

2010-11 FALL & WINTER Schedule of Classes

home & design

Interior Design I:

Principles of Design (#1-100)

sec 1) Thurs, Oct 7, 14, 21, 28, Nov 4 ... 6:00-8:00p
 sec 2) Mon, Jan 17, 24, 31, Feb 7, 14.....6:00-8:00p
 Anne Winans Westover Hills \$159

Whether your goal is to transform your home or office with a new design plan, or you are considering a career in interior design, this "nuts and bolts" course provides the solid foundation you need. Here's your chance to get an introduction to the exciting world of interior design; learn the principles of design; how to read a blueprint; color and paint theory; lighting design; placement of accessories and furniture, space planning, and fabric and wall cover selections. Supplies about \$45.

Landscape Design 101 (#1-105)

Wed, Oct 6, 13, 20, 276:00-8:00p
 plus a field trip, date to be announced
 Christy Marvel, ASLA Westover Hills \$149

Bring your blueprints and learn how to plan and design the landscape of your dreams! These five sessions will focus on analyzing your site, correcting problems, laying out your design, planting, and includes a class field trip. Get the essential information you need to make good landscape decisions, whether you do it yourself, or hire the job out. Also see gardening classes (inside).

Floral Design I (#1-110)

sec 1) Tues, Sept 21, 28, Oct 5, 12.....6:00-8:00p
 sec 2) Thur, Jan 20, 27, Feb 3, 106:00-8:00p
 Edward's Food Giant, 7507 Cantrell (Tanglewood)
 Marguerite Cronin-Swaffar \$209

A great introduction to the world of floral design . . . this is where it all starts! Get an introduction to the tools, materials, and tricks of the florist trade, and learn basic design techniques using fresh flowers. Develop your own designs and take home a project each week. Includes floral fees and most materials. No prerequisite.

Holiday Floral (#1-115)

Tues, Nov 9 & 16 6:00-8:00p
 Edward's Food Giant, 7507 Cantrell (Tanglewood)
 Marguerite Cronin-Swaffar \$149

Get in the holiday spirit and bring in the magic of the season! Learn how to make gorgeous bows, wreaths and other holiday decorations -- and deck the halls this year! Includes floral fees and most materials.

Upholstery Workshop (#1-120)

Virginia Taylor, All American Upholstery
 6311 Old Highway 67 Cabot \$159

sec 1) Sat, Oct 16 & 239:00a-5:00p
 sec 2) Sat, Jan 17 & 24.....9:00a-5:00p
 Bring a small piece of simple furniture to one of these small, hands-on workshops, and reupholster it from start to finish! You will learn how to match pieces with appropriate fabrics, prepare furniture for treatment, measure and match fabric, and work with batting and cushions, dye lots, and finish details. Most equipment and tools provided. Space is limited, register early.

Handy Around the House: Home Repair 101 (#1-125)

Sat, Jan 22 & 29.....9:00a-noon
 Gary Aldrich Cammack Hall 2710 N. McKinley \$129
 A must for anyone who is tired of being helpless around the house - we see lots of ladies in these classes! Learn how to address common home repair issues, the tools everyone should keep on hand, what to use them for, how to deal with basic home carpentry, plumbing, and electrical issues, and tips for keeping your home in good shape.

golf classes & clinics

with PGA Pro Ann Baker

Small group Beginning & Intermediate classes & clinics.
 Includes balls and range fees. Classes are held at the
 Country Club of Arkansas 3 Country Club Rd. Maumelle, AR 72113

Beginning Golf Classes (#6-550)

Covers basic golf concepts, including grip, stance, swing fundamentals, putting, chipping, and fairway, woods and course management. Four sessions. \$159

sec 1) Tues, Sept 21, 28, Oct 5, 125:30-6:45p
 sec 2) Sat, Nov 6, (skip 13) 20, 27, Dec 4.....1:00-2:15p

Intermediate Golf Classes (#6-555)

Focuses on swing fundamentals and course management, with emphasis on short game, putting, iron and wood accuracy, and trouble shots. Four sessions. \$159

sec 1) Thur, Sept 23, 30, Oct 7, 145:30-6:45p
 sec 2) Sat, Nov 6, (skip 13) 20, 27, Dec 4..2:30-3:45p

Register for a golf class and Play Day package for just \$258! That's a \$40 savings!



On the Greens - It's Play Day!

(#6-556) Sat, Oct 23.....11:00a -5:00p \$139
 Whether you've taken some lessons or you need a "crash" clinic or refresher, this is a great chance to get out on the greens with PGA Pro Ann Baker. Includes full swing and short game practice (pitching, chipping, and putting), 9 holes of play, and a short wrap up session. All levels welcome; even experienced players have said that one small adjustment made a big difference in their games.

firearms safety

Arkansas Concealed Carry Class (#6-565)

Classes are open to men and women who are twenty one years of age or older. If you are planning to apply for a Concealed Carry Permit, you must have been a resident of Arkansas for at least ninety days, you must be a citizen of the United States, and you must pass the Arkansas State Police and F.B.I. background check. This class includes the classroom instruction, Live Fire training, and all paperwork needed to apply for an Arkansas State Permit (permit cost not included in course fee).

In today's world, everyone is concerned about safety for themselves and their families. If you are thinking about getting a firearm, or if you already own one and need basic firearms safety training, OR if you want to apply for a Concealed Carry Permit, this Firearms Safety Training is a must. This comprehensive, intensive course covers Handgun Knowledge, Safety Rules, Basic Fundamentals, Ammunition, Correct Grip, Stance, Sight Alignment, and much more. You will also receive extensive instruction in the Law, Use of Force, Awareness Training, Defensive Alternatives other than the use of a firearm, and Live Fire Training. Your Live Fire Training is conducted under the instruction of expert, experienced NRA Certified Instructors in a supportive, non-threatening atmosphere. Students supply their own firearms and ammunition for the Live Fire Training portion of the course.

The cost of this course is \$125 and includes refreshments, or \$220/pair for those who register and pay together. The Friday lecture portion of the class meets from 5:30 to 9:30 p.m., and the Live Fire Training sessions are held Saturday morning from 9:00a to noon. The classroom portion meets at the Cammack Hall, 2710 N. McKinley Street (in the Heights). If you have questions about the course, please call A.E.L.C. at 666.0759.

- section 1) Fri/Sat Sep 24-25
- section 2) Fri/Sat Oct 15-16
- section 3) New 1-day! Wed, Nov 10 8a-5p
- section 4) Fri/Sat December 10-11
- section 5) Fri/Sat January 21 -22
- section 6) Fri/Sat February 18-19

Shooting Basics/Live Fire Practice (#6-566)

Covers gun fundamentals and safety, safety, safety. Great for those who want to learn how to use a gun and develop shooting skills, who don't necessarily want to get a concealed carry permit. You'll gain confidence by working with your instructor one-on-one with live fire practice. Open to anyone age 21 or older; no experience necessary but you must have your own gun. Participants need at least 50-100 rounds of ammunition. Note: this class does not prepare you for the concealed carry permit. \$85 per person or \$150/pair.

- section 1) Sat, October 9 9:00a-noon
- section 2) Sunday, Jan 16 12:00-3:00p.m.

cultivate your tastes...

Knife Skills:

Chop Like the Pros! (#3-155)

- sec 1) Tues, Sept 21.....6:00-8:00p
- sec 2) Mon, Oct 256:00-8:00p
- sec 3) Sun, Dec 53:00-5:00p
- sec 4) Mon, Jan 246:00-8:00p
- sec 5) Tues, Feb 15.....6:00-8:00p \$44

Proper knife handling reduces prep time, minimizes waste, and prevents accidents. In this hands-on workshop, you'll learn basic knife techniques for mincing, dicing, and shredding, and how to select, sharpen, and care for your knives. Bring your knife and wooden cutting board to class. \$74/pair

Pasta Workshop (#3-156)

- sec 1) Sun, Oct 173:00-5:00p
- sec 1) Mon, Feb 286:00-8:00p \$49

Making your own pasta is easy. With just a couple of staples and simple techniques, you'll wow your family and dinner guests. We'll prepare Fresh Pasta Dough, Mushroom Agnolotti, Lamb Cannelloni, Cream Sauce and Spicy Red Sauce.

Seafood & Fish Cookery (#3-157)

- sec 1) Tue, Oct 266:00-8:00p
- sec 2) Sun, Feb 20.....3:00-5:00p \$49

It's one of our most popular cooking classes, so sign up early. Learn how to determine freshness, make good fish selections, and the best cooking methods for various kinds of fish including pan frying, broiling, and grilling. We'll prepare and dine on Pan Seared Fish, Citrus Oil Poached Fish, and Roasted Whole Fish.

New! Holiday Cocktail Party (#3-158)

- Tues, Nov 306:00-8:00p \$49

Whether it's just a few friends or a whole house full of folks, a cocktail party is the way to go for easy, economical holiday entertaining. Spoil your guests with Curry Mussels, Crab-Stuffed Mushrooms, Cannellini Bean Hummus with Roasted Garlic Pita, and Spiced Apple Martinis.

New! Holiday Goodie Workshop #3-159)

- Tue, Dec 76:00-8:00p \$39

We'll make a variety of cookies and other sweet treats that are great for holiday gatherings and thoughtful gift giving. What a nice, personal touch for teachers, neighbors, and all those special people you want to remember. Bring your own favorite recipe and a dozen cookies for an old fashioned cookie swap! \$59/pair.

Hearty Soups & Bisques (#3-160)

- Sun, Jan 16.....3:00-5:00p \$49

The tantalizing aroma fills your home...what better way to take the chill off than a great bowl of soup. And these are not your everyday soups, wow! We'll prepare a perennial Fall and Winter favorite, Carrot and Ginger Bisque, Roasted Pear Soup with Blue Cheese, and White Bean and Almond Soup.

Classic and Contemporary Sauces (#3-161)

- Tues, Feb 16:00-8:00p \$49

Every serious cook has to master sauces.... we'll prepare a variety of sauces, including Bernaise, Hollandaise, Burre Blanc, Tomato Sauce, with updated twists on Vinaigrettes and Coulis.

cooking classes!



Chef John Leonardis
Graduate of the Culinary Institute of America (Hyde Park, NY)

Formerly Chef of Imagine A Restaurant
Classes held at the
Ozark Restaurant 202 Keightley
(Cantrell & Mississippi)

If you love to cook and eat, you need to check out these cooking classes! Whether it's a week night or a leisurely Sunday afternoon, our cooking classes are a great thing to do with a date, or with your friends and family. Or just come solo and enjoy hanging out with the gang!

A.E.L.C. Cooking classes are taught in a fun and casual atmosphere. Classes consist of demonstrations (unless otherwise noted as hands-on) and include recipes. Bring your appetite to class! Note: menus may vary depending on the availability of the freshest ingredients. Our food and wine experts will recommend a wine for each menu, that you can bring to enjoy in class if you wish.

Register with
a friend and save!
\$79/pair
(unless otherwise noted)

Individual registrations:
Sign up for three or more
classes for just
\$129!

www.extendedlearning.org

666.0759

flavors from around the world ...

Latin American:

South of the Border (#3-162)

- Tues, Sept 286:00-8:00p \$49

Let's head south - south of the border that is, and explore the flavors of Mexico, Puerto Rico, and Brazil. We'll prepare Fresh Tortillas, Pork Stewed in Green Chilies, Mexican Rice, Frijoles Boracho, and an outrageously good Flan for the grand finale!

New! Italian Coastal (#3-163)

- Mon, Oct 46:00-8:00p \$49

Mediterraneans are known for their hospitality and their passion for food. Explore the flavors and tastes that are unique to the Mediterranean... Braised Calamari, Shrimp with Capers and Olives, Yellow Tail Crudo with Winter Citrus and Extra Virgin Olive Oil.

Oktoberfest (#3-164)

- Tues, Oct 126:00-8:00p \$49

Cool weather, polkas, and pretzels can only mean one thing... Oktoberfest! Our classically hearty German fare includes Braised Cabbage, Carmelized Onion Meatballs Cooked in Beer, and Cheese Spaetzles. Bring your favorite dark beer to enjoy for a slam dunk evening!

Indian Cooking (#3-165)

- sec 1) Mon, Oct 186:00-8:00p
- sec 1) Tues, Feb 156:00-8:00p \$49

Better register early for this one! You don't have to go out for Indian anymore - uncover the secrets of these vibrant, complex flavors. We'll prepare favorites: Saag, Spicy Vegetable Curry, and Nann Bread.

Night at the Tapas Bar (#3-166)

- (#3-166) Tues, Nov 30.....6:00-8:00p \$49

Spain is famous for these delightful, smallish plates of colorful, flavorful food. It's a lively way to entertain any time of the year. Your guests will love Serano Ham Wrapped Finger Potatoes, Olive Tapanade with Anchovies, Smoked Paprika and Brown Sugar Shrimp.

Sushi Workshop (#3-167)

- sec 1) Tues, Nov 96:00-8:00p
- sec 2) Mon, Feb 216:00-8:00p \$69

Sushi is all the rage and no wonder; it's fresh, it's healthy, and it's light. Sushi parties are the coolest and yes, you can host one! Learn to prepare Sushi Rice and how to select and prep your ingredients. Then we'll practice, practice, practice rolling - and eating - Sushi! Class size is strictly limited, sign up early. \$119/pair.

A Taste of Thai (#3-168)

- Mon, Nov 156:00-8:00p \$49

Thai is among the world's finest cuisines, with a distinctive and sometimes surprising balance of hot, sweet, and sour. Explore these exotic flavors as we prepare Green Curry Catfish, Spring Rolls, Fried Bananas, and Thai Tea.

New! New Orleans Feast! (#3-169)

- Fri, Feb 256:30-8:30p \$49

Take a trip to the Big Easy without ever leaving town! Celebrate Mardi Gras with authentic Cajun fare... Chicken and Andouille Gumbo, Cajun Barbeque Shrimp, Sweet Potato Biscuits with Remoulade Sauce, and Bourbon Bread Budding.

gardening with Mary Evans, Garden Makeovers

Spring Bulb Extravaganza

- (#4-170) Tues, Oct 56:30-8:30p \$29

Bulbs are the harbingers of Spring... our motto is, "Plant now, smile later!" They are super easy to grow BUT bulbs must be planted in the Fall. Explore the drama, design techniques, locations, types, planting methods, sources, and culture for indoor and outdoor bulbs.

Fall Color Palette

- (#4-171) Tues, Oct 126:30-8:30p \$29

If you think mums are the only plants available to you in the Fall, think again! It's the best time to plant most things, so take advantage of the cool weather. Mix it up with colorful annuals, perennials, shrubs, trees, ornamental grasses and color.

"Green" Gardener Workshop

- (#4-172) Tue, Oct 196:30-8:30p \$29

In this tough economy, many of us are now designing and caring for our own gardens. If you want to be a "greener" gardener, come explore methods for natural pest control, recycling, water saving techniques, organic materials, composting, and creating habitat in your garden.

wine appreciation

Wine classes taught by
Dr. Martin Zoldessy

Ozark Restaurant
201 N. Keightley (Cantrell & Mississippi)

The Essential Wine Series (#4-185)

Fri, Oct 15, 22, 29, Nov 57:00-8:30 p.m.
\$149 per person, or \$249/pair

It's about more than just tasting; this perennial favorite is all about wine education and appreciation. If you want to learn to recognize, talk about, purchase and really enjoy wines, this is your chance to delve into the wonderful world of wine. Learn about the history and geography of wine, how to read labels, and how to order wines at a restaurant with ease and confidence. Each of these four nights we'll taste and compare wines from around the world, including the U.S., Germany, Italy, France, and other popular wine growing regions. Limited enrollment.

Best Wine Bargains (#4-186)

Thur, Nov 11.....7:00-8:30p
\$39 per person, or \$69/pair

Who doesn't love a bargain - especially when it comes to great wines! We find new bargains for every class, so there are lots of familiar faces on "best bargains" night! We'll examine and taste a broad selection of wines representing the best values from around the globe, and learn strategies for getting the most from your wine budget. A great way to get your wine list together for upcoming holiday parties!

Wine and Cheese Trip Around the World! (#4-187)

Fri, Jan 21.....7:00-8:30
\$49 per person, or \$79/pair

Calling all globe trotters and bon vivants! Take a trip around the world in just one night . . . the wine and cheese world, that is! Prepare to please your palate as we compare and taste classic wines and cheeses from France, Spain, Italy, and more!

This holiday season think gift certificates!

It's the perfect size,
the perfect color...
the perfect gift!

Important! Where multiple sections of courses are listed, this refers to the same class, offered at different times. Choose the section that works best with your schedule.

hobbies

New! Butterfly Seminar (#5-234)

Thur, Sept 236:30-8:30
plus a Saturday morning field trip Sept 25 \$49
Mel White Westover Hills Presbyterian Church
Butterflies make our world a more beautiful place... most of us don't realize that Arkansas has about 150 species! Don't miss this chance to learn about many common species, and get an introduction to butterfly classification so you can start identifying and enjoying them, now is the time! Includes a Saturday morning field trip.

Birding 101 (#5-235)

Tues, Oct 5, 12, 196:30-8:00p \$89
plus a Saturday morning field trip Oct 23
Mel White Westover Hills Presbyterian Church
Birding is a great hobby for people of all ages, and this class is an excellent way to get an introduction to the world of birds and birdwatching. Learn about the birds found in Arkansas, how to identify them, where to look for them, and how to choose a pair of binoculars.

Intro to Fly Fishing (#5-236)

Wed, Oct 13, 20, 27, Nov 36:00-8:00p \$139
Tom Hawthorne The Ozark Angler 13500 Chenal Pkwy
Not just a hobby, not just a sport...fly fishing is an art! And it doesn't get much better for fly fishing than beautiful Arkansas Fall weather. You'll get an introduction to fly fishing for trout, bass, and pan fish. Includes discussion on fly rods and reels, line sizes, leaders and knot tying, flies, equipment care, casting instruction, and how to find fish.

drawing & painting

Classes and Workshops with Nathaniel Dailey

Resource images are provided, but students are encouraged to bring their own personal images to work from.

Beginning Drawing Workshop (#2-195)

sec 1) Tues, Sept 21, 28, Oct 5.....6:00-8:00p
sec 2) Thur, Jan 13, 20, 27.....9:00a-noon
Westover Hills Presbyterian Church \$59

Yes, everyone can draw! You'll learn drawing techniques and basic design principles in this relaxed workshop environment. Covers perspective and proportion, with demonstrations and class exercises. Strongly recommended for students taking our painting classes who have little art experience. Supplies about \$5.

Beginning Painting (#4-200)

sec 1) Thurs, Oct 7, 14, 21, 28, Nov 46:00-8:30p
Chenal Valley Baptist Church
sec 2) Wed, Oct 13, 20, 27, Nov 3, 1010a-noon
Cammack Community Hall
sec 3) Tues, Feb 1, 8, 15, 22, Mar 1.....6:00-8:00p
Westover Hills Presbyterian Church \$149

Painting with Nathaniel is so relaxing, students tell us the time just flies by! Get an introduction to painting and basic techniques used with oils, acrylics and watercolors. Includes composition and form, color theory, illusion of depth and surface quality, and demonstrations of various painting styles. Work at your own pace with any medium you choose in a comfortable, supportive environment. Supplies about \$50 depending on the medium.

Online Dating 101:

Finding Your Dream Date! (#5-245)

sec 1) Sat, Nov 6.....2:00-5:00p
sec 2) Fri, Jan 146:00-9:00p
Little Rock River Market District \$49

Whether you are suddenly single or just tired of being single, the online dating world is a viable alternative to blind dates and other potentially disastrous dating scenarios! With so many different kinds of sites out there, it's hard to even know where to begin. If you've decided to jump into the world of online dating, some basic information and helpful tips can save a lot of time - and increase your chances of finding that sometimes-elusive "good match." Bottom line, success in the online dating world starts with good marketing! Find out which type of site is the best "fit" for you, how to write a compelling profile, how to build a complimentary photo gallery, and how to evaluate and screen your online suitors. You'll learn how to present yourself in a positive, engaging and safe manner -- and what to do when you find that special someone you actually want to meet. Guys and gals, even if you've been down this road before without much luck, a few tips can go a long way towards success. A fun, lighthearted seminar, on a very serious subject!

New! Nature Painting Workshop

(#4-215) Sat, Oct 16, 23, 309:00a-noon
Class meets at Cooks Landing \$129
(close to the Big Dam Bridge).

The crisp morning air and gorgeous colors of Fall by the Arkansas River . . . what a backdrop for our new outdoor Nature Painting workshop! Whether you choose to paint landscapes, people, or animals, we'll focus on establishing proportion, compositional balance, detail placement, and the effective use of color with light and shadows. Includes demonstrations. For experienced and returning students. Supplies about \$50 depending on the medium.

New! Holiday Cards & Gifts (#4-216)

Sat, Nov 61:00-5:00 p.m.
Cammack Community Hall \$59
Spend an afternoon making one-of-a-kind holiday cards and gifts with watercolor, acrylics, colored pencils, and inks in this mixed media workshop. Your loved ones will cherish your creations long after the season is over! Supplies about \$10.

666.0759

photography with William Feingold

Intro to Digital Photography (#5-200)

sec 1) Wed, Sept 29, Oct 6, 13, 20
sec 2) Tue, Jan 18, 25, Feb 1, 8
6:00-8:00p Westover Hills Presbyterian Church \$119

No, you are not the only one who doesn't have a clue about how to use your camera. Whether you want to find the right camera to fit your needs and budget, or put the one you already have to work, come explore the world of digital photography in this user-friendly, laid back beginner's class. Covers the basics of composition, exposure, and the various functions of your camera.

Digital Photography II (#5-225)

sec 1) Wed, Oct 27, Nov 3, 10
sec 2) Tue, Feb 15, 22, Mar 1
6:00-8:00p Westover Hills Presbyterian Church \$109

You've learned how to use your digital camera, and you take some pretty decent photos. Now you're ready to kick it up a notch! Find out how to turn an acceptable photo into an exceptional one with the use of digital enhancement techniques; contrast lighting, black and white and color contrasting, and cropping.

easy online or telephone registration!

New! Portrait Photography (#5-226)

Thur Nov 11 & 186-8p Westover Hills \$79

Just in time for the holidays! A class for experienced students who already know how to use the various functions of their camera. This short course is devoted solely to portrait photography; covers background, lighting, posing, and using digital enhancements to give your portraits that professional quality.

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A.C.T. Exam Prep

2010 ACT Exam Prep Courses

An investment of time now can pay huge dividends down the road! Increase speed and accuracy by reviewing math and verbal concepts, and practice with simulated exams and in-class exercises. Best case scenario, we recommend that you take our prep course in your **sophomore or junior** year, and take the actual ACT exam several times, to attain your highest score. To that end, you can repeat any or all of the prep course, as many times as you want, for only a nominal re-enrollment fee (\$25). With your commitment and our resources, we can help boost your scores! **\$450 for a single registration; \$425 each when two sign up together; or \$395 each for three or more registering together. Fee includes all materials and practice testing.**

OCTOBER 23rd, 2010 ACT EXAM Exam registration deadline: Sept 17, 2010 Section 1 (#7-298/Mondays)

September 13 - October 18, 2010 6-8p
Sept 13, 20, 27, October 4, 11, 18
Final review: Thursday, Oct 21 5-8p
Pre Test: Sat, Sept 11 9a-12

DECEMBER 11th, 2010 ACT EXAM Exam registration deadline: November 5, 2010 Section 2 (#7-299/Tuesdays)

October 19 - November 30, 2010 6-8p
Oct 19, 26, November 2, 9, 16, 30
Final review: Tuesday, December 7 5-8p
Pre Test: Sat, Oct 16 9a-12

February 12, 2011 ACT EXAM Exam registration deadline: January 7, 2011 Section 3 (#7-300/Mon/Thur)

January 10 - February 3, 2011 6-8p
Jan 10, 17, 24, 27, 31, Feb 3
Final review: Monday, Feb 7 5-8p
Pre Test: Sat, Jan 8 9a-12

April 9, 2011 ACT EXAM Exam registration deadline: March 4, 2011 Section 4 (#7-301/Tuesdays)

February 15 - March 29 6-8p
Feb 15, 22, Mar 1, 8, 15, 29
Final review: Tuesday, April 5 5-8p
Pre Tests: Sat, Feb 5 9a-12

June 11, 2011 ACT EXAM Exam registration deadline: May 6, 2011 Section 5 (#7-302/Mondays)

April 18 - May 23 6-8p
Apr 18, 25, May 2, 9, 16, 23
Final review: Monday, June 6 5-8p
Pre Tests: Sat, Apr 16 9a

language

Conversational Italian I (#7-300)

Tues, Oct 19, 26, Nov 2, 9, 16, 23.6:00-7:30
Westover Hills Presbyterian Church \$149

Our conversational Italian class is a "must" for anyone traveling to Italy! You'll learn basic Italian language skills, including pronunciation, simple present tense communication, and commonly used conversational phrases. And you'll learn a little about Italian culture and travel tips.

Conversational Spanish I (#7-305)

Thur, Jan 20, 27, Feb 3, 10, 17, 24
6:00-7:30p \$149

Chenal Valley Baptist Church 1900 Rahling Rd

Whether you need basic conversational skills or are looking to learn Spanish as a second language, you'll benefit from learning specific language functions of daily life. Learn the Spanish alphabet, pronunciation, greetings, and basic vocabulary. Great for travelers! Required text and CD set is about \$20.

computer instruction

YES! You can learn how to use a computer without a huge hassle...YES! you can quickly learn to use the programs on your computer to get things done more efficiently...YES! We offer small, hands-on classes for personalized instruction.

Experience the difference with our small group computer classes. Get the practical skills you need! Hands-on classes are taught by our helpful, patient, seasoned instructors.

Introduction to Computers (#8-340)

sec 1) Wed, Oct 66-8p
sec 2) Tue, Jan 11.....6-8p
(2 hrs \$59) For true beginners, this class starts at the very beginning. Learn to use the keyboard and mouse, the parts of your desktop, how to connect to the internet, and uses for various software programs.

Quickstart to Microsoft Windows (#8-345)

sec 1) Wed, Oct 13, 20, 276-8p
sec 2) Tue, Jan 18, 25, Feb 16-8p
(6 hrs \$139) By the end of this class you'll:
◆ Use shortcuts, Start menu, Taskbar, and Help
◆ Know the parts of a window
◆ Create, move, and delete files and folders so that you can organize your computer information for easy access. *Prerequisite: Intro to Computers or equivalent understanding.*

Quickstart to Microsoft Excel (#8-355)

sec 1) Mon, Oct 18, 25, Nov 16-8p
sec 2) Wed, Jan 19, 26, Feb 2.....6-8p
(6 hours \$139) By the end of this class you'll:
◆ Know the parts of a spreadsheet
◆ Insert data and perform simple calculations
◆ Produce a simple graph & spreadsheet
Prerequisite: Quickstart to Windows.

Introduction to Photoshop (#8-360)

sec 1) Thur, Oct 14, 21, 28, Nov 46-8p
sec 2) Mon, Jan 17, 24, 31, Feb 7.6-8p
(8 hrs \$159) Covers setting up the work area, working with selections, and layer basics. You'll learn how to navigate through the menus and tools; marquee, lasso, and the magic wands. *Prerequisite: Quickstart to Computers & Windows or equivalent.*

Motorcycle Safety:

Basic Rider Course (#5-545)

If you want to get on a bike and feel the wind in your hair, here's your chance! Find out what it's all about and if you are a good candidate BEFORE you purchase a lot of expensive equipment. The Basic Rider Course is aimed at beginning riders of all ages, and includes five hours of classroom instruction and ten hours of on-motorcycle instruction. You'll learn how to operate a motorcycle safely, with emphasis on the special skills and the mental attitude necessary for dealing with traffic. Many insurers give as much as a 20% discount to those who have attended a motorcycle safety class, and various dealers offer additional incentives as well!

Your RiderCoach is Lloyd Vanover, certified by the Motorcycle Safety Foundation. Class size is limited, register early! The course fee of \$200.00 includes motorcycles and helmets.

Call for Fall and Winter class details.

666.0759

www.extendedlearning.org

It's Facebook! (#7-320)

(sec 1) Thurs, Nov 11.....6:00-8:30p
(sec 2) Sat, Jan 22.....2:00-4:30p
Westover Hills Presbyterian Church \$44

Facebook is all about sharing...and if you're not on it, well you're just not sharing nice! You'll end up doing it eventually so just relax and take the plunge -- it's fun and an amazing world awaits you! You'll hear from people you have not thought of in 30 years! You'll find out amazing things about your kids and their friends! You'll be befriended by coworkers, coaches, neighbors, long lost relatives and elected officials - FB land is the place to be! We'll help get you going with Facebook and you'll learn about all kinds of social networking sites. Learn to create your profile, find and chat with friends, and share pictures and links. We'll also cover privacy, security, and what you can do to monitor your kids' facebook activities. Bring your laptop!

K-5 kids!

Kid's Art Camps in Cammack Village

Cammack Community Hall 2710 N. McKinley
\$159 for four days of fun, or \$49/day

These Art Camps for kindergartners through 5th graders are a tradition in Cammack Village! It's a great way to make your Christmas holiday, Spring Break or Summer vacation extra special, without even leaving town. Kids have a great time working with clay, fiber crafts, fusing glass, creating mosaics, painting and drawing, and more!

Holiday Art Camps!

(#7-300) Mon/Tu/Wed/Thur Dec 20, 21, 22, 23
section 1) morning session9a - noon
section 2) afternoon session1-4p

(#7-305)
Mon/Tu/Wed/Thur Dec 27, 28, 29, 309a-noon

Early Registration for Spring and Summer Camps!

Spring Break 2011 Art Camps!

(#7-306) Mon/Tu/Wed/Thur March 21, 22, 23, 24
section 1) morning session9a - noon
section 2) afternoon session1-4p

Summer 2011 Art Camps

June Camps!

(#7-307) Mon/Tu/Wed/Thur June 13, 14, 15, 16
section 1) morning session9a - noon
section 2) afternoon session1-4p

July Camps!

(#7-308) Mon/Tu/Wed/Thur July 18, 19, 20, 21
section 1) morning session9a - noon
section 2) afternoon session1-4p

A.E.L.C. Course Locations

Ageless Health & Fitness 12600 Cantrell Rd. 72223
All American Upholstery 6311 Old Highway 67 72023
Cammack Community Hall 2710 N. McKinley 72207
Chenal Valley Baptist Church 1900 Rahling Rd 72223
Clinton Library 1200 Clinton Ave 72201
Country Club of AR 3 Country Club Maumelle 72113
Edward's Food Giant 7507 Cantrell Rd 722207
Ozark Restaurant 202 Keightley Dr 72207
Physique Spa 300 River Market Ave Ste 103 72201
The Ozark Angler 13205 Chenal Parkway 72211
Regeneration Fitness 117 E. Broadway 72201
Westover Hills Presby Church 6400 Richard Hardie Dr 72207
Yoga Studio of Little Rock 910 W. 6th 72201

boot camps & fitness!

Ladies One-Month Boot Camps (#6-420)

Sept/Oct/Nov/Dec/Jan/Feb

Holly Roper Ageless Health & Fitness
12600 Cantrell Rd (WLR)

\$200 for a twelve-session boot camp

Open enrollment -- sign up any time!

sec 1) Mon/Wed/Fri 5:00-6:00a

sec 2) Mon/Wed/Fri 6:00-7:00a

Devote four weeks (twelve sessions) to a better, fitter you! Small group, hour-long training classes offer the benefits of guidance, motivation, and accountability associated with personal training, at an affordable price. Bootcamp passes are sold in four-week blocks, during the months of September through February (you can sign up any time during the month). Our west LR bootcamps are held for ladies only at Ageless Health and Fitness, and showers are available. Limited enrollment.



TPT Total Package Group Fitness Training (#6-425)

Sept/Oct/Nov/Dec/Jan/Feb

Mon/Tue/Wed/Thur (four days a week)

sec 1) 5:00a-6:00a sec 3) 5:30-6:30p

sec 2) 6:00a-7:00a sec 4) 6:30-7:30p

Open enrollment - sign up any time!

Classes meets at the Clinton Library

1200 President Clinton Ave (River Market area)

Wayne Bashay \$200

Guys and gals alike, get ready to buy yourself some new pants! This intensive, comprehensive fitness and weight loss program meets outdoors Monday through Thursday, and includes all the exercise, motivation, and accountability you need to get real results! You'll mix it up with running, calisthenics and body sculpting - it's challenging, it's fun, and it's upbeat! Each section meets four days a week for five weeks at the Clinton Library, or indoors at Physique Spa (River Market area) on bad weather days. Sign up at any time during the month - get started now!

Riverside Boot Camp! (#6-430)

NLR - ARGENTA area (just over bridge)

Tues & Thurs.....5:30-6:30p (twice a week)

sec 1) Sept 21 - Oct 21

sec 2) Jan 11 - Feb 10

\$150 for a ten-session boot camp

Regeneration Fitness 117 E. Broadway

If you are serious about getting in shape, this fun and challenging outdoor workout is the ticket. The twice-a-week boot camp is super convenient for the downtown crowd on both sides of the river. There's nothing wimpy about this workout - running, calisthenics, and jumping rope will kick your fitness program into high gear! Get the benefits of personal training at a fraction of the cost in this group training setting. Meets at the Pedestrian Bridge at Riverfront Park at Poplar and Riverfront Drive. Moves indoors during bad/cold weather.

yoga

Yogalates (#6-435)

Sept/Oct/Nov/Dec/Jan/Feb

Evenings: Mon & Wed.....6:00-7:150p

Saturdays.....10:30-11:45a

Open enrollment: Attend once a week for six weeks

for \$89, or twice a week for six weeks for \$169

Regeneration Fitness 117 E. Broadway Dr. Kathleen Rea

Combine yoga and pilates, and you've got an effective, efficient, whole-body workout that everyone is talking about! The movement and exercise combinations in Yogalates are designed to maximize strength, muscle tone, and flexibility while improving your posture and conditioning. Mats and props provided.

Beginning Hatha Yoga (#6-440)

sec 1) Mon, Oct 4, 11, 18, 25, Nov 1, 8

sec 2) Mon, Jan 17, 24, 31, Feb 7, 14

Yoga Studio of LR 5:30 - 7:00p

910 W. 6th Street (Downtown) Pam Peters \$89

Hatha style yoga, with an emphasis on form, alignment, and the use of props to enable the beginning student to bring balance and harmony to the mind and body.

Yoga For Lunch! (#6-445)

Sept/Oct/Nov/Dec/Jan/Feb

Mon & Wed 12:00-12:50p

Open enrollment; sign up for six sessions for \$79

Regeneration Fitness 117 E Broadway Dr. Kathleen Rea

Be warned, this is addictive! And it might become one of your favorite parts of the day! You'll ease mid-day stress, improve posture, relax, and refresh and stretch it out with this light lyengar-style yoga class.

Cardiokickboxing (#6-450)

Sept/Oct/Nov/Dec/Jan

Ageless Health & Fitness

12600 Cantrell Road Holly Roper

Mon 5:30p Tues 6:00a Wed 6:00a & 5:30p

Thur 6:00a (weekdays 45 min) Sat 8:30a (Sat 60 min)

Open enrollment: attend 6 class sessions for \$60.

Aerobic exercise combined with martial arts techniques equates to one great workout that your waist, hips and thighs won't forget! Designed for women of all ages and all fitness levels. Kick to oldies and current music by all the top artists - country, hip hop, pop, and even disco!

dance

Let's Zumba!

It's the "feel-happy" workout that lets you dance your worries away! With the fusion of Latin and International music and exciting, upbeat movements, no wonder it's all the rage. The mixture of body sculpting movements and easy-to-follow dance steps is a dynamic, fun, and exciting way to exercise. Great for all ages and fitness levels. Heights and River Market locations.

Zumba - Heights (#6-455)

Esperanza Massana Wednesday evenings 6:30-7:30p

Cammack Hall 2710 N. McKinley (Heights) \$119

sec 1) Wed, Sept 29, Oct 6, 13, 20, 27, Nov 3, 10, 17

sec 2) Wed, Jan 12, 19, 26, Feb 2, 9, 16, 23, Mar 2

Let's Zumba - River Market (#6-456)

Evening classes5:30-6:30p

Saturday morning classes8:00-9:00a

Maranda Davis, Physique Spa \$119

300 Commerce Street (River Market area)

Sign up to attend Tuesday, Thursday, or Saturday classes. Each section consists of eight classes for \$119.

(#6-456) FALL CLASSES

sec 1) Sat, Sept 25, Oct 2, 9, 16, 23, 30, Nov 6, 13

sec 2) Tues, Sept 28, Oct 5, 12, 19, 26, Nov 2, 9, 16

sec 3) Thurs, Sept 30, Oct 7, 14, 21, 28, Nov 4, 11, 18

(#6-457) WINTER CLASSES

sec 1) Tues, Jan 11, 18, 25, Feb 1, 8, 15, 22, Mar 1

sec 2) Thurs, Jan 13, 20, 27, Feb 3, 10, 17, 24, Mar 3

sec 3) Sat, Jan 15, 22, 29, Feb 5, 12, 19, 26, Mar 5

New! Belly Dancing! (#6-460)

sec 1) Wed, Oct 6, 13, 20, 27, Nov 3, 10

sec 2) Sat, Oct 9, 16, 23, 30, Nov 6, 13

sec 3) Wed, Jan 19, 26, Feb 2, 9, 16, 23

5:30-6:30p .Cammack Hall 2716 N. McKinley \$99

It's mysterious. It's fun. And it's a great workout.... come see why belly dancing has skyrocketed in popularity! You'll learn basic moves, arm, foot, and legwork, hip movements, and using props in your dancing. A fantastic, enjoyable workout for all ages, shapes and sizes!

New! Scottish Country Dance (#6-465)

sec 1) Mon, Sept 13 - Nov 29

sec 2) Mon, Jan 10 - Mar 28

7-8p Park Hill Presbyterian Church, NLR \$60

Scot or not, join the 25,000 members of the Royal Scottish

Dance Society who love "the ballroom dance of Scotland."

You'll learn strains of reels, jigs, and strathspeys played

on the fiddle, accordion, flute, piano, drums, and even

bagpipes in this fusion of the traditional and modern.

Have a great time as you learn the basic footwork and

formations in this twelve-session course.

New! Massage Techniques

(#6-466) Tues, Oct 26, Nov 2, 9, 166:00-7:30p

Regeneration Fitness 117 E. Broadway \$189/pair

You'll learn basic massage techniques for the ultimate in relaxation ... sign up with a friend or partner and together, learn to ease tension, soothe sore muscles, and make each other melt like warm butter after a long, stress filled day! Participants bring towels, blankets, and massage gel. Class size is limited, register early!

sew knit crochet

Beginning Sewing (#2-145)

sec 1) Tue, Oct 5, 12, 196:00-8:30p

sec 2) Thur, Jan 20, 27, Feb 36:00-8:30p

J. Zig Hill Westover Hills \$99

If your sewing machine is sitting in the corner, time to dust it off and put it to work! We'll start with the basics of sewing, and you'll leave the class with a pair of pajama pants that you made yourself. Learn how to thread and care for your machine, how to read, measure and adjust a pattern for fit, layout and cutting techniques, and garment construction. Bring your sewing machine to class.

Intermediate Sewing (#2-150)

sec 1) Tue, Nov 2, 9, 166:00-8:30p

sec 2) Thur, Feb 17, 24, Mar 36:00-8:30p

J. Zig Hill Westover Hills \$99

For our continuing students, or those with equivalent experience. You'll focus on intermediate garment construction, including more advanced measuring and fitting techniques for your class project. Covers how to use different attachments for your sewing machine, and how to make buttonholes. Three sessions. Bring your sewing machine to class.

Beginning Knitting (#2-155)

sec 1) Mon, Oct 11, 18, 256:00-7:30p

sec 2) Mon, Jan 17, 24, 316:00-7:30p

Knitting isn't just for your grandma anymore, it's a wonderful hobby to explore with friends on your own! Learn to cast on stitches, the purl stitch, how to bind off, and then put it all together. Choose from today's delightful, colorful yarns and make a high fashion scarf at a mere fraction of the cost. Supplies, about \$20.

Beginning Crochet (#2-160)

Tues, Feb 1, 8, 156:00-7:30p

Tish McAllister Westover Hills \$79

Today's crochet is showing up on runways in haute couture and funky urban wear. Learn the basic crochet stitches, and create your own unique fashions! We'll begin with a simple purse or pillow, then work on a project of your choice - a poncho, hat, stole, or blanket. A choice of materials will be provided. Supplies about \$10-\$20 for your first project.

A.E.L.C

Arkansas Extended Learning Center
P.O. Box 7507
Little Rock, AR 72217-7507

easy online or telephone
registration

666.0759

www.extendedlearning.org

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2010-2011

FALL & WINTER

Schedule of Classes



*New this Fall...
Italian Coastal Cooking
Beginning Belly Dancing
Outdoor Painting Workshop
Portrait Photography
Butterfly Seminar!*

Register by September 18th and save 15%!
Not applicable to course fees with multiple discounts.

HOW TO REGISTER FOR CLASSES: Regular registration begins in September and runs throughout the semester ... register early and save! We aim to please, but classes are filled on a first-come, first-served basis, so register early to ensure your seat! Phone lines are very busy during registration; please leave a message and we will call you back promptly. Better yet, register online at www.extendedlearning.org for quick, easy enrollment. We appreciate your patience!

Important! Where multiple sections of courses are listed, this refers to the same class, offered at different times. Choose the section that works best with your schedule.

COURSE PAYMENT: A processing fee of \$5 is assessed each time you register for a class -- so if you are taking more than one class, register and pay for them at the same time and save. Course payments may be made by check, money order, or credit card (Visa and MasterCard accepted). Payment must be made before your space is guaranteed in a class. Unless otherwise notes, materials fees, where applicable, are paid to the instructor, or supplies are purchased by the student.

CANCELLATIONS, TRANSFERS & REFUNDS: Once you register and pay for a class the following policies apply. To qualify for a 50% refund of your course fee, or to transfer to a different class, please notify our office at least five working days prior to the first class meeting (a \$15 transfer fee will be assessed). Refunds for student cancellations will be processed only under these circumstances. In the event that A.E.L.C. cancels a class, you will receive a full refund of your fees. Substitutions are permitted; please notify us in advance.

REGISTRATION CONFIRMATIONS: Confirmation notices are emailed to paid participants approximately one week prior to the first class meeting, and include detailed directions to the facility in which your class is held. If you do not receive your confirmation notice as such, assume your class will be held and contact our office to make sure your registration was properly processed. Please phone or email us at any time if you have questions about the status of your registration or our administrative policies. We are here to help!

CLASS LOCATIONS AND PARKING: All locations and classroom assignments that are not listed in this schedule will be included in your confirmation notice. The Arkansas Extended Learning Center reserves the right to reschedule, combine, cancel, or relocate any class based on minimum enrollment requirements and available facilities.

Course Registration Form

*please complete a separate form for each registration
(to be added or removed from the list, please fill out and return)*

Course Title: _____ Course/Sec#: _____

Name: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Work Phone: _____

Fax # _____ E-Mail: _____

Method of Payment: Check Visa MasterCard

Course Fee: \$ _____ (plus \$5 processing fee) Total Amt \$ _____

Credit Card# _____ Exp.Date _____

Signature: _____ 3-digit code _____

Complete and mail to:
Arkansas Extended Learning Center
P.O.Box 7507 Little Rock, AR 72217-7507

*We'll be glad to send a class schedule to your friends...just
send or email us address information.*

Call us and we will deliver schedules to your business!