

▶ Spring 2015

# Communiversality

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Noncredit Courses:**

Business & Career  
Travel, Culture, Language  
Music & Dance  
Sports & Adventure  
Test Preparation... and more

▶ [uc.edu/ce/commu](http://uc.edu/ce/commu)

UNIVERSITY OF   
Cincinnati



# Welcome!

March, April and May classes

Our noncredit classes are for adults of all ages. The learning is “pressure-free” (no tests or grades to worry about) and flexible—designed with you in mind.

Whether you want to dance a new step, tap into technology, speak a new language, or kick your career up a notch, you will discover something new with our expert instructors.

Come to feed your mind, find a new direction, work your body, or just enjoy yourself as you meet others with similar interests. Look inside our catalog to find out about our over 200 online classes and our 100 fun, informal, hands-on face-to-face classes.

Enrollment is easy —  
just a quick phone call  
**513-556-6932**

or a few mouse clicks away  
**uc.edu/ce/commu**

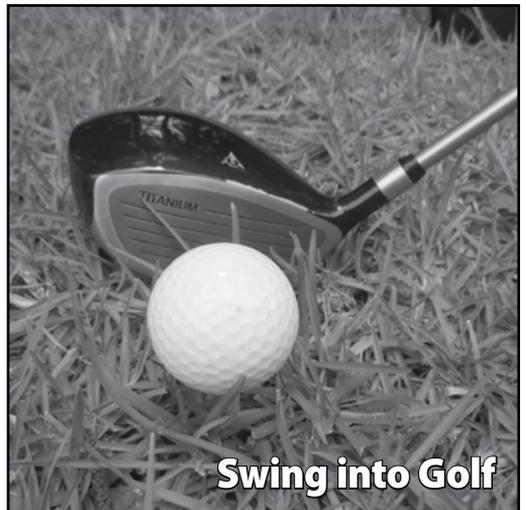
*Come and put yourself  
in the picture of learning  
something new!*

*Donna Burns*

Donna Burns  
Director, Communiversi



**Learn to Earn**



**Swing into Golf**

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Icons courtesy of 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; May 13; \$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

## Create a Unique Pottery Vase

Design a pottery vase with impressions of your favorite garden plants. During the first class you will form the vase from clay slabs and add texture by embossing it with sprigs of vegetation. Your vase will be bisque-fired before the second class when you will stain and glaze it to highlight the textured surface. After a glaze-firing it's ready for you to pick-up. Your finished piece will be approximately 4" in diameter and 10" tall. Bring a few of your own plant sprigs or use those provided by the studio.

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

Sat., 10 am–12 pm; May 16 & 30; 2 meetings; \$45 (no discounts), plus \$20 materials, equipment and firing fee payable to the instructor at the first class; #3144-01

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

## Historic Homes and Heritage:

### A River Town

Step back in time as we visit the captivating river town of New Richmond on the Ohio. Founded in 1814 and named after the Virginia capital, the village has a rich history as a center for abolitionists and today is a template for historic preservation. We'll first gather at the 1853 Ross-Gowdy House for an orientation focused on the town's Abolitionist Movement and heroic tales about the Ohio River floods. Afterwards we have a rare opportunity for a guided tour of the 1846 Gibson House, a brick mansion with, of course, a river view. During lunch at the Front Street Café with your host, you'll learn more fascinating facts about famous natives and how individuals can succeed in preserving our heritage. Next on our tour is an insider's look at the 1868 Joseph Clasgens House, an Italian villa facing the

Ohio. This will be followed by a visit to the columned Cranston Presbyterian Church which was a hotbed for abolitionists. Weather permitting, we shall do a walking tour of the village where you will gain a real appreciation of the Federal, Greek Revival, Italianate, Queen Anne and Art Deco architectural styles, all part of New Richmond.

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

Sat., 10 am–3:30 pm; Apr. 25; 1 day; \$49 (no discounts), plus lunch together at your own expense and travel in own car; #3118-01

Location: Begin at the Ross-Gowdy House, New Richmond, OH

## Jewelry Making with Epoxy Clay

Just in time for Mother's Day... it is not that hard to show your mother or that special woman in your life just how exceptional she is! Make her a stunning stone studded pendant necklace and matching earrings with this no-bake, self-setting 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 and metallic dust. The instructor will bring jewelry tools but you are welcome to bring your own (plier sets) if you have them. No prior experience needed.

*Banu Kesavalu is a beading and polymer clay artist.*

Sat., 11 am–1 pm; May 2; \$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

## Jewelry Making with Polymer Clay

Let's welcome spring by creating a spring themed necklace and a pair of matching earrings with polymer clay, which is oven-baked clay. Learn how to condition, color-match, bake and gloss polymer clay; also learn how to pierce holes through beads/charms to make the pendant and earrings. The instructor will bring an oven and tools but you are welcome to bring your own jewelry tools (plier sets) if you have them. No prior experience needed... just come and take part in the joy of claying!

*Banu Kesavalu is a beading and polymer clay artist.*

Sat., 11 am–1 pm; May 30; \$24, plus \$20 supply fee payable to instructor in class (includes polymer clay, jewelry findings, jewelry cord and supplies to complete the in-class projects); #3731-01

Location: UC Victory Pkwy Campus

## Lead Panel Stained Glass

Using the old lead channel method (instead of copper foil), you'll create a panel (about 11"×17") in one afternoon — your choice of pattern and glass.

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

Sat., 10 am–4 pm; Apr. 25; 1 day; \$75 (no discounts), plus anywhere from \$40–140 for materials and equipment (discuss with instructor prior to class) 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; #3677-01

Location: Artist's Studio (Mt. Airy)

## Mosaics

Make a stunning mosaic tray, table top, panel or project of your choice using the direct mosaic method. Learn tips on glass selection, cutting, gluing and grouting. Bring your own item and add a mosaic design to it or choose from items available at the studio. If you've got some old cups or plates, bring them and a hammer to turn them into works of art.

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

Sat., 10:30 am–4 pm; May 2; 1 day; \$69 (no discounts), plus \$15–49 for supplies and equipment (depending on project chosen) 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; #3711-01

Location: Artist's Studio (Mt. Airy)

## 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 studied Oriental Brush Painting since 1982 as the demonstrating artist with the First Ohio Trade Fair in Wuhan, China.*

Sun., 10 am–4 pm; Apr. 26; 1 day; \$69 (no discounts), plus lab fee of \$30 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. Bring a bag lunch or snack if you wish; #3717-01

Location: UC Victory Pkwy Campus

## Plein-Air Landscape Painting

Experience the pleasure of painting, self-expression, and seeing the world in a new way as you meet at various locations and scenic parks around Cincinnati to learn to sketch and to paint with oils. Drawing on ideas of impressionism, you'll practice techniques needed to complete painted sketches, including basic composition, value, pattern, color spotting, and covering the canvas. Building on those skills, you will complete a larger landscape painting that captures the impression of light and color of the Cincinnati landscape. In case of rain, we'll meet indoors or in parks with overhead cover. Details and directions to the various locations will be given in class. No experience needed.

*Richard Lushek 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., 10 am–1 pm; Apr. 11–May 30; 8 wks; \$199 (no discounts), supplies are the student's responsibility. A list will be sent with your enrollment confirmation (or see [uc.edu/content/dam/uc/ce/docs/Commu/Classes/paintingsupplies.pdf](http://uc.edu/content/dam/uc/ce/docs/Commu/Classes/paintingsupplies.pdf)); #3715-01

Location: First class meets at artist's studio in Eden Park; then at various parks thereafter

## Watercolor in a Day

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; Apr. 25; 1 day; \$69 (no discounts), plus lab fee of \$40 (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. Bring a bag lunch or snack if you wish; #3508-01

Location: UC Victory Pkwy Campus

## Wire Wrap Jewelry Making

Make a wire wrap linked bracelet and earrings (or a pendant if you'd rather) using head pins and incorporating anti-tarnish silver plated wire and glass beads. 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.

*Taught by Megan Painter.*

Wed., 7–9 pm; March 11; \$24 (no discounts), plus \$20 supply fee payable to instructor in class; #3708-01

Location: UC Victory Pkwy Campus



# 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)!

## Constellations of the Season

There are more stars in the sky than you can ever count; but you'll see that finding your way around the sky has never been more interesting. Explore the imaginative figures we call constellations as you learn to use a planisphere to find any constellation at any given time and date. Further appreciate the night sky as we share some of the stories of the stars - how these clusters were identified, named, and achieved fame. Weather permitting, we will go outside to find many of the brighter constellations and you may also look through the observatory telescope.

*Dean Regas is the outreach astronomer with the Cincinnati Observatory Center, the co-host of the syndicated astronomy program Star Gazers, frequent guest of NPR's "Science Friday," and recipient of Astronomy Magazine's "Out-of-this-World" Award for astronomy education.*

Wed., 8–10 pm; Apr. 15; \$22, plus \$4 optional materials fee for star chart payable to instructor at class; #1044-01

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

## From Attic to Cellar: The Cincinnati Observatory

Dating back to the 1840's, the Cincinnati Observatory well may be the oldest astronomical observatory in the country. As such, it is a treasure-trove of telescopes and related scientific instruments, apparatus, hand-written records, and publications. Here is your rare opportunity to experience, in person, antique telescopes, exquisite clocks, sundials, quadrants, astrolabes, chronographs, and more — and learn how they were used throughout the decades and centuries. You'll also get to gaze (weather permitting) through the oldest professional astronomical telescope in the Western Hemisphere!

*R.A. Davis, PhD, is in charge of the museum collection at the Cincinnati Observatory. He is Professor Emeritus of Biology and Geology at Mount St. Joseph University and a former, long-time curator at the Cincinnati Museum of Natural History.*

*John Ventre is the Historian with the Cincinnati Observatory Center and is a member of their Board of Trustees.*

Tues., 7–9 pm; Apr. 28; \$22, #1241-01

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

## Search for Life on Other Worlds

Throughout the millennia, people have looked in awe at the vast, starry sky and asked, "What is out there?" Investigate the possibilities for life on other planets within our solar system and on planets orbiting other stars. Discuss what conditions are thought to be necessary to sustain life, the wide variety of extreme conditions in which life thrives on Earth, how we will be able to identify alien life if we find it, and how signs of life might be found even on very remote planets. Learn about some citizen science projects that invite you to participate in the search for extrasolar planets and possibly even intelligent alien life. Look through the telescope following the program, if weather permits.

*Michele Lierl is a physician, long time presenter for the Cincinnati Observatory Center and president of the Friends of the Observatory.*

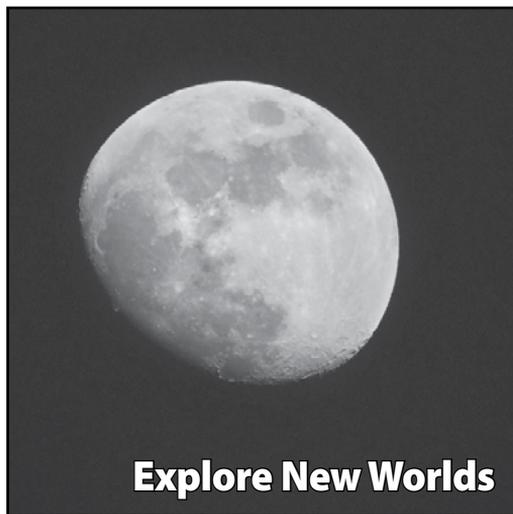
Tues., 7:30–9:30 pm; May 26; \$22, #1238-01

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

## What People Like Best...

**"Educational, fun, cool! — well done!"**

*Student in Dean Regas' class*



**Explore New Worlds**



# Business & Career

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

## An Introduction to Voiceovers

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.*

Your choice of formats:

One-on-One Live (1.5 hours); arrange your personal session with your instructor at your mutual convenience, through us at 513-556-6932; \$49 (no discounts); #1150-01

Face-to-Face Class: Mon., 6:30–8:30 pm; Apr. 20; \$39 (no discounts), #1140-01

Location: UC Uptown Campuses

## Breaking into Film Production

A veteran feature film and documentary producer offers first-hand advice on how to break into the competitive field of film production. Beyond just “who do you know,” a candid discussion covers the do’s and don’ts of getting that first or even that tenth job on a film or commercial shoot. What kinds of skills are expected from producers? What to include on a resume and what is the range of pay? Learn how to get your foot in the door and increase your chances of landing that film production job!

*Chris Hilsabeck began his movie and commercial production career in Los Angeles. He is a frequent guest speaker to film and digital media students and has participated in panel discussions at SXSW and the Atlanta Film Festival.*

Sat., 1–5 pm; Apr. 18; \$69, #1157-01

Location: UC main campus

## Landlord Fundamentals

Do you already own rental units or are thinking of becoming a landlord? Being a landlord is so much more than just collecting the rent. Those who are unaware of their responsibilities can find themselves with legal difficulties that create just the opposite situation from the income-producing project they imagined. Likewise, failure to properly select and manage tenants can turn a small side venture into a time-consuming nightmare. Focus on basic principles and strategies to guide you through your rental enterprise. Topics include: complying with responsibilities through federal, state (Ohio), and local laws; identifying ways to reduce liability, decrease evictions, and reduce crime and damage to rental units; implementing landlord rights; and operating rentals as an effective business.

*Nancy Dashner is a landlord and trainer. As a rental property owner herself, she discovered that managing rentals was not an inherent ability; yet there was no manual to consult. Through practical experience, study, and much research, she developed her own unique and structured approach to “land lording” as a business.*

Sat., 9 am–2 pm; Apr. 11; \$69 (no discounts), plus bring a bag lunch or snack if you wish; #1102-01

Location: UC Victory Pkwy Campus

## The Next Big Thing: From Idea to Market

So you have an idea for the next big thing... now what? Launching a new product or bringing an idea to market can be overwhelming. This class is designed to cover the basics of what every inventor should know, from idea development through commercialization. Topics will include: ways to protect your idea; understanding patents; packaging and staging your product; selling, licensing or starting your own company; plus an exploration of marketing venues. Join us and find the encouragement and motivation you need to get your idea off the ground.

*Ryan McAleer, MBA, co-owner of Lean4Ward, Inc., specializes in creating training programs, inventor coaching and product design. He has been a product manager, associate brand manager, and marketing manager with several Fortune 500 companies.*

Tues., 6:30–8:30 pm; Apr. 28; \$29, #1118-01

Location: UC main campus



## Online Classes Available

Visit [ed2go.com/uc](http://ed2go.com/uc)

Then select “Business;” and explore classes such as Business and Marketing Writing, Creating a Business Plan, Start Your Own Small Business, and scores 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 [yougotclass.org/catalog.cfm/Ucincinnati](http://yougotclass.org/catalog.cfm/Ucincinnati)  
Questions? 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 and course lengths vary.*

## Courses Begin April 6 and May 4

### 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.

### Data Analysis Certificate

Add a new skill set to your portfolio as you learn how to compare groups for differences, know the statistics behind these groups and variables, learn to perform inquiries, and gain skills to communicate results through graphs and text.

### eMarketing Essentials Certificate

- Improving Email Promotions (Apr. 6)
- Boosting Your Web Site Traffic (May 4)
- Online Advertising (Jun. 1)

### 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 (Apr. 6)
- Content Marketing (May 4)
- Advanced Inbound Marketing (Jun. 1)

## Individual Classes Online

Month-long classes also available in topics such as: Accounting & Finance for Non-Financial Managers; Marketing with Images; Media Buying Strategies, Google Analytics, and a dozen more. For a complete listing, visit online at [yougotclass.org/catalog.cfm/Ucincinnati](http://yougotclass.org/catalog.cfm/Ucincinnati)

## Managing Social Media Platforms Certificate

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

- Twitter (Apr. 6)
- Facebook for Business (May 4)
- Linked In (Jun. 1)

## Mobile Marketing Certificate

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

- Mobile Marketing (Apr. 6)
- Creating Cell Phone Apps (May 4)
- Adv. Mobile Marketing (Jun. 1)

## Presentation Media Certificate

- Prezi (Apr. 6)
- Photoshop for Presentations (May 4)
- Graphic Design for Visual Presentations (Jun. 1)

## Self-Publishing and eBooks Certificate

- Growing Your Business (Apr. 6)
- Self-Publishing eBooks (May 4)
- Marketing eBooks (Jun. 1)

## Social Media for Business Certificate

- Intro to Social Media (Apr. 6)
- Marketing with Social Media (May 4)
- Integrating SM in Your Org. (Jun. 1)

## Supervisory and Leadership Certificate

Get practical and insightful methods for new and even experienced supervisors and managers. Two-month online program; begins Apr. 6

## Other Certificate Programs:

- Customer Service Certificate
- Designing Webinars Certificate
- Entrepreneurship Certificate
- Entrepreneurship Finance Certificate
- Management Certificate
- Non-Profit Administration Certificate
- Executive Leadership Certificate

Visit [yougotclass.org/catalog.cfm/Ucincinnati](http://yougotclass.org/catalog.cfm/Ucincinnati) for all the details about these courses!  
Or call David at 513-556-6932



# Communication & Writing

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

## Being an Author: The Inside Story

Find out what's involved in being a writer, from the perspective of a well-published author. Get a behind the scenes look at the writer's process used in writing the book "Founders and Famous Families of Cincinnati," find out what it was like to write this particular book, what the author wishes she'd known when she started this process that she knows now, plus how to approach a big topic like this. How do you decide who gets in and which stories get told? Then hear lots of tidbits, tales, plus some real gems that got left on the cutting room floor. If you're interested in Cincinnati history, you'll enjoy a great evening; and if you've ever thought of writing your own book, you'll come away with ideas for how to make that happen.

*Wendy Hart Beckman, MA, is an award-winning freelance writer, editor, "book doctor," college instructor and corporate writer. She has published seven books and more than 250 freelance articles.*

Thurs., 6:30–8:30 pm; May 28; \$24, #3316-01

Location: UC Victory Pkwy Campus

## Writing to Publish

Explore the pros and cons of traditional vs. self-publishing. Learn the nuts and bolts of publishing your work, how to research the markets, and make contact with editors, publishers and agents in your genre. Topics include putting together queries and proposals, building and managing your career, and earning money.

*Wendy Hart Beckman, MA, is an award-winning freelance writer, editor, "book doctor," college instructor and corporate writer.*

Sat., 10 am–4 pm; Apr. 18; \$69, plus bring brown bag lunch; #3317-01

Location: UC Victory Pkwy Campus

## Writing Your Personal Narrative and Other Stories You Can Tell

Have you ever been asked you "what do you do?" and wished you had a better answer — or stood around at a party wishing you knew what to say? Do you have abilities and experiences that you wish you could explain better? Are you a fisherman or adventurer with a tall tale to tell? Do you play poker? Come explore the "writing-side" of storytelling — your personal narrative. Learn how to tell a proper whopper, enchant the innocent, or just better introduce yourself. Meyers will discuss what makes a truly great story and reveal some of writing's greatest secrets, the things that aren't even whispered in late-night TV infomercials. These are simple, easy to use, concrete ideas that will make your writing better. You don't have to be brilliant to be a great story teller, but you do have to sign up before class fills up.

*Brian L Meyers, MA, is a lively and inspiring educator and writer. He has taught writing for many years.*

Tues., 6:30–8:30 pm; Apr. 21–May 12; 4 wks; \$99, #3318-01

Location: UC Victory Pkwy Campus



### Online Classes Available

Visit [ed2go.com/uc](http://ed2go.com/uc)

Then select "Writing & Publishing;" see Grant Writing, Business Writing, and a Variety of Specialized Creative Writing Topics.



# Explore the World

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

## Australia and New Zealand Travel

How does one begin to approach travel and sightseeing in Australia? After all, it's a country that's larger than the USA. And you'll want to see how you can add New Zealand to your itinerary. It has so much to offer—from its fjords and farms to its lush gardens and breathtaking beauty. Some people like to "see it all" from a bus; others like to drive, hike or even ride a camel through the Australian desert! Whatever your style, this class will help you plan an unforgettable trip. Learn where to go, how much it will cost, how to get around, where to stay and what to see.

*Simone Kuzma is an intrepid traveler and educator who is founder of Wanderlust:Wanderlearn.*

Mon., 6:30–8:30 pm; Apr. 13; \$24, #1059-01

Location: UC Victory Pkwy Campus

## Germany: An Insider's Guide

Explore Germany from an insider's perspective! Learn about transportation options (trains, planes and rental cars) and accommodation selections from grand hotels to unique bungalows. Whether you are looking to bike and hike across Germany or take it easy, we'll answer all your questions about travel in Germany. Los geht's! (Let's go!)

*Simone Kuzma spent many years living and working in Germany and is the founder of Wanderlust: Wanderlearn, a Cincinnati-based company specializing in travel education and experiential trips.*

Tues., 6:30–8:30 pm; March 10; \$24 (no discounts), #1070-01

Location: UC Victory Pkwy Campus

## Intrepid Traveler: Savvy Travel Tips

This information-packed session will make a savvy traveler out of you! Learn industry secrets and save a bundle. Topics include: travel insurance and health insurance; immunizations and health concerns; money tips; safety tips; electronics and adapters; cell phones and communication; packing and luggage; plus tipping while traveling.

*Simone Kuzma is the founder of Wanderlust: Wanderlearn.*

Wed., 6:30–8:30 pm; Apr. 15; \$29, #1550-01

Location: UC Victory Pkwy Campus

## Intrepid Traveler: Travel Logistics

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: how to choose a destination; how to create a budget; passports and visas / entry requirements; international travel safety programs; plane tickets; accommodations and ground transportation.

*Simone Kuzma is the founder of Wanderlust: Wanderlearn, specializing in travel education and experiential trips.*

Tues., 6:30–8:30 pm; Apr. 14; \$29, #1548-01

Location: UC Victory Pkwy Campus

## Paris: A Real Insider's Guide

Learn what the guidebooks don't tell you about this beautiful, fascinating city from someone who lives there. You will learn to navigate French airports, trains, the Metro, cafes, food, housing, shopping, art scene, off-the-beaten track neighborhoods as well as side trips. We'll also cover cultural differences and the French people.

*Gene Johnston is an American/Parisienne living in Paris and the USA who is eager to help others make the most out of their travels to the City of Light.*

Mon., 6–8 pm; Apr. 13–May 4; 4 wks; \$89, #1069-01

Location: UC Victory Pkwy Campus



## Home and Garden

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

### Create an Edible Garden: The Aeroponic Way

Learn how to grow a farmer's market on your back porch! More and more people are looking for healthier, easier, and smarter ways to grow fruits and vegetables for themselves and their families. Aeroponics is an emerging clean, green farming technology that helps to maximize resources, space and effort. Beginners and experienced gardeners will enjoy learning how a vertical, soil-less aeroponic system works and its many advantages. Class will include an interactive demo and tips for getting started at home.

*Meghan Fronduti is an independent nutrition and aeroponic gardening consultant with NSA, providing wellness workshops across the country.*

Tues., 6:30–8:30 pm; Apr. 14; \$24, #8417-01

Location: UC Victory Pkwy Campus

### Eight Steps to Buying a House

Explore essential topics in this fact-filled class such as determining the best way to go about finding that property you want, what you can afford, using the MLS, plus 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; Apr. 21 & 28; 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; Apr. 14; \$29, #8344-01

Location: UC main campus



# 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.

*Pat Woellert, M.Ed in Health Education, is ACE-certified (the American Council on Exercise) in group fitness and personal training.*

Thurs., 5:35–6:35 pm; Apr. 2–Jun. 11; 10 wks (no class May 21); \$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.

*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.*

Wed., 5:35–6:35 pm; Apr. 1–Jun. 10; 10 wks (no class May 20); \$48 (no discounts), we encourage you to enroll through our “Fitness Flex Pass”; #4352-01

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.

*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.*

Tues., 5:35–6:35 pm; Mar. 31–Jun. 9; 10 wks (no class May 19); \$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)

## 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; Apr. 7–May 26; 8 wks; \$99 (no discounts), #4325-01

Thurs., 5:15–6:15 pm; Apr. 9–May 28; 8 wks; \$99 (no discounts), #4325-02

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

## Face Lift Massage

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'll learn to tone and condition your skin, tighten and lift your facial muscles, and reduce the stress you carry there.

*Stephanie Scruggs is a medical massage therapist.*

Mon., 6:30–8:30; Apr. 27 & May 4; 2 wks; \$59 (no discounts), bring a small pillow and blanket; #4361-01

Location: UC Victory Parkway Campus

## 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 maintains her own private practice. She finds 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; Apr. 11–May 16; 6 wks; \$139 (no discounts), includes all materials and food; #8124-01

Location: Cincinnati Nutrition Center (Silverton)

## 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.

*Stephanie Scruggs is a medical massage therapist.*

Mon., 6:30–8:30; May 11 & 18; 2 wks; \$59 per person (no discounts), wear shorts and t-shirt; bring a small blanket and mat; #4348-01

Location: UC Victory Parkway Campus

## Reiki Energy Healing

A unique natural healing and pain management practice, Reiki has been part of the wisdom of many cultures since ancient times. Originating in Japan, this “laying on of hands” light touch technique allows you to tap into an unlimited supply of life force energy to improve health and quality of life. You will receive the Reiki attunement and you will learn and practice self-healing techniques. Dress comfortably.

*Natalie McKerrell has earned her Reiki Master Teacher credential from William Rand who is the founder of the International Center for Reiki Training in Michigan.*

Tues., 6:30–9 pm; May 5–19; 3 sessions; \$99 (no discounts), plus \$50 for manual and certificate payable to instructor at first class; #6121-01

Location: UC Victory Pkwy Campus

## 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 Glendenning's teaching experience as well as her stage experience is extensive.*

Mon., 6:45–7:45 pm; Apr. 6–May 11; 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

## 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, coordination, enhanced muscle tone 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.*

Mon., 6–7 pm; Apr. 13–June 8; 8 wks (no class May 25); \$99 (no discounts), #4510-01

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.*

Tues., 6:30–8:30 pm; Apr. 14–28; 3 sessions; \$69, plus \$35 CDs and material fee payable to instructor at first class; #6120-01

Location: UC Victory Pkwy Campus



# Language

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

*Responsive, friendly and supportive, our experienced, teachers are there to help you learn practical language skills in a small group setting.*

## 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; Mar. 30–May 18 (no class May 4); 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

## French for Beginners

Master 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.

*Joe Costandi, MD, received his early education in the French school, College de la Sainte Famille, which was directed by the Jesuit fathers in Cairo. He speaks French fluently and is an active member of the Alliance Francaise.*

Thurs., 6–8 pm; Apr. 9–May 21; 7 wks; \$169, plus text “Learn French the Fast and Fun Way” and companion CD by Bourquin-Leete, published by Barron’s available at UC and DuBois Bookstores plus online booksellers; #7002-01

Location: UC Victory Pkwy Campus

## German for Beginners

Deutsch macht spass — German is fun, and learning is easier than you think. Learn the fundamentals of sentence structure and build your vocabulary with the goal of developing basic conversation skills. Along the way, you’ll pick up some useful travel tips and enrich your knowledge of German culture.

*Theresa Marsh has been studying and speaking German for many years. She enjoys teaching and introducing others to German language and culture.*

Tues., 6:30–8:30 pm; March 31–May 19; 8 wks; \$189, plus text “German with Two Audio CDs: A Teach Yourself Guide” by Smith (3rd ed. by Fast Tracks); #7044-01

Location: UC Victory Pkwy Campus

## 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; Apr. 9–May 28; 8 wks; \$189, plus text “Italian: A Self Teaching Guide” by E. Lebano (available at UC and DuBois bookstores plus online booksellers); #7004-01

Location: UC Victory Pkwy Campus

## Spanish for Beginners

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.

*Patricia Paz enjoys sharing her native language and culture with others. In addition to teaching Spanish at the Horizon Science Academy (Ohio teachers license), she teaches Argentine native dances and folklore here and abroad.*

Wed., 6–8 pm; Apr. 15–June 3; 8 wks; \$189, includes materials; #7076-01

Location: UC Victory Pkwy Campus

## Spanish II

Do you already have some basic knowledge of the Spanish language but want to learn a little more? Refresh your skills and increase your confidence as you focus on pronunciation, vocabulary and grammar, with special emphasis on conversational skills.

*Taught by Patricia Paz.*

Thurs., 6–8 pm; Apr. 16–June 4; 8 wks; \$189, includes materials; #7093-01

Location: UC Victory Pkwy Campus



# Music and Dance

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

## 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., 7:45–8:45 pm; Apr. 10–June 5; 8 wks (no class May 22); \$79, #4211-01

Location: UC Victory Pkwy Campus

## Dancing for Two: The Next Step

Expand your knowledge of the Waltz, Foxtrot, Cha Cha, and Rumba, as you devote two weeks to each of these dances. Each class will begin with a review of the basics and then will move into variations. We will be doing some traveling and stationary/pivot turns. Wear smooth hard leather soled shoes to enable turns and changes in direction. If you have attended our “Dancing for Two: Ballroom” class or have equivalent experience with these dances, this class is for you!

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

Fri., 8:45–9:45 pm; Apr. 10–June 5; 8 wks (no class May 22); \$79, #5258-01

Location: UC Victory Pkwy Campus

## Fiddling for Beginners Level I

Do you love the toe-tapping excitement of Irish music or American old-time, but never picked up a fiddle before? 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. Most music is 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 and teaching various styles of traditional music in the U.S., Ireland, and Canada for over twenty years.*

Thurs., 6:25–7:25 pm; Apr. 9–May 14; 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; #4226-01

Location: UC Victory Pkwy Campus

## Fiddling for Beginners Level II

This is a continuation of the preceding course. Using the foundational skills and ear training learned in Level I, we'll tackle some trickier tunes and explore techniques that will make your playing shine. If you've already learned some tunes by ear and have a background on fiddle or violin, or you've previously taken Fiddling for Beginners I, this class is for you.

*Justin Bonar-Bridges has taught at the Riley School of Irish Music and has played in the celebrated traditional band Silver Arm.*

Thurs., 7:30–8:30 pm; Apr. 9–May 14; 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; #4227-01

Location: UC Victory Pkwy Campus

## Guitar for Beginners

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; March 31–May 12; 7 sessions; \$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

## Native American Flute

The sound of the Native American flute is entrancing, soothing and enchanting - and it is surprisingly easy to learn. Even those with no musical background can pick up a flute and play right away — no need to read music. Be prepared to practice on your own outside of class; and then by the end of the three session “playshop,” you will have built a solid foundation on this instrument.

*Pia Al-Ubaidi is a professional performance artist, composer and teacher who performs across the state at various Native American centered events. She studied this instrument with nationally known artists.*

Wed., 6:30–8:30 pm; Apr. 15–29; 3 wks; \$75 (no discounts), plus high quality flutes will be available to borrow and purchase; students are not able to take flutes home, and are highly encouraged to purchase a flute for out-of-class practicing. Note: All students must use a Native American Flute in the key of A minor; #4225-01

Location: UC Victory Parkway Campus

## Piano I: Introduction to Piano Playing

Using the “Musical Moments” textbook, 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. You will meet in a state-of-the-art piano facility; each piano has a headphone and groups are kept small. You will progress with the aid of some home practice, but it is understood you are busy--this is a guilt-free class.

*Dr. 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; March 31–May 19; 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: [musicalmomentsrmm.com/our-store.html](http://musicalmomentsrmm.com/our-store.html) or UC Bookstore; #4216-01

Location: UC main campus

## Piano II: Piano Playing Continued

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). Although a “The Musical Moments” text will be used, it will be supplemented with pop chord charts and more music reading. You will progress with the aid of home practice, but even if you couldn’t practice for the week, come to class--this is a guilt free zone.

*Dr. 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., 7:20–8:20 pm; March 31–May 19; 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: [musicalmomentsrmm.com/our-store.html](http://musicalmomentsrmm.com/our-store.html) 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; Apr. 9–May 28; 8 wks; \$89, plus \$8 materials fee for cd, payable to instructor at first class; #5229-01

Location: UC Victory Pkwy Campus

## Ukulele 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., 8–9:15 pm; March 31–May 12; 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

## Ukulele IV

Building on skills you’ve acquired (tuning, holding and finger placement), you’ll further refine your mastery of chords, strumming, playing up the neck, and trying out some variations and tempos. 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; March 31–May 12; 7 wks; \$159 (no discounts), bring your own ukulele (soprano, concert, or tenor — no baritone); #4231-01

Location: UC Victory Pkwy Campus

## Vintage Partner Dances: Lindy Hop and Blues

Are you looking for a creative outlet and a place to meet new people? Consider giving Lindy Hop and Blues dancing a shot! As vernacular (street dances) dances they are focused on fun and creativity more than skill and patterns. Learn some (African) American history while gaining tools, to match the energy of Lindy and the artistic quality of Blues, to be able to dance with any social dancer! No experience or partner necessary!

*Cierra Ruffin is a person who didn’t know how much she loved dancing until she found Swing. Pursuing her passion, she has been a Deejay at Lindy on the Rocks, recently won a competition at Nocturne Blues, and interned with an international dance instructor in Denver with a focus on research on partner dance and teaching.*

Tues., 6:45–8:45 pm; Apr. 14–May 19; 6 wks; \$90 (no discounts), #4230-01

Location: UC Victory Pkwy Campus



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*Continued, next page.*

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see [ed2go.com/uc](http://ed2go.com/uc).



# Personal Development and Special Interest

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

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

Mon., 6:45–8:45 pm; March 30; \$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 Glendenning, co-founder and past president of the Association of Image Consultants International OH-PA Chapter, has conducted appearance and etiquette programs for all types of organizations.*

Wed., 6:30–8:30 pm; Apr. 22–May 13; 4 wks; \$159 (no discounts), #6046-01

Location: UC Victory Pkwy Campus

## Heart of Meditation: Inner Quiet

Beyond the chatter and clutter which so often occupy our minds is a deep reservoir of inner quiet. Meditation is the path to this internal oasis. The awareness we find here makes all of life fresher and clearer, fosters spontaneity and kindness, and provides a refuge in the midst of difficulty. Explore with us the subtle wisdom of this ancient 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., 7–8:30 pm; Apr. 16–May 7; 4 wks; \$59, #6043-01

Location: Dharma Center of Cincinnati (Upper Northside)

## Natural Herbs

See demonstrations and try your hand at creating some herb-based hand-crafted products such as herbal teas, potpourri, and herbal rubs for outdoor grilling. Discover the basics about natural herbs, what they are and how they are used, including some important precautions to take when using them.

*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., 11 am–12:30 pm; May 9; \$19 (no discounts), plus \$5 supply fee payable to instructor; #6059-01

Location: Metamorphosis (Columbia Tusculum)

## Pet Care & Pet First Aid

Held in the Vet Tech Building at UC Blue Ash, this one day class is perfect for pet owners or pet professionals. A combination of lecture, demonstration, and hands-on skill practice, you will learn important things you should do for your pet every day; the basics of pet first aid; snout-to-tail assessment; pet CPR; rescue breathing; how to identify situations that require immediate veterinary care; and how to assemble your own pet first aid kit. No furry friends will actually be in the classroom; demos are done using life-like models.

*Kelly Vearil RVT and Lois Abbott RVT, veterinary technicians and laboratory associates, are instructors in the UC Blue Ash College Veterinary Technology Program.*

Sat., 10 am–2 pm; Apr. 25; \$64, plus bring a brown bag lunch if you'd like; #6158-01

Location: Veterinary Technology Building; UC Blue Ash College

## 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 Assn. of Image Consultants International OH-PA Chapter, has conducted appearance and etiquette programs for all types of organizations.*

Mon., 4–6 pm; Apr. 20–May 4; 3 wks; \$119 (no discounts), For Young Men; #6051-01

Wed., 4–6 pm; Apr. 22–May 6; 3 wks; \$119 (no discounts), For Young Women; #6051-02

Location: UC Victory Pkwy Campus

## 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; Apr. 20–May 4; 3 wks; \$69 (no discounts), plus \$5 materials fee payable to instructor for use of supplies in class; remember to bring in your own make-up to learn application techniques. Also bring a small hand mirror — a stand-up one would be ideal; #6138-01

Location: UC Victory Pkwy Campus

## Professional Make-Up Skills 2.0

Learn and practice application and artistry techniques for lashes and brows, eye color, advanced skin care, and your daily routine. Taking our “Professional Make-up Class” prior to this class is not a requirement; the point is that if you feel you know the basics of make-up application, you may join us to refresh and refine your skills. Learn to look at your own make-up bag a little bit differently and acquire the skills to personalize your look in this confidence-booster of a class.

*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; May 11 & 18; 2 sessions; \$46 (no discounts), plus \$5 fee payable to instructor for use of supplies in class; remember to bring in your own make-up to learn application techniques. Also bring a small hand-mirror — a stand-up one would be ideal; #6056-01

Location: UC Victory Pkwy Campus

## Secret Presidential Illnesses and the Media

Join us for an engaging analysis of the secret illnesses of Presidents Cleveland, Wilson and Franklin Roosevelt from the first diagnosis and the what, why and how it was kept from the media and the public. Enjoy an in-depth slide review of the people involved in investigating their health as well as those participating in keeping it secret. We'll also briefly review other presidential illnesses from Washington to Obama and take a look at how the sharing of medical information has changed and ways it has remained the same.

*David M. Fisher is an avid student of presidential history who is eager to make it come alive for others.*

Mon., 6:15–8:15 pm; Apr. 13–May 4; 4 wks; \$89, #6080-01

Location: UC Victory Pkwy Campus

## 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; Apr. 1; \$29, #6156-01

Location: UC Victory Pkwy Campus

## What People Like Best...

“So much fun... and life changing!”

*Student in “Professional Make-Up Skills” class*



# Sports and Adventure

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

## Aviation: Is Flying in Your Future?

Ever dreamed of flying an airplane or wondered how they work? In this exploratory class, you'll discover the basic aerodynamic forces that make flight possible and learn about airplanes, their controls and their basic instruments. Enhance your understanding of climbs, descents, and turns through a realistic computer-generated video. Find out about the possibilities of general aviation, whether for business, personal, or just plain fun. Each lesson may put you a step closer to the pilot seat, since you may decide to sign up for an introductory flight in a new Cessna 172 with your instructor, following completion of the class series. Flights are entirely optional and will be arranged at a special price with your instructor through Sporty's Academy.

*Tom Baresel is an FAA Certified Flight Instructor working with Sporty's Academy, the home of the world's largest pilot shop. Tom has extensive experience in the cockpit and holds a Commercial Pilot license and instrument rating along with the Flight Instructor certificate.*

Sat., 11:30 am–2 pm; Apr. 25 & May 2; 2 meetings; \$59, #4103-01

Location: UC main campus

## 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.

*Tom Bach and Brian Fennen are PGA professionals. Heather McKee is a PGA apprentice.*

Your choice of start dates, times & class length:

Wed., 6:15–7:45 pm; Apr. 8–May 20; 7 wks; \$119 (no discounts), plus a one-time \$14 practice range fee payable at first class (includes all range balls); #4101-01

Thurs., 6:15–7:45 pm; Apr. 9–May 21; 7 wks; \$119 (no discounts), plus a one-time \$14 practice range fee payable at first class (includes all range balls); #4101-02

Sat., 9–10 am; May 23–June 20; 5 wks; \$99 (no discounts), plus a one-time \$10 practice range fee payable at first class (includes all range balls); #4101-03

Thurs., 6:15–7:15 pm; June 4–July 2; 5 wks; \$99 (no discounts), plus a one-time \$10 practice range fee payable at first class (includes all range balls); #4101-04

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.

*Tom Bach and Brian Fennen are PGA professionals. Heather McKee is a PGA apprentice.*

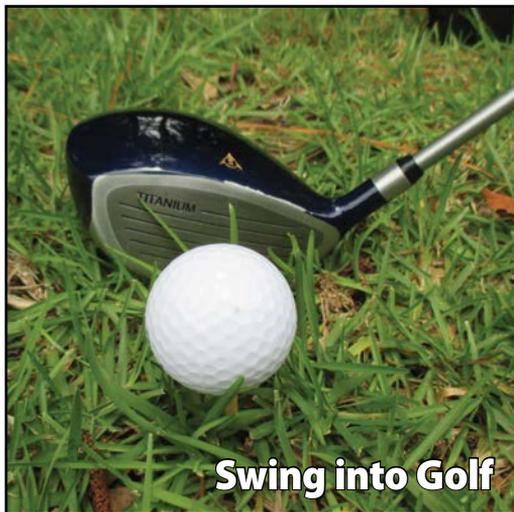
Your choice of start dates, times & class length:

Tues., 6:15–7:45 pm; Apr. 7–May 19; 7 wks; \$119 (no discounts), plus a one-time \$14 practice range fee (payable at first class — includes all range balls); #4104-01

Sat., 9–10 am; Apr. 11–May 9; 5 wks; \$99 (no discounts), plus a one-time \$10 practice range fee (payable at first class — includes all range balls); #4104-02

Wed., 6:15–7:15 pm; June 3–Jul. 1; 5 wks; \$99 (no discounts), plus a one-time \$10 practice range fee (payable at first class — includes all range balls); #4104-03

Location: Sharon Woods Golf Course



**Swing into Golf**

## 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 3–June 7; 6 wks; \$69 (no discounts), #4105-01

Location: Mercy Healthplex Anderson

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

Here'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)
- Covington Clay (Covington)
- DeSha's Restaurant (Harper's Point)
- Dharma Center (Northside)
- Mercy Healthplex (Anderson)
- Metamorphosis (Columbia Tusculum)
- Mighty Vine Wellness Club (Downtown)
- Veterinary Technology (UC Blue Ash)
- Yoga Studio (Clifton)
- And more...

### 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.*

Your choice of start dates and sections:

Sun., 5–6 pm; May 3–June 7; 6 wks; \$69 (no discounts), #4107-01

Sun., 4–5 pm; March 15–Apr. 26; 6 wks (no class Apr. 5); \$69 (no discounts), #4107-02

Location: Mercy Healthplex Anderson

### Tree Climbing for Beginners

Climb, swing and play in this introductory climb! Balance on branches, reach the highest anchor point, and swing off tall branches — always on a rope. Professional facilitators will have all the ropes set and tied when you arrive; they will incorporate a safety talk; you will use their state of the art equipment; and they will be with you every step of the way while providing enough freedom for you to explore. Spend time connecting to yourself and nature!

*Shelly and Bill Byrne, founders of Earthjoy LLC, have been climbing professionally since 2004, having received training with Tree Climbing USA.*

Sun., 10:30 am–12 pm; Apr. 12; \$40 (no discounts), includes use of climbing helmet, certified arborist ropes, locking carabiners and saddles during class; #4121-01

Location: White Sycamore (aka “Casper the Friendly Sycamore” – AJ Jolly Park – Campbell County KY Park)





# 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.*

Your choice of class sections and dates;

Sun., 9 am–2 pm; March 22 & 29; 2 days;

\$154 (no discounts), plus bring calculator and text “Cracking the ACT with 3 Practice Tests” (2015 edition), a publication of The Princeton Review. Lunch not included — bring your own brown bag; #4604-03

Sun., 9 am–2 pm; May 31 & June 7; 2 days;

\$154 (no discounts), plus bring calculator and text “Cracking the ACT with 3 Practice Tests” (2015 edition), a publication of The Princeton Review. Lunch not included — bring your own brown bag; #4604-05

Location: UC main campus

## 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.

*Sara Barry, JD, is currently a staff attorney for the Montgomery County Court of Common Pleas, with previous private practice experience in plaintiff's civil litigation.*

Sat., 10 am–1 pm; class meets five times: on March 28; Apr. 11, 18 & 25; plus May 2. That last class will meet 4-hours from 9 am–1 pm to allow time for the practice test; \$299 (no discounts), plus “Barron's LSAT” by Cutts & Mares (2013) plus “The Official LSAT SuperPrep” by the Law School Admission Council (available from UC and DuBois bookstores plus online booksellers); #4601-01

Location: UC Victory Pkwy Campus

## 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; Apr. 19 & 26; 2 days; \$154 (no discounts), plus text “Cracking the SAT” 2015 edition, a publication of The Princeton Review available from UC and DuBois bookstores plus online booksellers. Lunch not included — bring your own brown bag; #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.*

Wed. 6:30–8:30 pm; Apr. 8–May 27; 8 wks; \$189 (no discounts), plus \$35 material fee payable to instructor at first class for text “Delta's Key to the TOEFL iBT: Advanced Skill Practice” (2011, includes CD's) plus “McGraw-Hill Education 400 Words for the TOEFL” (2nd ed.); #4602-01

Location: UC main campus



# 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 Communiversy 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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### Communiversy Course Catalog ©2015

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# 4 Easy Ways to Enroll



**ONLINE** at [uc.edu/ce/commu](http://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:

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Title \_\_\_\_\_ Course # \_\_\_\_\_ Fee \_\_\_\_\_

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