

Dear Schoolcraft College Community,

Spring and Summer brings warmer weather, longer days, and new Personal & Professional Learning classes. Thanks to you, our students, this Winter semester we saw our highest enrollment in the last 5 years. For those of you who love the outdoors, we invite you to register



for the new Nature Photography or Birdwatching course and enjoy new summer recipes in our demonstration culinary classes!

Our Wellness program has grown this semester with new offerings including Meditation for Stress Relief, Guided Relaxation and Finding Wellness & Happiness in Your Everyday Lifestyle. See page 9 for more class details.

In an effort to improve the PPL registration process and provide additional assistance to students in our popular Aquatics program, we will open registration for Aquatics classes one day prior to registration for general PPL classes, on Tuesday April 1st starting at 8:00 AM. Our team will be able to dedicate our resources that day for our high demand Aquatics program.

The rest of our PPL classes will be open for registration on Wednesday April 2nd, where you can continue registering for any open Aquatics seats that remain. See page 29 for additional registration information.

We hope you enjoy your Spring & Summer with PPL!

Ashley Garringer, MS

Interim Director, Personal & Professional Learning

New Classes for Spring/Summer 2025

Fitness & Health

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Monday-Friday, 8 a.m. – 5 p.m. • 734-462-4448 • ppl@schoolcraft.edu

Schoolcraft College publishes this schedule for informational purposes only and its content shall not constitute a contract between the institution and prospective or enrolled students.

The information presented here reflects the current curricula, policies, and regulations of the College. However, these are subject to change at any time by action of the Board of Trustees or the administration.

A doctor's review of your health is advised before starting any exercise program.

The Schoolcraft College Personal & Professional Learning Schedule is published three times yearly. It is the policy of Schoolcraft College that no person shall, on the basis of race, religion, color, gender, age, marital status, disability, sexual orientation, and/or national origin, be subjected to discrimination during or be excluded from participating in or be denied the benefits of any program or activity or in employment.







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General Registration Begins Wednesday April 2, 2025 at 8:00 a.m.

Aquatics Registration Begins Tuesday, April 1, 2025 at 8:00 am Most PPL classes/activities are NOT scheduled on the following days: Memorial Day Weekend May 24-26, 2025 Independence Day July 4, 2025 View Campus Map and Classroom Building Information



schoolcraft.edu/about/visit

Class Icon Key

- Purchase textbook and bring to first class—available at the College Bookstore. View textbook pricing and details at schoolcraftbooks.com.
- Purchase a USB Flash Drive and bring to first class— available at the College Bookstore.
- Prerequisite: CES 2187 Cooking 101: Skill Development or instructor's approval. See page 18 for toolkit requirements.
 - Schoolcraft College Certificate of Photography class.

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PERSONAL ENRICHMENT



FITNESS & HEALTH

AEROBICS

Fit & Fun Cardio Drumming

Get your heart pumping with an effective cardio drumming class. Drum away stress and get fit along with a mat workout using hand weights and stretch bands. Drumming sticks and Fit Balls are provided and seated chair options and demonstrations are included in each class.

CES2 9135 | \$89/Senior Cost \$44.50

12 weeks | Tues | Apr 29 | 11 am-12 pm | Sec. 928154 | PE140 | E. Letourneau - AHF

Zumba®- Blast Dance Workout

Zumba® is a combination of easy-to-follow routines done to Latin and International music. This class features toning and hip-hop movements resulting in an energizing, fat-burning cardio workout!

CES 9969 | \$85/Senior Cost \$42.50

10 weeks | Tues | Apr 29 | 5-6 pm | Sec. 928172 | PE140 | P. Zarinana - AHF

10 weeks | Thurs | May 1 | 11 am-12 pm | Sec. 928182 | PE140 | P. Zarinana - AHF



Dynamic Fit Mix: A Variety Workout

Enjoy this fun and uplifting class working out with different types of fitness equipment and routines each time class meets, while toning your entire body top to bottom.

CES2 9129 | \$115/Senior Cost \$57.50

10 weeks | Tues & Thur | Apr 29 | 8-9 am | Sec. 928186 | PE140 | Z. Prymak - AHF

Circuit Training

Lose inches while strengthening all your major muscle groups. Combine strength training and cardio in the same workout while moving through timed stations to keep your heart rate up. Learn to safely use fitness equipment to maximize your results while taking control of your individual improvement.

CES 9365 | \$105/Senior Cost \$52.50

12 weeks | Sat | May 10 | 10:10-11:10 am | Sec. 928190 | PE120 | T. Maguran

Get Fit & Stay Fit: Low Impact Aerobics

Set your own pace in variations of low impact aerobics, strength training, and sculpting designed for moderate level exercisers.

CES 9973 | \$135/Senior Cost \$67.50

10 weeks | Mon, Wed & Fri | Apr 28 | 9-10 am | Sec. 928151 | PE140 | K. Carzon - AHF

Best Body: Hybrid Interval Training

Burn fat and tone muscle in this hybrid interval training class that combines weights, cardio, and strength training. Feel and see the results after a brief warm-up, interval training, and a floor workout focusing on abs, glutes, and thighs.

CES2 9004 | \$85/Senior Cost \$42.50

10 weeks | Mon | Apr 28 | 6-7 pm | Sec. 928184 | PE140 | Z. Prymak - AHF

Total Body Strength & Tone

Reshape your upper and lower body using hand weights, body bars, fitballs and more. Finish each class with a 15-minute stretch and see the results!

CES2 9083 | \$85/Senior Cost \$42.50

10 weeks | Sat | May 10 | 9:30-10:30 am | Sec. 928187 | PE140 | L. Furlong - AHF



Strength Training & Conditioning

Strengthen and tone the major muscle groups as you increase lean muscle mass. Enjoy a healthier body and a higher metabolic rate, as you firm, tone, and enhance the body's natural shape. Exercises are developed using a variety of exercise equipment.

CES 9432 | \$99/Senior Cost \$49.50

12 weeks | Sat | May 10 | 9-10 am | Sec. 928153 | PE120 | T. Maguran

CES 9433 | \$119/Senior Cost \$59.50

12 weeks | Tues & Thur | Apr 29 | 5:15-6:15 pm | Sec. 928169 | PE120 | T. Maguran

12 weeks | Tues & Thur | Apr 29 | 6:30-7:30 pm | Sec. 928177 | PE120 | T. Maguran

Sunrise, Stretch, Strength & Tone

Begin your day with an invigorating workout designed to improve your overall strength, balance, flexibility and posture. Using a variety of equipment, incorporate active stretching, low impact movements, targeting floor work and Pilates inspired exercises to leave you feeling energized. Alternative options for students with osteoporosis and osteopenia will be given.

CES 9980 | \$109/Senior Cost \$54.50

8 weeks | Mon & Wed | June 9 | 8-9 am | Sec. 928180 | PE210 | G. Ripley

8 weeks | Mon & Wed | June 9 | 8-9 am | Sec. 928175 | VIRTUAL | G. Ripley

This course is excellent for the novice to the pro. Great fun and wonderful exercise with a dynamic fireball of an instructor. Highly recommended!"

— Emily F., Fit & Fun Cardio Drumming Student

Senior Fitness

Zumba® Gold: A Beginner Dance Workout

Zumba Gold is designed for the true beginner and the active older adult. This party-like fitness dance class, done to a variety of music like merengue, salsa, and tango, is an effective calorie burning workout geared for all fitness levels.

CES 9855 | \$85/Senior Cost \$42.50

8 weeks | Fri | May 9 | 10-11 am | Sec. 928168 | PE140 | J. Dumbleton - AHF

Strength Training for Seniors I

Strengthening the major muscle groups of the upper and lower body improves metabolism, increases bone mineral density, and can reduce arthritic discomfort for aging adults.

CES 9720 | \$105/Senior Cost \$52.50

7 weeks | Mon & Wed | Apr 28 | 1-2 pm | Sec. 928157 | PE140 | E. Letourneau - AHF

Strength Training for Seniors II

As an active senior, you know the benefits of strength training. This low-impact cardio workout uses light hand weights, resistance bands, and small exercise balls to improve strength, flexibility and balance leaving you stronger and more energized.

CES 9981 | \$85/Senior Cost \$42.50

10 weeks | Tues | Apr 29 | 1:30-2:30 pm | Sec. 928176 | PE140 | S. Brodsky - AHF

Fit as a Fiddle

Workout while sitting comfortably in a chair at your own pace in this beginning to moderately-paced class. Improve your range of motion, strength, balance, flexibility, brain health and memory techniques.

CES2 9128 | \$115/Senior Cost \$57.50

7 weeks | Mon & Wed | Apr 28 | 10-11 am | Sec. 928166 | PE140 | J. Dumbleton - AHF



Senior Basketball: Non-Instructional Activity

Seniors can enjoy the opportunity to play non-instructional indoor basketball. CESN 0009 | \$69

14 weeks | Tues & Thur | Apr 29 | 12 pm-2 pm | Sec. 928191 | PE Main Gym

Pilates

Pilates: Full Body Strength & Conditioning

Expand your Pilates practice, while toning, lengthening, and stretching your body. Never feel bored with a total body workout ratio of upper body, supine core work, legs/side series, and prone back work. This class for all skill levels focuses on a total body Pilates practice utilizing different small pieces of equipment. Leave feeling rejuvenated and strong!

CES2 9044 | \$99/Senior Cost \$49.50

12 weeks | Mon | Apr 28 | 6-7 pm | Sec. 928179 | VIRTUAL | J. Malinowski

Pilates for Beginners

A safe and effective mat Pilates workout offers a powerful conditioning program for the entire body. These exercises practiced correctly, promote functional strength of abdominal and back muscles, and help to develop pelvic floor strength and better posture.

CES 9527 | \$85/Senior Cost \$42.50

10 weeks | Mon | Apr 28 | 11 am-12 pm | Sec. 928156 | PE140 | J. Dumbleton - AHF

Pi-Yo Strength Fusion

Combine the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga in this moderate level class. Work at your own pace to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.

CES 9977 | \$85/Senior Cost \$42.50

10 weeks | Wed | Apr 30 | 7-8 pm | Sec. 928174 | PE140 | L. Furlong - AHF

Barre Workout: Strength, Lengthen & Tone

Barre Workout is a fun and innovative way to work out that uses a ballet bar to strengthen, lengthen, and tone your body by performing small isometric movements. It tones the whole body by burning fat fast, lifting the glutes and toning the thighs, abs, hips and arms.

CES 9970 | \$85/Senior Cost \$42.50

10 weeks | Wed | Apr 30 | 11 am-12 pm | Sec. 928165 | PE140 | Z. Prymak - AHF



IMPROVE YOUR HEALTH BY JOINING THE FITNESS CENTER!

PPL Students Receive a Discounted Membership: \$20/Month

- Cardio & Weight Equipment Personal Training
- Pickleball
- Open Swim
 - Racquetball Courts

FIND OUT MORE TODAY!



schoolcraft.edu/fitness-center





DANCE

Couples and singles welcome in all Dance classes!

Latin Dancing

Each session you will learn two different hot Latin dances, like Salsa, Bachata, Lindy, Rumba, Samba, Merengue, Jive, Cha-Cha-Cha, Cumbia, Bolero and more. This class is good for beginners and more advanced dancers and will cover the fundamentals and more advanced figures.

CES 9988 | \$79/Senior Cost \$39.50

6 weeks | Fri | May 9 | 7-8 pm | Sec. 928058 | PE140 | E. Semenov

Belly Dance Fitness

Students spend one hour engaging in belly dance style movement with the goal of burning calories and having fun while listening to Middle Eastern/Fusion and other motivating musical selections. The focus is less on technique and more on consistent movement and calorie burning. Hip scarf and footwear optional.

CES2 9134 | \$79/Senior Cost \$39.50

6 weeks | Mon | May 5 | 12 pm-1 pm | Sec. 928059 | PE140 | A. Hallmark

Hula & Ori Tahiti Dance

Spend each hour engaging in Hula/Ori Tahiti style movement, an artistic dance rooted in tradition. Learn about the meaning and history of the lyrics and hand motions while burning calories and building dance combinations.

CES2 9169 | \$79/Senior Cost \$39.50

6 weeks | Mon | June 30 | 12 pm-1 pm | Sec. 938061 | PE140 | A. Hallmark



Move & Groove: Full Body Dance Workout

Utilize basic motor skills for a high energy full body dance workout! Move and groove to the best music from the 80s to the best hits today. Join us as we work and move through fun dance moves that you can take with you anywhere.

CES2 9131 | \$99/Senior Cost \$49.50

6 weeks | Sat | May 10 | 11 am-12 pm | Sec. 928065 | PE210 | J. Gordon

Ballroom Dancing

Learn and practice two different graceful Ballroom Dances, a necessary social grace that fills a need in both the business world and on a personal level. Work on fundamental dance components, base timings/rhythms, key foot patterns and essential leading and following techniques. Good for beginners and more advanced dancers.

CES2 9039 | \$79/Senior Cost \$39.50

6 weeks | Fri | May 9 | 8-9 pm | Sec. 928057 | PE140 | E. Semenov

Shuffle & Hustle: New & Classic Line Dances

Learn the line dances that have been popular for years plus new ones created by the instructor! Each class will focus on learning 1 or 2 line dances first without music, then gradually add music from the 80s to today to put it all together. All skill levels are welcome.

CES2 9132 | \$99/Senior Cost \$49.50

6 weeks | Sat | June 28 | 11 am-12 pm | Sec. 938062 | PE210 | J. Gordon

NEW Introduction to African Dance:

History & Culture

Experience an introduction to Central African dance, exploring traditional Congolese movement and rhythm with a focus on polyrhythms. Learn about the historical and cultural significance of African dance while practicing techniques in group and solo settings. Drum accompaniment will be used to teach timing, rhythm, and call-and-response.

CES2 9179 | \$99/Senior Cost \$49.50

12 weeks | Mon | Apr 28 | 7-8 pm | Sec. 928068 | PE140 | L. Wilson

Line Dance

If you love to dance and want to have fun while exercising your mind and body, this is for you! Each session you will learn and practice several different Country Line Dances. All skill levels are welcome.

CES2 9168 | \$79/Senior Cost \$39.50

6 weeks | Fri | May 9 | 6-7 pm | Sec. 928069 | PE140 | E. Semenov

NEW Detroit Style Urban Line Dance

This engaging class introduces students to popular Detroit urban line dances like "The Wobble" and "Tamia's So Into You" and the" Cupid Shuffle." Each session covers a new dance, breaking down the moves step by step. By the end, students will have learned three dances and gained confidence to perform them at social events, while enjoying Detroit's vibrant dance culture.

CES2 9180 | \$79/Senior Cost \$39.50

6 weeks | Thurs | May 8 | 4-5 pm | Sec. 928066 | PE140 | L. Wilson

6 weeks | Thurs | June 26 | 1-2 pm | Sec. 938067 | PE140 | L. Wilson

TAI CHI

Beginning Tai Chi

Tai Chi is a series of gentle turning and stretching exercises that aid in relaxation and stress reduction and improve flexibility, circulation, balance, muscle control and strength. This beginning course introduces the fundamentals of the 108 moves in the Taoist Tai Chi set.

CES 9906 | \$109/Senior Cost \$54.50

12 weeks | Tues | Apr 29 | 9:30-10:30 am | Sec. 928805 | PE140 | Michigan Tai Chi Association

12 weeks | Tues | Apr 29 | 7-8 pm | Sec. 928851 | PE140 | Michigan Tai Chi Association



FENCING

Fencing I

Fencing is one of only four sports that has been on every modern Olympic program since 1896. Gain a basic understanding of the sport of fencing - the art of sport swordplay - in an enjoyable and relaxed atmosphere. Learn basic fencing positions, movements, and principles. Equipment is provided. **Students age 11+ are welcome.**

CES2 9182 | \$105/Senior Cost \$52.50

8 weeks | Fri | May 9 | 6-7:45 pm | Sec. 927951 | PE Main Gym | D. McLaren

Fencing II

Build your knowledge of the sport and improve your fencing technique. Learn new movement and strategies necessary for bout fencing. Equipment is provided. **Students age 11+ are welcome. Prerequisite:** Fencing I.

CES2 9183 | \$105/Senior Cost \$52.50

8 weeks | Fri | May 9 | 8-9:45 pm | Sec. 927952 | PE Main Gym | D. McLaren

Fencing Club: Non-Instructional Activity

This unstructured activity period is for those who have taken Fencing I and Fencing II and would like an opportunity to practice their skills.

CESN 0004 | \$75

8 weeks | Fri | May 9 | 7-9 pm | Sec. 927953 | PE Main Gym | Staff

YOGA

Yoga for Easing Arthritis & Fibromyalgia Pain-Level I

Experience this gentle yoga workout designed for individuals who suffer from varying degrees of muscle and joint pain from arthritis or fibromyalgia. *Class meets on main floor of PE Building.

CES 9918 | \$79/Senior Cost \$39.50

8 weeks | Thurs | May 1 | 9:15-10:15 am | Sec. 928969 | PE140 | J. Dumbleton - AHF

Yoga for Easing Arthritis & Fibromyalgia Pain-Level II

Poses focus on joint flexibility and breathing exercises for relaxation, resulting in the easing of pain associated with arthritis or fibromyalgia. *Class meets upstairs in PE Building.

CES2 9162 | \$79/Senior Cost \$39.50

8 weeks | Tues | Apr 29 | 10-11 am | Sec. 928990 | PE210 | K. Carzon - AHF

Yoga for Better Bone Health & Balance

If you are looking for a yoga class that improves bone health, flexibility and balance then this yoga class is a must. Weight-bearing standing/seated yoga poses, with the use of light hand weights, can help build bone density, strength and coordination which encourages better posture and balance reducing the risk of falling.

CES2 9161 | \$79/Senior Cost \$39.50

8 weeks | Tues | Apr 29 | 9-10 am | Sec. 928957 | PE210 | K. Carzon - AHF

"Easy Does It" Hatha Yoga

Hatha Yoga is gentle, but effective for promoting flexibility, balance, strength, and wonderful posture. Great for beginners and moderate level exercisers. Yoga teaches breathing, stretching and relaxation.

CES 9542 | \$59

12 weeks | Tues | Apr 29 | 12:30-1 pm | Sec. 928971 | PE210 | S. Brodsky - AHF

CES 9543 | \$125/Senior Cost \$62.50

12 weeks | Thurs | May 1 | 1-2:20 pm | Sec. 928951 | PE210 | S. Nagy - AHF

NEW Hatha Yoga II

Focus on relaxed breathing and traditional asanas (postures) which will be held for a period of time to ensure proper alignment to build strength and flexibility. Participants will explore various sequences to foster a deeper connection between breath, body and mind. See results and enjoy a state of peacefulness.

CES2 9177 | \$125/Senior Cost \$62.50

12 weeks | Mon | Apr 28 | 7-8:20 pm | Sec. 928980 | PE210 | M. Hopson - AHF



Flowing Yoga I

In this beginning class you'll enjoy a moving sequence of Hatha Yoga poses for flexibility, strength and relaxation. You will learn the 12-part Sun Salutes in addition to several more yoga poses supported by yoga breathing. Leave with your body and mind refreshed and relaxed.

CES 9218 | \$125/Senior Cost \$62.50

12 weeks | Tues | Apr 29 | 5:30-6:50 pm | Sec. 928956 | PE210 | M. Hopson - AHF

12 weeks | Tues | Apr 29 | 7-8:20 pm | Sec. 928970 | PE210 | M. Hopson - AHF

12 weeks | Sat | May 10 | 9:30-10:50 am | Sec. 928965 | PE210 | K. Dreyer - AHF

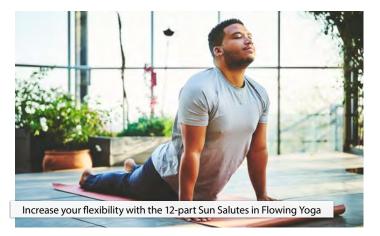
Flowing Yoga II

Build on the stamina you developed in Flowing Yoga I. Review the 12-part Sun Salutes, and then learn the 16 part and 24 part Sun Salutes increasing your breath capacity, body flexibility and strength. Enjoy more challenging poses and a variety of yoga breathing exercises. **Prerequisite:** at least one year of Flowing Yoga I or at least one year of yoga training.

CES 9541 | \$125/Senior Cost \$62.50

12 weeks | Mon | Apr 28 | 11 am-12:20 pm | Sec. 928967 | PE210 | Z. Prymak - AHF

12 weeks | Thurs | May 1 | 5:30-6:50 pm | Sec. 928960 | PE210 | K. Dreyer - AHF



Yin Yoga: Slow Paced with Longer Holds

Yin Yoga targets the connective tissue of the joints, ligaments and sinew to help increase flexibility and range of motion. Focus on strength and stretching with longer holds and fewer poses.

CES2 9065 | \$125/Senior Cost \$62.50

12 weeks | Thurs | May 1 | 9:30-10:50 am | Sec. 928976 | VIRTUAL | C. Vukonich

Healing Yoga & Self Massage

All skill levels are welcome in this class designed to help those experiencing body tension, headaches, migraines, and anxiety. Begin with standing poses to improve breathing habits, flexibility and balance followed by seated mat postures supported by yoga props.

CES2 9164 | \$139/Senior Cost \$69.50

12 weeks | Mon | Apr 28 | 5:30-6:50 pm | Sec. 928953 | PE210 | H. Grimm - AHF

Vinyasa Yoga with Light Weights

In a gentle environment, learn how to use light weights to strengthen the upper body and core using 2-8 lb. weights or a non-weight bearing approach. Weights followed with an easy flow of yoga restorative poses and breathing will help improve flexibility and stability.

CES 9960 | \$125/Senior Cost \$62.50

12 weeks | Fri | May 2 | 9:30-10:50 am | Sec. 928958 | VIRTUAL | C. Vukonich

12 weeks | Fri | May 2 | 9:30-10:50 am | Sec. 928966 | PE210 | C. Vukonich

NEW Restorative Yoga for Healthy Backs

This healing restorative yoga class is ideal for beginners, or anyone seeking stress relief and relaxation. Move slowly through basic yoga postures and leave feeling refreshed and rejuvenated. Strengthen and soothe your back with gentle yoga poses designed to improve posture, flexibility, and core stability. Perfect for all levels, this class focuses on mindful movements and breathwork to alleviate back pain and promote overall spinal health.

CES2 9181 | \$79/Senior Cost \$39.50

12 weeks | Wed | Apr 30 | 12 pm-1 pm | Sec. 928979 | PE140 | N. Bajaj

Precision Yoga

Precision Yoga is designed to help you achieve accurate alignment, preventing injuries and enhancing both inner and outer balance. This class focuses on fundamental yoga postures and breathing techniques that build strength and cultivate peace of mind. Using props such as yoga blocks, straps, bolsters, and foam rollers, you'll receive the support needed to perform each pose correctly.

CES 9785 | \$125/Senior Cost \$62.50

12 weeks | Wed | Apr 30 | 11:15 am-12:45 pm | Sec. 928954 | PE210 | D. Siegel-DiVita-RYT

Desk Break Yoga: Full Body Stretches to Fix Your Posture

Learn how to stretch key muscles in your body, to release tension, help increase your blood flow and enhance your productivity, while taking your necessary desk breaks. Instructor will demonstrate exercises to improve your posture, all while enjoying easy listening and upbeat music to enhance your day.

CES2 9153 | \$79/Senior Cost \$39.50

6 weeks | Mon & Fri | May 5 | 11:30 am-12 pm | Sec. 928978 | VIRTUAL | S. Faris

NEW Power Fusion Yoga for Strength

Improve your upper body strength, power production, and flexibility. Power fusion yoga focuses on balance, upper and mid-body strength while targeting the core abdominal muscles using isometric movements. **Note:** This class is not recommended for beginners.

CES2 9178 | \$125/Senior Cost \$62.50

12 weeks | Tues | Apr 29 | 11 am-12 pm | Sec. 928977 | PE210 | J. Mason

Yoga to Renew & Restore

Learn breathing techniques to help relax the mind and move into a slow flowing sequence to help energize the body. Restorative poses, also called active relaxation, will bring balance to your life and help you journey into a place of deep contentment, heal your body and calm your mind.

CES 9540 | \$125/Senior Cost \$62.50

12 weeks | Wed | Apr 30 | 5:30-6:50 pm | Sec. 928968 | PE210 | K. Dreyer - AHF

Great yoga class, especially helpful for my back. Instructor is knowledgeable and provides options for those who have physical limitations. Love the yoga room at Schoolcraft."

— Peggy E.,

Healing Yoga & Self Massage Student

Yoga & Stress Management

This gentle, flowing Hatha Yoga class will help you explore classic yoga poses, postures and breathing exercises, followed by soothing, relaxing meditation, leaving you feeling peaceful and relaxed.

CES2 9017 | \$125/Senior Cost \$62.50

12 weeks | Wed | Apr 30 | 7-8:20 pm | Sec. 928973 | PE210 | S. Nagy - AHF

Yoga Better Back & Neck

Create the foundation for your well-being, peace and health by developing a stronger back and neck. Transform your body and mind with a sequence of classic standing poses, stretches and breathing techniques designed for students of all ability levels.

CES 9978 | \$125/Senior Cost \$62.50

12 weeks | Thurs | May 1 | 7-8:20 pm | Sec. 928961 | PE210 | H. Grimm - AHF

Yoga for a Healthy Heart

Focus on improving your cardiovascular function and the reduction of blood pressure with this specialized yoga class. Using safe and effective techniques, performed with proper form and alignment, learn a flowing sequence of yoga poses, stretches, and synchronized breathing and movement, to relax your body, mind, and heart.

CES 9986 | \$125/Senior Cost \$62.50

12 weeks | Mon | Apr 28 | 9:30-10:50 am | Sec. 928962 | PE210 | Z. Prymak - AHF

Light Weights with a Little Yoga

Begin your fitness adventure doing yoga stretches to warm your neck, shoulders, arms, back and legs. Learn to comfortably lift weights from sitting, standing, and lying positions feeling totally in control.

CES 9734 | \$135/Senior Cost \$67.50

12 weeks | Wed | Apr 30 | 9:40-11:10 am | Sec. 928963 | PE210 | D. Siegel-DiVita-RYT

12 weeks | Fri | May 2 | 11:15 am-12:45 pm | Sec. 928959 | PE210 | D. Siegel-DiVita-RYT



Diane is an amazing instructor."

— Kathleen S., Light Weights with a Little Yoga Student

WELLNESS

NEW Finding Wellness & Happiness in Your Everyday Lifestyle

Review and apply life skills that already exist within your everyday lifestyle, habits, and behaviors. Through a very broad and basic lens of psychology and useful wellness strategies, explore everyday difficulties and learn easily applicable remedies to increase life satisfaction and empowerment as a group. The topics will be real-world applicable and fun from an instructor who is a working psychotherapist. Use what you have inside, to tackle the complications of life!

CES2 0171 | (.4 CEU) | \$49/Senior Cost \$39.20

2 weeks | Thurs | May 1 | 5:30-7:30 pm | Sec. 927301 | LA425 | D. Jones

NEW Managing Your Stress: Effective Tools & Guided Relaxation

Through a guided practice of relaxation, utilize simple body-based tools to help shift the stress response and improve well-being. Learn to understand the body's stress response and the effectiveness and importance of practicing tools when not in a stressed state.

CES2 0182 | (.8 CEU) | \$65/Senior Cost \$52

6 weeks | Tues | Apr 29 | 1-2:20 pm | Sec. 927303 | JC122 | C. Zarotney

NEW Heartfulness Meditation for Stress Relief

Embark on a transformative 4-week workshop designed to improve mental health and self-care practices. This series provides practical tools for managing stress, cultivating positivity, a deeper sense of peace, connection and inner joy. Each week offers a combination of insights, hands-on activities, and guided meditations to empower participants to lead more balanced, fulfilling lives. Whether you're looking to improve your emotional resilience, develop positive habits, or realign with your body's rhythms, this course will provide you with life skills to improve your mental health. Students should bring a journal to class.

CES2 0176 | (.6 CEU) | \$59/Senior Cost \$47.20

6 weeks | Thurs | May 22 | 5:30-6:30 pm | Sec. 927304 | JC122 | N. Rajeev

NEW Self-Awareness: Getting Better All the Time

Review the understanding of what self-awareness is and how it relates to bettering oneself regarding lifestyle, habits, and behaviors. Through a very broad and basic lens of psychology and useful wellness strategies, we will explore the basic differences between thoughts, emotions, body reactions, and behaviors. What we don't know is how we present ourselves to others and the negative (and positive) patterns we fall into daily. The topics will be applicable and fun from an instructor who is a working psychotherapist.

CES2 0180 | (.3 CEU) | \$45/Senior Cost \$36

1 day | Thurs | June 5 | 5:30-8:30 pm | Sec. 927302 | LA425 | D. Jones



NEW Connecting Your Life to the Movies

Through a very broad and basic lens of psychology, movies can serve as powerful tools to achieve personal growth and self-discovery. Through guided viewings and discussions, students will use wellness strategies to connect and dive into plots, characters, and themes from well-known movies to understand the support systems such as family, friends, and significant others. The topics will be real-world applicable and fun from an instructor who is a working psychotherapist and former filmmaker, actor, and writer for 20 years.

CES2 0181 | (.3 CEU) | \$45/Senior Cost \$36

1 day | Thurs | July 10 | 5:30-8:30 pm | Sec. 937305 | LA425 | D. Jones

AQUATICS

Classes end 5 minutes to the hour to allow for changing of class sessions. View a complete list of swim skills auidelines:



Basic Swim for the Water Shy Adult

Skills to be learned:

- Tread water for 30 seconds
- · Float on front with relaxed muscles and face in the water, blowing bubbles
- · Float on back with relaxed muscles
- Proper freestyle & backstroke kick with flotation device

CES 9583 | \$125/Senior Cost \$62.50

12 weeks | Mon | Apr 28 | 6-7 pm | Sec. 928705 | PE Pool | K. Calhoun

12 weeks | Wed | Apr 30 | 6-7 pm | Sec. 928701 | PE Pool | N. Travis

12 weeks | Sat | May 10 | 8:30-9:30 am | Sec. 928723 | PE Pool | K. Calhoun

Beginning Adult Swim Stroke & Technique

Skills to be learned:

- Tread for one minute
- 25 yards with proper kick, arm rotations and breathing for each of the following strokes: freestyle, backstroke, and breaststroke
- · 25 yards elementary backstroke, body undulations kick for 12 yards

• Swim 12 yards freestyle with any

· Elementary backstroke with a

• Retrieve object from 4 ½ ft deep

· Comfortably float/swim in deep end

kind of breathing

flotation device

· Introduction to diving off side of deep end, comfortable swimming in deep end without float.

Prerequisite: Basic Swim for the Water Shy Adult; or the ability to float; or some deep water familiarity.

CES 9408 | \$125/Senior Cost \$62.50

12 weeks | Wed | Apr 30 | 6-7 pm | Sec. 928755 | PE Pool | R. Wiseman

12 weeks | Thurs | May 1 | 7-8 pm | Sec. 928756 | PE Pool | S. Miles

12 weeks | Sat | May 10 | 8:30-9:30 am | Sec. 928704 | PE Pool | N. Travis

Intermediate Adult Swim Stroke & Technique

Skills to be learned:

- Tread water for 2 minutes
- · Standing dive in deep end, retrieve an object from 5-7 ft.
- 50 yards freestyle with proper body position, rotation, kick and arm rotations for each of the following strokes:

freestyle, backstroke, and breaststroke

- 25 yards butterfly with proper body undulations, correct arms and breathing every/other stroke
- · Introduction to flip turns and open turns for appropriate strokes

Prerequisite: Beginning Adult Swim & Stroke Technique.

CES 9410 | \$125/Senior Cost \$62.50

12 weeks | Mon | Apr 28 | 6-7 pm | Sec. 928733 | PE Pool | A. Brown

12 weeks | Wed | Apr 30 | 6-7 pm | Sec. 928740 | PE Pool | S. Allen

12 weeks | Sat | May 10 | 8:30-9:30 am | Sec. 928731 | PE Pool | S. Allen

Advanced Adult Swim Stroke & Technique

Students with good swimming ability will work to improve their endurance and push their skills.

Skills to be learned:

- 100+ yards of all competitive strokes
- · Perform proper turns during laps, using correct turn for each stroke
- Read a written swim practice
- Proper diving for starts and relays
- · Knowledge of swim drills

Prerequisite: Intermediate Swim Stroke & Technique.

CES 9658 | \$125/Senior Cost \$62.50

12 weeks | Fri | May 2 | 5-6 pm | Sec. 928706 | PE Pool | N. Travis



Water Exercise for Easing Arthritis Pain

Experience this gentle therapeutic water workout, designed for individuals who suffer from varying degrees of muscle and joint pain. Find relief from the soothing buoyancy of the water while exercising.

CES 9919 | \$149/Senior Cost \$74.50

12 weeks | Mon & Wed | Apr 28 | 10-11 am | Sec. 928711 | PE Pool | K. Carzon - AHF

Water Exercise for Easing Arthritis Pain II

An active water exercise class, suitable for those suffering from arthritis, fibromyalgia, or similar ailments. Class is directed at finding relief from the pain and stiffness of arthritis, while seeking to improve overall fitness and activity levels. Students are encouraged to work at their own pace.

CES 9992 | \$95/Senior Cost \$47.50

12 weeks | Fri | May 2 | 10-11 am | Sec. 928748 | PE Pool | K. Carzon - AHF

Deep Water Aerobics I

CES 9343 | \$95/Senior Cost \$47.50

12 weeks | Mon | Apr 28 | 9-10 am | Sec. 928728 | PE Pool | R. Wiseman

12 weeks | Mon | Apr 28 | 4-5 pm | Sec. 928754 | PE Pool | N. Travis

12 weeks | Tues | Apr 29 | 7-8 am | Sec. 928750 | PE Pool | N. Bunner

12 weeks | Tues | Apr 29 | 3-4 pm | Sec. 928715 | PE Pool | R. Wiseman 12 weeks | Tues | Apr 29 | 6-7 pm | Sec. 928721 | PE Pool | R. Wiseman

12 weeks | Wed | Apr 30 | 6:30-7:30 pm | Sec. 928719 | PE Pool | N. Bunner

12 weeks | Thurs | May 1 | 6-7 am | Sec. 928712 | PE Pool | N. Bunner

12 weeks | Thurs | May 1 | 7-8 am | Sec. 928714 | PE Pool | N. Bunner

12 weeks | Thurs | May 1 | 8-9 am | Sec. 928727 | PE Pool | N. Bunner

12 weeks | Thurs | May 1 | 3-4 pm | Sec. 928717 | PE Pool | R. Wiseman

12 weeks | Fri | May 2 | 6-7 am | Sec. 928752 | PE Pool | R. Wiseman

12 weeks | Fri | May 2 | 1-2 pm | Sec. 928751 | PE Pool | R. Wiseman

12 weeks | Sat | May 10 | 8:30-9:30 am | Sec. 928718 | PE Pool | K. Carzon - AHF

Swim Studio

Enjoy the use of the Schoolcraft pool to practice and hone your swimming skills. Whether you are a beginner or an advanced swimmer and are looking for pool time under the guidance of an experienced aquatics instructor to exercise, practice your swim strokes or just enjoy some time in the water, here's your opportunity.

CES 9903 | \$99/Senior Cost \$49.50

12 weeks | Mon | Apr 28 | 2-3 pm | Sec. 928760 | PE Pool | S. Miles

12 weeks | Mon | Apr 28 | 8-9 pm | Sec. 928761 | PE Pool | A. Brown

12 weeks | Wed | Apr 30 | 1-2 pm | Sec. 928759 | PE Pool | L. Mross

12 weeks | Wed | Apr 30 | 2-3 pm | Sec. 928758 | PE Pool | L. Mross

Hydro-toning

CES 9493 | \$95/Senior Cost \$47.50

12 weeks | Tues | Apr 29 | 6-7 am | Sec. 928732 | PE Pool | N. Bunner

12 weeks | Tues | Apr 29 | 1-2 pm | Sec. 928736 | PE Pool | R. Wiseman

12 weeks | Wed | Apr 30 | 4-5 pm | Sec. 928739 | PE Pool | R. Wiseman

12 weeks | Thurs | May 1 | 1-2 pm | Sec. 928738 | PE Pool | R. Wiseman

12 weeks | Fri | May 2 | 3-4 pm | Sec. 928702 | PE Pool | R. Wiseman

Full Body Aqua Burn

Enjoy an instructor-led circuit based workout utilizing the natural resistance of water along with resistance tools to get a full body workout. During the class you will experience 15 minutes of intense cardio followed by targeting each area of the body such as arms, legs and core to provide a full body workout.

CES2 9042 | \$99/Senior Cost \$49.50

12 weeks | Fri | May 2 | 7-8 pm | Sec. 928713 | PE Pool | S. Miles

Aquafit Interval Training

Work off unwanted pounds while improving your flexibility, range of motion, upper-body strength, and endurance. In shallow water using various class formats, tone your entire body using provided noodles, kickboards, fins and barbells. All fitness levels welcome.

CES 9709 | \$95/Senior Cost \$47.50

12 weeks | Mon | Apr 28 | 7-8 pm | Sec. 928749 | PE Pool | K. Carzon - AHF

Aqua Dance

Enjoy an instructor-led high energy workout utilizing the natural resistance of the water while moving to the beat. During the class you will focus on 25 minutes of intense cardio burn using dance inspired moves and then move right into focusing on targeted areas of the body such as arms, legs and core to provide a full body workout. This class is located in the shallow end of the pool requiring no swim experience.

CES2 9043 | \$99/Senior Cost \$49.50

12 weeks | Fri | May 2 | 6-7 pm | Sec. 928710 | PE Pool | N. Travis

Swimnastics I

You don't need to be a swimmer to benefit from this class. Progressive exercises and rhythmic activities in the water are designed to improve flexibility, circulation, and relaxation. Basic swimming skills will be taught as needed.

CES 9138 | \$149/Senior Cost \$74.50

12 weeks | Tues & Thur | Apr 29 | 9-10 am | Sec. 928744 | PE Pool | N. Bunner

CES 9445 | \$95/Senior Cost \$47.50

12 weeks | Tues | Apr 29 | 2-3 pm | Sec. 928729 | PE Pool | R. Wiseman

12 weeks | Thurs | May 1 | 2-3 pm | Sec. 928730 | PE Pool | R. Wiseman

Swimnastics II

If you would like a more vigorous swimnastics program, Swimnastics II is for you! Enjoy rhythmic, aerobic exercises improving your circulation, flexibility and endurance. You don't need to know how to swim to take this class.

CES 9865 | \$95/Senior Cost \$47.50

12 weeks | Tues | Apr 29 | 10-11 am | Sec. 928708 | PE Pool | N. Bunner

Paid Lap Swim - Intermediate Swimmer: Non-Instructional Activity

Enjoy the benefits of open lap swim and use of the deep well with limited enrollment. This opportunity will be limited to 18 students. For adults only. To attend, all participants must register for the entire session. Swimmer must be able to swim a continuous 200 freestyle and have basic knowledge of all 4 strokes.

CESN 0027 | \$95

12 weeks | Fri | May 2 | 7:30-8:30 am | Sec. 928798 | PE Pool

Paid Lap Swim - Advanced Swimmer: Non- Instructional Activity

Enjoy the benefits of open lap swim and use of the deep well with limited enrollment. This opportunity will be limited to 18 students. For adults only. To attend, all participants must register for the entire session. Swimmer must be able to demonstrate all 4 strokes and swim a minimum of 500 yards freestyle.

CESN 0028 | \$95

12 weeks | Wed | Apr 30 | 7-8 am | Sec. 928797 | PE Pool

GET NOTIFICATIONS

Call 734-462-4448 or visit

schoolcraft.edu/aquaticsinterest to join our Aquatics mailing list to receive the most up-to-date information regarding lap swim times, newly added classes, updates and more.



This class provides an excellent physical workout without placing any undue stress on your body. The instructor is friendly, and communicates with the class on the benefits of every exercise. She has a very good knowledge of all the techniques."

— Thomas K., Aquafit Interval Training Student

AQUATICS – YOUTH

Classes end 5 minutes to the hour to allow for changing of class sessions. View a complete list of swim skills guidelines: schoolcraft.edu/ppl/aquatics



Private Swim Lessons - 6 Sessions for \$199

Private swim lessons are now available! To simplify the registration process, please visit **schoolcraft.edu/ppl** to view available days and times. Each session lasts 30 minutes and runs for a total of 6 weeks. Lessons are available online for registration beginning at 8:00 AM on April 1st. All Private Swim Lesson sections can be found online under Aquatics - Youth, however, these lessons are open for registration for both adults and children.

Level 1 Basic Swim for the Water Shy Youth: Ages 5+ Skills to be learned:

- Enter and exit the pool correctly
- · Five relaxed bobs
- Blow bubbles into the water through the nose only, and through the nose and mouth simultaneously
- Float on the front and back having all muscles relaxed
- Float with head in the water, with correct mouth-nose and/or nasal exhalation
- Keep head up with synchronized movement of arms, hands and legs;
- Jump into shallow end from a sitting position or standing up
- Retrieve a ring from 1-2 feet with assistance
- Float and swim, with head up or down, in the deep water with a flotation device.

For the instructor to recommend a student move to Level 2, these skills must be demonstrated.

CES 9773 | \$155

12 weeks | Tues | Apr 29 | 5-6 pm | Sec. 928501 | PE Pool | N. Travis

12 weeks | Sat | May 10 | 10:30-11:30 am | Sec. 928535 | PE Pool | N. Travis

Level 2 Youth Swim Beginner: Ages 5+

Skills to be learned:

- Tread water for thirty seconds
- Ten relaxed bobs
- Do unassisted front and back arrow, no arm/leg movement
- Flip from a front float to a back float unassisted
- Proper freestyle flutter kick with flotation device
- Body undulation for ten yards with flotation device
- Swim ten yards freestyle (whole stroke) with any kind of breathing
- Proper backstroke kick with flotation device
- Elementary backstroke as a survival stroke with flotation device
- Retrieve a ring from 4½ feet with assistance
- Jump into the deep end with flotation device.

Prerequisite: Successful completion of all skills listed in Level 1 Basic Swim for the Water Shy Youth: Ages 5+.

CES 9704 | \$155

12 weeks | Mon | Apr 28 | 5-6 pm | Sec. 928503 | PE Pool | A. Brown

12 weeks | Tues | Apr 29 | 5-6 pm | Sec. 928504 | PE Pool | L. Mross

12 weeks | Thurs | May 1 | 5-6 pm | Sec. 928525 | PE Pool | K. Calhoun

12 weeks | Sat | May 10 | 10:30-11:30 am | Sec. 928526 | PE Pool | R. Wiseman

12 weeks | Sat | May 10 | 12:30-1:30 pm | Sec. 928527 | PE Pool | N. Travis

Level 3 Youth Swim Intermediate: Ages 5+

Skills to be learned:

- Tread water for one minute
- · Twenty relaxed bobs
- Do tight, hand-over hand streamline on front and back, no kicking
- Retrieve a ring from 4½ feet unassisted
- One half lap (25 yards) freestyle and backstroke with proper flutter kick and arm rotation, and for the freestyle alternate breathing
- One half lap (25 yards) breaststroke with proper kick and arm movement, breathing every stroke with correct timing
- Jump into the deep end off the side or the diving board, swim back to the ladder and climb out
- Perform standing dive into the deep end off the side or the diving board.

Prerequisite: Successful completion of all skills listed in Level 2 Youth Swim Beginner: Ages 5+.

CES 9705 | \$155

12 weeks | Mon | Apr 28 | 5-6 pm | Sec. 928508 | PE Pool | Staff

12 weeks | Tues | Apr 29 | 5-6 pm | Sec. 928530 | PE Pool | K. Calhoun

12 weeks | Sat | May 10 | 10:30-11:30 am | Sec. 928509 | PE Pool | S. Allen

12 weeks | Sat | May 10 | 12:30-1:30 pm | Sec. 928529 | PE Pool | R. Wiseman



Level 4 Youth Swim Advanced: Ages 5+

Skills to be learned:

- Tread water for two minutes
- Retrieve a ring from 9-12 feet with feet first or a pike surface dive
- One lap (50 yards) freestyle and backstroke with proper body position, body rotation, correct kick and arm rotation
- One lap (50 yards) breaststroke with proper, arm movement and coordination, breathing every stroke
- One half lap (25 yards) butterfly stroke with proper body undulation, correct arms and breathing every other stroke
- One half lap elementary backstroke
- Jump off the diving board, swim back to the wall, and climb out without using the ladder
- Standing dive off the diving board.

Prerequisite: Successful completion of all skills listed in Level 3 Youth Swim Intermediate: Ages 5+.

CES 9706 | \$155

12 weeks | Mon | Apr 28 | 5-6 pm | Sec. 928511 | PE Pool | K. Calhoun

12 weeks | Thurs | May 1 | 5-6 pm | Sec. 928534 | PE Pool | S. Miles

12 weeks | Sat | May 10 | 12:30-1:30 pm | Sec. 928512 | PE Pool | S. Allen

Level 5 Competitive Edge Beginner: Ages 7+

Skills to be learned:

- Tread water for five minutes
- · Retrieve a ring in 9-12 feet with pike surface dive
- One-and-a-half laps (75 yards) using the freestyle and backstroke with proper body position, body rotation, correct kick and arm rotation
- One-and-a-half laps (75 yards) using the breaststroke with proper kicks,

arms and coordination, breathing every other stroke

- · One lap (50 yards) using the butterfly with proper body undulation, correct arms and breathing every other stroke and one elementary backstroke lap (50 yards)
- Perform proper starts and flip-turns.

Prerequisite: Successful completion of all skills listed in Level 4 Youth Swim Advanced: Ages 5+.

CES 9584 | \$155

12 weeks | Wed | Apr 30 | 5-6 pm | Sec. 928513 | PE Pool | R. Wiseman

12 weeks | Sat | May 10 | 11:30 am-12:30 pm | Sec. 928515 | PE Pool | R. Wiseman

Level 6 Competitive Edge Intermediate: Ages 7+ Skills to be learned:

- Two laps (100 yards) using the freestyle and backstroke with proper body position, body rotation,
- correct kick and arm rotation Two laps (100 yards) breaststroke with proper kick, arms, and coordination, breathing every stroke
- One-and-a-half laps (75 yards) using the butterfly with proper body undulation, correct arms and breathing every other stroke
- One-and-a-half laps (75 yards) elementary backstroke
- Perform proper starts and flip-turns

Prerequisite: Successful completion of all skills listed in Level 5 Competitive Edge Beginner: Ages 7+.

CES 9656 | \$155

12 weeks | Wed | Apr 30 | 5-6 pm | Sec. 928516 | PE Pool | S. Allen

12 weeks | Fri | May 2 | 4-5 pm | Sec. 928517 | PE Pool | N. Travis

12 weeks | Sat | May 10 | 11:30 am-12:30 pm | Sec. 928523 | PE Pool | N. Travis

Level 7 Competitive Edge Advanced: Ages 7+

Skills to be learned:

- · Four laps (200 yards) using the freestyle and backstroke with proper body position, body rotation, correct kick and arm rotation
- Four laps (200 yards) breaststroke with proper kick, arms, and coordination, breathing every stroke
- Two laps (100 yards) butterfly stroke with proper body undulation, correct arms and breathing every other stroke
- Two laps (100 yards) elementary backstroke
- Perform proper starts and flip-turns

Prerequisite: Successful completion of all skills listed in Level 6 Competitive Edge Intermediate: Ages 7+.

CES 9657 | \$155

12 weeks | Wed | Apr 30 | 5-6 pm | Sec. 928520 | PE Pool | N. Travis

12 weeks | Sat | May 10 | 9:30-10:30 am | Sec. 928524 | PE Pool | S. Allen

12 weeks | Sat | May 10 | 11:30 am-12:30 pm | Sec. 928522 | PE Pool | S. Allen

Swim Team Prep: Ages 12+

Develop skills to join a swim team by improving your stroke knowledge, speed and endurance. Complete swim tests, timed trials and gain feedback through critiques. Be prepared for swim team practice with this intensive training. **Prerequisite:** Successful completion of all skills listed in Level 6 Competitive Edge Intermediate: Ages 7+.

CES2 9104 | \$155

12 weeks | Thurs | May 1 | 6-7 pm | Sec. 928502 | PE Pool | S. Miles

Family Swim

Parent & Tot Swim 1: Ages 6 Months - 3 Years

Skills to be learned with parent(s) assistance:

- Safely enter the pool
- Wait for cue to enter the pool
- · Float on back with head on shoulder or in water
- Float on front
- Show interest in bubbles blown by parent
- Begin kicking on front
- Reach for toys on top of water as well as under the surface
- · Practice climbing out of the side of the pool
- Learn the 1, 2, 3, go cue for going underwater

CES2 9105 | \$75

12 weeks | Tues | Apr 29 | 6-6:30 pm | Sec. 928532 | PE Pool | L. Mross

12 weeks | Tues | Apr 29 | 6:30-7 pm | Sec. 928533 | PE Pool | L. Mross

12 weeks | Sat | May 10 | 9:30-10 am | Sec. 928510 | PE Pool | N. Travis

12 weeks | Sat | May 10 | 10-10:30 am | Sec. 928514 | PE Pool | N. Travis

Parent & Preschool Swim: Ages 3 & 4

Skills to be learned:

- Student waits for parents cue to enter the pool each time
- · Complete a safe entry with assistance
- · Float on back, head in water and float on front with parents Blow bubbles or try to put whole
- face in water • Try to blow bubbles through nose
- Kick on front, reach and pull water
- while kicking with a flotation device or held by parent
- · Kick on back with flotation device or parent
- · Reach for toys on top of water and under the surface
- Climb out on the side of the pool with some assistance
- · Learn 1, 2, 3, go cue for jumping from side

CES 9327 | \$125

12 weeks | Mon | Apr 28 | 6-7 pm | Sec. 928528 | PE Pool | Staff

12 weeks | Thurs | May 1 | 6-7 pm | Sec. 928505 | PE Pool | K. Calhoun

12 weeks | Sat | May 10 | 9:30-10:30 am | Sec. 928506 | PE Pool | K. Calhoun

Parent & Child Swim: Ages 5+

Skills to be learned:

- Enter and exit the pool correctly without ladder
- · Jump from side of the shallow end from sitting or standing
- · 5 relaxed underwater bobs with bubbles
- · Blow bubbles into the water through nose only
- Float on front and back relaxed
- · Float with head in the water, keep head up and have synchronized
- CES 9363 | \$125

12 weeks | Tues | Apr 29 | 6-7 pm | Sec. 928507 | PE Pool | K. Calhoun

- arm movements out of the water and kick
- · Without plugging nose, retrieve a ring from 1-2 ft.
- · Proper flutter kick on front and back with assistance
- · Intro to treading arms and leg movements and elementary backstroke with assistance
- · Float and swim head up or down in deep water with assistance

GET NOTIFICATIONS

Call 734-462-4448 or visit

schoolcraft.edu/aquaticsinterest to join our Aquatics mailing list to receive the most up-to-date information regarding lap swim times, newly added classes, updates and more.



FIBER ARTS

Introduction to Knitting: The Basics

Jump-start your knitting skills by learning the basics. Learn how to create a knit and purl stitch and to cast on and off. Begin by making a scarf with the potential to create additional projects with instructor assistance.

Requirements: Bring: #4 worsted weight yarn 100g / 3.5oz; (wool blend preferred but not required); Dark colored yarns are not recommended for beginners. Needle: US 8 (5mm) straight needle or 24" or longer circular needle.

CES 3784 | (1.6 CEU) | \$99/Senior Cost \$79.20

8 weeks | Mon | Apr 28 | 6:30-8:30 pm | Sec. 922658 | LA260 | B. Nurnberger

Introduction to Crochet

Jump-start your crochet skills by learning the basic crochet stitches and their chart symbols. Learn how to work both flat and in the round, providing you with a good foundation for future projects. Complete a lace top with instructor assistance. Bring: 5mm Crochet hook, worsted weight yarn in a light color.

CES 3821 | (1.6 CEU) | \$99/Senior Cost \$79.20

8 weeks | Tues | Apr 29 | 6:30-8:30 pm | Sec. 922652 | LA260 | B. Nurnberger

Schoolcraft Knitting & Crochet Studio: Projects of Your Choice

Knit together in a fun and relaxed atmosphere with the help of an instructor as needed. Bring your own patterns and yarn to class. Meet new knitting friends, share projects and learn new knitting techniques while working on projects of your choice. **Prerequisite:** Introduction to Knitting or Introduction to Crochet or equivalent experience.

CES 3786 | (2.4 CEU) | \$99/Senior Cost \$79.20

8 weeks | Thurs | May 1 | 6:30-8:30 pm | Sec. 922651 | LA230 | B. Nurnberger



NEW Knitting Fixes Made Easy: Mastering Common Mistakes with Confidence

Learn simple techniques for fixing the most common knitting mistakes. You'll discover how to undo knit and purl stitches, drop and add stitches, and even fix errors several rows down using a crochet hook. Once you are confident in correcting your mistakes, you'll be able to continue your knitting as if nothing went wrong. Bring US 8 (5mm) needles with # 4 medium weight yarn.

CES 3871 | (.3 CEU) | \$35/Senior Cost \$28

1 day | Thurs | July 10 | 6:30-8:30 pm | Sec. 932601 | LA230 | B. Nurnberger

NEW Knitting for Speed & Efficiency

Discover techniques for knitting more efficiently. Explore various ways to hold the knitting needles, including English style, Continental, and others. By mastering these methods, you'll learn the fastest way to knit, complete projects quickly, and be ready to cast on your next one with ease. Bring a US 8(5 mm) needle with #4 medium weight yarn, two colors.

CES 3872 | (.3 CEU) | \$35/Senior Cost \$28

1 day | Thurs | July 24 | 6:30-8:30 pm | Sec. 932602 | LA230 | B. Nurnberger

DRAWING

Drawing I

Unlock your artistic talent by developing fundamental drawing skills. Learn how to create beautiful drawings using graphite and charcoal. Begin to understand composition, see value in form, and handle materials with a greater confidence. A variety of methods will be demonstrated covering line and value scales, sighting, and measuring techniques. Bring a 14 x 17 inch drawing pad. Additional supplies will be discussed in class.

CES 3586 | (2.4 CEU) | \$145/Senior Cost \$116

8 weeks | Mon | July 7 | 6-9 pm | Sec. 932177 | F470 | D. Rogers

Colored Pencil

"I can't believe that it's pencil," is a statement often heard by colored pencil artists. Colored pencils are easy and fun to use yet the artist can create beautiful works of art through techniques including layering, blending, and burnishing. Come and enjoy learning the different ways to use this versatile and exciting medium.

CES 3356 | (2.4 CEU) | \$145/Senior Cost \$116

8 weeks | Mon | Apr 28 | 6-9 pm | Sec. 922152 | BTC370 | D. Rogers

Colored Pencil: Lifelike Botanicals

Enjoy the beauty of nature while enhancing your drawing skills. Learn how to draw realistic, lifelike varieties of botanicals such as flowers, vegetables, seeds, roots and bulbs. Explore drawing techniques that will take your botanical drawing from a quick sketch to a finished product. Feel the excitement and satisfaction of being able to capture beautiful botanicals on paper.

CES 3740 | (2.4 CEU) | \$145/Senior Cost \$116

8 weeks | Tues | Apr 29 | 4-7 pm | Sec. 922153 | JC124 | M. Williams

Pen & Ink Drawing I: Plus Multiple Mediums

Relax, enjoy, and experience the wonderful versatility of pen and ink drawing. Since pen and ink drawing uses the same techniques as other mediums, you'll also explore a vast range of techniques and mediums. Don't worry about the level of your drawing skills - this class will allow you to start at the beginning. Become expressive and artistically liberated! Please bring a Strathmore 80 lb. drawing pad that is 21 x 24 or 24 x 32, # 2 pencil, kneaded eraser and Alvin Vinyl eraser. Additional supplies will be discussed in class.

CES 3573 | (2.4 CEU) | \$159/Senior Cost \$127.20

8 weeks | Mon | May 5 | 1-4 pm | Sec. 922154 | F470 | G. Karczewski

Drawing Online

6 weeks | (2.4 CEU) | \$135 | ed2go
For online classes register at ed2go.com/schoolcraft

• Drawing for the Absolute Beginner

Dean Rogers is very knowledgeable in utilizing colored pencil in realistic artwork. This class was a joy to attend each week. Dean has an easygoing, relaxed approach which encourages students to learn and to develop no matter their current level of competency."

— Jill W., Colored Pencil Student

PAINTING

Paint Like Bob Ross

Join Ted Simpson, a certified Bob Ross instructor, as he leads you through the creation of a complete painting in a single session. Unleash your creativity and craft a masterpiece adorned with happy trees and fluffy clouds. Each class features a unique painting. **Students age 12+ are welcome.** All supplies are included and no previous experience is required.

CES 3851 | (.3 CEU) | \$89/Senior Cost \$71.20

1 day | Sat | May 10 | 1-4 pm | Sec. 922055 | VT705 | T. Simpson

1 day | Sat | July 12 | 1-4 pm | Sec. 932001 | VT705 | T. Simpson

Advanced Art Studio

Designed for experienced students, this class will allow participants to choose from any medium they would like. Fine tune your skills with guidance from an instructor.

CES 3876 | (2.4 CEU) | \$159/Senior Cost \$127.20

8 weeks | Wed | May 7 | 1-4 pm | Sec. 922056 | F470 | G. Karczewski

Portrait Drawing & Painting I

In the studio learn to create a likeness from the live model by accessing your creative right brain and training your eye to see. You may draw throughout the class or work in your chosen medium. Please bring paper, pencils and a kneaded eraser to the first class. Some drawing experience is helpful. The model fee is included in the course cost.

CES 3337 | (2.4 CEU) | \$175/Senior Cost \$140

8 weeks | Tues | May 6 | 1-4 pm | Sec. 922053 | F470 | G. Karczewski

TED SIMPSON Art Instructor

Ted Simpson is a native Michigander, who has spent nearly his entire life in the Detroit Metro area. Studying art at Central Michigan University, he explored art in many forms, leading to a lifelong love of artistic expression. Becoming a Certified Bob Ross Instructor is a culmination of this passion.



Ted believes making art accessible

to everyone, regardless of skill level can instill this same passion in others. Ted found his life's calling in teaching and his belief in Bob's wet-on-wet painting technique allows artists, both experienced and novices, to express themselves and to discover their own love of art.

Since becoming an instructor in 2017, Ted has built a network of venues around Michigan that he teaches on a regular basis, as well as private events and one-on-one classes, and many free demonstrations at local events and through social media. Ted also travels the country as a part of the Bob Ross Inc. instructor team, to both private and public events, teaching and demonstrating Bob's technique to the next generation.

Residing in Farmington Hills with his supportive family, Ted cherishes their encouragement as a vital part of his artistic journey. Through his teachings, Ted invites everyone to discover the transformative power of art.

CERAMICS

Ceramics I: Learn to Work with Clay

Be introduced to a variety of ways of working with clay including: pinching, coiling, soft and hard slab, and wheel-throwing. Learn ways to decorate your pieces and how to apply glazes that will give your creations artistic life. Bring a toolkit to the first class. The toolkit can be purchased from the Schoolcraft bookstore. This class is for first-time participants only.

CES 3081 | (2.4 CEU) | \$239/Senior Cost \$191.20

8 weeks | Mon | Apr 28 | 6-9 pm | Sec. 922251 | F410 | C. Laginess

Ceramics II: Hand-Building & Wheel Throwing Skills

Continue developing your hand-building and wheel throwing skills while creating functional, decorative or artistic pieces. **Prerequisite:** Ceramics I or equivalent experience.

CES 3426 | (2.4 CEU) | \$239/Senior Cost \$191.20

8 weeks | Thurs | May 1 | 7-10 pm | Sec. 922254 | F410 | C. Laginess

Ceramics III: Glazes, Oxides & Raku

Expand the basic wheel-throwing and hand-building techniques you learned in Ceramics II. Enjoy using a variety of surface treatments including high-fire and low-fire glazes, slips, oxides, terra sig and Raku. **Prerequisite:** Ceramics II or equivalent knowledge.

CES 3090 | (2.4 CEU) | \$239/Senior Cost \$191.20

8 weeks | Tues | Apr 29 | 7-10 pm | Sec. 922253 | F410 | R. West

Ceramics IV: Garden Projects

Expand your hand-building and wheel-throwing skills by making fun projects for your garden friends. Try different techniques to create functional pieces including: a butterfly bowl, hummingbird feeder, bird house, toad house, and a birdbath. **Prerequisite:** Ceramics III or equivalent ceramics experience.

CES 3842 | (2.4 CEU) | \$239/Senior Cost \$191.20

8 weeks | Fri | May 2 | 5:30-8:30 pm | Sec. 922258 | F410 | P. Goodell

Personalized Ceramics Studio

Take your advanced ceramic skills and grow your individual creative personality! Choose from instructor developed projects or come up with one of your own. **Prerequisite:** Ceramics III or equivalent ceramics experience.

CES 3681 | (2.4 CEU) | \$239/Senior Cost \$191.20

8 weeks | Sat | May 3 | 1-4 pm | Sec. 922256 | F410 | P. Goodell

Raku Ceramics

Beginning to advanced students will create clay objects, hand-built and thrown on the potter's wheel, glaze and fire the pots outdoors using the spectacular Japanese style "raku" firing techniques.

CES 3436 | (2.4 CEU) | \$225/Senior Cost \$180

8 weeks | Fri | June 27 | 5:30-8:30 pm | Sec. 932254 | F410 | P. Goodell

Introduction to Wheel Throwing

Through demonstration and individual projects learn to use different hand positions, to shape and form raw clay into sturdy, useful vessels. Learn to choose and prepare clay, and trim, slip and carve the forms into finished pieces of art. Bring a tool kit to the first class. **The tool kit can be purchased from the Schoolcraft bookstore.**

CES 3645 | (2.4 CEU) | \$239/Senior Cost \$191.20

8 weeks | Sat | May 3 | 9 am-12 pm | Sec. 922255 | F410 | C. Laginess

CES 3849 | (2.1 CEU) | \$215/Senior Cost \$172

7 weeks | Sat | July 5 | 9 am-12 pm | Sec. 932252 | F410 | C. Laginess

NEW Ceramic Tile Making

Explore the art and craft of ceramic tile making. Learn to make one-of-a-kind flat or relief tiles using various surface design techniques. Discover the technique of mold-making. You'll reproduce designs and be introduced to the world of mosaics, all while learning the fundamentals of clay. Class format will include demonstrations and individual projects. Bring a sense of adventure and a toolkit to the first class. **The toolkit can be purchased from the Schoolcraft bookstore**.

CES 3604 | (2.4 CEU) | \$225/Senior Cost \$180

8 weeks | Sat | July 5 | 1-4 pm | Sec. 932253 | F410 | C. Laginess

PHOTOGRAPHY

To earn the certificate, students complete six required classes and four electives capped with a no-cost portfolio analysis.

The six required classes are:

- · DSLR Photography Techniques I
- DSLR Photography Techniques II
- **Fundamentals of Lighting**
- Photo Composition Learning to See Creatively
- **Develop Your Photography Business**
- Adobe Photoshop for DSLR Photographer I

Electives will vary and are noted with **Elective** in the course description.

Note: Students may take individual photography classes without pursuing the certificate. For all Photography classes, bring a DSLR or mirrorless camera to class. Additional equipment will be discussed at the first class meeting.

DSLR Photography Techniques I

Maximize your DSLR or mirrorless camera's potential taking your photos from amateur to professional. Learn the technical side of photography and your camera's full auto settings. Learn about exposure including shutter speeds, aperture and ISO. Apply your technical knowledge as you explore composition techniques and how depth of field creates 3-dimensional images. Gain an understanding of accessories and lenses. Post-processing and editing programs will be demonstrated. Tap into and develop your creativity during field trips, homework assignments and class critiques. Required.

CES 3697 | (2.4 CEU) | \$325/Senior Cost \$260

6 weeks | Mon | Apr 28 | 6:30-10 pm | Sec. 922456 | JC111 | L. Cieplechowicz & Sat | May 10 | 9 am-1 pm | Off Campus

NEW Fine Art Nature Photography

- Techniques & Aesthetics

Capture breathtaking nature photos with your digital camera, including landscapes, flowers, wildlife, and macro shots. Nature photography emphasizes the aesthetic value of the image, allowing you to explore creative ways to produce and display beautiful photographs. In this practical, hands-on course, you will learn the aesthetics of fine art nature photography while fine-tuning your technical skills in the field. Requirements: bring a DSLR or mirrorless camera and tripod to class. Prerequisite: CES 3697 DSLR Photography I. Elective.

CES 3875 | (1.8 CEU) | \$275/Senior Cost \$220

6 weeks | Thurs | May 1 | 6-9 pm | Sec. 922461 | JC123 | W. Gemmell

Adobe Lightroom Classic

Photographers, learn to manage your images with Adobe Lightroom. Experiment with editing tools and learn to create incredible images with this fast, intuitive management and editing program. Showcase your work in print, slideshows, books or through photo sharing. Requirement: strong computer and camera competency. Bring an empty minimum 6GB flash drive in order to work with class files. **Elective** • 🔾

CES2 6282 | (1.4 CEU) | \$285/Senior Cost \$228

4 weeks | Wed | May 28 | 6:30-10 pm | Sec. 922462 | JC113 | J. Currie

Travel Photography

Preserve your memories for a lifetime by learning how to take professional level photographs of the people, places, events and objects you see while traveling. **Requirement:** bring a DSLR or mirrorless camera to class. **Elective.**

CES 3826 | (1.8 CEU) | \$275/Senior Cost \$220

6 weeks | Tues | Apr 29 | 6-9 pm | Sec. 922464 | JC111 | W. Gemmell

Cell Phone Photography

Gain a better understanding of your cell phone and the creative opportunities it provides. Discuss the different camera options (modes) and controls for focus, exposure, flash, etc. Review creative editing tools available on your phone and additional ones you can add. Class is taught from an iPhone point of view, but android phone users have all the same tools and guidance will be provided. Requirement: a fully charged cell phone and basic understanding of its operation.

CES 3764 | (.4 CEU) | \$89/Senior Cost \$71.20

1 day | Sat | May 10 | 9 am-1 pm | Sec. 922467 | JC102 | J. Sobczak

NEW Dance Photography: Capturing

Movement & Emotion

Explore the technical aspects of capturing high-quality images, focusing on techniques to achieve the best possible performance shots. In addition to lectures, students will have the opportunity to photograph a live dancer, practicing their skills as the dancer poses for the class.

CES 3870 | (.4 CEU) | \$99/Senior Cost \$79.20

1 day | Sat | June 7 | 9 am-1 pm | Sec. 922460 | JC102 | J. Sobczak

Portfolio Review

Complete the Schoolcraft Certificate of Photography with this free portfolio review. **Prerequisites:** successful completion of 6 required and 4 elective photography certificate classes. **Required.**

CES 3736 | (.3 CEU) | \$0

1 day | Tues | June 24 | 6-7 pm | Sec. 922463 | VIRTUAL | J. Sobczak

Photography Online

6 weeks | (2.4 CEU) | \$135 | ed2go For online classes register at ed2go.com/schoolcraft

- Secrets of Better Photography
- Photographing Nature with Your Digital Camera

LANGUAGES

Spanish

Spanish Vocabulary I

Enhance your Spanish conversational skills in everyday situations. Boost your confidence and fluency as you practice Spanish oral expressions, communication, and language-listening skills. Prerequisite: Spanish II Conversational CES 3591 or equivalent knowledge.

CES 3852 | (2.4 CEU) | \$169/Senior Cost \$135.20

12 weeks | Mon | May 5 | 6-8 pm | Sec. 926062 | LA370 | G. Hernandez

Mandarin Chinese

Mandarin Chinese II Conversational

Continue to learn Chinese for your own enjoyment and simple conversations! Learn to ask and answer essential questions, introduce family and friends, and order food and drinks in a restaurant. Begin learning Chinese characters. Discover Chinese culture in this relaxed fun atmosphere.

CES 3297 | (2.4 CEU) | \$169/Senior Cost \$135.20

12 weeks | Tues | May 6 | 6-8 pm | Sec. 926063 | LA360 | K. Dalrymple

German

German III Conversational

Take your German skills to a new level in this conversational skills class. Emphasis will be on oral communication and understanding spoken German through dialogs, activities, and discussions of selected literary and cultural readings. Grammar topics will cover additional tenses and moods in German.

CES 3511 | (2.4 CEU) | \$179/Senior Cost \$143.20

11 weeks | Wed | Apr 30 | 6-8:10 pm | Sec. 926060 | LA260 | C. Gardner

Languages Online

6 weeks | (2.4 CEU) | \$135 | ed2go

For online classes register at ed2go.com/schoolcraft

- Speed Spanish
- Conversational Japanese
- Discover Sign Language Instant Italian

CULINARY & BEVERAGES

Eastern Market Walking Tour

Experience Detroit's Historic Eastern Market on a walking tour with Master Chef Jeff Gabriel as your tour guide. Chef Gabriel will introduce you to local and exotic food products, flowers, and wine. See all that the market has to offer through the eyes of a culinary connoisseur. Meet outside of Devries Cheese at 9 am. Close parking is limited. Come early for the best parking. Bring a shopping bag if you plan to purchase items.

CES 2427 | (.3 CEU) | \$59/Senior Cost \$47.20

1 day | Sat | May 31 | 9 am-12 pm | Sec. 921013 | Off Campus | J. Gabriel, CMC

Demonstration



All demonstration classes take place in the new, state-of-the-art Collaborative Learning Studio inside the Vistatech Center. Demo classes are perfect for those who want to sit back, learn from the chefs, and taste the food prepared.

NEW Summer Side Dishes for Picnics, Parties & More: Demo

Impress your guests with delicious side dishes for your next picnic, barbecue, or summer party. Using fresh, seasonal ingredients, you'll learn recipes and techniques that work for side dishes prepared in the kitchen or on the grill. Make your summer events memorable with these crowd-pleasing dishes.

CES 2305 | (.3 CEU) | \$129/Senior Cost \$103.20

1 day | Wed | May 21 | 6-9 pm | Sec. 921002 | VT705 | A. Sayes, CMC



Cooking Light: Demo

Discover how to keep those extra pounds off by using low fat cooking techniques. Prepare quick, healthy meals without giving up taste or the things you enjoy. With these tips you'll have it all. Well almost!

CES 2162 | (.3 CEU) | \$129/Senior Cost \$103.20

1 day | Thurs | Aug 7 | 6-9 pm | Sec. 931001 | VT705 | G. Rapitis

NEW Vegetarian Cuisine: Demo

Experience the benefits of vegetarian eating. Learn about the health benefits and concerns of vegetarianism, as well as the various types of vegetarian and semi-vegetarian diets. Then, see a variety of tasty vegetarian recipes prepared, ending with a delicious vegan dessert. Discover how easy it is to incorporate the benefits of vegetarian food into your everyday meal routine.

CES 2753 | (.3 CEU) | \$129/Senior Cost \$103.20

1 day | Thurs | May 22 | 6-9 pm | Sec. 921004 | VT705 | J. Gabriel, CMC

NEW Seafood Savvy: Ocean-to-Table Cooking: Demo

Make seafood a viable and enjoyable meal option in your home! Discover how to select, prepare, and cook various seafood with confidence, taking advantage of the health benefits of this lean protein. Seafood can be an easy, flavorful, and fun meal to prepare with these helpful techniques, demonstrated by a master chef.

CES 2754 | (.3 CEU) | \$129/Senior Cost \$103.20

1 day | Tues | June 3 | 6-9 pm | Sec. 921003 | VT705 | A. Sayes, CMC

Desserts of the Greek Islands: Demo

Have you dreamed of visiting the islands of Greece and savoring the desserts served there? Experience a taste of the Greek Isles with famous desserts including Baklava, warm cinnamon rice pudding, Greek style pancakes served with yogurt and honey, and Tsoureki -a traditional Greek Easter bread. Enjoy Greek coffee while you sample celebrated desserts from the Greek Isles.

CES 2730 | (.3 CEU) | \$129/Senior Cost \$103.20

1 day | Thurs | July 10 | 6-9 pm | Sec. 931034 | VT705 | G. Rapitis

Fit & Flavorful Cooking for Wellness: Demo New Recipes!

Explore the world of flavorful, wellness-focused cuisine! See how to craft delicious low-fat meals that both nourish and provide energy. Discover the perfect homemade dressings and marinades, the right ways to cook fresh vegetables to enhance flavor, and lean ways to enjoy proteins. Boost your culinary skills to boost your health and wellness!

CES 2743 | (.3 CEU) | \$129/Senior Cost \$103.20

1 day | Wed | June 25 | 6-9 pm | Sec. 921014 | VT705 | C. Sokolowski

Introduction to Cheese: Types & Tasting: Demo

Delve into the diverse world of cheese as you explore five different cheese styles: fresh, soft-ripened, semi-soft, semi-firm, and hard. Receive insight into the history of cheese making and observe a cheese making demonstration. Enjoy a tasting as you compare different flavor profiles and discuss pairing cheese with other food. Leave with recipes for various dishes that use some of the cheeses discussed.

CES 2751 | (.3 CEU) | \$129/Senior Cost \$103.20

1 day | Wed | June 4 | 6-9 pm | Sec. 921015 | VT705 | K. Terreault

Authentic Mexican Cuisine - The Ultimate Experience: Demo - New Summer Recipes!

Learn all that Mexican fare has to offer from Chef Ana Perez, who is from Mexico. Join Ana as she shares how to create Mexican dishes using fresh, seasonal ingredients from a local market. These perfect summer recipes will include an entrée, side dish, dessert, and traditional horchata drink.

CES 2488 | (.3 CEU) | \$129/Senior Cost \$103.20

1 day | Thurs | June 12 | 6-9 pm | Sec. 921001 | VT705 | A. Perez

A Taste of Thailand: Demo

Thai food is known for its balance of sweet, salty, and spicy tastes as well as its use of fresh fruits, vegetables, and herbs. Explore this unique style of cooking, from the many interesting spices and herbs to the various cooking techniques such as frying and steaming. Prepare to create this delicious cuisine at home!

CES 2731 | (.3 CEU) | \$129/Senior Cost \$103.20

1 day | Wed | May 7 | 6-9 pm | Sec. 921008 | VT705 | A. Sayes, CMC

Hands-On Prerequisite

Cooking 101: Skill Development: Demo

In a relaxed environment, learn to properly use knives, how to braise, roast, sauté, and stew, then review safe methods for preparation. Experience tastings of main dishes, side dishes and vegetarian selections. This class or instructor's approval is a prerequisite for hands-on culinary classes, unless otherwise noted. A toolkit is not required for this class.

CES 2187 | (.6 CEU) | \$129/Senior Cost \$103.20

2 days | Wed | May 14 | 5-7 pm | Sec. 921053 | VT705 | J. Gabriel, CMC

& Thurs | May 15 | 5-9 pm

DREW SAYES, CERTIFIED MASTER CHEF Culinary Instructor

Chef Drew holds an Associate Degree in Applied Science from the Culinary Studies Institute at Oakland Community College, where he received the Outstanding Alumni Award in 2016.



Prior to joining Schoolcraft College, Chef Sayes was executive chef of Walnut Creek Country Club,

executive chef at the four-star, four diamond Townsend Hotel in Birmingham, executive chef at the prestigious Atlanta Athletic Club, and executive chef for the Ritz Carlton Hotel Company.

Chef Drew has had the privilege of working for some of luxury dining's best in classic food cities like Los Angeles, Chicago, New Orleans, and Atlanta.

"Fine dining doesn't have to mean pretentious dining," says Chef Drew, who takes pride in serving his guests only the finest quality products from his kitchen. He is an avid supporter of local farms and sustainable practices, with a focus on making cuisine, "sophisticated, not complicated".

Chef Drew has served as a Coach and Mentor for the Junior Hot Food Team for over 14 years with both Oakland Community College and Schoolcraft College.

He was selected as Chef of the Year by the Michigan Chefs de Cuisine Association in 2014, and Chef of the Year for the Central Region American Culinary Federation in 2015.

In 2022, he earned his Certified Master Chef credential, becoming one of only approximately 70 in the nation.

Chef Drew has been teaching with Schoolcraft College Culinary Arts since 2021, and joined as a full-time faculty member in 2022.

Cooking & Baking Hands-On



Want to cook alongside our chefs? Take a handson class! Prepare delicious food, receive constructive feedback from experienced chefs, then enjoy tasting what you and your class prepare!



Prerequisite for all cooking and baking hands-on classes: CES 2187 Cooking 101: Skill Development or instructor's approval.

Bring a tool kit with the following: paring knife, chef's knife, peeler, and measuring spoons. Wear a white chef jacket, dark pants and comfortable, closed-toe shoes in all cooking hands-on classes.

Knife Skills for Vegetables & Herbs: Hands-On

Did you know that many chefs consider the knife to be the most important tool in the kitchen? Improve your speed and safety in the kitchen by learning knife skills. Discover how to choose the proper knife for the item you're cutting and especially how to properly care for your knives. Learn to master basic cuts and how to cut vegetables and herbs. Please bring a chef knife, paring knife and peeler to class.

CES 2363 | (.3 CEU) | \$129/Senior Cost \$103.20

1 day | Tues | May 20 | 6-9 pm | Sec. 921011 | VT620 | J. Gabriel, CMC

Wake Up to Something Sweet & Savory: Hands-On

Roll-up your sleeves and experience breakfast like never before. Learn to make a variety of sweet and savory breakfast dishes, like brioche French toast with fresh berry compote, quinoa spinach and tomato frittata with tahini drizzle, and lemon zest ricotta pancakes. Imagine the attention dishes like these will get at your next breakfast or brunch. **Requirement:** in addition to the standard toolkit bring a heavy whisk, serrated bread knife, dry measuring cups, liquid measuring cup, and a high heat rubber spatula.

CES 2599 | (.4 CEU) | \$139/Senior Cost \$111.20

1 day | Sat | May 10 | 11am-3pm | Sec. 921009 | VT620 | M. Bommarito



Discover now to make a traditional Mexican entre, dessert, and mor

Authentic Mexican Cuisine: Hands-On

New Recipes!

Learn to make traditional, authentic Mexican food alongside Chef Ana Perez, who is from Mexico. Enjoy cooking a full, traditional Mexican meal and dessert. See and taste the distinctive flavors, variety of spices and ingredients, and colorful decoration of Mexican cuisine. Bring a little piece of Mexico home to your family!

CES 2491 | (.3 CEU) | \$129/Senior Cost \$103.20

1 day | Fri | May 30 | 6-9 pm | Sec. 921005 | VT620 | A. Perez

Wine

Wine tasting and light refreshments provided. You must be at least 21 years old to attend. Bring a driver's license or Michigan ID.

Wine 101: Styles, Terminology & Tasting

Wine doesn't have to be intimidating. Gain an understanding of wine terminology, wine styles and characteristics, the elements of wine tasting, and how to read a wine label. Discover how to buy, serve, and preserve wine. Raise your glass to becoming a true wine aficionado.

CES 2542 | (.4 CEU) | \$95/Senior Cost \$76

2 weeks | Mon | May 12 | 7-9 pm | Sec. 921062 | W210B | L. Connery

White Wines: Sauvignon Blanc & Pinot Grigio – New Wines!

Pinot Grigio and Sauvignon Blanc are two of the most popular white wines in the world. Each one represents a very different style and taste of dry white wine. Both pair well with light dishes and have similar citrus notes yet their flavors, body and aromas are quite different. Learn about and enjoy comparing and contrasting these two delicious white wines.

CES 2588 | (.4 CEU) | \$95/Senior Cost \$76

2 weeks | Mon | June 9 | 7-9 pm | Sec. 921010 | W210B | L. Connery

Celebrating Michigan Wine Month New Wines!

May is Michigan Wine Month! Celebrate the exceptional vineyards and wineries of Michigan alongside a sommelier and local vintner. Discuss a brief history of Michigan wine and participate in a discussion and tasting as you explore the burgeoning Michigan wine scene. Vintner to be announced closer to class start date.

CES 2704 | (.2 CEU) | \$74/Senior Cost \$59.20

1 day | Tues | May 27 | 7-9 pm | Sec. 921006 | VT705 | K. Fifer, Sommelier

Everyday Rosé New Wines!

Enjoy a wine that's perfect for summertime, or anytime. Rosé continues to rise in popularity, but this rosy-pink wine dates all the way back to the ancient Greeks and Romans. Explore, through tasting, the variety of flavor profiles that make rosé unique. Discover what makes rosé a popular everyday wine.

CES 2707 | (.2 CEU) | \$74/Senior Cost \$59.20

1 day | Tues | June 17 | 7-9 pm | Sec. 921007 | VT705 | K. Fifer, Sommelier

California Appellation Wines

An appellation is a legally defined and protected geographical indication used to identify where the grapes for wine are grown. Explore the term California, used as an appellation on a wine label. See how these wines from different California regions and fields can be so diverse in taste and quality. In particular, plan to investigate Cabernet Sauvignon and Chardonnay from the California appellation.

CES 2565 | (.4 CEU) | \$95/Senior Cost \$76

2 weeks | Mon | July 7 | 7-9 pm | Sec. 931009 | W210B | L. Connery



Cocktails

Raising the Bar: Make Simple & Delicious Cocktails at Home Spring Recipes!

Discover the origin story of a few classic cocktails, while you make them in the comfort of your own home. Mix along or see how to prepare drinks that are reliably delicious and provide the fundamentals needed to create all other cocktails. An ingredient and supply list will be emailed one week prior to the start of class. If mixing along, have ingredients and supplies ready before class.

CES 2684 | (.2 CEU) | \$45/Senior Cost \$36

1 day | Fri | May 2 | 6-8 pm | Sec. 921012 | VIRTUAL | F. Bueltmann, Cert. Cicerone

Spring Cocktails: Old Fashioned, Mint Julep, Whiskey Sour, Tom Collins, Martinez, Boulevardier, Vieux Carré



It was fun learning and being creative. Looking forward to serving guests"

— Julie B., Cocktails at Home Student

PERSONAL INTEREST

NEW Birdwatching 101: Introduction to Birds & Birding

Gain the foundational knowledge and practical skills needed to start birdwatching and deepen your understanding of the fascinating world of birds. Whether you're a beginner or looking to enhance your birding skills, this class covers everything from bird biology to observation techniques. This is a perfect way to develop a deeper appreciation of birds and enhance your skills for observing and identifying local bird species. The first two classes will be held at Schoolcraft. The last class will be an offsite field trip.

Requirement: students will need a pair of binoculars.

CES 3874 | (.6 CEU) | \$69/Senior Cost \$55.20

3 weeks | Sat | June 21 | 10 am-12 pm | Sec. 927004 | JC102 | D. Burlett & Sat | July 12 | Off Campus

NEW Boater Safety Certificate

Gain the knowledge needed to obtain a boating certificate. Topics include: boating law, trailering, safety equipment, safe operation and navigation, and boating emergencies. In Michigan, a boating safety certificate is required for those operating powerboats who were born on or after July 1, 1997. **Student must be at least 12 years old.** To earn the certificate students must pass the exam with a 75% or better. The exam is included in the class.

CES2 6489 | (.8 CEU) | \$35/Senior Cost \$28

2 weeks | Sat | June 7 | 9 am-1 pm | Sec. 927003 | JC103 | US Coast Guard Auxiliary

NEW Downsizing Your Belongings: Simplify Your Space for a Smaller House

Explore the difference between downsizing and decluttering. Learn how to identify when it's the right time to downsize, and discover the benefits of simplifying your home, whether you are planning a move or seeking to live with less. Learn the essential steps of downsizing your belongings, navigating both emotional and practical aspects of the process. Also gain insight into having sensitive conversations about downsizing with loved ones.

CES 5252 | (.4 CEU) | \$65/Senior Cost \$52

2 weeks | Sat | July 26 | 10 am-12 pm | Sec. 937005 | JC102 | C. Greenleaf

Organize Your Garage or Shed Like a Pro

Do you want space to park your car in the garage or can't find the tool you need? Get organized with tips on sorting and categorizing items into different zones, using a variety of storage solutions. Learn to label and arrange items for easy visibility and determine what to donate, sell, or recycle. Leave with an action plan for organizing your outdoor spaces.

CES 5249 | (.3 CEU) | \$49/Senior Cost \$39.20

1 day | Sat | May 3 | 10 am-1 pm | Sec. 927001 | JC102 | C. Greenleaf

NEW Creative Welding & Metal Sculpture

Welding is not only a practical skill, but also a creative one. Learn basic safety skills and knowledge of metal welding and fabrication, then apply those skills to Metal Inert Gas (MIG) and stick welding methods as well as other fabrication techniques. Use your new skills to create a metal art sculpture. For safety reasons, wear closed-toe shoes, a 100 percent cotton or natural fiber long-sleeved shirt and long pants. Please, no synthetic clothing.

CES 3873 | (.6 CEU) | \$109/Senior Cost \$87.20

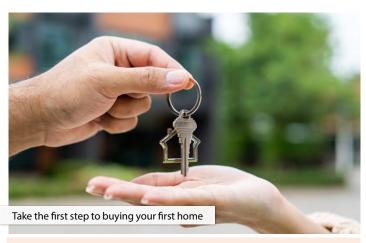
1 day | Sat | July 12 | 9 am-3 pm | Sec. 937006 | MEC420 | D. Stuart

NEW First Time Home Buyers Workshop

Buying your first home is an exciting milestone but can be intimidating at the same time. Get on the right path and learn the home buying process step-by-step, with an experienced real estate agent and mortgage consultant, so it's less overwhelming and sets you up for success. With no obligation, understand your creditworthiness, programs that you help buy your first home, and different types of mortgages and lenders.

CES2 1767 | (.3 CEU) | \$49/Senior Cost \$39.20

1 day | Wed | Apr 30 | 6-9 pm | Sec. 927002 | JC111 | K. Schopieray, G. Goddard



Music Online

6 weeks | (2.4 CEU) | \$135 | ed2go For online classes register at <u>ed2go.com/schoolcraft</u>

Music Made Easy



LIFELONG LEARNING



Murder Mystery Luncheon

NEW Best Laid Plans: An Old Hollywood Murder Mystery Whodunnit

Join us on Friday the 13th for an afternoon of mystery, intrigue, and murder at the estate of Sir Warren Peace. With a killer crowd of people just waiting for a murderer to arrive on the scene, you'll gather clues and work together to uncover the unhinged guest knocking off invitees. Full, buffet lunch provided with vegetarian and gluten free options. Dress for the occasion with old Hollywood style garb. Attendees must move from table to table to solve the mystery.

CESN 0043 | \$79/Senior Cost \$63.20

1 day | Fri | June 13 | 11:30 am-2:30 pm | Sec. 927401 | VT500 | Murder Mystery Co.

Dine & Discover

Full, buffet lunch provided with vegetarian and gluten free options. Proceeds support student scholarships.

NEW Offshore Outposts: Michigan Lighthouses

What is it like to live and work on a remote lighthouse? Many of Michigan's sentinels are located far from civilization, built on islands and offshore reefs. With a focus on five offshore lights, maritime historian and speaker, Ric Mixter, will explore the Great Lakes' most remote lighthouses and share stories from the men who were stationed there.

CES 7587 | (.1 CEU) | \$49/Senior Cost \$39.20

1 day | Fri | June 6 | 11:30 am-2 pm | Sec. 927402 | VT500 | R. Mixter

NEW Budapest: Jewel of the Danube

Acclaimed as one of Europe's most beautiful cities, Budapest is a popular tourist destination, home to spas, bridges, markets and historical areas. Explore the geography, history, cuisine, landmarks, and culture of this Hungarian city with world traveler, Mariya Fogarasi, who spent nearly six wonderful years there. Come and experience this picturesque destination without leaving your chair!

CES 7588 | (.1 CEU) | \$49/Senior Cost \$39.20

1 day | Fri | Aug 1 | 11:30 am-2 pm | Sec. 937406 | VT500 | M. Fogarasi



Conversation & Coffee

Light refreshments will be served.

NEW Dark Places of Michigan

Explore some of Michigan's most notorious crimes on this adventure in dark tourism. Using archival photographs, crime scene sketches, and documents, author Tobin Buhk will share the most infamous spots in the great lake state, including Michigan's bloodiest school day, the apartment where the Purple Gang imploded, the nook where the Ypsilanti Vampire stashed his 'bloodletted' victim, and more. It's a tour that is sure to leave an impression!

CES 7589 | (.2 CEU) | \$20/Senior Cost \$16

1 day | Fri | May 9 | 1-3 pm | Sec. 927403 | W210 | T. Buhk

1 day | Fri | May 9 | 4-6 pm | Sec. 927404 | W210 | T. Buhk

NEW Unsuspecting Participants: Surviving the Titanic

Lives were dramatically changed among those who survived the Titanic disaster. Hear the biography of six people: learn about their early years, their time on the Titanic for five days, and each one going back to their normal lives with the memories of the tragedy. Historian David Kaplan will share the fascinating stories of the passengers and crew members who survived the Titanic.

CES 7590 | (.2 CEU) | \$20/Senior Cost \$16

1 day | Fri | July 11 | 1-3 pm | Sec. 937407 | W210 | D. Kaplan



Film Screening

NEW Film Screening: Detroit City of Chefs

Detroit has been home to the culinary fine dining scene for decades. World-class chefs brought their expertise to iconic spots, like the Detroit Athletic Club, The Pontchartrain Hotel, Joe Muer's, and more. Today, Detroit continues to shape a vibrant, multicultural dining culture. This documentary explores the city's culinary history, and features interviews with Schoolcraft College chefs. Enjoy a Q&A session with the director, Keith Famie, at the film's conclusion.

CES 7592 | (.2 CEU) | \$19/Senior Cost \$15.20

1 day | Fri | May 2 | 1-3 pm | Sec. 927405 | VT550 | K. Famie

NEW Film Screening: Detroit's Olympic Uprising

In the early 1960's, Detroit was bidding to host the 1968 Summer Olympics. As the city's officials grasped for greatness, a group of young Black activists were fighting for equality. Detroit's Olympic dreams clash with the Black community's urgent need for change in this documentary by film director, Aaron Schillinger. Enjoy a Q&A session with the director at the film's conclusion.

CES 7591 | (.1 CEU) | \$13/Senior Cost \$10.40

1 day | Thurs | July 10 | 1-2:30 pm | Sec. 937408 | VT550 | A. Schillinger

CAREER & PROFESSIONAL DEVELOPMENT



TEACHER RECERTIFICATION ONLINE

ed2go

6 weeks | (2.4 CEU) | \$145 | ed2go

Each class is approved for 24 State Continuing Education Clock Hours (SCECH) for educators. For course descriptions and system requirements visit schoolcraft.edu/ppl/teacher.

Survival Kit for Teachers - Online CES 0963 || Sec. 929647 | Apr 16 || Sec. 939606 | June 11

Leadership - Online CES 0973 || Sec. 929617 | Apr 16 || Sec. 939618 | July 16

Interpersonal Communication - Online CES 7366 | Sec. 929601 | May 14 | Sec. 939617 | July 16

Speed Spanish - Online
CES 3810 || Sec. 929609 | Apr 16 || Sec. 939608 | June 11

Speed Spanish II - Online CES 3865 || Sec. 939620 | July 16



Discover Sign Language - Online
CES 3811 || Sec. 929630 | May 14 || Sec. 939609 | June 11

Discover Sign Language II - Online CES 3812 || Sec. 939610 | July 16

Response to Intervention: Reading Strategies That Work - Online CES 7337 || Sec. 929632 | May 14 || Sec. 939672 | July 16

Guided Reading & Writing: Strategies for Maximum Student Achievement - Online CES 7374 | Sec. 929631 | May 14 || Sec. 939673 | June 11

Enhancing Language Development in Childhood - Online
CES 0898 || Sec. 929619 | Apr 16 || Sec. 939675 | June 11

Grammar Refresher - Online
CES 7583 || Sec. 929629 | Apr 16 || Sec. 939621 | June 11

Grammar Refresher 2 - Online CES 7586 || Sec. 929634 | May 14 || Sec. 939623 | July 16

Understanding Adolescents - Online CES 0925 || Sec. 929621 | Apr 16 || Sec. 939612 | June 11

The Creative Classroom - Online CES 0908 || Sec. 929618 | Apr 16 || Sec. 939674 | June 11

Creating Classroom Centers - Online CES 0988 || Sec. 929627 | Apr 16 || Sec. 939670 | July 16

Creating the Inclusive Classroom - Online CES 0930 || Sec. 929606 | May 14 || Sec. 939604 | July 16

Teaching Students with Learning Disabilities – Online CES 0928 || Sec. 929607 | May 14 || Sec. 939603 | June 11

Teaching Students with Autism - Online
CES 0932 || Sec. 929615 | Apr 16 || Sec. 929640 | May 14 || Sec. 939613 | July 16

Teaching Students with ADHD - Online
CES 0978 | Sec. 929625 | Apr 16 | Sec. 929633 | May 14 | Sec. 939668 | June 11

Solving Classroom Discipline Problems - Online CES 0913 || Sec. 929608 | Apr 16 || Sec. 929620 | May 14 || Sec. 939671 | June 11

Solving Classroom Discipline Problems 2 - Online CES 0929 || Sec. 929639 | May 14 || Sec. 939654 | June 11 || Sec. 939666 | July 16

Homeschool with Success - Online CES2 0062 || Sec. 929603 | Apr 16 || Sec. 939696 | June 11

Introduction to Excel - Online
CES2 6487 || Sec. 929641 | Apr 16 || Sec. 939624 | June 11

Getting Started with Google Workspace - Online CES2 6488 || Sec. 929642 | May 14 || Sec. 939625 | June 11

Teaching Math: Grades 4-6 - Online CES 0962 || Sec. 929646 | May 14 || Sec. 939605 | July 16

Thank you for another well-organized, interesting professional development course! I felt the material was nicely presented and helpful!"

— Lori H., Teaching Math: Grades 4-6 Student

schoolcraft.edu/ppl | 734-462-4448

Drones

Recreational Drone Fundamentals

Learn to fly a drone and have fun safely! Review basic terminology, various types of drones, laws and regulations, and how to safely use and store your equipment. Learn where and when you can fly. Emphasis on pre-flight inspection and safety protocols. Class includes practice flying Schoolcraft College's quadcopters. **Requirement:** all students must sign a waiver. Daytime classes have a one hour lunch break not included in CEU total. **Students aged 16+ are welcome to register.**

CES2 6351 | (.6 CEU) | \$145/Senior Cost \$116

1 day | Sat | June 7 | 9 am-4 pm | Sec. 920011 | JC123 | C. Meyer



SMALL BUSINESS/ENTREPRENEUR

Event Planning

Special Event Design & Décor

Have your special event looking great on the outside as well as the inside. After you've explored aspects of planning and promotion, learn more about the art of decorating and design. Acquire general knowledge of decorating ideas and language. By drawing from information and resources, you'll learn to creatively develop a decor, design, and theme for many different types of special events. Successful completion required to earn Event Planning certificate.

Recommendation: CES2 1584 Introduction to Event Planning be taken first.

CES2 1589 | (1.4 CEU) | \$149/Senior Cost \$119.20

6 weeks | Tues | May 6 | 6:30-8:50 pm | Sec. 920761 | JC122 | C. Gregorich, J. Martinez

Event Planning Practical Experience

Explore available career opportunities while putting your event planning knowledge to work in the real world. Learn the legalities associated with event planning including fundraising laws, performance riders and contracts. Understand the importance of professional etiquette, strong communication skills, maintaining a current vendor list, pursuing organizational memberships and marketing. Gain valuable practical experience through participation in both the planning and implementation of an event. **Prerequisite:** successful completion of CES2 1584 Introduction to Event Planning, CES2 1517 Wedding Planning, CES2 1589 Special Event Design & Décor.

CES2 1616 | (1.8 CEU) | \$149/Senior Cost \$119.20

6 weeks | Tues | June 24 | 6:30-8:30 pm | Sec. 930784 | JC122 | C. Gregorich, J. Martinez



Business Online

6 weeks | (2.4 CEU) | \$135 | ed2go
For online classes register at ed2go.com/schoolcraft

- Start Your Own Online Business
- Start Your Own Consulting Practice
- Start Your Own Arts & Crafts Business

Accounting Online

6 weeks | (2.4 CEU) | \$135 | ed2go

For online classes register at <u>ed2go.com/schoolcraft</u>

- Accounting Fundamentals 1
- Accounting Fundamentals 2
- Introduction to QuickBooks Online
- Intermediate QuickBooks Online

Real Estate Online

6 weeks | (2.4 CEU) | \$135 | ed2go
For online classes register at <u>ed2go.com/schoolcraft</u>

• Real Estate Investing

Out of all the courses I have completed at Schoolcraft, I rate this course very high on my list. Really found it to be beneficial for what I want to do. Great Job...Thank You!"

Lynnette M.,Real Estate Investing Student

CAREER & PROFESSIONAL DEVELOPMENT





View our full lineup of career and professional development classes at schoolcraft.edu/ppl-careerforward



Human Resources Professional - Online

The Human Resources Professional course prepares you for a career and professional certification in human resources (HR). This course explores the foundational aspects of HR, including human resource laws, hiring disciplines, and labor relations. You will learn industry-recognized practices that align with the Human Resource Certification Institute (HRCI) and the Society for Human Resource Management (SHRM).

To register for this course, visit careertraining.schoolcraft.edu

150 Course Hours | \$1,945 | 9 Months Open Enrollment | Self-Paced | ed2go



Introduction to Excel - Online

Discover dozens of shortcuts and tricks for setting up fully formatted worksheets quickly and efficiently. Learn the secrets behind writing powerful mathematical formulas. Explore the best ways to sort and analyze data, create custom charts and graphs, create 3-dimensional workbooks, build links between files, endow your worksheets with decision-making capabilities, and automate oft-repeated tasks with macros and buttons.

To register for this course, visit ed2go.com/schoolcraft

6 Weeks | 2.4 CEUs | ed2go | \$135



Bookkeeping Certificate - Online

How do you manage the finances of a business? Whether you are an entrepreneur, running a family business, or just looking to advance your career and add to your skill set, this Bookkeeping Certificate will provide you with the knowledge needed to measure and manage the financial health of your business. This program focuses on cash basis accounting. Certificate includes Understanding Debits & Credits CES2 1750, General Ledger & Month End Procedures CES2 1751 and Closing Procedures & Financial Statements CES2 1752.

To register for this course, visit schoolcraft.edu/ppl/online

CES2 1749 | (4.8 CEU) | \$495 | 12 weeks Feb 3 – May 2 | Sec. 910646 | UGotClass



Medical Billing & Coding - Online

Whether you're just starting work or transitioning into a different field, there has never been a better time to enter a career in Medical Billing and Coding. This course will prepare you for success in this rewarding career as you learn about legal, ethical, and regulatory concepts central to this field, including HIPAA compliance, official coding guidelines, and third-party payer requirements. You will also be able to choose a voucher for the professional certification that best aligns with your interests and career goals.

To register for this course, visit careertraining.schoolcraft.edu

370 Course Hours | \$2,995 | 12 Months Open Enrollment | Self-Paced | ed2go

SPECIAL INTERESTS



ENGLISH AS A SECOND LANGUAGE

ESL Placement Test and Registration:

Step 1: Schedule a free placement test at schoolcraft.edu/testingcenter. Testing is available by appointment only. You will receive an email 1-2 days after scheduling your appointment with further instructions.

Step 2: After completing your placement test, visit the Registration Office to enroll and pay for your ESL classes in person. **No online registration is available.**

Note: Your ESL test scores are valid for one calendar year.

Students must meet the prerequisites stated in each class description.

ESL Level	ESL Level	ESL Level	ESL Level	ESL Level
1	2	<u>3</u>	4	<u>5</u>
Test Score	<u>Test Score</u>	<u>Test Score</u>	<u>Test Score</u>	<u>Test Score</u>
35–52	53–74	75–90	91-109	110-119
<u>Classes</u> CES2 0160 CES2 0164 CES2 0167	Classes CES2 0170 CES2 0174 CES2 0177 CES2 0178 CES2 0179	Classes CES 7261 CES 7407 CES 7459 CES2 0178 CES2 0179	Classes CES 7262 CES 7408 CES 7460 CES2 0178 CES2 0152	Classes CES 7285 CES 7461 CES 7435 CES2 0178 CES2 0152

For full class descriptions and requirements, visit <u>Schoolcraft.edu/ppl/classes-schedules</u> and select English as a Second Language.

ESL Listening & Speaking

Build listening and speaking skills in personal and social contexts.

Level 2 – Listening & Speaking CES2 0174 | (5.4 CEU) | \$199

12 weeks | Tues & Thur | May 6 | 11:45 am-2:10 pm | Sec. 926958 | MC030 | E. Bowman

ESL Grammar & Writing

Focus on basic concepts of spoken and written English.

Level 2 – Grammar & Writing CES2 0177 | (5.4 CEU) | \$199

12 weeks | Tues & Thur | May 6 | 9-11:30 am | Sec. 926954 | MC020 | C. Lowell

ESL Multiple Skills

Explore listening, reading, speaking and writing skills. Concerned you may miss a class? Video recordings may be available on request.

ESL 3 - Multiple Skills 🕮

CES 7261 | (7.2 CEU) | \$345/Senior Cost \$276

12 weeks | Tues & Thur | May 6 | 6-9 pm | Sec. 926959 | MC025 | E. Bowman



Test Prep Online

6 weeks | (2.4 CEU) | \$135 | ed2go For online classes register at ed2go.com/schoolcraft

- Prepare for the GED® Test
- TEAS Prep 1
- Prepare for the GED® Math Test
- TEAS Prep 2
- ...and more!

COMMUNICATION/WRITING

6 weeks | (2.4 CEU) | \$135 | ed2go
For online classes register at ed2go.com/schoolcraft

- Write Fiction Like a Pro
- Writing the Fantasy Novel
- Beginner's Guide to Getting Published
- Writing for Children
- Romance Writing
- The Keys to Effective Editing
- ...and more!

NEW Speak Up! Conquering the Fear of Public Speaking

Nerves and fear can take over when it's time to speak in public. Learn strategies on how to overcome fear and deliver effective speeches from Sean Baligian, longtime sports personality in Detroit with a background in radio, television and writing. Build confidence and express your ideas with clarity in a supportive, fun, and low-pressure environment. Overcome anxiety and improve vocal delivery while engaging audiences more effectively.

CES2 0173 | (1.2 CEU) | \$125/Senior Cost \$100

4 weeks | Thurs | May 1 | 6-9 pm | Sec. 926101 | JC111 | S. Baligian



FIREARM & SAFETY TRAINING

Firearm Training

Introduction to Handgun & Pistol Handling

Learn the basics including: safety precautions, types of handguns, considerations for purchasing a handgun, legal considerations of owning handguns, handling and storing a handgun, fundamentals of shooting and shooting positions. Classroom instruction will be followed by range time. **Requirements:** The student must have a reliable, unloaded handgun of a caliber of .22 or above (but not larger than a .45 caliber). Firearm can be personal or borrowed from Schoolcraft College. All weapons will be inspected by staff prior to firing. **Bring 100 rounds of factory ammunition in a factory box to the class.**

CES 0999 | (.3 CEU) | \$99/Senior Cost \$79.20

1 day | Wed | June 25 | 6-9 pm | Sec. 929958 | FTC120 | Staff

1 day | Tues | July 29 | 6-9 pm | Sec. 939913 | FTC120 | Staff

Introduction to Firearms Training Simulator

Whether you are a novice or an experienced shooter, enjoy utilizing a state-of-the-art firearms simulator. Learn from a cutting-edge system that offers a realistic and immersive experience that closely mirrors real-life scenarios, providing invaluable training in handling firearms safely and successfully. With advancements in technology, these simulators are an indispensable tool for enhancing marksmanship and decision-making skills under pressure. **Class does not use range.**

CES2 0016 | (.2 CEU) | \$79/Senior Cost \$63.20

1 day | Tues | June 10 | 6-8 pm | Sec. 929954 | FTC135 | Staff

Concealed Pistol License Training

Firearms Training for Concealed Pistol License

This class will fulfill the State of Michigan training requirements needed to apply for a Concealed Pistol License. **Requirements:** The student must have a reliable, unloaded handgun of a caliber of .380 auto or above, but not larger than .45 auto. Firearm can be personal or borrowed from Schoolcraft College. All weapons will be inspected by staff prior to firing. **Bring 100 rounds of factory ammunition for your handgun, in a factory box, to the class.**

CES2 0014 | (.8 CEU) | \$159/Senior Cost \$127.20

1 day | Sun | May 18 | 8 am-4:30 pm | Sec. 929953 | FTC120 | Staff

Safety Training

Self-Defense: Personal Safety Training for Women

In this hands-on, active defense class for women, learn to discern dangerous situations, avoid attack, and defend yourself when an attack cannot be avoided. These basic and easy to use techniques are highly effective and can be lifesaving for women. This training is taught by a law enforcement defense tactic instructor in a safe, comfortable and supportive training environment. Wear athletic clothing and shoes.

CES2 0114 | (.3 CEU) | \$59/Senior Cost \$47.20

1 day | Mon | May 19 | 6-9 pm | Sec. 929959 | ATC115 | Staff



MOTORCYCLE SAFETY





The Detroit Metro Motorcycle Safety Consortium offers comprehensive, hands-on education and training in a safe and comfortable environment. We have trained over 94,500 students since the consortium was founded in 1999. Our classes are taught by professional, certified instructors who not only have a passion for riding but riding safety. We strive—first and foremost—to improve the safety of motorcyclists on our roads. Our courses are conducted with earmarked funds, funded by motorcyclists, and administered through a grant from the Michigan Department of State.

Class Offerings & Objectives

Basic RiderCourse (BRC) – Web Enhanced | Beginning Riders Designed for the novice rider to learn from scratch on our training motorcycles and obtain a license endorsement.

Basic RiderCourse 2 (BRC2)

- **Web Enhanced** | *Experienced Riders*Designed for the experienced rider to refresh skill on their personal motorcycle and obtain a license endorsement.

Advanced RiderCourse (ARC) | Experienced, Endorsed Riders Designed for the experienced, endorsed rider to enhance skill and improve risk assessment on their personal motorcycle.

Riding Gear & Supply Requirements

- · Driver's license
- DOT-certified helmet
- Long-sleeved jacket or shirt
- Heavy-duty long pants
- Eye protection (goggles or glasses)
- Full-fingered gloves
- Boots that cover the ankle and have a hard sole
- Rain gear
- Cold-weather gear
- · Pen or pencil

RiderCoach Preparation Course

Become a certified instructor, join our team, and share your passion with others!



Successful completion of the class results in national certification by the Motorcycle Safety Foundation.

For a list of requirements, an application, or more information, contact the office of Personal & Professional Learning at motorcycle@schoolcraft.edu or 734-462-4448.



Registration kicked off on Monday February 3, 2025. Classes roll on from March through September. Visit our website for details about class offerings and registration: schoolcraft.edu/motorcycle



REGISTRATION DATES AND INFORMATION

Registration begins 8:00 a.m., Tuesday April 1st, Aquatics Wednesday April 2nd, General PPL



REGISTER ONLINE at schoolcraft.edu/ppl and select Register Now

Begins 8 a.m., Wednesday, April 2, 2025

Hours: Monday–Saturday, 2 am–11 pm; Sunday, 2 am–9 pm

Online registration continues until the day before the first class meets.

With online registration you can search and register for classes; add, drop and pay for classes; and print your schedule. A credit card is required to use online registration. Please have your payment information at hand. The following forms of payment are accepted: Discover, Mastercard, Visa, or American Express.

Your User ID and Password

- Your User ID is the lower-case initial of your first name and your student ID number. Remember to include leading zeros for ID numbers; for example, c0123456 (initial is lower case).
- If you have taken a class with us and do not know your User ID, contact the office at 734-462-4448.

Child Registration

If you are signing your child up for classes, you
must enter your child's personal information when
registering. Please do not use your information in lieu
of your child's.

Senior Adult Tuition

In order to receive senior adult status, persons sixty
 (60) years of age or older must verify their age (using
 a birth certificate, driver's license, or other legal
 documents) with the Registration Center prior to the
 start of the class. No rate adjustments will be made
 after a class has started. Visit schoolcraft.edu/ppl/
 register for more information.

The Personal & Professional Learning (PPL) office is open Monday–Friday from 8 am until 5 pm. For assistance after hours, the Answer Center is available to help students with the following:

- Online Registration including password resets
- On-Campus Wireless Access
- General Campus Information



Mon – Thurs: 8 a.m. – 7 p.m. Friday: 8 a.m. – 6 p.m. Saturday: 9 a.m. – 2 p.m. Sunday: CLOSED



WALK-IN

Monday-Friday, 8 a.m.–5 p.m. No walk-in registration Saturdays or Sundays, or during the following holidays: Memorial Day Weekend May 24-26, 2025 Independence Day July 4, 2025 Bring your completed registration form to the **McDowell Student Center, Livonia campus.** Class fees must be paid in full. The drop box in front of the McDowell Student Center is also available for your use.

Dropping a Class and Refund Policy

You can drop a class for a full refund up to the day before the first class meets through Ocelot Access or by written request.

The refund policy is:

- Through the day before the first class meets: 100% of class fees. Thereafter, no refund.
- No refund or transfers for motorcycle classes



MAIL-IN

Schoolcraft College Registration: PPL 18600 Haggerty Rd. Livonia, MI 48152-2696

Processing of mail-in registrations begins at 8 a.m. on the first day of registration; registrations are manually entered in the order they were received. If you are registering for a class that fills quickly, mail-in registration is not recommended.

Your registration form and cash or check payment should be received at least one week before the class start date. Complete the registration form on page 30. A receipt and class confirmation will be mailed to you. If you do not receive your class confirmation within one week, please call 734-462-4448 to verify your enrollment. If you prefer to use a credit card, please call the Answer Center at 734-462-4426. Mail-in registration does not guarantee a spot in the class.

Most PPL classes will not meet on the following days:

Memorial Day Weekend May 24-26, 2025 Independence Day July 4, 2025. Exceptions are noted in the online class listing.

For additional policies, procedures and other important information please visit: schoolcraft.edu/ppl and select How to Register.

REGISTRATION FORM

Registration forms received prior to April 2 are processed starting at 8:00 AM, as staff time allows.

Online is the fastest way to secure your spot. **NEW**: Aquatics registration opens at 8:00 AM, one day prior to all other PPL courses.

Registration/Admission Form

Please use one registration form per student. Duplicate this form as needed.			☐ Native Hawaiian or Other Pacific Islander☐ White		
			☐ Male ☐ Female ☐	Non-binary	
DATE OF BIRTH	STUDENT NUMBER (WILL BE A	ASSIGNED TO FIRST-TIME STUDENTS)			
LAST NAME	FIRST NAME	MI/FORMER NAME			
NUMBER AND STREET		CITY	STATE	ZIP CODE	

PRIMARY PHONE

Aquatics: Aquatics registration opens **April 1 at 8:00AM**. Please complete a <u>separate registration</u> <u>form</u> for Aquatics classes for ease of registration. Forms received early will be processed April 1 starting at 8:00 AM as staff time allows. **Online is the fastest way to secure a seat**.

Section No.	CES, CES2, CESN NO.	Title of Class	Amount
			\$
			\$
			\$
			\$
			\$ \$
			\$ \$
			\$ \$
		TOTAL:	\$



EMAIL ADDRESS

If registering for a Physical Fitness class, review waiver online at schoolcraft.edu/ppl. Your registration signifies agreement to the waiver terms.



If registering for a Motorcycle Safety class, provide your initials to signify you understand no refunds or transfers are available. Provide your initials here:

Mail to:

Schoolcraft College PPL Registration 18600 Haggerty Road Livonia, MI 48152-2696

- ☐ Enclosed is my Check/Money Order payable to Schoolcraft College.

 (If your check is returned because of insufficient funds, we may redeposit it electronically.)
 - ◆ If paying by credit card, register online at schoolcraft.edu/ocelotaccess or call the Answer Center Monday Friday, 8:00 a.m 5:00 p.m. at 734-462-4426 to register and pay by phone. *Phone registration is not available for Motorcycle Safety classes.
 - If using third-party sponsorship to pay for PPL courses, please contact studentaccounts@schoolcraft.edu for assistance.
 - For name change requests, contact the Registration Office/Answer Center at 734-462-4426.

Revised February 3, 2025

Personal &

1. Are you Hispanic? ☐ Yes ☐ No

☐ Asian ☐ Black or African American

ALTERNATE PHONE

2. Please select all that apply:

American Indian or Alaska Native

Professional



SUMMER PROGRAMS FOR K-12TH GRADE!

This summer, explore the arts, science, sports, future career options, and more!
All camps are led by Schoolcraft faculty, industry professionals, and K-12 instructors.

Be inspired this summer!

Kids on Campus: Grades K - 6

Spark your imagination through fun, hands-on learning experiences.

Teens on Campus: Grades 7 - 12

Get a sneak peek into exciting professions, like engineering, welding, healthcare and more.

Youth Athletic Camps: Grades Ages 7-18

Gain individual and team skills in a fun and dynamic environment.











Personal & Professional Learning

18600 Haggerty Road Livonia, MI 48152-2696

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The Fall PPL schedule will be mailed late June; class listings online early June.

schoolcraft.edu/ppl

