

LIFESTYLE & LEISURE

FITNESS AND WELLNESS

NEW STRENGTH & CONDITIONING

You walk into the gym but aren't sure where to begin. Sound familiar? This class is for you. Taught by an experienced personal fitness trainer, you will learn the basics and benefits of full body strength training in an actual gym environment. In addition to improved cardiovascular function, mobility, improved strength and weight loss you will gain the knowledge and confidence necessary to create your own program focused on your needs in any gym or fitness environment. End "gymtimidation" and spring into strength. **Course fee is \$80.**

Course/Section	Days	Dates	Sessions	Time	Location/Room	Instructor:
CES 229 9A	M/W	4/24-5/17/17	8	10 – 11:15 am	HPAC/ Fitness Center	Fred Bailor

BALLROOM DANCING

Come join the fun, get fit and learn or improve skills for the Swing, Waltz, Foxtrot, and Cha-cha. Improve muscle tone, memory, and social self-confidence. Partner not required. Wear non-rubber soled shoes. **Course fee is \$60.**

Course/Section	Days	Dates	Sessions	Time	Location/Room	Instructor:
CES 042 9A	W	3/1-4/5/17	6	6:15-7:15 pm	WYE MILLS/HPAC103	Diego Guzman
CES 042 9B	W	4/12-5/17/17	6	6:15-7:15 pm	WYE MILLS/HPAC103	Diego Guzman

NEW BEGINNER SALSA DANCING

Salsa is a very energetic Latin dance. Lots of fun, complete with spins, sharp movement, and crisp turns. Very popular in Latin clubs. Styles vary depending on where you are from. LA style for example goes forward and backwards. This dance is also similar to Mambo or NY style, but its dance on a different beat. Salsa dancing is a great way to learn if you want to break into the Latin club scene not only in Puerto Rico or Cuba, but all over the U.S. No partner needed. Wear non-rubber soled shoes. **Course fee is \$60.**

Course/Section	Days	Dates	Sessions	Time	Location/Room	Instructor:
CES 046 9A	W	3/1-4/5/17	6	7:30-8:30 pm	WYE Mills/HPAC103	Diego Guzman

NEW EAST COAST SWING

This is the most versatile of all the dances from 50s Rock and Roll, Big Band, Rhythm and Blues and a variety of today's music. Lots of spins, very fun. Easy to learn and will definitely get your feet moving!! **Course fee is \$60.**

Course/Section	Days	Dates	Sessions	Time	Location/Room	Instructor:
CES 048 9A	W	4/12-5/17/17	6	7:30-8:30 pm	WYE Mills/HPAC103	Diego Guzman

NEW TENNIS

This course is designed for new and former players to get back into the swing of things. The four basic tennis strokes will be covered including: ground strokes, volley and serve, scorekeeping and basic rules of tennis. Tennis balls will be provided. Participants must bring their own rackets. Space Limited! **Course fee is \$75.**

Course/Section	Days	Dates	Sessions	Time	Location/Room	Instructor:
CES 382 9A	W	3/22 - 4/26/17	6	10-11:00am	WYE MILLS CAMPUS TENNIS CTS	Susan Claggett

NEW YOGA

This course offers basic yoga postures to increase flexibility, strength and balance. It is suitable for all levels of practice, and incorporates breathing techniques, relaxation and movement sequences designed to balance the stressors of everyday life. Space is limited! **Course fee is \$60.**

Course/Section	Days	Dates	Sessions	Time	Location/Room	Instructor:
CES 315 9A	F	3/24-5/5/2017 * No class 4/14/17	6	10:00-11:15 am	CAMBRIDGE CENTER	Diane Baumgartner

NEW NUTRITION WORKSHOP FOR BUSY PEOPLE

Nutritionist Doris Key, will teach a 2 day workshop for busy health-conscious food lovers. The first two hour session will focus on advanced meal preps, healthy and fast menu options, and organic vs frozen or canned, basic of reading food labels as well as the Dietary Guidelines for Americans. The second two hour session will be held in our Training Kitchen where participants will prepare healthy meals to take home. **Course fee is \$60 including supplies.**

Course/Section	Days	Dates	Sessions	Time	Location/Room	Instructor:
CES 227 9A	M	6/5-6/12/17	2	6 -8:00 pm	Wye Mills/TBD	Doris Key

LANGUAGES

AMERICAN SIGN LANGUAGE FOR BEGINNERS

This course is the first of a three part series designed for the individual who wishes to communicate with Deaf and Hard of Hearing individuals using American Sign Language. The course will focus on the manual alphabet, finger-spelling and numbers and vocabulary acquisition. **Tuition: In-county \$35, Out-of-county \$40, Out-of-State \$45. Course fee \$160.**

Course/Section	Day	Date	Sessions	Time	Location/ Room	Instructor:
CEI 537 9A	T	10/3-11/14/17	7	6:30 – 8:30 pm	WYE Mills/HEC-117	Staff

AMERICAN SIGN LANGUAGE I

This course is designed as a continuation of American Sign Language for Beginners. This course will focus on continuing to build vocabulary acquisition, learning the importance of facial expressions and role shifting, and gaining an understanding of Deafness and Deaf Culture. **Tuition: In-county \$35, Out-of-county \$40, Out-of-State \$45. Course fee \$160.**

Course/Section	Day	Date	Sessions	Time	Location/ Room	Instructor:
CEI 538 9A	T	11/21-1/16/17 * No class 12/26/17, 1/2/18	7	6:30 – 8:30 pm	WYE Mills/HEC-117	Staff

CONVERSATIONAL AMERICAN SIGN LANGUAGE

This course is designed as a continuation of American Sign Language I. It will allow students to become fluent and comfortable when conversing in American Sign Language through skills such as giving basic directions and explaining objects and events. Students will continue to build vocabulary acquisition and proper grammar skills. **Tuition: In-county \$35, Out-of-county \$40, Out-of-State \$45. Course fee \$160.**

Course/Section	Day	Date	Sessions	Time	Location/ Room	Instructor:
CEI 539 9A	T	1/23 – 3/6/18	7	6:30 – 8:30 pm	WYE Mills/HEC-117	Staff

SPANISH CONTINUING EDUCATION CERTIFICATE

Do you want to be able to speak Spanish with your employees, the families of your students, your patients, your clients, your coworkers, and when traveling to Spanish-speaking countries? After the completion of the Basic Spanish Program, students will understand the fundamentals of Spanish grammar in the present tense, which is essential to speaking the language. The conversational section will allow the students to apply the principles they have learned via situational conversations.

Earn a continuing education certificate from Chesapeake College upon the successful completion of the Basic Spanish Program (Basic Spanish I, Basic Spanish II and Basic Spanish Conversational).

BASIC SPANISH I

Develop basic vocabulary and grammar concepts. Starting from the first class, students will learn to write their own sentences, the rules of pronunciation, present tenses, and the most important Spanish verbs. At the end of this class, students will be able to use, read, write, and speak basic Spanish sentences. Textbook and workbook will be provided. **Tuition: In-county \$5, Out-of-county \$10, Out-of-state \$15. Course fee \$169.**

Course/Section	Day	Date	Sessions	Time	Location/ Room	Instructor:
CEX 115 9B	W	9/13 - 11/1/17	8	6:15 – 9:15 pm	WYE Mills/TBD	Mirta Bradner

BASIC SPANISH II

Continue to develop basic grammar concepts and apply them during conversations. You will review the key concepts learned in Basic Spanish I, add possessive adjectives, interrogatory words, irregular verbs and more. Upon completion of this class, students will be able to engage in a simple Spanish conversation using basic dialogue skills. Textbook and workbook will be provided. **Tuition: In-county \$5, Out-of-county \$10, Out-of-state \$15. Course fee \$169.**

Course/Section	Day	Date	Sessions	Time	Location/ Room	Instructor:
CEX 116 9A	W	11/8/17 – 1/17/18	8	6:15 – 9:15 pm	WYE Mills/TBD	Mirta Bradner

*No class 11/22, 12/20, 12/27

BASIC SPANISH CONVERSATIONAL

Apply what you have learned during your 16-weeks of Basic Spanish classes! This class will reinforce basic concepts in a conversational setting. We will introduce situational approaches including how to order food, reserve a hotel room, purchase airplane tickets and more. This course is a great refresher for intermediate students who want to practice their Spanish-speaking skills. **Tuition: In-county \$5, Out-of-county \$10, Out-of-state \$15. Course fee \$119.**

Course/Section	Day	Date	Sessions	Time	Location/ Room	Instructor:
CEX 117 9A	W	1/24 – 2/14/18	4	6:30 – 9 pm	WYE,TBD	Mirta Bradner

NEW EVERYDAY SPANISH

If you are thinking of traveling or come into contact with Spanish speakers this class is for you. Learn the basics of Spanish including everyday vocabulary, pronunciation and basic conversational needs. Explore how cultural differences between English and Spanish speaking people can affect your ability to communicate effectively. Learn travel and shopping tips that may help you while travelling. **Course fee \$145.**

Course/Section	Day	Date	Sessions	Time	Location/ Room	Instructor:
CES 228 9A	TH	4/20 – 6/8/17	8	6:00 – 8:30 pm	WYE, TBD	Mirta Bradner

FOUNDATIONS OF ITALIAN

Explore the basic language skills to enhance the Italian travel experience. Students will learn words and phrases and correct pronunciation so they can effectively conduct dialogue employing the elements of Italian learned through oral drills, vocabulary, and grammar. Students will need to purchase "*Italian Made Simple*" (ISBN-13: 9780767915397). The instructor is a native speaker born and raised in Vicenza, Italy. **Tuition: In-county \$5, Out-of-county \$10, Out-of-state \$15. Course fee \$169.**

Course/Section	Day	Date	Sessions	Time	Location/ Room	Instructor:
CEI 540 9A	T	4/25 – 6/20/17	9	6 – 8 pm	WYE Mills/TBD	Nelli Rocco

FOUNDATIONS OF ITALIAN II

This course is designed for students with some knowledge of the Italian language. In this course, you will improve communicative skills and learn new structures and expression that will enable you to express desires and opinions. Authentic materials, such as songs, newspaper and magazine articles, are used to expose you to contemporary Italian language and culture. . **Students will need to purchase “Italian Made Simple” (ISBN-13: 9780767915397). The instructor is a native speaker born and raised in Vicenza, Italy.** Tuition: In-county \$5, Out-of-county \$10, Out-of-state \$15. Course fee \$169.

Course/Section	Day	Date	Sessions	Time	Location/ Room	Instructor:
CEI 196 9A	T	9/12 – 11/7/17	9	6 – 8 pm	WYE Mills/TBD	Nelli Rocco

PERSONAL ENRICHMENT

GETTING PAID TO TALK

Ever been told you have a great voice? From audio books and cartoons to documentaries, commercials, and more, this class will introduce you to the growing field of voice over. Today, the range of voices hired has grown dramatically from the days of announcers. Learn what the pros look for, how to prepare, and where to find work in your area! We’ll discuss industry pros and cons and play samples from working voice professionals. In addition, you’ll have an opportunity to record a short professional script under the direction of our teacher. This class is a great first step for anyone interested in the voice over field. For more information please visit: <http://www.voicecoaches.com/gppt>. **Course fee \$50.**

Course/Section	Day	Date	Sessions	Time	Location/ Room	Instructor:
CES 317 9A	W	3/8/17	1	6:30 – 9 pm	WYE Mills/TBA	Voice Coaches Producer

PHOTOGRAPHY

NEW TRAVEL PHOTOGRAPHY

Learn how to best capture your unforgettable travel and vacation photos. There are a lot of things to consider when taking photos in museums and churches or shooting through windows. Discover when and how to use various lenses and specialized equipment plus essential tips on subject selection, composition and exposure control that will lead to these keepsake photos. **Course fee \$99.**

Course/Section	Days	Dates	Sessions	Time	Location/Room	Instructor:
CES 224 9A	T	3/7 - 4/4/17 no class 3/14/17	4	6 – 8:30 pm	WYE Mills/TBD	Debbie Scott

NEW BEYOND THE SNAPSHOT

The Creative Camera

Whatever your level of experience, learn to master the building blocks that make a great photo. Explore keys to making effective photographs of family scenes, travel, portraits and landscapes. Develop a repertoire of approaches through understanding the creative use of shooting modes, subject selection and composition. Focus will also be on techniques used icons of photography such as Ansel Adams, Annie Leibovitz and many others. Gain expertise by setting moods and creating themes in your images while building you technical skills. Assignments will be suggested and critiques will be offered. **Tuition: In-county \$29, Out-of-county \$34, Out-of-state \$39. Course fee \$129.**

Course/Section	Days	Dates	Sessions	Time	Location/Room	Instructor:
CEI 041 9A	W	4/19-5/24/17	6	6 – 9 pm	WYE Mills/HEC 117	Sahm Doherty-Sefton

DIGITAL PHOTOGRAPHY I

Students will learn the basics of operating a digital camera and the fundamentals of taking good photos. This class is appropriate for beginners and intermediate skill levels. Students will learn how to shoot using cameras off of automatic mode. We will cover aperture priority, shutter priority and manual modes, exposure, menu choices, file formats, depth of field, color balance and histograms. Students will work on shooting assignments outside of the class and we will do compositional critiques at each subsequent class. Beginner and Intermediate digital camera users are both welcomed. You will need a digital camera and it's manual. **Tuition: In-county \$29, Out-of-county \$34, Out-of-state \$39. Course fee \$119.**

Course/Section	Days	Dates	Sessions	Time	Location/Room	Instructor:
CEI 380 9A	TH	9/07 – 10/05/17	5	6 - 8 pm	WYE Mills/TBD	Robert Miller

SAFETY

MARYLAND LAW AND FIREARMS

This course will be two parts; first session will cover the new Handgun Qualification Law which requires residents to complete a 4 – Hour course to receive certification which allows the person to purchase a firearm in Maryland. The second session will involve the law in Maryland and other States concerning the use of deadly force with a firearm in cases of self-defense. Students may also elect to join a live-fire handgun session with the Instructor at a certified gun range in Queen Anne's County following completion of the course. Course will be taught by a State Police certified Firearms Instructor and will provide the student with the required certification. **Students must be 21 years of age. Course Fee \$109.**

Course/Section	Days	Dates	Sessions	Time	Location/Room	Instructor:
CEP 115 9B	Sat	5/13/2017	1	9 am – 1 pm	WYE Mills/HEC 117	Henry Whaley
CEP 115 9C	Sat	9/23/2017	1	9 am – 1 pm	CAMBRIDGE	Henry Whaley