NORTHLAND CAREER CENTER



WINTER/SPRING 2024

COMMUNITY **EDUCATION**

foods









creative arts

ENROLL ONLINE AT www.northlandcareercenter.asapconnected.com

TECHNICAL & INDUSTRIAL

WELDING TECHNOLOGY - Open Lab

Class instructor Curt Claycomb has 30+ combined years of welding industry and teaching experience and is a Certificated AWS Inspector.

BASIC WELDING TECHNOLOGY

Lab instruction and hands-on applications provide the beginner/hobbyist exposure to the basics of theory and safe practices for the welding/cutting processes as well as various related power equipment and hand tools. These areas may include one or more welding processes (see below). Sessions must be completed by April 17, 2024.

Time: Mon. & Wed. 6:00-9:00 pm

Fee: \$525 for 15 sessions Starts: Mon. Jan. 22

Instructor: Curt Claycomb

CUSTOMIZED WELDING

Sessions must be completed by April 17, 2024

TI203 - Customized Welding I - 6 Sessions:

Provides those with some experience with guided instruction to develop and enhance the basic skills for a selected process listed below.

TI204 - Customized Welding II - 6 Sessions:

Guided instruction to practice and improve skills or prepare for certification. This class includes welding of carbon steel, stainless steel and aluminum in all positions applicable to the selected process listed below.

Time: Mon. & Wed. 6:00-9:00 pm

Fee: \$225 for 6 sessions Starts: Mon. Jan. 22 Instructor: Curt Claycomb



USE THIS QR CODE to ENROLL TODAY!

YOUTH PROGRAMS

BABYSITTER'S TRAINING & YOUTH CPR

For ages 11 to 15 years

This is a great first job that can be fun, but must be taken seriously and responsibly. Babysitter's Training offers training for young people who want to develop skills in leadership and professionalism while learning about basic child care, safety and first aid. Youth CPR (last week of class) will teach basic techniques of Child and Infant CPR and use of an AED. Students will learn how to recognize emergencies, learn about rescuing choking victims and first responder techniques until the arrival of EMS. Please bring a three-ring binder to class.

Time: 6:00-8:00 pm **Fee:** \$70 for 4 sessions

Meets: Mondays, Feb. 26-Mar. 18 Location: Northland Career Center

ANIMAL KINGDOM - Vertebrates

For Ages 8-14

Discover the animal kingdom with hands-on crafts, live animals and more with Theresa Harrington, current shelter operator of Creatures By Theresa. The five classes of vertebrates of mammals, birds, reptiles, amphibians, and fish will be explored, with live animals to meet. Please note: Students will interact with animals during class such as reptiles, mammals, birds, etc. This is a hands-on experience with the "not-so-usual" pets.

Time: 6:00-7:30 pm **Fee:** \$65 for 6 sessions

Meets: Wednesdays, Feb. 14-Mar. 20 Location: Northland Career Center

KANSAS CITY CHESS CLUB

For Grades K-5

Based on the Pawn to King curriculum of the Kansas City Chess Club, students will learn strategy, tactics, chess etiquette, and move on to higher-level skills. Sessions will include a chess lesson, skill work and an opportunity for practice play, which is a fun way to practice skills learned in the lesson and prepare for tournament chess. All levels welcome from absolute beginner to more advanced.

See website for specific dates and times.

BRICKS4KIDZ

After School Program

Bricks4Kidz enrichment classes are designed to be educational and FUN! We teach children principles of science, technology, engineering, and math (STEM) utilizing motorized LEGO models. Every lesson is unique and designed to engage a child's mind.

See website for specific dates and times.

KIDCREATE STUDIO

KidCreate Studio's award-winning art classes allow kids to explore art in an environment full of giggles and grins. Kids create fridge-worthy masterpieces while learning art concepts and experimenting with different art materials. The curriculum is age-appropriate and designed to inspire.

See website for specific dates and times.

INVESTMENTS & RETIREMENT

1, 2, 3 OF SOCIAL SECURITY

About 174 million workers are paying into Social Security. How do you qualify for retirement benefits and when is the best age to start receiving Social Security retirement benefits? What are benefits for spouses, divorced spouses, and survivor benefits? Can you work and get Social Security? If you postpone Social Security, how do you start Medicare? Where do I find my retirement estimator? This will be a relaxed class that will make the fundamentals of Social Security as easy as 1,2,3.

Time: 6:30-8:00 pm

Fee: \$15 for 1 person | \$25 for 2 people Meets: Tues. April 9, 1 session Location: Northland Career Center

ABC'S OF MEDICARE INSURANCE

Are you or a loved one turning 65 or becoming eligible for Medicare due to a disability? What are Part A and B of Medicare? How do Medicare supplement plans cover the gap? What is Plan G, Plan N and let's not forget Part D (prescription drug plan)? Learn about Medicare PPO's and HMO's. This event is only for educational purposes and no plan-specific benefits or details will be shared.

Time: 6:30-8:30 pm

Fee: \$15 for 1 person | \$25 for 2 people Meets: Thur. March 21, 1 session Location: Northland Career Center

ABC'S OF ESTATE PLANNING Protecting Assets, Powers of Attorney, Wills, Trusts & Probate

Peace, Control, Hope and Comfort – Four things a "well drafted" estate plan can provide families. Avoid probate. Stay in charge and independent. Eight (8) helpful tools that provide a comprehensive, engaging seminar for those folks wanting to control their property while they're alive and able to take care of themselves and their loved ones if they become disabled, and give what they have to whom they want, the way they want, and when they want, while saving every tax dollar, professional fee and court cost possible. You will find a sense of peace in "getting it done."

Time: 5:30-6:45 pm

Fee: \$15 for 1 person | \$25 for 2 people

Meets: Tues. April 9, 1 session Location: Barry Elementary

LIFE CARE PLANNING & SPECIAL NEEDS PLANNING

Who Should Attend: Caregivers, Aging Adults, Family and/or Friends of Individuals with Intellectual or Developmental Special Needs. Learn the elements, approaches and best practices to establish and execute a plan for aging in place, care and healthcare, basic benefits, housing options, legal tools, and how to stretch the family assets and resources. Learn from the interdisciplinary professionals of a Life Care Planning Law Firm.

Time: 5:30-6:45 pm

Fee: \$15 for 1 person | \$25 for 2 people

Meets: Tues. April 30, 1 session Location: Barry Elementary

WILLS AND TRUSTS

Most of us plan to do "something" someday to get our affairs in order. Unfortunately, over 60% never establish a formal estate plan! This course will help you understand the basics of estate planning: What are the important issues associated with death and incapacity? How can those issues be addressed? Learn how to eliminate probate, reduce taxes, and ease the burdens that will fall to your loved ones, designate guardians for minors, and much more. John Sanderford is an estate planning attorney with over 30 years of experience, and a member of the Missouri Bar Association Probate and Trust Division.

Time: 7:00-9:00 pm

Fee: \$15 for 1 person | \$25 for 2 people

Meets: Tues. March 5, 1 session
Location: Barry Elementary

PERSONAL ENRICHMENT



BASIC AUTOMOTIVE KNOWLEDGE

Put down the auto repair for dummies book and join John Patee, to learn hands on how to change a tire, change the oil, & keep your car in the best shape you can. In this class you will learn the basic functions of a vehicle and the basic maintenance you should know to keep your vehicle good and safe.

Time: 6:00-8:00 pm Fee: \$39 for 1 session Meets: Thur. April 4

Location: Northland Career Center



UNDERSTANDING YOUR CREDIT

Knowing how your credit works can help you maximize it. Learn about credit scores and the key to habits that positively impact your credit. Discover effective ways to start building credit right now. By the end of the class, you will also learn how to request a free credit report.

Time: 6:00-7:30 pm **Fee:** \$25 for 1 session

Meets Online: Thurs. Feb. 15 OR

Thurs, Mar. 21

BASIC DSLR PHOTOGRAPHY

Let me teach you how to "make" a photograph instead of just "taking" a picture. Become familiar with photographic terms and techniques. It doesn't matter if you use digital or film. Lessons are fun and simple to understand and assignments given to reinforce the principles discussed in class. Learn photography from someone that has been in the industry for many years and has the knowledge to help you from the camera box to the printed photograph. Please bring your camera that has the ability to control aperture and shutter (exposure) settings and the instruction book (if available) to class.

Time: 6:00-8:00 pm **Fee:** \$85 for 5 sessions

Meets: Tuesdays, Feb. 6-Mar. 5 Location: Northland Career Center

ZEN PUPS: Fundamentals

Come join us to learn how to have a better relationship with your dog. We will be teaching skills and manners in a unique game-based way. We would love to have you and your pup join us. AKC Star Puppy testing will be available on the last day of class. Free Pre-Class Meeting on April 1 for dog owners only from 5:00-6:00 pm.

Time: 4:00-5:00 pm **Fee:** \$135 for 6 sessions

Fundamentals: Mondays, April 8-May 13 Location: Northland Career Center

ZEN PUPS: Intermediate

Advanced level of Fundamental skills with new skills included. Optional AKC CGC testing included. Fundamentals is a prerequisite to Intermediate class. Free Pre-Class Meeting on April 1 for dog owners only from 5:00-6:00 pm.

Time: 5:10-6:10 pm **Fee:** \$135 for 6 sessions

Fundamentals: Mondays, April 8-May 13 Location: Northland Career Center

TRAVELING WITH YOUR PET

Share your vacation with your best friend. Find out how to plan getting there and being there with your pet(s), air, train, boat, hotels, camping. Keep your pet safe and you and other guests happy.

Time: 6:30-8:00 pm Fee: \$40 for 1 session Meets: Tues. Feb. 6

Location: Northland Career Center

CRASH BANG BOOM

How to help your dog in noisy times

Does your dog tremble, whine, hide (or worse) when fireworks go off, thunder roars or even when you run the vacuum? Learn what you can do to help your dog feel less anxious and cope with these noises.

Time: 6:30-8:00 pm Fee: \$40 for 1 session Meets: Thurs. Mar. 14

Location: Northland Career Center

SPAW DAYS

Grooming Your Dog at Home Find out how to groom your dog at home and make the experience pleasant for both of you. Includes tips on clipping, nail trimming, ear care and brushing teeth.

Time: 6:30-8:00 pm Fee: \$40 for 1 session Meets: Tues. Mar. 12

Location: Northland Career Center



HOW TO TRAVEL FREE & MAKE MONEY TRAVELING

Online Class

We're back to our travels! Everything is getting more expensive, so how do we make our travel free? Learn how to find the deep travel discounts motivating us to see the world. If you are retired, changing careers, a student, or someone who likes the idea of making additional income to support your travel dream, this class is for you. Gina Henry shows you how she has traveled for free to 100 countries. Learn important tips on travel safety, trip insurance, affordable retirement opportunities & other inspirational life enhancing strategies. Tuition includes her 100-page digital book "How to Travel Free" (a \$39.95 value).

Time: 11:00 am-2:00 pm Fee: \$59 for 1 session Meets Online: Sat. Feb. 3



GET PAID TO TEACH ENGLISH IN THE USA & OVERSEAS

Plus Other Teaching & Administrator Assignments - Online Class

Learn how Gina has taught her way around the world & paid for vacations and travel to 100 countries. Teaching English can be a high paying career or simply a great way to travel free. English is the world's business & travel language. Being able to speak English helps people get better paying jobs & life changing choices. If you speak English, you can teach conversational English! Gina teaches this online class while she is traveling around the world. Tuition includes her 100-page digital book "Get Paid To Teach English" (a \$39.95 value).

Time: 11:00 am-2:00 pm Fee: \$59 for 1 session Meets Online: Sat. Feb. 10



WORK REMOTELY & BECOME A DIGITAL NOMAD

How to Create your Money-Making Travel Lifestyle & Work Anywhere – Online Class

Working remotely is now the thing. Why not add travel into the mix? Join thousands of individuals who are taking their work with them and hitting the road! You can make your travels sustainable by earning a living as you travel. Professional traveler Gina Henry has been doing this for years and shares her wealth of knowledge. Tuition includes Work Remotely and Become a Digital Nomad (\$39.95 value).

Time: 11:00 am-2:00 pm Fee: \$59 for 1 session Meets Online: Sat. Mar. 30



THE SECRETS OF TRAVEL-HACKING

Free Air, Hotels, & Cash Back

You can earn hundreds of thousands of airline frequent flier miles and hotel reward points without ever stepping foot on a plane or paying for a hotel and then redeem them for high-value trips. Gina will show you her easy "Beginner Strategy" then graduate you to more advanced strategies that earn you 1 million+ reward points a year. All the major reward programs will be detailed: airlines, hotels, banks, etc. Gina Henry, founder of Go Global, Inc., has been a professional traveler for over 30 years and earns 15 free airline tickets, dozens of free hotel nights, and hundreds of dollars cash-back each year. Tuition includes instructor's 100-page digital book "The Secrets of Traveling Hacking - Free Air, Hotels & Cash Back" (a \$39.95 value).

Time: 11:00 am-2:00 pm Fee: \$59 for 1 session Meets Online: Sat. Feb. 17



GET PAID TO BE A TOUR GUIDE & TRAVEL FREE

Many well-paying professional jobs are now available, both domestically & internationally!

Travel & tourism is the world's fastest growing industry, and relatively recession proof. If you love to travel, earn income as a tour director. Learn about tour director salaries and work part or full-time leading tours for major companies. Travel free on a tour by becoming an "affiliate" or "tour coordinator", putting together a group of friends to go on a trip and you go free (& possibly earn extra income). Instructor, Gina Henry, founder of Go Global, Inc., leads tours worldwide, working with major tour companies as well as operating her own tour business of 30 years. Tuition includes instructor's 100-page digital book "GET PAID TO BE A TOUR GUIDE & TRAVEL FREE" (a \$39.95 value).

Time: 11:00 am-2:00 pm Fee: \$59 for 1 session Meets Online: Sat. April 6





MYSTERY SHOPPING: GET PAID TO SHOP

Do you like to shop? You can get paid to shop at almost every local store in your area, plus there are many online shopping assignments you can do from home. Mystery shop on vacation all across the USA and in over 70 countries worldwide - FREE hotels, restaurant meals, car rentals, sightseeing tours, etc. Mystery shopping has become the most cost-efficient way for stores & businesses to know their customers and stay in business, especially during these challenging economic times. Learn how to avoid scam companies and work for the best mystery shopping companies that pay the most. Instructor, Gina Henry has been a professional mystery shopper for over twenty years. She teaches in 90 cities nationwide and wrote the book "How To Travel Free". Tuition includes instructor's 100-page digital book "Mystery Shopping - Get Paid to Shop" (a \$39.95 value).

Time: 11:00 am-2:00 pm Fee: \$59 for 1 session Meets Online: Sat. April 13

HEALTHY LIVING

LIVING A HEALTHY LIFESTYLE WITH CHRONIC PAIN

A workshop living with chronic pain such as arthritis, back pain, neck pain, headache, or pelvic pain. Participants learn the skills to manage their pain on a day-to-day basis: exercise, healthy eating, cognitive pain management, as well as how to deal with such concerns as fatigue, sleep problems, difficult emotions, weight loss, communicating with family, friends, and coworkers. Core self-management skills taught including action planning, problem solving, and decision making. Free book. Sponsored by MARC and Platte County Senior Fund.

Time: 6:00-8:00 pm
Fee: Free for 6 sessions

Meets Online: Mondays, Jan. 22-Feb. 26

Follow us on



FOODS

ALL ABOUT CHICKEN

Chicken is a healthier alternative to red meat. This class is for anyone who wants to make chicken a regular part of their diet. You'll learn poultry handling and safety practices, storage, cleaning, cooking temperatures, and basic poultry cooking methods. You'll learn how to make Stuffed Chicken Breasts with Mushroom Sauce and Bone Broth Chicken Soup. Demonstrations, tastings, and recipe booklet. Supply fee of \$5 payable to Instructor Sharon Riedel the night of class.

Time: 6:30-8:00 pm **Fee:** \$30 for 1 session **Meets:** Thur. Feb. 22

Location: Northland Career Center

THE MANY WAYS OF PIE CRUSTS

Few things are as impressive in the dessert department as a flaky homemade pie crust — and it's easier to make than you think. This is a hands-on class. You'll learn crust-making techniques, tips for success, how to make a lattice top, practice what you learn, taste different crusts, and receive a recipe booklet with a variety of pie crusts, including gluten-free and nut. \$5 supply fee payable to Instructor Sharon Riedel the night of class.

Time: 6:30-8:00 pm Fee: \$35 for 1 session Meets: Thur. April 18

Location: Northland Career Center

SUMMER SMOOTHIE DEMO & TASTING

Learn how to make the most of your fridge and freezer staples with 4 great smoothie recipes. You will get to try each smoothie and take home recipes for a fun and healthy summer meal on the go.

Time: 6:30-7:30 pm Fee: \$15 for 1 session Meets: Thur. April 25

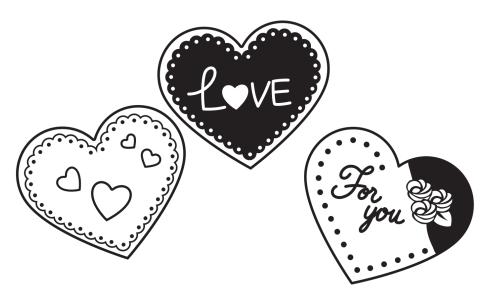
Location: Northland Career Center

FLAN FROM SCRATCH

Make this Mexican dessert from scratch and learn the skills to make caramel, custard, and whipped cream all in one night!

Time: 6:00-8:00 pm Fee: \$40 for 1 session Meets: Tues. Mar. 21

Location: Northland Career Center



SWEET DESIGNS COOKIE DECORATING: VALENTINE'S DAY EDITION

This class will teach basic beginner cookie decorating techniques and design, and will explore decorating techniques and ideas. Each student will have the tools and supplies available to complete 6 cookies each evening showcasing various and enhanced designs. Packaging will be provided for students to transport their creations home each evening. Start here and create your own personal, edible, holiday gifts, treats, and delights.

Time: 5:30-7:30 pm **Fee:** \$60 for 2 sessions

Meets: Tues. & Wed. Feb. 6 & 7
Location: Northland Career Center

SWEET DESIGNS COOKIE DECORATING: SPRING/SUMMER EDITION

This class will teach basic beginner cookie decorating techniques and design, and will explore decorating techniques and idea. Each student will have the tools and supplies available to complete 6 cookies each evening showcasing various and enhanced designs. Packaging will be provided for students to transport their creations home each evening. Start here and create your own personal, edible, holiday gifts, treats, and delights.

Time: 5:30-7:30 pm **Fee:** \$60 for 2 sessions

Meets: Tues. & Wed. Apr. 9 & 10
Location: Northland Career Center



HOMEMADE EGG ROLLS & SAMOSA MAKING

Learn to make restaurant quality egg rolls and samosas right in your own kitchen. These appetizers are jammed with flavor from around the world and can be a quick way to incorporate leftovers into something new and fun to eat. Learn how to make a variety of egg rolls, samosas and dipping sauces in your own kitchen in this online class.

Time: 6:00-8:00 pm

Fee: \$39 for 1 session

Meets Online: Thur, Mar, 21



EASY ETHIOPIAN & ERITREAN COOKING

Vegetarian & Non-Vegetarian

Ethiopian/Eritrean food has become a favorite among foodies worldwide. The food is light, healthy and flavorful, ranging from very spicy to very mild. Experience the thrilling discovery of exotic spices paired with daily ingredients such as vegetables, beans and lentils. For the non-vegetarian, we can use different types of meat sautéed with various kinds of flavored butter and healthy oils. Every step is educational, informative and a dream-like trip into the food culture of these historic countries. You will be provided an ingredient list and link prior to class.

Time: 6:00-8:00 pm Fee: \$39 for 1 session Meets Online: Thur. Feb. 1

ENROLL TODAY! Classes fill up quickly!

northlandcareercenter.asapconnected.com

Or call 816-858-5505



HANDMADE PASTA WITH ALFREDO & TOMATO SAUCE

Mimi will teach you the time-honored art of making pasta from scratch. You'll also learn to make BOTH a creamy Alfredo sauce AND a delicious garlic tomato sauce to smother your freshly made noodles. Pair it with a fresh garden salad to balance out the meal. You will be provided an ingredient list and a link prior to class.

Time: 6:00-8:00 pm Fee: \$39 for 1 session Meets Online: Tues. Jan. 16



CHICKEN PAD THAI

In this fun, hands-on class, you will be guided stepby-step in recreating this classic dish known for its diverse flavor profile. Learn to properly prepare and build the flavor profile of an authentic sweet, salty, sour and spicy Pad Thai sauce. Perfect for entertaining; WOW your friends and family with a new found signature dish at your next dinner party! You will be provided an ingredient list and a link prior to class.

Time: 6:00-8:00 pm

Fee: \$39 for 1 session

Meets Online: Tues, Feb. 13



BAKLAVA

Baklava is a traditional pastry dessert that is known for its sweet, rich flavor and flaky texture. Join us in this hands-on interactive class where you will cook virtually with Instructor Mimi, who is passionate about cooking in general. You will learn how to prepare a flavorful but easy Baklava dessert and you get to bake it in your own oven following your instructor's guidelines.

Time: 6:00-8:00 pm **Fee:** \$39 for 1 session

Meets Online: Thur. April 18

LANGUAGES

BASIC SIGN LANGUAGE LEVEL 2

Ages 12 & up

Learning Sign Language helps you communicate with the deaf community, helps babies communicate sooner, and you can talk in loud spaces, across distances, or in total silence! If you have taken Level 1 or have some knowledge of ASL, Level 2 will build your vocabulary and get into more grammar/sentence structure. Come learn this beautiful language in a fun environment!

Time: 6:30-8:00 pm **Fee:** \$65 for 6 sessions

Meets: Tuesdays, Jan. 30-Mar. 12 Location: Northland Career Center

CONVERSATIONAL SPANISH

This interactive Spanish course will introduce students to the basics of communicating in Spanish in personal and professional settings. Students will practice speaking and listening in a conversational setting and will learn interesting facts about the varied cultures. Recommended book: 150 First Spanish Phrases by Angeles Wilkes.

Time: 6:30-8:00 pm **Fee:** \$75 for 6 sessions

Meets: Tuesdays, April 2-May 7
Location: Barry Elementary

CAREER STEP

Take control of your career path and enroll in our flexible online training to start a new career in the medical industry.

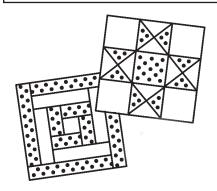
www.careerstep.com/lp/partner/ap/northland



INSTRUCTORS WANTED

Do you have an interesting craft, hobby, or ability you would like to share with others? Call Kathleen Henke or Tammy Beckert at (816) 858-5505 for more information on offering an Adult and Community Education class.

CREATIVE ARTS



LEARN TO QUILT

Come learn a new old skill...Quilting!!

You will need a cutting mat, rotary cutter, sewing machine and basic sewing supplies, & 18-24" quilt ruler, 2 yd coordinating & 1 yd light background fabric, (cuts of 100% cotton). Our goal is to complete a baby quilt or sofa throw.

Time: 6:30-8:30 pm **Fee:** \$100 for 8 sessions

Meets: Tuesdays, Jan. 30-Mar. 19 Location: Northland Career Center

FUN WITH STAINED GLASS

Bring brilliant color into your home with stained glass! Patterns and tools for a project are provided by the instructor for you to create a stained glass project using the leaded method. Supply fee of \$25-\$35 depending on project chosen, payable to instructor first night of class.

Time: 6:30-8:30 pm **Fee:** \$75 for 6 sessions

Meets: Thursdays, April 11-May 16 Location: Northland Career Center

KINDRED SPIRITS PAINTING CLASS

Even if you have never picked up a brush, but always wanted to paint, then come and join me. Acrylic paint on canvas. Each class will take home a finished painting. All supplies are included in the class fee. Just bring your smile and a desire to learn something new!

Time: 5:00-8:00 pm Fee: \$35 each month/class

Meets: Wed. April 17 & Wed. May 15 Location: Northland Career Center

MOSAICS FLOWER POT

Celebrate spring. In this class, students will learn basic mosaic tools and sustainable techniques to create a unique outdoor flower pot. Materials such as glass, tile and pottery are included.

Time: 5:00-8:00 pm **Fee:** \$55 for 1 session

Meets: Tues. April 2 OR Thur. May 2 Location: Northland Career Center

BEGINNING BASKET WEAVING: STORAGE BASKET (Class 1)

Beginning level basket weaving for those with little or no basket weaving experience. Students will complete a storage basket within the two-week session. Basket kits are \$25, which include an instructional pattern, as well as materials needed to complete the basket. Instructor will supply the necessary tools.

Time: 5:00-8:00 pm
Fee: \$30 for 2 sessions
Meets: Mondays, Feb. 5 & 12
Location: Northland Career Center

BEGINNING BASKET WEAVING: SMALL MARKET BASKET (Class 2)

Beginning level basket weaving for those with little or no basket weaving experience. Students will complete a small market basket (with handle) within the two-week session. Basket kits are \$35, which include an instructional pattern, as well as materials needed to complete the basket. Instructor will supply the necessary tools. It would be helpful to take Class 1 prior to enrolling in Class 2.

Time: 5:00-8:00 pm

Fee: \$30 for 2 sessions

Meets: Mondays, Mar. 4 & 11

Location: Northland Career Center

EMBROIDERY CLASS

Learn the three basic stitches and then finish a design in class.

See website for details.





FITNESS & DANCE

BEGINNING SOCIAL DANCE

Do you want to learn to dance but don't know where to begin? This class is for you! Smile, relax and have fun – the three most important tips for dancing! And, since variety is the spice of life, you will learn an assortment of dances: Salsa, Cha Cha, Merengue, Waltz and Two Step. Although designed for beginners, this class will prove helpful to intermediate level dancers who want to refine their footwork and styling. Partner not required for enrollment but encouraged.

Time: 6:30-7:30 pm

Fee: \$45 Single for 6 sessions

Additional registrant \$35 for 6 sessions Session 1 starts: Wed. Jan. 31 @ NCC Session 2 starts: Wed. April 3 @ NCC Location: Northland Career Center

LINE DANCE

Have fun, learn to line dance and get exercise while you are at it! Learn line dances for all occasions and no partner is necessary. Wear slick-soled shoes; athletic shoes not recommended. Bring a water bottle.

Time: 5:30-6:30 pm

Fee: \$40 for 6 sessions or drop-in fee of \$7 Session 1 starts: Tues. Feb. 6 @ Barry Elem. Session 2 starts: Tues. Apr. 9 @ NCC Location: Northland Career Center

GROUNDING YOGA

Grounding Yoga flow to calm the mind and stretch the body. We will flow through a vinyasas practice, taking time to breath and finish with a savasana. This class is for everybody and modifications will be given.

Time: 5:45-6:45 pm

Fee: \$45 for 6 sessions or drop-in fee \$8 **Meets:** Thursdays, Ian. 25-March 7

No class Feb. 15

Location: Northland Career Center

STEP FOR BEGINNERS

Step by step, learn the basics of a step class. From basic to a v-step, we will explore each move in this beginner's class.

Time: 6:00-6:45 pm

Fee: \$30 for 4 sessions or drop-in fee \$8

Meets: Thursdays, April 4-25
Location: Northland Career Center

ATTENTION SENIOR ADULTS!

Platte County Senior Services \$30 Clay County Senior Services \$30 Scholarships for Seniors (60+)

Register early, limited funding available.

HOW TO ENROLL

For dates, times and registration fees for our classes and to enroll in our classes, please visit our website!



To enroll, use this QR code to go straight to the **NCC Community Ed registration website!**



ENROLL Online

northlandcareercenter.asapconnected.com

Or for online classes at www.ed2go.com/northlandcc

CareerStep:

www.careerstep.com/lp/partner/ap/northland



ENROLL by Phone

(816) 858-5505

Northland Career Center

1801 Branch Street Platte City, MO 64079

Mon.-Thur. 8:00 am-3:30 pm Fri. 8:00 am-3:00 pm Extended office hours on evening class nights.

Follow us on



ALL CLASSES are held at Northland Career Center (NCC) unless noted otherwise in class description.

REFUND POLICY

PLEASE READ CAREFULLY!

Adult and Community Education reserves the right to cancel a class if sufficient enrollment is not achieved. Registrants will be notified by phone or e-mail if a class is cancelled. Please be sure to advise the office of any changes in your contact information. Full refunds will be issued for classes cancelled by the school. If you drop a class 48 hours before classes begin or earlier, you will receive a full refund minus a \$10 cancellation fee. No refunds will be given if the class is dropped on the starting date or after the class has begun. Students assume the risk of changes in personal affairs or health.

Late Registrations

Late registrations may be accepted on a space available basis. There is no pro-rating of costs for late entry into classes.

Special Accommodations

If special accommodations are needed, please contact our office at least two weeks prior to the beginning of class.

Holidavs

See website for full school calendar. Community Education classes are not held on holidays.

Weather Cancellations

If the Platte County R3 School Dist. is closed due to inclement weather all Community Education classes will be cancelled and rescheduled. Reports of Platte County R3 Schools' closing will be broadcast on local TV, radio, Facebook, PCR3 Website & NCC Community Ed Website.

Eliqibility

Adult and Community Education classes are open to anyone 18 years or older. Classes suitable for children will have age or grade ranges listed in their descriptions. Students should not bring children to adult classes.



NON PROFIT ORG ECRWSS U.S. POSTAGE PAID KANSAS CITY, MO PERMIT NO. 5958

*****ECRWSSEDDM****

Postal Customer

Our Mission: To prepare students for a continually changing world by providing relevant experiences.

PROHIBITION AGAINST DISCRIMINATION, HARASSMENT & RETALLATION

Northland Career Center and the Platte County R-3 School District Board of Education is committed to maintaining a workplace and educational environment that is free from discrimination and harassment in admission or access to, or treatment or employment in, its programs, services, activities and facilities. In accordance with law, the district strictly prohibits discrimination and harassment against employees, students or others on the basis of race, color, religion, sex, national origin, ancestry, disability, age, genetic information or any other characteristic protected by law in its programs, activities, or in employment. As required by law, the district provides equal access to district facilities and related benefits and services and will not discriminate against any group officially affiliated with the Boy Scouts of America, the Gil Scouts of the United States of America, or any other youth groups designated in applicable federal law. Northland Career Center and the

Platte County R-3 School District is an equal opportunity employer. Inquiries or concerns regarding the application of this notice may be referred to our district's Compliance Officer. Any person who is unable to resolve a problem or grievance arising under Title VI, Title IX, the Age Discrimination Act, Section 504, or Title II of the ADA, may contact the Office for Civil Rights, One Petticoat Lane, 1010 Walnut Street, Suite 320 Kansas City, MO 64106, phone number (816) 268-0550.

DISCLAIMER

Every effort has been made to make this publication accurate as of the publication date; however, all policies, procedures, tuition/fees, and curriculum are subject to change anytime by appropriate action of instructors, the administration, or the Platte County R-3 Schools' Board of Education. This publication is not intended to be a contract, explicit or implied, and Northland Career Center reserves the right to make changes regarding the information contained herein.