ASU-HEBER SPRINGS
CONTINUING EDUCATION COURSES

Summer 2016
Register Today! Space for each class is limited!
501-362-1273 or daschueren@asub.edu

Health & Safety Classes

Hunter’s Education – Arkansas Game & Fish Commission

FREE
Saturday
Aug 6 OR Sept 17
8:00 am-5:00 pm
Entergy Rm
Mike Story
The call of the wild demands knowledge. This course teaches all outdoorsmen ages 9 and up knowledge of safety and skills in the outdoors. This course is the perfect preparation tool for any hunter planning to be in the woods. You must register in advance by calling 501-362-1273 or go online @ register-ed.com with Arkansas Game and Fish.

AARP Driver Safety Program
MEMBERS $15/NON-MEMBERS $20
Friday
June 17 OR July 15 OR Aug 12
8:30 am-12:30 pm
McCoy Room
Clay Fires
This is a defensive driving course designed for mature drivers. Persons 55 and older who complete the course may receive a discount on their automobile insurance. Those who take the course will be better drivers and likely extend their driving years. Seating is limited.

Infant, Child and Adult CPR, First Aid, AED Use

$35
Mon/Tues
June 6-7
6:00 pm-8:00 pm
AC 202
Alicia Ducote
After completion of this course, you will be certified in infant, child and adult CPR, first aid, and how to use an AED. It is for anyone with limited or no medical training who needs a course completion card for job, regulatory or other requirements. American Heart Association (AHA) certification. Seating is limited so register soon!

BLS (Basic Life Support) for Medical Professionals

$35
Wed/Thurs
June 8-9
6:00 pm-8:00 pm
AC 202
Alicia Ducote
The BLS Instructor-led course teaches both single-rescuer and team basic life support skills for application in both prehospital and in-facility environments, with a focus on High-Quality CPR and team dynamics. Through case-based scenarios, interactive activities and videos, you will recognize and be able to respond to several life-threatening emergencies. The instructor-led, hands-on class format reinforces skills proficiency. Space is limited.

Computer Classes

Computer Basics

$55
Mon-Thurs
June 6-9 & 13-16 OR June 20-23 & 27-30
12:10 pm-2:10 pm
LC 100
Rena’ Kelley
In this hands-on workshop, you will learn how to effectively maneuver through your computer’s programs. All introductory skills will be taught from turning the computer on and off correctly to file management. You will learn how to utilize programs, send e-mails, work with pictures and explore other items of interest to the class.
Special Interest Classes

**Ballroom Dance for Beginners**  $55
Tuesdays  May 31–June 28  6:00 pm-7:00 pm  AC 154  Kelly Schultz
This class is designed to raise one’s comfort level with social dancing and provide the opportunity to discover the joy and well-being that comes from this social outlet. You will learn the basics of American Style ballroom including a brief history, steps, lead/follow and body positioning. No partner necessary! Please wear comfortable clothes and shoes.

**Ballroom Dance for Beginners – Part II**  $55
Tuesdays  May 31–June 28  7:00 pm-8:00 pm  AC 154  Kelly Schultz
Ballroom, Part II is a continuation class from Ballroom Dance for Beginners. However, if you have previous dance experience and would like to brush up on your skills, you are also a candidate for this class. Must get instructor’s guidance on participation if you have not taken Beginners, Part I.

**Essential Oils**  $10
Saturday  June 11  10:30 am-11:30 am  LC 101  Acacia Hazelwood
Essential Oils were mankind’s first “medicines.” They are growing in popularity with celebrities, music artists, models and even athletes toting the benefits. They can be used for immune support, relaxation, green cleaning and more. Learn more about the uses and benefits of Essential Oils by attending this one-hour informative class.

**Backyard Chickens**  $20
Monday  May 23  5:30 pm-8:30 pm  LC 101  Jan Farmer
Which came first the chicken or the egg? Why did the chicken cross the road? We may not have the answers to these questions, but we can answer many more. Come learn how to start your own small flock, even within city limits. Whether your interest lies in having fresh eggs or just a few poultry pets to eat yard bugs, this class is for you. Topics will include: breeds, health, poultry products, housing and nutrition.

Art Classes

**Art Club (must be 16 or older)**  $10
Tues/Thurs  May 31–June 30  12:30 pm-3:00 pm  LC 106  Suzanne Larimore
This class is a facilitated, open-studio environment for working on self-directed projects in painting, drawing and/or ceramics in a shared space with other artists, beginning to advanced. Students will have access to studio equipment but will need to provide their own supplies. Minimum of 6 students.

**Joy of Painting – Bob Ross Technique**  **ALL SUPPLIES INCLUDED**  $65
Saturday  June 11  10:00 am-3:00 pm  LC 106  Brenda Lawrence
Northern Lights – Aurora can almost transport you to a magical world. One legend describes the polar light as, “The heavenly spirits are called sky-dwellers; those who live in the sky.” The Menominee Indians thought the lights were the torches of giants living in the North. Come and paint a legend. Please bring your lunch and wear clothes you don’t mind getting paint on.
Joy of Painting – Bob Ross Technique  ALL SUPPLIES INCLUDED  $65
Saturday July 9  10:00 am-3:00 pm  LC 106  Brenda Lawrence
Glacier Lake – This painting will help take your mind off the heat of an Arkansas summer. Come join us for a ‘cool’ Saturday of painting. No experience needed for Bob Ross classes. Be ready for a day of relaxation and fun with family and friends. Bring a lunch and wear painting clothes.

Joy of Painting – Bob Ross Technique  ALL SUPPLIES INCLUDED  $65
Saturday August 6  10:00 am-3:00 pm  LC 106  Brenda Lawrence
Roses in Glass Vase – The graceful artwork in this piece will make you smile. With its delicate and pure approach, it will complement any collection. Wear your painting clothes and bring a sack lunch.

Gymnastics & Cheer Camps

Gymnastics Camp (Ages 4 and up)  $45
Mon-Thurs June 6-9 OR June 13-16 OR June 20-23 OR June 27-30  2:30 pm-3:30 pm  AC 100  Rena’ Kelley

This class teaches basic motor skills followed by basic tumbling which will include a variety of cartwheels and backbends. This class is designed to teach children with no previous tumbling or one year of experience. Also, balance beam skills will be taught.

Cheerleading Camp (Ages 4 and up)  $45
Mon-Thurs June 6-9 OR June 13-16 OR June 20-23 OR June 27-30  3:30 pm-4:30 pm  AC 100  Rena’ Kelley

This class is designed to help cheerleaders improve jumps and tumbling skills, individual or group. Concentration is on skills development in a positive, fun-filled atmosphere.

Kids’ Culinary Corner

Baking Camp  TBA
Cake Decorating for Kids

ALL SUPPLIES INCLUDED!!

$45

June & July dates (see below for specifics)

LC 101/120  Stephany Lacy

Kids will have the opportunity to learn the flare of cake decorating. We will practice simple techniques using a variety of icing tips. It will be a fun, hands-on way to let kids express their creativity! Each class will focus on a different theme.

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<tr>
<th>THURSDAY CLASSES</th>
<th>THEME</th>
<th>Time</th>
<th>Age</th>
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</thead>
<tbody>
<tr>
<td>June 2 OR July 14</td>
<td>Summer</td>
<td>11 am – 12 pm</td>
<td>7-9 years</td>
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<tr>
<td></td>
<td>Mommy &amp; Me</td>
<td>2 pm – 4 pm</td>
<td>10-12 years</td>
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<td></td>
<td>4-6 years</td>
<td>6 pm – 8 pm</td>
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<tr>
<th>SATURDAY CLASSES</th>
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<tbody>
<tr>
<td>June 18</td>
<td>5 pm – 7 pm</td>
<td>7-12 years</td>
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<tr>
<td>July 2</td>
<td>5 pm – 7 pm</td>
<td>7-12 years</td>
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INTRODUCING

Kids’ College Camp AWESOME!!

Ages 8-12

This July, we are offering an exciting Kid’s College Camp AWESOME to be held on ASU-Beebe, ASU-Searcy and ASU-Heber Springs campuses. It will be a place where kids can learn, dream about their future careers, have fun and be AWESOME - Amaze, Wonder, Educate, Stimulate, Optimize, Motivate, and Explore. They will have a chance to experience what college is like and also learn to develop soft skills from their friends and instructors. May choose one or all.

Natural History

$40

Mon-Fri  July 11-15  8:00 am-8:50 am  AC 356  Dr. Linda Gatti-Clark

A brief geological history of the area will be presented and students will have the opportunity to examine flora, fauna, and ecosystems on Sugarloaf Mountain and the ASU-Heber Springs campus. Water sampling and field sampling of plants and insects will be conducted by the students. Students will be able to take home a preserved plant specimen that they collected.

Forensics

$40

Mon-Fri  July 11-15  9:00 am-9:50 am  AC 356  Dr. Linda Gatti-Clark

Ready to solve a mystery? Students will engage in the scientific method by exploring and engaging in science, technology, engineering, and math to test their theories to resolve the mystery.

**Break – 9:50 am – 10:10 am

Theater/Drama

$40

Mon-Fri  July 11-15  10:10 am-11:00 am  Entergy Rm  Cate Clark

Basic stage movements, acting skills and rehearsals will challenge students to gain body awareness and self-confidence. The week ends with a small performance by the camp members. Guests are encouraged to attend.

Soccer Skills

$40

Mon-Fri  July 11-15  11:10 am-12:00 pm  AC 100  Rena’ Kelley

Participants will learn soccer rules and regulations, playing techniques, training tips and a genuine love of the game. Fun soccer drills will enhance their dribbling, passing, shooting and defense. All this in an atmosphere where having fun, trying your best and good sportsmanship are emphasized.