Credit Classes
Community Education
Workforce Development
Eastern Wyoming College is a student-centered, comprehensive community college that responds to the educational, cultural, social, and economic needs of its communities with quality, affordable educational opportunities for dynamic lifelong learning.

College Mission – June 10, 2008
Welcome

Welcome to the Eastern Wyoming College Community Education & Workforce Development 2015 Summer Brochure. Our mission is to provide life-long learning opportunities for the residents of eastern Wyoming. We have tried to provide a variety of trips, personal enrichment classes, music classes, fitness/wellness classes, youth classes, computer classes and Ed2go classes. The LaGrange Community Education and Niobrara County classes are also included in this schedule. Under Workforce Development you will find courses in Healthcare, Business & Professional Development and Safety Training.

You can register for Community Education classes or trips three ways:
1. In person at the Community Education Office - lower level Tebbet 134
2. Call the Community Education Office at 532.8213 or 532.8323
   or Community Education Eastern Wyoming College 3200 West C Street Torrington, WY 82240
3. Online - ewc.wy.edu, click on Community Ed link, click on Online Registration Form link.

To register for Workforce classes call 532.8323
If you have suggestions for a class or specific requests please call us.
Thank you for your support of Eastern Wyoming College’s Community Education and Workforce Development programs.

Sincerely,
Donna White
Community Education Director
307.532.8323 donna.white@ewc.wy.edu

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Community Education Quick Reference

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Mid-Day Rejuvination Yoga .................... June 2-25
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JULY
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Gentle Yoga PM M/W .......................... July 1-22
Men Only Yoga AM T/TH ..................... July 2-23
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July Drivers Education ......................... July 6-10
Colorado Rockies game ....................... July 11

AUGUST
Ft. Robbinson Dinner Theatre
“Grease” ........................................... August 9
Hunter Safety ..................................... August 10-15
TRIPS

To our faithful bus trip and dinner theatre patrons, we want to thank you for your continued support. You may see an increase in price for our trips. Unfortunately this is due to increased costs for use of the EWC bus and increases in ticket prices. We hope this modest increase does not prevent you from continuing to enjoy what we have to offer.

Black Thunder Coal Mine Tour
Wright, WY
See one of the largest coal mines in one of the richest coal regions in the US, complete with one of the world’s largest drag lines and of course, those HUGE haul trucks. Lunch is included and will be in Newcastle at the Fountain Inn Restaurant.
PAID REGISTRATION DEADLINE: May 8
Date: Friday, May 15
Time: 7:00am-6:00pm
Cost: $35 (lunch included)
Location: EWC Parking Lot

Best Little Whorehouse In Texas
Ft Robinson Playhouse
Looking for something different and unique to give Dad for Fathers’ Day? Something he would never think to ask for? Treat him to dinner and a show, he doesn’t have to drive and you don’t have to cook, what could be better? After a lovely (& hearty) mid-day meal at MJ’s Ranch House Restaurant in Crawford, Dad will be totally entertained at the 1982 musical comedy that was popularized by the one and only Dolly Parton. This may prove to be Dad’s most memorable Father’s Day. Everyone is welcome, this trip is not exclusively for Dads.
PAID REGISTRATION DEADLINE: June 12
Date: Sunday, June 21 (FATHERS DAY)
Time: 10:00am-6:00pm
Cost: $45 (includes meal, beverage & tip)
Location: EWC Parking Lot

Colorado Rockies
Coors Stadium, Denver Co
“Take me out to the ball game”. Cheer on the Rockies as they play the Atlanta Braves on Military Appreciation Day. Game time is 2:10. The cost of this trip includes the price of admission. Lunch at the stadium and evening meal is on your own.
PAID REGISTRATION DEADLINE: July 1
Date: Saturday, July 12
Time: 7:00am-8:00pm
Cost: $60
Location: EWC Parking Lot

Frontier History Field Trip
Join the instructor and students in a special summer school class, SPECIAL TOPICS IN REGIONAL HISTORY, on a field trip. Included stops on this trip are coffee and pastries in Alliance at Newberry Common Grounds, a tour of the Chadron Fur Trade Museum, a luncheon stop, a tour of the Mari Sandoz Center at CSU, and a tour of the Fort Robinson Museum. The bus will leave the main EWC parking lot at 7:00am. There is a requirement of 25 paid registrations for this trip.
PAID REGISTRATION DEADLINE: June 10
Date: Wednesday, June 17
Time: 7:00am-6:00pm
Cost: $49 (includes museum entry, coffee/pastry, lunch
Location: EWC Parking Lot

Grease
Ft Robinson Playhouse
Rydell High, Class of ’59, “Pink Ladies”, “Burger Palace Boys”, gum-snapping and hip-shaking, Danny & Sandy! Gather your friends and family for this musical blast from the past. Following a scrumptious lunch at MJ’s Ranch House Restaurant in Crawford, you will be tapping your toes and humming along to songs like “Summer Night” and “Greased Lightnin”.
PAID REGISTRATION DEADLINE: July 31
Date: Sunday, August 9
Time: 10:00am-6:00pm
Cost: $45 (includes meal, beverage & tip)
Location: EWC Parking Lot

EWC Community Education Trip Policy
Please note the registration deadlines. Upon registration, your fees are committed to the trip and full refunds may not be issued after the end of the registration deadline. This depends on whether nonrefundable event tickets were purchased for the trip. In some instances, such as weather cancellations, a full refund may not be possible. Again, this depends on whether nonrefundable event tickets were purchased for the trip. Children have to be five years or older to ride on the bus. Use and/or possession of alcoholic beverages on the bus is prohibited (EWC Board Policy 5.13).
**EWC Lancer Volleyball Camp**

**Instructor: Julie Sherbeyn, EWC Lancer Volleyball Coach**

This camp offers participants opportunities to develop critical volleyball skills including: serving, passing, setting, hitting, blocking, digging, serve receiving, plus defensive and offensive strategies. The 3rd-6th grade camp is designed as an introduction to volleyball concepts and techniques. The 7th-11th grade camp is directed towards refining individual skills, running quick offenses, running multiple defenses, and preparing players to be competitive in middle and high school programs. Parents must sign EWC liability/insurance waiver.

- **Date:** Tues/Wed/Thurs, June 2-4
- **Time:**
  - 9:00am-12:00 noon Players who have completed grades 3 to 6
  - 1:00pm-4:00pm Players who have completed grades 7 to 11
- **Cost:** $65 (includes camp t-shirt)
- **Location:** EWC Gymnasium

**EWC Community Education Kids College is pleased to announce that this year’s Lancer Volleyball Camp is facilitated by Lancer Coach Julie Sherbeyn and Coach Chelsi Jackson with the assistance of members of the 2014/15 EWC Volleyball team. Coach Sherbeyn has over twenty years of coaching experience with various ages and skill levels. She returns for her second year as Head Coach at EWC with a new team determined to work, compete, and win! She provides a positive instructional environment and skill enhancement to enable player to experience personal success. Coach Jackson is back for her second year as EWC’s Assistant Coach. A standout area athlete, Jackson has served as both a player and coach and is an instrumental part of moving the EWC Volleyball Program into the future.**

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**EWC Lancer MVP Basketball Camp**

**Instructor: Tim Williams, Head Basketball Coach Boys Southeast**

Master the fundamentals! Value your team & the ball! Prepare like a Champion! This day camp is designed to improve basketball fundamentals, teamwork, and competition. There will be an emphasis on enjoying the game of basketball. There are three grade-level sessions, see below. Parents must sign EWC liability/insurance waiver.

- **Date:** Mon/Tues/ Wed June 8-10
- **Time:**
  - 9:00am to Noon YOUTH Players who have completed grades 1 to 3
  - 1:00 to 4:00pm INTERMEDIATE Players who have completed grades 4 to 8
  - 5:30 to 8:00pm ADVANCED Players who have completed grades 9 to 11
- **Cost:** $65 (includes camp t-shirt)
- **Location:** EWC Gymnasium

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**Tennis Camp**

**Instructor: Mary Perkins, THS Tennis Coach**

**Junior (ages 6-10)** Class size limited to 25—The QuickStart Tennis approach will be followed. The courts are small, the racquets are kid-sized, and the instruction is age-appropriate. QuickStart, add FUN fitness, and conditioning activities that work on agility, balance, coordination, footwork, and reaction time, all while learning the game of tennis. Bottled water and snacks will be provided.

**Intermediate (ages 11-15)** Class size limited 25—Tennis Camp will start each player at their level and work on skills accordingly. Whether you are a beginner or already have some skills, there will be a group for you. The focus will be on forehead and backhand shots, serving and volleying, and the rules of the game. Tennis techniques will be incorporated into fun games. Bottled water and snacks will be provided.

- **Date:** Monday-Tuesday-Wednesday, June 15 to 17
- **Time:**
  - Junior 8:30 to 9:45am
  - Intermediate 9:45 to 11:00am
- **Cost:** $35
- **Location:** Goshen County Tennis Courts, 2602 West E

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**Blazer Soccer Camp**

**Junior—completed grades 5-6**

**Intermediate—completed grades 7-8**

**Instructor: Mark Perkins, THS Boys’ Soccer Coach**

This camp will provide instruction on the fundamentals of soccer. Campers will practice and implement a variety of skills for both offense and defense, including ball control, dribbling, passing, shooting, and heading; defensively, campers will understand pressure, cover, and balance. Students must have shin guards and appropriate footwear; all other equipment will be provided. Bottled water and snacks will be provided.

- **Date:** Monday to Thursday, June 15 to 18
- **Time:**
  - Junior 8:30-10:00am
  - Intermediate 10:15 to 11:45am
- **Cost:** $35
- **Location:** City of Torrington Soccer Field
**Totally Awesome Art Camp**  
**K-2 & 3-5**  
**Instructor:** Kayla Horning, Lincoln/Trail Art Teacher
Ms. Horning is TOTALLY excited about her TOTALLY AWESOME ART CAMP. She has planned some TOTALLY AWESOME 3-D art projects that will TOTALLY WOW everyone who signs up for this TOTALLY cool 4 day camp for kids who have completed K-5th grade. Bring your TOTALLY AWESOME CREATIVITY with you!  
Class minimum: 8  
**Date:** Tues-Fri, June 2 to 5  
**Time:**  
K-2  1:00-2:30pm  
3-5  2:30-4:00pm  
**Cost:** $45 (includes all the AWESOME supplies)  
**Location:** FA 109 EWC Art Room

**Calendar Everlasting**  
**Grades 2-5**  
**Instructor:** Vivian Lulow
Kids, you are gonna LOVE this project! Using scrapbooking techniques you get to make your own, really cool, everlasting calendar. **Everlasting**, that means it never ends. Plus—it is personalized the way you want it with your favorite colors, your own theme, or all sparkly, flashy & blingy! You might even consider making a calendar for your dad or grandpa for Father’s Day, which is just around the corner. You don’t want to miss this class, so don’t wait, sign up right now!  
Class minimum: 10  
**Date:** Monday, June 8  
**Time:** 2:30-4:30pm  
**Cost:** $30 (includes $15 for supplies)  
**Location:** Community Training Center

**Kids-a-Cookin’**  
**K-2**  
**Instructor:** Lisa Bartlett, GCSD #1 Family Consumer Science Teacher
Hey! Kids! Yes, you! Like to eat? Like to cook? Join Mrs. Bartlett for a fun afternoon in the kitchen. She has some special recipes and Kids-a-Cookin’ tips to share with you. Best of all, you get to eat everything you make! M-m-m-m, yummo!  
Class size minimum: 5  
Class size maximum: 12  
**Date:** Tuesday, June 9  
**Time:** 12:30-2:30pm  
**Cost:** $20  
**Location:** Torrington High School Room 117

**Kids-a-Cookin’ Full-Meal-Deal 3-5**  
**Instructor:** Lisa Bartlett, GCSD #1 Family Consumer Science Teacher
Kids, there’s a lot more to cooking than just throwing ingredients together. In this 2 day class, Mrs. Bartlett will guide you in planning your meal menu, finding recipes, making a shopping list of ingredients, selecting your ingredients at Main Street Market, and preparing your dishes. And then, let the eating begin! Parents are invited to dine with their Kids-a-Cooking Chefs on Thursday, June 11 at 3:30pm.  
Class size minimum: 5  
Class size maximum: 12  
**Date:** Wednesday & Thursday, June 10 & 11  
**Time:** 12:30-3:30/4:00pm  
**Cost:** $25  
**Location:** Torrington High School Room 117

**Kids a Cookin’“No Bake” Cookies K-5**  
**Instructor:** Lisa Bartlett, GCSD #1 Family Consumer Science Teacher
You love cookies, but Mom doesn’t want to turn on the oven in the summer when it is hot, so learn how to make “no bakes”. And yes, you get to take them home to share!  
Class minimum: 5  
Class maximum: 12  
**Date:** Tuesday, June 16  
**Time:** 1:00-3:00pm  
**Cost:** $20  
**Location:** THS Room 117

**Kids a Cookin’“No Heat” Cooking K-5**  
**Instructor:** Lisa Bartlett, GCSD #1 Family Consumer Science Teacher
Yep, summer has arrived and the temps are rising. You are hungry, but it’s too hot to cook. Problem solved because after this class you will know how to make “no heat” dishes to share with your family.  
Class minimum: 5  
Class maximum: 12  
**Date:** Wednesday, June 17  
**Time:** 1:00-3:00pm  
**Cost:** $20  
**Location:** THS Room 117

**Gardening Adventures**  
**Grades K-5**  
**Instructor:** Gretchen Wollert
If you like to play in the dirt, this class is for you. Tour the greenhouse, learn how flowers & vegetables grow, choose flowers and a veggie to plant in your very own garden container. Meet at the main entrance to the Tebbet Building at 9:00am where you will be transported to the Pleasant Valley Greenhouse. Class limited to 14 students.  
**Paid registration deadline:** June 5  
**Date:** Friday, June 12  
**Time:** 9:00-11:00am  
**Cost:** $20  
**Location:** EWC to Pleasant Valley Greenhouse

**Tot’s Volleyball Ages 4, 5, 6**  
**(pre-Kindergarten)**  
**Junior Volleyball**  
**(currently in grades K-2)**  
**Instructor:** Shai Schaefer
Future volleyball stars, boys and girls, join Miss Shai, former THS Lady Blazer volleyball player, and learn the basics of the game of volleyball. To assure lots of fun and success for all, a lower net and oversized ball are used!  
**Paid registration deadline:** June 5  
**Date:** Thursday & Friday, June 11 & 12  
**Time:** Tots 9:00-10:00am  
Junior 10:15-11:15am  
**Cost:** $25  
**Location:** EWC Gymnasium

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**EWC community Education** wants to thank Main Street Market in Torrington for being a sponsor for the cooking classes this and past semesters. Their generous contribution of grocery items allows us to keep the cost of our cooking classes reasonable and affordable.
GCT Children’s Theatre Workshop

Shelebration
Grades 3-8

This workshop will improve your theater skills and give you the chance to be part of a great show! We will focus on acting, voice projection and diction, singing, movement and dance, stage make-up and prop creations. All participants will have a speaking role, and will need to sign up for a separate audition time. The auditions will be Tuesday, June 9, 3:00-6:30pm in the EWC Fine Arts Auditorium. Once you register, you are in the workshop . . . the audition is to assign parts ahead of time. CLASS MAXIMUM: Limited to the first 36 students, approximately equal number of boys and girls.

REGISTRATION WILL BEGIN ON APRIL 1 at EWC Community Education Office.

Date: Monday to Friday, June 22 to 26
Time: 9:00am-3:30pm
Showcase Friday, 6/26 7:00pm
Cost: $50
Scholarship money is available by contacting Lisa Fluckiger at 532-8937
Location: EWC Fine Arts Auditorium

YOUTH HOOPS K-2, 3-5, 6-8
OFFENSIVE SKILLS CLINICS

INSTRUCTORS: Coaches Bryan & Misti Engelker

Is it ever ok to be OFFENSIVE? Yep, when your TEAM has the basketball. That’s when it’s important for all TEAM members to have super-duper dribbling, powerful passing, and sharp shooting skills. You guessed it, this basketball skills clinic will be focusing on Dribbling, passing, shooting, but most of all TEAMWORK. The format of this camp will include instruction and fun, competitive skills practice games, as well as scrimmages for reinforcing skills in a live play situation. Boys and girls who have completed grades K-8 are welcome. Class minimum: 10

Date: K-2 Mon/Tue, June 22-23
Time: 9:30-11:00am
Date: Grades 3-5 Wed/Thur, June 24-25
Time: 9:30-11:30am
Date: Grades 6-8 Wed/Thur, June 24-25
Time: 1:00-3:00pm
Cost: $35
Location: EWC Gym

Rockets’ Red Glare!

Instructor: Jason Vowers, Trail Elementary Teacher

Kids, in these hands-on classes, you will start your adventure as a rocket scientist. You will learn how rockets work, build your very own rocket, and then launch your rocket into the wild blue yonder. Each class limited to 12 students. If Goshen County experiences a fire ban, the classes will be cancelled.

Junior - students who have completed grades K-2
Date: Monday & Tuesday, June 29-30
Time: 8:30-11:30am
Cost: $45 (includes all supplies)
Location: Community Training Center

Intermediate - students who have completed grades 3-5
Date: Monday & Tuesday, June 29-30
Time: 1:00-4:00pm (includes all supplies)
Cost: $45 (includes all supplies)
Location: Community Training Center

Kids’ Digital Photo Camp (for students entering 3rd to 6th grade)

Instructor: Andy Espinoza

KIDS—learn the basics of using a digital camera and expand your knowledge. This has been such a popular class, we decided to extend it to a 4 day camp. Campers, you will capture, edit, enhance, print and display the really cool photos you take, while on the EWC campus and on a field trip around town. On the third day you will begin the process of creating a personalized digital display of your photos complete with music. The last day will be spent finalizing and showcasing your creation. Since it is a longer day, lunch will be provided. Parents are invited to attend the showcase event at 12:30pm. Class size limited to 12. If you have a camera, feel free to bring it. If you don’t have one, there will be one for you to borrow.

Date: Monday to Thursday, June 22 to 25
Time: 9:00am to 12:00 noon; 9:00am-1:00pm last day
Cost: $35
Location: Community Training Center Computer Lab

Junior Pet Care  Grades K-5

Instructor: Kate Norton, EWC Animal Caretaker

Kids, you’ve been begging your mom and dad to let you have your own pet, but they aren’t sure you will be responsible enough to take care of it—here’s the perfect way to show them you are. This class will teach you the various responsibilities and skills you will need to care for an animal. Experienced EWC Animal Caretaker Kate Norton will teach you how to properly feed, water, clean, and fully take care of the animal you are interested in having. In this 3 day class, you will have lots of fun while you learn the valuable skills you will need when you get your own pet after earning your certification as a RESPONSIBLE PET CARETAKER. Class minimum: 15 Class maximum: 25 When you register, please tell us what kind of pet you are thinking you want, then the class can be adjusted to meet your interests.

PAYED REGISTRATION DEADLINE: June 10

Date: Wed/Thurs/Fri, June 17 to 19
Time: 1:00-3:00pm
Cost: $30
Location: Vet Tech Room 137

Driver’s Education

June Session or July Session

Instructor: Dean Sims

Requirements:
Classroom—30 hours, Driving—6 hours, Observation—12 hours, copy of drivers permit. Book deposit refunded upon completion of driving hours. NO debit or credit cards accepted for deposit. Learner’s permit is required on the first day of class, no exceptions. A parent or guardian is required to attend the first 30 minutes of the first class. Minimum age: 15 Class maximum: 20 Any class absence must be pre-approved by and make-up sessions scheduled with the Community Education Office. The cost of the class is $199 for students not enrolled in Goshen County School District #1 high schools.

Date: Monday to Friday, June 8 to June 12
Times: 8:00am-2:30pm
Location: Tebbet 131

Date: Monday to Friday, July 6 to July 10
Times: 8:00am-2:30pm
Location: Tebbet 131
Cost: $25 cash or check only

book deposit due at time of registration & refunded after end of driving sessions

$199 for non-Goshen County School District students

Hunter Safety

Instructor: Rob Hipp, Wyoming Game & Fish Warden

Wyoming Hunter Safety Certification—required for all hunters born after 1966, or for hunting in certain parts of Wyoming; ages ten years & older recommended; must attend 12 hour of instruction & complete test; scholarships provided by Goshen County 2-Shot Goose Hunting Committee for students 8-17 residing in Goshen County. Materials provided at first class. Please note that participants are also required to register for this class on-line at www.wgf.wyo.gov The class will not be on the website until 30 days prior to the first day of class.

Date: Monday to Saturday, August 10 to 15
Time: 6:00-9:00pm Monday to Friday
9:00am to noon on Saturday
Cost: $25
Location: Tebbet 131/Sportsman Club on Saturday

Kids’ Digital Photo Camp (for students entering 3rd to 6th grade)

Instructor: Andy Espinoza

KIDS—learn the basics of using a digital camera and expand your knowledge. This has been such a popular class, we decided to extend it to a 4 day camp. Campers, you will capture, edit, enhance, print and display the really cool photos you take, while on the EWC campus and on a field trip around town. On the third day you will begin the process of creating a personalized digital display of your photos complete with music. The last day will be spent finalizing and showcasing your creation. Since it is a longer day, lunch will be provided. Parents are invited to attend the showcase event at 12:30pm. Class size limited to 12. If you have a camera, feel free to bring it. If you don’t have one, there will be one for you to borrow.

Date: Monday to Thursday, June 22 to 25
Time: 9:00am to 12:00 noon; 9:00am-1:00pm last day
Cost: $35
Location: Community Training Center Computer Lab

Junior Pet Care  Grades K-5

Instructor: Kate Norton, EWC Animal Caretaker

Kids, you’ve been begging your mom and dad to let you have your own pet, but they aren’t sure you will be responsible enough to take care of it—here’s the perfect way to show them you are. This class will teach you the various responsibilities and skills you will need to care for an animal. Experienced EWC Animal Caretaker Kate Norton will teach you how to properly feed, water, clean, and fully take care of the animal you are interested in having. In this 3 day class, you will have lots of fun while you learn the valuable skills you will need when you get your own pet after earning your certification as a RESPONSIBLE PET CARETAKER. Class minimum: 15 Class maximum: 25 When you register, please tell us what kind of pet you are thinking you want, then the class can be adjusted to meet your interests.

PAYED REGISTRATION DEADLINE: June 10

Date: Wed/Thurs/Fri, June 17 to 19
Time: 1:00-3:00pm
Cost: $30
Location: Vet Tech Room 137

Driver’s Education

June Session or July Session

Instructor: Dean Sims

Requirements:
Classroom—30 hours, Driving—6 hours, Observation—12 hours, copy of drivers permit. Book deposit refunded upon completion of driving hours. NO debit or credit cards accepted for deposit. Learner’s permit is required on the first day of class, no exceptions. A parent or guardian is required to attend the first 30 minutes of the first class. Minimum age: 15 Class maximum: 20 Any class absence must be pre-approved by and make-up sessions scheduled with the Community Education Office. The cost of the class is $199 for students not enrolled in Goshen County School District #1 high schools.

Date: Monday to Friday, June 8 to June 12
Times: 8:00am-2:30pm
Location: Tebbet 131

Date: Monday to Friday, July 6 to July 10
Times: 8:00am-2:30pm
Location: Tebbet 131
Cost: $25 cash or check only

book deposit due at time of registration & refunded after end of driving sessions

$199 for non-Goshen County School District students

Hunter Safety

Instructor: Rob Hipp, Wyoming Game & Fish Warden

Wyoming Hunter Safety Certification—required for all hunters born after 1966, or for hunting in certain parts of Wyoming; ages ten years & older recommended; must attend 12 hour of instruction & complete test; scholarships provided by Goshen County 2-Shot Goose Hunting Committee for students 8-17 residing in Goshen County. Materials provided at first class. Please note that participants are also required to register for this class on-line at www.wgf.wyo.gov The class will not be on the website until 30 days prior to the first day of class.

Date: Monday to Saturday, August 10 to 15
Time: 6:00-9:00pm Monday to Friday
9:00am to noon on Saturday
Cost: $25
Location: Tebbet 131/Sportsman Club on Saturday
All Health & Fitness classes have registration deadlines, which are in place to support any class size minimums that are in place. If a class does not have the minimum enrollment by the deadline date, the class will be cancelled and all registrants will be notified prior to the first class. Individuals may join any class after the start date, class fees will be adjusted according to first class of participation.

**Mid-day Yoga Rejuvination**  
**Instructor:** Jaymee McDaniel  
Got tight, tired, and aching muscles from working at your desk or your computer all morning? Or maybe you’ve had a hectic morning of classes and need to be revived for the afternoon? No, no, it’s that you suffer from the dreaded mid-afternoon SLUMP! you know the one that even caffeine doesn’t seem to help? Then you NEED Jaymee’s MID-DAY YOGA REJUVINATION class. You will come out of this stress relieving yoga session ready to tackle the remainder of your day with enthusiasm and energy. Oh, by the way, this is a refreshing, no-sweat class. **Class minimum: 5**  
**Registration deadline:** May 30  
**Date:** Tues/Thurs, June 2-July 23  
**Time:** 12:15-1:00pm  
**Cost:** $64  
**Location:** FA 47

**Summer Yoga**  
**Instructor:** Susan Burian  
Just because it’s “summertime and the livin’ is easy” doesn’t mean you have to ease out of your yoga routine. Susan is offering an eight week session of her most popular classes to help you keep your yoga practice going strong. However, summer is a great time for anyone to try yoga and enjoy the energizing, confidence and strength building practice, whether you are new to yoga or have been out of practice for a while.  
The cost for this 8 week session is $80.  
**Registration deadline:** May 30.  
There is a minimum of 5 participants for each class.

**SUMMER Gentle Yoga AM**  
**Date:** Monday/Wednesday June 1 to July 22  
**Time:** 7:15-8:15 am  
**Location:** FA Room 47

**SUMMER Retired Fellers Yoga**  
**Date:** Monday/Wednesday June 1 to July 22  
**Time:** 8:30-9:30am  
**Location:** FA Room 47

**SUMMER Restorative Yoga PM**  
**Date:** Monday/Wednesday June 1 to July 22  
**Time:** 4:00-5:00pm  
**Location:** Tebbet 132

**SUMMER Gentle Yoga PM**  
**Date:** Monday/Wednesday June 1 to July 22  
**Time:** 5:15-6:15 pm  
**Location:** Tebbet 132

**SUMMER For Men Only Yoga**  
**Date:** Tuesday/Thursday June 2 to July 23  
**Time:** 5:45-6:45 am  
**Location:** FA Room 47

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**Health Fair Blood Draw, October 8 & 9**  
6:00-9:00am in the CTC  
**Appointments accepted September 2**

- **Blood Chemistry Profile** - Full 32-level screening for bone and electrolyte levels along with heart and kidney functions and liver and lipid functions with cholesterol, protein, iron, glucose, and thyroid levels. WHF recommends fasting for 12 hours, unless diabetic. Drink plenty of water and take medications as usual.
- **Blood Pressure** - Blood pressure and pulse rate are identified using an Automatic Blood Pressure Monitor.
- **Blood Type** - Determination of ABO blood group and Rh type.
- **Blood Hematology** - Complete blood count (CBC) of red and white blood cells and platelets. Also screens for Anemia, Leukemia, and other disorders that may affect the cells in your blood.
- **Bone Density** - A heel scan of the thickest bone in our body which can identify risk factors for osteoporosis.
- **C-Reactive Protein (CRP)** - An inflammatory marker which detects a substance that the body releases in response to inflammation surrounding the heart. CRP levels can provide physicians with information on a patient’s risk of heart disease. No caffeine for 12 hours prior to draw.
- **Celiac** - tTG / IGA screening which detects antibodies that aid in the diagnosis of gluten-sensitive enteropathy (GSE), such as celiac disease and dermatitis herpetiformis.

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**Bone Density** - A heel scan of the thickest bone in our body which can identify risk factors for osteoporosis.
- **Brain Function** - Screening used to evaluate the excess or deficiency of Estradiol hormone levels in both men and women.
- **Ferritin** - Indicates the level of high iron stored and can be useful in screening for Hemochromatosis, Anemia, and some liver diseases.
- **Hemoglobin A1C** - Measures historical blood sugar control for up to three months. This test is recommended twice a year for diabetics.
- **Hemogram** - Complete blood count (CBC) of red and white blood cells and platelets. Also screens for Anemia, Leukemia, and other disorders that may affect the cells in your blood.
- **PSA for Men** - Screening for Prostate Cancer in men over the age of 50. However, if there is a family history, it is recommended at age 40.
- **Testosterone** - Screening used to evaluate testosterone hormone level excess or deficiency in both men and women.
- **Thyroid Profile** - Screening which includes three levels for the TSH (thyroid-stimulating hormone), T3 (triiodothyronine), and free thyroxine index/calculation.
- **Vitamin B12** - Screening which detects B12 deficient or elevated levels. Vitamin B12 aids in the health of cells and nerves.
- **Vitamin D** - Provides an assessment of overall Vitamin D status for the screening of deficiency or toxicity. This test measures both D2 and D3 together and reports a total 25-hydroxy Vitamin D. Several factors are associated with an increased risk of developing Vitamin D deficiency.
Open Computer Lab  
**Instructor: Robin Boyd**  
Looking for a place to work on your computer projects? Use up-to-date technology and software as well as internet access at the LaGrange Heritage Square Computer Lab. The center is available for use by any community member. You DO NOT need to be enrolled in a college course to use this lab. Anyone under the age of 12 must be accompanied by an adult.  
**Date:** May 11 to August 14  
**Time:** 7am-2pm or upon request  
**Cost:** $30 punch card (30 punches per card)  
**Location:** LHS Computer Lab

Keyboarding  
**Instructor:** Matt Boyd  
Self-paced keyboarding class for beginners or experienced keyboarders. We will meet for 45 min one night per week in the computer lab at the Heritage Square Computer Lab. Students will be expected to practice on their own time at least three times per week in addition to the regular class time in order to get the most out of the class. Matthew Boyd has 11yrs of classroom experience in math and computers. He is a senior systems analyst for the state of Wyoming.  
**Age:** 5th grade and up  
**Date:** Tuesdays, June 9th- August 11th  
**Time:** 7:00-8:00pm  
**Cost:** $20  
**Location:** LaGrange Heritage Square Computer Lab

Youth Baseball Session 1:  
**Introduction to baseball rules and skills**  
**Instructor:** Natalie Clayton  
In hopes of keeping America’s pastime an ongoing favorite sport, two youth baseball sessions are being offered to introduce the rules of the game and develop skills of throwing, catching and batting. Both sessions are open to grades K-8. Session I will focus on learning general rules and developing skills as a group. Session II will be games, continuing players knowledge of the game and improvement of skills. Players need to provide their own baseball gloves and water.  
**Date:** May 5th-28th Tuesdays and Thursdays  
**Time:** 4:30-5:30pm  
**Cost:** $10  
**Location:** LaGrange Community Baseball Field

Youth Baseball Session 2:  
**Play Ball!**  
In this session, players will develop their knowledge and skills of baseball while learning discipline and sportsmanship of competition. Prerequisite for session II is completion of session I and/or prior baseball experience with basic rule and skill knowledge. Players will be placed on teams according to age and skill. The two categories are T-ball and little league. T-ball games will begin at 4pm. Little League games will begin at 5:30. Be sure to complete the grade and shirt size on application. Class minimum: 8 per team  
**Registration deadline May 15th**  
**Schedule:** May 28 at 5:30; Meeting and practice.  
**Games:** June 5, 6, 8, 13, 15, 16, 22, 23, 27*, 29, & 30  
(*LaGrange Mini Fair, time may change) End of season award ceremony: July 3, 5:00pm LaGrange Park behind Town Hall  
**Time:** T-Ball 4:00pm on Weekdays and 2:00pm on Saturdays  
Little League 3:30pm on Weekdays and 3:30PM on Saturdays  
**Cost:** $20, includes t-shirt, ball cap, awards and meal.  
**Location:** LaGrange Community Baseball Field

Horse Basics  
**Instructor:** Chandra & Cathy Stoddard  
Horse crazy? Or considering purchasing a horse? Come learn basic Equine Anatomy, Safety, Equipment, Nutrition and Veterinary needs! Your own horse is not required. We will have two class room meetings and a Saturday to ride! You may bring your own horse Saturday if you have one. Parents must be present on Saturday to ride. Minimum: 5  
**Date/Time:** Tuesday June 9th 1:00pm-2:00pm / Friday June 12th 1:00pm-2:00pm / Saturday June 13th 10:00am-Noon  
**Cost:** $35  
**Location:** LaGrange Heritage Square Suite 217

10,000 Steps to a Healthier You!  
**Instructor:** Cathy Stoddard  
You’ve got to move it, move it – to be healthy! EWC LaGrange is offering a summer fitness challenge to all community members age 18 and older. Walk you way to fun, prizes, and good health. Log sheets to track completion of 10,000 steps per day will be provided. (You can too do it!) Join the community-walkers, challenge your family and friends to join in and make it a social time. Prizes will be awarded for BINGO completions and during the 10,000 Steps Family Picnic at noon on July 12th 2015. First meeting Mandatory! You MUST bring your pedometer or if you need one call Cathy 834-2466.  
**Class minimum:** 5  
**Date:** Friday, May 1st (then on your own!)  
**Time:** 6:00pm  
**Cost:** $10  
**Location:** LaGrange Town Hall

Bike Tune-up Day  
**Instructor:** Robin & Elijah Boyd  
Come get your bike prepped for spring at the LaGrange mini park (next to the Post Office). This will include greasing, seat adjusting, tire adjustments, break adjustments and more! Parents are welcome to attend and learn more about bike preparation and repair! A big thanks to The Bicycle Station in Cheyenne, Wyoming who have donated parts and used bikes! Don’t have a bike? There will be some kid’s bikes available upon request. Call Robin 307-834-9378  
**Date:** Saturday, April 25th  
**Time:** 10:00am-3:00pm  
**Cost:** FREE  
**Location:** LaGrange Town Hall Mini Park (next to the Post Office)

Beginning Origami  
**Instructor:** Daisy Justus  
All ages are welcome! If you can fold a piece of paper in half and have the corners match you can do Origami! Origami is a Japanese word meaning folding paper. Wikipedia states “The goal is to transform a flat sheet of paper into a finished sculpture through folding and sculpting techniques.” Origami is used to enhance math skills. Its principles are also used in various engineering applications including stents and large solar panel arrays for space satellites. We are going to use origami for FUN!! Must register by June 30th. All ages under 9 must be accompanied by an adult – please specify number of kits needed. Class maximum: 16  
**Date:** Tuesdays, July 7, 14 & 21  
**Time:** 9:00-11:00am  
**Cost:** $15 per kit  
(contains all supplies for class plus extra paper for future use)  
**Location:** LaGrange Heritage Square Suite 217 (next to the Post Office)

Water Safety II  
**Instructor:** Matthew Boyd  
In hopes of keeping America’s pastime an ongoing favorite sport, two youth baseball sessions are being offered to introduce the rules of the game and develop skills of throwing, catching and batting. Both sessions are open to grades K-8. Session I will focus on learning general rules and developing skills as a group. Session II will be games, continuing players knowledge of the game and improvement of skills. Players need to provide their own baseball gloves and water.  
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**Cost:** $35  
**Location:** LaGrange Heritage Square Suite 217
### Community Education/Workforce Development Policies

#### Participant Conduct:
All participants in an EWC sponsored Community Education or Workforce Development program, class, or event, including children, are expected to conduct themselves in a manner that is respectful toward the instructor and other participants. Anyone displaying inappropriate or disruptive behavior will be asked to remove themselves from the class/event. In the case of children, displaying inappropriate or disruptive behavior that cannot be redirected, will result in a parent or guardian being contacted and asked to remove the child.

#### Registration Deadline:
Unless otherwise noted, registration is ongoing until the class fills or begins. Class sizes are limited and registration is first-come, first-served. Registrations are not complete until payment is received.

#### Cancellations:
Occasionally classes are cancelled due to insufficient registration or unforeseen circumstances. All fees will be refunded if Eastern Wyoming College cancels the class. Typically, the decision to cancel a class is made two days prior to the start of class, so register early to prevent cancellations.

#### Refund Policy:
If you want to cancel your registration, notification is required at least two business days prior to the start of class or the registration deadline, whichever is sooner. Failure to attend is NOT a cancellation. If you have any questions, please call Community Education at 307.532.8213 or 307.532.8323 or Workforce at 307.532.8366.

#### Inclement Weather:
In the event of inclement weather, call Eastern Wyoming College - Donna White 307.532.8323, Susie Schaefer 307.532.8213, or your Outreach Coordinator.

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Eastern Wyoming College is an Equal Opportunity/Affirmative Action Institution

### Office Use Only

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Workforce Development

Eastern Wyoming College is an Equal Opportunity / Affirmative Action Institution

Is your organization looking for employee training? Are you looking for that extra something to get ahead in your career or looking to improve your employment? Do you need certifications for your employees to adhere to professional standards?

Check out EWC’s Workforce Development training programs. There are several opportunities available, including credit options and non-credit trainings to give you what you need. We offer a variety of customized trainings with the flexibility to train on your site or have your group come to one of our accommodating classrooms! Training is available in Computers, Healthcare, Industrial, Professional Development, Safety, Truck Driving, Welding, plus many more! We offer many required CEUs (Continuing Education Units) for your profession or trade.

To register or learn more about Workforce Development classes or customized trainings please:
- Visit Workforce Development Office - lower level Tebbet 134
- Call the Workforce Development Office at 307.532.8323
- Email us at ewcworkforce@ewc.wy.edu

Scheduled Summer/Fall Semester Workforce Classes
- CPR/First Aid & CPR Basic Life Support for those in medical field  
  call for specific dates as these are scheduled on as needed basis
- Commercial Driver License Torrington  Fall date to be determined
- Medication Assistant Certified Torrington  August 27 to December 11
- Certified Nursing Assistant Torrington  May 27 to June 11 and September 14 to November 9
- Certified Nursing Assistant II Torrington  August 26 to December 11

Workforce Development Policy for Workforce Development Programs and Trainings

Registration Deadline: Unless otherwise noted, registration is ongoing until the class fills or begins. Class sizes are limited and registration is first-come, first-serve. Registrations are not complete until payment is received or financial assistance has been confirmed.

Cancellations: Occasionally classes are cancelled due to insufficient registration or unforeseen circumstances. All fees will be refunded if Eastern Wyoming College cancels a class. Eastern Wyoming College employees will to the best of our ability notify all students if a course is cancelled.

Refund policy: If you want to cancel your registration, notification is required at least two business days prior to the start of class or the registration deadline, whichever is sooner. Failure to attend is NOT a cancellation.

Inclement Weather: In the event of inclement weather, call Eastern Wyoming College – Workforce Development 307.532.8323.

Workforce Training Grants

Workforce training grants are available to assist Wyoming businesses in providing for their company’s training needs. There are also workforce training grants available for individuals.

Grants for Educational Training
Families Becoming Independent (FBI)

Applicant must be a parenting adult of children under the age of 18, meet income guidelines and be a resident of Wyoming to qualify.

The following programs are eligible for ETSS Grant Funding:
- Commercial Driver’s License (CDL)
- Certified Nursing Assistant (C.N.A.)
- Certified Nursing Assistant II (C.N.A. II)
- Medication Assistant - Certified
- Welding

Melissa Dishman - FBI Grant Coordinator
307-532-8328
melissa.dishman@ewc.wy.edu
Safety Training
- Burner Management Systems & Fuel Fired Equipment Safety Training
- Compression Technology for Industry
- Confined Space Training
- Corrosion Control of Buried Steel
- Fall Protection
- Fatigue Awareness & Prevention
- H2S Training
- HAZMAT
- HAZWOPER
- HAZWOPER Annual Refresher
- MSHA
- OSHA 10
- OSHA 30
- PEC Premier Core Compliance Orientation
- PEC Premier Core Training
- SafeLand USA-Basic Orientation
- Well Cap Drilling

Healthcare
- First Aid
- CPR
- CEU's for C.N.A.s
- IV Therapy

Professional Development
- Microsoft Office: Access, Excel, Power Point, Publisher, Word
- Adobe: Photo Shop, Flash, InDesign
- Business & Leadership Training
- Customer Service
- Essentials of Leadership
- Resolving Conflict
- Getting Started as a New Leader

Mobile Welding Lab
The Eastern Wyoming College Mobile Welding Lab can be delivered to your company and be ready for instruction in less than an hour. The Mobile Welding Lab is designed to increase the productivity and skills of workers in the welding and joining field. The seven-booth self-contained unit is outfitted with modern equipment that includes a welding fume extraction system, climate controlled environment and a teaching area to conduct demonstrations to enhance the learning experience. Call 307.532.8323 for further information.

Customized Training Available
Let us put together a proposal to meet your training needs. We allow flexibility to train on-site or in one of our accommodating classrooms.
For more information contact us at workforce@ewc.wy.edu or 307.532.8323

EWC Library
Library summer hours can be found on our website or by calling the library. 532-8210

ewc.wy.edu
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ABE Hours
M-Th 7:30am - 4pm

Centro de Tutoría y Aprendizaje
Educación Básica para Adultos

Educación Básica para Adultos
El Programa de Educación Básica para Adultos (ABE) en el Colegio de Eastern Wyoming está localizado en el Laboratorio de Habilidades del Aprendizaje. El ABE ofrece instrucción en el Desarrollo de la Educación General (GED), alfabetización para el adulto, Inglés como un Segundo Idioma (ESL) y educación cívica. El programa educativo está centrado en el estudiante, individualizado, orientado a objetivos y es gratis para el público en general. Para información adicional, por favor visite el sitio de la página de internet de EWC.

Horario ABE
Lunes-Jueves: 7:30 am – 4:00 pm o previa cita.

Diane McQueen
Director of Adult Basic Education
307.532.8399