes Also Available:
See www.ed2go.com/uc; select “Personal Development;” click on “Test Prep” for other options.
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.

For Adults

While most of our classes are designed for adults (18 and over) there are exceptions. Our ACT Prep, SAT Prep, and Mini Medical College classes welcome high school students. If you're a 16 and 17 year-old interested in challenging yourself and learning something new, you are welcome to many of our other classes (we are not able to admit you to physical classes which require release forms since they aren't valid if signed by minors).

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.
MAIL IN ENROLLMENT FORM (Enclose Check)

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**TOTAL**

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