

LIFELONG LEARNING

PERSONAL ENRICHMENT CLASSES FOR INQUISITIVE ADULTS



**New classes start weekly.
JAN - APRIL 2019**

**lifelong.utah.edu
801.587.LIFE (5433)**

**U LIFELONG
LEARNING**
THE UNIVERSITY OF UTAH

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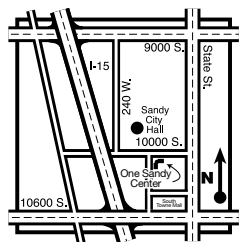
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Directions **Continuing Education Building** **540 Arapeen Dr • Research Park**

From Foothill Blvd, turn north on Wakara Way. The Continuing Education Building is at the intersection of Arapeen Drive and Wakara Way.



Sandy

One Sandy Center
10011 Centennial Parkway, Suite 100
Sandy, UT 84070

Time from exit: 5 minutes

Exit I-15 at 90th South. Head east. Turn south onto 255 W. Continue for 2 miles; turn east on 10000 S. The University of Utah Sandy Center is located on southeast corner of the intersection of Centennial Parkway and 10000 S.

Refunds: Lifelong Learning will refund 100 percent of your fee for classes that are dropped if you call at least two business days before the first class session. We regret that no refunds can be given after that time. The refund policy does not apply to some special fees.

HOW TO REGISTER

Everyone 18 & over is welcome to register for Lifelong Learning classes. Many classes fill early—avoid disappointment by registering now.

1. Online

www.lifelong.utah.edu

2. By phone

801-587-LIFE (5433)

3. In person

Monday through Friday,
9:00 AM – 5:00 PM.

540 Arapeen Drive, Research Park.

To request a reasonable accommodation for a disability, please contact the Center for Disability Services at: 801-581-5020 or online at: disability.utah.edu. Reasonable notice required.

ART AND CRAFT

Beginning Watercolor Painting

Enchanted by the aesthetic beauty of watercolor with its subtle washes and expressive detail? Learn the basics for your own pursuit of beauty in this course. Students are responsible for their own materials.

LLART 071-001 • T, Jan 8-Feb 26 • 6:30-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$199
INSTRUCTOR: Rich Vroom

LLART 071-002 • TTh, Mar 26-Apr 18 • 6:00-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$199
INSTRUCTOR: Cindy Briggs

Intermediate Watercolor Painting

Build on the skills you have achieved in beginning watercolor painting and gain further confidence as you fine tune and master your work in this medium. Students are responsible for their own materials; find a list online, or call 801- 587-5433.

LLART 227-001 • T, Mar 12-Apr 30 • 6:30-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$199
INSTRUCTOR: Rich Vroom

Pointed Pen Calligraphy

Known also as Copperplate, English Round Hand, or Engravers Script, this style of pointed pen calligraphy evolved from the French Ronde hand in the seventeenth century. Neat, legible and swift in execution, this writing style is perfect for special cards and invitations, or for adding a special touch to everyday journal entries or lists. The special fee covers the pen, nibs, ink, and guide sheets. Students are responsible for bringing an apron.

LLART 267-001 • T, Jan 8-Feb 12 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$145 + \$40 special fee
INSTRUCTOR: Janet Faught

Blacksmithing - An Introduction

Blacksmithing in the modern world is rooted in creating art and tools with fire and force. This is a beginner class designed to give you a taste of what being a blacksmith is all about, as you use contemporary and antique equipment to learn the ancient skill of forging steel with hammer and anvil. You will learn hammer control, the different parts of the anvil, the different strikes on the anvil and how to use them to maximize your effort. All class projects are designed to use the skills you develop to enhance your capabilities. Wear closed toe shoes and natural fiber clothing. Students must bring their own above-the-wrist leather work gloves and safety glasses (both can be found at home

stores). Please bring a large container of water or sports drink - this is hot and thirsty work!

LLCFT 274-001 • Th, Jan 10-Feb 14 • 6:00-9:00 PM
LLCFT 274-002 • S, Jan 12-Feb 16 • 10:00 AM-1:00 PM
LOCATION: Wasatch Forge, 3345 S 300 W, #5-A • SLC
FEE: \$269 + \$20 special fee
INSTRUCTOR: Matt Danielson

Introduction to Welding

Have you ever wanted to work with metal for a garden or art project, but didn't know where to begin? This class will teach you the basic skills necessary for cutting and welding metals for small projects in a fully functioning welding studio. Under the guidance of a welding expert, students will get hands-on experience working with welding equipment, metal, and designs. Each student will find their level of expertise while completing a project of their choice.

LLCFT 234-001 • T, Jan 15-Feb 19 • 6:00-9:00 PM
LLCFT 234-002 • W, Jan 16-Feb 20 • 6:00-9:00 PM
LLCFT 234-003 • T, Mar 12-Apr 16 • 6:00-9:00 PM
LLCFT 234-004 • W, Mar 13-Apr 17 • 6:00-9:00 PM
LOCATION: 8415 S 700 W, #15 • Sandy
FEE: \$269 + \$35 special fee
INSTRUCTOR: Richard Cobbley

Beginning Metalsmithing

Learn the fundamentals of silversmithing and become familiar with the tools used in the craft. Students will learn to use hand tools, a flex shaft, and soldering torch. Working with silver and copper, you will explore jewelry design and fabrication as well as stone setting techniques. You will make a bookmark, a pendant, and a ring with a bezel set cabochon. All levels are welcome. Special fee includes all materials and use of equipment. Materials include: sterling silver and copper sheet metal, sterling silver wire of various shapes and sizes, silver solder, and a semi-precious cabochon. Class is limited to 8.

LLCFT 229-001 • W, Jan 16-Feb 20 • 6:00-9:00 PM
LLCFT 229-002 • T, Mar 5-Apr 9 • 6:00-9:00 PM
LOCATION: 3450 S Main St, Unit 28W • SLC
FEE: \$225 + \$120 special fee
INSTRUCTOR: Mary Lambert

Botanical Art and Illustration Sampler

Learn to see the natural world in a new light with this comprehensive introduction to Botanical Art and Illustration. Botanical art is different from other art as it should portray the plant and its parts accurately but still retain the artists' creativity. The term illustration pertains to the scientific aspect of illustrating plants (usually in pen and ink) for publication in botanical journals or for a historical collection. You will learn 4 different botanical techniques commonly used in the

botanical world, graphite drawing, colored pencil, Micron pen and ink and watercolor. This class is appropriate for both beginners wanting to gain confidence in their skills, and experienced artists looking to refine techniques in different media. The special fee covers all supplies and the botanical subject needed for the class.

LLART 303-001 • W, Jan 16-Feb 20 • 6:00-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$199 + \$35 special fee
INSTRUCTOR: Elaine Hultgren

☀ Metal Embossing

Metal Embossing, the art of producing raised or sunken patterns on the surface of metal, is visually stunning, lots of fun, and easier than it looks! Learn to hand emboss soft metal with simple tools to create a journal cover and a decorative box. Finishing techniques to create an "antiqued" look will also be demonstrated and available for students to try. Please bring a hard cover journal or sketchbook, 6" x 9" or smaller. Special fee covers the rest of the required materials.

LLCFT 167-001 • W, Jan 16-Feb 20 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$145 + \$40 special fee
INSTRUCTOR: Sofia Chimaras

Beginning Drawing

Anyone can learn to draw! This class will encourage you to explore drawing through a variety of materials, methods, and philosophies. You will become familiar with charcoal, ink, graphite, oil pastels, and even alternative drawing materials as you complete exercises and activities to help you see what is in front of you and set your vision down on paper. Gain confidence as you become acquainted with your own unique drawing style. Please bring a smock or wear "art clothes," and bring a large (6x10x4 inch) container for take-home supplies. Special fee covers all materials. No class Feb 14.

LLART 068-001 • Th, Jan 17-Feb 28 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$139 + \$20 special fee
INSTRUCTOR: Eric Erekson

Fused Glass Art with Recycled Glass

Learn how to make beautiful and creative fused glass art using bottle glass, window glass, molds and a kiln. Bottle glass - in the form of whole bottles or sheet glass made from bottles - is an inexpensive alternative to art glass, and its use as a raw material is great for the environment. We'll start with the absolute basics, including an introduction to the tools you'll need, and work our way through a number of techniques as we create a variety of projects. This class is wonderfully repeatable, as new projects are introduced each term.



INTRO TO QUILTING PG 5

No experience necessary, please provide your own work gloves and safety glasses (obtainable from your local hardware store) and wear close-toed shoes to all classes. Special fee covers all materials and firings. Students will be responsible for additional tools (\$30) and these will be discussed on the first night of class.

LLCFT 309-001 • Th, Jan 17-Feb 21 • 6:00-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$199 + \$40 special fee
INSTRUCTOR: Jodi Rusho

Decorative Spoons Workshop

In addition to personal adornment, metalsmithing can be used to create one-of-a-kind functional items for your home. Learn hammering, forming, riveting, and soldering techniques to create a set of two spoons, such as a coffee scoop and sugar spoon or a ladle and a soup spoon in a raw, organic “farm house” style. This class is intended for students who have taken LLCFT 229 Beginning Metalsmithing, or have previous metalsmithing experience. Special fee covers the cost of all materials, facility and tool rental for the class. Please bring a sack lunch.

LLCFT 166-001 • S, Jan 26 • 10:00 AM-4:00 PM
LOCATION: 3450 S Main St, Unit 28W • SLC
FEE: \$79 + \$90 special fee
INSTRUCTOR: Amy Schmidt

Intro to Quilting

Are you yearning to make a quilt for the first time, or want to renew your love of quilting? Learn the foundations of choosing fabrics, quilt designs, and cutting and piecing precisely to achieve great results. You’ll create a mini quilt top incorporating a nine patch block, flying geese block, half square triangles, and an hour glass block. Then you’ll make a quilt sandwich, quilt it, and bind it. You’ll leave ready to show the world what you’ve created! Please register for section 001 if you are bringing your own sewing machine (recommended) or section 002 to use one from the instructor. Special fee covers cost of all materials, and the use of the sewing machine in section 002. No class Feb 16.

LLCFT 327-001 • S, Jan 26-Mar 2 • 9:30-11:30 AM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$129 + \$30 special fee
INSTRUCTOR: Amy Newbold

LLCFT 327-002 • S, Jan 26-Mar 2 • 9:30-11:30 AM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$129 + \$50 special fee
INSTRUCTOR: Amy Newbold

Intermediate Quilting

Ready to take your machine quilting skills to the next level? Explore English Paper Piecing, Applique and Improv quilting as you create, quilt and bind a mini-quilt worthy of hanging on your wall. Please register for sec-

tion 001 if you are bringing your own sewing machine (recommended) or section 002 to use one from the instructor. Special fee covers cost of all materials, and the use of the sewing machine in section 002.

LLCFT 328-001 • S, Mar 9-Apr 6 • 9:30-11:30 AM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$129 + \$30 special fee
INSTRUCTOR: Amy Newbold

LLCFT 328-002 • S, Mar 9-Apr 6 • 9:30-11:30 AM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$129 + \$50 special fee
INSTRUCTOR: Amy Newbold

Fabric Pet Portraits

Create a unique wall hanging inspired by the puppy-dog eyes, or “boop”-able nose of a favorite four legged friend. You’ll learn to sketch a likeness of your pet, cut it out in fabric, and attach it to a colorful backing using the embroidery technique blanket stitch. Beaded embellishments and 3D elements that pop off the background will also be explored, enabling you to purr-fectly capture your pet’s personality in a one-of-a-kind piece of textile art.

LLCFT 189-001 • M, Jan 28-Feb 11 • 6:00-8:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$79 + \$10 special fee
INSTRUCTOR: Laurie Knowley

☀ **Soft Pastel Drawing**

With no need for water, brushes, or palettes, soft pastels allow you to create colorful art in a painterly style with the ease of a dry medium. Painters and drawers alike can add to their creative toolbox as they explore the basic elements and structure of this lovely art form. Techniques such as sketching, value studies, color layering, composition, and more will be covered in the first half of the course, with the second half dedicated to working on a project with subject matter of your choice. Please bring a smock or wear art clothes. Special fee covers all materials. No class Feb 18.

LLART 100-001 • M, Jan 28-Mar 11 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$125 + \$45 special fee
INSTRUCTOR: Patty Schafbuch

☀ **The Sketchbook Journal — Expression & Experimentation**

Developing a personal sketchbook habit is a fun and creative way to bring presence and awareness to your surroundings. Relax in a “judgment-free” zone where you will record memories, explore emotions, and experiment with new ways of expressing yourself including drawing, watercolor, lettering, collage, and abstraction. You’ll develop creative and cognitive skills, explore personal theories, and have the opportunity to share your successes and failures. While the

focus is on building visual art skills, no previous art experience is necessary; all are welcome and encouraged to join. No class Feb 14.

LLART 287-001 • Th, Jan 31-Feb 28 • 6:00-8:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$99 + \$20 special fee
INSTRUCTOR: Desarae Lee

Encaustic Painting on Photos

Encaustic is the application of heated beeswax containing colored pigments to a surface. This wonderfully manipulative technique dates back to Egyptian portraits from 100-300CE and can be used to create eerily beautiful works of contemporary art. Learn about grounds, application and color, scraping and incising, masking, photo application and collage, stenciling and much more. Students with prior experience will be provided with additional information for continued learning in this medium. Special fee includes all supplies except the photographs to be used, these will be discussed during the first workshop. Class is limited to 8.

LLART 284-001 • S, Feb 2-16 • 10:00 AM-4:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$199 + \$100 special fee
INSTRUCTOR: Niel Franti

☀ **Small Object Still Life: Composition & Style**

Imaginative, interesting and dynamic composition can transform an intimate still life drawing into a masterpiece. It is through composition that you introduce your own personal style into your work. Come to understand the elements that go towards creating a good composition and the basic principles underlying a successful finished piece. We will work entirely in graphite pencil, but the principles apply to all art media. Special fee covers the cost of materials needed for the class. This class is intended for students who have taken LLART 68 Beginning Drawing, or have other previous drawing experience.

LLART 135-001 • T, Feb 5-Mar 12 • 6:00-8:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$139 + \$20 special fee
INSTRUCTOR: Natalia Wilkins-Tyler

☀ **Photo-Plate Lithography**

Achieve the tonal qualities and subtlety of a lithograph without grinding stones through the use of light sensitive photo plates. Create detailed marks through linear drawing, photocopied images, photographs, digital images, and text. Working with 1-2 images, depending on complexity, you’ll make multiple runs (layers) in black and white, or color, inks. No previous printmaking experience is necessary. Students will be contacted prior to the first class with information on the types of images/files to bring to class.

LLART 102-001 • S, Feb 9-23 • 1:00-5:00 PM
LOCATION: Saltgrass Printmakers, 412 S 700 W • SLC
FEE: \$109 + \$45 special fee
INSTRUCTOR: Trishelle Jeffrey

Watercolor Workshop - The Colors of Utah

Learn to paint the canyons of Utah, with their colorful rock formations, highlights, and shadows. Through step-by-step demonstrations and hands on experience, you'll discover techniques that allow you to: recreate dramatic light and shadow, build dimension by layering color, and add texture. Create a painting in one day using a provided image, or bring your own with good light and shadows on the rocks. Please bring a lunch. LLART 71 Beginning Watercolor Painting or equivalent experience is required. Students are responsible for their own materials; find a list online, or call 801-587-5433.

LLART 073-001 • S, Feb 23 • 10:00 AM-4:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$79
INSTRUCTOR: Cindy Briggs

Gothic Hand Calligraphy

Popular throughout the medieval period, the gothic alphabet evolved as a method of saving space on a written page, thus making books and manuscripts more affordable. In this uniform script, the design of the word

takes precedence over the individuality of the separate letters. Through step-by-step instruction and practice, gain confidence in this ornamental, and methodical, calligraphic style, which is perfectly suited to short texts, gorgeously addressed envelopes, and special inscriptions. Special fee covers the cost of materials for the class. Bring an apron to protect your clothes.

LLART 078-001 • T, Feb 26-Apr 2 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$145 + \$40 special fee
INSTRUCTOR: Janet Faught

Laminated Steel Workshop

Laminated steel - also known as Damascus steel - is created by combining strips of steel and iron through hammer-welding, and repeated heating and forging. The process creates distinctive layered patterns that are intrinsic to the steel. Join local blacksmiths to create two 3lb "billets" of laminated steel which will be used to create a handled herb chopper and a wearable item of your choosing (such as a cuff bracelet, pendant, or belt buckle). Prerequisite: Blacksmithing — An Introduction, LLCFT 323 or equivalent. Wear closed toe shoes and natural fiber clothing. Students must bring their own above-the-wrist leather work gloves and safety glasses (both can be found at home stores). Please bring a large container of water or sports drink - this is hot and thirsty work!

LLCFT 323-001 • Th, Feb 28-Apr 4 • 6:00-9:00 PM
LOCATION: Wasatch Forge, 3345 S 300 W, #5-A • SLC
FEE: \$269 + \$125 special fee
INSTRUCTOR: Matt Danielson

Mosaic Art: An Introduction

Mosaics are a timeless form of decorative art made from the assemblage of small pieces of colored glass, stone or other materials. Design and create your own original piece as you learn the principles of design that lead to an effective, beautiful work of mosaic art, as well as the tools and techniques required to create mosaics using stained glass, ceramic tile and natural stone. A brief overview of the history and possibilities of this versatile medium will also be discussed. All materials are included.

LLCFT 249-001 • Th, Mar 7-28 • 6:00-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$149 + \$35 special fee
INSTRUCTOR: Roger Whiting

Basics of Hand-spinning Yarn

Learn the basics of hand-spinning wool. Using a small support spindle, you will gain the knowledge and experience needed to make your own single and two-ply yarns—perfect for knitting or crochet! Discussion will include fiber selection and processing and an overview of tools. All materials included, all levels welcome! Please bring a snack or sack lunch

LLCFT 302-001 • S, Mar 16-23 • 10:00 AM-2:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$109 + \$20 special fee
INSTRUCTOR: Allison Milham

🌟 Collagraph Printmaking — Multiple Variations

This inventive and inspiring style of printmaking uses a collage of inexpensive materials (essentially anything that can be stuck on an mdf panel base) to give you an amazingly versatile print experience, offering space to explore form, texture and composition. Explore the next dimension of collagraph printmaking through the addition of photographic or drawn textures using screen printing techniques. Screen printed elements will become a focus to add value or texture to your imagery, as you work on a series of 12”x 12” collagraph boards. Perfect for both students who have previous collagraph experience, or those who are new to the medium.

LLART 136-001 • S, Mar 16-Apr 6 • 1:00-5:00 PM
LOCATION: Saltgrass Printmakers, 412 S 700 W • SLC
FEE: \$125 + \$25 special fee
INSTRUCTOR: Stefanie Dykes

🌟 Expressive Mark Making: Faux Oils and Cold Wax

Explore the basics of this expressive mixed media technique that combines Golden OPEN paints and cold wax to create a result similar to encaustic.

OPEN Acrylics have an increased working time, which expands their range to include more traditional techniques once only possible with oils. Learn to create layers incorporating textures, lines and colored fields. As you work you’ll discover your own personal language of mark making as intentional layers become unintentional abstractions. During this workshop you will create multiple works on paper. While some painting experience is preferred, the workshop is open to all levels. Special fee covers oils, mark making tools and wax medium. Please see the list online for additional items needed for the class. Be sure to bring your curiosity and an open mind!

LLART 077-001 • S, Mar 16 • 10:00 AM-4:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$75 + \$50 special fee
INSTRUCTOR: Stacy Phillips

Portrait Drawing

Work with a live model and demystify the process of depicting a realistic likeness. Through careful observation, we’ll focus on the fundamental mechanics of blocking in the head and face, using essential techniques and concepts of the picture plane, measuring, proportion, line, positive and negative space, value, volume, basic anatomy, and composition. We’ll work primarily in charcoal, as well as in pastel and pan pastel, launching on an adventure that for many is



CERTIFICATE OF DIGITAL PHOTOGRAPHY PG 10-15

a lifetime pursuit. Students are responsible for their own materials, find a list online, or call 801-587-5433. Special fee is for models.

LLART 218-001 • Th, Mar 21 – Apr 25 • 6:00-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$189 + \$20 special fee
INSTRUCTOR: Eric Erekson

Hollow Form Ring Workshop

Add an element of architecture to your jewelry as you learn to build a three dimensional hollow form ring. Hollow form allows you to take your design ideas to another level without adding additional weight. These pieces will be as substantial as you'd like them to be, but also durable and comfortable to wear. Piercing, fitting, and advanced-beginner soldering techniques will contribute to each successful piece. This class is intended for students who have taken LLCFT 229 Beginning Metalsmithing, or have previous metalsmithing experience. Special fee covers the cost of all materials, facility and tool rental fee for the class. Please bring a sack lunch.

LLCFT 313-001 • S, Mar 23 • 9:30 AM-4:30 PM
LOCATION: 3450 S Main St, Unit 28W • SLC
FEE: \$95 + \$60 special fee
INSTRUCTOR: Amy Schmidt

Metal Clay - Silver

Silver is the new gold—and not as pricey. Join in on a new jewelry making craze—with metal clay. Nearly everyone can create beautiful silver wearable art in a couple of two-hour sessions. This remarkable clay can be formed much like ceramic clay; it can be stamped, carved or impressed with diverse objects to create unique patterns and designs. This is an entry-level class. Included in the class fee is sufficient silver clay to make one or more pendants, earrings or several bracelet charms. The class will meet two times the same day to allow for firing of pieces in between meetings. The morning session involves forming and embellishing simple, two-dimensional shapes. The instructor fires these pieces during break. Finish your pieces in the afternoon session, fashioning them into artful creations, ready to wear.

LLCFT 242-001 • S, Mar 23 • 10:00 AM-12:30 PM
AND S, Mar 23 • 3:00-5:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$59 + \$50 special fee
INSTRUCTOR: Carol Avery

Quick Sketch Watercolors

Discover how to easily draw with free flowing lines and confidently mix and mingle flowing translucent watercolors. Using fine point markers and transparent watercolor, you will see how quickly you can create

exciting spontaneous small paintings, quick studies and journal entries. With two sessions you'll have time to experiment, expand your skills, and explore your own style as you get into the flow of creating. This class is great for all levels of experience. Participants are encouraged to bring a selection of reference photos or use those provided by the instructor. Please bring a lunch. Students are responsible for their own materials; find a list online, or call 801-587-5433.

LLART 304-001 • S, Mar 23-30 • 10:00 AM-3:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$119
INSTRUCTOR: Cindy Briggs

Beginning Sewing Essentials

Explore the core principles of sewing through a series of bag-making projects. Learn how to use and troubleshoot a sewing machine; customize basic pillow and bag patterns; choose, measure and cut the right fabric for a project; and basic leather working skills. You'll gain applied knowledge of problem solving, planning ahead, patience, and a greater confidence in making your ideas a reality. Special fee covers specialty fabric and trim. Students can expect to purchase additional supplies depending on their own fabric stash. Students are encouraged to bring their own sewing machine; a limited number are available for use. 48-hour advanced registration required.

LLCFT 301-001 • W, Mar 28-Apr 18 • 6:30-9:00 PM
LOCATION: 741 S 400 W • SLC
FEE: \$139 + \$33 special fee
INSTRUCTOR: Sarah Burroughs

Bookbinding: Ethiopian Link Technique

Create a one-of-a-kind hardcover blank book as you learn the binding technique known as Ethiopian Link - a chain stitch sewing that looks similar to the Coptic binding method. Great for artists and writers looking for a special journal or sketchbook to keep their work, or beginning/experienced book makers excited to try a new technique. Special fee includes all materials needed for the class, except tools. Students without book binding tools can expect to pay an additional \$40, find a materials list online, or call 801-587-5433. Please bring a sack lunch.

LLCFT 193-001 • S, Mar 30 • 10:00 AM-4:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$79 + \$20 special fee
INSTRUCTOR: Allison Milham

Woven Wall Hanging

Explore the basics of weaving on a table-top loom as you create a 10x10 inch wall hanging. Learn to set up the warp, create depth within your piece using both yarn and textured fiber, use color to create visual interest, and how to finish the hanging with a straight or fringed edge. Leave with your own unique piece of fiber art to hang in

your home or gift to a friend. Special fee includes the cost for all materials used in the class. Class time includes a break so please bring a snack or sack lunch.

LLCFT 170-001 • S, Apr 6 • 10:00 AM-3:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$79 + \$50 special fee
INSTRUCTOR: Danielle Susi

PHOTOGRAPHY

Digital Photography: Nuts and Bolts for DSLR

Ready to break out of auto mode on your digital camera? Working indoors and out, we'll decode the mysteries of digital cameras in a friendly and fun way as we see how to make properly exposed and focused images, identify and select white balance settings appropriate to the subject, and figure out how the focal length of lenses affects final images. You'll also create a set of reference images that demonstrate the workings of various controls on your camera. Please bring your DSLR or Mirrorless System camera and manual to class; post-it flags and/or a highlighter to annotate your manual are also recommended. Want more guided practice with the basics? Digital Photography: An Introduction (LLART 115) either before or after this class.

LLART 193-001 • Th, Jan 10-17 • 6:00-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$99
INSTRUCTOR: Erika Cespedes

Digital Photography: An Introduction

Take an in-depth look at mega-pixel counts, white balance, shutter speed, lens opening, and other digital camera functions and learn how to use them to your advantage. We'll also cover traditional photographic imaging skills such as use of shutter speeds and lens openings, composition, and portraiture; so you can spend more time making great images and less time fixing them in your computer. You will get the most out of class if your camera features manual as well as automatic controls. Please bring your camera and manual to the first class. Want more guided practice with the basics? Take Nuts and Bolts (LLART 193) either before or after this class. Saturday class is a field trip. No class Jan 21st for section 001.

LLART 115-001 • M, Jan 7-Feb 11 • 6:30-9:00 PM
AND S, Feb 9 • 1:00-3:00 PM
LOCATION: 9875 S 240 W • Sandy
FEE: \$169 + \$8 special fee
INSTRUCTOR: Neil Eschenfelder

LLART 115-002 • W, Jan 23-Feb 20 • 6:30-9:00 PM
AND S, Feb 16 • 1:00-3:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$169 + \$8 special fee
INSTRUCTOR: Neil Eschenfelder

Digital Photography II

Have you mastered shutter speed, lens opening, and ISO? Want to explore the unique features of your digital camera such as white balance, contrast, HDR, resolution, RAW shooting, metering modes and black and white? If you have mastered the basics and are ready to go deeper, this is the class for you. We'll use a combination of field and classroom sessions to make the most of the immediacy of digital feedback. Learn to understand and benefit from the unique controls your digital camera gives you. Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz: go to www.lifelong.utah.edu or call 801-587-5433. Saturday classes are field trips.

LLART 131-001 • Th, Feb 28-Mar 14 • 7:00-9:00 PM
AND S, Mar 2-9 • 1:00-3:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$129 + \$5 special fee
INSTRUCTOR: Neil Eschenfelder

Food Photography – An Introduction

Learn to capture mouth-watering images of your favorite foods, useful for a cooking blog, small food start-up,

or for showing off beautiful dishes on social media. You'll explore current styles in food photography, and discover some top secrets photographers use to make food look flawless. Food styling basics, natural and studio lighting techniques, and advertising secrets will also be discussed, demonstrated and practiced. After week 1, students will need to bring their own props (dishes, napkins, etc.) and food. These will be discussed the first night of class, and non-perishable items can be stored with Lifelong Learning from week to week. Bring your DSLR or Mirrorless System camera to class. A tripod is useful, but not required. Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz: go to www.lifelong.utah.edu or call 801-587-5433. No class Jan 21.

LLART 208-001 • M, Jan 7-Feb 4 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$109 + \$5 special fee
INSTRUCTOR: Erika Cespedes

Product Photography - An Introduction

A picture is worth a thousand words and the product images you use should be unique, high quality images that best represent you and your product(s). Ideal for students looking to hone their studio lighting skills through the lens of product photography (pun intended!). We will explore practical tools for staging/styling subjects, building an efficient home studio, and emphasize budget-

conscious solutions to lighting problems. Saturday class meeting will be a field trip to see the workings of a large production studio. We recommend that students have some prior photography experience and cameras with settings that can be manually controlled (this is not an ideal class for smart phone users). Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz or call 801-587-5433.

LLART 282-001 • T, Jan 15-29 • 6:00-9:00 PM
AND S, Jan 26 • 6:00-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$139 + \$10 special fee
INSTRUCTOR: Ben Kuhns

Historical Photographic Processes in a Contemporary World

Experience the timeline of photography as you make prints using three different historical processes, while working with a film negative printed from your own digital file. Students will create cyanotype, van dyke brown, and salted paper prints, learn the history of each, and get to know artists from both the past and present who work(ed) with these processes. Special fee covers the cost of chemistry, paper, and the printing of one digital-to-film negative (additional negatives may be purchased from the instructor). Information regarding how to choose an image, and the file size required to print a negative, will be discussed in the first class.



LLART 302-001 • W, Jan 30-Feb 20 • 6:00-9:00 PM
LOCATION: Luminaria, 14 E 800 S • SLC
FEE: \$149 + \$99 special fee
INSTRUCTOR: Dave Hyams

Copyright and Intellectual Property Issues for Photographers

As a photographer, your images are the most important intellectual property that you own. Depending on your business or hobby, you may be generating thousands of “original works of authorship” per year and you want to trust that your photographs will be used only after you’ve given permission. What happens when you find one has been misused or passed off as being created by someone else? Learn your rights and how to protect yourself in both digital and analog domains from an attorney who specializes in copyright and intellectual property law. Topics include: ownership and authorship of intellectual property, online enforcement and defense of copyrights, and the Digital Millennium Copyright Act (DMCA). Free parking is available.

LLART 290-001 • Th, Feb 21 • 6:30-8:30 PM
LOCATION: Workman Nydegger, 11th Floor World Trade Center, City Creek, 60 E South Temple • SLC
FEE: \$39
INSTRUCTOR: Timothy Nichols & Brittany Frandsen

Introduction to Off Camera Flash

Sometimes you need a little extra lighting to achieve a properly exposed image, but using electronic flash units mounted on top of your DSLR can produce contrasty, stark or flat photos. Luckily, it’s easy to vastly improve your results by moving the flash off-camera. Learn how to use off-camera lighting, and also the light modifiers—umbrellas, softboxes, grids, etc.—that will give your images a professional look. Speedlights can give you the same look as pro studio lighting, and have the added advantage of no cables or cords to manage. Through demonstrations of off-camera lighting techniques and hands-on applications of lessons learned, you’ll bring your photography to a whole new level... in a flash! Prerequisite: A DSLR or Mirrorless System camera equipped with a hot shoe, a memory card, and Nuts and Bolts (LLART 193), Digital Photography I (LLART 115) or take our quiz: go to www.lifelong.utah.edu or call 801-587-5433. Please be familiar with the workings of your camera. Special fee covers equipment use.

LLART 096-001 • M, Feb 25-Mar 18 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$99 + \$10 special fee
INSTRUCTOR: John Craigle

Develop Your Photographic Eye

Interested in learning to see like an artist and use your new found skills in capturing artistic photographic images? Most photography classes focus on the technical aspects of photography while this class is all about the art of photography and visualization is the key. Learn how to best position your camera, master your optics, go beyond the rule of thirds, develop patience and timing, and improve your post processing skills. Move beyond the technical hassles and think clearly like a photographer.

LLART 245-001 • Th, Feb 28-Mar 14 • 6:30-9:00 PM
AND S, Mar 9 • 10:00 AM-12:00 PM
LOCATION: Blackburn Studios, 385 W 700 S • SLC
FEE: \$149
INSTRUCTOR: Chris Blackburn

Introduction to Lightroom

Learn the ins and outs of Adobe’s premiere workflow and editing application, Lightroom, made specifically for digital photographers. Learn to catalog, organize, edit, and share your work. Emphasis will be on gaining the technical skills necessary to develop your own workflow and take your imagery to the next level. Leave with the ability to incorporate Lightroom into your photography routine, plus gain insight into workflow and best practices from a working professional photographer. Registered stu-

dents should have working knowledge of photography including basic terminology, basic computer skills, and comfortable learning new software.

LLART 297-001 • T, Mar 12-Apr 2 • 6:30-9:00 PM
LLART 297-002 • M, Apr 8-29 • 6:30-9:00 PM
LOCATION: 540 Arapeen Dr, Rm 156 • SLC
FEE: \$149 + \$10 special fee
INSTRUCTOR: Ben Kuhn

Location Photography

You don't have to travel to a place with "stunning" scenery or famous architecture to make a beautiful or impactful photograph. Learn the basics of location photography as you explore the everyday surroundings of your own city. Activities include: discussions of techniques and sharing of images in the classroom, and 2 in-town field trips guided by the instructor. Fieldtrips will require moderate walking, so be sure to dress appropriately and have an adequate means of transporting your gear. Bring your DSLR or Mirrorless System camera to class. A tripod is useful, but not required. Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz: go to www.lifelong.utah.edu or call 801-587-5433.

LLART 084-001 • S, Mar 16-Apr 6 • 10:30 AM-12:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$109
INSTRUCTOR: Erika Cespedes

Landscape Photography

Learn the skills and techniques necessary to create professional quality images of the natural world. We will explore exposure control and light metering, the principles of composition, the qualities of natural light, advanced digital techniques, and the philosophy and tradition of the artist in nature. Class will include sharing of images, group discussion, a field trip, and student feedback and critiques. Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz: go to www.lifelong.utah.edu or call 801-587-5433. Class April 22 is a field trip.

LLART 168-001 • M, Mar 25-Apr 29 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$139
INSTRUCTOR: Jonathan Duncan

Photoshop for Photographers

Considered the leader in professional photo editing software, Photoshop allows users to create, manipulate, crop, resize and correct digital images. Begin to get a handle on this massive program from a Photoshop expert with an introduction to the tools and

settings that can have an immediate impact on your photographic workflow. Become comfortable with user interfaces through lectures, demos, and projects. This course is intended for students with a working knowledge of photography and its basic terms. Please bring USB thumb drive to the first class. Not sure if it's the right class for you? Take our quiz: go to www.lifelong.utah.edu or call 801-587-5433.

LLART 286-001 • W, Mar 27-May 1 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$179
INSTRUCTOR: John Craigle

Natural Light Portrait Photography

Using the beauty of natural light, develop your skills at portrait photography. We'll work indoors and out, playing with shadow and light to add mood and texture to your work. Take your portraiture to a whole new level! Open to point-and-shoot, DSLR, or film photographers. Prerequisite: Nuts and Bolts (LLART 193), Digital Photography I (LLART 115), or take our quiz: go to www.lifelong.utah.edu or call 801-587-5433.

LLART 094-001 • Th, Mar 28-Apr 11 • 6:00-8:00 PM
LOCATION: Blackburn Studios, 385 W 700 S • SLC
FEE: \$75
INSTRUCTOR: Chris Blackburn

Photographing Youth Sports

You may be your child/grandchild's biggest sports fan, but are you getting great images of them in action on the field or court? Learn camera settings and shooting techniques that will dramatically improve the images you get from the equipment you already have. The third class is a field trip to a high school soccer game, giving you an opportunity to practice your new knowledge. Please have a camera with manual as well as automatic controls. Prerequisite: Nuts and Bolts (LLART 193) or Digital Photography, Introduction (LLART 115) or take our quiz: go to www.lifelong.utah.edu or call 801-587-5433.

LLART 289-001 • T, Apr 9-30 • 6:00-8:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$109
INSTRUCTOR: David Argyle

COOKING, TASTINGS, AND TOURS

Wines of California

The wine grape varieties of California each have their roots in Europe. Planted by immigrants, grapes with familiar names come from France, Italy, Spain and more. We will taste all of the major varieties along with an historical perspective of their birthplace, and the families who struggled to

make the wines of their homeland a success in the new world. Please bring photo ID that indicates your age to class.

LLFW 564-001 • W, Jan 23 • 7:00-9:00 PM
LOCATION: Cafe Trio Cottonwood, 6405 S 3000 E • SLC
FEE: \$39 + \$30 special fee
INSTRUCTOR: Sheral Schowe

Chocolate 101 - From Farm to Bar

Explore the history and techniques of transforming cacao into chocolate in a way that supports sustainability and minimal waste production with Millcreek Cacao Roasters Chocolate Factory as your classroom. Gain a comprehensive understanding of the farm to bar process, including how the chocolate maker uses bean choice, roasting profiles, and cacao percentage to create the final (delectable) product. You'll taste the cacao at the different stages of production, along with a variety of finished bars, and discuss pairings to enhance the chocolate experience.

LLFW 506-001 • Th, Jan 31 • 6:30-8:30 PM
LOCATION: Millcreek Cacao, 50 Century Dr (2959 S) • SLC
FEE: \$35 + \$10 special fee
INSTRUCTOR: Mark DelVecchio

Eating Local in Winter

Finding local food seems easiest in summer when farmers markets teem with fresh produce. But eating locally during the winter is not only possible – it's delicious! Join members of Slow Food Utah on a culinary adventure that brings local food to the forefront during these colder months. Explore food sources available during winter, and topics on health and wellness related to the foods you select to eat locally. You'll meet a recipient of a Slow Food micro-grant on Saturday to see and taste the "Think Global, Eat Local" philosophy in action. Special fee covers samples from local food producers.

LLFW 561-001 • W, Feb 6 • 6:00-9:00 PM
AND S, Feb 9 • 10:00 AM-2:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$75 + \$15 special fee
INSTRUCTOR: Jennifer Macali

Scotch for the Sophisticate

Curious about Scotch? Wonder why the different regions of Scotland produce unique flavors and characteristics? Join us as we taste Scotch from the Highlands, Islay, and other regions. Learn the difference between a blended, 12-year Scotch and a single malt Scotch whiskey. Whether you are a food and beverage professional or a casual enthusiast, this class is not to be missed. Please bring photo ID that indicates your age to class.

LLFW 384-001 • Th, Feb 7 • 7:00-9:00 PM
LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC
FEE: \$39 + \$21 special fee
INSTRUCTOR: Jim Santangelo

Beer Sensory Evaluation and Off Flavor Training

Have you ever had a beer that didn't taste quite right, but couldn't put your finger on the flavor? Do you homebrew and want to better diagnose the success of your next batch? Come refine your pallet and learn to evaluate beer flavors and aromas like a pro. Using a sensory spike kit, students will learn about basic off flavors including diacetyl, oxidation, DMS, infection, and acetaldehyde. Please refrain from wearing any strong perfume or cologne the night of the class. Please bring your photo ID to class!

LLFW 529-001 • S, Feb 9 • 1:30-3:30 PM
LOCATION: The Bohemian Brewery and Grill, 94 Ft Union Blvd • Midvale
FEE: \$39 + \$25 special fee
INSTRUCTOR: Cody McKendrick

But First, Tea!

As with wine, coming to understand and appreciate the vast number of tea blends that are available today can be quite overwhelming! Enter your local tea shop, where the second most consumed beverage in the world (after water!) can be demystified and thoroughly enjoyed. You'll start the morning, as

one should, with a cup of tea and scone. Then, get an overview of the six different types of tea through tasting and explanation of service styles. With that knowledge in hand you'll finish by creating your own unique blend to take home.

LLFW 568-001 • S, Feb 9 • 9:00 AM-1:00 PM
LOCATION: Tea Zaanti, 1324 S 1100 E • SLC
FEE: \$59 + \$15 special fee
INSTRUCTOR: Scott Lyttle

Pinot Noir From Around the World

Pinot Noir has its beginnings in Bourgogne France but has enjoyed great success throughout Europe and the New World. We will look at six locations where Pinot Noir thrives and you will be amazed at the differences in color, aroma and flavor depending on where the Pinot Noir is planted. It's all about the soils and the climate, called "Terroir!" Food pairing ideas will also be shared which will guarantee the success of your next Pinot Noir wine dinner. Please bring a photo ID that indicates your age to class.

LLFW 567-001 • W, Feb 27 • 7:00-9:00 PM
LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC
FEE: \$39 + \$30 special fee
INSTRUCTOR: Sheral Schowe

Rye Whiskey: Tasting and Cocktails

Rye whiskey, one of America's oldest spirits, is making a serious comeback. Meet the distillers from Sugar House Distillery's grain-to-glass operation and learn about qualities that differentiate rye from other whiskey categories. We'll also make two classic cocktails traditionally made with rye whiskey, covering cocktail history, proper technique and sourcing great ingredients. Please bring a photo ID indicating your age to class.

LLFW 556-001 • W, Mar 6 • 7:00-9:00 PM
LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC
FEE: \$39 + \$32 special fee
INSTRUCTOR: Darby Doyle and James Fowler

All About Coffee

Walk through the process of "seed to cup" - the many steps coffee takes from harvest, through processing, roasting, and brewing. Week one we discuss origins, history, trade and the coffee industry. Week two, we taste, cup and evaluate different regional coffees, and get plugged into the current buzzwords and lingo of the coffee industry.

LLFW 271-001 • S, Mar 9-16 • 10:00 AM-12:00 PM
LOCATION: La Barba Coffee, 3340 S 300 W, #2 • SLC
FEE: \$45 + \$15 special fee
INSTRUCTOR: Gary Marquardt

How to Brew Beer

Lagers, ales, and everything in between. Learn how to create refreshing beer right in your own home from beer making enthusiasts and professionals. Take micro-brewing to a whole new homespun level as you learn what equipment you need to start homebrewing, the recipes to get you started and how to trouble shoot. Please bring a photo ID that indicates your age to class.

LLFW 236-001 • S, Mar 9 • 12:00-2:30 PM

LOCATION: Salt City Brew Supply, 723 E Ft Union Blvd • Midvale

FEE: \$45 + \$5 special fee

INSTRUCTOR: Cody McKendrick

Whiskies of the World

Learn about the fastest growing category in spirits today. Whiskey! In this class, we review the broad range of whiskies being made throughout the world. You can expect to assess 4 distinct styles of whiskey, learn how to describe the aromatic and flavor profile of each, and discuss and understand drink development with each style. A fun and interactive class making you a whiskey expert in no time! Please bring a photo ID that indicates your age to class.

LLFW 489-001 • Th, Mar 14 • 7:00-9:00 PM

LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC

FEE: \$39 + \$25 special fee

INSTRUCTOR: Jim Santangelo

🌟 Extraordinary Wines of South Africa

South Africa's history of wine production dates back to the seventeenth century and was influenced by the grape varieties brought by European travelers. Today, South African wines are known for a style, which reflects the elegance of the Old World and the fruit driven approach of the New World. Six selected favorite wines from South Africa will be shared/tasted as you learn about new wine regions and the incredible history behind the Cape's wine industry. Please bring photo ID that indicates your age to class.

LLFW 565-001 • W, Mar 27 • 7:00-9:00 PM

LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC

FEE: \$39 + \$30 special fee

INSTRUCTOR: Sheral Schowe

🌟 Cold Brewing 101

No matter what the temperature is outside, cold brew coffee is a refreshing and altogether different coffee experience than its traditionally hot cousin. Learn what makes cold brew coffee unique as you taste examples from different coffee-growing regions, and get hands-on while experimenting with common cold brew processing techniques, and variables such as steeping time, filtration and granule-size control. You'll leave with the knowledge needed to confidently cold brew, in batches small or large, in your own home kitchen.

LLFW 226-001 • S, Apr 6-13 • 10:00 AM-12:00 PM

LOCATION: The Bean Yard, 883 E 9400 S • Sandy

FEE: \$45 + \$25 special fee

INSTRUCTOR: Gary Marquardt

Think Local Drink Local: An Introduction to Utah Spirits

With so many new distilleries popping up all over the region, keeping up with the tasty libations they produce is a daunting task. Get to know some of the fabulous liquor, gin and whiskey that's being made, practically in your own backyard with a Master Mixologist and Spirits Scholar. Products from Alpine, Beehive, Sugarhouse, and HighWest Distilleries will be sampled. Please bring photo ID that indicates your age to class.

LLFW 563-001 • Th, Apr 11 • 7:00-9:00 PM

LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC

FEE: \$39 + \$30 special fee

INSTRUCTOR: Jim Santangelo

🌟 Wines of the South of France

What comes to mind when you think of the South of France? Lavender? Sunshine? The beautiful Mediterranean Sea? It is all of that, but it is also a land of "firsts!" The South of France is the home to the first sparkling wine, the first fortified wine and the first University in the world! Taste wines from Provence, Languedoc Roussillon and the Southern Rhône and hear stories

about why these regions are so popular, so traveled, and so awarded. Please bring photo ID that indicates your age to class.

LLFW 566-001 • W, Apr 17 • 7:00-9:00 PM
LOCATION: Café Trio Cottonwood, 6405 S 3000 E • SLC
FEE: \$39 + \$30 special fee
INSTRUCTOR: Sheral Schowe

FINANCE AND BUSINESS

Bringing Your Invention to Market

Whether you're a weekend tinkerer creating inventions in your garage, or feel that you've got the next "big thing" for Shark Tank, bring your invention to market but avoid the pitfalls along the way. Learn the major steps of product development, including: researching and planning your product launch; engineering your idea from concept to packaging; patent and trademark considerations; manufacturing; and the challenges of getting your product from production to retail. The instructor brings real-world expertise and experience to share and help you along the process.

LLBUS 234-001 • W, Jan 9-Feb 13 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$159 + \$5 special fee
INSTRUCTOR: Chris Olsen

⚡ Navigating Divorce

Divorce can be unpleasant, but being unaware or unprepared for key financial, legal, and emotional considerations can make the process much worse. Get moving in the right direction with the help of 3 experts in the field of divorce – an attorney, therapist, and financial advisor - who will provide instruction in the general concerns of the divorce process, and answering questions specific to your situation. Designed for the individual considering, or in the midst of, divorce proceedings - it is not couples therapy, or mediation, but an informational session with professionals.

LLBUS 161-001 • T, Jan 15 • 6:00-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$55 + \$5 special fee
INSTRUCTOR: Ryan Krantz

⚡ Understanding Social Security Retirement Benefits

The economic landscape is constantly changing, and one must navigate those changes when planning for retirement. With the help of a financial expert you'll learn when and how to access your Social Security, and the strengths and weaknesses of the current program. Explore your benefits and options, such as taking benefits early/late, working and reduced benefits, and taxation of benefits. You'll have a chance to ask questions regarding your specific situation, and leave with a workbook to help you make the most of your Social Security trust funds

LLBUS 202-001 • Th, Jan 24 • 6:00-8:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$39
INSTRUCTOR: Tyler Petersen

⚡ Public Speaking: Content & Confidence

If you are alive and on this planet, you will have occasion to speak in front of people. Whether it's a social situation or professional setting, everyone can use a bit of training to overcome the fear of public speaking. While developing a 3-5 minute mini-talk on the topic of their choice, students will work with an experienced speaker coach to: build confidence; develop content; create effective visuals; learn memorization tactics and stage presence (gestures, voice inflection, etc.); and ultimately deliver a memorable, insightful, powerful talk. Video will be a key tool for charting your performance, so please be sure to bring your smart phone to class. No class Feb 18.

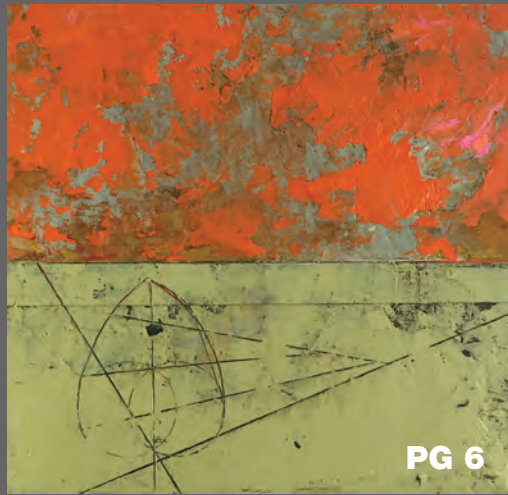
LLBUS 159-001 • M, Jan 28-Mar 11 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$129 + \$5 special fee
INSTRUCTOR: Beth Wolfer

⚡ Bootstrapping for Entrepreneurs

Being your own boss is the American Dream, but it can be daunting to launch your own business, especially given the financial pitfalls that seemingly lurk around every corner. Get started down the right path with the



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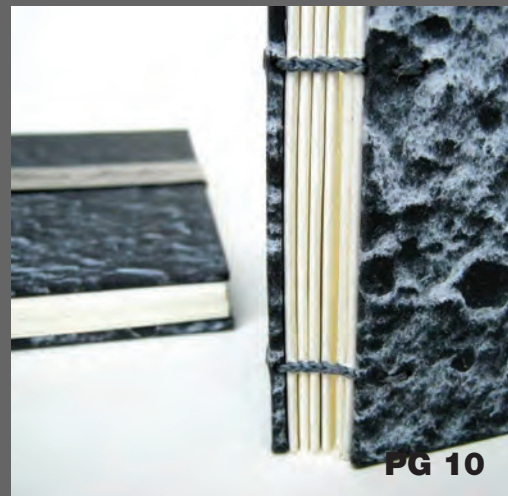
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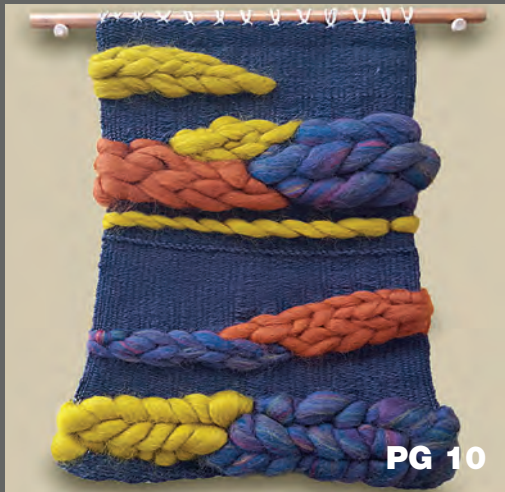


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PG 8



PG 6



PG 11

*Learn More. Do More.
Become More.*

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Bookbinding: Ethiopian Link
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guidance of a successful business owner who can show you how to avoid potentially costly mistakes. With the idea of using existing resources to start and grow your business (bootstrapping), you'll make a preliminary plan for tackling the marketing, financial, operational, and strategic considerations of your own business idea.

LLBUS 124-001 • T, Feb 19 – 26 * 6:30 – 8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$79
INSTRUCTOR: Steve Tanner

Public Speaking Workshop

In public speaking, practice is the key to sounding professional and confident. But who has time for that? This one day workshop is designed for coached practice in both verbal and nonverbal presentation skills. Bring the 5 -7 minute talk or presentation, personal introduction, pitch, or keynote opening you are working on, and receive the help you need to polish it in a supportive environment. You should have material in rough shape, but in enough shape to receive help in refining it.

LLBUS 140-001 • S, Feb 23 • 10:00 AM-1:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$59
INSTRUCTOR: Valerie Kittel

HEALTHY LIVING

Bar Method Exercise, 30 Day Pass

This class is an unlimited 30-day pass for students NEW to The Bar Method. The Bar Method is an hour-long total body workout that combines isometrics, interval training, dance conditioning, and sports rehabilitation to quickly and safely burn fat and carve muscle. Classes are high intensity, non-impact, and composed of eight to nine exercises that work muscles to total exhaustion, followed by stretches to change the shape of the muscle. With regular practice students can expect to firm muscles, increase flexibility, reduce body fat, improve posture, and increase stamina and energy. Workout pants to the knee and socks are required. Activation starts the day of the first class. Visit saltlakecity.barmethod.com to see a list of classes and times. You need to reserve space for classes in advance by calling 801-485-4227. A no-show or late cancellation will result in subtraction of one day from your pass.

LLHL 201-001 • MTWThFSSu * Jan 1-May 5
LOCATION: The Bar Method, 1057 E 2100 S • SLC
FEE: \$89
INSTRUCTOR: Bar Method Staff

Bar Method Exercise, 90 Day Pass

For returning students to the Bar Method, this pass gives you unlimited classes for 90 days and is activated on the first day of class. Continue the great work out you have come to love with the Bar Method. Visit saltlakecity.barmethod.com to see a list of classes and times. You need to reserve space for classes in advance. A no-show or late cancellation will result in a subtraction of one day from your pass.

LLHL 199-001 • MTWThFSSu * Jan 1-May 5
LOCATION: The Bar Method, 1057 E 2100 S • SLC
FEE: \$379
INSTRUCTOR: Bar Method Staff

Martial Arts Class Pass - Ultimate Combat Training Center

Whether you want a great cardio workout or just release some stress, boxing and martial arts classes are just the thing you're looking for. The Ultimate Combat Training Center offers a beginner friendly, judgment free atmosphere. Choose from over 130 classes per week including Muay Thai, Brazilian Jiu Jitsu, Boxing, Fitness Kickboxing, Mixed Martial Arts and Women's Self Defense. Registration for this class buys you a 10-class pass good for any Ultimate Combat Training Center class. Visit <http://ultimatecombat.com/home/schedule> to see a list of classes and times. Passes may take 3—5 business days to set up. You may purchase or renew card at any time during the term; cards will be honored for 60 days.

LLHL 219-001 • MTWThFSSu • Jan 1-May 5
LOCATION: Ultimate Combat Training Center
555 E 2100 S • SLC
FEE: \$149
INSTRUCTOR: Ultimate Combat Training Center Staff

Yoga Class Pass - Centered City Yoga

Whether you are seeking a refuge from the daily grind, increased flexibility or renewed strength, yoga is a low impact way to boost not only your flexibility but also your strength and range of motion. Lifelong Learning has partnered with Centered City Yoga to offer a complete mind and body experience for you. Registration for this class buys you a 10-class pass good for any Centered City Yoga class. Visit centeredcityyoga.com to see a complete list of classes. Processing time for punch pass registrations is 3 - 5 business days. You may purchase or renew card at any time during the term; cards will be honored for six months.

LLHL 215-001 • MTWThFSSu, Jan 1-May 5
LOCATION: Centered City Yoga, 926 E 900 S • SLC
FEE: \$110
INSTRUCTOR: Centered City Yoga Staff

Yoga Class Pass - We Are Yoga

Whether you are seeking a refuge from the daily grind, increased flexibility or renewed strength, yoga is a low impact way to boost not only your flexibility but also

your strength and range of motion. Lifelong Learning has partnered with We Are Yoga to offer a complete mind and body experience for you. Registration for this class buys you a 10-class pass good for any We Are Yoga class. Visit www.weareyogaslc.com to see a complete list of classes. Processing time for punch pass registrations is 3 - 5 business days. You may purchase or renew card at any time during the term; cards will be honored for six months.

LLHL 214-001 • MTWThFSSu, Jan 1-May 5
LOCATION: We Are Yoga, 2645 E Parley's Way • SLC
FEE: \$110
INSTRUCTOR: We Are Yoga Staff

🌟 Understanding Sugar

When thinking about sugar - the role it plays in your diet, and its impact on your health - it is essential to understand the difference between sugars that are made by nature (glucose and fructose) and those that are made by man (sucrose and high-fructose corn syrup). Learn how to: identify sugars; to use nature's sugars in your diet and cooking; and how to begin to break an attachment to man-made sugars, the over-consumption of which can lead to a myriad of health problems including excess body fat, heart disease and stroke. Special fee covers food samples to be tasted in class.

LLHL 108-001 • T, Jan 15-Feb 12 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$119 + \$25 special fee
INSTRUCTOR: Kathy Hoggan

🌟 Women's Self Defense Training

Learn self-defense techniques for women in a supportive environment under the guidance of a former police officer and 3rd degree blackbelt. Drawing from a cross section of martial arts, you'll learn to exploit the weaknesses of your opponent as you build upon skills learned each week. No experience is necessary, just a desire to gain both physical and mental confidence. This class can be considered a moderate workout, so please wear gym clothes and sneakers.

LLHL 103-001 • T, Jan 15-Feb 19 • 7:00-8:00 PM
LOCATION: Ultimate Combat Training Center
555 E 2100 S • SLC
FEE: \$79
INSTRUCTOR: Mike Stidham

Qigong for Women's Health

In the literature of Chinese Daoism, a woman's transition into perimenopause/menopause is her "second spring". Focused on Women's Health, this integrative Medical Qigong will create self-healing abilities in hormone balance, and help to ease common complaints such as hot flashes, insomnia, heart problems, osteo-



DESIGNING WITH FRESH FLOWERS PG 30

porosis, and emotional imbalances. Practice focused breathing, postures and movements, and mental visualizations to create opportunities for harmonizing the mind, body and spirit. A majority of the practice is standing and you will be required to do stretches on the floor. Qigong can be individualized to your personal abilities and needs, and movement modifications will be demonstrated.

LLHL 221-001 • T, Jan 15-Feb 19 • 6:30-8:00 PM
LLHL 221-002 • T, Mar 26-Apr 30 • 6:30-8:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$119
INSTRUCTOR: Melissa Faber

Fundamentals of Swing Dancing – The Lindy Hop

From Harlem of the late 1920's to the ballrooms and dance halls of today, the Lindy Hop is a quintessentially American form of dance. Learn the essentials of this fun and energetic dance style as you focus on partner dancing, technique, and connection giving you confidence to be more comfortable on the dance floor. You'll practice 6-count and 8-count basics and patterns, such as tuck turns, side passes, the Charleston basic, and the swing out. No partner or experience required. Comfortable clothes and shoes with minimal tread are recommended. Special fee covers ballroom rental.

LLHL 104-001 • Th Jan 17 – Feb 21 • 6:30 – 8:30 PM
LOCATION: Ballroom Utah, 3030 Main St, #200,
South Salt Lake
FEE: \$79 + \$20 special fee
INSTRUCTOR: Salt City Swing

Sound Healing

Become attuned to your personal energy through the use of sound healing in a relaxing environment designed to engage all five senses. You'll begin with a simple tea ceremony to break away from the concerns of your day. Then, with the aid of singing bowls and the human voice, you'll move emotion through your body and examine any intense feelings that arise. Leave feeling stimulated, educated on how to build on your experience, and with a new motivation to explore your own mind.

LLHL 111-001 • Th, Jan 24 • 6:30-8:30 PM
LOCATION: Olio Mind Studio, 2155 E 2100 S,
Suite A • SLC
FEE: \$35 + \$15 special fee
INSTRUCTOR: Jennifer Williamson

Qigong Practice

Qi (chee) is defined as life force energy; gong is defined as exercise. Put it together and Qigong is a Chinese practice that exercises your life force energy. The practice is the precursor to Tai Chi and uses movements and postures to integrate Chinese acupuncture points,

meridians, and internal organs in a mindful and meditative way. The gentle, rhythmic movements of Qigong reduces stress, builds stamina, increases vitality, and enhances the immune system. Students of any age or ability level can take this class and they can do it seated or standing. Co-sponsored with Tanner Dance.

LLHL 162-001 • M, Jan 28-Mar 11 • 7:15-8:30 PM
LLHL 162-002 • M, Mar 25-Apr 29 • 7:15-8:30 PM
LOCATION: Beverley Taylor Sorenson Arts & Education Complex, 1721 Campus Center Drive, Studio 2, Campus • SLC
FEE: \$89
INSTRUCTOR: Melissa Faber

The Meditation Experience

Meditation is becoming increasingly popular, its physical, emotional and spiritual benefits are widely appreciated. But what is meditation? This class provides an opportunity to experience meditation and to learn some essential skills that will enable you to develop your own practice. Explore meditation with an authorized Zen Buddhist teacher with decades of Zen practice. Classes include instruction and discussion. Beginners and people of all (or no) religious or philosophical backgrounds welcome. Attendance is required to the first class.

LLHL 181-001 • W, Jan 30-Feb 13 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$79
INSTRUCTOR: Mark Esterman

Acupressure for Anxiety and Depression

Traditional Chinese Acupressure techniques have been shown to relieve depression and anxiety, as well as improve your overall health and vitality. Join us as we show you how to use acupressure to improve the flow of Qi throughout your body and bring health and well-being back into your life.

LLHL 161-001 • T, Feb 5-12 • 6:00-8:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$59
INSTRUCTOR: Karena Luttmmer

Kickstart Your Health

Whole-food plant-based nutrition—it's a mouthful! Increase your health through weight management, regulation of blood pressure and the promotion of good digestion. Each class will include a cooking demonstration and a tasting of delicious, satisfying, easy to make at home dishes. All of the information included in this course is backed by scientific research that has been published in peer reviewed journals.

LLHL 204-001 • T, Feb 5-Mar 5 • 6:00-8:00 PM
LOCATION: 1640 E 1700 S (private home) • SLC.
FEE: \$119 + \$20 special fee
INSTRUCTOR: Alisha Barker

☀ Tibetan Buddhist Meditation – An Introduction

Learn to reduce stress, anxiety, and traumas, and increase well-being and happiness through Tibetan Buddhist Meditation. Explore calm abiding meditation (shamatha), The Four Noble Truths, developing compassion (tonglen practice), the 12 Wisdoms, and fundamentals of Buddhist view according to the Dzogchen Lineage of Tibetan Buddhism. No previous meditation experience is required. Students may sit on the floor (please bring a comfortable cushion), or chairs will be provided.

LLHL 143-001 • T, Feb 5-26 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$105
INSTRUCTOR: Joseph Evans

Mindfulness Based Stress Reduction - 6 Week Techniques and Practice

Experience meditation techniques which can be used to gain both the physical and mental health benefits of mindfulness. This expansion of our 2 week MBSR workshop will introduce methods that are taught in the full 8-week course, and provide support for con-

tinuing practices in one's everyday life including: body scan meditation, sitting meditation, mindful movement practice, and the science of the stress response as it impacts the body/heart/mind. No prior experience with MBSR is required to take this class.

LLHL 207-001 • T, Mar 5-Apr 9 • 6:30-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$179 + \$5 special fee
INSTRUCTOR: Bonnie Edwards

Homemade Lotion and Body Butter

Enjoy creating your own silky smooth lotion made with natural ingredients. Learn the tips and tricks of combining shea butter, almond oil, avocado oil, and emulsifying wax to make a basic body butter and liquid lotion. Bring an apron and your favorite essential oil. Be ready to impress your family and friends.

LLHL 223-001 • S, Mar 9 • 10:00 AM-1:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$50 + \$15 special fee
INSTRUCTOR: Carrie Roberts

☀ Men's Grooming: Wet Shaving

Whether you stay smooth year round, or it's time to ditch the winter beard, you can develop a personal shaving ritual that's just right for your skin. Working with professional barbers from start to finish, you'll redefine

your wet shaving experience as you learn to: prep your skin, achieve proper whip consistency of a shave soap, use & clean a high quality badger hair shave brush, which style razor is best for you, the ins and outs of safety/straight razors, and post-shave skin care.

LLHL 109-001 • W, Mar 20 • 6:30-8:30 PM
LOCATION: Olio Mind Studio, 2155 E 2100 S, Suite A • SLC
FEE: \$35 + \$15 special fee
INSTRUCTOR: Olio Skin & Beard Co. Staff

Soap Making

Have you read the ingredients on a bar of soap, and found you didn't know what most of them are? Homemade soap is natural, customizable to your skin's specific needs, and good for your wallet. Learn how to safely handle lye, identify the tools and types of oils used in basic cold process soap making, and leave with 8-10 bars of long lasting soap (approximately 1 liquid pound). You'll also learn how to transform your bars at home into specialty gifts with recommendations on molds, essential oils and exfoliants for future batches. Please bring a pair of safety glasses or goggles. Protective gloves are included in the special fee.

LLHL 184-001 • S, Apr 6 • 10:00 AM-1:00 PM
LLHL 184-002 • S, Apr 6 • 2:00-5:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$50 + \$25 special fee
INSTRUCTOR: Carrie Roberts

Yoga Experiential Retreat

Relax, renew, and treat yourself to an afternoon of yoga and meditation at Snowbird's Cliff Spa. We will start slowly and quietly, viewing the mountains and setting an intention for the practice. Our asana practice will grow from the ground to standing poses, into twists, and into refreshing inversions for all levels of practitioners, and finish on the ground again with restorative poses, relaxation, and quiet seated meditation. Ahhh! Three hours goes by in a flash! Finish with a visit to Cliff Lodge Spa and the rooftop pool; access included in retreat fee, so you may come early or stay late to enjoy them. Please bring yoga mat and plan to be in the studio 15 minutes before class start time.

LLHL 102-001 • S, Apr 6 • 1:00-4:00 PM
LOCATION: Cliff Lodge Spa, Snowbird Resort • Little Cottonwood Canyon
FEE: \$65
INSTRUCTOR: Rachel Cieslewicz

Botanical Beauty: Homemade Facials and Skin Care

Learn to exfoliate, moisturize, and deal with sunspots and other common blemishes using all-natural, easy-to-find ingredients. Class will include a demonstration of herbal facials, as well as hands-on experience doing one. You'll also receive recipes for a facial scrub, a treatment for puffy eyes, a facial toner/mist, and lotion bar. Bring a washcloth, face towel, and bandana or hair tie, and come prepared for a relaxing and informative afternoon of fun. Co-sponsored with Red Butte Garden; members pay \$44 + special fee (ask for section 002).

LLHL 134-001 • S, Apr 13 • 1:00 – 4:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$49 + \$8 special fee
INSTRUCTOR: Rachael Bush

☀ Botanical Remedies for Every Body

Damaged skin is something we all have issues with from time to time. Learn how to make natural balms to treat bruises, rashes and sunblock to help keep you at your best. These healing recipes are formulated for all types of skin, and use natural ingredients with vegan options available upon request. You'll be infusing oil with herbs, making a colloidal solution, and learning the skills and techniques to continue production at home. Co-sponsored with Red Butte Garden; members pay \$44 + special fee(ask for section 002).




Certificate of
Western Horticulture
PG 27-33

More Healthy Living

LLHL 106-001 • S, Apr 27 • 10:00 AM-1:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: \$49 + \$10 special fee
INSTRUCTOR: Rachael Bush

HOME AND GARDEN

Fabulous Fruit Trees

Apples, cherries, apricots, pears, plums—how do you get the best from your fruit tree each year? Learn to care for your existing trees and give new ones a healthy start as we cover planting, pruning, thinning, pollination needs, recommended varieties, and common insects and diseases. Saturday's class will meet outside; please bring loppers and pruners to this class. Co-sponsored with Red Butte Garden; members pay \$76 + special fee (ask for section 002).

LLHG 554-001 • W, Jan 30-Feb 6 • 6:30-8:30 PM
AND S, Feb 2 • 10:00 AM-1:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: \$85 + \$5 special fee
INSTRUCTOR: Heidi Anderson

Coops de Ville: How to Raise Backyard Chickens

There is a world of difference between a farm-fresh, right-from-the-hen egg and those that come fresh from the store. Sounds good, but where there are eggs, there are chickens; and where there are chickens, there is respon-

sibility. Find out how to do it right from start to finish in this class. We'll cover preparation; breed selection; housing, food, and water; chickens and your garden; legalities and your neighborhood; hazards and health management; raising chicks; and collecting and storing eggs. We'll also review the age-old question: Which came first?

LLHG 558-001 • W, Feb 20-Mar 6 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$69 + \$5 special fee
INSTRUCTOR: Celia Bell

Bee Keeping

Healthy, happy, easy-to-maintain honey bees not only reward their keepers with delicious honey, they provide a wonderful pollination service to neighborhood gardens. Learn how to select, house, and manage these beneficial insects as we look at hive components, costs, assembly, and location; use of a smoker; what to wear when working with bees; when to purchase bees; and from whom; how to install bees into the hive; and how to keep your bees healthy. Along the way we'll discuss bee anatomy and social structure, and provide you with a month-by-month schedule of bee keeping activities. The last class is a field trip to the instructor's apiary and will include discussion and demonstrations on how to manage overwintered bees and setting them up for the Spring season. Special fee covers the text. Students will choose morning (10:00 AM-12:00 PM) or afternoon (1:00-3:00 PM) field trip time.

LLHG 557-001 • Th, Feb 21-Mar 14 • 6:30-8:30 PM
AND S, Mar 23 • 10:00 AM-12:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$119 + \$10 special fee
INSTRUCTOR: Natalee Thompson

Botany for Gardeners

Don't go dormant this winter! Join us as we learn basic plant morphology and terminology—knowledge that will help you better understand plant growth and take some of the guesswork out of gardening. In this hands-on class, you'll learn why some shrubs are pruned immediately after flowering while others are pruned in late winter/early spring; how to tell a pine from a spruce and why it matters; the reasons behind the differing watering practices for turf and trees, and other common gardening questions. Co-sponsored with Red Butte Garden; members pay \$69 + special fee (ask for section 002).

LLHG 488-001 • Th, Feb 21-Mar 7 • 6:30-8:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: \$75 + \$5 special fee
INSTRUCTOR: Michelle Cook

Selecting and Caring for Houseplants

Houseplants add life to your home that cannot be equaled by any other home furnishing. But, just like your outdoor plants, your indoor plants need a little

TLC as well. In this class, students will learn how to identify, select, and properly care for houseplants. Light, water, space, and fertilizer requirements will be discussed and design tips will be shared. Co-sponsored with Red Butte Garden; members pay \$35 + special fee (ask for section 002).

LLHG 523-001 • S, Feb 23 • 10:30 AM-1:00 PM
LOCATION: Cactus and Tropicals, 2735 S 2000 E, SLC.
FEE: \$39 + \$5 special fee
INSTRUCTOR: Tamra Powelson

Spring Clean Your Garden

Temperatures are warming and you are anxious for the gardening season. It's too early to plant but now is prime time for spring cleaning the garden. Learn what clean-up is best done in late winter/early spring - how/when to cut back ornamental grasses, how/when to prune shrubs, dividing and transplanting perennials, what to do with daffodil and tulip foliage after your bulbs finish blooming. You'll also get a chance to learn about some of the instructor's favorite gardening tools to make your spring clean up a bit easier. One classroom session followed by a hands-on Saturday class in the field will give you the knowledge and skills to get the gardening season off to a good start.

LLHG 917-001 • T, Feb 26 • 6:00-9:00 PM
AND S, Mar 2 • 10:00 AM-1:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$75 + \$5 special fee
INSTRUCTOR: Stephanie Duer

Pruning 101 Workshop

Proper pruning enhances the beauty of almost any landscape tree and shrub. It is an art and science, and when done well, pruning can turn a landscape plant into a thing of beauty. This is a pruning basics class and intended for those with limited pruning experience and will address basic pruning concepts associated with flowering trees and shrubs, vines, and groundcovers, as well as the shaping of hedges. Classroom session is lecture and will cover pruning tools, when and why to prune, and the differences between thinning and heading back. The Saturday class will be in the field getting hands-on experience so please wear appropriate clothing and bring gloves and hand pruners. If you are interested in focused pruning techniques for roses, wisteria, or fruit trees, please see additional classes. Co-sponsored with Red Butte Garden; members pay \$69 ask for section 002).

LLHG 505-001 • T, Mar 5 • 6:00-9:00 PM
AND S, Mar 9 • 10:00 AM-1:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: \$75
INSTRUCTOR: Crystal Kim

Vegetable Propagation

While it's possible to have a fine vegetable garden by buying young plants, starting your own veggies from seed is less expensive, offers more varieties, and allows you to harvest your favorite edibles over a longer period of time. Come explore the world of seed propagation as we learn which vegetables to start indoors, why some do better outdoors, when to start them, and how to nurture particular types of seedlings for maximum success. Factors such as lighting, heat, day length, soil, hardening off, seed sources, varieties, germination and timing will be addressed in the first class. During the second class, students will practice specialized techniques such as scarifying, transplanting, pinching and take home a tray of vegetable seeds to get a jump on the growing season. Co-sponsored with Red Butte Garden; members pay \$53 + special fee (ask for section 002).

LLHG 609-001 • W, Mar 6 • 6:30-8:30 PM
AND S, Mar 9 • 10:00 AM-12:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: \$59 + \$15 special fee
INSTRUCTOR: Susan Kohler and Briana Blamires

Hydroponics - An Introduction

Growing plants hydroponically means utilizing nutrients in water instead of soil. This self-contained system is a great way to grow herbs and edible plants indoors, or get seeds started for outdoor gardens. You'll learn about nutrient management and grow lights, get recommendation of plants that do well in

a hydroponic system, discover tips for maintaining your home system, and receive a brief introduction to aquaponics. Special fee covers the cost of a hydroponic kit that will be assembled in class you so can go home ready to grow.

LLHG 912-001 • T, Mar 12 • 6:00-9:00 PM
LOCATION: Moonlight Garden Supply, 1572 State St • SLC
FEE: \$45 + \$30 special fee
INSTRUCTOR: Moonlight Garden Supply Staff

Irrigation - Switch to Drip

A step by step guide on how to change your sprinklers from spray to drip. We will take you through how to retrofit an existing sprinkler zone to drip or add another zone for drip. Topics covered include how to decide where Drip Irrigation is better than Spray watering, understanding the basic principles of drip applied water, and how to design and layout a drip system. Get a jump on this gardening season by retrofitting your sprinkler system early spring while plants are still dormant. Special fee covers drip tool and some emitters. Co-sponsored with Red Butte Garden; members pay \$89 + special fee (ask for section 002).

LLHG 908-001 • T, Mar 12-Apr 2 • 6:00-8:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: \$99 + \$20 special fee
INSTRUCTOR: Cate Casson

Vegetable Gardening Basics

Would you like to grow tender lettuce and spinach; juicy tomatoes; and flavorful carrots, zucchinis, and more? Learn the tricks to a successful vegetable garden in this informative beginner class. Focusing on a variety of easy-to-grow vegetables, we'll cover soil texture, soil amendments, composting, cool- and warm-season crops, planting dates, and ways to grow vegetables all year long. We'll also discuss common garden insects and diseases. Saturday's class is hands-on and will meet at instructors urban farm giving you a chance to practice some of the concepts learned in class.

LLHG 529-001 • W, Mar 13-Apr 3 • 6:30-8:30 PM
AND S, Mar 30 • 10:00 AM-12:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$125 + \$5 special fee
INSTRUCTOR: Celia Bell

D.I.Y. - Basic Repairs for Homeowners

Don't pay a pricey professional every time you have a leaky faucet or broken sprinkler head. In this class, you'll learn how to be a DIY pro and maintain your home or property. We'll look at common problems with easy fixes you can do yourself: leaky faucets and toilets, basic electrical, repairing sheetrock holes and divots, removing and applying wallpaper, and more. We'll also cover maintenance of major appliances and seasonal systems such as heaters/air conditioners, swamp coolers, and irrigation.

LLHG 450-001 • Th, Mar 14-Apr 4 • 6:30-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$119
INSTRUCTOR: Tom Arnold

Rose Pruning Workshop

Roses are among the most loved and versatile of garden plants, yet many gardeners are intimidated by the enormous range of species and hybrids with their varying requirements for pruning. Join us as we demystify rose pruning in this hands-on workshop designed to help you get the very best out of your roses. Wear appropriate clothing and bring gloves and hand pruners. Limited to 12. Co-sponsored with Red Butte Garden; members pay \$40(ask for section 002 or 004).

LLHG 606-001 • S, Mar 16 • 10:00 AM-12:30 PM
LLHG 606-003 • S, Mar 23 • 10:00 AM-12:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: \$45
INSTRUCTOR: Cheryl Underwood

Wisteria and Vine Pruning Workshop

Wisteria offers breathtaking beauty and fragrance to the spring garden. However, the fact that they benefit from careful pruning and training to be at their best has compelled some to suggest Wisteria is Latin for work. Dispel the myth by joining us for this hands-on workshop as we demonstrate how our gardeners create and maintain

our spectacular Wisteria collection. We will also briefly cover pruning of other common vines but not roses. For climbing roses, please take Rose Pruning Workshop. Wear appropriate clothing and bring gloves and hand pruners. Limited to 12 participants. Co-sponsored with Red Butte Garden; members pay \$40 (ask for section 002).

LLHG 607-001 • S, Mar 16 • 9:00 AM-12:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: \$45
INSTRUCTOR: Angela Decker

Designing With Fresh Flowers

Learn the elements of floral design in this hands-on workshop. Each week, we'll discuss floral design principles and elements and create beautiful arrangements from a variety of flowers, then take your creations home to enjoy. Please bring a floral knife, floral snips, ribbon scissors, wire cutters, an apron, and a hand towel to each class. All materials are provided. If you would like to purchase snips or knife the first day of class some will be available. Class is limited to 9.

LLHG 500-001 • T, Mar 19-Apr 9 • 6:00-8:00 PM
LOCATION: Native Flower Company, 1448 E 2700 S • SLC
FEE: \$119 + \$80 special fee
INSTRUCTOR: Pam Olson

Residential Landscape Design

Save time and money by making informed landscaping choices before you plant. We'll show you how to draw a plan; analyze your site; and use landscape design principles for laying out paths, patios, and garden beds suitable for your site. We'll use Red Butte Garden to look at plants appropriate for the Utah landscape and learn about plant characteristics to consider when choosing plants for your garden design. You'll have the opportunity to work on your personal landscape plan throughout class with the help of a landscape designer. Co-sponsored with Red Butte Garden; members pay \$180 + special fee (ask for section 002 or 004).

LLHG 512-001 • W, Mar 20-Apr 17 • 6:00-9:00 PM
AND S, Apr 13 • 10:00 AM-1:00 PM
LOCATION: Red Butte Garden 300 Wakara Way • SLC
FEE: \$199 + \$10 special fee
INSTRUCTOR: Rosie Cobbley

LLHG 512-003 • M, Apr 1-29 • 6:00-9:00 PM
AND S, Apr 27 • 10:00 AM-1:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$199 + \$10 special fee
INSTRUCTOR: Stephanie Duer



IRRIGATION - SWITCH TO DRIP PG 29

▲ Soils: Dig Deeper into Gardening

They get enough water. They get enough light. So why aren't your plants as healthy or as big as you think they should be? It could be the soil. Did you know approximately 90% of plant problems are soil related? Soil is where it all begins and this course is where you begin learning about it. We will cover the physical, biological, and chemical properties of soils as well as basic plant nutrition and fertilization that will help you achieve an optimum planting and growing environment. Discussion will include soil, soil structure, how to work with different types of soils, and how to improve it. Understanding what is going on underground is your first step in creating a healthy and beautiful garden. Co-sponsored with Red Butte Garden; members pay \$44 + special fee (ask for section 002).

LLHG 615-001 • Th, Mar 21-28 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$49 + \$5 special fee
INSTRUCTOR: Michelle Cook

▲ Daffodils, Tulips, and More

Get up close and personal with Red Butte Garden's outstanding bulb collection and learn about the myriad of spring flowering bulbs that grow well in Utah. From dwarf irises to daffodils to Alliums, discover different species varying in size, color and form

and receive design tips to help create a garden with spring color from early to late spring. In addition, you will leave with knowledge of basic bulb botany, when to plant, how to care for a bulb collection, and where to purchase. Challenges such as wildlife will be also be discussed. Students will spend a majority of the time in the Garden, so please dress for the weather. Co-sponsored with Red Butte Garden; members pay \$53(ask for section 002).

LLHG 918-001 • S, Mar 23 • 10:00 AM-12:00 PM
AND S, Apr 13 • 10:00 AM-12:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: \$59
INSTRUCTOR: Crystal Kim

Gardening in the Wasatch

Every region has unique growing conditions, such as climate and soils, that impact locally relevant gardening choices, and Utah is no exception. Whether you're a longtime resident or relatively new to the area, understanding the unique conditions along the Wasatch Front will better prepare you to make the right gardening choices. Topics discussed will include climatic zones, soil amendments, watering strategies, and plant selection. Co-sponsored with Red Butte Garden; members pay \$62(ask for section 002).

LLHG 608-001 • M, Apr 1-15 • 6:00-8:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: \$69
INSTRUCTOR: Lynsey Nielson

Organizing and Minimalism - Ideas for Your Home

Find the balance between Spartan and comfortable with two professional organizers who are ready to help you add a touch of minimalism to your environment. The idea of minimalism in home organizing may inspire confusion, or even resistance, if you want to live a more organized life but don't want to clear-out possessions to do so. Learn proven tips for organizing each area of your home, decide if a minimalist method like Kon Mari is right for you, and understand how to move past being overwhelmed when it comes to "stuff" in order to live in harmony with the things you truly love.

LLHG 910-001 • W, Apr 11-25 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$79
INSTRUCTORS: Sarah Hansen & Mary Wood

▲ 101 Plants to Know

Do you wander the aisles of the garden center and become overwhelmed by all of the choices? Before spending hundreds of dollars, would you like to know what that tree will look like in ten years? This class is for you.

Join us for this three season course as we look at 101 truly remarkable plants suited for the Wasatch Front garden. We will cover plants starting with spring bulbs and concluding with trees and shrubs with great fall color. Each class will focus on identification, cultural requirements, and how plants are best used in the garden. We will walk the Garden each class to take an up close and personal look at the plants as they are discussed. Perfect for novice gardeners and plant enthusiasts alike, the course is sure to widen your plant palette and introduce you to some truly amazing plants! Class meets 2nd Thursday of the month. Co-sponsored with Red Butte Garden; members pay \$162 + special fee (ask for section 002).

LLHG 586-001 • Th, Apr 11, May 9, June 13, July 11, Aug 8, Sep 12, and Oct 10 • 6:00-8:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: \$179 + \$5 special fee
INSTRUCTOR: Jason Baker

Irrigation Basics

Whether your landscaping involves waterwise plantings, plants that require regular water, or a combination of the two, using the right irrigation for your landscape can substantially reduce water use while helping your garden flourish. Explore smart irrigation practices that give plants the water they need to thrive (no more, no less) and deliver that water in the most efficient way possible. Class will focus on maintenance of existing ir-

rigation systems and troubleshooting common problems, and other topics to enhance your home irrigation system. Interested in learning how to convert overhead to drip irrigation, register for Drip Irrigation - How to Switch to Drip. Co-sponsored with Red Butte Garden; members pay \$45 + special fee (ask for section 002).

LLHG 563-001 • Th, Apr 18-25 • 6:30-8:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: \$49 + \$5 special fee
INSTRUCTORS: Jon Garlock

Waterwise Landscaping

Looking to reduce your water consumption while keeping your garden attractive? Do you want to improve the ecological quality of your landscape? Interested in low-water plants, but not sure where to start? If so, please join us for a primer on water-wise landscaping. We will cover the basics of water-wise landscaping, including site selection, soil preparation, passive water harvesting techniques, irrigation systems, hydro-zoning, low-water lawn alternatives, design styles and plant selection. Co-sponsored with Red Butte Garden; members pay \$53(ask for section 002).

LLHG 521-001 • M, Apr 22-29 • 6:00-8:00 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: \$59
INSTRUCTOR: Guy Banner and Fritz Kollmann

Trees and Shrubs for Residential Landscapes

Evergreen and deciduous trees and shrubs are the backbone of the landscape and making the right selections for your garden is key to being successful and creating the look you are hoping to achieve. We will focus on 60 trees and shrubs suited for the Utah landscape discussing plant characteristics, size, growth pattern, and maintenance requirements so you can make appropriate choices for your garden. Class includes garden walks that will inspire and educate you about the trees and shrubs best suited to Utah's environment. We'll also cover where to purchase plants and the best times to plant. Most of class time is spent walking to view the trees and shrubs in the garden so dress appropriately for weather and for walking. Co-sponsored with Red Butte Garden. Members pay \$107 + special fee (register for section 002).

LLHG 520-001 • W, May 8-29 • 6:00-8:30 PM
LOCATION: Red Butte Garden, 300 Wakara Way • SLC
FEE: \$119 + 7 special fee
INSTRUCTOR: Kim Eden

LANGUAGE

Conversational French I

This condensed beginning course will teach you conversational French used in travel and everyday situations. French games, group reading of French comic strips, and helpful handouts will quicken the process and provide hands-on experience. The best part: Learning the correct accent from a native Parisian. This class is designed to be repeated as often as you wish.

LLLAN 350-001 • W, Jan 9-Feb 13 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$135 + \$5 special fee
INSTRUCTOR: Catherine Thorpe

Conversational French II

A continuation of French I or for students with some background in French. Expand the basic conversational skills used in travel and everyday situations as you work with verbs in the present and future tenses. Emphasis is on speaking with a correct accent and syntax. This class is designed to be repeated as often as you wish.

LLLAN 351-001 • W, Feb 27-Apr 3 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$135 + \$5 special fee
INSTRUCTOR: Catherine Thorpe

Conversational Italian I

Learn the language of warmth and passion. We'll cover the basic conversational skills you'll need to travel in Italy while learning about the people, art, and culture of this fabulous country. Special fee includes textbook. Students are responsible for bringing an Italian-English dictionary. This class is designed to be repeated as often as you wish.

LLLAN 362-001 • W, Jan 30-Mar 6 • 7:00-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$135 + \$20 special fee
INSTRUCTOR: Jason Cox

Conversational Italian II

Build upon the skills you've learned in Italian I or your general background in Italian. Expand the basic conversational skills used in travel and everyday situations as we practice with present and future tense verbs. This class is designed to be repeated as often as you wish. If you do not own the text from Italian I, purchase (\$20) from Lifelong Learning staff before the first class. Students are responsible for bringing an Italian-English dictionary.

LLLAN 363-001 • W, Mar 27-May 1 • 7:00-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$135
INSTRUCTOR: Jason Cox

Japanese for Travelers

Learning the basics of the language and customs of any foreign country is a great start to your vacation abroad. Essential Japanese words and phrases will be learned to make your travels to Japan more pleasurable. Class will cover common greetings, vocabulary and Kanji necessary to navigate, purchase a train ticket, and order sushi. We'll also learn about the culture and customs of Japan.

LLLAN 411-001 • W, Feb 20-Mar 27 • 7:00-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$135 + \$5 special fee
INSTRUCTOR: Bryan Nalder

Mandarin Chinese I

Learn to speak the language that's spoken by more people as a native tongue than any other language in the world. Focus is on fundamental tones, the usage of Chinese pinyin, and Chinese syntax as we communicate in basic conversational phrases. Discussions of Chinese culture will be integral to our study. We'll also talk about Chinese characters and how they are constructed. Students are responsible for buying text "Discover Chinese" which is available on Amazon, price varying from \$28 - \$50. Co-sponsored with Confucius Institute.

LLLAN 364-001 • W, Jan 9-Feb 27 • 6:30-8:30 PM
LOCATION: Carolyn Tanner Irish Humanities Building, Room 201, 255 S Central Campus Dr
FEE: \$189
INSTRUCTOR: Wei Wu

Mandarin Chinese II

Continue working on pronunciation, syntax, and simple characters as we learn numbers; asking for and telling the time; making appointments; asking for items, prices and bargaining when shopping; describing locations; talking about types of transport; talking about likes and dislikes; and accepting or declining an invitation. Chinese manners and culture will continue to be an integral part of our study. Students are responsible for buying text “Discover Chinese” which is available on Amazon, price varying from \$28-\$55 Co-sponsored with Confucius Institute.

LLLAN 365-001 • W, Mar 6-Apr 24 • 6:30-8:30 PM
LOCATION: Carolyn Tanner Irish Humanities Building, Room 201, 255 S Central Campus Dr
FEE: \$189
INSTRUCTOR: Xiqiang Wang

Basic Spanish I Condensed

Learn the basics of Spanish vocabulary and grammar skills from the very beginning. Starting with the sounds of the alphabet, you’ll learn numbers,

time and the calendar; how to make a sentence and ask a question; and the conjugation of present tense verbs that are useful in everyday life. Create a solid linguistic foundation that can be built upon in other Conversational Spanish classes. Expect two hours of homework weekly. This class is for students with little to no prior knowledge of Spanish. If you have had 2-4 years of high school or college Spanish or equivalent, please consider LLLAN 354 Conversational Spanish I. Special fees includes textbook. Please note this class meets twice a week for 3 weeks.

LLLAN 426-001 • MW, Mar 18-Apr 3 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$135 + \$20 special fee
INSTRUCTOR: Amy Johnson

Conversational Spanish I

Learn conversational Spanish in a relaxed atmosphere. Become familiar with basic grammar structures and verb tenses, pronounce Spanish words correctly, build vocabulary, and begin communicating with confidence. Class covers the language skills needed for travel, everyday situations, a business trip, and to communicate with Spanish-speaking staff and employees. Expect two hours of homework weekly. This class is designed to be repeated as often as you wish. This course is intended for those with 2-4 years of high school or college Spanish or

equivalent. Complete beginners should consider LLLAN 452 Basic Spanish I. Special fees includes textbook. No class Feb 14.

LLLAN 354-001 • Th, Jan 17-Feb 28 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$135 + \$20 special fee
INSTRUCTOR: Shauna Mayer

Conversational Spanish II

For students who have completed Conversational Spanish I or equivalent. You’ll learn new vocabulary, practice pronunciation, and become comfortable speaking in cases beyond present tense. Organized around everyday themes such as meeting people, making plans, and talking on the phone, the course allows you to work at your own pace as you are guided through the fundamentals. Expect two hours of homework weekly. If you do not own the textbooks from Conversational Spanish I, purchase workbook (\$20) from Lifelong Learning staff prior to start of class. This class is designed to be repeated as often as you wish. No class April 4.

LLLAN 355-001 • Th, Mar 14-Apr 25 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$135 + \$5 special fee
INSTRUCTOR: Shauna Mayer

MUSIC AND THEATRE

Beginning Pop/Rock Ukulele

Starting with basic chords and strumming, learn all the basics of the ukulele by jamming together on songs by the Rolling Stones, Neil Young, Taylor Swift, Janis Joplin and other Rock and Pop icons. Class time will be spent learning new chords and strumming patterns, and most importantly, playing together. Please bring a soprano, concert, or tenor ukulele with standard tuning (GCEA). No experience necessary. No class Feb 14.

LLMT 460-001 • Th, Jan 24-Mar 7 • 5:30-6:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$89 + \$10 special fee
INSTRUCTOR: Rio Sabella

Voice-Over Work - Getting Started

The human voice is a powerful tool used in commercials, corporate videos, films, and even public transportation to sell products and convey information. Gain insight into the industry, including job opportunities, how to market yourself, and the technology you already have to launch a new career (your computer) from a highly successful voice-over professional. You'll also have the chance to try out your own voice and receive helpful instruction on voice-over techniques.

LLMT 459-001 • M, Feb 4 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$39
INSTRUCTOR: Wendy Shapero

Improv Comedy Workshop

Ready for some fun and games after work? Improv is spontaneous, creative, and lots of laughs. Improvisational comedy is theatrical humor made up on the spot, using your imagination. Discover how to bring your creative ideas to life, in real time, through brain teasers, games, and other forms of play; learn the rules of improvisation; develop your own unique characters; and most important, emotionally invest in your work. In this improv series you'll get to be the writer, performer, and audience! This is an excellent class for anyone interested in trying improv comedy for the first time, as well as for seasoned performers who want to expand their skills.

LLMT 396-001 • T, Feb 12-Mar 5 • 6:15-7:45 PM
LLMT 396-002 • T, Mar 19-Apr 9 • 6:15-7:45 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$79
INSTRUCTOR: Clint Erikson

Beginning Blues Harmonica

Learn to play blues harmonica, one lick at a time. We'll cover tongue blocking, the straw method, breath control, bending notes, octaves, and articu-

lation as we isolate specific blues riffs. Thrill your friends with tunes by traditional blues greats and songs from the 60's British invasion. Please bring a key of C and a key of A, 10-hole diatonic harmonicas to the first class. Special fee includes a text and a play-along blues jam CD. Class is limited to 8.

LLMT 411-001 • T, Mar 19-Apr 23 • 6:30-8:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$109 + \$22 special fee
INSTRUCTOR: Jim Major

Beginning Ukulele

Ukulele is one of the simplest instruments to play - learn the basics then quickly dive into playing tunes. You'll learn chords, fretting, and strumming techniques, as well as how to convert tunes from guitar songbooks to ukulele. Please bring a soprano, concert, or tenor ukulele with standard tuning (GCEA) and a 3-ring binder. The instructor will inspect your instrument for playability and make any recommendations. Transcriptions and a chord chart are included.

LLMT 433-001 • W, Mar 20-Apr 24 • 6:30-7:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$89 + \$10 special fee
INSTRUCTOR: Jim Major

POTPOURRI

Back Roads Utah

Ever heard of Utah's oldest hotel, in Marysville, where Zane Gray once wrote some of his Western classics? Want to buy honey, socks, pajamas, and cheese straight from their Logan factories? Did you know that Utah's West Desert is home to a pet cemetery? How about golfing on a five-hole course in Milford known as the Windy Five—for \$3 a round? Learn about these and other out-of-the-way Utah sights and adventures in this celebration of the quirky—and bring your own to share!

LLPOT 732-001 • T, Feb 7 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$35
INSTRUCTOR: Tom Wharton

Rock Art Hot Spots

Utah is home to some of the nation's most spectacular archaeological sites, from the famed rock art galleries of Nine Mile Canyon to the spectacular ruins of Cedar Mesa. But there are hundreds of other localities—lesser known places with names like Segoe Canyon and Buckhorn Wash—where the public can experience the remnants of thousands of years of human occupation. Participants will receive a handout describing the location of over 20 fantastic public rock art sites in Utah

which can be reached by car and most of these sites will be discussed in class. The rock art will be put in context of what we know of the people who created it.

LLPOT 687-001 • S, Mar 2 • 10:30 AM-12:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$35
INSTRUCTOR: Troy Scotter

History and Archaeology of Fort Douglas

When a routine upgrading of utilities uncovered an archaeological site at Fort Douglas, a doorway into the past was opened—and you are invited to step through. Enjoy a unique opportunity to both learn the history of the Fort and early Utah interactions with the military, and acquire a hands-on introduction to archaeological principles, laboratory methods, and material culture. With the guidance of two professional archaeologists, you'll interact with the Fort Douglas site as you process recovered artifacts - including cleaning, sorting, and researching individual items - and directly contribute to the preservation and interpretation of Fort Douglas's past.

LLPOT 630-001 • W, Mar 6-27 • 6:00-8:00 PM
LOCATION: Ft Douglas Military Museum, 32 Potter St • SLC
FEE: \$95
INSTRUCTOR: Dr. Christopher Merritt & Sheri Ellis

Google Tools: Exploring Drives and Sites

Discover how to use Google Drive to store documents, spreadsheets, slides, and forms in the “Cloud”. Access your files on Drive anywhere using your mobile devices or desktop computers. Learn how to create, organize, and store your files about family events, travel, business, social activities, and much more. Work with the new Google Sites to build websites quickly and easily. Google Sites is a free and easy way to create and share webpages. Bring your phone or tablet to class. Let's have fun and get organized!

LLPOT 625-001 • W, Mar 13-20 • 6:00-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$69
INSTRUCTOR: Pat Lambrose

Beginning Clicker Training for Dogs

Clicker training is a clear form of communication used in positive reinforced training and is a safe, effective way to teach an animal any behavior. Originally used with marine mammals during shows and veterinarian procedures, it is now commonplace in teaching zoo animals to be handled by keepers and vets. Your own four footed friend can learn not to pull on the leash, come when called, and perform all sorts of cool tricks! This class is not intended to correct serious behavioral issues with non-socialized or reactive dogs. Your dog must be people and dog friendly. Do not bring your dog to the first class. On

the second and third nights only, please have your dog in a flat collar or harness, on a 5-6 foot leash, and please bring plenty of very small soft training treats for your dog. Please no choke chains or prong collars. Special fee covers clicker and treat bag. Class is limited to 8.

LLPOT 937-001 • M, Apr 15-29 • 6:30-8:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$69 + \$20 special fee
INSTRUCTOR: Lynne Gilbert-Norton

RECREATION

Indoor Rock Climbing

Tired of the treadmill and looking for a new adventure? Learn to rock climb! During this four-week introductory course, students will learn how to be safe, successful climbers. A qualified instructor will introduce students to indoor climbing and climbing equipment. Students will master belaying, communicating with a partner, and moving their bodies efficiently. Come try this interesting and challenging activity. Have fun, meet new people, and push yourself! No experience necessary. Equipment and shoes provided. Class is limited to 8.

LLREC 739-001 • M, Jan 7-28 • 7:00-9:00 PM
LLREC 739-002 • M, Feb 4-25 • 7:00-9:00 PM
LOCATION: Momentum Millcreek, 3173 E 3300 S • SLC
FEE: \$189
INSTRUCTOR: Momentum Staff

Snowshoe Hike by Moonlight

Experience the mystical feeling of the moonlight on snowshoes as we travel within the scenic Wasatch mountains. You will receive tips on snowshoe technique, instruction in winter emergencies, and hot cocoa and snacks. Please bring snowshoes (rent at the U's Outdoor Recreation Center or from your local sporting goods location), and wear boots suitable for snowshoeing. Students will be notified where to meet. You will have the chance to observe a lunar eclipse on Jan 20th.

LLREC 910-001 • Su, Jan 20 • 7:00-9:00 PM
LOCATION: SLC
FEE: \$39 + \$5 special fee
INSTRUCTOR: Bruce Christenson

Introduction to Target Archery

Strength, grace, focus, precision—experience the beauty of archery as you learn the basic techniques and etiquette of this Olympic sport. All equipment is provided. Class is limited to 10.

LLREC 766-001 • T, Jan 29-Feb 26 • 7:30-9:00 PM
LLREC 766-002 • T, Mar 5-Apr 2 • 7:30-9:00 PM
LOCATION: Salt Lake Archery, 1130 East Wilmington Ave (2200 S) • SLC
FEE: \$99
INSTRUCTOR: Larry Smith

Avalanche Workshop

Skiers, boarders, snowshoers, and snowmobilers—get the practical information and hands-on practice you need to be ready for a safe winter of backcountry travel. Topics to be covered in class and field include snow pack, weather and terrain evaluation, safe route finding, and avalanche rescue. We will also practice transceiver search. Suitable for beginners or for those wanting a refresher.

LLREC 650-001 • W, Jan 30 • 7:00-9:00 PM
AND Su, Feb 3 • 9:00 AM-3:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$99 + \$10 special fee
INSTRUCTOR: Bruce Christenson

Introduction to Skate Skiing

Skate skiing, also known as freestyle, is a high-intensity winter sport that uses a unique technique for an aerobic, full-body, low-impact workout. This workshop introduces you to basic skate-ski technique, including weight transfer, edging, and timing, V1, V2, and V2-alternate

styles, and poling. We will also review equipment, waxing, training, trails and trail etiquette, first aid, and safety. You are responsible for your own equipment (rent skate skiing packages at the U's Outdoor Recreation Center or other local sporting goods stores).

LLREC 731-001 • S, Feb 2-9 • 10:00 AM-1:00 PM
LLREC 731-002 • S, Mar 2-9 • 10:00 AM-1:00 PM
LOCATION: Round Valley • Park City
FEE: \$89
INSTRUCTOR: Patty Winterer

Bikepacking - Adventure Camping by Mountain Bike

Bikepacking is a great way to explore Utah's diverse landscapes, from deserts to high mountains. Mountain bike camping enables you to cover more ground than backpacking while enjoying the peaceful experience of non-motorized travel. This course, taught by the lead organizer of the SLC Bikepacking Meet-up, will provide you with an overview of essential gear and organization, bike selection, route finding / map making, carrying water (for desert trips), and safety/preparedness getting you ready for your next backcountry adventures. No class April 9.

LLREC 903-001 • T, Mar 19-Apr 16 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$99
INSTRUCTOR: Rebecca Roof

Animal Tracking

Springtime, when the ground is moist or lightly covered with snow, is a perfect time to see animal tracks and the conditions also allow for easy hiking. There's a good chance of finding moose, elk, deer, rabbit, squirrel, and other small rodent tracks as we explore stream banks and meadows. If we're lucky, we could also spot coyote, porcupine, bear, mountain lion, and bobcat. We'll investigate the particular characteristics, size, age, and direction of travel of the tracks we see, as well as look at scat and how it relates to the animal identification process. Students will be notified where to meet before class.

LLREC 718-001 • S, Mar 30 • 9:00 AM-1:00 PM
LOCATION: SLC
FEE: \$49 + \$5 special fee
INSTRUCTOR: Bruce Christenson

Outdoor Adventure Gear and Prep

There are so many places to explore in Utah, from the desert canyons in the San Rafael Swell to the Uinta mountain basins to our very own Wasatch trails. How deep do you want to go? If you're new to outdoor recreation in Utah this class will answer your questions about how to get started as a day tripper or car camper. Find out what gear works for your type of outing, from water filters to safety and medical supplies to tents. Learn easy repair tricks that will

help you keep your gear longer. And learn where to go, from wilderness to BLM to National Parks, and what amenities to expect there. Our second meeting will take place outdoors where we will practice packing our daypacks with necessary supplies and then head up a local trail.

LLREC 913-001 • T, Apr 23-30 • 6:00-8:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$59 + \$10 special fee
INSTRUCTOR: Katherine Pioli

WRITING/CREATIVE

Creative Writing

How do we tell stories? What do we include in writing, and what remains unsaid? Build your voice as we focus on a group of specific techniques for shaping and informing your creative skills, including character, plot, point of view, description, dialogue, and setting. In class, we will read short selections of writing to see what techniques we can beg, borrow, and steal from them. We will experiment with in-class writing exercises and read and discuss each other's work. Writing can be inventive, illogical, chaotic, unexpected, strange, and wonderful. In this class, we will practice seeing the world in new ways and then recreating that experience on the page.



INDOOR ROCK CLIMBING PG 38

LLWRC 780-001 • T, Jan 15-Feb 19 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$149 + \$5 special fee
INSTRUCTOR: Johnny Worthen

Creative Writing II

Taught in a workshop format, this course will get your creative juices flowing as we expand on topics covered in Creative Writing: voice, tone, point of view and use of tense along with journeying into literary elements such as metaphor and simile, symbolism, structure, and others. This class is a fun way to build and develop the skills in an encouraging and supportive environment. Come prepared to read, write, and talk. This course is designed and required to be taken following Creative Writing (LLWRC 780).

LLWRC 825-001 • T, Feb 26-Apr 2 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$149 + \$5 special fee
INSTRUCTOR: Johnny Worthen

Creative Writing Bootcamp

Have you always wanted to write creatively but never had the chance to start? Or is your writer-self blocked and unable to finish anything? In Creative Writing Bootcamp, we'll launch into a series of generative exercises designed to give you plenty of material for your own stories. In between exercises, we'll share our work in an open and joyous environment, discuss craft, and

explore how to incorporate writing into daily life. You'll leave class with a series of flash fictions ready to be polished or expanded in your writing practice.

LLWRC 842-001 • S, Mar 2-9 • 10:00 AM-2:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$129 + \$5 special fee
INSTRUCTOR: Johnny Worthen

Writing Fantastic Fiction: Fantasy and Sci-Fi

Explore ways to use familiar language and reality to create the new or transformed worlds of fantastic fiction—including fantasy, science fiction, fabulist, surrealist, speculative, or fairy tales. We'll look at folk and fairy tales to teach us about designing the shape of a story; read different published fictions to ponder why and how we might weave magic into the reality of a world; experiment with exercises that will help us describe imaginary cultures, unlikely geography, and impossible technologies, and, of course, we'll write. Throughout the class, you'll draft, discuss, and revise your own fantastic fiction. What new ways of seeing will you discover in order to bypass the limits of space and time to visit foreign worlds of your own creation? No class Feb 18.

LLWRC 855-001 • M, Jan 28-Mar 11 • 6:30-8:30 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$149 + \$5 special fee
INSTRUCTOR: Camie Schaefer

Love Stories

There are many types of affection: romantic, familial, obsessive, enduring, and selfless. Love, in all its many forms, is one of the most powerful emotions portrayed through story. However the sentiment of love is commonly wrapped in three identical, non-descriptive words, which lack power on the page. After a discussion of craft, instruction on “showing” rather than “telling”, practice in effective dialogue, analysis of inspiring works, prompts via Conversation Hearts, and an exploration of your own memories—you'll write several stories of love without ever using the three words, “I love you”.

LLWRC 753-001 • W, Jan 30-Feb 13 • 6:00-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$119 + \$5 special fee
INSTRUCTOR: Ella Olsen

Creative Nonfiction I

Explore this multi-faceted and popular genre, which ranges in scope from literary journalism to personal narrative and memoir, in this interactive 6-week course. Through sample readings, discussion, in-class writing exercises, and writing assignments, we will learn to use the narrative devices—narrator stances, characterization, verb tenses, dialogue, and scene and setting—that make this form of prose especially fascinating and appealing. Open to writers of all levels of experience who are confident with basic sentence structure and composition.

LLWRC 760-001 • T, Feb 12-Mar 19 • 6:30-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$199 + \$15 special fee
INSTRUCTOR: Meg Kinghorn

Creative Nonfiction II

Continue to expand the skills presented in Creative Nonfiction I in this 8-week class. We will be looking, and then looking again, at our own work in order to see, as author Lillian Hellman put it, what was there for [you] once, what is there for [you] now. Writers who have a work in progress will most benefit from the class, a large percentage of which will be devoted to meaningful critique and revision of student work. Prerequisite: Creative Nonfiction I or equivalent experience. This class offers ongoing support in a productive and nurturing environment and is designed to be repeated as often as you desire. No class May 14.

LLWRC 787-001 • T, Apr 2-May 28 • 6:30-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$249 + \$10 special fee
INSTRUCTOR: Meg Kinghorn

☀️ Weird Fiction Writing Workshop

Weird fiction is a category that includes surrealist, absurdist, fantasy, and sci-fi writing, yet writers of any genre/form can benefit from getting a

little weird from time to time. Get comfortable in a new “zone” by playing surrealist games (a form of writing prompts); learn to channel nonsensical inspiration; and read some fabulous short stories by authors including Leonora Carrington, Haruki Murakami, and Karin Tidbeck. Once you’ve seen the possibilities of the weird, you’ll write and share your own short pieces. Expect the Unexpected—it’s full of possibilities!

LLWRC 756-001 • Th, Feb 21-Mar 28 • 6:00-8:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$149 + \$5 special fee
INSTRUCTOR: Janalyn Guo

Literary Querying

So you’ve written a book. Now what? Approaching the publishing world can be a lonely and daunting task. This class will give you a jump start by providing the knowledge and skill required to navigate the world of agents and publishers. It is recommended (but not necessary) that you bring a finished piece of work you are trying to place. This is a workshop heavy class, where we’ll polish your pages and develop a plan to give you the best chance in the great publishing hunt.

LLWRC 844-001 • M, Feb 25-Apr 1 • 6:30-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$179 + \$5 special fee
INSTRUCTOR: Johnny Worthen

Memoir Intensive

Throughout history personal stories have been written and shared. Though motive, definition and popularity of memoir has shifted throughout time, memoir continues to be a reflection of our humanity, a recounting of our experiences written from one’s own knowledge. If you’re ready to focus the lens of your writing inward, come explore this highly personal genre and discover its relationship with fiction, personal essays, and autobiographies. We’ll discuss and practice strategies of reflection, the difference between “narrator” and “character” in memoir, and address the difficulties with including others in our personal stories. We’ll also look at and closely read examples of memoir structures, and observe how they differ from traditional “plots” in fiction. Be ready to read, write, and share as we tackle the ultimate subject—you!

LLWRC 863-001 • S, Mar 2-16 • 10:00 AM-1:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$129 + \$10 special fee
INSTRUCTOR: Meg Kinghorn

Journaling - A Guide to Daily Writing Practice

Have you always wanted to write, but never found a place to start? Do you have a story to tell that you don't want anyone else to hear? Or maybe the well of creativity that long watered your writing has run dry. If so, daily journaling could help. A journal is a safe space to explore thoughts, emotions, and personal histories, to record observations, and to better understand yourself and your place in the world. It's also an invaluable tool for writers of all skill levels to hone their craft and voice. We'll talk about how to cultivate a rewarding daily writing practice, where to find inspiration, and how to keep the pen moving even when what's coming out of it is less than ideal.

LLWRC 858-001 • T, Mar 5-19 • 6:00-8:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$79
INSTRUCTOR: Benjamin Bombard

Guided Flash Fiction

Flash fiction tells a full story in about 1000 words, which compels a writer to make every word count, and learn to self-edit like a pro. Experiment with a variety of voices and styles that may become the catalyst for a longer piece. Learn to use guides in the form of an image and different styles of music to kick-start your brainstorming process. Instruction about story

arc, character arc, showing not telling, and general craft will kick start class followed by time to write, refine your work, share, and receive feedback.

LLWRC 781-001 • S, Apr 6-13 • 10:00 AM-1:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$79 + \$5 special fee
INSTRUCTOR: Ella Olsen

Writing Dynamic Characters

Our ability to create resonant characters on the page measures us in both fiction and nonfiction. This workshop focuses on equipping you with a toolkit to summon dynamic characters in short stories, personal essays, novels, memoirs, blogs, and graphic arts. Tap into divergent sources including psychology, screenwriting, meditation, interviews, and imagery. Learn how to birth, shape, and craft dialogue and action. Melt your writer's block by falling in love with your characters and learn how to listen to their voices as you write.

LLWRC 768-001 • W, May 8-Jun 5 • 7:00-9:00 PM
LOCATION: 540 Arapeen Dr • SLC
FEE: \$129+ \$5 special fee
INSTRUCTOR: Michael Patwin

COME TEACH WITH US.

Does teaching come naturally to you? Do you constantly get asked to tell other people how you do the things that you do? Teaching for Lifelong Learning may be just what you are looking for. Contact us or fill out a course proposal, let us help you share your passion!



A CHANGE FOR THE BETA

In the world of technology a beta is a product that's not finished. The beta label tells the world that there are still kinks to be worked out and that the product is going to get better.

In life, we never leave the beta stage. Every day brings new opportunities to learn and get better. And one of the easiest and most satisfying ways to improve is through Lifelong Learning.

TRAIN YOUR BRAIN with classes such as *Understanding Sugar*, *Improv Comedy Workshop*, *Public Speaking*, or in a *French*, *Italian*, *Japanese*, *Mandarin*, or *Spanish* language class.

WORK YOUR BODY with classes like *Women's Self Defense Training*, *Indoor Rock Climbing*, *Bar Method*, or *Bikepacking—Adventure Camping by Mountain Bike*.

GET OUT OF YOUR COMFORT ZONE in classes such as *Fundamentals of Swing Dancing*, *Tibetan Buddhist Meditation*, *Weird Fiction Writing Workshop*, or *Cold Brewing 101*.

DRAW UPON YOUR INNER CREATIVITY in classes like *Love Stories*, *The Sketchbook Journal*, *Fabric Pet Portraits*, or *Collagraph Print Making*.

You may always be a work in progress, but with over 150 Lifelong Learning courses available this spring—including 45 brand new classes—you can be a better beta. Enroll today!

COMMUNITY PARTNERS

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Café Trio Cottonwood	Momentum Indoor	The Bean Yard
Centered City Yoga	Climbing	Ultimate Combat Training
Cliff Lodge Spa, Snowbird Resort	Moonlight Garden Supply	Center
Confucius Institute	Native Floral Company	Wasatch Forge
Fort Douglas Military Museum	Olio Skin & Beard Co.	We Are Yoga
	Red Butte Garden	Workman Nydegger
	Salt City Brew Supply	

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CLASS PLANNER

Class Name:	Day of the Week	Date/Time
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