

A·E·L·C

Arkansas Extended Learning Center

666.0759

www.extendedlearning.org

Classes beginning September through early March, 2013.

2012-13

FALL & WINTER Schedule of Classes

home & garden

floral

Interior Design I:

Principles of Design (#1-100)

sec 1) Thur, Oct 4, 11, 18, 25, Nov 1, 86:00-8:00p

St. Margaret's Episcopal

sec 2) Mon, Jan 21, 28, Feb 4, 11, 18, 256:00-8:00p

First Church of the Nazarene

Anne Winans, Villa Grace Interiors \$169

Whether your goal is to transform your home or office with a new design plan, or you are considering a career in interior design, this "nuts and bolts" course provides the solid foundation you need. Get an introduction to the exciting world and principles of interior design; how to read a blueprint; color and paint theory; lighting design; placement of accessories and furniture, space planning, and fabric and wall cover selections. Supplies \$40.

Upholstery Workshop (#1-105)

Saturdays, Jan 19 & 26.....9:00a-5:00p

Virginia Taylor, All American Upholstery

6311 Old Highway 67 Cabot \$179

Bring a small piece of simple furniture to this hands-on workshop and transform it! Learn how to match pieces with appropriate fabrics, prepare furniture for treatment, measure and match fabric, and work with batting and cushions, dye lots, and finish details. Most equipment and tools provided. Limited space; register early.

Handy Around the House:

Home Repair 101 (#1-110)

sec 1) Saturday, Oct 2010:00a-4:00p

sec 2) Saturday, Feb 2310:00a-4:00p

Cammack Hall 2710 N. McKinley \$129

This class will pay for itself many times over! It's a must for anyone who is tired of being helpless (and hapless) around the house; we see lots of guys and gals alike in these classes. Learn how to address common home repair issues, the tools everyone should keep on hand, what to use them for, how to deal with basic home carpentry, plumbing, and electrical issues, and tips for keeping your home in good shape. Includes lunch.

Landscape Design 101 (#1-115)

Mon, Oct 1, 8, 15, 22, 29,6:00-8:00p

First Church of the Nazarene \$159

Christy Marvel, ASLA Marvelous Landscapes

Bring your blueprints and learn how to plan and design the landscape of your dreams! These five sessions will focus on analyzing your site, correcting problems, laying out your design, planting, and includes a class field trip. Get the essential information you need to make good landscape decisions, whether you do it yourself, or hire the job out.

Gardening with Mary Evans

Garden Makeovers

Take one gardening seminar for \$39,
two for \$69, or the series for \$99!

First Church of the Nazarene

Getting Started in The Garden (#1-116)

Mon, Oct 8 (1 session) 6:30-8:30p

Get your "check list" together BEFORE you begin to save time and prevent costly mistakes! Integrate your dreams, needs and budget for a practical, "do-able" garden design.

Autumn Color Explosion (#1-117)

Mon, Oct 15 (1 session).....6:30-8:30p

Make the most of your autumn displays! Mix it up with colorful annuals, perennials, shrubs, trees, ornamental grasses, and color.

Spring Garden Preparations (#1-118)

Mon, Oct 29 (1 session).....6:30-8:30p

Assess and correct damage from the brutal summer heat. Do your chores while it's cool and prepare for Spring planting. Includes pruning schedules.

Spring Bulb Blast! (#1-119)

Mon, Nov 5 (1 session) 6:30-8:30p

Nothing is easier to grow than bulbs; plant in the Fall for dramatic results this Spring! Explore design techniques, locations, types, planting methods, sources, and culture. Includes indoor bulbs.

Floral Design I (#1-120)

sec 1) Tues, Sept 25, Oct 2, 9, 16

sec 2) Tues, Jan 15, 22, 29, Feb 5

6:00-8:00p Donny Moore, Master Florist

Bella Flora 14710 Cantrell Road \$149

If you are interested in the world of floral design, this is where it all starts. And, it's hands-down the best floral class we've ever offered! Get an introduction to the tools, materials, and tricks of the florist trade, and learn basic design techniques using fresh flowers. You won't believe the beautiful arrangements you will create and take home each week! Explore your own creativity and style! \$99 materials fee. No prerequisite.

Floral Design II (#1-125)

sec 1) Tues, Oct 23, 30, Nov 6, 13

sec 2) Tues, Feb 19, 26, Mar 5, 12

6:00-8:00p Donny Moore, Master Florist

Bella Flora 14710 Cantrell Road \$149

Once you take our beginning floral class, we just know, you'll want more! Our "graduate students" will enjoy four more weeks with Donny, making gorgeous arrangements, and focusing on special occasion arrangements and seasonal designs. \$99 materials fee. Prerequisite: Floral Design I or equivalent.

holiday fun!

Also See Holiday Baking & Entertaining.

Holiday Decorating Workshop

(#1-126) Mon, Dec 3 & 106:00 - 8:00p

Mary Evans, Garden Makeovers

Cammack Community Hall \$99

It's an annual holiday tradition - get in the spirit this year and bring in the magic of the season! You'll learn to make those gorgeous bows and other tricks the florists know. And you'll make and take home a holiday wreath and a gorgeous fresh cedar centerpiece that will last through Christmas! Space is limited, sign up early! \$59 materials fee.

Annual Kids' Holiday Art Camp!

Cammack Community Hall 2710 N. McKinley

(#1-127) Mon/Wed/Thur/Fri Dec 31- Jan 4

Mon Dec 31, (skip Tues Jan 1),

Wed, Jan 2, Thur, Jan 3, Fri, Jan 4

Sec 1) 9a-noon Sec 2) 1-4p \$169/\$54 day

Sharon Boyd-Struthers and friends

Our annual Holiday Art Camps for Kindergartners through 5th graders have become a full blown tradition in Cammack Village! It's the perfect way to make your holiday break extra special, without even leaving town. The kids have a great time working with clay, fiber crafts, fusing glass, creating mosaics, painting and drawing, and more! It's the best way to spend the week after Christmas, when you're back at work - or recuperating from the holiday festivities!

www.extendedlearning.org

AR Concealed Carry and Personal Safety Classes

There are all the others -- and then there's our small, personalized Concealed Carry and Personal Safety classes. If you are thinking about purchasing a firearm, or if you already own one and need basic firearms safety training, OR if you want to apply for an Arkansas Concealed Carry Permit, this comprehensive, intensive course covers Handgun Knowledge, Safety Rules, Basic Fundamentals, Ammunition, Correct Grip, Stance, Sight Alignment, and much more. Our students receive extensive instruction in the Law, Use of Force, Awareness Training, Defensive Alternatives other than the use of a firearm, and Live Fire Training. Includes classroom instruction, Live Fire training, and all paperwork needed to apply for an Arkansas State Permit (permit cost not included in course fee). Our one-on-one Live Fire Training is conducted under the instruction of expert, experienced NRA Certified Instructor Mark Mundy (ASP #07-509) in a supportive, non-intimidating atmosphere.

The cost is \$129, or \$249/pair for those who register and pay together. Choose from a 1-day intensive class from 9a-4p, or the weekend option: the Friday lecture portion of the class meets from 5:30 to 9:30 p.m., and the Live Fire Training sessions are held Saturday morning from 9:00a to noon. The classroom portion meets at the Cammack Hall (Heights area). Limited enrollment. (Course #2-300).

sec 1) Fri/Sat Sept 21-22

sec 2) Sat, Oct 27

sec 3) Wed, Nov 14

sec 4) Fri/Sat Jan 18-19

sec 5) Sat, Feb 23

Contact us about
scheduling a private
session for your group of
five or more.

cooking school

A.E.L.C. Cooking classes are taught in a fun and casual atmosphere. Classes consist of demonstrations, unless otherwise noted as hands-on, and include recipes. Bring your appetite to class! Note: menus will vary depending on the availability of the freshest ingredients. Bring a bottle of wine to enjoy in class if you wish!

If you love to cook and eat, we want to see you in class! It's a great idea for a date, or a fun and relaxing way to spend time with your friends and family. Or just come solo and enjoy hanging out with other food and wine lovers!

**Register with a friend and save!
See special discounts for pairs!
Individual registrations: Sign up for any three
classes for just \$144**

Chop & Garnish Like a Pro! (#3-150)

- sec 1) Tue, Nov 76:00-8:00p
- sec 2) Tue, Jan 226:00-8:00p
- sec 3) Sun, Feb 6.....3:00-5:00p.....\$49

Learn basic knife techniques for mincing, dicing, and shredding, and how to select, sharpen, and care for your knives. Turn everyday fruits and vegetables into simple garnishes for a special touch. *Hands-on. \$79/pair*

Bakeshop I: Bread & Rolls (#3-151)

- sec 1) Sun, Oct 7.....2:00-5:00p
- sec 2) Sun, Jan 20.....2:00-5:00p.....\$59

Become the baker of your house, and watch your popularity rating rise! We'll work with leavening agents and yeast doughs: mixing, kneading, proofing and shaping. *Hands-on. \$99/pair.*

Bakeshop II: Pies & Tarts (#3-152)

- sec 1) Sun, Nov 42:00-5:00p
- sec 2) Sun, Feb 10.....2:00-5:00p.....\$59

Yep, you can be the one known for the great pies! Sweet or savory, it all begins with the crust. We'll learn the secret to making tender, flaky crusts, and fill them with all kinds of goodness - just in time for the holidays! *Hands-on. \$99/pair.*

Holiday Baking & Entertaining (#3-153)

- Sun, Dec 2.....2:00-5:00p.....\$59

Come on, make this the year you pull together a holiday party, and give home-made gifts! We'll prepare elegant sweet and savory profiteroles, a mouthwatering, versatile cracker dough, and other baked treats perfect for holiday entertaining and thoughtful gift giving. *Hands-on. \$99/pair.*

French Bistro (#3-154)

- sec 1) Mon, Sept 17.....6:00-8:00p *St. Margaret's
- sec 2) Tue, Feb 196:00-8:00p \$54

Spend a night in Paris, the ultimate European food city! Discover French classics and simple bistro food we all adore! Steak au Poivre with Herbed Pommes Frites, French Onion Soup, and Creme Brulee. *\$89/pair.*

Sushi Workshop (#3-155)

- sec 1) Mon, Sept 246:00-8:00p
- sec 2) Mon, Feb 25.....6:00-8:00p \$69

Sushi is fresh, healthy, light, and it's over the top delicious. Sushi parties are the coolest and yes, you can host one! Learn how to prepare sushi rice and how to select and prep ingredients. *Hands-on. \$129/pair.*

Mexican Street Party! (#3-156)

- Tue, Oct 26:00-8:00p \$54

Come South with us - South of the Border that is! We'll prepare some of our simple yet delicious Mexican favorites: Salsa Cruda, Street Tacos and Burritos, Lime Cilantro Rice, and a show stopping Flan! *\$89/pair.*

An Evening of Italian (#3-157)

- Fri, Oct 127:00-9:00p \$54

It's The Italian Trilogy -- and it's outrageously good! Bolognese, Alfredo and Carbonara, paired with our favorite pastas. You'll probably want to bring along a bottle of wine for this one. *Ciao Bella! \$89/pair.*

Pasta Workshop (#3-158)

- sec 1) Tue, Oct 166:00-8:00p
- sec 2) Tue, Feb 56:00-8:00p \$54

Making your own pasta is easy and an inexpensive way to entertain - and show off! With just a couple of staples and simple techniques, you'll wow everyone. We'll prepare fresh pasta dough for ravioli, tortellini, and other favorites. *Hands-on. \$89/pair.*

A.E.L.C. cooking classes are taught by local chefs, restauranteurs -- and great guest cooks:

**Chef Brandon Douglas Chef Kathy Fluharty
Chef James Sparks Danny & Lisa Owen**

**Fall/Winter cooking classes held at:
St. Margaret's Episcopal Church/WLR
(Tuesday - Sunday classes)**

The Anthony School/Mid Towne (Monday classes)

Seafood & Fish Cookery (#3-159)

- sec 1) Mon, Oct 296:00-8:00p
- sec 2) Fri, Feb 86:00-8:00p \$54

Learn how to determine freshness, make good fish selections, and the best cooking methods for various kinds of fish and seafood, including pan frying, broiling, and grilling. We'll prepare salmon, talapia, shellfish, and more! *\$89/pair.*

New Orleans Feast (#3-160)

- sec 1) Tue, Oct 30.....7:00-9:00p
- sec 2) Sun, Feb 3.....3:00-5:00p \$54

Take a trip to the Big Easy without ever leaving town! Celebrate Mardi Gras with Adouille Gumbo, Shrimp Jambalaya, Pralines, and Bread Pudding with Whiskey Sauce. *\$89/pair.*

Hunter's Bounty: Wild Game Cookery

- (#3-161) Fri, Nov 97:00-9:00p \$54

Calling all hunters - and the ones who cook the spoils - of the hunters in the house! If you're tired of the same old "fried" routine - this hunt is over! We'll learn secrets for preparing, seasoning, and cooking venison, duck, and other wild game in creative and new ways. *\$89/pair.*

Down Home: Classic Southern (#3-162)

- Tue, Nov 136:00-8:00p \$49

Southern comfort at its best! You've been asking for it - here's your authentic Southern repast! Fried chicken, corn bread, black-eyed peas, greens, stewed okra, and of course, perfect white rice. *\$79/pair.*

Indian Cooking I (#3-163)

If you're a lover of Indian food, mark your calendar for two afternoons of authentic food and fun! Join us and uncover the secrets of these vibrant, complex flavors

- sec 1) Sun, Nov 11.....3:00 - 5:00p \$49
- Papadams, Lemon Rice, Hot and Sour Fish Curry.*
- sec 2) Sun, Nov 25.....3:00 - 5:00p \$49
- Chicken Biryani, Moong Dal, Vegetable Raita, Papadums and Coconut Chutney.*

Ultimate Winter Comfort (#3-164)

- Sun, Jan 63:00 - 5:00p \$54

Come chase those winter blues away and wrap up with these ultimate comfort foods: Braised Pot Roast and Root Vegetables, Sinfully Rich Mac-N-Cheese, Painkiller Hot Chocolate, and Danny's Signature Pralines - Chocolate! *\$89/pair.*

Stocks and Soups (#3-165)

- Mon, Jan 28.....6:00-8:00p \$49

There's nothing like soup to warm the bones on a cold, blustery winter day. It all starts with the foundation - a rich, aromatic stock. We'll prepare stocks to use in our broth-based, cream-based, and hearty winter soups.

Gluten Free Living & Cooking Series

**Hands-on, completely gluten-free cooking
classes with Julianne Bitely. Come taste
how good GF cooking can be!**

Gluten Free Italian Bash (#3-166)

- Thur, Oct 46:00-8:00p \$49
- Antipasta, Eggplant "Parmesan," Pasta and Sauce, and finish it off with Italian Ice. *\$79/pair.*

Gluten Free Happy Holidays! (#3-167)

- Fri, Nov 27:00-9:00p \$49
- Turkey & Dressing, Cranberry Salad, and a mouthwatering Chocolate Pecan Pie. *\$79/pair.*

Gluten Free Mardi Gras Feast! (#3-168)

- Fri, Feb 1.....7:00-9:00p \$49
- Gumbo, Fried Okra, a fabulous, festive King Cake! *\$79/pair.*

wine tasting

**Wine classes taught by
Dr. Martin Zoidessy**

St. Margaret's Episcopal Church

Best Wine Bargains! (#4-170)

- sec 1) Friday, Oct 127:00-8:30p
- sec 2) Friday, Mar 17:00-8:30p

\$59 per person, or \$99/pair

We find new bargains each time we hold this class, so we see lots of familiar faces on bargain night! Taste a broad selection of wines representing the best values from around the globe, and learn strategies for getting the most from your wine budget. Wine fees included.

Wine and Cheese Trip Around the World! (#4-175)

- sec 1) Friday, Oct 267:00-8:30p
- sec 2) Friday, Mar 87:00-8:30p

\$69 per person, or \$109/pair

Calling all globe trotters and bon vivants! Take a trip around the world in just one night...the wine and cheese world, that is! Prepare to please your palate as we compare and taste classic wines and cheeses from France, Spain, Italy, and more. Wine and cheese fees included.

The Essential Wine Series (#4-180)

- Fri, Feb 1, 8, 15, 227:00-8:30p

\$169 per person, or \$299/pair

It's way more than just wine tasting, this is wine education. Learn to recognize, purchase, discuss and really enjoy wine! Covers the history and geography of wine, how to read labels, and how to order wines with ease and confidence. Each night we'll taste and compare wines from around the world: U.S., Germany, Italy, France, and other popular wine growing regions. Wine fees included.

photography

Hit me With Your Best Shot:

Today's Digital Photography (#4-185)

- sec 1) Mon, Oct 8, 15, 22, 296:00-8:00p
- sec 2) Wed, Jan 16, 23, 30, Feb 6.....6:00-8:00p

St. Margaret's Episcopal Sam Giannavola \$149

These days we're taking photos with our cell phones and tablet devices in addition to our stand alone digital cameras. This class addresses the elements that comprise really good photography; learn how to take meaningful and good looking photographs with your digital camera, and other devices you are using. You'll learn fun and exciting new ways to use your cameras in this highly interactive class.

Portrait Photography Workshop (#4-190)

- Sat, Nov 3.....12:00-4:00p

William Feingold Camack Community Hall \$79

Be your own best photographer this holiday season! Designed for experienced students who already know how to use the various functions of their camera. This workshop is devoted solely to portrait photography; covers background, lighting, posing, and using digital enhancements to give your portraits that professional quality.

photoshop

Introduction to Photoshop (#4-195)

- sec 1) Oct, Wed, 3, 10, 17, 24.....6:00-8:00p

St. Margaret's Episcopal

- sec 2) Mon, Jan 21, 28, Feb 4, 116:00-8:00p

First Church of Nazarene Sam Giannavola \$169

Covers setting up the work area, working with selections, and layer basics. You'll learn how to navigate through the menus and use the tools; marquee, lasso, and the magic wands. We'll use a training software applicable for users of all versions of Photoshop; applicable to PC and Mac users alike. *Hands-on computer class; bring your laptop.*

**Important! Where multiple sections of courses
are listed, this refers to the same class, offered
at different times. Choose the section that
works best for you.**

draw & paint

with Nathaniel Dailey

Beginning Drawing Workshop (#5-200)

- sec 1) Mon, Sept 17, 24, Oct 16:00-8:00p
St. Margaret's Episcopal \$79
- sec 2) Tue, Jan 15, 22, 296:00-8:00p
First Church of the Nazarene \$79

Yes, you can draw! You'll learn techniques and basic design principles in a relaxed, supportive environment. Covers perspective and proportion, with demonstrations and class exercises. Strongly recommended for students taking our painting classes who have little experience. Supplies about \$5.

Mixed Media Exploration (#5-205)

- sec 1) Tue, Oct 2, 9, 16, 23, 306:00-8:00p
St. Margaret's Episcopal \$159
- sec 2) Sat, Feb 2, 9, 16, 23, Mar 2...10-noon *Studio*
 You'll explore exciting ways of combining different painting and drawing mediums, with emphasis on textural elements and layering of non-traditional material. Supplies, about \$30.

stained glass & pottery

Beginning Stained Glass (#5-220)

- Tue, Jan 22, 29, Feb 5, 23, 29, 266:00-9:00p
Maribeth Anders, First Church of the Nazarene \$189
- Delve into the the art of stained glass construction using the copper foil technique. Choose a simple design, and proceed step by step with cutting, foiling, assembling, and soldering your own unique piece of art. Great for timeless theme decorations, or one of a kind holiday gifts. Course tools, supplies, and glass, approximately \$165.

golf clinics

Small group clinics with PGA Pro Ann Baker

*Clinics are held at the Country Club of Arkansas
 3 Country Club Rd. Maumelle
 \$179 Includes balls and range fees.*

Beginning Golf Clinics (#6-230)

- Covers basic golf concepts, including grip, stance, swing fundamentals, putting, chipping, and fairway, woods and course management. Four sessions. \$179
- sec 1) Tues, Sept 25, Oct 2, 9, 16.....5:30-6:45p
- sec 2) Sat, Nov 10, 17, 24, Dec 1.....1:00-2:15p

Intermediate Golf Clinics (#6-235)

- Focuses on swing fundamentals and course management, with emphasis on short game, putting, iron and wood accuracy, and trouble shots. Four sessions, \$179.
- sec 1) Thur, Sept 27, Oct 4, 11, 185:30-6:45p
- sec 2) Sat, Nov 10, 17, 24, Dec 12:30-3:45p

fly fishing

Introduction to Fly Fishing (#6-240)

- Wed, Oct 3, 10, 17, 246:00 - 8:00 p.
Tom Hawthorne The Ozark Angler \$159
- More than a just hobby, more than a sport, fly fishing is an Art! And it doesn't get much better for fly fishing than the beautiful Arkansas Fall season! Get an introduction to fly fishing for trout, bass, and pan fish. Includes discussion of fly rods and reels, line sizes, leaders and knot tying, flies, equipment care, casting instruction - and how to find fish!

Beginning Oil Painting (#5-210)

- sec 1) Thur, Oct 11, 18, 25, Nov 1, 86:00-8:00p
- sec 2) Tue, Feb 5, 12, 19, 26, Mar 5.....6:00-8:00p
St. Margaret's Episcopal \$159

An introduction to oil painting covering composition and form, color theory, and illusion of depth and surface quality with demonstrations of various painting styles and techniques. Work at your own pace in a comfortable, casual environment. Experienced students welcome. Supplies about \$50.

Beginning Watercolor & Acrylic Painting (#5-215)

- sec 1) Tue, Oct 9, 16, 23, 30, Nov 66:00-8:00p
First Church of the Nazarene
- sec 2) Wed, Feb 6, 13, 20, 27, Mar 6..... 6:00-8:00p
St. Margaret's Episcopal \$159

Watercolor and acrylic painting is incredibly relaxing and satisfying, and this class is geared for beginning and returning students alike. Each class consists of demonstrations, exercises, and personalized instruction that makes sharing the joy of painting fun and easy! Supplies about \$45.

Beginning Handbuilding (#5-225)

- Thur, Sept 27, Oct 4, 11, 186:00 - 8:00p
Jeannie Clifton, Cliff Studios Cammack Hall \$139
- Roll up your sleeves and learn the basics of working with clay, and traditional handbuilding techniques. We'll create a pinch pot, a coil pot and one-of-a-kind hand-made, stamped tiles! And after your treasures are fired - you paint them! Materials fees: \$45, includes firing.

sewing

Beginning Sewing (#7-245)

- sec 1) Mon, Oct 15, 22, 296:00-8:30p
- sec 2) Thur, Jan 17, 24, 31.....6:00-8:30p
J. Zig Hill St. Margaret's Episcopal \$114
- We'll start with the basics of sewing, and you'll leave with a pair of pajama pants that you made all by yourself! Learn how to thread and care for your machine, how to read, measure and adjust a pattern for fit, layout and cutting techniques, and garment construction. Bring your sewing machine to class. Three sessions.

Intermediate Sewing (#7-250)

- sec 1) Tues, Nov 6, 13, (skip 20), 27...6:00-8:30p
- sec 2) Thur, Feb 21, 28, Mar 7 6:00-8:30p
J. Zig Hill St. Margaret's Episcopal \$114
- For continuing students, or those with some sewing experience. You'll focus on intermediate garment construction, including more advanced measuring and fitting techniques for your class project. Learn how to use different attachments for your sewing machine, and how to install zippers and make buttonholes. Three sessions.

language

Conversational Italian I (#8-255)

- sec 1) Tues, Oct 9, 16, 23, 30, Nov 6, 13
- sec 2) Mon, Jan 21, 28, Feb 4, 11, 18, 25.
 6:00-7:30p *Virginia Cooper*
First Church of Nazarene \$149
- Some call it our "Survival Italian" class - a "must" for anyone traveling to Italy! Or great for anyone who wants to learn basic language skills, including pronunciation, simple present tense communication, and commonly used conversational phrases. And you'll learn a little about Italian culture and travel tips along the way too. Required text, about \$12.

Conversational Spanish I (#8-260)

- sec 1) Wed, Oct 3, 10, 17, 24, (skip 31), Nov 7, 14
- sec 2) Thur, Jan 31, Feb 7, 14, 21, 28, Mar 7
 6:00 - 7:30p *Mira Svetloma St. Margaret's* \$149
- Whether you need basic conversational skills or you're looking to learn Spanish as a second language, you'll benefit from learning specific language functions of daily life. Learn the Spanish alphabet, pronunciation, greetings and basic vocabulary. Great for travelers. Required text, about \$12.

exam preparation

An investment of time now can pay huge dividends down the road...additional points can literally mean thousands of dollars in scholarship money! Best case scenario, we recommend that you begin taking the prep classes in your **sophomore** or **junior** year, and take the actual exams several times, to attain your highest score. You can repeat any or all the prep class you've enrolled for, any time it is held, for a \$35 re-enrollment fee. With your commitment and our resources, we can help boost your scores!

ACT EXAM PREP COURSES

Increase speed and accuracy by reviewing math and verbal concepts, and practice with simulated exams and in-class exercises. *Course fees: \$499 for a single registration; \$479 each for two registering together; or \$459 each for three or more registering together. Includes all course materials and practice testing.*

ACT classes held at the Cammack Community Hall, 2710 N. McKinley.

PREP FOR OCTOBER 27, 2012 ACT EXAM

(#9265-1) Exam registration deadline: Sept 21, 2012
 Practice Test: Saturday, Sept 8
 Mondays, Sept 17, 24, Oct 1, 8, 15, 22 6-8p
 Relax and Review: Friday, Oct 26.....6-8p

PREP FOR DECEMBER 8, 2012 ACT EXAM

(#9265-2) Exam egristration deadline: Nov 2, 2012
 Practice Test: Sat, Oct 13
 Thursdays, Oct 25, Nov 1, 8, 15, 29, Dec 6
 Relax and Review: Friday, Dec 76-8p

PREP FOR FEBRUARY 9, 2013 ACT EXAM

(#9265-3) Exam registration deadline: Jan 11, 2013
 Practice Test: Sat, Jan 12
 Mon/Thur Jan 14, 17, 21, 24, 28, Feb 4
 Relax and Review: Friday, Feb 86-8p

PREP FOR APRIL 13, 2013 ACT EXAM

(#9265-4) Exam registration deadline: Mar 8, 2013
 Practice Test: Sat, Feb 16
 Thur, Feb 21, 28, Mar 7, 14, (skip 21), 28, Apr 4
 Relax and Review: Friday, Apr 12...6-8p

PREP FOR JUNE 8, 2013 ACT EXAM

(#9-265-5) Exam registration deadline: May 3, 2013
 Practice Test: Sat, Apr 6 6-8p
 Mon, Apr 15, 22, 29, May 6, 13, 20, (skip 27), June 3
 Relax and Review: Friday, June 7...6-8p

SAT EXAM PREP COURSES

If you are thinking of attending college out of state, most are looking at your SAT scores. Each of these review sessions introduces a particular type of question on the exam. Students will learn effective strategies for coping with math and verbal problems through extensive practice with actual past SAT questions. Includes plugging in math answers, estimating, using diagrams, previewing, reading passages and questions on critical reading, and focusing on common errors in the writing section. Includes a Practice Test prior to the first review session, which is strongly recommended.

Course fees: \$579 for a single registration; \$559 each for two registering together; or \$539 each for three or more registering together. Fee includes all course materials and practice testing.

SAT classes are held at the First Church of the Nazarene, 1200 N.Mississippi (Mississippi and Evergreen, Mid-Towne area).

PREP FOR DECEMBER 1, 2012 SAT EXAM

(#9270-1) Exam registration deadline: Nov 1, 2012
 Practice Test: Saturday, Sept 29 9a-1:30p
 Mon, Oct 15, 22, 29, Nov 5, 12, 19, 26 6-8p

PREP FOR MARCH 9, 2013 SAT EXAM

(#9270-2) Exam registration deadline: Feb 8, 2013
 Practice Test: Saturday, Jan 12 9a-1:30p
 Tues, Jan 22, 29, Feb 5, 12, 19, 26, Mar 5 6-8p

666.0759

www.extendedlearning.org

A.E.L.C.

Arkansas Extended Learning Center
P.O. Box 7507
Little Rock, AR 72217-7507

easy online or telephone
registration

666.0759

www.extendedlearning.org

PRSR STD
US POSTAGE

PAID

N LITTLE ROCK, AR
Permit #641

2012-13 FALL & WINTER

Schedule of Classes

A.E.L.C. Fall/Winter Course Locations

Ageless Health & Fitness 12600 Cantrell Rd. 72223
All American Upholstery 6311 Old Highway 67 72023
The Anthony School 7700 Ohio Street 72227
Bella Flora 14710 Cantrell Road 72223
Cammack Community Hall 2710 N. McKinley 72207
Country Club of AR 3 Country Club Maumelle 72113
First Church of the Nazarene 1200 N. Mississippi
(Mississippi & Evergreen Streets (Mid-Towne) 72207
The Ozark Angler 13205 Chenal Parkway 72211
Regeneration Fitness 117 E. Broadway 72201
St. Margaret's Episcopal 20900 Chenal Valley Dr 72223

*Think A.E.L.C. Gift Certificates this holiday season!
For any amount, for everyone on your list!*

HOW TO REGISTER FOR CLASSES: Regular registration begins in September and runs throughout the semester. We aim to please, but classes are filled on a first-come, first-served basis. Phone lines are busy during registration; please leave a message and we will call you back promptly. Or, register online at <http://www.extendedlearning.org> for quick, easy enrollment. Please register early to avoid disappointment.

COURSE PAYMENT: A processing fee of \$5 is assessed each time you register for a class, so if you are taking more than one class, register and pay for them at the same time and save! Course payments may be made by check, money order, or credit card (Visa and MasterCard accepted). Payment must be made before your space is guaranteed in a class. Unless otherwise noted, materials fees, where applicable, are paid to the instructor, or supplies are purchased by the student.

REGISTER BY MAIL: Please include your name, postal address, phone number, email address, and the course(s) and section number(s) you are registering for. Mail payments to: AR Extended Learning, P.O. Box 7507, Little Rock, AR 72217-7507. If you mail in a credit card payment, please include your credit card number, expiration date, billing address, and 3-digit code.

CANCELLATIONS, TRANSFERS & REFUNDS: Once you register and pay for a class, that space is officially yours. To qualify for a 50% refund of your course fee, or to transfer to a different class, please notify our office at least five working days prior to the first class meeting (a \$15 transfer fee will be assessed). Should A.E.L.C. cancel a class, you will receive a full refund of your fees. Substitutions are permitted; please notify us in advance.

REGISTRATION CONFIRMATIONS: Confirmation notices are emailed to paid participants the week prior to the first class meeting, and include detailed directions to the facility in which your class is held. If you do not receive your confirmation notice, contact our office to make sure your registration was properly processed. Please phone or email us at any time if you have questions about the status of your registration.

CLASS LOCATIONS AND PARKING: All locations and classroom assignments not listed in this schedule will be included in your confirmation notice. Arkansas Extended Learning reserves the right to reschedule, combine, cancel, or relocate any class based on minimum enrollment requirements and available facilities.

fitness & dance

Intro to Ballroom Dance (#7-275)

sec 1) Wed, Sept 26, Oct 3, 10, 17, 24...6:30-8:00p
sec 2) Wed, Jan 16, 23, 30, Feb 6, 13...6:30-8:00p
Lisa Kirkpatrick Cammack Hall \$99
"Dancing with the Stars" has given the young and the young-at-heart a serious case of "Dance Fever!" Put on your dancin' shoes and get an introduction to the Waltz, Foxtrot, Tango, and Rumba. Learn ballroom dance rules and basic patterns for each dance. No experience or partner needed. Attend with a friend for \$169/pair.

Nightclub and Latin Dance (#7-280)

sec 1) Wed, Nov 7, 14, (skip 21), 28, Dec 5, 12...6:30-8p
sec 2) Wed, Feb 20, 27, March 6, 13, 20...6:30-8p
Lisa Kirkpatrick Ageless Health & Fitness \$99
Everyone is doing it, and you can too...get in on the hottest dance moves around! Learn the Eastern Swing, Hustle, the Foxy (Nightclub Slow Dance), and the Salsa! No experience or partner needed. \$169/pair.

Beginning Belly Dancing (#7-285)

sec 1) Thurs, Oct 11, 18, 25, Nov 1, 8, 15
sec 2) Thurs, Jan 10, 17, 24, 31, Feb 7, (skip 14), 21.
6:30-7:30p Raye Ageless Health & Fitness
12600 Cantrell \$109
It's mysterious, exotic, fun. And it's a fantastic workout - come see why belly dancing has skyrocketed in popularity! You'll learn basic moves, arm, foot, and legwork, and hip movements. A fantastic, enjoyable workout for all ages, shapes and sizes.

Cardiokickboxing (#7-290)

Sept/Oct/Nov/Dec/Jan/Feb
Ageless Health & Fitness
12600 Cantrell Road Holly Roper
Mon 5:30p Tues 6:00a Wed 6:00a & 5:30p
Thurs 6:00a Sat 8:30a (Wkds 45 min & Sat 60 min)
Open enrollment; attend 6 sessions for \$69
Aerobic exercise (high or low impact) combined with martial arts techniques equals one great workout for waist, hips, and thighs - a fun way to burn calories!

Ladies' Small Group Fitness Training

Sept/Oct/Nov/Dec/Jan/Feb (#7-295)
Ageless Health & Fitness 12600 Cantrell Rd (WLR)
Open enrollment, sign up any time of the month
Mon/Wed/Fri \$200 per person
sec 1) 6:00 - 7:00 a.m. Holly Roper
sec 2) 12:00 - 1:00p.m. Tara Rollins
Ladies, devote four weeks (twelve consecutive sessions) to a better, fitter you! These SMALL one-on-one sessions offer the guidance, support, and accountability of personal training, at a fraction of the cost. Our trainers will customize your sessions and carefully work around any physical limitations or injuries. Tone up or boost your diet plan with regular supervised workouts and watch the inches fall away! Train with a buddy or your small group and save! \$200/individual, \$375/pair, or \$450/three or more registering together. **Contact us about alternate times for pairs and small groups.**

Yogalates (#7-300)

Mon & Wed 6:00-7:15p and Sat 10:30-11:45a
Open enrollment for six week period: attend once a week for \$89, or twice a week for \$169.
Regeneration Fitness 117 E. Broadway (Argenta)
Combine yoga and pilates and you've got an effective, efficient, total body workout. Movement and exercise combinations are designed to maximize strength, muscle tone, and flexibility while improving posture and conditioning. Mats and props provided.

Weight Loss Clinic (#7-305)

at Regeneration Fitness Argenta NLR
If you are serious about losing weight, you must incorporate a sensible, healthy diet plan with a fitness routine - and most of us who struggle need help. The fitness and nutrition experts at Regeneration Fitness will show you the gold standard for losing and maintaining weight loss. Small clinics offer the support of personal coaching, cooking and shopping tips combined with a structured exercise program to help you change your lifestyle - and your life! The hardest part is walking through the door. Contact us for clinic details, beginning in September.