

Upcoming Community Service events from McCook Community College

Written by Wauneta Breeze
Thursday, 28 July 2011 14:48 -

“Driver Education” will be held Monday-Friday, Aug. 1-12, from 8-10 a.m. in McMillen Hall, room 213 with Adrienne Johnson as the instructor. Driving time will be from 10 a.m. – 4 p.m. as needed. This course consists of 20 hours of classroom time and five hours of driving time as required by the Nebraska Department of Motor Vehicles. It prepares drivers for licensure by awarding a written drive test waiver upon satisfactory completion. Students must attend all sessions in order to get the written drive test waiver. Minimum age is 14. Class fee is \$250. Work and text books are available in the McMillen Hall book store.

“Yoga Basics” will be held Wednesdays, Aug. 17-Sept. 21, from 5:30-7 p.m. in McMillen Hall, room 213 with Gerri Jardine as the instructor. This beginning class for ages 12 and up will focus on the basics of postural yoga. Students will learn yoga warm-ups and core strengthening techniques. Basic postures, breathing and focus techniques, as well as simple calming and relaxation skills will be accomplished. Students should have normal range of mobility and be able to get up and down off of the floor. Class fee is \$59.

“Yoga Tone” will be held Thursdays, Aug. 18-Sept. 22, from 5:30-7 p.m. in McMillen Hall, room 213 with Gerri Jardine as the instructor. This class will be for those interested in using yoga for strength, core training, stretching and focus or as an enhancement to a work-out program or sport. Class consists of warm-up exercises and stretches, basic breathing and meditation techniques and an emphasis on posture flows. Students should be reasonably mobile, able to get up and down off the floor and move continuously for a 20 minutes. Beginners welcome. Bring appropriate yoga mat. Class fee is \$59.

“Quilting” will be held Mondays, Tuesdays, and Thursdays, Sept. 12-Nov. 14, Sept. 13-Nov. 15, and Sept. 15-Nov. 17, from 6-9 p.m. in Walsh-Brady 114 with Janet Bamesberger as the instructor. Create a 31”wall-hanging and a companion table-runner, very suitable for a beginners as well as fun for the experienced quilters. The 10-week class will be sufficient to make both projects and may be enough time to machine quilt them as well. Class fee is \$49.

You can register on-line for CFE classes at Register.CenterForEnterprise.com

Do you have a suggestion for a class? Or are you willing to share your personal expertise with others?

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The Center for Enterprise, a division of Mid-Plains Community College at McCook Community College, strives to meet your educational needs, including classes for your personal interest. Please contact our office with your suggestions so we can provide the best programming to our community. Call (308) 345-8122 or (800) 658-4348, ext. 8122; email cfemccook@mpcc.edu for registration information.