



Arkansas Tech University

School of Community Education and Professional Development

Spring 2009

Continuing Education Department



Classes are open to the Community!

<http://lakepoint.atu.edu> | 479-498-6035

Hello

The Department of Continuing Education offers special interest and leisure learning classes to the community at affordable costs. Classes are scheduled to coincide with Arkansas Tech University's spring and fall semesters, with the leisure learning classes generally beginning in January and August of each year. Contact the Department of Continuing Education at 479-498-6035 or by email at kochran3@atu.edu to be placed on our mailing list. Schedules include a variety of classes that change each semester.

EARLY BIRD REGISTRATION:

To receive the early bird discount, registration as well as payment must be received on or before the early bird date.

REGISTRATION AND COURSE FEES:

Pre-registration is recommended to ensure seating in our limited enrollment classes which are filled on a "first come, first served" basis unless otherwise indicated. Registration must be completed prior to the beginning of class, and fees must be paid on or before the first class meeting. Course fees are listed with each course. Because the program is supported by course fees, the University reserves the right to cancel any course for which there is insufficient enrollment. In this case, fees already paid will be refunded in full. We reserve the right to screen enrollment requests based on guidelines governing eligibility for respective classes.

REGISTRATION:

Online: <http://lakepoint.atu.edu>
Phone: Call our office at **(479) 498-6035** to register and pay.
Fax: FAX your registration to **(479) 964-3243**
E-mail: LakePoint@atu.edu
Mail: Mail registration form and payment to:
Lake Point Conference Center
Continuing Education
61 Lake Point Lane, Russellville, AR 72802

PAYMENT:

You may pay by check (make check payable to Arkansas Tech University) or credit card (MasterCard and Visa only). No cash payments please. Please submit payment to Lisa Cochran at Lake Point Conference Center, School of Community Education and Professional Development, 61 Lake Point Lane, Russellville, AR 72802.

REFUND POLICY:

Registrations cancelled within two days of the class, as well as "no shows," are non-refundable. All other cancellations are refundable less a 20% processing fee. Requests for refunds must be made in writing and can be delivered in person, by mail, or e-mail.

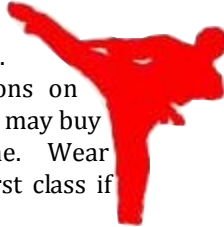
Karate

Karate is for beginners and continuing students from prior semesters. You will learn the basic karate techniques in a traditional style. This class teaches you discipline while working your muscles. This is NOT a Tae Kwon Do, kickboxing, or Tae Bo class.

Must be 18 or older to participate.

Required Materials: White uniform.

Instructor will give you instructions on where to purchase a uniform or you may buy it from a variety of vendors online. Wear loose, comfortable clothes to the first class if you do not have a uniform.



January 13 - May 5

Tuesdays

7:00 - 8:30 p.m.

ATU Main Campus, Hull Room 111

Cost: \$45 Early Bird: \$35 ATU Discount: \$30
Early Bird Deadline: January 8

Instructor: Nobuyuki Nezu

Dog Obedience

Dog Obedience will focus on the training commands heel, sit, down, wait and come. The most common behavior problems will also be addressed, such as, jumping up, pay biting, chewing and digging. Training equipment will be available to purchase from the instructor the first class meeting. Cost will range from \$20 to \$25 depending on the size of the dog.

Required Materials: Vaccination records must be brought to the first class meeting and all dogs must be current, including rabies.

The Department must be aware of any health or aggression problems at time of registration. The instructor reserves the right to dismiss a participant from the class at any time if she deems the dog aggressive.

March 31 - May 5

Tuesdays

7:00 - 8:00 p.m.

Lake Point Conference Center Pavilion

Cost: \$100 Early Bird: \$95 ATU Discount: \$90
Early Bird Deadline: March 26

Instructor: Sheri Davis

Hatha Yoga

Hatha Yoga is an ancient low-impact form of exercise which involves no pain, speed or force. It can relieve stress, increase heart stamina, ward off osteoporosis and promote relaxation. Throughout the ten sessions, basic postures will be practiced along with emphasis on proper breathing and focused relaxation.

Must be 13 or older to participate.

Required Materials: Yoga mat and loose comfortable clothing. Be prepared to take your shoes and socks off.

February 9 - April 13

Mondays

No class March 23

6:00 - 7:30 p.m.

ATU Main Campus, Hull Room 111

Cost: \$90 Early Bird: \$80 ATU Discount: \$75
Early Bird Deadline: February 4

Instructor: Connie Hatt

Kayak Roll Session

Kayak Roll Session will focus on perfecting the kayak roll and basic paddling strokes with coaching provided for experienced paddlers. Canoe paddlers are welcome. Students may enroll anytime during the semester but are required to pay full price. Enrollment is limited to the first 30 paid enrollments.

Must be 18 or older to participate.

Required Materials: Students will need to bring boat, paddle, spray skirt (for kayakers), nose plugs and appropriate clothing.

January 12 - May 4

Mondays

No class January 19, March 23

8:00 - 9:45 p.m.

ATU Main Campus, Hull Pool

Cost: \$45 Early Bird: \$35 ATU Discount: \$30
Early Bird Deadline: January 7

Instructor: ATU Paddlers Club



"Anyone who has never made a mistake has never tried anything new."

-Albert Einstein

AM Aqua Aerobics

Aqua Aerobics AM contains shallow and deep-water exercises covering major components of aqua fitness including cardio, toning and flexibility. If you enjoy the water and the benefits of non-weight bearing exercise, this class is just for you! You do not have to know how to swim! You will have fun, meet some great people and leave feeling you have achieved your workout goal. Enrollment is limited to the first 30 paid participants. **Must be 18 or older to participate.**

Required Materials: None.

Suggested Materials: Flotation belt. This belt can be purchased online or at Feltmers Athletics in Russellville.

January 12 - May 7
Monday, Tuesday, Wednesday, Thursday
No class January 19, March 23-27
8:00 - 8:50 a.m.
ATU Main Campus, Hull Pool

Cost: \$160 Early Bird: \$150 ATU Discount: \$140
Early Bird Deadline: January 8

Instructor: Pam Garland

Beginning Belly Dancing

Beginning Belly Dancing will offer an introduction to the history of the dance, a break-down of how certain moves are accomplished, step combinations and a short Egyptian cabaret choreography that can be learned in a six-week period. There is no pressure to perform, so look at this class as a great way to work-out and meet new people. The routine taught this semester varies from last semester, so those who enroll again will enjoy learning new moves.

Must be 13 or older to participate.

Required Materials: Wear loose, comfortable clothing.

January 28 - March 4
Wednesdays
6:15 - 7:30 p.m.
ATU Main Campus, Hull Room 111

Cost: \$85 Early Bird: \$80 ATU Discount: \$75
Early Bird Deadline: January 23

Instructor: Terry Holland-Finley



PM Aqua Aerobics

Aqua Aerobics PM offers beneficial moves you can do in the water. Aqua Aerobics improves endurance, balance, strength and flexibility. Unlike typical weight training, the pool is a three-dimensional gym because water workouts do not limit range of motion. Enrollment is limited to the first 30 paid participants. **Must be 18 or older to participate.**



Required Materials: Flotation belt. This belt can be purchased online or at Feltmers Athletics in Russellville.

January 12 - May 7
Monday, Tuesday, Thursday
No class January 19, March 23-27
7:00 - 7:50 p.m.
ATU Main Campus, Hull Pool

Cost: \$120 Early Bird: \$110 ATU Discount: \$100
Early Bird Deadline: January 8

Instructor: Tina Chronister

Intermediate Belly Dancing

Intermediate Belly Dancing will be a continuation of belly dance techniques learned in the beginner's class with a more complex routine being taught. Additional moves will be learned, and attention to hand detail and posture will be stressed. Belly dancing is an excellent core muscles workout and allows you to interact with and meet new people!

Must be 13 or older to participate.

Required Materials: Wear loose comfortable clothing.

March 18 - April 29
Wednesdays
No Class March 25
6:15 - 7:30 p.m.
ATU Main Campus, Hull Room 111

Cost: \$85 Early Bird: \$80 ATU Discount: \$75
Early Bird Deadline: March 13

Instructor: Terry Holland-Finley

"If we did all things we are capable of, we would astound ourselves."

-Thomas Edison

Beginning Photoshop CS3

Beginning Photoshop CS3 is an introduction to this powerful program. You will learn basic skills that allow you to navigate through photoshop and also the most common editing techniques will be introduced. MAC users are welcome to enroll, but must bring their own laptop and software. Enrollment is limited to the first 15 paid registrants.

Required Materials: None.
Laptops and software will be provided for in-class use.

February 9 - March 9

Mondays

6:00 - 7:30 p.m.

Lake Point Conference Center Training Room A

Cost: \$125 Early Bird: \$115 ATU Discount: \$105
Early Bird Deadline: February 4

Instructor: Steve Newby



Intermediate Photoshop CS3

Intermediate Adobe Photoshop CS3 is for students who previously attended beginning photoshop or who are currently familiar with the software and are looking to advance their knowledge. This class is not for beginners. MAC users are welcome to enroll, but must bring their own laptop and software. Enrollment is limited to the first 15 paid registrants.

Required Materials: None.

Laptops and software will be provided for in-class use.

March 30 - April 27

Mondays

6:00 - 7:30 p.m.

Lake Point Conference Center Training Room A

Cost: \$125 Early Bird: \$115 ATU Discount: \$110
Early Bird Deadline: March 26

Instructor: Steve Newby

College Prep Coach ACT/SAT

With 20 years plus experience, College Prep Coach has a proven track record of helping increase students' ACT and SAT scores. College Prep Coach has helped thousands of students earn millions in scholarships. Guaranteed to raise your score! 4 week courses with limited enrollment and a free refresher course. Students not achieving higher scores after this course are allowed to enroll again at no cost. Space is limited. Register for Session I or Session II depending on which dates are best for you.

Required Materials: Paper, pencils and calculator.
Workbook and educational materials provided.

Session I: January 12 - February 2

Mondays

5:30 - 7:30 p.m.

Lake Point Conference Center Training Room A

Session II: March 2 - March 30

Mondays

5:30 - 7:30 p.m.

Lake Point Conference Center Training Room B

Cost: \$545

Instructor: Kechia Bentley

Beginning Conversational Spanish

This class is for beginners with very little or no Spanish language background. The five week course will cover topics such as fundamentals of pronunciation, the alphabet, introductions, numbers, colors, days, food vocabulary, ordering in restaurants and other useful phrases.

Instructor Angela Sergent has been employed at Russellville High School as the Spanish I and II teacher since 2004. She holds a BA in Spanish Education from Arkansas Tech University and is currently working towards her masters' degree.

Required Materials: Pen, Paper

March 10 - April 14

Tuesdays

No Class March 24

6:00- 7:15 p.m.

Lake Point Conference
Center Training Room B

Cost: \$80 Early Bird: \$75 ATU Discount: \$70
Early Bird Deadline: March 5

Instructor: Angela Sergent



The Six Week Wedding Planner

Imagine planning your dream wedding in just six short weeks! This course takes you through all phases of planning your wedding. At the end of six weeks, you will have completed a personal wedding planner. The planner is yours to keep and will prove to be invaluable as you proceed toward your wedding day. Mothers and daughters are encouraged to attend this course together. Invite a close friend or relative to share this experience with you.

This course is taught by Diane Race, a Professional Wedding Planner. Diane has received a career diploma in Bridal Consulting and has professional member status with the Association of Bridal Consultant.

Required Materials: Supplies purchased from instructor first night of class. Supply cost is approximately \$15.00.

February 12 - March 19
Thursdays
6:00 - 8:00 p.m.
Lake Point Conference Center Training Room B

Cost: \$60 Early Bird: \$55 ATU Discount: \$50
Early Bird Deadline: February 9

\$75 for two planning the same wedding
(bride/mother or bride/friend)

Instructor: Diane Race

Scrapbooking throughout the Year

This hands-on, interactive course will help you celebrate all the wonderful memories from the years past and present. Each week you will create three pages, each one representing a month. At the end of the course, you will have a lovely calendar you can display or give as a gift. Course cost includes the materials you will use to create your calendar.

Required Materials: Photographs, paper trimmer and scissors.

February 2 - February 24
Tuesdays
6:00 - 7:30 p.m.
Lake Point Conference Center Training Room B

Cost: \$80 Early Bird: \$75 ATU Discount: \$70
Early Bird Deadline: January 27

Instructors: Harriet Thone and Brenda Collins

scrapbooking

Capture the Memories!

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Instructor-Facilitated Online Learning

Ed2Go offers more than 250 non-credit, instructor-facilitated online courses that are informative, fun, convenient, and highly interactive. Ed2Go instructors are famous for their ability to create warm and supportive communities of learners. It's no wonder that many long lasting relationships have formed in Ed2Go's lively and intelligent discussion areas.

ALL courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any of these courses entirely from your home or office any time of the day or night. All courses require Internet access, e-mail, the Netscape Navigator, or the Microsoft Internet Explorer web browsers. Some courses may have additional requirements. Please visit www.ed2go.com/commedatu for descriptions of courses.

A new section of every course begins each month.

Jan. 21, Feb. 18, Mar. 18, Apr. 15, May 20

Cost: \$89.00

"Every artist was first an amateur."

-Ralph Waldo Emerson

5th Annual
Administrative Professionals Day

Wednesday, April 22, 2009

Keynote Speaker: Rhonda Monfee

“Healthy Living in a Hectic World”

Arkansas Tech University’s School of Community Education and Professional Development is sponsoring our 5th Annual Administrative Professionals Day Seminar and Luncheon at Lake Point Conference Center, Wednesday, April 22, 2009, from 10:30 a.m. until 2:00 p.m. Reservations will be required and seating will be limited. The day’s events will include displays by area vendors, hundreds of dollars in door prizes, and an elegant, gourmet lunch. Highlighting the program will be a presentation by Rhonda Monfee. Rhonda Monfee is a doctoral student in holistic nutrition, an award winning registered dietitian, a certified diabetes educator and certified medical assistant. Rhonda will help you understand how to make healthy living simple and enjoyable.

Registration fee:

\$50.00 per participant

\$45.00 for Arkansas Tech University faculty and staff.

To register please visit <http://lakepoint.atu.edu> or call 479-498-6035.

Pre-registration and payment requested by April 13, 2009.



Lake Point

CONFERENCE CENTER
at Arkansas Tech University



- | | |
|-------------------------|------------------|
| 1. Business Services | 2. Oak Lodge |
| 3. Maintenance Building | 4. Guest House |
| 5. Event Center | 6. Hickory Lodge |
| 7. Lake House | 8. Pavilion |
| 9. Walking Trail | |



Department of Continuing Education
61 Lake Point Lane
Russellville, AR 72802

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