

CASCADIA COMMUNITY COLLEGE

CONTINUING EDUCATION



Schedule of Classes Summer 09

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CLASS LOCATIONS

BOTHELL YOGA

19110 Bothell Way NE #102, Bothell

CASCADIA COMMUNITY COLLEGE

18345 Campus Way NE, Bothell

KENMORE CAMERA

18031 67th Ave. NE, Kenmore

NORTH BELLEVUE COMMUNITY CENTER

4063 148th Ave. NE, Bellevue

NORTHSHORE SENIOR CENTER

10201 E Riverside Drive, Bothell

STARRY NIGHTS CATERING

11200 Kirkland Way #220, Kirkland

CLASSES BY SUBJECT

COMPUTER TECHNOLOGY

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CONTACT INFORMATION

Continuing Education
18345 Campus Way NE
Bothell, WA 98011
Phone: (425) 352-8862
Fax: (425) 352-8177
Email: conted@cascadia.edu
www.cascadia.edu

Cascadia is pleased to offer a wide range of Continuing Education classes for professional development and personal enrichment both on and off campus. Class locations are identified in the description of each class.

HOW TO REGISTER

ONLINE

Check for online registration capabilities at www.cascadia.edu. Follow links to Continuing Education.

MAIL

Complete the registration form on the inside back cover and mail it, along with full payment to:

Cascadia Community College
Continuing Education Registration
18345 Campus Way NE
Bothell, WA 98011

IN PERSON

Bring the completed form and payment to Kodiak Corner on the first floor of the Cascadia Community College building.

FAX

Fax completed registration form with Visa or MasterCard information to (425) 352-8177.

PHONE

Call **(425) 352-8862** and use a Visa or MasterCard as payment.

NOTE: Continuing Education students **MUST** make full payment at the time of registration. Continuing Education classes do not have waivers and cannot be audited. Senior discounts do not apply.

EARLY REGISTRATION

Students are encouraged to register early in order to ensure class availability and prevent class cancellations due to low enrollment.

CONFIRMATION

The college will mail a written confirmation of payment. Students will not receive a registration confirmation.

CLASS CANCELLATION AND REFUND POLICY

If a class is cancelled by the college (not weather related), students will be notified using the phone number or email provided with their registration and will receive a full refund of the fee paid.

To withdraw from a class and receive a refund, a request must be submitted in writing or by email to conted@cascadia.edu and be received in the Continuing Education office no less than 3 working days prior to the start of the class. Tuition is refunded in the same manner as the original payment.

If the college is closed due to inclement weather, all Continuing Education classes are cancelled regardless of the class location. Information on college closures due to inclement weather are available on local TV and radio, online at www.schoolreport.org, or by phone at (425) 352-8000.

CLOCK HOURS AND CEU'S

Clock Hours for Washington State Superintendent of Public Instruction teacher certification are available for many Continuing Education courses. Students desiring Clock Hours must notify the Continuing Education office at the time of registration. Other professional Continuing Education Units (CEU's) may be available on request.

CLASS SCHEDULE

Every effort is made to ensure the accuracy of the class schedule. This schedule should not be regarded as an irrevocable contract between the student and the college. For the most current information, go to www.cascadia.edu or call (425) 352-8862.

YOUNG LEARNERS

Continuing Education classes are designed for adult learners, 18 years and older. Students under 18 years of age require permission from the Continuing Education program prior to registering for the class. Please contact Continuing Education at (425) 352-8862.

LEARNERS WITH DISABILITIES

Accommodations for students with disabilities are available for Continuing Education classes. Requests for accommodations must be made at least four weeks prior to the date services are needed.

PARKING AT CASCADIA

Parking on campus at Cascadia is \$3.00 per visit and can be paid at the parking garage pay station. Parking for off-campus classes varies by location.

Schedule of Classes

COMPUTER TECHNOLOGY

COMPUTER APPLICATIONS

Computer Curriculum - FREE

Not sure what computer class to take? This information session will guide you to the Continuing Education computer course that best fits your specific needs. Please call to register as seating is limited.

ITEM 9005	Fee: FREE	Debbie Amble
6:00 - 7:00PM	1 Session	CASCADIA
Mon	6/22/2009	CC1-230

Introduction to Computers

Learn how to use a computer. Beginners develop basic computer skills for work or personal use using Microsoft Windows and Office. No computer experience needed. Topics covered include basic operations, internet use, Word, and Excel. Course text included in fee.

ITEM 9008	Fee: \$249.00	Debbie Amble
6:00 - 9:00PM	4 Sessions	CASCADIA
Mon & Wed	6/29/2009 - 7/8/2009	CC1-230

Access 2003 Level 1

Learn basic concepts of how to design and create databases, queries, and reports. Course text included in fee. Recommended: Basic knowledge of MS Windows.

ITEM 9010	Fee: \$175.00	Cliff Hanks
9:15AM - 5:00PM	1 Session	CASCADIA/LIBRARY
Thu	8/6/2009	LB1-221

Access 2003 Level 2

Learn to create advanced queries that perform calculations, customize forms and sub-forms, and add list controls to forms and modify reports. Course text included in fee. Recommended: Access Level 1.

ITEM 9012	Fee: \$175.00	Cliff Hanks
9:15AM - 5:00PM	1 Session	CASCADIA/LIBRARY
Thu	8/13/2009	LB1-221

Access 2007 Level 1

Learn basic concepts of how to design and create databases, queries, and reports in Access 2007. Course text included in fee. Recommended: Basic knowledge of MS Windows.

ITEM 9009	Fee: \$175.00	Mike Kline
9:15AM - 5:00PM	1 Session	CASCADIA/LIBRARY
Thu	7/2/2009	LB1-221

Access 2007 Level 2

Learn to create advanced queries that perform calculations, customize forms and sub-forms, and add list controls to forms and modify reports in Access 2007. Course text included in fee. Recommended: Access Level 1.

ITEM 9014	Fee: \$175.00	Mike Kline
9:15AM - 5:00PM	1 Session	CASCADIA/LIBRARY
Thu	7/16/2009	LB1-221

Excel 2003 Level 1

Learn to create, edit, and format spreadsheets in Excel version 2003. Learn basic formulas and functions while developing an Excel workbook. Course text included in fee. Recommended: Basic knowledge of MS Windows.

ITEM 9011	Fee: \$175.00	Mike Kline
9:15AM - 5:00PM	1 Session	CASCADIA/LIBRARY
Tue	6/30/2009	LB1-221

Excel 2003 Level 2

Learn more about MS Excel. Learn to create workbooks using templates and advanced functions. Sort and filter data and use charts and graphics to illustrate information. Course text included in fee. Recommended: Excel Level I

ITEM 9013	Fee: \$175.00	Mike Kline
9:15AM - 5:00PM	1 Session	CASCADIA/LIBRARY
Tue	7/14/2009	LB1-221

Excel 2007 Level 1

Learn how to create, edit and format spreadsheets in Microsoft Excel 2007. Learn basic formulas and functions while developing an Excel 2007 workbook. Course text included in fee. Recommended: Basic knowledge of MS Windows.

ITEM 9017	Fee: \$175.00	Cliff Hanks
9:15AM - 5:00PM	1 Session	CASCADIA/LIBRARY
Wed	8/5/2009	LB1-221

Excel 2007 Level 2

Learn more about MS Excel 2007. Learn to create workbooks using templates and advanced functions. Sort and filter data and use charts and graphics to illustrate information. Course text included in fee. Recommended: Excel Level I.

ITEM 9019	Fee: \$175.00	Cliff Hanks
9:15AM - 5:00PM	1 Session	CASCADIA/LIBRARY
Wed	8/12/2009	LB1-221

Word 2007 Level 1

This class is for Microsoft Word 2007 Beginners. Students will learn to create, edit, and format text. In addition, this course covers how to insert tabs, headers/footers, and page numbers. Learn to use Word templates. Course text included in fee.

ITEM 9020	Fee: \$175.00	Cliff Hanks
9:15AM - 5:00PM	1 Session	CASCADIA/LIBRARY
Wed	7/15/2009	LB1-221

Word 2007 Level 2

This course is designed to offer an intermediate level exploration of Microsoft Word. Topics include borders, styles bullets, customizing tables, columns, and mail merge to create labels or form letters. Course text included in fee. Recommended: Word Level 1

ITEM 9023	Fee: \$175.00	Cliff Hanks
9:15AM - 5:00PM	1 Session	CASCADIA/LIBRARY
Wed	7/29/2009	LB1-221

Powerpoint 2007

Learn to make professional looking presentations that include graphics, text, and charts. Use masters, slides, and color schemes in PowerPoint 2007. Course text included in fee. Recommended: Basic knowledge of MS Windows.

ITEM 9030	Fee: \$175.00	Cliff Hanks
9:15AM - 5:00PM	1 Session	CASCADIA
Thu	7/30/2009	CC1-211

Quickbooks

This introductory class will teach students to use QuickBooks with confidence. Topics include fundamentals, setting up charts of accounts, working with sales and receivables, checks and payables, lists, reconciliation, and generating monthly reports. Course text included in fee. Recommended: Basic knowledge of computer operations and MS Windows.

ITEM 9110	Fee: \$279.00	Dan Cote
6:00 - 9:00PM	4 Sessions	CASCADIA
Mon & Wed	8/10/2009 - 8/19/2009	CC1-230

MS Project 2007 Level 1

Microsoft Office Project Professional 2007 acts as a tool that assists you in managing your projects. In this course, you will create and modify a project plan. Course text included in fee. Recommended: An understanding of project management concepts and knowledge of Word and Excel.

ITEM 9025	Fee: \$189.00	Jay Hopper
5:30 - 9:30PM	2 Sessions	CASCADIA
Tue	7/7/2009 - 7/14/2009	CC1-211

MS Project 2007 Level 2

This course will build upon the knowledge gained in MS Project 2007 Level 1, and give you the opportunity to work with a project plan once it reaches the project implementation phase. Course text included in fee. Recommended: Project 2007 Level 1.

ITEM 9027	Fee: \$189.00	Jay Hopper
5:30 - 9:30PM	2 Sessions	CASCADIA
Tue	7/28/2009 - 8/4/2009	CC1-211

WEB DESIGN AND PROGRAMMING

Adobe Photoshop Preview - FREE

Do you have questions about the uses of Adobe Photoshop and how this software can help you? Interested in exploring the series of courses available in this exciting software? Come to this free one hour preview of Adobe Photoshop to learn more!

ITEM 9041	Fee: FREE	Juan Aguilera
5:30 - 6:30PM	1 Sessions	CASCADIA
Thu	6/18/2009	CC1-211

Web Design Preview - FREE

Curious what web design is all about? Come to this information session to learn about the field of web design and how designers use XHTML, CSS, Dreamweaver, Fireworks and Flash to create websites. This preview will give you the information you need to make an informed decision about where you fit in our web design curriculum.

ITEM 9186	Fee: \$0.00	Sherri Carson
6:00 - 7:00PM	1 Sessions	CASCADIA
Mon	6/22/2009	CC1-211

Web Design Certificate Program

Cascadia Community College's Continuing Education is launching a new web design training program this winter quarter 2009. Topics include designing websites, XHTML, Cascading Style Sheets, Dreamweaver CS4, maximizing searchability, web graphics, and Flash CS4. The program is designed for new web designers as well as individuals seeking additional career opportunities or transitions. All materials and texts are included in the course fees.

ITEM 9202	Fee: \$2049.00	
5:30 - 9:30PM	23 Sessions	CASCADIA
Mon/Wed/Thu	6/29/2009 - 8/25/2009	CC1-211

Fundamental Photoshop CS4

Photoshop has become the standard image editing application among both amateurs and professionals. Learn the fundamental skills and the capabilities to use this popular tool. Course text included in fee.

ITEM 9043	Fee: \$279.00	Juan Aguilera
6:00 - 9:00PM	4 Sessions	CASCADIA
Tue & Thu	7/7/2009 - 7/16/2009	CC1-230

Intermediate Photoshop CS4

This course uses the basic understanding of Photoshop CS4 learned in Fundamentals of Photoshop to go deeper into the elements of analysis to localize and solve common problems. The class covers special effects to be used in a wide range of professions and projects. Course text included in fee. Recommended: Fundamental Photoshop

ITEM 9048	Fee: \$279.00	Juan Aguilera
6:00 - 9:00PM	4 Sessions	CASCADIA
Tue & Thu	7/28/2009 - 8/6/2009	CC1-230

Designing Websites

In this course, you will learn the steps to design a website. Topics include purpose, audience, creating effective navigation, colors/fonts/graphics, storyboarding and page layouts. Also included are finding a domain name and web hosting service. Course text included in fee. Recommended: Ability to surf the web, and bring an idea for a web site to create.

ITEM 9204	Fee: \$199.00	Sherri Carson
5:30 - 9:30PM	2 Sessions	CASCADIA
Mon & Wed	6/29/2009 - 7/1/2009	CC1-211

XHTML

Learn how to create web pages using XHTML (eXtensible Hyper Text Markup Language). Topics include creating the basic page structure; inserting content including text, images, and hyperlinks; creating tables; creating forms; inserting meta information; validating XHTML; and publishing your site. Course text included in fee.

ITEM 9205	Fee: \$359.00	Peggy Merrill
5:30 - 9:30PM	4 Sessions	CASCADIA
Mon/Wed/Thu	7/2/2009 - 7/9/2009	CC1-211

Cascading Style Sheets

Learn to format web pages with styles. In the class you will learn to create style rules and store them in the appropriate style sheet; create styles to format fonts, text, lists and backgrounds; use styles for page layouts; and create style sheets for different media. Course text included in fee. Recommended: XHTML or equivalent knowledge.

ITEM 9207	Fee: \$359.00	Sherri Carson
5:30 - 9:30PM	4 Sessions	CASCADIA
Mon/Wed/Thu	7/13/2009 - 7/20/2009	CC1-211

Maximizing Searchability

Learn how to make your website rank highly in the search engines. This class will focus on how to design your site and use the proper XHTML and CSS code to increase the probability of a high ranking in the search engine results. Course text included in fee. Recommended: XHTML and CSS or equivalent knowledge.

ITEM 9213	Fee: \$99.00	Sherri Carson
5:30 - 9:30PM	1 Sessions	CASCADIA
Wed	7/22/2009	CC1-211

Web Graphics

Learn to modify and create graphics that really work for web pages. Learn how to create text images, work with photos, create gradients and shadows for background, and additional effective web graphic design techniques. Additionally, learn to optimize images and export them to the web. Course text included in fee. Recommended: Dreamweaver.

ITEM 9215	Fee: \$359.00	Peggy Merrill
5:30 - 9:30PM	4 Sessions	CASCADIA
Mon/Wed/Thu	7/23/2009 - 7/30/2009	CC1-211

Dreamweaver CS4 Level 1

This course will teach the basic tools in Dreamweaver for creating web sites. Topics include creating basic web pages with links and graphics; developing style sheets for formatting; and testing and publishing your site. Course text included in fee. Recommended: XHTML and CSS or equivalent knowledge.

ITEM 9209	Fee: \$219.00	Sherri Carson
5:30 - 9:30PM	2 Sessions	CASCADIA
Mon & Thu	8/3/2009 - 8/6/2009	CC1-211

Dreamweaver CS4 Level 2

This course teaches the more advanced tools in Dreamweaver for enhanced websites. Topics include developing style sheets for page layouts, using library items, snippets and templates, creating forms, and creating interactive pages. Course text included in fee. Recommended: Dreamweaver Level 1.

ITEM 9212	Fee: \$219.00	Sherri Carson
5:30 - 9:30PM	2 Sessions	CASCADIA
Mon & Wed	8/10/2009 - 8/12/2009	CC1-211



Sherri Carson on Web Design

Flash CS4

This is an intensive hands-on workshop for students who want to create interactive, rich-media presentations and websites. Course text included in fee. Recommended: Experience with design applications or Photoshop.

ITEM 9217	Fee: \$359.00	Juan Aguilera
5:30 - 9:30PM	4 Sessions	CASCADIA
Tue & Thu	8/13/2009 - 8/25/2009	CC1-211

XML Introduction

With your XHTML knowledge, you have a solid foundation for working with markup languages. However, unlike XHTML, XML is more flexible, allowing for custom tag creation. This course introduces the fundamentals of XML and its related technologies so that you can create your own markup language. Course text included in fee.

ITEM 9219	Fee: \$219.00	Pacha Nambi
8:00 - 4:45AM	1 Session	CASCADIA
Tue	7/7/2009	LB1-221

Introduction to Programming with C# Basics

This Introduction to Programming with C# Basics will be a hands-on course, designed for beginning programmers to learn programming in a Windows environment. Topics will include Windows Controls; defining variables of proper data types, using constants, creating and using dialog boxes and menus, and using lists and loops. Course text included in fee.

ITEM 9220	Fee: \$695.00	Pacha Nambi
5:30 - 9:30PM	7 Sessions	CASCADIA
Tue	7/14/2009 - 8/25/2009	LB1-221

DATABASE

Business Intelligence - SQL Server 2008 Certificate

Cascadia Community College's Continuing Education recently launched a new SQL Server 2008 Business Intelligence training program. Work with SQL Server 2008 business intelligence technologies to produce Reporting Services, Analysis Services, and Integration Services solutions. Helps prepare for Microsoft Certification Exam 70-452. Course fees include all required materials and texts necessary for this course.

ITEM 9228	Fee: \$2500.00	Randall Root
5:30-9:30PM	24 Sessions	CASCADIA
Mon & Wed	6/15/2009 - 9/9/2009	180

Database Design

In this course, you will plan, design, and create a functional and efficient relational database. You can create effective database designs by applying relational database design techniques. Course text included in fee. Recommended: Microsoft Access Level 1

ITEM 9302	Fee: \$199.00	Randall Root
8:00AM - 4:45PM	1 Session	CASCADIA
Tue	6/23/2009	180

SQL: Introduction

Retrieval of information from a database is dependent on precisely ordered logic and specific information. This class teaches you to use Structured Query Language (SQL) as a tool to implement logic and define instructions. Course text included in fee. Recommended: Relational Databases Design

ITEM 9304	Fee: \$199.00	Randall Root
8:00AM - 4:45PM	1 Session	CASCADIA
Thu	6/25/2009	180

SQL: Advanced Querying

Build from the subject matter taught in SQL: Introduction, and create advanced SQL queries to manipulate and index tables. Course text included in fee. Recommended: SQL Introduction or equivalent experience.

ITEM 9306	Fee: \$199.00	Randall Root
8:00AM - 4:45PM	1 Session	CASCADIA
Tue	6/30/2009	180

Data Warehouse Design with SQL Server 2008

Building a data warehouse is a fundamental step in organizing, condensing, and cleaning the various data all businesses generate. This class identifies the key issues involved in designing a data warehouse in cost efficient manner, avoiding common mistakes, and planning the implementation project. Course text included in fee. Recommended: Database Design and SQL experience

ITEM 9230	Fee: \$230.00	Randall Root
5:30 - 9:30PM	2 Sessions	CASCADIA
Mon & Wed	6/15/2009 - 6/17/2009	180

Integration Services with SQL Server 2008

Building data warehouses, OLAP Cubes, and Reporting Solutions takes a lot of planning and coordination. Microsoft SQL Server Integration Services (SSIS) provides managers, administrators, and developers a set of tools that can tie these types of BI projects into a whole BI solution. Course text included in fee. Recommended: Data Warehouse Design with SQL Server

ITEM 9235	Fee: \$690.00	Randall Root
5:30 - 9:30PM	6 Sessions	CASCADIA
Mon & Wed	6/22/2009 - 7/8/2009	180

Analysis Services with SQL Server 2008

Creating OLAP Cubes for a business is an advanced way to store critical information and increase query performance. Learn to create and optimize Cubes, Dimensions, Data Mining Models, and data processing from relational databases and data warehouses data sources. Course text included in fee. Recommended: Integration Services with SQL Server

ITEM 9240	Fee: \$690.00	Randall Root
5:30 - 9:30PM	6 Sessions	CASCADIA
Mon & Wed	7/13/2009 - 7/29/2009	180

MDX Queries with SQL Server 2008

Creating OLAP Cubes for a business is an advanced way to store critical information and increase query performance. Learn to create and use MDX statements with Microsoft's Analysis Services (SSAS) Cubes. Course text included in fee. Recommended: Analysis Services with SQL Server

ITEM 9245	Fee: \$230.00	Randall Root
5:30 - 9:30PM	2 Sessions	CASCADIA
Mon & Wed	8/10/2009 - 8/12/2009	180

Data Mining with SQL Server 2008

Creating Data Mining Solutions for a business is an advanced way to Find critical information and make plausible predictions on data trends. This class shows you how to create and use a Data Mining project. Course text included in fee. Recommended: MDX Queries with SQL Server

ITEM 9250	Fee: \$230.00	Randall Root
5:30 - 9:30PM	2 Sessions	CASCADIA
Mon & Wed	8/17/2009 - 8/19/2009	180

Reporting Services with SQL Server 2008

Creating reports for a business is a proven way to distribute critical information to employees and managers. Using Microsoft's Reporting Services (SSRS) is a fast and efficient way to the design and create various reporting solutions; including KPI, Scorecard, Tabular, Drilldown, and Pivot reports. Course text included in fee. Recommended: Data Mining with SQL Server

ITEM 9255	Fee: \$690.00	Randall Root
5:30 - 9:30PM	6 Sessions	CASCADIA
Mon & Wed	8/24/2009 - 9/9/2009	180

BUSINESS & CAREER

PROJECT MANAGEMENT

Introduction to Project Management

Whether you're looking at career advancement or simply a way to get a job done well, project management offers valuable skills. Learn why the tools and techniques project management professionals use are so effective in both professional and personal endeavors. Apply concepts based on the Project Management Body of Knowledge (PMBOK®) to group projects. Texts available for purchase at the University Bookstore, Bothell Campus.

ITEM 8275	Fee: \$310.00	Dan Williams
6:00 - 9:00PM	5 Sessions	CASCADIA
Tues	6/23/2009 - 7/21/2009	260

Project Planning and Scheduling Techniques

The better we plan, the better we can execute on time and within budget to meet customer expectations and organizational objectives. Discover proven techniques to plan and schedule projects successfully. A final group project provides the chance to apply these and other project management tools and concepts. **Prerequisite:** Introduction to Project Management

ITEM 8280	Fee: \$310.00	Sal Thompson
6:00PM - 9:00AM	5 Sessions	CASCADIA
Wed	7/1/2009 - 7/29/2009	260

Project Execution and Control

Without careful monitoring and control, many projects fail to achieve the expected results. Learn processes to manage time, cost, and quality of project deliverables with effective communication and procurement management plans. Apply these and other concepts using a PM case study. **Prerequisites:** Introduction to Project Management and Project Planning & Scheduling.

ITEM 8285	Fee: \$310.00	Sal Thompson
6:00 - 9:00PM	5 Sessions	CASCADIA
Thu	7/23/2009 - 8/20/2009	260

BUSINESS

Introduction to Voiceovers

You too can become a Professional Voiceover Artist! This fun and empowering 2-hour workshop teaches the basics of entering a career as a voiceover artist. Learn of the ins and outs of industry from a professional voice coach.

ITEM 8215	Fee: \$65.00	STAFF
6:00 - 8:00PM	1 Session	CASCADIA
Thu	8/6/2009	161

JEWELRY

Exquisite Wire Jewelry

Learn to make lovely jewelry with affordable materials and high style. This class is "student's choice" on what sort of jewelry you would like to create from the instructor's wide selection of styles, earrings and pendants. All materials are included.

ITEM 8163	Fee: \$69.00	Char Jorgensen
7:00 - 9:00PM	2 Sessions	NORTHSHORE SENIOR CENTER
Wed	7/8/2009 - 7/15/2009	103

DRAWING & PAINTING

Introduction to Portrait Drawing

This 24-hour class, featuring live posed models, teaches you to create drawings of people with space, volume, and likeness. Learn to capture form, gesture, and proportion. Gain experience with charcoal, ink, chamois, and different papers and erasers. Course goals include skill acquisition, strengthened perception with individual expression. Materials list provided.

ITEM 8173	Fee: \$289.00	Emmett McLaughlin
5:30 - 9:30PM	6 Sessions	CASCADIA
Wed	7/1/2009 - 8/5/2009	380



Carol Strecher-Jones demonstrates watercolor techniques

Beginning Watercolor

This is a complete beginning watercolor class. Students will learn about different watercolor papers, paints, brushes, and how to use them. Basic watercolor techniques such as washes, color mixing, and glazes will be introduced and incorporated into small paintings. A supply list provided.

ITEM 8175	Fee: \$179.00	Carol Stecher-Jones
6:30 - 9:00PM	6 Sessions	NORTHSHORE SENIOR CENTER
Wed	6/24/2009 - 7/29/2009	104

PHOTOGRAPHY

Basic Photography

This class is designed to give the student the overall concept and tools and steps to produce a good photograph. Course will cover camera functions, if needed. Camera of choice is 35mm SLR, but digital may be used. One field trip on a Saturday; see class notes below for date.

ITEM 8181	Fee: \$135.00	Terry Lang
7:00 - 8:30PM	5 Sessions	CASCADIA
Tues, Sat	7/28/2009 - 8/18/2009	CC2-260
One field trip on Saturday, August 8 at 9:30 AM. Meet at Kenmore Camera, 18031 67th Ave. NE, Kenmore.		

Digital Photography

Get great results from your digital camera through basic photo editing, color enhancements, and contrast corrections using Adobe Photoshop for photographers. Designed for students who possess basic computer skills using Windows. Topics include digital camera operation, basic photography, scanning, editing, and printing. Please bring digital camera and instruction book to class.

ITEM 8183	Fee: \$209.00	Juan Aguilera
6:00 - 9:00PM	4 Sessions	CASCADIA
Tues, Thu	6/23/2009 - 7/2/2009	160

ACTIVE LIFESTYLE & HEALTH

DANCE

Salsa 1

Attention people with two left feet! Our experienced instructors will show you how easy it is to learn Salsa. Learn the basic steps and techniques in this exciting and fun dance! Singles and couples welcome. Couples may stay together, singles will rotate.

ITEM 8012	Fee: \$39.00	Kathi Urban
7:00 - 8:00PM	3 Sessions	NORTH BELLEVUE COMMUNITY CENTER
Fri	7/10/2009 - 7/24/2009	4063 148th Ave NE, Bellevue

Ballroom Sampler for Couples

Whether preparing for a wedding, a cruise or you just want to learn for fun, this is the perfect beginners course. Learn the basics in two easy social dances - one to upbeat music, one to slow, romantic music. Grab a partner for this couples only class. Fee is per couple.

ITEM 8014 **Fee: \$75.00** **Kathi Urban**
 8:00PM - 9:00PM 3 Sessions NORTH BELLEVUE COMMUNITY CENTER
 Fri 7/10/2009 - 7/24/2009 4063 148th Ave NE, Bellevue

All-Purpose Dance Class for Couples

Whether preparing for a wedding, a cruise or you just want to learn for fun, this is the perfect beginners course. Learn the basics in two easy social dances - one to upbeat music, one to slow, romantic music. Grab a partner for this couples only class. Fee is per couple.

ITEM 8016 **Fee: \$75.00** **Kathi Urban**
 8:00PM - 9:00PM 3 Sessions NORTH BELLEVUE COMMUNITY CENTER
 Fri 8/21/2009 - 9/4/2009 4063 148th Ave NE, Bellevue

No Class on Sept 4.

HEALTH & WELLNESS**Yoga**

Hatha Yoga: introducing postures, breathing and relaxation. When practiced regularly, yoga improves flexibility, muscle tone, posture, balance, breath awareness as well as an ability to relax. Includes focus on joint alignment, building core strength and matching movement to breath. Bring a mat to class.

ITEM 8075 **Fee: \$80.00** **Teri Hensen**
 7:00 - 8:00PM 8 Sessions NORTHSHORE SENIOR CENTER
 Wed 6/24/2009 - 8/12/2009 Multipurpose Room

ITEM 8076 **Fee: \$80.00** **Tamara Martin**
 6:45 - 7:45PM 8 Sessions BOTHELL YOGA
 Tues 7/7/2009 - 8/25/2009 19110 Bothell Way NE #102, Bothell

Pilates

One of the most popular forms of exercise in the country. Pilates emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement. It is famous for its "ab-flattening" capabilities, and is effective for a wide range of people including athletes, dancers, women after pregnancy, and people of all ages. Bring mat to class.

ITEM 8097 **Fee: \$80.00** **STAFF**
 7:55 - 8:55PM 8 Sessions BOTHELL YOGA
 Tues 7/7/2009 - 8/25/2009 19110 Bothell Way NE #102, Bothell

Finding Flexibility

Learn to move with more ease, grace, and comfort. Get relief from stress and tension; eliminating pain while improving balance and avoiding injury. Free yourself from restrictive habits so you can move with the flexibility of a child and the skill of a professional athlete. Instructor is a guild certified Feldenkrais teacher with a background in tap, ballet, and creative dance as well as Pilates exercise. Bring a mat and wear warm comfortable clothing.

ITEM 8048 **Fee: \$90.00** **Peggy Protz**
 7:00 - 8:30PM 6 Sessions NORTHSHORE SENIOR CENTER
 Wed 8/12/2009 - 9/16/2009 Dining Room



Wildwater river rafting class

GENERAL RECREATION**Wenatchee Whitewater Rafting**

Roller coaster action and lots of sunny weather makes this snow-fed river a favorite. Delight in commanding scenery and white water maneuvering through "Boulder Bend, Rock & Roll, Drunkards Drop and Snow Blind". You will paddle self-bailing rafts with an experienced guide. A fantastic deli lunch is included. Minors must be accompanied by an adult. Contact our office for further information.

ITEM 8023 **Fee: \$84.00**
 10:00AM - 3:00PM 1 Session
 Sun 6/28/2009

Rod Amundson
 WILDWATER RIVER TOURS
 Cashmere Riverside Park

CULTURAL EXPERIENCES**MUSIC****Folk Guitar**

Have fun and learn about music through the guitar! Beginners and more experienced players will be comfortable. Students will learn basic strum and pick patterns; a basic introduction to reading music and music theory and some arranging for the guitar. Start improvisation playing the blues. Bring a guitar and notebook.

ITEM 8261 **Fee: \$115.00**
 8:15 - 9:15PM 6 Sessions
 Tues 6/30/2009 - 8/4/2009

Greg Glassman
 CASCADIA
 LB1-221



Students in Peggy Protz's flexibility class

For more information about Cascadia Community College, visit www.cascadia.edu

CULINARY ARTS

Asian Cooking

Chef Matt demonstrates 3 nights of Southeast Asian cuisines, followed by one night when you are the chef! Vietnamese class features spring rolls and pho, Thai night includes chicken satay and pad thai, the third night is Balinese fried rice and spiced fish in banana leaves. Pick one appetizer, one main, and one dessert to make in the last class. Chef Matt has studied under some of the finest chefs both locally and abroad, has been a FareStart Guest Chef, and featured on the "Pacific Northwest" episode of The Travel Channel's "Anthony Bourdain: No Reservations". Demonstration nights are 3 hours; final class is 4 hours.

ITEM 8271 **Fee: \$279.00** **Matt Jones**
 6:00 - 9:00 PM 4 Sessions Starry Nights Catering
 Wed 7/15/2009 - 8/5/2009 11200 Kirkland Way#220, Kirkland

ENVIRONMENT

SUSTAINABILITY

Residential Energy Audit Certification

Using both classroom instruction and field work, students learn the principles and techniques to perform residential energy audits. Topics include energy conservation, building-shell heat flow, air quality and moisture considerations, and the analysis of single-family residential energy efficiency improvements. Field work emphasizes students participating in energy audits using blower door and infra-red imaging equipment. This course helps prepare students to sit for the Building Performance Institute certification exams for Building Analyst Professional and Building Envelope Professional (certification exams are not included in course). Credit options are also available. Please contact the Continuing Education office at (425) 352.8862 or conted@cascadia.edu for additional information. Text available at University Bookstore, Bothell Campus.

ITEM 8290 **Fee: \$1095.00** **Mel Oyler**
 5:30 - 9:00 PM 17 Sessions CASCADIA
 Mon, Wed & every other Sat 6/22/2009 - 8/25/2009 CC1-170

GARDEN

Urban Worm Composting Workshop

Turn your kitchen scraps into nutritious organic fertilizer for your planting beds, vegetable garden or container plants. Students will learn the basics, including troubleshooting, habitat requirements, and you will assemble your own take-home worm bin, complete with live composting worms for home or apartment use.

ITEM 8357 **Fee: \$49.00** **Sarah Toland**
 6:30 - 8:30 PM 1 Session CASCADIA
 Thu 7/16/2009 261

LANGUAGES

ITALIAN

Italian for Travelers

For beginners who are preparing for a visit to Italy. Lessons include common and useful expressions for everyday life; information about Italian culture; useful phrases and vocabulary and pronunciation. Designed to give students immediate speaking ability in Italian. Text book available at the University Bookstore, Bothell Campus.

ITEM 8307 **Fee: \$75.00** **Pier Giorgio Fiorentini**
 7:00 - 9:00 PM 4 Sessions CASCADIA
 Tues, Wed 6/23/2009 - 7/1/2009 358

Italian 1

Learn the basics of Italian. Lessons include information about the Italian culture, introduction to basic grammar, vocabulary, and pronunciation designed to give students immediate speaking ability in Italian. The class is taught by a native speaker who has been teaching adult students for many years. Textbook available at University Bookstore, Bothell Campus.

ITEM 8309 **Fee: \$150.00** **Pier Giorgio Fiorentini**
 7:00 - 9:00 PM 8 Sessions CASCADIA
 Tues, Wed 7/7/2009 - 7/29/2009 358

SPANISH

Spanish 1

Come and learn the basics of Spanish. The lessons and activities in this class will include the most common and useful expressions for everyday life; an introduction to basic grammar, verb conjugation, vocabulary, and pronunciation. Textbook available at University Bookstore, Bothell campus.

ITEM 8326 **Fee: \$150.00** **Michelle Olson**
 7:00 - 9:00 PM 8 Sessions CASCADIA
 Tues 7/2009 - 8/25/2009 160

Spanish 2

A continuation of Spanish 1, this class emphasizes conversation. Students increase communication skills and increase their knowledge of grammar, verb conjugation, and vocabulary. The past tense is introduced. Recommended: Completion of Spanish 1 or equivalent experience in Spanish. Textbook available at University Bookstore, Bothell Campus.

ITEM 8320 **Fee: \$150.00** **Michelle Olson**
 7:00 - 9:00 PM 8 Sessions CASCADIA
 Thu 7/9/2009 - 8/27/2009 160



Cascadia composting worm bin

WRITING

WRITING

Anyone Can Write Fiction 1

A cram course in fiction writing for the beginner! Jump-start your writing, no matter what the genre; mysteries, romance, sci-fi, fantasy, or mainstream. Learn to create characters, write dialogue, structure a plot, and more! Bring your pen and paper.

ITEM 8368 **Fee: \$109.00** **Leslie Adkins**
 6:30 - 8:30 PM 5 Sessions NORTHSHORE SENIOR CENTER
 Wed 6/24/2009 - 7/22/2009 202

Writing for Magazines

Make money, influence others and express yourself with magazine writing! This class takes you step-by-step through the writing/publishing process. Develop writing skills and turn hobbies and interests into article ideas. Get a behind-the-scenes look at the publishing world. Beginners are welcome.

ITEM 83646:30 - 9:00PM
Thu**Fee: \$149.00**5 Sessions
6/18/2009 - 7/16/2009**Christine Dubois**CASCADIA
161**ONLINE WRITING WITH ARIELE HUFF**

Take online writing classes at your own pace and in your own time frame with a nationally syndicated Pacific Northwest writer and editor. Registration is open all quarter; classes are in 10 lessons at a do-at-your-own-pace schedule from June 22 - August 13. You will write under Ariele's guidance, and receive constructive feedback on each lesson. Call (425) 352-8862 to register.

Write About your Life-Online

The hottest trend these days is the telling of personal experiences. Learn how to access and format your memories and experiences for the purpose of creating articles, books, and souvenir memoirs for cash, friends, or family.

ITEM 8382**Fee: \$109.00****Ariele Huff****Creating a Selling Novel-Online**

Working on a novel? How do you write or improve your novel to appeal to readers, agents, and publishers? We will explore story promise, character arcs, backstory events, inner and outer story stakes, point of view, and more.

ITEM 8384**Fee: \$109.00****Ariele Huff****Travel Writing-Online**

Learn how to turn your trips (past and future) into cash. The class includes information on topic selection and different article formats as well as the opportunity to write and receive feedback on your writing

ITEM 8390**Fee: \$109.00****Ariele Huff****Freelance Writing-Online**

Market research techniques, query and cover letters, copyrights, agents, and more. Whether you know what an SASE is or not, this class will improve your chances of selling your writing.

ITEM 8386**Fee: \$109.00****Ariele Huff****Writing for Children-Online**

Writing for children is a specialized market. We'll look at what succeeds and what doesn't; how to submit proposals and where; and strategies for making this kind of writing accessible and interesting.

ITEM 8388**Fee: \$109.00****Ariele Huff****ONLINE CLASSES****Ed 2 Go**

Cascadia Community College in partnership with Education to Go (Ed2Go) offers a vast array of online, non-credit classes that focus on both professional skills and a wide range of personal enrichment topics. Ed2Go provides a certificate of completion for each class. Courses are \$99, unless otherwise indicated. Courses begin monthly and run for six weeks. For details on pricing, dates, and to register, please go to: www.Ed2Go.com/cascadia. Note: Twenty-four (24) teacher certification clock hour credits are available for each course unless otherwise indicated. An additional fee of \$20 is required for clock hour credit. To sign up for clock hour credit, call (425) 352-8862. Following are SOME of the courses available:

Courses for Teaching Professionals

Leadership
Creating Web Pages
Understanding Adolescents
Building Teams That Work
Everyday Math
Introduction to Algebra

Web Page Design

Creating Web Pages
Introduction to CSS and XHTML
Introduction to Dreamweaver
Introduction to Flash

Web Graphics & Multimedia

Introduction to CorelDRAW X3
Introduction to Flash 8
Introduction to Flash MX 2004
Creating Web Graphics with Photoshop CS3

Web & Computer Programming

Introduction to ASP.NET
Introduction to PHP and MySQL
Introduction to Java Programming
Introduction to C++ Programming
Introduction to C# Programming
Introduction to Visual Basic.NET

Basic Computer Literacy

Introduction to Windows Vista
Computer Skills for the Workplace
Keyboarding

Computer Applications

Microsoft Word 2007
Microsoft Word 2003
Microsoft Excel 2007
Microsoft Excel 2003
Microsoft Access 2003
Microsoft PowerPoint 2003

Database Management & Programming

Introduction to Database Development
Introduction to SQL
Introduction to the Game Industry

Digital Photography & Digital Video

Photoshop CS3 for the Digital Photographer
Introduction to Photoshop CS3

Languages

Spanish
Italian
French

Writing & Publishing

Advanced Fiction Writing
Grammar Refresher
Effective Business Writing
Writing for ESL
Fundamentals of Technical Writing
Writing Great Technical Documents
Resume Writing Workshop

Grant Writing & Nonprofit Management

Creating Your Own Nonprofit
Introduction to Nonprofit Management

Business

Creating a Successful Business Plan
Marketing Your Business on the Internet
Sales & Marketing

Accounting

Accounting Fundamentals
Introduction to QuickBooks 2007
Performing Payroll in QuickBooks 2007

Business Administration

Project Management Fundamentals
Project Management Applications
Fundamentals of Supervision and Management
Employment Law Fundamentals

ONLINE CLASSES

Ed 2 Go (CONT'D)

Test Prep

GED Test Preparation
 Prepare for the GED Language Arts, Writing Test
 Prepare for the GED Math Test
 SAT/ACT Preparation
 GRE Preparation
 LSAT Preparation

Personal Development

Become a Veterinary Assistant
 Resume Writing Workshop
 Skills for Making Great Decisions
 Music Made Easy

Enjoying European Art Online
 Personal Finance & Wealth Building
 Real Estate Investing

Health Care, Nutrition

Medical Terminology: A Word Association Approach
 Human Anatomy and Physiology
 Become a Veterinary Assistant
 Outdoor Survival Techniques

Child Care & Parenting

Caring for Children
 Parenting: The First Five Years
 Enhancing Language Development in Childhood
 Understanding Adolescents
 Guiding Kids on the Internet

Law & Legal Careers

Paralegal Preparation

Paralegal Certificate Series

Health Care Continuing Education
 HIPAA Compliance

GATLIN

ONLINE WORKFORCE TRAINING PROGRAMS

Gatlin's self-paced programs are designed by a team of professionals to provide the most effective web-based learning experience possible. Programs can generally be completed in less than 6 months. Instructors are actively involved in the students' online learning experience by responding to questions or concerns and encouraging students to succeed. Each program includes books, lessons, quizzes, and assignments! Grades are a combination of computer-graded tests and the instructor's evaluation of the student's work. For a complete list of courses, and detailed course outlines and demos, please visit www.gatlineducation.com/cascadia. Subjects include:

HEALTHCARE PROGRAMS • INTERNET, DESIGN, AND TECHNICAL • CONSTRUCTION TECHNOLOGY
 BUSINESS PROGRAMS • NETWORKING and CompTIA™ CERTIFICATION • MICROSOFT CERTIFICATION TRAINING
 VIDEO GAME DESIGN AND DEVELOPMENT • CASINO GAMING PROGRAMS

