Free information session about the Physical Therapy Aide Program

Wednesday 6 PM
March 16th
1400 Market Street, Redding
Community Room
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INVEST IN YOURSELF!
Explore the opportunities with Shasta College’s Community Education classes!

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SHASTA COLLEGE COMMUNITY EDUCATION
1400 Market Street, Suite 8204
Redding, CA 96001
(530) 339-3662
www.ShastaCollege.edu/CommunityEducation

The Shasta-Tehama Trinity Joint Community College District (“Shasta College”) does not discriminate against any person on the basis of race, color, national origin, sex, religious preference, age, disability (physical and mental), pregnancy (including pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), gender identity, sexual orientation, genetics, military or veteran status or any other characteristic protected by applicable law in admission and access to, or treatment in employment, educational programs or activities at any of its campuses. Shasta College also prohibits harassment on any of these bases, including sexual harassment, as well as sexual assault, domestic violence, dating violence, and stalking.
They are easy, fun, and cost-effective. Do you want to develop your professional skills or find new career opportunities? Perhaps you want to have fun and meet like-minded people following a passion? Want to learn a new activity or follow a cultural pursuit? Would you like to take time for some personal development or job training to reset your compass and goals? Community Education offers you countless ways to benefit from the experience and expertise of our instructors and industry specialists who teach our classes.

Find innovation or tradition, in-the-classroom or online, we offer classes that possess high quality instruction and lasting value. Addressing all ages and skill levels, our classes open the door to new experiences. Discover a passion, find a calling, develop your skill set, create a career, raise your awareness, satisfy your curiosity, or find your bliss - at Community Education.

REGISTRATION INFORMATION - FOUR EASY WAYS TO REGISTER

ONLINE - Visit www.shastacollege.edu/communityeducation. In the Community Education catalog, click the links to view courses in each category. To register for a class, click the “login in” link. You can then select the course(s) you wish to take. Please note: if this is your first time using our online registration system, you will need to create a new account. In the future, you will not need to re-enter your information. You will be prompted through the registration process.

TELEPHONE - Enrolling in classes is just a phone call away with your Visa, MasterCard, or Discover cards. Call us at (530) 339-3662. Please have the name of your class and credit card ready for prompt service.

MAIL – Mail in your contact information and the course information with your check:

- Make payable to: Shasta College Community Education
- Mail check to: Shasta College Community Education
- 1400 Market Street, Suite 8204
- Redding, CA 96001

WALK-IN – Drop by our office and register for your class. We are located at the Shasta College Health Sciences Building, Downtown Redding, 1400 Market Street, Suite 8204, Redding, CA 96001. Our office hours are Monday through Friday, 8:00 a.m. – 5:00 p.m. Please note: during the summer (June – July) we are open Monday – Thursday, closed on Fridays.

PAYMENT FOR CLASSES – Payments for classes are due at the time of registration. We accept cash, check (personal, business, or online) as well as Visa, MasterCard, or Discover credit cards. Preregistration is important. If we do not reach the minimum number of participants necessary to prevent a revenue loss, we reserve the right to cancel any class prior to the start date. Please note: class schedules are subject to change.

CLASS CANCELLATION POLICY - We do not like to cancel classes however, sometimes it is necessary to cancel before the first meeting when enrollments do not reach a minimum. If we do not have enough students registered for a class prior to its start date, it will be cancelled. Every effort is made to notify registered students of the cancellation, by phone and/or by email. For this reason, we must have a current daytime phone number and email address on file. Your registration might be the one that enables the class to be held so REGISTER EARLY!
INTRODUCTION TO TAI CHI

This is an opportunity to learn China’s most revered exercise for health and longevity! In this introductory class you will learn the basic principles of Tai Chi’s slow moving and gentle exercises which are known for promoting relaxation, improving body awareness, balance, and flexibility, and reducing stress. The movements are taught one at a time and explained in detail. Age or physical condition is not a factor in learning Tai Chi and no special clothing, shoes, or equipment are needed.

This class introduces the Yang Style Long Form (Section 1) where the students learn the basic principles of Tai Chi and the 13 main movements. This class meets twice a week. Each class introduces new movements. At the end of six weeks (12 classes) you will have learned a sequence of movements that takes approximately 5-8 minutes to complete.

Please come to class wearing clothes you are comfortable moving in. The one-hour class emphasizes the health and meditative aspects of the art. Learning Section 1 is comparable to learning a “short” form of Tai Chi and will be very beneficial to your health if you practice this daily for the rest of your life.

DATE: March 9 – April 22, 2016 (no classes held during spring break)
SCHEDULE: Wednesdays & Fridays, 6:00pm – 7:00pm
LOCATION: Shasta College Main Campus, Dance Room #1840
INSTRUCTOR: Michel Czehatowski
FEE: $40

AQUA AEROBICS

Aqua aerobics is a class where you can have fun while swimming laps, doing water exercises that focus on arms and legs, and run in the water. This exciting class is done through water exercises with jumping, leaping, running, and using exercises with fun noodles. Come and have lots of fun exercising and socializing in the heated pool at Shasta College.

In this course students will participate in recreational lap swimming and water exercises. Aerobic exercises:

- Exercises that emphasize arm and leg strength
- Exercises that focus aerobic endurance, such as frog jumps and running in the water
- Use of water exercise equipment, such as fun noodles and water weights

DATE: June 6 - July 27, 2016
SCHEDULE: Monday & Wednesday, 5:30pm - 6:30pm
LOCATION: Shasta College Main Campus - Pool
INSTRUCTOR: Elaine Vrismo
FEE: $29
GET FIT!

A total body workout! This class will be broken down into three sections. It begins with a calorie burning cardio program set to fun, energizing music. Next, the students will tone and shape the body with simple strength and core exercises. The final part of the class will be a combination of yoga and stretching poses designed to de-stress the body and get rid of those little aches and pains. Overall, the class is a complete body workout that will help students shed unwanted pounds and become stronger while learning to relax and unwind. Students will leave the class refreshed and happy, with energy to spare! The instructor provides a positive environment while encouraging students to work at their own pace and ultimately GET FIT! Open to all ages and ability levels. Yoga mat recommended.

DATE: January 19 – May 12, 2016
SCHEDULE: Tuesday & Thursday, 5:20pm - 6:20pm
LOCATION: Shasta College Main Campus, Dance Room: 1840
INSTRUCTOR: Rhonda Nelson
FEE: $80
**SUMMER CAMPS**

**VOLLEYBALL CAMP: 3RD - 8TH GRADES**

This is a fun, fast-paced, skill-oriented, character- and team-building experience! Correct technique and fundamentals will be taught and reinforced through practice. All skill levels are welcome and participants will receive group and individualized instruction according to their level of skill and experience. Specialized instruction will be made available for setters, middle blocker/hitters, outside hitters, and liberos/defensive players.

Basic through advanced instruction will be covered for the following skills:

- Passing
- Setting/Overhand Passing
- Serving
- Spiking and Offensive Plays
- Blocking
- Defense
- Game Strategies for Offense and Defense

The lead instructor is Shasta College Head Volleyball Coach Kelly Brazil. Assistant clinicians will be Shasta College Assistant Coach(es), and past and current Shasta College volleyball team members.

**SCHEDULE:**
- Week #1: June 12-16; Mon-Thurs, 9:00am - 3:00pm; $85
- Week #2: July 5-7; Tue-Thurs, 9:00am - 3:00pm; $65

**LOCATION:** Shasta College Main Campus Gym

**INSTRUCTOR:** Coach Kelly Brazil

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**VOLLEYBALL CAMP: 9TH-12TH GRADE**

This is a fun, fast-paced, skill-oriented, character- and team-building experience!

Correct technique and fundamentals will be taught and reinforced through practice. All skill levels are welcome and participants will receive group and individualized instruction according to their level of skill and experience. Specialized instruction will be made available for setters, middle blocker/hitters, outside hitters, and liberos/defensive players.

Basic through advanced instruction will be covered for the following skills:

- Passing
- Setting/Overhand Passing
- Serving
- Spiking and Offensive Plays
- Blocking
- Defense
- Game Strategies for Offense and Defense

The lead instructor is Shasta College Head Volleyball Coach Kelly Brazil. Assistant clinicians will be Shasta College Assistant Coach(es), and past and current Shasta College volleyball team members.

**DATE:** July 18-21, 2016

**SCHEDULE:** Mon-Thurs, 9:00am - 3:00pm

**LOCATION:** Shasta College Main Campus Gym

**INSTRUCTOR:** Coach Kelly Brazil

**FEE:** $85
CONDITIONING FOR COMPETITIVE VOLLEYBALL PLAYERS

This course is designed to prepare volleyball players through physical conditioning for the fall competitive volleyball season. The priorities of the class are:

- To develop muscular strength and endurance for the purpose of injury prevention
- To teach correct technique for jumping, landing, and movements used in volleyball and this conditioning class
- To improve performance in volleyball

Beginners to advanced are encouraged to participate! This is a safe and encouraging environment to learn the fundamentals of conditioning. Instruction will be given according to each individual's ability to perform the skills involved.

Physical conditioning will be enhanced through the following means:

- Resistance/Weight Training
- Plyometrics (Jump Training)
- Agility Training
- Cardiorespiratory Endurance Training
- Swimming Pool/Water Exercise

**DATE:**  

**SCHEDULE:**  
Mon-Thurs  
(Mon/Wed, 6:30pm - 7:30pm and Tues/Thurs, 7:30pm - 8:30pm)

**LOCATION:**  
Shasta College Main Campus: weight room, swimming pool, and other outdoor facilities

**INSTRUCTOR:**  
Coach Kelly Brazil

**FEE:**  
$45
BASKETBALL CAMP FOR KIDS

Fun-filled basketball sport camps for Boys and Girls - 3rd grade to 9th grade. Learn to play basketball or improve skills at Shasta College’s sport camp for kids. Drills, activities, games and lots of fun!

Upon successful completion of the camp the student will be able to demonstrate the fundamental skills of ball handling, passing, shooting, and basic basketball footwork appropriate for his or her age level and will have developed an appreciation for team play and sportsmanship.

DATES:  
Week #1: June 20-23  
Week #2: June 27-30  
Week #3: July 11-14

SCHEDULE:  
Mon-Thurs, 9:00am - 5:00pm

LOCATION:  
Shasta College Main Campus Gym

INSTRUCTOR:  
Coach Jerry Brown

FEE:  
$85 per week
PHYSICAL THERAPY AIDE PROGRAM

Prepare for a rewarding career as a valued member of the physical therapy team while learning about the human body, health related and orthopedic specific disorders, and the way physical therapists treat these disorders. The Physical Therapy Aide is generally responsible for carrying out the non-technical duties of physical therapy such as preparing treatment areas, ordering devices and supplies, and transporting patients. They work under the direction of the physical therapist applying modalities as directed, supervising exercise programs, and reporting/communicating information necessary for effective treatment management. Physical Therapy Aides may be employed in nursing homes, hospitals, sports rehabilitation centers, and some orthopedic clinics. Upon successful completion of this 8-week program, you will be eligible to compete for a PT Aide position in the growing healthcare field.

DATE: April 4 – May 25, 2016
SCHEDULE: Mondays & Wednesdays, 6:00pm-8:00pm
LOCATION: Shasta College Health Sciences Bldg, 1400 Market St., Downtown Redding, Room: #8113
INSTRUCTOR: James Earle, Physical Therapist
FEE: $399 (includes course handouts, books are not required)

FREE INFORMATION SESSION ABOUT THE PHYSICAL THERAPY AIDE PROGRAM

Thinking about a career change? Join us and learn about the Physical Therapy Aide program and the opportunities in this field. This FREE information session is open to the public. Meet the instructor, ask questions and get answers in a relaxed informal setting. You’ll understand the important difference between Physical Therapists, PT Assistants, and PT Aides, as you come to understand the special role of PT Aides.

DATE: March 16, 2016
SCHEDULE: 6:00pm – 7:00pm
LOCATION: Shasta College Health Sciences Bldg, 1400 Market St., Downtown Redding, Room: #8220
PRESENTER: James Earle, Physical Therapist
FIRELINE SAFETY AWARENESS FOR HIRED VENDORS

At times when the equipment needed to control an emergency incident exceeds the resources of CALFIRE and the Federal Wildland Fire Agencies, the agencies hire the equipment and services of the private sector to supplement its own resources. Any private contractor or person employed by a private contractor who desires to participate in a wildland fire and may be subject to assignment on the fire line must complete annual training.

The intent of this 8-hour course is to provide private “hired equipment vendors” with the minimum training necessary to satisfy CALFIRE and the Federal Wildland Fire Agencies generic hiring requirements for hired equipment vendors. Typical assignments include: Dozer Operator, Water Tender Operator, tree faller etc. This course covers topics such as: Fire Behavior, Fireline Safety, Organizational Control, Firefighting Terms, the use of Fire Shelters, and other fire related subjects.

This course does not provide training or certify anyone on the use of specific types of equipment and is not intended to attest to the ability of anyone to utilize equipment. Students who successfully complete the course will receive a certificate from the California Office of the State Fire Marshal. The course is part of the Fire Service Training and Education Program. The course fee includes the certificate cost and student text.

**DATES:** Spring & Summer classes (check website for dates)
**SCHEDULE:** Saturday, 8:00 a.m. - 5:00 p.m. (1-hr for lunch)
**LOCATION:** Shasta College Main Campus
**INSTRUCTOR:** John Bruno
**FEE:** $80 ($58 for the class and $22 for materials and card)

BEGINNING SCHOOL BUS DRIVING COURSE

Considering a career change? Looking for part time work? Retired and need extra income? How about joining the team of transportation professionals at your local school district? That’s right, local school districts are looking for school bus drivers and this is your chance to receive the training at Shasta College. If this sounds interesting to you, sign up for this 4-week course “Beginning School Bus Driver”

Students will be able to pass the necessary written examinations given by DMV and CHP to begin the behind-the-wheel training process to obtain their commercial driver license and special driver certificate to drive a school bus. Please note: the behind-the-wheel training is NOT included in this course.

**DATE:** February 22 - March 16, 2016
**SCHEDULE:** Monday/Tuesday/Wednesday, 6:00 p.m. - 9:00 p.m.
**LOCATION:** Shasta College Downtown Redding Campus, Room: TBA
**INSTRUCTOR:** Tania Kaylor
**FEE:** $150
NONPROFIT ORGANIZATIONAL MANAGEMENT CERTIFICATE
- “THE SERIES”

This nonprofit organizational management course sequence introduces the fundamentals of effective growth and development. Participants will gain an understanding of a variety of aspects of management of a nonprofit organization. Those in leadership positions will learn or enhance basic skills and acquire tools in order to plan, organize, lead and coordinate activities in their nonprofit legally and effectively to maximize community impact.

The course is designed for those in leadership roles in nonprofits or those who desire to work in such roles in the future. Segmenting the focus areas allows individuals to select particular classes of interest or need if unable to complete the entire series. As a Director, you may find it helpful to register staff or Board members to attend specific sessions with you which relate to their roles while you maintain the overall scope of knowledge and skills.

Completion of the entire sequence by nonprofit leaders will maximize benefits to their organizations. Those who attend all seven classes will receive a Nonprofit Organizational Management Certificate of Completion. For those unable to attend all classes, a certificate will be issued for each completed session by course title.

The seven classes offered in the series:
- #1 Fundamentals of Nonprofit Management
- #2 Fundraising Techniques and Planning
- #3 Grant Funding: How, When, Why and Where to Find It
- #4 Financial Management and Accountability Requirements for Nonprofit Organizations
- #5 Boards of Directors in Nonprofit Organizations, Accountability & Responsibility
- #6 Staff and Volunteer Management in Nonprofit Organizations
- #7 Marketing and Public Relations Plus Nonprofit Policy, Advocacy and Community Building

There are no required texts for any course in the series. Handouts will include specific support materials and provide references for additional important resources. Practical tools and information are designed to be put to use right away to build your own capacity to benefit your organization.

DATES: March 1 — April 12, 2016
SCHEDULE: Every Tuesday, 10:00 a.m. – 12:00 noon
LOCATION: Shasta College Health Sciences Bldg, 1400 Market St., Downtown Redding Campus
INSTRUCTOR: Marylee Boales
COURSE FEE: $35 each
(check our website for complete descriptions of each class in the series - www.shastacollege.edu/communityeducation)

Sign up for the entire series and SAVE $$!

All courses in the series are $35 each however, purchase the entire series and receive a discount - buy all 7 for only $210 (series valued at $245).
FRESH FLORAL DESIGN FOR WEDDINGS

This four-week class will focus on the trends, styles, and floral design techniques for today’s weddings. Along with the proper care and handling of fresh flowers and their identification, learn to create the different styles of wedding bouquets, corsages, and centerpieces that are popular today. Join the fun and learn to create your own wedding flowers. You don’t need to have had any prior training in floristry or flower arranging.

DATES: March 2 – March 23, 2016
SCHEDULE: Wednesdays, 6:00 p.m. - 9:00 p.m.
LOCATION: Shasta College Main Campus, Old Oregon Trail, Room: 4500
INSTRUCTOR: Darlene Montgomery, CCF (California Certified Florist)
FEE: $148 (includes: registration $49; materials $99)
Due to planning requirements, please register by February 24th.

THE ART OF FLORAL DESIGN

Learn the basics of everyday floral design with fresh flowers. Care and handling, design styles and techniques, and identification of some of the more commonly used cut flowers in floristry. Six weeks of fun, spring flowers, and floral designs in every class! Styles included are, Ikebana, Formal-linear, English Garden, and Natural Landscape. Welcome in Spring with fresh floral designs that you create! Receive a certificate upon completion.

DATES: April 6 – May 11, 2016
SCHEDULE: Wednesdays, 6:00 p.m. – 9:00 p.m.
LOCATION: Shasta College Main Campus, Old Oregon Trail, Room: 4500
INSTRUCTOR: Darlene Montgomery, CCF (California Certified Florist)
FEE: $194 (includes: registration $69; materials $125)
Due to planning requirements, please register by March 25th.
SAN FRANCISCO BOUQUETS TO ART DAY TRIP

Joins us on a day trip to San Francisco Flower Mart and the Bouquets To Art exhibit at the DeYoung Museum. We will visit the amazing SF Flower Mart, located on Brannon St. While you are there, you will be able to buy fresh flowers or plants to take home. We will then journey on to the de Young Museum and take in the incredible show of Bouquets to Art. “Peonies and Picasso, hydrangeas and Hockney. Art and nature come together to spectacular effect during Bouquets to Art, on view in the de Young galleries.” Bay Area floral artisans are chosen to interpret a piece from the permanent art collection in fresh flowers. Always amazing and a visual treat for anyone that appreciates art or fresh flowers or both! Don’t miss this one!

DATE: April 8, 2016
SCHEDULE: Depart 6:00 a.m.; Return 9:00 p.m.
DEPARTURE: Departing from Shasta College Health Sciences Bldg 1400 Market St., Downtown Redding
ARRIVAL: Arriving back to Shasta College Health Sciences Bldg 1400 Market St., Downtown Redding
HOST: Darlene Montgomery, CCF (California Certified Florist)
FEE: $85 (includes entrance to Bouquets to Art)
Brown bag lunch or snacks are recommended.
Bus will stop on way back for a quick no-host dinner.
Due to planning requirements, please register by March 30th.
FINANCIAL SURVIVAL FOR RETIREMENT

If you’re retired or planning to retire in the near future, this 2-part course teaches you fundamental principles to ensure your money lasts. You’ll learn how to better manage and control your investments, how to plan for the threat of a health care catastrophe, how to develop an income plan that can provide income security for life, how to protect your life’s savings from investment mistakes, and how to reduce taxes on IRA/401K distributions. By the end of this course you’ll know the ins and outs of retirement and how to live a secure retired life with time and money to spare.


DATES: Tuesday, March 1, 2016 and Tuesday, March 8, 2016
SCHEDULE: 6:30 pm – 8:30 pm
LOCATION: Shasta College Health Sciences Bldg., 1400 Market St., Downtown Redding Campus
INSTRUCTOR: Ric Komarek, RFC
FEE: $49
We offer a wide range of highly interactive courses that you can take entirely over the Internet. All of our courses are led by expert instructors, many of whom are nationally known authors. Our online courses are affordable, fun, fast, convenient, and geared just for you.

**ED2GO COURSES**

- Professional development and personal enrichment
- Sessions start monthly
- Convenient six-week format
- Interactive learning environment
- Instructors lead each course
- Award of completion with passing scores

**GATLIN CAREER TRAINING PROGRAMS**

- Prepare for industry certification or start a new career
- Start anytime
- Many programs completed in less than six months
- In-depth study, all learning materials provided
- Personal Instructor assistance
- Certificate of completion awarded with passing score

**OSHA AND DOT TRAINING PROGRAMS**

- OSHA Safety Training for General Industry and Construction
- OSHA Hazmat Emergency Responder
- OSHA HAZWOPER
- OSHA HAZCOM
- DOT Hazmat

**CONVERSATIONAL FOREIGN LANGUAGE COURSES - DESIGNED FOR REAL LIFE SITUATIONS**

**CONVERSATIONAL LANGUAGE COURSES -**

We offer: Dutch, French, German, Italian, Mandarin Chinese, Portuguese

**CONVERSATIONAL PUBLIC SAFETY SPANISH COURSES -**

Classes offered for: Law Enforcement, Corrections, 9-1-1 Dispatch, EMS & Fire

**CONVERSATIONAL OCCUPATIONAL SPANISH COURSES -**

Classes offered for: Healthcare, Teachers, Banking, Customer Service, Real Estate

Visit us online at www.ShastaCollege.edu/CommunityEducation