NEW MEXICO STATE UNIVERSITY CARLSBAD

Spring 2019
Community Education

Call 575-234-9214 or visit carlsbad.nmsu.edu/community-education/

REGISTER TODAY!
Spring Break Camps!

Acting for Film, Theatre & Life
Ages 13 & Up
Through exercise and games, students will learn the basic skills of Film, Stage, and Theatre while having fun, developing their spontaneity, playfulness, imagination, and confidence. Our GOAL is to provide the student with a powerful experience that will positively transform their life.

Instructor: Margarita Sanchez
Total Course Hours: 28

Monday–Friday, March 25th-29th
NMSU Carlsbad Room 101
5:30 pm-6:30 pm

Intermediate Excel
Ages 15 & Up
Take your Excel skills to the next level! Master advanced formulas and functions, working with lists and illustrations, visualizing data, and other advanced topics of Microsoft Excel, and discover how this powerful MS Office program can boost your productivity.

Instructor: Nicole Olsson-Dail
Total Course Hours: 8
Cost: $49
Mondays – April 8th-22nd
NMSU Carlsbad Room 213
5:30 pm – 8:30 pm

Cake Decorating with Fondant
Ages 15 & Up
Learn how versatile fondant can be! Make ribbons, flowers, add texture, and sophistication to your cakes. Through repetition and practice, students will be able to create masterpieces! Bring a small baked cake with you each session to enjoy this fun filled interactive class. Fondant and butter cream icing and tips kit will be provided.

Instructor: Chelsea Pollitt
Total Course Hours: 8
Cost: $59
Wednesday, April 3rd, 10th, 17th & 24th
NMSU Carlsbad Room 255
5:30 pm – 7:30 pm

Handwriting Class: What Does Your Handwriting Say About You?
Ages 16 & Up
When we look at handwriting, there is a message conveyed not only by what was written, but also, there is a message in the size, slant, pressure, and speed of the writing. This course will provide insight to the basics of handwriting analysis. We will gain insight into the personality of the writer, the subconscious forces affecting them, and reveal why people think and act as they do. We will also touch on grapho-therapy. Grapho-therapy shows that by changing your signature, you can change perception.

Instructor: Judi Christopher
Total Course Hours: 8
NMSU Carlsbad Room 103
5:30 pm-7:30 pm

Hobbies and Leisure

Basic Computer Skills
Ages 15 & Up
New to computers? This is the course for you! Start with the basics, learn how to use a mouse, surf the internet, internet safety and use basic programs. This is a casual and friendly way to start experiencing the computer world.

Instructor: Nicole Olsson-Dail
Total Course Hours: 9
Cost: $39
Mondays – April 8th-22nd
NMSU Carlsbad Room 213
5:30 pm – 8:30 pm

Job Seeker 101
Ages 15 & Up
This course will show you how to search for jobs using reliable sources and learn how to evaluate a site for reliability. Students will leave with
### Stargazing

**Ages 15 & Up**

Have you ever looked up at the night sky and wondered what's up there? Learn how to utilize tools available to you, both conventional and smartphone-based, to locate and discover objects visible in the night sky. Learn how to identify planets, which stars are used as “landmarks,” and the locations of notable nebulae and galaxies. We will discover meteor showers, eclipses, and comets, and how to view them. We will also learn how to find the current location of the International Space Station and other man-made satellites.

*Instructor: Sarah Brunell  
Total course hours: 6  
Cost: $39  
Thursdays, April 11th -25th  
NMSU Carlsbad Room 151  
6:00pm-8:00pm*

### Yoga

#### Ages 18 & up

Vinyasa yoga is a flowing, dynamic sequence of poses. This type of practice involves synchronizing the breath with a continuous flow of postures. Students will coordinate movement with breath to flow from one pose to the next in order to release toxins from the body, re-energize, and relax the chatter of the mind. Hatha yoga involves synchronizing the breath with the movement of the body and is appropriate for various fitness levels. Classes will include holding poses for varying lengths of time, flowing through sequences of postures, and developing mastery of the mind/body/breath connection. Students will coordinate movement and breath in order to release tension and tightness, re-energize, and relax the chatter of the mind. Students Must Bring to Class: yoga mat, comfortable layered clothes that allow you to move easily, and bottled water. Optional: yoga blocks, yoga rug, strap.

*Instructor: Andrea Norton  
Session: 5  
Cost: $29 or $100 for all four sessions  
Tuesdays  
Session 1: Jan. 8th -29th  
Session 2: Feb. 5th-26th  
Session 3: Mar. 5th-26th  
Session 4: Apr. 2nd-23rd  
NMSU Carlsbad Room 255  
9:15 am-10:30 pm*

### Health and Relaxation

**Health and Relaxation**

#### Vinyasa Yoga  
Ages 18 & up

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### Beginning Tai Chi and QiGong

**All Ages**

This class is an introduction to two internal arts used for healing and self-defense. The course will integrate physical postures, breathing techniques, and help students focus attentions. No uniform is required, but please wear comfortable clothing that does not restrict movement.

*Instructor: Robert Beck, Certified Personal Trainer and Instructor at Yu’s Black Belt Institute  
Session: 12  
Cost: $45  
Thursdays  
Session 1: January 10th – February 14th  
Session 2: February 21st - March 28th  
Session 3: April 4th-May 9th  
NMSU Carlsbad Room 101  
6:00 pm – 8:00 pm*

### Water Aerobics

**Ages 15 & up**

Water aerobics is a low impact exercise. This exercise is ideal for both women and men of all ages, even people with arthritis, back problems, foot or leg injuries, and knee conditions.

*Instructor: Georgia Holguin  
Session: 12  
Cost: $45  
Thursdays  
Session 1: March 4th-April 10th  
Session 2: April 15th-May 29th  
Mondays & Wednesdays  
CHS Natatorium  
6:00 pm – 7:00 pm*

### Reflexology

**Ages 16 & Up**

Give the gift of touch to an aging or disabled parent, relative, or friend. Learn simple, safe and effective techniques that do not restrict movement. No uniform is required, but please wear comfortable clothing.

*Instructor: Judi Christopher  
Total Course Hours: 8  
Cost: $39  
Mondays, January 7th, 14th, 21st, & 28th  
NMSU Carlsbad Room 255  
6:00 pm-8:00 pm*

### Guitar

#### Advanced Guitar  
Ages 18 & Up; Children 8 & Up

This one-on-one course is designed for guitarists with some experience take their playing to the next level. The focus is on theory (note reading), harmony, pitch, scales (major-minor), volume, vocal cord care, singing lead and harmony.

*Instructor: Robert Beck  
Cost per session (4 lessons): Adult $25 or $100 for all four sessions  
NMSU Carlsbad Room 101*

### Music

Instructor Robert Beck has been a professional in the music industry for over forty years. He has worked as a soloist, an ensemble performer, an agent and a contractor, and as a composer/arranger. His students have gone on to work in movies, TV, and on Broadway. Now is a time of giving back and providing instruction/coaching in guitar, piano, percussion, voice, and composing/arranging.

**New sessions start on the following dates:**

- **January 7th,** February 4th, March 4th, April 1st and April 29th.

*Instructors: Robert Beck  
Cost per session (4 lessons): Adult 45 minute lessons $170 / Youth 30 minute lessons $125  
Mon. through Fri., times vary depending on availability. Please call 234-9214 or 234-9212 to schedule an appointment.  
NMSU Carlsbad Room 101*

### Basic to Advanced Voice

**Adults 18 & Up; Children 8 & Up**

This course provides instruction in voice (singing) and focuses on vocal fundamentals, harmony, pitch, scales (major-minor), volume, vocal cord care, singing lead and harmony.

*Instructor: Robert Beck  
Cost per session (4 lessons): Adult $25 or $100 for all four sessions  
NMSU Carlsbad Room 101*

### Basic Piano

**Adults 18 & Up; Children 8 & Up**

This course on the study and playing of the piano is customized to suit students with no prior piano instruction as well as those who are seeking to advance their skills. Focus is on keyboard fundamentals, chord structure, tempo, and introductory theory (note reading).

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About Us
New Mexico State University Carlsbad Community Education serves as the center for lifelong learning by providing educational training and personal enrichment opportunities for businesses and students of all ages. Community Education plays a major role in community service and outreach for NMSU Carlsbad. Enjoy short-term, non-credit classes designed to develop new skills and increase. Our instructors include retired and working professionals, NMSU faculty members, and small business owners.

Exciting, fun, enriching, and best of all...affordable!
We are always looking for new, enthusiastic teachers. Do you have a special skill, interest or hobby you would like to share? If you are interested in teaching a class with Community Education, please contact us at 234-9212 for a Class Proposal Form or visit us on campus.

How to Register
Thank you for your interest in NMSU Carlsbad Community Education. It is easy and convenient to register, simply choose the option that is easiest for you. Note: Payment is due at the time of registration.
Register in person at our office: NMSU-Carlsbad, Room 112 (President's Office).
• Call our office at 234-9214 or 234-9212 and register over the phone.
• Register on line https://carlsbad.nmsu.edu/community-education-registration/ and your registration form will be automatically emailed to us.
• Payments can be made in the NMSU-Carlsbad, Business Office, Rm. 108, or by calling 234-9200 for credit/debit card payment.

Refund Policy
Your payment, minus a $10.00 cancellation fee, will be refunded if you provide a request to cancel in person, via phone, or email five business days prior to the first day of class. Refund requests can be made directly to the Community Education office or sent to horrocks@nmsu.edu. Refunds may take up to 30 days to be processed. If a student cannot attend, a substitute may be appointed. A full (100%) refund will be given only for classes that are cancelled by NMSU Carlsbad Community Education. Please note that refunds cannot be issued for online courses through Ed2Go or Gatlin. This policy applies to all registrations, regardless of payment method.

Professional Development
Through Customized Training, we partner with businesses to create courses and workshops based on their specific needs. It is a cost effective way to increase employee skills and performance that will lead to long-term business growth and employee retention and continuing education. Please contact our office for additional information.

Payment Information
• Credit card preferred
• Checks/money orders
• Cash/Debit card payment

Online Classes
These high-quality courses are taught by industry experts and designed to quickly deliver specific skills and knowledge that help to advance personal or professional development. Our online classroom is informative, convenient, and highly interactive.

Spring Office Hours
Monday – Friday 8:00 am – 5:00 pm
NMSU Carlsbad is closed every weekend and the following holidays during this term: Martin Luther King Holiday (January 21st), Spring Break (March 25th –29th), Spring Holiday (April 19th), and Memorial Day (May 27th).

Registration Dates
Spring Registration begins December 3, 2018.

NMSU Carlsbad
ONLINE CLASSES

24/7 Access • All classes start new every month
Certificate of completion • 6-week format • Average 24 work hours
Discussion boards • Mobile accessible

Enroll or view all our online courses at: www.ed2go.com/nmsuc