

Lifelong Learning Upcoming Classes

April 2024



REGISTER TODAY!
308.635.6700 | go.wncc.edu/lifelonglearning



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SCOTTSSLUFF/GERING 308.635.6700

Adult Education

For more info, call 308.635.6769

WNCC Online Training ed2go.com/wncc

Class B Commercial Driver's License (CDL)

**TBD – Contact us for scheduling (M – F)
8:00 a.m. – 5:00 p.m., \$1300**

A two-week training course will prepare you to pass Nebraska's DMV test to obtain your Class B CDL. Requirements to enroll include:

- Complete the WNCC CDL class application and pass our driving record background check.
- Obtain your DMV Commercial Learner's Permit (CLP).
- Pass a DOT Drug Test.

We offer financial assistance to those who qualify.

Bushidokan™

Apr 1 – 29 or May 1 – 29 (M, W)

6:00 – 7:00 p.m.

Single: \$40; Family: \$55 (up to 3)

Ages: 8 and up

Monument Mall, CrossFit

Known as “an original U.S. MMA,” Bushidokan is deeply rooted in the history of American martial arts with multiple world titleholders and respected self-defense experts. Bushidokan has borrowed techniques from more than 10 different martial arts and three primary systems: karate, judo, and jujitsu. Recognized worldwide for its self-defense, Bushidokan’s tactics have been tested in diverse situations including life-or-death defense by citizens, law enforcement, and elite military groups such as Green Berets, Rangers, Navy SEALs, and others. Men, women, children, law enforcement, and military are encouraged to attend. All are welcome!

Strength without Weights

Apr 4 – 25 (TH)

1:15 – 1:45 p.m. \$50

Instructor: Tenya Green is certified in POP Pilates®. Students are encouraged to bring a yoga mat.

The Strength without Weights class will target the entire body through basic movements. By combining strength training and cardio, it is more effective than doing a steady state of exercise where you keep your heart rate within your aerobic zone. Push yourself out of your exercise comfort zone to get faster results and increase the number of calories you burn, not only during exercise but after as well. This class is for all fitness levels but is geared toward those who are new to exercise and ready to make healthy changes. Classes are held in a carpeted room; students may bring a yoga mat if preferred. You'll learn proper form and different options to implement when needed.

Pop Pilates®

Apr 5 – 26 (F)

12:15 – 12:45 p.m., \$50

Instructor: Tenya Green is certified in POP Pilates® Students are encouraged to bring a yoga mat.

POP Pilates® is where strength meets flexibility. Think of highly focused movements that leave your body toned and transformed. This isn't your average workout. It's a dance on the mat. Classes are held in a carpeted room; students may bring a yoga mat if preferred.

Signs of Spring

Apr 6 (S)

1:00 – 4:00 p.m., \$45

Instructor: Sara Spencer

Registration Deadline: Apr 3

Let's celebrate spring! Join us and paint your own wooden door sign to hang in your home or office. You'll be provided with a solid wood sign, painting materials, and guidance to make it your own!



Heart Saver CPR & First Aid

Apr 8 (M) 1:00 – 4:00 p.m., or

May TBD (M) 6:00 – 9:00 p.m. \$70

Heart Saver First Aid class is designed for anyone with limited or no medical training who needs the course completion card to meet employment, regulatory, or other requirements. This includes daycare workers/owners, OSHA-compliant factory employees, government office workers, teachers, etc. The general public is also welcome. Upon completion, participants receive an American Heart Association Heart Saver First Aid Course Completion Card which is valid for two years.

Gardening

Apr 8, 10 (M, W)

6:00 – 7:30 p.m., \$23

Instructor: Sara Spencer

Registration Deadline: Apr 5

Jealous of your neighbor's juicy tomatoes? Have you always wanted your own vegetable garden but did not know where to start? Over these two nights we are going to break down the daunting task of starting a garden. We will cover topics like starting from seed or buying plants, what and when to plant, where to plant, liquid and dry fertilizers and so much more. Get ready to enjoy some fresh produce and experience the pride that comes with growing your own food!



Jump Start on Couples Dance

Apr 8 – 29 (M)

6:30 – 8:00 p.m., \$130 per couple

Learn basic couples dance steps such as two-step/foxtrot, shuffle step/polka, waltz, and swing. This includes four weeks of couples dance classes and tickets for two to WNCC Instrumental Music's annual Jump, Jive & Swing dinner and dance.



Love your Guts Sourdough Bread Workshop

Apr 9 (T)

6:00 – 8:00 p.m., \$25

Did you know that 70 percent of your immune system starts in your gut? And did you also know that good foods like veggies and sourdough bread feed a healthy gut? Yes, some breads and carbs are actually good for you! In this workshop you will learn about the relationship between function food (like delicious sourdough breads) and a healthy gut. Plus, you'll make your very own sourdough loaf to take home and bake later and a sourdough starter from a 103-year-old "sourdough Mutha" so you can keep making yummy and healthy sourdough for years to come!

You'll need to bring:

- A large mixing bowl
- A strong mixing spoon
- 4.5 cups bread or all-purpose flour
- An empty wide mouth jar with ring or rubber band

Mod Podge

Apr 13 (S)

8:30 a.m. – 12:30 p.m., \$30

What is reverse Mod Podge? Come learn in a beginning class for Mod Podge. You will learn how to repurpose glass, wood, plastic, metal and other items by using Mod Podge. We will apply beautiful napkins, wrapping paper, fabric, and pictures downloaded from the internet with Mod Podge. There are so many ways to decorate and embellish everyday items. You will also learn how to drill a hole in the bottom of a bottle so you can put fairy lights in through the bottom and have your project glow! The instructor has many years of mod podge experience and will provide all materials for students to go home with their own beautiful, original project.



Crochet Patterns

Apr 13 (S)

1:00 – 4:00 p.m., \$35

Registration Deadline: Apr 11

Join us to advance your crochet skills. We are going to learn to read more complex patterns to make samples of the different stitches you can use for larger projects. Examples include the granny square, chevron pattern, and post stitches. Join us to see the cool things you can create!



Women as Warriors

Apr 18 (TH)

5:30 – 8:30 p.m., \$25

Must be 16 or older to participate
Monument Mall, CrossFit

Women as Warriors: How to Survive a Deadly Attack is focused on teaching survival skills for worst-case self-defense scenarios. We will cover the nitty-gritty, down and dirty tactics you need to survive a deadly attack as well as the soft skills of avoidance, escape, and evasion. When you can't talk your way out and they won't let you walk out – you must take them out! Wear comfortable workout clothes and shoes.



The Very Basics of Crochet

Apr 20 (S)

9:00 a.m. – 12:00 p.m., \$35

Registration Deadline: Apr 18

Curious about crochet? Bring that curiosity and leave with the skills and tools needed to make your own pieces! In this class you will learn the basics of crocheting: how to pick your yarn and hooks, chain, turn, and single crochet. Attend solo or make it a fun outing with your friends, mom, teens, or anyone special.



Love your Guts Sourdough Bread Workshop

Apr 20 (S)

9:00 – 11:00 a.m., \$25

Did you know that 70% of your immune system starts in your gut? And did you also know that good foods like veggies and sourdough bread feed a healthy gut? Yes, some breads and carbs are actually good for you! In this workshop you will learn about the relationship between function food (like delicious sourdough breads) and a healthy gut. Plus, you'll make your very own sourdough loaf to take home and bake later and a sourdough starter from a 103-year-old "sourdough Mutha" so you can keep making yummy and healthy sourdough for years to come!

You'll need to bring:

- A large mixing bowl
- A strong mixing spoon
- 4.5 cups bread or all-purpose flour
- An empty wide mouth jar with ring or rubber band

Beginning Excel

Apr 22 – 25 (M, T, W, TH)

6:00 – 7:30 p.m., \$45

(Students must bring a flash drive)

Registration Deadline: Apr 19

Are you ready to bring some organization to your life? Excel is a spreadsheet program with all the capabilities you can imagine. In this beginner course

we are going to go over the basics to get you started. We'll go over how to create workbooks and worksheets, how to enter data, basic formulas, formatting, and more. This is a great class to get you started and familiar with the program! Basic computer skills are required to take this class.

The Intelligent Investor

Apr 24 – May 29 (W)

6:00 – 7:30 p.m., \$40

Instructor: Taylor Copas

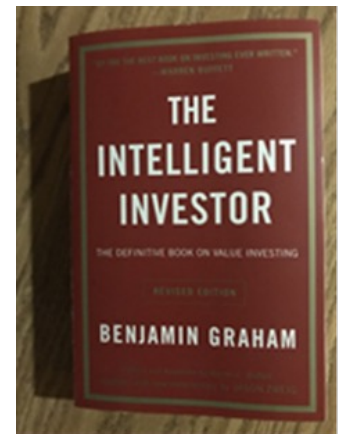
Please join us for a lively discussion on the book, *The Intelligent Investor*. The class will read 2-3 chapters per week and discuss and review during the next class session. We will discuss the emotional framework and analytical tools that are key to financial success. We will learn to:

- 1) Think of a stock not just as a ticker symbol but as buying a share of a business.
- 2) Avoid areas of irreversible losses.
- 3) Capitalize on the odds of achieving sustainable gains and maximize the behavior of investors to obtain their full potential.

The principles in this book, laid out years ago, are even more true today. Take control of your financial future and reap the rewards of Benjamin Graham's wisdom. Whether you are a seasoned professional or just starting out in your investment career, we can all learn from the concepts of *The Intelligent Investor*. "I read the first edition of this book early in 1950, when I was 19. I thought then that it was by far the best book about investing ever written. I still think it is."

- Warren E. Buffett

Books are required for this class and can be purchased on Amazon for under \$15. ISBN 978-0-06-055566-5.



Asbestos Type 1 Awareness Training (2 HR)

Apr 24 (W)

8:00 - 10:00 a.m., \$50

This training is for maintenance and custodial staff involved in cleaning and minor maintenance tasks where ACM may be accidentally disturbed. Two-hour Asbestos Awareness Training may include such topics as:

- Background information on asbestos
- Health effects of asbestos
- Worker protection programs
- Locations of ACM in the building
- Recognition of ACM damage and deterioration
- The O&M program for that building

Asbestos Type 1 & 2: Special O&M Training (16 HR)

Apr 24 & 25 (W, Th)

8:00 a.m. - 5:00 p.m., \$250

This training is for maintenance and custodial workers involved in general maintenance and asbestos-containing material repair tasks. For example, the job may involve repair or removal of a small section of damaged thermal system insulation, or the installation of electrical conduit in an air plenum containing ACM or ACM debris. This training generally lasts at least 16 hours. Special O&M training involves more detailed discussions of the topics included in Type 1 training as well as:

- Federal, state, and local asbestos regulations
- Proper asbestos-related work practices
- Descriptions of the proper methods of handling ACM, including waste handling and disposal
- Respirator use, care, and fit testing
- Protective clothing donning, use and handling
- Hands-on exercises for techniques such as glove bag work and HEPA vacuum use and maintenance
- Appropriate and proper worker decontamination procedures

Gardening

Apr 27 (S)

1:00 – 4:00 p.m., \$23

Instructor: Sara Spencer

Registration Deadline: Apr 25

Jealous of your neighbor's juicy tomatoes? Have you always wanted your own vegetable garden but did not know where to start? We will break down the daunting task of starting a garden. We will cover topics like starting from seed or buying

plants, what and when to plant, where to plant, liquid and dry fertilizers and so much more. Get ready to enjoy some fresh produce and experience the pride that comes with growing your own food!



Macramé Plant Holders

May 1 (W)

6:00 – 9:00 p.m., \$30

Registration Deadline: Apr 29

Want a great, personalized gift idea? Or do you just need more room for all your plants? Join us and learn how to design and make your own macramé plant holder. You will learn the basic knots and how to create different styles, then take home your creation.



Supervisor and Manager Series: How to Create a Culture with High Employee Performance and Engagement (Zoom class)

May 6 (M)

8:30 – 10:00 a.m., \$85

Instructor: Jamie Weingart

Registration deadline: Apr 29

A leader's impact will be determined by their empowerment abilities. Participants will discover and discuss the value of employee engagement in team performance. Participants will learn the qualities of highly engaged work teams, then develop ideas and strategies that will help them to enhance team performance within their individual organizations. Materials include digital workbook, digital copy of ppt slide deck, 90 minutes of certified training content, actionable tools and resources for immediate impact, open Q&A, and certificate of completion... all presented in a live, online, instructor-led format.

Beginning Excel

May 6 – 15 (M, W)

6:00 – 7:30 p.m., \$45

(Students must bring a flash drive)

Registration Deadline: Jan 19

Are you ready to bring some organization to your life? Excel is a spreadsheet program with all the capabilities you can imagine. In this beginner course we are going to go over the basics to get you started. We'll go over how to create workbooks and worksheets, how to enter data, basic formulas, formatting, and more. This is a great class to get you started and familiar with the program! Basic computer skills are required to take this class.



Macramé Shelves

May 11 (SA)

9:00 a.m. – 12:00 p.m., \$35

Registration Deadline: May 8

Macramé is back in fashion! Join us and learn how to design and make your own hanging shelves. You will learn the basic knots and how to create different styles as well as make and take home your creation!



Beginning Sign Language (Zoom or in Person)

May 14 – Jun 11 (T)

6:00 – 9:00 p.m., \$35

Alliance, Scottsbluff, and Sidney

This course utilizes a practical approach to teaching vocabulary, grammar, everyday applications of sign language, and aspects of deaf culture. We work toward becoming familiar and comfortable with grammatical features of American Sign Language and body/ facial expressions. This interactive class is for beginners and those who are looking to refresh their expressive and receptive sign skills.

Bob Ross Painting

May 18, or Jun 15 (S)

9:00 a.m. – 2:00 p.m., \$75

Bob Ross believed that everyone who wanted to paint could paint like a natural with the right tools and a little encouragement. Come and experience the joy and confidence of painting a beautiful landscape using the Ross wet-on-wet technique. Please bring a roll of paper towels to this class.

May 18



Jun 15



Game Day

May 31 (F)

7:45 – 12:15 p.m., \$45

Ages: 7 – 12

Let's get ready to play! We're going to spend the morning outside playing a variety of yard games and sports. We are going to get active and have a "ball!" Please sunscreen your kids before drop-off and send a water bottle with them.

Motorcycle Safety Training

Basic Rider Course

See [Bit.ly](https://bit.ly/321mctraining) link below for current dates.

8:00 a.m. – 5:00 p.m., \$250

Instructor: Abby Spaedt

A driver's license is required to take this course.

This is a Motorcycle Safety Foundation and State of Nebraska certified motorcycle training course. This Basic Rider Course (BRC) is designed to coach beginning rider's basic skills and motorcycle safety. Motorcycles are provided, and students need only provide basic protective gear; helmets can be borrowed if needed. Upon successful completion of the BRC, participants are awarded a completion card that waives DMV testing requirements for a motorcycle endorsement. There are three components to the class. Students must complete a three-hour online e-course before the class starts. There are five hours of classroom time and 10 hours of riding on site at the WNCC campus. Go to 321mctraining.com for more information and tips for success. To register for this class, go to <https://bit.ly/321brc>

Supervisor and Manager Series: How to Coach and Develop Your Employees (Zoom class)

Jun 3 (M)

8:30 – 10:00 a.m., \$85

Instructor: Jamie Weingart

Registration deadline: May 28

According to Gallup's research, the next generation of workplace employees will perform their best work under the leadership of "a coach and people-developer", rather than a "boss." In this session, participants will learn how to lead their employees to higher levels of productivity and performance through research-based employee development conversations and strategies. Materials include digital workbook, digital copy of ppt slide deck, 90 minutes of certified training content, actionable tools and resources for immediate impact, open Q&A, and certificate of completion... all presented in a live, online, instructor-led format.

Kids in the Kitchen Week

Jun 3 – 6 (M – TH)

12:45 – 4:00 p.m., \$30/day or \$100/week

Ages: 7 – 12

Chef's Delight (Monday and Tuesday)

This course is sure to be a delightful experience for young aspiring chefs. Several educational skills are enhanced as they share stories, participate in cooking experiences, and learn about kitchen safety and dining etiquette. Participants

will have opportunities to practice math and reading skills, learn science concepts, and develop good work habits as they work cooperatively in groups. What better motivator for learning than a good story and fun food?

Cupcake Boss (Wednesday and Thursday)

Cupcakes are simply irresistible single serving of delicious cakes and frosting dressed up in perfect little packages. In this course, student chefs will participate in several “challenges” to see who the “boss” of each challenge is. Some of the challenges are individual challenges and some are group challenges. Lots of frosting and fun will be had in this course.

Safe Babysitting Clinic (16 Hours)

Jun 6 & 7 (TH, F)

7:45 a.m. – 4:00 p.m., \$65 (includes lunch)

Ages 10 – 15

Earn a certificate for 16 hours of training from our Safe Babysitting Clinic. American Heart Association instructor Sheila Clemens will teach the Family and Friends CPR for adult, child, and infant; basic first aid; choking rescue techniques; and use of an AED. Babysitting instructor Janelle Anderson, Home Visitor for Sixpence at Scottsbluff Public Schools, has a master's in education with an endorsement in early childhood special education. Participants will learn behavior guidance techniques, age-appropriate expectations, negotiating pay, and early childhood education opportunities. Hands-on activities include making snacks, mixing formula, diapering, and making learning games for children. Lunch is provided, or participants can bring their own lunch.

Paint Party – Monster Trucks

Jun 10 (M)

7:45 – 12:15 p.m., \$50

Instructor: Karan Jump

Registration Deadline: Jun 7

Ages: 7 – 13

Come enjoy a day of fun and painting. You will get to be creative deciding your own colors and design choices. This painting class is for everyone who enjoys being creative and getting a little messy. All supplies are furnished. Choose one of the pictures above to paint.



Or



Innovate, Create, & Explore Week

Jun 10 – 13 (M – TH)

12:45 – 4:00 p.m., \$30/day or \$100/week

Ages: 7 – 12

CSI: Crime Scene Investigations (Monday)

Are you a sleuth? Do you want to become one? If you would like to learn more about solving crime, this is the course for you! Participants meet crime-fighting professionals and learn their secrets. Students learn the art of fingerprinting, hair analysis, and other trace evidence left at the scene of the crime. It would be a crime to miss this camp.

Goopy, Gross, and Green (Tuesday)

In this course, participants create things that ooze, bounce, and squish! Campers take part in hands-on goopy, gross, and green fun science and art projects. Prepare to make a mess and have tons of fun.

Jurassic Journey (Wednesday)

Participants explore the mysteries of dinosaurs and prehistoric times through books, websites, and activities. Participants' learning is enhanced with several science skills including probability, biodiversity, and archeology. Come and join the fun of this Jurassic Journey!

Dream Builders (Thursday)

Are you a master LEGO builder? Would you like to become one? This course encourages participants to explore their creativity and skills building with LEGO. Participants enhance their imagination as they unleash their inner LEGO builder. All building levels welcomed!

Paint Party – Turtles & Mermaid Tail

Jun 13 (M)

7:45 – 12:15 p.m., \$50

Instructor: Karan Jump

Registration Deadline: Jun 11

Ages: 7 – 13

Come enjoy a day of fun and painting. You will get to be creative deciding your own colors and design choices. This painting class is for everyone who enjoys being creative and getting a little messy. All supplies are furnished. Choose one of the below pictures to paint.



or



All About Air

Jun 14 (F)

7:45 a.m. – 12:15 p.m., \$45

Ages: 7 – 12

Air is all around us. We breathe it, we feel it, and we even have it in us! Airflow can generate power, drag, and help make things fly! Join us as we learn about and harness the power and properties of air.

- Gliders (kits from the college)
- Paper airplane contest
- Color pin wheels
- Straw airplanes
- Egg drop
- Bird balloons

Astronomy Week

Jun 17 – 20 (M – TH)

12:45 – 4:00 p.m., \$30/day or \$100/week

Ages: 7 – 12

Planets Day (Monday)

Participants will learn about all the planets in our great solar system. They will explore the planets through videos and in creating books. They will make planets posters using different art mediums. Participants will use sidewalk chalk to draw the solar system to help understand the scope and size of the solar system.

Moon Day (Tuesday)

There is so much to learn from the many moons of the solar system. In this course, participants will learn about the different phases of Earth's moon, they will make moon rocks and create renditions of the moon using puffy paint. Participants will also learn about moons of other planets in our solar system.

Constellation Day (Wednesday)

Calling all star gazers! In this course, participants will learn about stars and the many constellations in our universe. Participants will learn about constellations from books and videos. Then they will re-create constellations using foil stickers and marshmallows. By the end of this day, participants will have created their very own constellation. What will your constellation be?

Galaxy Day (Thursday)

To Infinity and Beyond! Do you wonder where Buzz Lightyear adventures of to? Participants will learn about the vastness of our galaxy. They will create their own galaxy in a jar. Are aliens real? Participants will explore their creativity in creating and naming their very own alien. This course is sure to be out of this world!

Beat the Heat

Jun 28 (F)

7:45 – 12:15 p.m., \$45

Ages: 7 – 12

Summer is at its peak and so are the temps! Join us in the AC for a morning of fun and games. We'll have a little of everything- board games, team games, and active games too. Come ready to play!

Supervisor and Manager Series: How to Manage Conflict, have Crucial Conversations, and build Individual and Team Accountability (Zoom class)

Jul 1 (M)

8:30 – 10:00 a.m., \$85

Instructor: Jamie Weingart

Registration deadline: Jun 24

Participants will discuss and examine conflict in the workplace with a focus on utilizing effective conflict resolution techniques, preventing conflict, building self-awareness, mediating conflict between others, and navigating difficult conversations. Materials include digital workbook, digital copy of ppt slide deck, 90 minutes of certified training content, actionable tools and resources for immediate impact, open Q&A, and certificate of completion... all presented in a live, online, instructor-led format.

Paint Party – Unicorn & Zebra

Jul 8 (M)

7:45 – 12:15 p.m., \$50

Instructor: Karan Jump

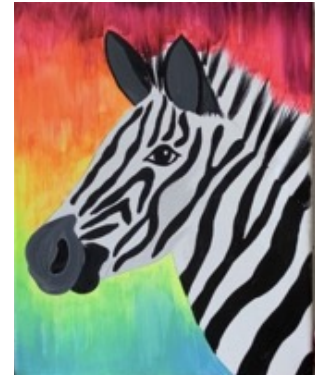
Registration Deadline: Jun 11

Ages: 7 – 13

Come enjoy a day of fun and painting. You will get to be creative deciding your own colors and design choices. This painting class is for everyone who enjoys being creative and getting a little messy. All supplies are furnished. Choose one of the below pictures to paint.



or



Butterflies and Moths of Nebraska

Jul 9 (T)

7:45 – 12:15 p.m., \$20

Ages: 7 – 12

What butterflies live in Nebraska (Scotts Bluff County)? What is their life cycle and what do they need to complete their life cycle (host plants)? Where do they spend the winter? We will learn all this and more about butterflies and moths. You will get to draw your favorite butterfly, create your own butterfly craft, with labeled body parts and create a bead caterpillar with colors to make it as true as possible. We will have lots of hands-on creations while learning all about butterflies, caterpillars, and moths. Come play Butterfly Bingo and create your own butterfly life cycle chart.

Paper Flowers & more...

Jul 10 (W)

7:45 – 12:15 p.m., \$20

Ages: 7 – 12

We will create flowers and more with coffee filters, old magazines, and other paper and cardboard materials. Coffee filter poppy flower, toilet roll flowers, cardboard and paper wall decorations, roses made from old clothing, magazines, and other repurposed materials are just a few options in this creative class. This is an origami upcycled! You can add embellishments to your origami flowers to put on a gift box. Come see what you can create.

Gardening with Nature

Jul 11 (TH)

7:45 – 12:15 p.m., \$20

Ages: 7 – 12

Are you starting to get curious about gardening and native plants? What about creating a garden for pollinators and learning how these insects benefit a garden? We will talk all about pollinator gardens, what plants attract

pollinators and how you can best arrange the plants in your new garden. We will draw a garden plan for a small space using native plants to help the pollinators and other insects that are beneficial to the environment. You can decide what butterfly you might want to see in your garden and design for that. You will take home seeds to plant in the fall. We will also have lots of hands-on activities, drawing, creating and even Lady Beetle Bingo.

Can we Build It? Yes, we Can!

Jul 12 (F)
7:45 – 12:15 p.m., \$45
Ages: 7 – 12

How tall can you build with toothpicks? What on Earth is a Rue Goldberg machine? How does a boat float? We are going to build a bunch of fun stuff and explore the science and engineering behind them.

- LEGO boat
- Toothpick tower
- Rue Goldberg Machines
- Paper arches
- Chain reaction craft sticks
- Air cars

All About the Arts Week

Jul 15 – 18 (M – TH)
12:45 – 4:00 p.m., \$30/day or \$100/week
Ages: 7 – 12

Cautions: Wet Paint (Monday)

Imagine, explore, discover, and create products using a variety of paint. Participants will use puffy paint, neon paint, liquid watercolors, pearl paints, glitter paint, and glow in the dark paint. Participants will learn about famous artists from around the world and emulate their famous works of art.

Marvelous Mosaics (Tuesday)

Participants will learn about the ancient art of mosaic and learn to make their own artwork using a variety of fun and unique materials. Participants cut, glue, read and create as they learn about how traditional and modern mosaics are created.

Duct Tape Dynasty (Wednesday)

Duct tape solves everything, right? Participants will use duct tape to decorate jars, composition books, pencil pouches, pencils, etc. Participants will also create various items such as wallets and flowers using only duct tape. Taking it one step further, participants are encouraged to do some research and learn how to make more difficult items using only duct tape. Today will give a new meaning to “sticky situations.”

Just Bead It (Thursday)

Beads, safety pins, leather, and paper clips, oh my! These are just a few of the

materials participants will explore and create within this course. Participants will create bracelets, rings, and necklaces for all occasions. They will also have the opportunity to embellish picture frames and create sharpie art to put in their frames.

Paint Party – Ice Cream Cone & Hot Air Balloon

Jul 22 (M)
7:45 – 12:15 p.m., \$50
Instructor: Karan Jump
Registration Deadline: Jun 11
Ages: 7 – 13

Come enjoy a day of fun and painting. You will get to be creative deciding your own colors and design choices. This painting class is for everyone who enjoys being creative and getting a little messy. All supplies are furnished. Choose one of the below pictures to paint.



or



Exploring K’NEX Week

Jul 22 – 25 (M – TH)
12:45 – 4:00 p.m., \$30/day or \$100/week
Ages: 7 – 12

Everyone agrees that K’NEX STEM building sets do a fantastic job promoting teamwork and sparking curiosity within boys and girls. Participants in this course will explore and create with a wide range of K’NEX building kits such as catapults, roller coasters, carnival rides and much more. Are you ready to imagine, build and play with K’NEX? This course is for you!

Science in a Jar

Jul 26 (F)
7:45 – 12:15 p.m., \$45
Ages: 7 – 12

Science experiments don’t have to be big, you can do them in a jar! We’re going to make it rain, learn about acidity, test the greenhouse effect, and more! These experiments may happen in a small space but their effects are fantastic! Come dressed for a mess and leave with some cool knowledge!

- Cloud in a jar
- Testing acidity with cabbage water
- Greenhouse effect- heat smores or another snack
- Cleaning pennies
- Galaxy in a jar
- Balloon skewer

Class A Commercial Driver's License (CDL)

Dates are Subject to Change
Aug 5 – 30 (M – F)
8:00 a.m. – 5:00 p.m., \$4750

A Class “A” Commercial Driver’s License (CDL) opens the door to a variety of high paying career opportunities. WNCC’s five-week training course will prepare you to pass Nebraska’s Department of Motor Vehicles written exam and driving skills test so you can obtain your Class A CDL. Classes fill up fast so call today. Requirements for enrollment include:

- Complete the WNCC CDL class application and pass our driving record background check.
- Pass a DOT Physical Exam.
- Obtain your DMV Commercial Learner's Permit (CLP). (WNCC offers CLP Exam Prep study courses).
- Pass a DOT Drug Test.

We offer financial assistance to those who qualify.



Asbestos Training

April 24 & 25, 2024
WNCC Harms Center
Registration: 308.635.6700



Asbestos Type 1 Awareness Training (2 HR) \$50

Wednesday, April 24
8:00 a.m. - 10:00 a.m.

This training is for maintenance and custodial staff involved in cleaning and minor maintenance tasks where ACM may be accidentally disturbed. Two-hour Asbestos Awareness Training may include such topics as:

- Background information on asbestos
- Health effects of asbestos
- Worker protection programs
- Locations of ACM in the building
- Recognition of ACM damage and deterioration
- The O&M program for that building

Asbestos Type 1 & 2: Special O&M Training (16 HR) \$250

Wednesday, April 24 Thursday, April 25
8:00 a.m. - 5:00 p.m. 8:00 a.m. - 5:00 p.m.

This training is for maintenance and custodial workers involved in general maintenance and asbestos-containing material repair tasks. For example, the job may involve repair or removal of a small section of damaged thermal system insulation, or the installation of electrical conduit in an air plenum containing ACM or ACM debris. This training generally lasts at least 16 hours. Special O&M training involves more detailed discussions of the topics included in Type 1 training as well as:

- Federal, state, and local asbestos regulations
- Proper asbestos-related work practices
- Descriptions of the proper methods of handling ACM, including waste handling and disposal
- Respirator use, care, and fit-testing
- Protective clothing donning, use and handling
- Hands-on exercises for techniques such as glovebag work and HEPA vacuum use and maintenance
- Appropriate and proper worker decontamination procedures



Become a healthcare professional in a medical laboratory with our Phlebotomy Technician Program (PMT)! As a phlebotomist, you will be the front-line member of the laboratory who collects patient samples for testing. In our program, you will learn how to draw blood, process specimens, and perform basic laboratory testing.

WNCC offers a NAACLS certified program to become a certified Medical Laboratory Technician (MLT), a phlebotomist (PBT) or both through our dual option.

- Phlebotomist (PBT) credentials and certificate (one semester)
- Medical Laboratory Technician (MLT) credentials and Associate of Applied Science Degree (two years)

Learn more today about an exciting new career as an MLT or Phlebotomist!

go.wncc.edu/mlt

Contact Us

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PHLEBOTOMY TECHNICIAN (PBT) PROGRAM

*Earn a Certificate and PBT
Credentials at WNCC*



**Western Nebraska
Community College**



TRAINERS WANTED

Workforce Development

Our Workforce Training business and professional classes throughout the Panhandle are taught by experts from our own communities.

If you have skills and experience in a vocational field, we want to hear from you. Our trainers are business owners, retirees, and full or part-time professionals.

Class times and schedules are flexible depending on the topic. Knowledge, passion for your subject and a desire to share it with others is all you need. We can even help you create your training content and materials.

Examples are software basics, customer service, budgets and financial reports, accounting basics, and business planning to name a few. And we're open to new ideas.

Professional certification is not required to instruct. Subject matter knowledge and the motivation to share are all that's required. Classes can be delivered at any of our three campuses or via webinar.

**If you are interested please call us at
308.635.6335.**