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Call us with your email address and a map 
with class location will be sent to you.
ART & CREATIVITY

BEG. PAINTING WITH ALCOHOL INK WORKSHOP

No previous experience is necessary to enjoy the free-flowing and vibrant colors of alcohol inks. It’s about creative play and watching the unique effects created by the inks themselves. Unlike any other painting experiences, even an accomplished artist will find something new and, if you are trying to loosen up, this could be just the solution. All supplies provided. 1 session.

G088 GHART 044 Jan. 10 Sa 9:30a-12:30p GHC Finnigan $39

NEW! INTERMEDIATE PAINTING WITH ALCOHOL INK SATURDAY WORKSHOP

Prerequisite: Beginning Painting with Alcohol Ink. The beginning class was so popular, we had to add an intermediate level to expand on the basic techniques and explore new tools and methods of manipulating the inks. Beginning with loose, abstract backgrounds we will make use of happy accidents and forms suggested in the ink flow to develop more representational images. Our focus will be on learning to add realism and detail while preserving the spontaneous qualities that make painting with alcohol inks so unique. Supplies included. 1 session.

G235 GHART 014 Feb. 14 Sa 9:30a-12:30p GHC Finnigan $39

TAKE TIME FOR ART WITH CARRIE WHITACRE

Take time for art with fellow students! By request, an art class driven by what you need to learn (your choice of medium). Individual instructions provided to help and motivate you. Tools and tips offered to help solve problems and improve techniques. This class allows students to work on individual projects with instruction available for specific needs. Positive instructional help with the art you want to create. Please have a basic understanding of your chosen medium. 6 sessions.

G026 GHART 093 Jan. 8-Feb. 12 Th 1-2:30p GHC Whitacre $109

NEW! WATERCOLOR TECHNIQUES THE ZOLTAN SZABO WAY (PART III)

Prerequisite: Must have taken Watercolor Techniques the ZS Way previously. This class is a continuation of the second class. We will continue with the lessons and complete the book while improving technique and color choice. 8 sessions.

G093 GHART 045 Jan. 6-Feb. 24 Tu 10a-12:30p GHC Whitacre $139

NEW! BEGINNING ACRYLIC PAINTING

This fun course focuses on introducing and developing painting skills. Using easels, students will learn color mixing, the use of grounds, glazes, stains and washes. Also how to handle brushes and paints as they explore line, texture, color and space in a series of exercises and compositions. Working from imagination as well as from observation, students will explore color harmonies and relationships between figure and ground. The history of modern painting as well as techniques of the masters and how to critique a work of art will be explained. Includes in-class exercises as well as weekly practice assignments. Call for a supply list. 8 sessions.

G236 GHART 015 Jan. 8-Feb. 26 Th 9-11a GHC Tayler $139

NEW! MIXED MEDIA ART WORKSHOP

Perfect workshop for beginners as well as experienced artists. In this workshop, artists will learn how to create their own multilayered, textured work using but not limited to handmade paper, newspaper, twine, sawdust, sand, earth, photographs and other found objects, acrylic paints and mediums, colored pencils, wax and charcoal. Artists will conceal and reveal hidden imagery and text to create a personal narrative. Explore ways of adding texture using Impasto Gel and Modeling Compound. Call for supply list. 1 session.

G237 GHART 016 Feb. 14 Sa 9:30a-1:30p GHC Tayler $49

www.continuingedtacoma.com Winter 2015 3
BEGINNING WATERCOLOR TECHNIQUES FOR PAINTING TREES
Learning how to paint watercolor trees in full foliage is a frustrating problem faced by many beginning watercolor artists. Local artist, Carrie Whitacre will demonstrate tips and techniques, then guide you as you learn them yourself. Call for supply list. 3 sessions.

G240  GHART 019  Jan. 7-Feb. 11  W
6-8p  GHC  Whitacre  $109

BEGINNING DRAWING
Come relax and have fun while learning how to draw! This course will include in-class exercises as well as weekly practice assignments. The more you draw the better you will get, as long as you are drawing the correct way. Stop by or call for a basic supply list. 6 sessions.

G017  GHART 005  Jan. 8-Feb. 12  Th
6:30-8:30p  GHC  Schlaudraff  $99

PEBBLE MOSAICS
Come enhance your own indoor or outdoor space by learning the techniques for creating your own pebble mosaics. Students will create a one-of-a-kind finished piece of their own, using materials, supplies and tools provided by the instructor. (Students are also encouraged to bring their own collections of pebbles, seashells, sea glass, etc.) Past students may come and work at their own pace, although no previous experience is required. (A $25 materials fee is due to the instructor at the first class - cash only please). 4 sessions.

G180  GHART 064  Jan. 23-Feb. 13  F
10a-12p  GHC  Alexander  $79

BROKEN DISH MOSAICS – PIQUE ASSIETTE
Pique Assiette mosaic is a type of mosaic created from materials such as fragments of dishes, old crockery, tiles, bottles, jewelry and broken windows. This art form is not only kind to the environment (giving new life to old things you already have) but also produces whimsical, expressive, one-of-a-kind keepsakes to be cherished forever. Bring your own bits of dishes or crockery and the instructor will provide everything else you will need. (An $18 materials fee is due to the instructor at the first class - cash only please). 4 sessions.

G181  GHART 065  Feb. 23-Mar. 16  M
2-4p  GHC  Alexander  $79

COMPUTERS: GETTING STARTED AND PROGRESSING ON
Take control of the technology in your life. Start by gaining knowledge on the basic features of a computer and how they function. Discover file management, Microsoft Word, help and support, emailing, internet research and how to protect your computer from viruses. Get the most out of your computer and have fun at the same time. Flash drive included. 6 sessions.

G050  GHCOM 017  Jan. 6-Jan. 22  TuTh
10a-12p  GHC  Youtsler  $139

COMPUTERS: GETTING STARTED – BEG. WORD
Discover the broad range of Word features and make your documents look more professional. Learn how to add, move through, and edit text; move words from one part of your document to another and work on two or more documents simultaneously; and how to insert dates, symbols, clip art, pictures, WordArt objects and watermarks. Flash drive included. 6 sessions.

G052  GHCOM 024  Jan. 27-Feb. 12  TuTh
10a-12p  GHC  Youtsler  $139

NEW! BEGINNING WATERCOLOR
Learning how to paint watercolor trees in full foliage is a frustrating problem faced by many beginning watercolor artists. Local artist, Carrie Whitacre will demonstrate tips and techniques, then guide you as you learn them yourself. Call for supply list. 3 sessions.

G239  GHART 018  Feb. 13-Feb. 27  F
1-2:30p  GHC  Whitacre  $59

COMPUTERS
NEW! BEGINNING PEN & INK WASH
Come join popular instructor, Carrie Whitacre as she teaches the art of sketching in pen and accentuating with an ink wash. You will learn to transform your pen & ink drawings with a wash of ink. We will cover a range of techniques to create line, value, and tone to create depth in your art. Call for supply list. 6 sessions.

G240  GHART 019  Jan. 7-Feb. 11  W
6-8p  GHC  Whitacre  $109

NEED A FLEXIBLE CLASS SCHEDULE?
Look for our ONLINE CLASSES.
For a complete listing visit www.continuingedtacoma.com

253.460.2424
BEGINNING IPAD
For the new Apple iPad user who wants to explore the basics of using the device efficiently. Explore methods of incorporating the iPad into your daily life. Bring your own iPad or one will be provided for your use in the classroom. No class Jan. 19. 8 sessions.

G082  GHCOM 030  Jan. 12-Feb. 9  M/W  11a-1p  GHC  Peterson  $159

INTERMED. IPAD COURSE: BEYOND THE BASICS
Continue to get the most out of your iPad by increasing your knowledge on how to live with the iPad in your daily life. Explore in depth the preinstalled apps, and learn how to extract information, manipulate and integrate them in order to share their results with coworkers, friends and family. Delve into the App Store for applications that are suitable for educational, professional and recreational goals. Bring your own iPad or one will be provided for your use in the classroom.

6 sessions.

G084  GHCOM 032  Mar. 2-Mar. 18  M/W  11a-1p  GHC  Peterson  $139

NEW! REFRESH THAT SCREEN!
IPAD REFRESHER WORKSHOP
What was the name of that App again? How do I do that again on my iPad? Help, iOS8 has changed and I can’t find that feature! Are you an iPad user who has taken the Beginning and/or Intermediate iPad class and needs to brush up on their skills? Or an experienced iPad user who needs a little extra assistance in discovery a new feature of your iPad? If so, this class is designed for you! This class will help refresh your iPad skills, recharge your batteries to help the iPad user continue to enjoy living with their iPads on a daily basis. 1 session.

G248  GHCOM 026  Feb. 23  M  10a-1p  GHC  Peterson  $59

NEW! PHOTO & IMAGE EDITING MADE EASY WITH FREE INTERNET BASED TOOLS
[HOL] Do you need to scan, save, edit, restore, or otherwise manage photographs or images, but can’t afford Adobe Photoshop or similar programs? Come learn from Main Street Marketing’s image editing and composing specialists how you can gain access to powerful online tools - many of which are FREE! We’ll show you where to affordably store gigabytes of photos and images, how to edit them quickly with Photoshop-level tools. No prior experience necessary. 8 weeks.

G249  GHCOM 027  Feb. 2/Online  M  6-8p  MAL  Main St. Mkt.  $99

NEW! BUILDING AND USING A BUSINESS WEBSITE WITH WORDPRESS
[HOL] Learn how to install, configure, personalize, and brand your existing or new website using Wordpress. Your instructors are professional website developers who have installed, configured, branded, and maintain hundreds of business and personal websites. You will learn modern marketing techniques, tips, and tricks that are virtually unknown in the business community. Class includes instruction for desktop, tablet, and mobile versions of Wordpress. No prior Wordpress experience necessary. 8 weeks.

G250  GHCOM 028  Jan. 5/online  M  6-8p  MAL  Main St. Mkt.  $99

Hybrid Online [HOL]
What IS a hybrid online class? “Hybrid” is a term to describe courses in which some traditional face-to-face seat time has been replaced by online learning activities. The purpose of a hybrid course is to take advantage of the best features of both face-to-face and online learning.

Is it right for me? If you feel that you need some face-to-face interaction with your instructor and classmates, but do not have the desire to attend a traditional seated classroom, a hybrid course could be a great option. Other reasons include that hybrids offer the ‘best of both worlds,’ often satisfying the needs of people with other obligations, transportation challenges, or who just have a curiosity about online courses - all without the commitment of going fully online.

System requirements for hybrid online classes: First class meets in person where our team of instructors will explain the class and how to get set up to meet online for the rest of the course. If you have a desktop or laptop computer and internet connection, you have the necessary requirements for this class.
HEALTH & FITNESS

HIV-AIDS INDEPENDENT STUDY FOR HEALTH PROFESSIONALS
Must pre-register by calling 253.460.2424.
Prepares health professionals to meet the AIDS education requirements mandated by the state of Washington. Seven-hour DVD may be checked out for a one-week period. Upon return of the DVD and a successfully completed exam, a certificate of completion will be issued. Meets the licensing requirements for all occupations, except EMTs. DVDs must be picked up and dropped off at GHC.
G006  GHHEA 010 GHC Staff $60

MEDITATION: GO FROM CHAOS TO CALM
This class offers the tools and practice skills you need to begin the self-nurturing practice of “mindfulness meditation.” Instructor Ned Bratspis, a licensed marriage and family therapist, has been offering this class in Gig Harbor since 2006. 1 session.
G032  GHHEA 024 Feb. 23 M 7-9p GHC Bratspis $39

YOGA FOR FITNESS
Seniors welcome! It’s a full body non-impact workout blending yoga, pilates and tai chi movements choreographed to music. It’s amazing how the mind-body connection improves flexibility, balance, core strength and fitness level to keep you toned throughout the year! Co-ed and suitable for all fitness levels. Bring yoga mat and comfortable clothes. 8 sessions.
G016  GHREC 076 Jan. 10-Feb. 28 Sa 9-10a HDS Brower $99

ZUMBA
Zumba is a great alternative to traditional fitness programs. If you’re trying to build endurance and strength, come do it while having a blast dancing and moving to great music. The hour will fly by and you get the bonus of burning up to 700 calories! Wow! 10 sessions.
G280  GHREC 004-A Jan. 5-Mar. 9 M 8-9p HDS Pineda-Moreno $45
G281  GHREC 004-B Jan. 9-Mar. 13 F 5:30-6:30p HDS Pineda-Moreno $45
G282  GHREC 004-C Jan. 10-Mar. 14 Sa 9:15-10:15a HDS Pineda-Moreno $45

NEW! SOCIAL MEDIA MARKETING AND MANAGEMENT FOR BUSINESSES
[HL] Social Media Marketing is the new Yellow Pages, newspaper ad, press release, and television/radio studio all rolled into one! With dozens of social media sites to analyze, limited time to spend online, and no roadmap or guide to easily show you the way, what can you do to put your company or brand in front of your customers? Find out from Main Street Marketing’s expert Social Media Managers which sites are the most productive for business, how to EASILY and affordably reach thousands of potential new customers every week, and how to manage your Social Media Empire from one easy-to-use and powerful dashboard. No prior marketing experience necessary. 8 weeks.
G251  GHCOM 029 Jan. 12/online M 6-8p MAL Main St. Mkt. $99

NEW! MARKETING YOUR BUSINESS ONLINE USING GOOGLE, FACEBOOK AND TWITTER
[HL] If you need new customers or clients, but can’t afford thousands of dollars to advertise on Google, Facebook, YouTube, or other ad networks, you need this course! Find out how the experts at Main Street Marketing put their clients’ websites, videos, and other modern marketing materials on the first page for Google Search, YouTube videos, and other powerful social networks...virtually for free! Find out how advertisers pay FAR LESS for their ads, simply by setting the ads using Google’s own tools and methods. Learn where to keep in touch with powerful modern marketing methods. No prior experience necessary. 8 weeks.
G252  GHCOM 030 Jan. 26/online M 6-8p MAL Main St. Mkt. $99

EXPLORE
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In our time, homesteading can be broadly defined as a lifestyle of self-sufficiency – independent from consumerism, over-priced tasteless food, and unhealthy choices. Even if self-reliance is not your chief concern, the benefits of home-grown, home-prepared products abound. Come and join us as we begin to explore the possibilities with a series of classes we call Harbor Homestead! Gain some practical home skills rediscovered for the 21st century, be empowered to live more healthy and independently, and have FUN!

HARBOUR HOMESTEAD

HOME BREWING:
MAKING A GREAT CRAFT BEER AT HOME

Learn the basics of home brewing as well as the ways to make your beer even better. Topics include learning brewing processes, equipment, and techniques, understanding and using beer ingredients, and exploring beer styles, recipes and homebrew evaluation. Follow, hands-on, as we make a batch of beer, from kettle to keg. David Whitwell is a competition brewer with 18 years of home-brewing experience. He is currently the Vice President of Homebrewers of Puget Sound (HoPS). 6 sessions.

G095  GHG0 048  Jan. 6-Feb. 10  Tu  6-8p  GHC  Whitwell  $129

BEGINNING MEAT & FISH SMOKING

Come enjoy this introductory class and learn the art of smoking meat, poultry and fish. You will learn what equipment to use and how to use it; what is the best wood for smoking, sourcing spices, wood and supplies. Have fun learning to make your own rubs, sauces and slathers, preparing the food and cooking times. Other topics will include procedures and references, how to smoke away from home and how to work with certain cuts of meat, poultry and fish. Hands-on demonstration on the last day. Classes held on Thursday evening except for the last class which meets on Saturday. 4 sessions.

G257  GHG0 001  Jan. 29-Feb. 14  Th/Sa  6:30-8:30p  GHC  Sandlin  $89
NEW! BEGINNING BUTCHERY

Come learn what every home cook should know – how to break down a chicken like a pro! Learn how to make the most of the entire bird from breast to bones as Carrie Clark from Cook’s Whimsy shares her tried and true recipes and techniques. You will also learn how to trim other cuts of meat. Bring a whole raw chicken, knives provided. Limit 6 people so register early! 1 session.

G258 GHHGD 002 Mar. 6 F 6-8p HBHS Clark $39

BEGINNING KNIFE SKILLS

Knives are by far the most important tools in your kitchen, and handling them properly is essential. This fun, hands-on class will teach you everything you need to know about knives—from choosing the right knife for the job to holding and sharpening knives. You will learn how to perform key techniques, such as chopping an onion and mincing garlic, with the goals of increasing your speed and improving your results. Knives provided. Class size limited to 8 students so register early to reserve your place! 1 session.

G177 GHHGD 056 Jan. 23 F 6-8p HBHS Clark $49

INTERMEDIATE KNIFE SKILLS

A continuation of the Beginning Knife Skills class where you will review proper technique and move on to trickier cuts. Knives provided. Class size limited to 8 students so register early to reserve your place! 1 session.

G176 GHHGD 055 Feb. 27 F 6-8p HBHS Clark $49

BREAD MAKING

Join us as we make delicious bread from scratch! We’ll take yeast flour and water and turn it into mouth-watering bread, fresh from your own oven. Students will take home enough dough for two loaf size pans. Due to time constraints, students will bake the loaves in their home ovens. Ingredients fee of $7 to be paid to the instructor at the beginning of class. 1 session.

G153 GHHGD 047 Feb. 12 Th 5:30-7:30p GHC Dean $29

MAKE YOUR OWN NATURAL SOAP, BATH PRODUCTS, DEODORANT

If you’re not a fan of all the extras in commercial bath products, this class is for you! We’ll make our own lotion bars, bath bombs and lip balms. Materials fee of $25 will be collected at the start of first class. First session at GHC. 3 sessions.

G135 GHHGD 035 Jan. 15-Jan. 29 Th 5:30-7:30-p GHC / HBHS Dean $69

PACIFIC NW ORGANIC VEGETABLE GARDENING WORKSHOP

There’s no better produce than what which is grown organically in your own backyard, so let’s get growing with Scott Hogan of Artondale Farm. Topics include garden site placement, soil improvement, local climate, variables planting schedules, crop rotations, organic practices, and the 10 best crops for our area. 1 session.

G131 GHHGD 031 Mar. 17 Tu 6-9p GHC Hogan $39

NEW! HOMEMADE PASTA

Want to know how to make your own FRESH, homemade pasta from scratch? It’s easier than you think and a great skill every cook should know. Come learn this very simple process that uses only three ingredients. Your dinner guests will be deservedly impressed. Fun class! MEAL INCLUDED! Limited to 10 students. 1 session.

G106 GHC00 003 Feb. 13 F 6-8p HBHS Clark $49
PERFORMING ARTS

GETTING STARTED IN VOICE ACTING
This fun and empowering workshop covers the different types of voice overs and what tools are needed to find success. You will be coached and recorded as you read a script so you can receive a professional evaluation later. You will have the knowledge to help you decide if this is something you would like to pursue. Taught by a professional voice actor. 1 session.

G040 GHPER 010 Feb. 18 W 6-8p GHC Voices for All $49

PHOTOGRAPHY

NEW! BEG. DIGITAL PHOTOGRAPHY
Fun introduction to digital photography. Covers camera operation and photographic composition as well as some photographic history. Students will complete weekly projects on topics discussed in class. You must have access to a digital camera, either point-and-shoot or DSLR. Optional text book, Bryan Peterson’s Understanding Photography Field Guide is available at most books stores or online. No class Jan. 19 or Feb. 16. 8 sessions.

G008 GPHO 004 Jan. 5-Mar. 9 M 6:30-8:30p GHC North $139

SPECIAL INTEREST

NEW! BEFORE YOU ARE 62: WHAT YOU WANT TO KNOW NOW!
As you near retirement, it’s important to understand your options and make informed decisions. Two critical, and often overlooked aspects of planning are Social Security and long-term care. To live without regrets, you want a clear picture of both, well ahead of making permanent decisions. This class includes practical steps to take now to ensure you minimize risk, maximize benefits, and reach your retirement goals. Workbook included. 1 session.

G266 GHSPI 035 Feb. 10 Tu 6-8p GHC North $19

WOMEN, WISDOM AND WEALTH
Unexpected widow? Late-life divorce? Is your partner no longer capable of helping you with financial decisions? Or, have you always been an independent decision maker? Women often face unique financial and legal challenges. This class is designed to help women gain the tools they need to be confident financial and legal decision-makers. We’ll discuss mistake to avoid, and practical steps to reduce worry. The class is co-presented by a woman certified financial planner ™ and a woman estate planning attorney. Workbook included. 1 session.

G171 GHSPI 033 Mar. 3 Tu 6-8p GHC North/Lewis $19

RETIREMENT INCOME & ESTATE PLANNING WORKSHOP
Presented jointly by a Certified Financial Planner ™ and an estate planning attorney, workshop topics include: How to generate a dependable income in retirement. What strategies work in a volatile market. How to make the most of your pension options, 401(k), social security, and other savings. Why you might want to avoid probate. Who needs a trust and who doesn’t. What Medicare and Medicaid really cover. How proper planning can protect your independence, your assets, and your family’s well-being. Workbook included. 1 session.

G089 GHSPI 002 Feb. 24 Tu 6-8p GHC North $19
REGIONAL GEOLOGY SERIES

NEW! VOLCANIC WASHINGTON
Join us for a one hour look at the volcanic past of Washington. This class will highlight not only the famous volcanoes of Washington State but also many lesser known volcanic regions and volcanoes that reach further back in time. This class is a great starting place for longtime residents and newly arrived folks who would like to explore some of the best Washington state has to offer. Topics will include best places to view the formations left behind and how each feature was formed. This class provides visual aids and handouts. David Kaynor is a member of the Geologic Society of America. 1 session.

G267  GHSP 036  Jan. 8  Th  6:30-7:30p
GHC   Kaynor  $16

NEW! 10 GREAT GEOLOGICAL FEATURES OF WASHINGTON
Join us for a one hour look at the 10 most impressive geological features in Washington State. Topics include locations and how each feature was formed, and what you can expect to see at each location. Class provides visual aids and handouts. 1 session.

G268  GHSP 037  Feb. 12  Th  6:30-7:30p
GHC   Kaynor  $16

NEW! THE 3 GREAT FLOODS OF WASHINGTON’S PAST
Join us for a one-hour look at the three great floods in Washington State past prehistory. Topics include best places to view the formations left behind, how each feature was formed and what you can expect to see. Visual aids and handouts provided. 1 session.

G269  GHSP 038  Mar. 12  Th  6:30-7:30p
GHC   Kaynor  $16

REGIONAL BIRD IDENTIFICATION SERIES

NEW! WINTER BIRD IDENTIFICATION IN WASHINGTON STATE
Join us and learn how to identify 75 bird species that are commonly found in Washington State in the winter. This class is a great starting place for the novice bird watcher and those experienced may learn a thing or two as well. Topics will include tips on identification of these winter birds and the best place to find them. The required text is the National Geographic Society Field Guide to North American Birds, 6th Edition. 1 session.

G270  GHSP 039  Jan. 15  Th  6:30-8:30p
GHC   Kaynor  $16

NEW! 10 GREAT BIRD WATCHING SPOTS OF WASHINGTON
Come join us for a one-hour look at the 12 best “Birding” spots in Washington State. Beautiful visual aids complement this class so you can see and learn why the birds are attracted to these spots. Topics include locations, best time to view, what the habitat is and what you can expect to see at these locations. 1 session.

G271  GHSP 040  Feb. 5  Th  6:30-7:30p
GHC   Kaynor  $16

NEW! SPRING BIRD IDENTIFICATION IN WASHINGTON STATE
Come and review the 205 bird species that are normally found in Washington State in the springtime! Class is a great novice and intermediate course for bird watchers. Learn identification tips for spring birds in our state and where to find them. The required text is the National Geographic Society Field Guide to North American Birds, 6th Edition. 1 session.

G272  GHSP 041  Mar. 5  Th  6:30-8:30p
GHC   Kaynor  $26
WRITING

NEW! FUN WITH FICTION: WRITING THE SHORT STORY
Get your creative juices flowing and imagination working overtime! Participants will learn how to: develop characters who live and breathe on the page; design settings wherein these fictional people live, work and play; get them thinking and talking and hear what they have to say; set up stumbling blocks for them and watch the tension it creates; and provide a plot and see the effect it has on their lives. If this class sounds like too much, well that’s what writing the short story is all about! Please bring one pack of 3 x 5 cards, file folders and old magazines. 6 sessions.

G273   GHSP1 042  Jan. 22-Feb. 26  Th  7-8:30p  GHC Boswell  $99

NEW! FROM STORY TO BOOK
Do you have an idea that would make a good book? Walk through your fears and bring your story to life in this new class for beginning and intermediate writers. Through lectures, writing exercises, and in-depth critique, create characters who breathe, and craft dynamic scenes with believable dialogue. Taught by EC Murray, publisher of The Writers Connection and author of Life Kind of Sucks as well as the soon to be published memoir A Long Way from Paris. 7 sessions.

G274   GHSP1 043  Jan. 7-Feb. 18  W  10a-12p  GHC Murray  $129

NEW! NON-FICTION WRITING: LEARNING THE SKILL
This is the perfect course for anyone interested in memoir, or writing for magazines, documenting family history, or publishing non-fiction stories. Learn tips on writing well. Build skills in research, documentation, and collating information. Discover publishing avenues. Taught by EC Murray, publisher of The Writers Connection and author of Life Kind of Sucks as well as the soon to be published memoir A Long Way from Paris. 2 sessions.

G275   GHSP1 044  Feb. 14 & Mar. 14  Sa  10a-12p  GHC Murray  $59
Tacoma Community College in Gig Harbor presents Harbor Institute, a program for active, engaged, and non-degree seeking adults who don’t want to stop learning!

Harbor Institute is a new line-up of courses designed for the curious, the inquisitive, and the academically inclined – individuals seeking ongoing intellectual challenges! Courses are dynamic and topics are inspired.

Instructors are talented, highly qualified experts in their fields of study, motivated to share their knowledge and experiences with people who appreciate and crave further awareness about exciting, interesting, and relevant subjects.

Participants will continue to learn in an environment that supports face-to-face interaction with instructors and peers, about diverse topics in humanities, science, technology, social science, and public interest – without tests, term papers, or grades!

Intro to Understanding American Foreign Policy
We all like playing armchair quarterback and criticizing American foreign policy. Our “friends” overseas enjoy this sport even more than we do. This class is designed to explore how our foreign policy is made, as understanding how the policy decision-making process works is the first step in understanding the policies that our political leaders make.

4 sessions.
G210 GHHIN 010 Jan. 9-Jan. 30 F 10:30a-12p GHC Paganelli B $47

Food Goes to the Movies
While food and eating scenes have long been a part of film, it wasn’t until the 1970s that food films began to emerge and develop into a genre. Food appeals to us visually and aesthetically, and has long been used in film to advance the plot, to denote a particular time and place, and to reveal a character’s inner struggles or desires. In this class, we’ll view food and eating in selected films to discover how food advances the story, reveals character, and feeds both body and spirit. Warning: You’ll never look at food the same after this class. 4 sessions
G211 GHHIN 011 Jan. 9-Jan. 30 F 10:30a-12p GHC Bosanko $47

Understanding the “Arab Spring” - Changes, Challenges and Possibilities Facing Today’s Middle East
With seemingly endless wars, uprisings, and opposition movements ongoing throughout the region, we witness a flurry of Middle Eastern turmoil with little to orient our perceptions of these historic times. The purported catalyst – an “Arab Spring” – endeavors to enact long awaited military, economic, democratizing and secularizing reforms; and yet, we see little evidence of such transitions “on the ground.” American media representations routinely confine our vision to the dangers of religious authoritarianism, the oppression
Chocolate!
Do you know chocolate was once a banned food? Is there good and bad chocolate? Do you know recent surveys indicate that 15 of every 10 persons interviewed love chocolate and consume some 60 million pounds of it annually? Together, we’ll trace the history of chocolate from its beginnings in the New World to the Old World and back again. We’ll learn why chocolate not only tastes good but is very good for us. We’ll do some tasting and end by raising a cup and saying, “Thanks Q!” and you’ll know why. 4 sessions.

Fair-Trade at the Grocery Store: A Primer for the Interested Consumer
This class will look into the movements, such as Fair Trade and Co-op., that adorn items from coffee to cotton t-shirts. We will cover what these movements are, who they affect, and the debates surrounding the concepts. Ultimately, this class will help you, the consumer, make knowledgeable choices at the grocery store.

Pacific Northwest History: A Frothing Stewpot of Racial Tension
In the late 19th century, the Pacific Northwest became a frothing stewpot of racial tension. African Americans and Chinese immigrants streamed into the region seeking economic opportunity and a better life. Instead they encountered resentment, fear and violence. Through stories of Americans and immigrants fighting for place, this course will explore the source of white fears and how the region came to grips with racial diversity. 4 sessions.
REIKI THERAPEUTIC HEALING CERTIFICATION

Reiki (Ray key), is an ancient holistic practice for care of the self and others. The National Institute of Health for Complementary and Alternative Medicine (NIHCAM) has classified Reiki as a Biofield Therapy. Reiki therapy does not include disrobing or muscle manipulation. Come join Certified Reiki Master/Teacher, Kelly Kiernan Ray as she teaches you the skills and knowledge required for you to become a Reiki Master. Reiki Therapy: Dress Comfortably. Approved Provider, Continuing Education Contact Hours CEP 15743. Manual provided. Certificate issued after each level is completed.

REIKI LEVEL 1
- Reiki Introduction and History
- Usui Reiki Principles
- Anatomy of the Human Energy Field
- Learn Hand Positions, Hands-On practice
- Reiki 1 Attunement

4 sessions.
G168  GHSPI 030  Jan. 5-Jan. 15  M/Th
6-8p  GHC  Kiernan-Ray  $165

REIKI LEVEL 2
- Uses of Reiki-Physical, Mental, Emotional and Distance
- Reiki Ethics
- Practice, Meditation
- Reiki II Attunement

4 sessions.
G169  GHSPI 031  Feb. 23-Mar. 5  M/Th
6-8p  GHC  Kiernan-Ray  $165

NEW! REIKI LEVEL 3 - MASTERSHIP CLASS
Prerequisite: Reiki Level 1 and 2 taken with Biofield Therapeutics LLC. Complete your certification to become a Reiki Master. Class includes: meditation and grounding exercises, initiation to the Master attunement, hands-on practice with hand positions learned in Level Two class, intro to group healing, daily exercises for the Reiki Master, Reiki symbols, practice passing attunements to others, water attunement, developing your own practice, and ethics discussion. Fee includes Reiki Master manual, Reiki Master Certificate and your Usui Lineage. 10 CE contact hours for nurses. CEP 15743. 4 sessions.
G170  GHSPI 032  Mar. 9-Mar. 19  M/Th
6-8p  GHC  Kiernan-Ray  $299

EXPLORE
www.continuingedtacoma.com
Retire with Confidence and Live Well

For those who want to make smart decisions as they age. Topics covered include:

- Maximizing your retirement income: Social Security planning, pension choices and annuities
- Understanding Medicare supplement choices
- When a reverse mortgage makes sense
- How to prepare for, stage and sell your home
- Estate planning including wills, POA, trusts and probate avoidance
- Solving mobility and transportation challenges
- When to consult elder care services
- The difference between home care and home health care
- Local options in independent living, adult family homes and community living

2 sessions.

G172 GHSP1034 Mar. 11 & 18 W 6-8p GHC Aging Smart $25

Register for Continuing Ed classes

Online: www.continuingedtacoma.com
By phone: 253.460.2424
- VISA • MasterCard

In person:
TCC Continuing Education
3993 Hunt Street, Gig Harbor, WA 98335
- Check or money order • VISA • MasterCard

Instructors Wanted!

Whether it’s technology training, professional development, or personal enrichment, if you’re an expert in your field and have a passion for teaching, consider becoming a continuing education instructor!

Social Media • Art
Video Production • Tai Chi
ePublishing • Blogging
Archery • Walking/
Fitness
Fish/Meat Smoking • Quickbooks
Book Clubs • Cheese making
Bird Watching • Crafts
Auto Repair (women)

If you are qualified to teach a class listed above or something else, please contact tclark@tacomacc.edu.
HOW TO BUILD AND USE YOUR BUSINESS WEBSITE WITH WORDPRESS

Learn how to install, configure, personalize, and brand your existing or new website using Wordpress. Used on millions of websites, Wordpress is powerful, flexible, and can be intimidating to use. With Main Street Marketing’s classroom and online Hybrid Course, you will learn the secrets to using Wordpress in your business. Your instructors are professional website developers who have installed, configured, branded, and maintain hundreds of business and personal websites. You will learn modern marketing techniques, tips, and tricks that are virtually unknown in the business community. Class includes instruction for desktop, tablet, and mobile versions of Wordpress. No prior Wordpress experience necessary.

G195 GHBIZ 012 Jan. 5 M 6-7:30p MAL Main St. Mkt. $20

SOCIAL MEDIA MARKETING AND MANAGEMENT FOR BUSINESSES

Social Media Marketing is the new Yellow Pages, Newspaper Ad, Press Release, and Television/Radio Studio all rolled into one! Your customers and clients all use social media and they expect to see you there also. With dozens of social media sites to analyze, limited time to spend online, and no roadmap or guide to easily show you the way, what can you do to put your company or brand in front of your customers? Find out from Main Street Marketing’s expert Social Media Managers which sites are the most productive for business, how to EASILY and affordably reach thousands of potential new customers every week, and how to manage your Social Media Empire from one easy-to-use and powerful dashboard. No prior marketing experience necessary.

G197 GHBIZ 013 Jan. 12 M 6-7:30p MAL Main St. Mkt. $20

MARKETING ONLINE WITH GOOGLE, FACEBOOK AND TWITTER

If you need new customers or clients, but can’t afford thousands of dollars to advertise on Google, Facebook, YouTube, or other ad networks, you need this course! Find out how the experts at Main Street Marketing put their clients’ websites, videos, and other modern marketing materials on the first page for Google Search, YouTube videos, and other powerful social networks...virtually for free! These methods are rarely taught outside of courses costing $1000-$3000. Find out how advertisers pay FAR LESS for their ads, simply by setting the ads using Google’s own tools and methods. Learn where to keep in touch with powerful modern marketing methods. No prior marketing experience necessary.

G199 GHBIZ 014 Jan. 26 M 6-7:30p MAL Main St. Mkt. $20
PenMet Parks
PenMetParks.org

Winter 2015
Recreation Guide

Special Event
Breakfast with Santa
Join us for the 5th Annual PenMet Parks and Peninsula Athletic Association’s Breakfast with Santa. Celebrate the holiday season with pictures with Santa (free 4x6 photo), music, entertainment, arts & crafts, letters to Santa, coloring contest and more! The Gig Harbor Kiwanis will be providing the Pancake Breakfast. Be sure to bring your camera! Children must be accompanied by paid adult.

At the event, we will be collecting donations for the Gig Harbor FISH Food Bank. Bring a donation and get a surprise gift at the door! Go to www.ghpfish.com for list of needed donation items. Children under 2 are free!

Boys & Girls Club Ages: 2 and up Fee $8/person
ID# 1708 12/6 9:00-11:00a Sa

Youth Activities
Indoor Park
Fun for the tots on the turf! Bring your child to our indoor playground for fun and socialization, where we create a park-like setting right on the indoor soccer center field! Kids will delight in the opportunity to run, jump, climb, and explore in this safe environment, while creating fun with oodles of toys and space. Also features “circle time” with facilitated songs and games! Pay daily fee at the door.

Indoor Soccer Center Ages: 2-5 Fee $2
Ongoing program 9:45-11:00a Tu
11:15a-12:30p F

Meet Your Recreation Staff!
Right to left: Gretchen Hayes, Recreation Manager 253-530-0835 ghayes@penmetparks.org
Sarah Polacek, Recreation Specialist 253-530-0833 spolacek@penmetparks.org
Michael Schick, Recreation Specialist 253-530-6635 mschick@penmetparks.org
Jess Smeall, Recreation Specialist 253-530-6634 jsmeall@penmetparks.org
Music & Motion for Preschoolers

Jess Smeall has been teaching preschoolers for over 10 years and loves to sing and play guitar. She also works full-time at PenMet Parks.

For our youngest students, exploring simple musical techniques and concepts such as singing, dancing, and playing instruments leads to enhanced imaginations and fun. This class provides an environment in which preschool-aged children can explore the musical world around us! Develop rhythm, tempo, and dancing skills through fun songs and games.

Instructor: Jess Smeall  6 sessions
Indoor Soccer Center  Ages: 3-5  Fee $39
ID# 1680  1/2-1/10  11:00-11:45a  Tu
ID# 1681  2/2-2/26  11:00-11:45a  Tu

Driftwood and Bead Wind Chimes

This class teaches you how to incorporate color, shape and sound to create a unique wind chime using driftwood, shells and beads. You will select from various collected driftwood pieces, shells and beads made of different materials (wood, glass, stone, etc.) and learn how each piece makes a different sound when they hit. Each student will make one wind chime and be able to select their own design (color, length, amount of beads). You will string beads on cord and tie basic knots.

Instructor: Sara Gray  2 sessions
Pavilion at Sehmel Park  Ages: 7-12  Fee $35
ID# 1659  2/21 & 2/28  1:00-3:00p  Sa

Babysitting Classes

Jacquelyn Balls has been teaching Super Sitters classes for many years in our region and we are happy to bring her to Gig Harbor.

Super Sitters

Boys and girls, come for a day of fun while earning your Super Sitters Certificate. This class will cover leadership and the business of babysitting, basic care for children, understanding children of different age groups, and safety and first aid. Register early as this class fills quickly.

Instructor: Jacquelyn Balls  1 session
Pavilion at Sehmel Park  Ages: 11-16  Fee $65
ID# 1688  3/7  9:00a-2:00p  Sa

Safe at Home

Come learn how to be responsible and safe in any situation. We will cover family communication, first aid, internet, gun, phone, and door safety. Parents are invited back for the last half hour of class for a video presentation and discussion.

Instructor: Jacquelyn Balls  1 session
Pavilion at Sehmel Park  Ages: 8-12  Fee $30
ID# 1689  3/7  2:00-4:00p  Sa

For Indoor Soccer schedules and available rental times, check out
www.penmetparks.org
School’s Out Series

Check out our NEW School’s Out Series. When school is out, join your friends for a session of FUN specialty day camp programming! PenMet Parks staff will teach campers through engaging and fun activities. Camps will be offered in three categories:

- **Arts Impact**
- **Sports & Fitness**
- **EcoQuest (Spring Break)**

### About the Instructor

Jess Smeall has a B.A. in Liberal Arts and has been teaching art for 18 years. She works full time for PenMet Parks, is an active volunteer at Tinkertopia Creative Reuse Center, and loves exploring creative concepts with young artists.

### School’s Out Series

#### Arts Impact

**EcoQuest (Spring Break)**

**Instructor:** Jess Smeall

**Indoor Soccer Center**

- **ID# 1670** 12/29-1/2
- **ID# 1671** 12/29
- **ID# 1672** 12/22
- **ID# 1673** 12/23
- **ID# 1674** 12/30

#### Sports & Fitness

**Kidz Love Soccer Winter Camp**

Spend a week enjoying the world’s most popular sport in a fun, recreational environment. Learn and practice soccer skills including: dribbling, passing, receiving, shooting, and defense. Everyone is a winner as the week’s fun culminates in an age-appropriate “World Cup” tournament. **Note:** Bring a sack lunch and stay for the afternoon Floorball Camp! All campers will receive a soccer ball and Kidz Love Soccer Jersey.

**Instructor:** Kidz Love Soccer Coaches

**Indoor Soccer Center**

- **ID# 1670** 12/29-1/2
- **ID# 1671** 12/29
- **ID# 1672** 12/22
- **ID# 1673** 12/23

**Kidz Love Soccer Floorball Camp**

Spend a week learning the sport of Floorball. Floorball is a fast-paced, exciting, safe type of indoor hockey. It resembles hockey but is played with specialized light-weight carbon fiber sticks, and rules that promote safety and skill. Learn and practice Floorball skills including: dribbling, passing, receiving, shooting, defense, and scrimmages. Floorball is a sport for everyone regardless of a hockey background. Everyone is a winner as the week’s fun culminates in an age-appropriate “Floor Cup” tournament. **Note:** If you join the morning soccer camp, bring a lunch and stay all day.

**Instructor:** PenMet Parks Staff

**Indoor Soccer Center**

- **ID# 1670** 12/29-1/2
- **ID# 1671** 12/29
- **ID# 1672** 12/22
- **ID# 1673** 12/23
- **ID# 1674** 12/30

#### Upcycled Art Camp

Take trash to treasures in this awesome upcycling art adventure. We will be making robots, vases, instruments, and whatever our imaginations decide! Thanks to Tinkertopia Creative Reuse Center for doing the first part for us, saving potential art materials from the waste stream.

**Instructor:** Jess Smeall

**Indoor Soccer Center**

- **ID# 1675** 2/17
- **ID# 1676** 2/19
- **ID# 1677** 2/20

#### Teens

Teens with artistic talent, passion and heart that would like to use art to make a difference - **join THIS Club.**

Contact Jess Smeall for more info. [253.530.6634](tel:253.530.6634)

#### Quick Start Tennis Classes

with coach Kae

**Ages 5-10**

Contact Jess Smeall for more info. [253.530.6634](tel:253.530.6634)
Youth Indoor Soccer Leagues (ages 6-18)

Boys and girls of all ability levels are invited to participate in PenMet Parks Indoor Soccer Center’s youth leagues. These fast-paced and fun leagues will develop your team in a game-only format. League includes eight officiated games. Teams ages U7/8 play 4-v-4 (modified field with no goalie), U9-U12 teams play 7-v-7, and U13 HS teams will play 6-v-6.

Players may register as a team or as a free agent. All teams are dependent on Volunteer Coaches, so we’re hoping several sign up for that position, too, so all can play! Your soccer age is the age you were on Aug. 1, 2014.

### Winter Sessions (Deadline: Nov. 17)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Team ID</th>
<th>Games Times</th>
<th>Fee</th>
<th>Register Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>U7/8 Boys</td>
<td>ID# 1639</td>
<td>12/6-2/7</td>
<td>$79</td>
<td>Sa</td>
</tr>
<tr>
<td>U7/8 Girls</td>
<td>ID# 1646</td>
<td>12/6-2/7</td>
<td>10a-12p</td>
<td>Sa</td>
</tr>
<tr>
<td>U9/10 Boys</td>
<td>ID# 1650</td>
<td>12/5-2/6</td>
<td>5-9p</td>
<td>F</td>
</tr>
<tr>
<td>U9/10 Girls</td>
<td>ID# 1647</td>
<td>12/6-2/7</td>
<td>2-5p</td>
<td>Sa</td>
</tr>
<tr>
<td>U11/12 Boys</td>
<td>ID# 1652</td>
<td>12/1-2/2</td>
<td>6-8p</td>
<td>M</td>
</tr>
<tr>
<td>U11/12 Girls</td>
<td>ID# 1651</td>
<td>12/1-2/2</td>
<td>4-6p</td>
<td>M</td>
</tr>
<tr>
<td>U13/14 Boys</td>
<td>ID# 1654</td>
<td>12/7-2/8</td>
<td>1-3p</td>
<td>Su</td>
</tr>
<tr>
<td>U13/14 Girls</td>
<td>ID# 1653</td>
<td>12/7-2/8</td>
<td>11a-1p</td>
<td>Su</td>
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<tr>
<td>HS Boys</td>
<td>ID# 1655</td>
<td>12/3-2/4</td>
<td>4-6p</td>
<td>W</td>
</tr>
<tr>
<td>HS Girls</td>
<td>ID# 1656</td>
<td>12/2-2/3</td>
<td>4-8p</td>
<td>Tu</td>
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### Mid-Winter Session (Deadline: Jan. 26)

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Team ID</th>
<th>Games Times</th>
<th>Fee</th>
<th>Register Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>U7/8 Boys</td>
<td>ID# 1665</td>
<td>2/14-4/4</td>
<td>$79</td>
<td>Sa</td>
</tr>
<tr>
<td>U7/8 Girls</td>
<td>ID# 1666</td>
<td>2/14-4/4</td>
<td>10a-12p</td>
<td>Sa</td>
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<tr>
<td>U9/10 Boys</td>
<td>ID# 1664</td>
<td>2/13-4/3</td>
<td>5-9p</td>
<td>F</td>
</tr>
<tr>
<td>U9/10 Girls</td>
<td>ID# 1667</td>
<td>2/14-4/4</td>
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<tr>
<td>U11/12 Boys</td>
<td>ID# 1661</td>
<td>2/9-3/30</td>
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<tr>
<td>U11/12 Girls</td>
<td>ID# 1660</td>
<td>2/9-3/30</td>
<td>6-8p</td>
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</tr>
<tr>
<td>U13/14 Boys</td>
<td>ID# 1669</td>
<td>2/5-4/12</td>
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<td>Su</td>
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<tr>
<td>U13/14 Girls</td>
<td>ID# 1668</td>
<td>2/5-4/12</td>
<td>11a-1p</td>
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<tr>
<td>HS Boys</td>
<td>ID# 1663</td>
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<td>$79</td>
<td>W</td>
</tr>
<tr>
<td>HS Girls</td>
<td>ID# 1662</td>
<td>2/10-3/31</td>
<td>4-8p</td>
<td>Tu</td>
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</tbody>
</table>

Register for Jr. Soccer + Leagues = automatic 10% discount!

### Junior Soccer

A perfect mix of skill development and team games. Players will build confidence, learn sportsmanship, and understand the team environment. First half of class will be skill development through fun drills and games; second half will be games by team. Players will receive a shirt and be assigned a team at the first session.

Instructor: PenMet Parks Staff

### Winter Sessions (8 weeks)

<table>
<thead>
<tr>
<th>Indoor Soccer Center</th>
<th>Ages</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>ID# 1690</td>
<td>12/4-2/5</td>
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<tr>
<td>ID# 1693</td>
<td>12/4-2/5</td>
<td>$75</td>
</tr>
<tr>
<td>ID# 1691</td>
<td>12/4-2/5</td>
<td>$75</td>
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<tr>
<td>ID# 1694</td>
<td>12/4-2/5</td>
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### Mid Winter Sessions (8 weeks)

<table>
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<th>Indoor Soccer Center</th>
<th>Ages</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>ID# 1699</td>
<td>12/5-1/16</td>
<td>$55</td>
</tr>
<tr>
<td>ID# 1700</td>
<td>12/5-1/16</td>
<td>$55</td>
</tr>
<tr>
<td>ID# 1701</td>
<td>12/5-1/16</td>
<td>$55</td>
</tr>
</tbody>
</table>

### Pre-Soccer

Includes energetic, all-inclusive games that teach young kids the basics about playing with a group.

<table>
<thead>
<tr>
<th>Indoor Soccer Center</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>ID# 1684</td>
<td>1/23-3/13</td>
<td>$55</td>
</tr>
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</table>

### Tot Soccer

Builds confidence and promotes physical development in a safe, supportive, and fun environment.

<table>
<thead>
<tr>
<th>Indoor Soccer Center</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>ID# 1682</td>
<td>1/23-3/13</td>
<td>$75</td>
</tr>
</tbody>
</table>

### Mommy/Daddy & Me Soccer

Classes are a fun and positive introduction to soccer for our youngest players and their parents!

Instructor: Kidz Love Soccer

### Kidz Love Soccer

All participants receive a Kidz Love Soccer jersey.

### Instructor: Kidz Love Soccer

8 sessions

### Winter Session (6 weeks)

<table>
<thead>
<tr>
<th>Indoor Soccer Center</th>
<th>Ages</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>ID# 1690</td>
<td>12-1/2</td>
<td>$55</td>
</tr>
<tr>
<td>ID# 1693</td>
<td>12-1/2</td>
<td>$55</td>
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<td>ID# 1691</td>
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<td>$55</td>
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<tbody>
<tr>
<td>ID# 1699</td>
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<td>$55</td>
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<td>ID# 1700</td>
<td>12/5-1/16</td>
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</tr>
<tr>
<td>ID# 1701</td>
<td>12/5-1/16</td>
<td>$55</td>
</tr>
</tbody>
</table>

### Pre-Soccer

Includes energetic, all-inclusive games that teach young kids the basics about playing with a group.

Instructor: Kidz Love Soccer
Adult Indoor Soccer League

Adult Coed Recreation Soccer – Drop In
Not part of a league or just looking to play some soccer? We are offering adult drop in soccer for $5/player, pay cash at the door. Open for adults; 16+ may play with parental consent. Indoor shoes, knee high socks, and shin guards required.

<table>
<thead>
<tr>
<th>Indoor Soccer Center</th>
<th>Ages: 16 &amp; up</th>
<th>Fee $5/session</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday, Monday</td>
<td>8:00-10:00p</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>11:30a-1:30p</td>
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</tbody>
</table>

Adult Coed Indoor Soccer League
Coed league will play on Saturday nights, on a full field with 6 v. 6 including the goalie.

<table>
<thead>
<tr>
<th>Indoor Soccer Center</th>
<th>Ages: 16 &amp; up</th>
<th>Fee $650/team</th>
</tr>
</thead>
<tbody>
<tr>
<td>ID# 1574 11/22-1/17</td>
<td>5:00-9:00p</td>
<td>Sa</td>
</tr>
<tr>
<td>ID# 1631 1/24-3/21</td>
<td>5:00-9:00p</td>
<td>Sa</td>
</tr>
</tbody>
</table>

Adult Fitness

Fischer Fitness U Boot Camp

Kristi Fischer is the owner of Fischer Fitness, LLC. She is a certified personal trainer through the NSCA, a wife, and a mother of two young boys. Her friendly, high-energy style of training motivates people to develop their own passion for fitness and health living.

Intense and challenging boot camp-style training sessions that combine strength training and metabolic intervals for a total body workout and maximum fat loss. This is an education-based program that will help you sort through the fads and myths that make exercise and nutrition overwhelming.

<table>
<thead>
<tr>
<th>Instructor: Kristi Fischer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Indoor Soccer Center</td>
</tr>
<tr>
<td>ID# 1598 12/1-12/31</td>
</tr>
<tr>
<td>9:30-10:30a</td>
</tr>
<tr>
<td>M</td>
</tr>
<tr>
<td>10:15-11:15a</td>
</tr>
<tr>
<td>W</td>
</tr>
<tr>
<td>ID# 1643 1/5-1/28</td>
</tr>
<tr>
<td>9:30-10:30a</td>
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<tr>
<td>M</td>
</tr>
<tr>
<td>10:15-11:15a</td>
</tr>
<tr>
<td>W</td>
</tr>
<tr>
<td>ID# 1644 2/2-2/25</td>
</tr>
<tr>
<td>9:30-10:30a</td>
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<tr>
<td>M</td>
</tr>
<tr>
<td>10:15-11:15a</td>
</tr>
<tr>
<td>W</td>
</tr>
<tr>
<td>ID# 1645 3/2-3/30</td>
</tr>
<tr>
<td>9:30-10:30a</td>
</tr>
<tr>
<td>M</td>
</tr>
<tr>
<td>10:15-11:15a</td>
</tr>
<tr>
<td>W</td>
</tr>
</tbody>
</table>

Boot Camp with Michelle

Michelle O’Brien holds a B.S. in Kinesiology and has health and fitness experience with toddlers, youth, athletes, adult, overweight and elderly populations.

This class is an invigorating way to lose weight, tighten, tone and reshape your body. The fat burning, body sculpting exercises will help improve your fitness level, while you tone up and slim down. Whether you have peaked with your current workout routine, are looking to lose a few extra pounds, or just like to be active with a fun dynamic group, join us!

<table>
<thead>
<tr>
<th>Instructor: Michelle O’Brien</th>
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<tbody>
<tr>
<td>Indoor Soccer Center</td>
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<tr>
<td>ID# 1595 12/1-12/31</td>
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<tr>
<td>7:30-8:15a</td>
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<td>W F</td>
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<tr>
<td>ID# 1640 1/5-1/28</td>
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<td>7:30-8:15a</td>
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<td>W F</td>
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<tr>
<td>ID# 1641 2/2-2/25</td>
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<td>7:30-8:15a</td>
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<td>W F</td>
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<tr>
<td>ID# 1642 3/2-3/30</td>
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<td>7:30-8:15a</td>
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<td>W F</td>
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</tbody>
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Adult Art Classes

Basic Wire Wrapped Earrings Class [NEW!]

About the Instructor
Sara Gray is a beading instructor with over 10 years of experience who specializes in bead weaving, wire wrapping and stringing. Her passion in jewelry design is to use nature-inspired elements, through color selection and materials used.

Come learn how to make bead earrings! You will learn how to make a “wrapped loop,” an essential jewelry making technique that you will use again and again. It is any aspiring jewelry maker’s “must do” class. In this class you will complete 3 pairs of earrings. Before that you will practice, practice, practice your wrapped loops. You will leave the class with perfectly wrapped earrings that you can be proud of! Additional supply cost: $1-$5 depending on beads selected.

Instructor: Sara Gray  1 session
Pavilion at Sehmel Park  Ages: 15 & up  Fee $35
ID# 1648 12/13 9:30a-12:30p Sa

Leather and Stone Woven Bracelets [NEW!]

Come learn to weave semi-precious stone beads and leather cord to create a stunning bracelet. You will learn a double needle weaving technique using very basic and unintimidating tools—a clip board, needles and cord. Additional supply cost: $10 for beads, button and leather.

Instructor: Sara Gray  1 session
Pavilion at Sehmel Park  Ages: 15 & up  Fee $35
ID# 1649 1/24 9:30a-12:30p Sa

Driftwood and Bead Wind Chimes [NEW!]

This class teaches you how to incorporate color, shape and sound to create a unique wind chime using driftwood, shells and beads. You will select from various collected driftwood pieces, shells and beads made of different materials (wood, glass, stone, etc.) and learn how each piece makes a different sound when they hit. Each student will make one wind chime and be able to select their own design (color, length, amount of beads). You will string beads on cord and tie basic knots.

Instructor: Sara Gray  1 session
Pavilion at Sehmel Park  Ages: 15 & up  Fee $35
ID# 1657 2/21 10:00a-12:00p Sa
ID# 1658 2/28 10:00a-12:00p Sa

Beginning Watercolor

About the Instructor
Sherri Bails has a degree in Art Education and over 20 years as a professional artist and teacher.

Begin your journey into watercolor with careful instruction and guidance. Instruction includes the basic parts of a painting, how to plan each piece, color choices and mixing, and how you find your individual style.

Instructor: Sherri Bails  8 sessions
Gig Harbor City Hall  Ages: 18 & up  Fee $135
ID# 1636 1/5-3/9 1:00-3:30p M

Continuing Watercolor

This class is a continuation of Beginning Watercolor. Students who have not taken this prerequisite can also ask for instructor permission. You will build on the basics learned in the Beginning Class, with one addition. Students decide what they want to learn during the class. Ideas are proposed, and the class votes on what they want to learn.

Instructor: Sherri Bails  8 sessions
Gig Harbor City Hall  Ages: 18 & up  Fee $135
ID# 1637 1/5-3/9 10:00a-12:00p M

Advanced Watercolor

This class is designed for students who have taken a Beginning Watercolor Class and two Continuing Watercolor Classes with Sherri Bails, or with permission. Class format is the same as the Continuing Watercolor Class; students decide what they want to learn during the class. Six ideas are proposed, and the class votes on what they want to learn. Design, composition, color choices, and interesting subject matter are stressed.

Instructor: Sherri Bails  8 sessions
Gig Harbor City Hall  Ages: 18 & up  Fee $135
ID# 1638 1/8-3/12 10:00a-12:00p Th

Drawing Secrets

The perfect class for someone who doesn’t think they can draw, and also for experienced artists who are ready for a fresh approach to “seeing.” Learn innovative ways to make drawing simpler and see what an artist sees. Materials needed: Sketch book and #2 pencil

Instructor: Sherri Bails  4 sessions
Gig Harbor City Hall  Ages: 18 & up  Fee $75
ID# 1634 1/6-1/27 10:00a-12:00p Tu

Sketching Small [NEW!]

Students will learn design for basic drawings, exploring pen and ink, colored pencils, and watercolor pencils. Perfect for journaling while traveling and Plein Air sketching (learning to sketch outside, while in a classroom). Materials needed: Sketch book, #2 pencil, pink pearl eraser (or other quality eraser), fine point permanent black pen, colored pencils (Prismacolor or Derwent brands, 12 or 24 in a box). For watercolor pencils, these materials will be discussed the first day of class.

Instructor: Sherri Bails  4 sessions
Gig Harbor City Hall  Ages: 18 & up  Fee $75
ID# 1635 2/3-2/24 10:00a-12:00p Tu
PenMet Parks
PenMetParks.org

Winter Programs At-A-Glance

<table>
<thead>
<tr>
<th>Program</th>
<th>Ages</th>
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<td>Breakfast with Santa</td>
<td>All ages</td>
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<td>Indoor Park</td>
<td>2-5</td>
<td>17</td>
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<tr>
<td>Music &amp; Motion</td>
<td>3-5</td>
<td>18</td>
</tr>
<tr>
<td>Homeschool PE</td>
<td>5-17</td>
<td>18</td>
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<tr>
<td>Driftwood &amp; Bead Wind Chimes</td>
<td>7-12</td>
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<tr>
<td>Babysitting Classes</td>
<td>8-16</td>
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<tr>
<td>School’s Out Series</td>
<td>6-12</td>
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<tr>
<td>THIS Club</td>
<td>13-17</td>
<td>19</td>
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<tr>
<td>Kidz Love Soccer</td>
<td>2-5</td>
<td>20</td>
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<tr>
<td>Junior Soccer</td>
<td>2-12</td>
<td>20</td>
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<tr>
<td>Youth Indoor Soccer Leagues</td>
<td>6-18</td>
<td>20</td>
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<tr>
<td>Adult Indoor Soccer Leagues</td>
<td>16+</td>
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<tr>
<td>Adult Drop In Soccer</td>
<td>16+</td>
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<tr>
<td>Boot Camps</td>
<td>16+</td>
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<td>Jewelry Classes</td>
<td>16+</td>
<td>22</td>
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<tr>
<td>Watercolor Classes</td>
<td>16+</td>
<td>22</td>
</tr>
<tr>
<td>Drawing Classes</td>
<td>16+</td>
<td>22</td>
</tr>
</tbody>
</table>

PenMet Parks Class Locations

- Sehmel Homestead Park
  10123 78th Ave. NW, Gig Harbor
- PenMet Parks Indoor Soccer Center
  2002 36th St. NW, Gig Harbor
- Gig Harbor City Hall
  3510 Grandview St., Gig Harbor
- Boys & Girls Club
  8502 Skansie Ave., Gig Harbor

PenMet Parks Registration

ONLINE: PenMetparks.org

PHONE IN: Visa, MasterCard or American Express
 Monday-Friday, 9 a.m.-4 p.m.
 253.858.3400.

WALK IN: Monday-Friday 9 a.m.-4 p.m.
  2002 36th St. NW, Gig Harbor

FAX IN: Fax form with credit card information to 253.858.0192

PenMet Parks Registration/Refund Policy:

- Payment is due at time of registration; PenMet Parks absorbs the credit card processing fee.
- Programs canceled by PenMet will be refunded in full.
- Registrations canceled by customers will be charged a $3 administrative fee plus 8% per transaction.
- To avoid the administrative fee, customers may credit their account. Credits can be used by anyone in the family and do not expire.
- If customer cancels within one week prior to the start of the program, no refunds or credits will be given, unless approved by the Recreation Manager.
- Customer requesting transfer will be charged a $5 administrative fee.

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To Reserve PenMet Parks Facilities:
Volunteer Vern Pavilion, Picnic Areas, Ball Fields
Call 253-858-3400 x6   E-mail Reservations@PenMetParks.org
or visit www.PenMetParks.org
Join Us For

Breakfast With Santa

December 6, 2014
9:00 AM - 11:00 AM

Boys and Girls Club Gig Harbor
8502 Skansie Ave.
Gig Harbor, WA

Enjoy —
✦ Holiday Music
✦ Holiday Crafts
✦ Santa Photos
✦ Pancake Breakfast

Gig Harbor Kiwanis

$8.00 per person

To register or for more information:
www.PenMetParks.org, or call (253) 858-3400
paayouth.org, or call (253) 858-7678