

2011-12

## FALL &amp; WINTER

## garden

## design

## Schedule of Classes

## home

**Landscape Design 101 (#1-100)**

sec 1) Wed, Oct 12, 19, 26, Nov 2 .....6:00-8:00p  
 sec 2) Wed, Feb 22, 29, Mar 7 14 .....6:00-8:00p  
 plus a field trip TBA \$149 Cammack Hall  
 Christy Marvel, ASLA *Marvelous Landscapes*

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.

Take one gardening seminar for \$34,  
 two for \$49, or the series for \$99!

Mary Evans, Garden Makeovers  
 Tues and Thurs, 6:30-8:30 p.m.

**Getting Started in Your Garden (#1-101)**

Creating your "outdoor home" involves many considerations ...get that all-important "check list" together before you begin! Integrate your dreams, needs, and budget into a practical, do-able garden design. Oct 4.

**Autumn Color Explosion! (#1-102)**

If you think mums are the only thing for Fall, better think again! Make the most of your autumn displays! Mix it up with colorful annuals, perennials, shrubs, trees, ornamental grasses, and color! Oct 18

**Preparing Your Garden for Spring (#1-103)**

Now is the best time to clean up your garden and address damage done by the brutal summer heat. Get your chores done in the cooler months and be ready to plant when spring comes around! Includes pruning schedules. Oct 27

**Spring Bulb Extravaganza (#1-104)**

Bulbs are the harbingers of Spring, but you have to plant in the Fall for dramatic results - and nothing is easier to grow! Explore design techniques, locations, types, planting methods, sources, and culture. Includes indoor bulbs. Nov 1

**Floral Design I (#1-110)**

sec 1) Tues, Oct 11, 18, 25, Nov 1 .....6:00-8:00p  
 sec 2) Tues, Jan 17, 24, 31, Feb 7 .....6:00-8:00p  
 Donnie Moore, *About Vase Florist*  
 3400 Old Cantrell Road \$129

If you are interested in the world of floral design . . . this is where it all starts! And, it's hands-down the best floral class we've ever offered.. you won't believe what you take home each week! Get an introduction to the tools, materials, and tricks of the florist trade, and learn basic design techniques using fresh flowers, with an emphasis on holiday designs. Explore your own creativity and style! \$99 materials fee. No prerequisite.

**Interior Design I:****Principles of Design (#1-115)**

sec 1) Thur, Oct 13, 20, 27, Nov 3, 10 ...6:00-8:00p  
 sec 2) Mon, Jan 16, 23, 30, Feb 6, 13 .....6:00-8:00p  
 Anne Winans \$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 \$45.

**Holiday Decorating Workshop (#1-120)**

Mary Evans, *Garden Makeovers*

Cammack Community Hall \$99

Mon, Dec 5 & 12 .....6:00 - 8:00p

It's an annual holiday tradition . . . get in the spirit this year and bring in the magic of the season! You'll learn to make those gorgeous bows and other tricks the florists know. And you'll make and take home a gorgeous wreath and a fresh centerpiece that will last through Christmas! Space is limited, sign up early! \$45 materials fee.

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

sec 1) Sat, Oct 29 .....9:00a-3:00p \$129  
 sec 2) Sat, Jan 21 .....9:00a-3:00p

Gary Aldrich *Cammack Hall 2710 N. McKinley*

This class will quickly pay for itself many times over! It's a must for anyone who is tired of being helpless - and hapless - around the house; we see lots of guys and gals alike 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. Includes tips for keeping your home in good shape. Includes lunch..

**Upholstery Workshop (#1-130)**

Virginia Taylor, *All American Upholstery*

6311 Old Highway 67 Cabot \$169

sec 1) Sat, Nov 5 & 12 .....9:00a-5:00p

sec 2) Sat, Jan 28 & Feb 4 .....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.

**draw &  
paint!****Beginning Drawing Workshop (#5-170)**

sec 1) Mon, Oct 3, 10, 17 .....6:00-8:00p

sec 2) Mon, Jan 9, 16, 23 .....6:00-8:00p

Nathaniel Dailey \$69 *Cammack Hall*

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

**Beginning Oil Painting (#5-175)**

sec 1) Tue, Oct 18, 25, Nov 1, 8, 15 .....6:00-8:00p

sec 2) Mon, Jan 30, Feb 6, 13, 20, 27...6:00-8:00p

Nathaniel Dailey \$149

An introduction to oil painting covering composition and form, color theory, and illusion of depth and surface quality with demonstrations of various painting styles and techniques. Work at your own pace in a comfortable, casual environment. Experienced students welcome. Supplies about \$50.

**Beginning Watercolor (#5-180)**

sec 1) Thur, Oct 20, 27, Nov 3, 10, 17...6:00-8:00p

sec 2) Tues, Jan 31, Feb 7, 14, 21, 28..6:00-8:00p

Nathaniel Dailey \$149

This incredibly relaxing and satisfying class is great for beginning and returning students alike. Each class consists of demonstrations, exercises, and personalized instruction that makes sharing the joy of watercolor fun and easy! Supplies about \$45..

**AR Concealed Carry**

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 comprehensive, intensive course covers Handgun Knowledge, Safety Rules, Basic Fundamentals, Ammunition, Correct Grip, Stance, Sight Alignment, and much more. You will 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.

Concealed carry 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).

The cost is \$125 and includes refreshments, or \$225/pair for those who register and pay together. Choose from a 1-day intensive class or the weekend option: 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. (Course #6-655).

sec 1) Fri/Sat Oct 27 - 28

sec 2) 1-day class! Wed, Nov 30

sec 3) Fri/Sat Jan 20 - 21

sec 4) 1-day class! Wed, Feb 22

# cooking classes

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 vary depending on the availability of the freshest ingredients. Bring a bottle of wine to enjoy in class if you wish!

**A.E.L.C. cooking classes are taught by local chefs, restaurateurs -- and great guest cooks!**

*Cooking classes are held at  
The Anthony School 7700 Ohio Street*

**Register with a friend and save! See special discounts for pairs!**

**Individual registrations: Sign up for any three classes for just \$139!**

## Knife Skills:

### Chop Like the Pros! (#3-150)

- sec 1) Mon, Oct 10 .....6:00-8:00p
- sec 2) Sun, Nov 20 .....4:00-6:00p
- sec 3) Wed, Jan 25 .....6:00-8:00p \$49

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. \$79/pair.

### Seafood & Fish Cookery (#3-151)

- sec 1) Mon, Oct 17 .....6:30-8:30p
- sec 2) Mon, Jan 30 .....6:30-8:30p \$54

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 salmon, \$89/pair.

### Grilling Workshop (#3-152) FRIDAY!

- Sun, Oct 30.....4:00-6:00p \$54

Learn techniques for indoor and outdoor grilling for meats, fish, fruits and vegetables. Just about everything tastes better on the grill! \$89/pair.

### New! Wild Game Cookery (#3-153)

- Mon, Nov 7.....6:30-8:30p \$54

Whether you are the hunter, the one who prepares the spoils, or both -- learn the secrets of preparing, seasoning, and cooking different types of wild game. We'll focus on duck, wild boar, and venison. \$89/pair.

### An Evening of Italian (#3-154) FRIDAY!

- Fri, Nov 11.....7:00-9:00p \$54

It's an Italian Trilogy -- of sauces that is! Bolognese, Alfredo and Carbonara, paired with some of your favorite pastas. You'll probably want to bring along a bottle of wine for this one...Ciao Bella! \$89/pair.

### Pasta Workshop (#3-155)

- (sec 1) Sun, Nov 13 ..... 4:00-6:00p \$49
- (sec 2) Wed, Feb 1.....6:00-8:00p

Making your own pasta is easy and it's cheap! With just a couple of staples and simple techniques, you'll wow your family and dinner guests. We'll prepare fresh pasta dough and turn out ravioli, tortellini, and other favorites. \$79/pair.

*If you love to cook and eat, you need to check out our cooking classes! It's a great idea for a date, or a fun and relaxing way to spend time with your friends and family. Or just come solo and enjoy hanging out with other food and wine lovers!*

### A Night at the Tapas Bar (#3-156)

- Mon, Nov 14.....6:30-8:30p \$54

Spain is famous for these delightful, smallish plates of colorful, flavorful food. It's a lively way to entertain any time of the year. Flank Steak Skewers in Chimichuri, Mini Crab Cakes, Mushrooms in Chipotle Butter. \$89/pair.

### New! Pie Workshop (#3-157)

- Wed, Nov 16 .....6:30-8:30p \$49

Yep, you can be the one known for the great pies! Sweet or savory, it all begins with the crust. We'll learn the secret to making tender, flaky crusts, and fill them with all kinds of goodness! Just in time for the holiday \$79/pair.

### Indian Cooking (#3-158) FRIDAY!

- sec 1) Mon, Oct 3 .....6:30-8:30p
- sec 2) Fri, Nov 4 .....7:00-9:00p
- sec 3) Fri, Jan 20 .....7:00-9:00p \$54

You don't have to go out for Indian anymore - uncover the secrets of these vibrant, complex flavors. We'll prepare Saag, Spicy Vegetable Curry, Lentil soup, Chicken Biryani, and more! \$89/pair.

### Sushi Workshop (#3-159)

- sec 1) Sun, Nov 6.....4:00-6:00p
- sec 1) Mon, Jan 23 .....6:30-8:30p \$69

Sushi is all the rage and it's no wonder; it's fresh, it's healthy, it's light, and it's over the top delicious! Sushi parties are the coolest and yes, you can host one! Learn how to prepare sushi rice and how to select and prep ingredients. Hands-on. Limited enrollment. \$129/pair

### Holiday Cocktail Party! (#3-160)

- Mon, Dec 5.....6:30-8:30p \$54

Just say no to the cocktail franks this year...it's easy to spoil your guests with a buffet of delights! Curry Mussels, Crab-Stuffed Mushrooms, Cannellini Bean Hummus with Roasted Garlic Pita, Red Pepper, and Spiced Apple Martinis. You'll be a hit! \$89/pair.

### Hearty Soups & Bisques (#3-161)

- Mon, Jan 16.....6:30-8:30p \$49

There's nothing like a steaming pot of something hot and wonderful to brighten up any day! We'll prepare a classic Winter Minestrone, Carrot and Ginger Bisque, Tuscan White Bean Soup and more. \$79/pair.

### A Night Out in Paris (#3-162)

- Mon, Feb 6.....6:30-8:30p \$54

Tavel to the ultimate European food city to discover new twists on French classics, plus simple bistro food we all adore! \$89/pair.

### New Orleans Feast! (#3-163) FRIDAY!

- Fri, Feb 17.....7:00-9:00p \$54

Take a trip to the Big Easy without ever leaving town! We'll make authentic Cajun favorites: Chicken and Andouille Gumbo, Cajun Barbeque Shrimp, Sweet Potato Biscuits with Remoulade Sauce, and Bourbon Bread Pudding. \$89/pair.

# photography

## Intro to Digital Photography (#5-170)

- sec 1) Thur, Oct 20, 27, Nov 3, 10.....6:00-8:00p
- sec 2) Tue, Jan 17, 24, 31, Feb 7.....6:00-8:00p

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.

## Portrait Photography Workshop (#5-175)

- Sec 1) Sat, Nov 12..... 12:00-4:00p

- Sec 2) Sat, Feb 18.....12:00-4:00p

*William Feingold Camack Community Hall \$79*  
Designed for experienced students who already know how to use the various functions of their camera. This workshop is devoted solely to portrait photography; covers background, lighting, posing, and using digital enhancements to give your portraits that professional quality.

## Introduction to Photoshop (#5-180)

- sec 1) Tues, Oct 18, 25, Nov 1, 8 .....6-8p

- sec 2) Thur, Jan 19, 26, Feb 2, 9 .....6-8p

*Sam Giannavola*  
(8 hrs \$169) 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. Hands-on computer class.

## New! Photoshop Magic! (#5-185)

- sec 1) Mon, Nov 7 & 14.....6-7:30p

- sec 2) Thur, Feb 16 & 23.....6-7:30p

*Sam Giannavola \$49*  
See the wonders of Photoshop in action -- all kinds of cool things can happen to your photos! Learn the tricks for retouching photographs using this powerful tool. This is a demonstration only class; see Introduction to Photoshop for a hands-on computer training class.

# sewing

## Beginning Sewing (#6-205)

- sec 1) Thur, Oct 6, 13, 20.....6:00-8:30p

- sec 2) Tues, Jan 19, 26, Feb 2.....6:00-8:30p J.

*J. Zig Hill \$109*  
We'll start with the basics of sewing, and you'll leave with a pair of pajama pants that you made all by 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. Three sessions

## Intermediate Sewing (#6-210)

- Thur, Feb 9, 16, 23 .....6:00-8:30p

*J. Zig Hill \$109*  
For our continuing students, or those with some sewing 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.

# fly fishing

## Intro to Fly Fishing (#6-215)

- Thur, Oct 13, 20, 27, Nov 3 .....6:00-8:00p

- Tom Hawthorne The Ozark Angler*

- 13205 Chenal Parkway \$149*

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!

*easy online or telephone registration*

[www.extendedlearning.org](http://www.extendedlearning.org)

# wine appreciation

## The Essential Wine Series (#4-160)

- sec 1) Fri, Nov 4, 11, 18, Dec 2... 7:00-8:30 p.m.

- sec 2) Fri, Jan 27, Feb 3, 10, 17...7:00-8:30 p.m.

*\$119 per person, or \$209/pair*

Great for date night or just a fun night out! And it's way more than just tasting; it's all about wine education and appreciation. If you want to learn to recognize, purchase, discuss and really enjoy wines, here's your chance. 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 night we'll taste and compare wines from around the world, including the U.S., Germany, Italy, France, and other popular wine growing regions. \$40 materials fee.

*Wine classes taught by Dr. Martin Zoldessy*

## Wine and Cheese Trip

### Around the World! (#4-165)

- sec 1) Fri, Oct 28 .....7:00-8:30p

- sec 2) Fri, Jan 20 .....7:00-8:30p

*\$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! \$10 materials fee.

# exam prep

## 2011-12 ACT 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 the prep class in your sophomore or junior year, and take the actual ACT exam several times, to attain your highest score. You can repeat any or all of the prep class, any time it is offered for a \$25 re-enrollment fee. With your commitment and our resources, we can help boost your scores! \$475 for a single registration; \$450 each for two registering together; or \$425 each for three or more registering together. Includes course materials and practice tests. Classes are held at the Cammack Community Hall, 2710 N. McKinley.

### OCTOBER 22, 2011 ACT EXAM

Exam registration deadline: September 16, 2011  
Section 1 (#7-401/Thursdays)  
Practice Test: Saturday, Sept 10 9a-noon  
Thur, Sept 15, 22, 29, Oct 6, 13, 20.....6-8p  
Relax and Review: Friday, October 21.....6-8

### DECEMBER 10, 2011 ACT EXAM

Exam registration deadline: November 4, 2011  
Section 2 (#7-402/Thursdays)  
Practice Test: Saturday, Oct 15 9a-noon  
Thur, Oct 20, 27, Nov 3, 10, 17, Dec 1.....6-8p  
Relax and Review: Friday, December 9.....6-8

### FEBRUARY 11, 2012 ACT EXAM

Exam registration deadline: January 13, 2012  
Section 3 (#7-403/Mon/Thur0  
Practice Test: Saturday, Dec 3 9a-noon  
Mon/Thur, Jan 9, 12, 19, 26, Feb 2, 9.....6-8p  
Relax and Review: Friday, Feb 10.....6-8

### APRIL 14, 2012 ACT EXAM

Exam registration deadline: March 9, 2012  
Section 4 (#7-404/Mon)  
Practice Test: Saturday, April 7 9a-noon  
Thur, Feb 23, Mar 1, 8, 15, 29, April 5 ...6-8p  
Relax and Review: Friday, April 13.....6-8

### JUNE 9, 2012 ACT EXAM

Exam registration deadline: May 4, 2012  
Section 5 (#7-405/Mon/Thur0  
Practice Test: Saturday, April 21 9a-noon  
Thur, Apr 26, May 3, 10, 17, 24, 31.....6-8p  
Relax and Review: Friday, June 8.....6-8p

# SAT exam prep

Classes coming Spring, 2012! Call for details.

# language

## Conversational Italian I (#7-220)

Tues, Jan 17, 24, 31, Feb 7, 14, 21...6-7:30 \$149  
Some call it our "Survival Italian" class - a "must" for anyone traveling to Italy this Spring! Or for anyone who wants to learn basic 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 along the way too.

## Conversational Spanish I (#7-225)

Tues, Jan 17, 24, 31, Feb 7, 14, 21...6-7:30p \$149  
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, approximately \$20.

# fitness & dance

## Beginning Belly Dancing (#7-235)

sec 1) Thurs, Oct 13, 20, 27, Nov 3, 10, 17 .....6:30-7:30p  
sec 2) Thurs, Jan 19, 26, Feb 2, 9, 16, 23..... 6:30-7:30p  
Raye Ageless Health & Fitness 12600 Cantrell \$109  
It's mysterious. It's exotic. It's fun. And it's a fantastic workout... come see why belly dancing has skyrocketed in popularity! You'll learn basic moves, arm, foot, and legwork, and hip movements. A fantastic, enjoyable workout for all ages, shapes and sizes!

## Intro to Ballroom Dance (#7-240)

sec 1) Wed, Oct 12, 19, 26, Nov 2, 9.....6:30-8:00p  
sec 2) Wed, Jan 11, 18, 25, Feb 1, 8.....6:30-8:00p  
Lisa Kirkpatrick Ageless Health & Fitness \$99  
"Dancing with the Stars" has given n the young and the young-at-heart a serious case of "Dance Fever!" Put on your dancin' shoes and get an introduction to the Waltz, Foxtrot, Tango, and Rumba. Learn ballroom dance rules and basic patterns for each dance. No experience or partner needed. Attend with a friend for \$169/pair.

## Nightclub and Latin Dance (#7-245)

Wed, Feb 15, 22, 29, Mar 7, 14.....6:30-8:00p  
Lisa Kirkpatrick Ageless Health & Fitness \$99  
Everyone is doing it, and you can too...get in on the hottest dance moves around! Learn the Eastern Swing, Hustle, the Foxy (Nightclub Slow Dance), and the Salsa! No experience or partner needed. \$169/pair.

## Let's Zumba! (#7-250)

Oct/Nov/Dec/Jan/Feb  
Mon & Wed .....5:30-6:30p  
Open enrollment: Attend once a week for eight weeks or twice a week for four weeks for \$119.  
Physique Spa 300 Commerce St. (River Market)  
It's the "feel happy" workout that lets you dance your worries away! The fusion of Latin and International music and exciting, upbeat movements are all the rage! Body sculpting and easy to follow dance steps make this a dynamic, fun, and highly effective way to exercise!

## Yogalates (#7-255)

Oct/Nov/Dec/Jan/Feb  
Evenings: Mon & Wed.....6:00-7:15p  
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 NLR  
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.

## Ladies One-Month Boot Camps (#7-260)

Oct/Nov/Dec/Jan/Feb  
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 Holy Roper  
sec 2) Mon/Wed/Fri 6:00-7:00a Holly Roper  
sec 3) Mon/Wed/Fri 12:00-1:00p Tara Rollins  
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 a fraction of the cost. Bootcamp passes are sold in four-week blocks, and you can sign up any time during the month. Our west LR bootcamps are for ladies only at Ageless Health and Fitness, and showers are available. Limited enrollment.

## River Market Boot Camp Group Fitness Training (#7-265) Oct/Nov/Dec/Jan/Feb OUTDOORS!

Mon/Tue/Wed/Thur (four days a week)  
sec 1) 5:00a-6:00a sec 4) 5:30-6:30p  
sec 2) 6:00a-7:00a sec 5) 6:30-7:30p  
sec 3) 7:30a-8:30a  
Open enrollment - sign up any time!  
Classes meets at the Clinton Library  
1200 President Clinton Ave (River Market area)  
Wayne Bashay \$200 for a five week session  
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, movitation, 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!

## Cardiokickboxing (#7-270)

Oct/Nov/Dec/Jan/Feb  
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 for your waist, hips and thighs! 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!

# golf clinics

Small group clinics with PGA Pro Ann Baker.

Classes are held at the Country Club of Arkansas  
3 Country Club Rd. Maumelle  
Includes balls and range fees.

## Beginning Golf Classes (#8-550)

Covers basic golf concepts, including grip, stance, swing fundamentals, putting, chipping, and fairway, woods and course management. Four sessions. \$169  
sec 1) Tue, Oct 11, 18, 25, Nov 1.....5:30-6:45p  
sec 2) Sat, Nov 12, 19, 26, Dec 3 .....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, \$169.  
sec 1) Thur, Oct 13, 20, 27, Nov 3 .....5:30-6:45p  
sec 2) Sat, Nov 12, 19, 26, Dec 3 .....2:30-3:45p

# kid fun!

## K-5 Art Exploration Camps!

Cammack Community Hall 2710 N. McKinley  
\$169 for four days of fun, or \$49/day  
Sharon Boyd-Struthers and friends

Our annual Art Camps for kindergartners through 5th graders have become a full blown tradition in Cammack Village! It's a great way to make your Christmas or Spring Break 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! Their treasures make wonderful holiday gifts - but you won't want to give them away!

## Holiday 2011 K-5 Art Camps!

(#8-275) Mon/Tu/Wed/Thur Dec 19, 20, 21, 22  
sec 1) 9a-noon or sec 2) 1:00-4:00p

## Spring 2012 K-5 Art Camps!

(#8-276) Mon/Tu/Wed/Thur Mar 19, 20, 21, 22  
sec 1) 9a-noon or sec 2) 1:00-4:00p

# 666.0759

# 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](http://www.extendedlearning.org)

PRSR STD  
US POSTAGE

PAID

N LITTLE ROCK, AR  
Permit #641

## 2011-12

# FALL & WINTER

## Schedule of Classes

### A.E.L.C. Course Locations

About Vase Florist 3400 Old Cantrell Rd 722207  
Ageless Health & Fitness 12600 Cantrell Rd. 72223  
All American Upholstery 6311 Old Highway 67 72023  
The Anthony School 7700 Ohio Street 72227  
Cammack Community Hall 2710 N. McKinley 72207  
Clinton Library 1200 Clinton Ave 72201  
Country Club of AR 3 Country Club Maumelle 72113  
The Ozark Angler 13205 Chenal Parkway 72211  
Physique Spa 300 River Market Ave Ste 103 72201  
Raspberries Salon 3000 Kavanaugh LR 72205  
Regeneration Fitness 117 E. Broadway 72201  
St. Margarite's Episcopal 28215 Chenal Valley Dr 72223  
Trinity United Methodist Church Mississippi &  
Evergreen Streets (Mid-Town) 72207

**HOW TO REGISTER FOR CLASSES:** Registration begins in September and runs throughout the semester. We aim to please, but classes are filled on a first-come, first-served basis. Phone lines are busy; please leave a message and we will call you back promptly. Better yet, register online at [www.extendedlearning.org](http://www.extendedlearning.org) for quick, easy enrollment. Please register early to avoid disappointment.

**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 noted, materials fees, where applicable, are paid to the instructor, or supplies are purchased by the student.

**REGISTER BY MAIL:** Include your name, address, phone number, email address, and the course(s) and section number(s) you are registering for. Mail payments to: AR Extended Learning, P.O. Box 7507, Little Rock, AR 72217-7507. If you mail in a credit card payment, please include your credit card number, expiration date, billing address, and 3-digit code.

**CANCELLATIONS, TRANSFERS & REFUNDS:** Once you register and pay for a class, that space is officially yours. 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). Should A.E.L.C. cancel 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, 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. 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.

*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.*

## New! HairStyle 101: Hair Boot Camp!

### Raspberries Salon

3000 Kavanaugh Little Rock

**Mondays, October 10, 17, & 24 .....6:30-8:30 p.m.**

**Take one session for \$49, two sessions for \$89, or all three nights for \$119! Alana Tyson**

Lets face it - if you hair isn't right, it's just about impossible to feel good about the rest of you, no matter how fabulous it is! YES you can learn to style your own hair like the pros, with a few tips and tricks under your belt! These three sessions are devoted exclusively to hair (ok, there's a little holiday makeup glitz thrown in), to put you on the fast track to great Fall looks that you can do yourself! Alana Tyson and her colleagues at Raspberries Salon in Hillcrest will break it down for us in three separate classes: attend one, two, or all three sessions. Pencil in these three Monday nights in October for our hair "boot camp" and enjoy refreshments, drawings, and plenty of camaraderie as the pros share their secrets for fabulous hair. If you've ever gone to a salon for a style before a big meeting or special occasion, then you know - this class pays for itself!

#### The Great Blow Out Oct 10

It all starts with the blow out . . . learn how to give yourself a professional blow out, and how to select and use products that deliver the results you want. Yes, the right products really do make all the difference in achieving the looks you want.

#### Fall & Holiday Style Oct 17

Long or short, curly or straight, you'll learn easy, updated Fall styles for everyday and holiday looks that you can do yourself! Learn what flatters various face shapes and coloring, and get ideas to dress up your hair for every holiday gathering this season. You'll get the scoop on great looks to go with the latest fall fashions.....

#### Chemical Treatments and Holiday Glamour Oct 24

We'll get down to the nuts and bolts . . . color, types of color treatments, highlights, low lights, keratin treatments. You'll learn about the latest and greatest chemical treatments available today, what's right for your type of hair, and how to correct damage. Bring your questions and learn how to communicate effectively with your stylist. Plus, learn how to turn your daytime look into nighttime holiday glamour quickly and easily!