NEW
TRY BEFORE YOU BUY
FREE CLASSES!
See page 3
**ARTS**  pgs 3 – 9
- Drawing & Painting
- Fine Arts & Crafts
- Music
- Photography
- Sewing & Quilting
- Theatre
- Writing

**COMPUTERS & TECH**  pgs 9 – 11
- Microsoft Courses
- Computers, Phones & Tablets

**DO-IT-YOURSELF**  pgs 11 – 13
- Automotive
- Machine Shop
- Welding & Woodworking

**HEALTH & WELLNESS**  pgs 13 – 17
- Caregiving
- Personal Wellness
- Sports & Fitness

**HOME & LEISURE**  pgs 17 – 18
- Cooking & Baking
- Family & Relationships
- Financial Planning
- Household Management

**LIFELONG LEARNING**  pgs 19 – 22
- Career Development
- Language
- Natural Science
- Social Science
- Special Events

**SAFETY & EMS**  pgs 23 – 25
- Emergency Medical Services
- Personal Safety
- Traffic Safety

**YOUTH CLASSES**  pg 26
- Kids’ Classes
- Test Prep

**CONFERENCE CENTERS**  pg 27

**CERTIFICATES**  pg 28

**CUSTOMIZED TRAINING**  pg 29

**REGISTRATION INFO**  pgs 30 – 31

---

**CLASS TYPES**

**Webinars** are courses offered during a specific time period that can be accessed from your home computer with a free BlueJeans software download. Must have a reliable internet connection, microphone and camera. You can interact with the teacher during the class.

**Online** courses are offered via the Internet using a web browser. You can access the course at any time. Offline supervised tests/exams at specified sites may be conducted in conjunction with these courses.

**ITV** (Interactive Television) classes are live video/audio classes with students at one or more WITC campuses. The classes are offered during a specified time and students attend at their nearest campus. Class may have students at the same site as the instructor and students at remote sites.

**CLASS NUMBERS**

When you register for a class, please provide both the Catalog and Class numbers. **Catalog Number** is a hyphenated eight-digit number (12-345-678) found under the class title. **Class Number** is a bold five-digit number (12345) found to the left of class meeting details.

For a complete list of WITC Continuing Education classes go to: courses.witc.edu
New at WITC:
Try Before You Buy
FREE SAMPLE CLASSES

Give a class* a try before signing up for the full session. Look for the yellow symbols below throughout the catalog!

➡️ Yoga  ➡️ Writing  ➡️ Health  ➡️ Music  ➡️ Gardening  ➡️ Painting  ➡️ and more!

Try the FREE class. Sign up for the full class.

* Limit one free class per student per semester

ARTS

Drawing & Painting

Note for all art classes: supply fees are included in registration cost unless stated otherwise.

Creative Pen & Ink
60-815-605

Use pencil to practice Zentangle patterns using lines and shapes for a fun warm-up exercise. Then use your own photos for inspiration as you further explore contour lines, cross-hatching and pointillism. View technique demonstrations in the morning and in the afternoon learn to combine ink with colored and watercolor pencil and a watercolor wash. Create drawings; design a note card and/or stationery. Beginners are welcome; please bring a lunch. See supply list at www.witc.edu/supplies.

24908 Apr 6 M 10a-4p $37.50/$24.30
Hayward: 106 Diana Randolph

Art Retreat: Explore Pen & Ink
60-815-605

Come along on a 2-day art and history-focused retreat to beautiful Cable and Hayward, Wisconsin! Agenda includes:

Day 1
- Learn and practice various pen & ink techniques alongside an award-winning artist
- Dinner at the Mooselips Java Joint with author and historian Jim Brakken
- Evening relaxation and accommodations at the Telemark Condo Association

Day 2
- Breakfast and fiber/artisan tour at Farmstead Creamery & Café
- Shopping and lunch on your own in historical downtown Hayward

Pack a sketchbook of your choice and casual attire. Register early as room reservations are required.

Itinerary: Wednesday pickup at 7:30 a.m. at WITC-Rice Lake, 8 a.m. at Spooner High School and 8:30 a.m. at WITC-Hayward. Tuesday departure from Hayward at 3:30 p.m.

25409 Apr 29 – Apr 30 WTh $289/$258.20
Diana Randolph
Wire Wrap Basics 60-815-602
Choose a jewelry piece to create: coil bracelet, hair comb or a necklace & earring set. Learn the basic techniques of wire wrapping, including: using tools, hiding ends, wrapping smoothly and understanding materials. Bring a wire cutter and small hand pliers (suggested: round nose and side cutting pliers); all other supplies provided.

24572 Feb 8 Sa 10a-1p $31.50/$22.70
Superior: 216 Stacie Buchanan

Wire Wrapped Tree of Life 60-815-602
Create a wire wrapped tree of life pendant using beads that you select. Learn the basic techniques of wire wrapping, including: using tools, hiding ends, wrapping smoothly and understanding materials. Bring a wire cutter and small hand pliers (suggested: round nose and side cutting pliers); all other supplies provided.

24574 May 2 Sa 10a-1p $31.50/$22.70
Superior: 216 Stacie Buchanan

Acrylic Pouring 60-815-600
Learn the technique of fluid art and take home THREE abstract masterpieces that you create. This form of painting is easy to learn and fun for all skill levels! Learn 3 basic techniques: string pour, dirty pour and swirl pour. Modify your paints with different pouring mediums, create cells and learn recipes and instructions for future experimentation. Come dressed for mess and bring a pair of latex gloves.

25271* Feb 22 Sa 10a-2p $67.50/$54.30
Superior: 113 Molly Martens
*Must pick up your project on 2/23 from 1p-2p

Try Before You Buy:
Try Your Hand at Dot Painting
99-825-100
Try the popular art form of Dot Mandala painting.
Instructor: Maria Clark
25420 Jan 29 W 1p-2p Webinar

Dot a Wine Glass 60-815-600
Paint a gorgeous wine glass with dots, using specialty multi-surface paints. Then learn how to cure the glass so it can be gently washed. Use your finished product as a special gift for yourself or others. See supply list at www.witc.edu/supplies.

24876 Apr 15 W 6:30p-8:30p $15.50/$11.10
Webinar Maria Clark

Mandala Dot Painting: Intermediate 60-815-600
Using an 8” round surface (wood or canvas panel) see how dots can create intricate designs and color patterns. Also explore how to prepare a wood surface for painting and create a grid for good alignment. See supply list at www.witc.edu/supplies.

24874 Feb 19 – Mar 4 W 6:30p-8p $37.50/$24.30
Webinar Maria Clark

Mandala Dot Painting: Advanced 60-815-600
Create a stunning painting using traditional mandala dots on a stretched canvas or canvas panel. See supply list at www.witc.edu/supplies.

24875 Mar 18 – Apr 1 W 6:30p-8p $37.50/$24.30
Webinar Maria Clark

Pastels: Edge, Color & Value 60-815-600
Use pastel sticks and your own photos to explore the way the earth and sky interact with one another in the landscape. Practice softening edges in the background to create the illusion of three-dimensional space. You’ll have the opportunity to explore the museum’s new exhibit about nighttime in the North woods. This class is for all levels, though basic drawing experience is helpful. Please note: This class is being offered two days in a row; sign up for one or both. Bring your lunch or order from a local catering establishment in class. See supply list at www.witc.edu/supplies.

24911 May 13 W 10a-4p $37.50/$24.30
Cable Natural History Museum Diana Randolph
24912 May 14 Th 10a-4p $37.50/$24.30
Cable Natural History Museum Diana Randolph

Pastels: Simplify Scenes 60-815-600
Interpret your own photos of landscapes or street scenes using dry pastels on paper. Create a small sketch to plan your piece, then select colors to capture the mood of your scene. Focus on the essentials and eliminate details to create a vivid, simplified painting. Bring your lunch or order from a local catering establishment in class. See supply list at www.witc.edu/supplies.

24909 Apr 20 M 10a-4p $37.50/$24.30
Cable: UCC Church Diana Randolph
Watercolor: Brushes Optional
60-815-600
Explore brush-less methods of applying and moving watercolor on paper: we will use fingers, spray bottles, tooth brushes, toothpicks, straws and brushes to create beautiful still life paintings. Design and composition will be discussed during the painting of your piece. This class requires basic knowledge of watercolor techniques. This class is fast moving and a bit unconventional—in other words it’s fun! See supply list at www.witc.edu/supplies.
25212 May 13 – May 14 WTh 9a-4:30p $70.50/$44.10
Rice Lake: 225 Jeffrey Nelson

Pottery: Handbuild/Throw/Wheel
60-306-685
Curious about clay? Develop your hand-building, wheel-throwing and firing techniques while you create projects you choose. If you’ve always wanted to learn and experiment with pottery, this is the class for you! Beginner to advanced potters welcome; small group size ensures individual guidance. The pieces you create in class will be fired and completed for you to take home.
25157 Jan 22 – Mar 25 W 4p-6p $149.50/$105.50
Webster High School Kim Kriegel

Mosaic Bowl
60-815-640
Discover the technique to lay out and assemble a functional fused mosaic bowl. A great class for anyone age 8 and up. Please wear closed toe shoes and long pants.
24835 Jan 28 Tu 5p-7:30p $46.50/$37.70
Superior: Shannon’s Stnd Glass Shannon Johnson
Needle Felting
60-815-640
Explore the magic of needle felting, using colorful wool and beads to transform a plain felt into a beautiful scene. Needle felting is a dry felting technique that allows you to add great detail to your piece, layer by layer. You will use hand-dyed wool from the instructor’s sheep. $25 supply fee due to instructor at the start of class.

24694*  Feb 1  Hayward: Farmstead Crmry/Café $51.50/$42.70
Needle Felting
Laura Berlage
*Project: Songbird

24697*  Mar 7  Hayward: Farmstead Crmry/Café $51.50/$42.70
Needle Felting
Laura Berlage
*Project: Koi pond

Copper Overlay Art
60-815-640
Applying soldered copper on top of glass is a contemporary way to create artwork and the results are phenomenal. There are several patterns to choose from. Please wear closed toe shoes and long pants.

24837  Feb 12  Superior: Shannon’s Stnd Glass $56.50/$47.70
Copper Overlay Art
Shannon Johnson

Leatherworking & Hardware
60-815-640
Learn the basic concepts of working with leather while developing skills for attaching mechanical hardware, rivets, eyelets, snaps and dots as well as learning how to use the tools associated with them. You’ll have several projects to make during class and take home with you.

25270  Mar 7  Sa 10a-3p  $67.50/$54.30
Leatherworking & Hardware
Shannon Johnson

Scrappy Birds
60-815-640
Create an adorable bird using abstract scraps of fusing glass, wire and pre-cut glass bases. See your fusing scraps in a whole new light! Please wear closed toe shoes and long pants.

24839  Mar 11  W 5p-7:30p  $36.50/$27.70
Scrappy Birds
Shannon Johnson

Candles, Diffusing & Mists
60-815-640
Learn about making a simple soy candle and go home with some recipes for diffusing essential oils for winter time aromatherapy.

25235  Mar 19  Chetek-Weyerhaeuser HS  $25.50/$21.10
Candles, Diffusing & Mists
Tammy Michielson

Wood Art
60-815-640
Awaken the possibilities of woodcut printing; both beginner and advanced printmakers welcome. Printing and cutting techniques will be explored through demonstration. Design images, cut your own blocks and print projects! See supply list at www.witc.edu/supplies.

25294  Mar 25  W 9a-3p  $37.50/$24.30
Wood Art 214
Matthew Ellis

Rosemaling/Folk Art
60-306-606
Learn Rosemaling, the Norwegian folk art of decorative painting on wood. Refine your brush handling, color application and mixing as you plan/paint your design. Students must bring their own supplies.

24568  Mar 26 – Apr 23  Th 9a-3p  $169.50/$103.50
Rosemaling/Folk Art
Shannon Johnson

Easter Egg Ornament
60-815-640
Create two beautiful egg-shaped decorations in this Easter-themed class.
NOTE: Class is open to age 7 – adult. Youth ages 7 – 15 must be accompanied by a registered adult.

24594  Mar 28  Sa 11a-1p  $25.50/$21.10
Easter Egg Ornament
Shannon Johnson

Pyrography: Woodburning
60-815-640
Beginner and advanced burners will learn basic skills and explore new possibilities! You do not need to know how to draw to be successful as projects will be explained and demonstrated. See supply list at www.witc.edu/supplies.

25291  Apr 22  W 9a-3p  $37.50/$24.30
Pyrography: Woodburning
Matthew Ellis

Paint on Driftwood/Leaves
60-815-640
Create a personalized wood wall hanging or piece of table decor using driftwood and leaves.

25139  May 8  F 12p-4p  $36.50/$27.70
Paint on Driftwood/Leaves
Anisha Woods

Mini Mixed Media Collage
60-815-640
Create a unique mini collage: modern, traditional and any color/theme you choose! Bring items to use in your collage or use the ones provided.
NOTE: Class is open to age 13 – adult. Youth ages 13 – 15 must be accompanied by a registered adult.

25137  May 15  F 12:30p-3:30p  $38.50/$29.70
Mini Mixed Media Collage
Anisha Woods
Music

Try Before You Buy:

5-String Bluegrass Banjo
99-825-100
Discover the banjo—playing, purchasing and the basics of bluegrass banjo class Instructor: Eileen Sugars

| 25446 | Jan 30 | Th 1p-2p | Superior: 113 |

5-String Bluegrass Banjo
60-805-605
Learn to play Scruggs-style 5-String Banjo while working through a song list of popular Bluegrass tunes. Beginner and intermediate musicians welcome. Bring your own functional 5-string banjo.

| 24566* | Jan 30 – Mar 12 | Th 6p-7p | Superior: 216 | $37.50/$24.30 | Eileen Sugars |
| 24567* | Mar 26 – May 7 | Th 6p-7p | Superior: 111 | $37.50/$24.30 | Eileen Sugars |

Guitar Beginning
60-805-605
Beginner and intermediate students will learn to play acoustic guitar with understanding of basic styles, beginning music theory, tablature and more. Bring your guitar and join us for some fun.

| 25295 | Jan 28 – Mar 3 | Tu 6p-7p | $37.50/$24.30 | Shane Nelson |

Music as Language
60-805-605
Why is music called the universal language? Explore how music draws similarities to the language we speak and allows us to communicate more effectively. No musical experience necessary.

| 24443 | Feb 10 – Mar 9 | M 5:30p-7:30p | $59.50/$37.50 | Luke Perry |

Music Styles and History
60-805-605
Trace the evolution and history of popular music and learning how different styles have evolved up to the current day, in addition to discussing differences and similarities between music styles. No musical experience necessary.

| 24444 | Mar 23 – Apr 20 | M 5:30p-7:30p | $59.50/$37.50 | Luke Perry |

Photography

Winter Beauty
60-203-602
Don't let winter get you down—use it as a photography opportunity! Explore techniques of winter photography and then head outdoors to see the treasures winter has for a camera.

| 24689 | Feb 27 – Mar 5 | Th 6p-8:30p | $37.50/$24.30 | Joy Wooley |

Watching for Spring
60-203-602
Spring is a wonderful time of year to photograph—everything is new and fresh! Take your camera outside for this class and learn to see the world from a new perspective!

| 24690 | Apr 16 – Apr 23 | Th 6p-8:30p | $37.50/$24.30 | Joy Wooley |

Lake Superior Skyline
60-203-602
Shading, framing and perspective are all things to consider when photographing our beautiful Lake Superior. Meet at the college and then make our way down to the lake shore—don't forget your coffee! Watch a beautiful sunset with discussion and hands-on learning.

| 24691 | May 14 – May 21 | Th 6p-8:30p | $37.50/$24.30 | Joy Wooley |

Sewing & Quilting

Note for all art classes: supply fees are included in registration cost unless stated otherwise.

Art Retreat: Freeform Floral Wall Hanging
60-304-615
Don't miss this all-day quilting retreat in beautiful Cable, Wisconsin led by an award-winning quilter who has taught classes for guilds and at national quilt shows. You will make a colorful wall hanging, working on machine quilting, binding and hand stitching if you desire. Bring a few photos of flowers or leaves for inspiration. Basic sewing machine experience necessary. Lunch included. Registration closes March 26. See supply list at www.witc.edu/supplies.

| 25210 | Apr 4 | Sa 9a-3p | $89/$75.80 | Cable: Forest Lodge Edu Campus | Norma Riehm |

Register online: VISA/MC/DISCORVER | courses.witc.edu
Sew, Fix or Alter It 60-301-605
Learn tips for clothing alterations, tailoring & repair including how to: hem jeans, fix tears, attach buttons, zippers & patch clothing so it looks like new! Both machine and hand stitching techniques will be covered. Bring in a small project, your sewing basket with thread, needles and scissors.

25272 Mar 14 Sa 10a-3p $37.50/$24.30 Superior: 112
25548 Jan 30 Th 11a-12p Superior: 306

Sew a Fidget Quilt 60-301-605
Fidget quilts/sensory blankets can help calm dementia patients by giving them something to do with their hands. Bring your own sewing machine, scissors, thread and other sewing items; fabric and fidget items provided.

25140 Apr 24 F 12p-4p $36.50/$27.70 Rice Lake Sr Citizens Ctr
25310 May 26 F 10a-1p $26.50/$17.70 Hayward: 106

Mary Lee's Tote 60-304-615
Get excited about making your own unique multi-purpose bag using fabric strips. This is a tote you'll use over and over again so plan for fun, funky spring colors. You will construct the bag in class and finish it off at home with your own accessories. See supply list at www.witc.edu/supplies.

25233 May 8 F 10a-1p $26.50/$17.70 Hayward: 106

Theatre

Improv 101 60-815-610
Improv is fun and has something for everyone from companies, to families, to individuals. Participate in warm-up exercises to help you let go and get your creative juices flowing. Explore and study short-and long-form improv in addition to tips from masters of improv. Your instructor is a Second City graduate who can’t wait to explore the art of improv with you.

NOTE: Class is open to age 7 – adult. Youth ages 7 – 15 must be accompanied by a registered adult.

24852 Mar 26 – Apr 30 Th 5:30p-7:30p $70.50/$44.10 Ashland: 203

Writing

Try Before You Buy:
Try Your Hand at Writing 99-825-100
Explore the art of writing—all levels welcome! Instructor: Cynthia Gaver

25448 Jan 30 Th 11a-12p Superior: 306

Illustrated Journals 60-801-601
Explore ways to channel your creativity using both the right and left sides of your brain. Use a variety of visuals to expand your writing to new creative dimensions. No drawing or writing experience needed.

24701 Feb 4 – Mar 10 Tu 10a-12p $70.50/$44.10 Rice Lake Sr Citizens Ctr Anisha Woods

Poem in My Pocket, Song in my Heart 60-801-601
Have you ever you had a lyric stuck in your mind that you thought would make a good song? Have you been writing lines of poetry on notepads and napkins for years? Then let us begin!

24850 Mar 24 – Apr 28 Tu 6:30p-8:30p $70.50/$44.10 Hayward: 114

The Relevant Personal Story 60-801-601
The relevant personal story is a powerful form of literary non-fiction that depends on the qualities of fiction (dialogue, setting, character, and plot) to create a fully rendered story, rich with subtle meaning. This six week class will take you through the writing process from concept to completed story and offer you a form that can be used for continued projects.

25787 Jan 15 – Feb 19 W 6p-8p $59.50/$37.50 St. Croix Falls Public Library Kathleen Melin

The Writer and the Writing I 60-801-601
Both new and established writers will engage in prompts, exercises, examples, tools, and discussion all designed to inspire, encourage, and evolve your voice and strengthen your understanding of the art of writing. This is a computer-based writing class but the instructor is present so you will interact with her and fellow classmates. This is part 1 of 2-part series; watch for part 2 in the fall semester.

24847 Mar 24 – Apr 28 Tu 4p-6p $70.50/$44.10 Hayward: 114

Illustrated Journals 60-801-601
Explore ways to channel your creativity using both the right and left sides of your brain. Use a variety of visuals to expand your writing to new creative dimensions. No drawing or writing experience needed.

24701 Feb 4 – Mar 10 Tu 10a-12p $70.50/$44.10 Rice Lake Sr Citizens Ctr Anisha Woods

Poem in My Pocket, Song in my Heart 60-801-601
Have you ever you had a lyric stuck in your mind that you thought would make a good song? Have you been writing lines of poetry on notepads and napkins for years? Then let us begin!

24850 Mar 24 – Apr 28 Tu 6:30p-8:30p $70.50/$44.10 Hayward: 114

The Relevant Personal Story 60-801-601
The relevant personal story is a powerful form of literary non-fiction that depends on the qualities of fiction (dialogue, setting, character, and plot) to create a fully rendered story, rich with subtle meaning. This six week class will take you through the writing process from concept to completed story and offer you a form that can be used for continued projects.

25787 Jan 15 – Feb 19 W 6p-8p $59.50/$37.50 St. Croix Falls Public Library Kathleen Melin

The Writer and the Writing I 60-801-601
Both new and established writers will engage in prompts, exercises, examples, tools, and discussion all designed to inspire, encourage, and evolve your voice and strengthen your understanding of the art of writing. This is a computer-based writing class but the instructor is present so you will interact with her and fellow classmates. This is part 1 of 2-part series; watch for part 2 in the fall semester.

24847 Mar 24 – Apr 28 Tu 4p-6p $70.50/$44.10 Hayward: 114

try before you buy:
try your hand at writing 99-825-100
explore the art of writing—all levels welcome! instructor: cynthia gaver

25448 jan 30 th 11a-12p superior: 306

illustrated journals 60-801-601
explore ways to channel your creativity using both the right and left sides of your brain. use a variety of visuals to expand your writing to new creative dimensions. no drawing or writing experience needed.

24701 feb 4 – mar 10 tu 10a-12p $70.50/$44.10 rice lake sr citizens ctr anisha woods

poem in my pocket, song in my heart 60-801-601
have you ever you had a lyric stuck in your mind that you thought would make a good song? have you been writing lines of poetry on notepads and napkins for years? then let us begin!

24850 mar 24 – apr 28 tu 6:30p-8:30p $70.50/$44.10 hayward: 114

the relevant personal story 60-801-601
the relevant personal story is a powerful form of literary non-fiction that depends on the qualities of fiction (dialogue, setting, character, and plot) to create a fully rendered story, rich with subtle meaning. this six week class will take you through the writing process from concept to completed story and offer you a form that can be used for continued projects.

25787 jan 15 – feb 19 w 6p-8p $59.50/$37.50 st. croix falls public library kathleen melin

the writer and the writing i 60-801-601
both new and established writers will engage in prompts, exercises, examples, tools, and discussion all designed to inspire, encourage, and evolve your voice and strengthen your understanding of the art of writing. this is a computer-based writing class but the instructor is present so you will interact with her and fellow classmates. this is part 1 of a 2-part series; watch for part 2 in the fall semester.

24847 mar 24 – apr 28 tu 4p-6p $70.50/$44.10
Microsoft Courses

Writing Your Life Story
60-801-601
Develop your writing style and techniques as you write about the stages of your life, then share your stories in class and with others if you choose.

24700  Feb 4 – Mar 10  Tu 1p-3p  $70.50/$44.10  Patricia Ginther
Hayward: 106

24781  Feb 6 – Mar 19  Th 1p-3p  $81.50/$55.70  Mary Beth Frost
Superior: 134

24354  Mar 9 – Apr 20  M 9:30a-11:30a  $81.50/$55.70  Patricia Brewer
Rice Lake: 160

Beginning Microsoft Word
47-103-438
Maximize the power of Microsoft Word. Learn word processing basics and tips to create, edit and format documents; understand files and folders; check spelling and grammar; change font and font size; create tables, tabs, envelopes, labels, borders and shading and much more. Prerequisite: basic computer and keyboarding skills.

25061  Feb 11 – Mar 3  Tu 4p-6p  $35/$7.70  Sara Reimann

Intro/Beginning Microsoft Excel
47-103-401
You will be amazed at what Excel can do for you! Understand the basics of navigating through the cells, formatting and setting up a spreadsheet for maximum efficiency. You will see how easy it is to have your numbers calculated for you in just seconds and how to sort through long, ponderous lists with ease. Prerequisite: Basic computer skills.

25061  Feb 11 – Mar 3  Tu 4p-6p  $35/$7.70  Sara Reimann

Microsoft Courses

Try Before You Buy:
Beginning Microsoft Word
99-825-100
Explore all the things you can do with Word! Instructor: Renee Mason
25421  Jan 28  Tu 5p-6p  Webinar

Intro/Beginning Microsoft Excel
47-103-401
You will be amazed at what Excel can do for you! Understand the basics of navigating through the cells, formatting and setting up a spreadsheet for maximum efficiency. You will see how easy it is to have your numbers calculated for you in just seconds and how to sort through long, ponderous lists with ease. Prerequisite: Basic computer skills.

25061  Feb 11 – Mar 3  Tu 4p-6p  $35/$7.70  Sara Reimann

Motorcycle Classes @ WITC

3 Wheel
Sponsored by Can Am • Rice Lake

2 Wheel
Ashland • New Richmond
Rice Lake • Superior

Call 800.243.9482 ext. 5230 for more info.
Beginning Powerpoint
47-103-422
In this class you will create and edit a presentation with pictures; learn how to enhance your presentation with shapes art and photos; practice reusing a presentation and adding media and animation to make your presentation stand out; and close with adding graphics, SmartArt and special formatting. This extensive beginner course will provide tools to enhance your work, school or personal use.
25059  Apr 21 – May 12  Tu 4p-6p  $35/$7.70  
Webinar  Sara Reimann

What’s New in Windows 10
47-103-409
Learn the components of Windows 10 including how to customize the Start Menu and work with the mouse, touchscreen and keyboard. Explore apps, create and modify account settings and understand file storage and photo management. Bring a laptop if you have one.
25463  Feb 18 – Feb 25  TuTh 5p-7p  Ashland: 207  $35/$14.52  Taylor Foley
24315  Feb 21  F 1p-3p  New Richmond: 1309  $19/$12.17
25450  Mar 10  Tu 5:30p-7:30p  Hayward: 105  $19/$12.17  Allison Scheffel
25449  Mar 12  Th 5:30p-7:30p  Shell Lake: 128  $19/$12.17  Allison Scheffel

Welcome to Computers
42-107-413
Develop skills in computer use and knowledge of terminology. As a new computer user, you will be introduced to word processing, the Internet, Windows and various types of computers and components. Feel free to bring a lunch.
25326*  Mar 6 – Apr 3  F 10a-1p  $45.45/$5.45  Hayden: 103  Patti Rumler  *Class does not meet 3/20

Computers, Phones & Tablets

Beginner Computers for Seniors
42-107-413
Develop skills in computer use including the mouse and keyboard along with knowledge of terminology. As a new user of personal computers, you will be introduced to word processing, the Internet, Windows and types of computers and components.
25208  Feb 4 – Mar 10  Tu 1p-3p  $45.45/$4.50  
Superior: Senior Citizen Ctr  Barbara Williams

Welcome to Computers
42-107-413
Develop skills in computer use and knowledge of terminology. As a new computer user, you will be introduced to word processing, the Internet, Windows and various types of computers and components. Feel free to bring a lunch.
25326*  Mar 6 – Apr 3  F 10a-1p  $45.45/$5.45  Hayden: 103  Patti Rumler  *Class does not meet 3/20

Connect with Facebook & Instagram
60-107-602
This course is designed to introduce the unique features of Facebook and Instagram. Learn all about the how to post, hashtag, share, and stay connected in this constantly evolving technical world. The instructor will provide hands-on guidance as you explore and learn all about these social media platforms.
25455  Mar 3  Tu 5p-8p  Hayward: 106  $26.50/$17.70  Allison Scheffel
25454  Mar 5  Th 5p-8p  Shell Lake: 128  $26.50/$17.70  Allison Scheffel
24415  Mar 6  F 12p-3p  New Richmond: 1309  $26.50/$17.70  Heathen Spencer

Intro to Androids
60-107-602
Learn to use your Android smartphone or tablet, including its’ capabilities and limitations. Interact with your device, navigate trips, capture photos, check the weather, receive your email and gain basic troubleshooting tips for when something goes awry. Please bring your Android device and charger to class and make sure that the device is updated to the latest operating system. Also bring a lunch.
25324  Feb 7  F 10a-1p  $26.50/$17.70  Hayward: 103  Patti Rumler

Intro to iPhone/iPad
60-107-602
Learn to use Apple’s iDevices including: iPad, iPhone and iPod Touch. Interact with your device, access different features, set up and manage your account and access the Internet. Understand the capabilities and limitations of your iDevice and why it may or may not replace your computer. Gain basic troubleshooting tips for when something goes awry. Prerequisite: update your iDevice with the latest iOS software.
25064  Feb 3 – Feb 5  MW 1p-3p  $26.50/$17.70  Siren: Professional Tutor  Sara Reimann
25325*  Feb 21  F 10a-1p  $26.50/$17.70  Hayden: 103  Patti Rumler  *Bring a lunch to class
24775  Mar 13  F 9a-12p  $26.50/$17.70  Superior: 301  Venessa Osborne

Beyond Beginner Computers
42-107-413
This class is for you whether you are in the beginning phase of using a computer, want a refresher, or wish to understand a bit more about programs. Expand your knowledge of Windows 10 and more. Come with specific questions about computer use.
25209  Mar 24 – Apr 28  Tu 1p-3p  $45.45/$4.50  
Superior: Senior Citizen Ctr  Barbara Williams
iPod/iPhone in Depth
60-107-602
Dig deeper in to the capabilities of your iDevice. Discover the many applications available and how to install them. Learn how to send email, use the camera and share photos. Understand Cloud storage, security and how to sync files between your mobile device and computer. Prerequisite: update your iDevice with the latest iOS software.

25063 Feb 10 – Feb 12 MW 1p-3p $26.50/$17.70 Siren: Professional Tutor Sara Reimann

24776 Mar 27 F 9a-3:30p $37.50/$24.30 Superior: 301 Venessa Osborne

Portal: Technology for Seniors & Family
60-107-602
Remember the episode of The Jetsons when Jane uses her morning mask to answer the videophone? This type of thing is now reality! Technology such as Facebook’s Portal allows us to communicate virtually with friends and family and even talk to a group of people at the same time. Learn how easy this technology is for anyone to use.

25402 Apr 15 W 5:30p-7:30p $15.50/$11.10 Shell Lake: 128 Linda Hand

Using All Google Has to Offer
60-107-602
Explore all that Google has to offer: Gmail, Chrome, Maps, Drive, Spreadsheets, YouTube, Calendar... and much more! With Google, you can upload and store all of your files online, share these files with others and access them from any computer, smartphone, or tablet. You can also quickly and easily get answers on your smartphone or computer. Please bring your laptop or device to class.

25062 Mar 3 – Mar 10 Tu 1p-3p $26.50/$17.70 Siren: Professional Tutor Sara Reimann

QuickBooks
47-103-439
Learn the essentials of how to correctly use QuickBooks desktop accounting software. In the class you will create a new company file from scratch, and learn the flow of the customer, vendor and banking activities. Review the report options and learn how to customize to fit your needs. Basic computer skills required. There will be a break for lunch, which is on your own.

25773 Apr 17 F 9a-4p $39/$11.70 New Richmond: 1309 Charity Williams

Automotive Mechanics for Mechanics
47-404-411
Learn component identification, basic tune-up, oil change, fuel systems, basic electrical system troubleshooting, tires and suspension and drive line maintenance. Plan to work on your own vehicle in coordination with instructor.

24606* Mar 13 – May 8 F 1p-4p Superior: 117 $92.40/$10.50 Terrance Tucker
*Class does not meet 4/10

Outboard Motor Servicing
47-461-411
Learn how to maintain and repair your outboard motor with personalized instruction. No sterndrive powered boats; limited space available for outboard powered boats under 18 feet. Bring your outboard motor, basic hand tools and safety glasses.

24612 Mar 24 – Apr 21 Tu 5p-8p $63/$58.40 Ashland: 120 Todd Larson

Lawn & Garden Equipment Clinic
47-461-401
Learn to properly maintain your lawn and garden equipment through hands-on experience. Bring your lawn tractor, mower, tiller, snow blower, etc. Receive classroom training along with time to work on your equipment. Learn to check the battery, change oil, sharpen blades, properly clean carburetor, perform a tune-up, change spark plugs and do a compression test. For seasonal storage you will treat/stabilize fuel, discuss fuel treatments, fog engine, clean exterior and discuss proper storage and covering tips.

24907 Apr 6 – Apr 13 M 5:30p-9:30p $49/$21.70 New Richmond: 1211 David Brown

Truck Driving
Technical Diploma 10 weeks | 10 credits

WITC-New Richmond, WITC-Rice Lake
Start date: March 9, 2020
Visit witc.edu or contact an Admissions Advisor to learn more at 800.243.9482

Register online: VISA/MC/DISCOVER | courses.witc.edu
Machine Shop

### Machine Tool Operation
47-420-455

Gain the skills necessary to safely operate machine tool equipment at beginner and intermediate levels. Through lecture and demonstrations, learn safety, set ups, proper feeds, and speeds of equipment. An advanced lab opportunity is available for students demonstrating competency in safe machine operation. You may be approved to work independently on selected vocational objectives with assistance from the instructor. Safety glasses required; work boots and ear protection recommended.

**24609**  
Jan 22 – Apr 8  W 5:30p-8:30p  $157.50/$34.65  
Superior: 118  Paul Kalin

**24610**  
Jan 23 – Apr 9  Th 5:30p-8:30p  $157.50/$34.65  
Superior: 118  Paul Kalin

**24611**  
Jan 24 – Mar 20  F 5:30p-9:30p  $157.50/$34.65  
Ashland: 119  David Olson

### Artistic Welding
60-442-600

Welding: an artistic perspective! Do you have little or no experience with welding? Explore welding in a safe environment with a focus on its artistic possibilities. No loose clothing and hair must be tied back.

**24634**  
Jan 10 – Jan 24  F 4p-8p  $82.80/$56.40  
New Richmond: 1209  Casey Wagner  
*Project: student choice*

### Beginner Woodcarving
60-409-601

Learn to carve a wood spirit on a diamond willow walking stick. Have fun with the basic cuts and design. Bring a pencil and quality carving knife (option to buy one at class is available).

**24635**  
Mar 26 – Apr 16  Th 6:30p-8:30p  $52.50/$34.90  
Balsam Lake: 108  Sherrie Anderson

Welding
47-442-406

Learn oxy-fuel, shielded metal arc, gas metal arc and gas tungsten arc welding. Course is designed for beginner or intermediate students wishing to advance their skills. Individual projects need prior instructor approval. Bring a notebook, pliers, safety glasses, work boots, goggles and welding helmet to class. Course meets the 30 hr apprentice requirement.

**25037**  
Jan 22 – Mar 25  W 6p-9p  $144.38/$42  
Ashland: 118  Matthew Tetzner

**24613**  
Jan 24 – Mar 27  F 6p-9p  $144.38/$42  
Superior: 128  Paul Renman

**25036**  
Feb 7 – Mar 27  F 4p-8p  $154/$44.80  
New Richmond: 1209  William Stacken

**24614**  
Feb 14 – Apr 3  F 4p-8p  $154/$44.80  
Rice Lake: 189  Ric Eckstein

**24632**  
Mar 5 – May 14  Th 5:30p-8:30p  $144.38/$42  
Spooner High School  Samuel Woods  
*Class does not meet 4/9*

---

**Caregiver CONFERENCES**

**Ashland Caregiver Conference**  
April 16  |  WITC-Ashland  
*The Caregiver Experience: Tools to Assist in the Journey*

**Twin Ports Regional Caregiver Conference**  
May 14  |  WITC-Superior  
*Protecting Dignity at End of Life*
**Personal Wellness**

_Way to Be: Toxin Free_

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title</th>
<th>Description</th>
<th>Dates</th>
<th>Times</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>60-560-610</td>
<td><strong>Welding for Women</strong></td>
<td>Learn to weld with other women in a relaxed yet focused environment. Use horseshoes to create a wine/boot rack, flower or garden ornament! Supplies for one piece provided; feel free to bring your own horseshoes as well. Wear hair tied back, work boots and no loose clothing. Bring safety glasses, welding helmet and jacket if you have them (gear provided). Bring a lunch and $20 supply fee.</td>
<td>Mar 7 / Sa 10a-3p</td>
<td>25146</td>
<td>New Richmond: 1209 Case Wagner</td>
</tr>
<tr>
<td>60-560-610</td>
<td><strong>Way to Be: Toxin Free</strong></td>
<td>Every day, you are exposed to a multitude of environmental toxins that can wreak havoc on your health and well-being. A large number of these toxins come from foods and personal care/cleaning products. In this class, you will learn about harmful environmental chemicals and will learn how to incorporate essential oils and other natural substances for a healthier lifestyle that reduces the toxin load on the body. Emphasis will be placed on the role of diet, nutrition, environment and the incorporation of pure essential oils. Note: For all sections course fee is $26.50/$17.70</td>
<td>Feb 11 / Tu 5:30p-8p</td>
<td>25263-25267</td>
<td></td>
</tr>
<tr>
<td>60-560-610</td>
<td><strong>Personal Wellness</strong></td>
<td>Note for wellness classes: supply fees are included in registration cost unless stated otherwise.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>60-560-610</td>
<td><strong>Caregiving</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>47-520-405</td>
<td><strong>Caregiving Conferences</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>47-520-405</td>
<td><strong>The Caregiver Experience: Tools to Assist in the Journey</strong></td>
<td>This conference for family caregivers and professionals features keynote Jim Adams and includes light breakfast, lunch, other speakers, vendors and door prizes. 6 CEUs available.</td>
<td>Apr 16 / Th 9a-3p</td>
<td>25371</td>
<td>Ashland: 306 Guest Speakers</td>
</tr>
<tr>
<td>47-520-405</td>
<td><strong>Protecting Dignity at End of Life</strong></td>
<td>Don’t miss this conference for family caregivers and professionals. Day includes a light breakfast, lunch, speakers, vendors and door prizes. 6 CEUs available.</td>
<td>May 14 / Th 9a-3p</td>
<td>24413</td>
<td>Superior: 108E Guest Speakers</td>
</tr>
<tr>
<td>60-560-610</td>
<td><strong>Those Aching Joints!</strong></td>
<td>Feeling stiff and sore? Dietary, health, environmental and genetic factors can lead to rheumatism, arthritis and lack of mobility. Learn about herbs and foods to support a more fluid body and start feeling better! Note: For all sections course fee is $26.50/$17.70</td>
<td>Mar 25 / W 9a-11:30a</td>
<td>24732-24735</td>
<td></td>
</tr>
<tr>
<td>60-560-610</td>
<td><strong>My Gut Aches!</strong></td>
<td>Digestive system disorders are rampant in our society. Explore how you can opt for foods, supplements and herbal remedies to promote health and wellness for the stomach and intestines. Note: For all sections course fee is $26.50/$17.70</td>
<td>Mar 25 / W 12p-2:30p</td>
<td>24742-24749</td>
<td></td>
</tr>
<tr>
<td>99-825-100</td>
<td><strong>Try Before You Buy:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>99-825-100</td>
<td><strong>Health &amp; Happiness Factors</strong></td>
<td>Explore factors that enhance health, happiness and hope for humanity. Instructor: Gigi Stafne</td>
<td>Jan 29 / W 12p-1p</td>
<td>25424-25435</td>
<td></td>
</tr>
</tbody>
</table>
Nourishing the Nerves
60-560-610
The nervous system needs extra nourishment by the time winter wanes and spring arrives. Learn how to nourish your nerves through foods, herbs and other naturopathic supports.
NOTE: For all sections course fee is $26.50/$17.70
Mar 25 / W 3p-5:30p
24751 ITV: Rice Lake Gigi Stafne
24752 ITV: New Richmond Gigi Stafne
24753 ITV: Superior Gigi Stafne
24754 ITV: Ashland Gigi Stafne
24755 ITV: Balsam Lake Gigi Stafne
24756 ITV: Hayward Gigi Stafne

Hand Massage
60-537-600
Learn about the basic structure of the hand, what lotion/oils to use, and a basic hand massage routine.
25124 Feb 17 M 1p-3p $15.50/$11.10
Rice Lake Sr Citizens Ctr Renee Mason

Seated Neck/Shoulder Massage
60-537-600
Learn about the basic structure of the neck and shoulders, and a fully-clothed 10 minute massage routine for someone seated in a chair in front of you.
25123 Mar 9 M 1p-4p $26.50/$17.70
Rice Lake Sr Citizens Ctr Renee Mason

Sports & Fitness

Old Time Group Dancing
60-807-630
Kick up your heels, relax and get some exercise! Dances are thoroughly taught; no experience necessary. Dances include reels, circle mixer, square dances, contra and waltzes.
25234 Jan 29 – Mar 4 W 3:30p-5:30p $70.50/$44.10
Cornucopia Community Ctr Donnan Christensen

Dance for Healthy Aging
60-807-630
Dancing can improve flexibility, balance and even memory as dance movements engage both sides of the brain. Learn traditional square dancing with a modern and innovative twist, all while engaging in a fun, physical activity appropriate for all ages.
25158 Mar 23 – Apr 27 M 12:30p-1:30p $37.50/$24.30
Superior: Sterling Silver Dance Carolyn Nelson-Kavajecz

Try Before You Buy:

Try the Trails: Hiking 99-825-100
Get to know the Ice Age Trail and all that it offers. Instructor: Tim McRaith
Jan 28 / Tu 1p-2p
25436 ITV: Rice Lake
25437 ITV: Superior
25438 ITV: Ashland
25439 ITV: Ladysmith
25440 ITV: Hayward
25441 ITV: Shell Lake

Try the Trails: Hiking 60-891-650
The glacial trail system is right in your back yard; are you exploring it? Join this short class to learn about using the numerous trail systems in our area to benefit your physical fitness. Discover exercises and movements that will help you prepare for hiking and ways to ensure healthy and safe trail exploration. Then learn about the Tuscobia segment of the Ice Age Trail system that expands our vast northwest corner of Wisconsin. This class will prepare you for an in-person hike on one leg of the trail system.
NOTE: For all sections course fee is $26.50/$17.70
Mar 24 – Mar 31 / Tu 1p-2:30p
25102 ITV: Hayward Tim McRaith
25103 ITV: Superior Tim McRaith
25104 ITV: Ashland Tim McRaith
25105 ITV: Balsam Lake Tim McRaith
25106 ITV: Shell Lake Tim McRaith

Trail Hiking: Live Exploration 60-891-650
Head out on a guided walk on one of the most sought after hiking trails, The Tuscobia State Trail. Meet at the trail head (on Highway SS near State Highway 53 north of Rice Lake). Maps will be provided at class; please arrive about 10 minutes prior to start of class.
25107 Apr 21 Tu 5p-7p $15.50/$11.10
Rice Lake: Tuscobia St Trail Head Tim McRaith
# Rhythm & Moves
60-807-607

These classes are modeled on brain-compatible dance education (Seattle) and the Mark Morris Dance for Parkinson's (Brooklyn). Moving to music helps the mind and body open up and develop flexibility and stamina. No dance experience is necessary. Class begins seated in chairs; you can choose to remain seated or to stand with or without support. All movements are at your pace and ability.

<table>
<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Facility</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>25181</td>
<td>Feb 4 – Mar 10</td>
<td>Tu 10:30a-11:45a</td>
<td>$70.50/$44.10</td>
<td>Hayward Senior Ctr</td>
<td>Sarah Boles</td>
</tr>
</tbody>
</table>

# Spin Class for Seniors
60-807-607

Increase your BPM, strengthen your upper body and legs and decreases joint stiffness in this beginner class. Get your cardiovascular exercise with sequences of standing, hovers, sprints and light weights. As with all exercise, check with your physician prior to registering.

<table>
<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Facility</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>24418</td>
<td>Jan 30 – Mar 5</td>
<td>Th 12:30p-1p</td>
<td>$26.50/$17.70</td>
<td>Ladysmith</td>
<td>Brandon Hoyt</td>
</tr>
<tr>
<td>24417</td>
<td>Mar 19 – Apr 23</td>
<td>Th 12:30p-1p</td>
<td>$26.50/$17.70</td>
<td>Ladysmith</td>
<td>Brandon Hoyt</td>
</tr>
<tr>
<td>24416</td>
<td>May 7 – Jun 11</td>
<td>Th 12:30p-1p</td>
<td>$26.50/$17.70</td>
<td>Ladysmith</td>
<td>Brandon Hoyt</td>
</tr>
</tbody>
</table>

# Strong Bodies
60-807-607

In this class, you will be guided through a series of total body strength-building exercises. This international fitness program is designed to target all muscle groups, increase range of motion and teach proper use of weights and form. Some scholarships are available by contacting Linda Hand at Washburn County ADRC at 715-635-4461. Bring your own mat.

<table>
<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Facility</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>25144</td>
<td>Jan 7 – Feb 18</td>
<td>TuTh 10a-11a</td>
<td>$70.50/$44.10</td>
<td>Spooner H</td>
<td>Vicky Neitge</td>
</tr>
<tr>
<td>25145</td>
<td>Mar 3 – Apr 9</td>
<td>TuTh 10a-11a</td>
<td>$70.50/$44.10</td>
<td>Shell Lake</td>
<td>Vicky Neitge</td>
</tr>
</tbody>
</table>

# Total Body Strength
60-807-607

This is a total body workout. We will focus on working larger muscle groups to smaller muscle groups. Many of the exercises will be body weight exercises. We will also work on balance and core. Great for all levels!

<table>
<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Facility</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>24728</td>
<td>Jan 27 – Mar 2</td>
<td>M 9a-9:45a</td>
<td>$37.50/$24.30</td>
<td>Hayward Senior Ctr</td>
<td>Jodi Olney</td>
</tr>
<tr>
<td>24729</td>
<td>Jan 27 – Mar 2</td>
<td>M 10a-10:45a</td>
<td>$37.50/$24.30</td>
<td>Hayward Senior Ctr</td>
<td>Jodi Olney</td>
</tr>
<tr>
<td>24730</td>
<td>Jan 30 – Mar 5</td>
<td>Th 12:30p-1:15p</td>
<td>$37.50/$24.30</td>
<td>Hayward Senior Ctr</td>
<td>Jodi Olney</td>
</tr>
</tbody>
</table>

# Weight Training For Beginners
60-807-607

Weight training is great for building strength and developing and maintaining muscle tone. Learn how to use weights and machines properly and discover the joy of becoming stronger at any age. This class is intended for individuals with little or no experience using weight training equipment. Please consult with your physician before participating.

<table>
<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Facility</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>24990</td>
<td>Jan 28 – Mar 3</td>
<td>Tu 10:15a-11:15a</td>
<td>$37.50/$24.30</td>
<td>Hayward: Northwoods Fitness Ctr</td>
<td>Rolfe Hanson</td>
</tr>
</tbody>
</table>

# Weight Training: Beyond Beginner
60-807-607

Weight training is great for building strength and developing and maintaining muscle tone. This course will help you continue to develop new strength training exercises - beyond the beginner phase. The class will be geared toward students who have some previous background or experience in weight training. Please consult with your physician before participating.

<table>
<thead>
<tr>
<th>Code</th>
<th>Dates</th>
<th>Time</th>
<th>Fee</th>
<th>Facility</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>24991</td>
<td>Mar 17 – Apr 21</td>
<td>Tu 10:15a-11:15a</td>
<td>$37.50/$24.30</td>
<td>Hayward: Northwoods Fitness Ctr</td>
<td>Rolfe Hanson</td>
</tr>
</tbody>
</table>

# Art Retreats

- Pen and Ink | P. 3
- Floral Wall Hanging (Quilting) | P. 7
<table>
<thead>
<tr>
<th><strong>Try Before You Buy:</strong></th>
<th><strong>Tai Chi: Moving for Balance</strong></th>
<th><strong>99-825-100</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Try Tai Chi and discover the many physical and mental benefits it has to offer. Instructors: Tom Ross (Superior), Don Ross (Trego)</td>
<td><strong>Tai Chi</strong></td>
<td><strong>60-807-640</strong></td>
</tr>
<tr>
<td>Tai Chi is a great way to improve your balance and coordination, strength and vitality, and to rehabilitate and regain lost conditioning. Learn the Simplified forms involving movement and breathing techniques to enhance your overall health by releasing toxins and bringing in more oxygen to your cells. This course is open to people of all ages.</td>
<td><strong>Tai Chi for Healthy Aging</strong></td>
<td><strong>60-807-640</strong></td>
</tr>
<tr>
<td>Tai Chi promotes serenity through slow, gentle, flowing movements and deep breathing. It is low impact, making it safe for all ages and fitness levels including older adults who may otherwise not exercise. Benefits of Tai Chi may include: decreased stress, anxiety and depression; improved mood; improved aerobic capacity; increased energy; improved flexibility, balance and agility; and improved muscle strength. Check with your physician before starting.</td>
<td><strong>Chair Yoga</strong></td>
<td><strong>60-807-628</strong></td>
</tr>
<tr>
<td>Chair Yoga gives you the wonderful benefits of yoga without the possibility of injury. You can loosen and stretch painful muscles, reduce stress and improve circulation. Other benefits include: metabolism balance, respiration improvement, increased energy, decreased anxiety, decreased blood pressure, joint protection and increased strength and balance. Poses can be modified to adapt to your individual needs. You will need a folding chair or chair without arms and an optional blanket or pillow.</td>
<td><strong>Chair Yoga</strong></td>
<td><strong>60-807-628</strong></td>
</tr>
</tbody>
</table>

### Tai Chi

- **Try Before You Buy:** Tai Chi: Moving for Balance
- **99-825-100**

- **Try Before You Buy:** Tai Chi for Healthy Aging
- **60-807-640**

### Chair Yoga

- **Try Before You Buy:** Chair Yoga
- **99-825-100**

---

**HEALTH & WELLNESS | Sports & Fitness**

---

**WITC Continuing Education | Spring 2020**
Hatha Yoga

60-807-628

Hatha is a gentle style of yoga that combines stretching, breathwork and meditation to connect you to all parts of yourself. Benefits include: improved flexibility, mobility, strength, circulation, relaxation, balance and energy. Yoga helps bring awareness and trust to your body, calmness to your mind and joy to your spirit. Bring a mat, blanket, two yoga blocks and a 6-8 foot strap. Please check with your physician before starting.

Cooking & Baking

Note for cooking classes: supply fees are included in registration cost unless stated otherwise.

Asian Soup

60-303-610

In the Chinese culture, soups are an essential with every meal. Learn how to turn ingredients in your fridge and freezer into a nutritious pot of soup that can be served with rice or noodles to make a hearty meal for the family. Bring soup bowls and utensils.

Happy Spring (Roll)

60-303-610

Learn to make your very own egg rolls and rice wrapper rolls (fresh spring rolls) at home! Once you see how simple these are, they will surely be a crowd pleaser at the next family gathering.
## Family & Relationships

### After Death Home Care/Burial
60-305-620
Return to simple traditions: for thousands of years, families took care of their loved ones at home after death. It is a choice that is still possible. Discuss the legalities and practicalities of a home funeral, how spending time with a deceased loved one affects grief and the benefits of natural burial. It is legal, inexpensive and greener than a conventional funeral.

NOTE: For all sections course fee is $26.50/$17.70

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apr 23</td>
<td>Th 1:30p-4p</td>
<td>ITV: Rice Lake</td>
<td>Lucy Basler</td>
</tr>
<tr>
<td>24457</td>
<td></td>
<td>ITV: Superior</td>
<td>Lucy Basler</td>
</tr>
<tr>
<td>24458</td>
<td></td>
<td>ITV: Ashland</td>
<td>Lucy Basler</td>
</tr>
<tr>
<td>24459</td>
<td></td>
<td>ITV: Hayward</td>
<td>Lucy Basler</td>
</tr>
<tr>
<td>24460</td>
<td></td>
<td>ITV: New Richmond</td>
<td>Lucy Basler</td>
</tr>
<tr>
<td>24461</td>
<td></td>
<td>ITV: Ladysmith</td>
<td>Lucy Basler</td>
</tr>
<tr>
<td>24462</td>
<td></td>
<td>ITV: Siren</td>
<td>Lucy Basler</td>
</tr>
</tbody>
</table>

### Household Management

### Downsizing Your Home
60-308-601
Explore reasons to downsize your home and simplify your life. Learn the steps involved in downsizing in addition to how intentional living can be applied to the process of downsizing whether you are planning a move or just looking to simplify.

NOTE: For all sections course fee is $15.50/$11.10

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 5</td>
<td>W 6p-8p</td>
<td>ITV: Rice Lake</td>
<td>Sarah Metcalf</td>
</tr>
<tr>
<td>24589</td>
<td></td>
<td>ITV: Superior</td>
<td>Sarah Metcalf</td>
</tr>
<tr>
<td>24590</td>
<td></td>
<td>ITV: Hayward</td>
<td>Sarah Metcalf</td>
</tr>
<tr>
<td>24591</td>
<td></td>
<td>ITV: New Richmond</td>
<td>Sarah Metcalf</td>
</tr>
<tr>
<td>24592</td>
<td></td>
<td>ITV: Ashland</td>
<td>Sarah Metcalf</td>
</tr>
<tr>
<td>24593</td>
<td></td>
<td>ITV: Siren</td>
<td>Sarah Metcalf</td>
</tr>
<tr>
<td>25809</td>
<td></td>
<td>ITV: Spooner</td>
<td>Sarah Metcalf</td>
</tr>
<tr>
<td>25810</td>
<td></td>
<td>ITV: Unity High School</td>
<td>Sarah Metcalf</td>
</tr>
</tbody>
</table>

### Financial Planning

#### Wills and Trusts
42-102-404

Understand what your current estate plan will achieve for you, how to avoid probate of your assets, and reduce or eliminate taxes to the extent possible. You will also learn how to effectively pass on your assets in the way that you desire.

NOTE: For all sections course fee is $15.50/$11.10

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 26</td>
<td>W 6p-8p</td>
<td>ITV: Rice Lake</td>
<td>Sarah Metcalf</td>
</tr>
<tr>
<td>24595</td>
<td></td>
<td>ITV: Superior</td>
<td>Sarah Metcalf</td>
</tr>
<tr>
<td>24596</td>
<td></td>
<td>ITV: Hayward</td>
<td>Sarah Metcalf</td>
</tr>
<tr>
<td>24597</td>
<td></td>
<td>ITV: Balsam Lake</td>
<td>Sarah Metcalf</td>
</tr>
<tr>
<td>24598</td>
<td></td>
<td>ITV: Ashland</td>
<td>Sarah Metcalf</td>
</tr>
<tr>
<td>24599</td>
<td></td>
<td>ITV: Siren</td>
<td>Sarah Metcalf</td>
</tr>
<tr>
<td>25804</td>
<td></td>
<td>ITV: Spooner</td>
<td>Sarah Metcalf</td>
</tr>
<tr>
<td>25808</td>
<td></td>
<td>ITV: Unity High School</td>
<td>Sarah Metcalf</td>
</tr>
</tbody>
</table>

#### Productivity Principles
60-308-601

Take control of your time and to-do list by learning the principles of productivity and time management. Discover how to utilize your time to put priorities and goals first. This class will focus on practical systems and tools that can be adapted to each individual.

NOTE: For all sections course fee is $15.50/$11.10

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 4</td>
<td>Tu 1p-3p</td>
<td>Siren: Professional Tutor</td>
<td>Sara Reimann</td>
</tr>
<tr>
<td>25039</td>
<td></td>
<td></td>
<td>Sara Reimann</td>
</tr>
<tr>
<td>Apr 7</td>
<td>Tu 1p-3p</td>
<td>Siren: Professional Tutor</td>
<td>Sara Reimann</td>
</tr>
<tr>
<td>25040</td>
<td></td>
<td></td>
<td>Sara Reimann</td>
</tr>
<tr>
<td>Apr 24</td>
<td>F 1p-3p</td>
<td>Hayward: 106</td>
<td>Troy Morgan</td>
</tr>
<tr>
<td>25284</td>
<td></td>
<td></td>
<td>Troy Morgan</td>
</tr>
</tbody>
</table>

#### Cut the Cable Bill
60-305-625

Thinking about getting rid of another monthly bill? TV lovers have more budget-friendly options these days than they may realize. This class will teach you how to ditch cable and satellite TV and save a bundle without giving up your favorite shows or features.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 4</td>
<td>Tu 1p-3p</td>
<td>Siren: Professional Tutor</td>
<td>Sara Reimann</td>
</tr>
<tr>
<td>25039</td>
<td></td>
<td></td>
<td>Sara Reimann</td>
</tr>
<tr>
<td>Apr 7</td>
<td>Tu 1p-3p</td>
<td>Siren: Professional Tutor</td>
<td>Sara Reimann</td>
</tr>
<tr>
<td>25040</td>
<td></td>
<td></td>
<td>Sara Reimann</td>
</tr>
<tr>
<td>Apr 24</td>
<td>F 1p-2p</td>
<td>Hayward: 106</td>
<td>Troy Morgan</td>
</tr>
<tr>
<td>25284</td>
<td></td>
<td></td>
<td>Troy Morgan</td>
</tr>
</tbody>
</table>

---

**Facebook:**

it's where we're at!

Up-to-date info on new classes and events!

facebook.com/WITC.ContinuingEd
Career Development

Leadership in an Evolving Workforce
The workforce is in the midst of a drastic transition. Baby Boomers are retiring in masses, Millennials are the most predominant generation in the workforce, the independent Gen-X’ers have raised their children to be anything but, and iGen are right around the corner. These changes, along with trying to keep up with technology, are testing many forms of leadership. To exacerbate this evolution, communication, which should be easier with technology advances, has only become more complicated. This workshop will explore the evolution of the workforce, but more importantly provide specific strategies to become the efficient leader and communicator that your colleagues deserve. Light breakfast included.

25884 Feb 27 Th 8:30a-12p $39/$25.35 Rice Lake: 241 Brad Gingras

Essential Supervisory Skills
47-196-520
Essential Supervisory Skills training gives you the tools to meet the changing demands of the modern business environment. Whether you have just been promoted or have many years of supervisory experience, these skills will make you and your team more efficient and effective. Modules include: The New Supervisor, Communication, Employee Motivation and Teams, and Leader vs. Manager. This training is interactive with practical skill applications, individual and small group exercises, and real-life examples.

25100 Apr 8 – Apr 29 W 5:30p-8:30p $149/$108.05 Superior: 111 Mary Tripp

Leading Meetings: The Informal Leader
47-196-421
Parliamentary Procedures for the Non-Formal Leader You have the passion for leadership and the desire to run an effective meeting, but it’s been a while since you’ve reviewed proper parliamentary procedures. In this short course, discover the basics of opening, running and closing a meeting. Learn about motions to call for action and when public comments are appropriate. Come join us for this informal review of the formal process.

25285 Feb 11 Tu 5:30p-7:30p $29/$22.17 Webinar Troy Morgan

SafeZone: Diversity/Inclusion
47-520-405
SafeZone: General Session (Perfect for anyone in HR, educators and business professionals) Learn to develop and maintain environments in workplaces, schools and other settings that are culturally competent and supportive to LGBTQ+ individuals and people who care about diversity, equality and inclusion. Increase understanding through activities, discussion and videos that will help put a face on the experiences of LGBTQ+ individuals, provide accurate information to challenge myths and stereotypes, and encourage dialogue. Leave with resources for your work or classrooms. Light breakfast included.

25309 Feb 5 W 9a-12:30p $29/$15.35 Rice Lake: 241 Sara Eckstein

SafeZone for Healthcare Providers This expanded offering includes everything in the general session, plus special focus on issues LGBTQ+ individuals face in the healthcare setting and solutions to put into your care practice. Snacks included.

25310 Feb 19 W 1p-5p $29/$15.35 Rice Lake: 241 Sara Eckstein

Administrative Professional Celebration
47-106-437
Celebrate Administrative Professional Day! Do you work with an amazing Administrative Professional? Are you an Administrative Professional? We have an event for you. The Administrative Professional Day Celebration will include a luncheon, speakers on wellness and technology trends, networking, and pampering by the Cosmetology students.

NOTE: For all sections course fee is $25/$11.35

Apr 22 W 11:30a-2:30p

24604 ITV: Superior Guest Speakers

24605 ITV: Rice Lake Guest Speakers

Continuous Process Improvement
47-196-437
Does your organization support a culture of Continuous Improvement (CI)? Perhaps you are in upper management and not quite sure what it takes to implement a CI program. Explore CI principles and values and how to define a process. Understand and define key elements for the customer, employee, business and the process—all factors that will influence the sustainability of your CI journey. Also explore how to measure the health of your business systems and understand the importance of communicating process performance to all stakeholders. Breakfast and certificate of completion included.

25038 Mar 27 F 8a-10:30a $39/$25.35 Scott Bensen
LIFELONG LEARNING | Language

New at WITC:
Learning for Life
CELEBRATE NEW EXPERIENCES

Thursday, May 7 | WITC-Ashland
Learners of all ages can explore a variety of topics, including wellness, history, home safety, the outdoors and much more!

P. 22

Language

Sign Language - Beginning
42-533-400
Learn the art of sign language including common phrases, questions, negatives, the alphabet, numbers and more. Also explore facial affect, sentence structure and proper terminology related to deafness. Communicate with deaf guests and gain a greater appreciation for their language and culture. Bring pen and paper.

24628 Apr 6 – May 11 M 6:30p-9:30p $65.93/$4.50
Rice Lake: 221 Betsy Wolford-Phillips

Sign Language - Intermediate
42-533-400
Designed for students who have completed a beginning sign language class or those with a knowledge of sign language. Cover advanced vocabulary, polish existing skills and cover other aspects of sign language structure. Develop conversational skills and learn to construct dialogues for common situations.

24629 Apr 7 – May 12 Tu 6:30p-9:30p $65.93/$4.50
Rice Lake: 221 Betsy Wolford-Phillips

American Sign Language Level 2
42-533-400
Continue your exploration of sign language and culture as you expand your vocabulary, polish existing signing skills, and explore other aspects of sign language structure. Develop conversational skills and learn dialogues for common situations.

25162 Jan 6 – Feb 10 M 6p-9p $65.93/$4.50
Superior: 113 Cheryl Blue

American Sign Language Level 3
42-533-400
Continue your exploration of sign language and culture. Your instructor will provide additional vocabulary, help you polish existing signing skills, and continue with instruction on other aspects of sign language structure. Develop conversational skills and learn to construct dialogues based on common situations.

25163 Apr 6 – May 11 M 6p-9p $86.40/$4.50
Superior: 113 Cheryl Blue

In their own words

What students are saying about our sign language class

We had fun, we laughed, we learned. Cheryl [Blue] is a great teacher and is very patient.

-Beginning Sign Language Student, October 2019

New at WITC:
Learning for Life
CELEBRATE NEW EXPERIENCES
Natural Science

**Beginning Spanish**

60-802-600

Learn basic conversational Spanish in this interactive short course. This course employs a wide variety of learning activities that build Spanish comprehension and vocabulary. Individual requests for content related to professional, business, travel or other purposes will be integrated into sessions.

**NOTE:** For all sections course fee is $59.50/$37.50

Jan 28 – Mar 3 / Tu 6p-7:30p

- 24803 ITV: Superior James Richie
- 24804 ITV: Ashland James Richie
- 24805 ITV: Rice Lake James Richie
- 24806 ITV: New Richmond James Richie
- 24807 ITV: Balsam Lake James Richie

**Intermediate Spanish**

60-802-600

This course picks up where the Spanish Beginning course ends and employs a wide variety of learning activities that build Spanish comprehension and vocabulary. Individual requests for content related to professional, business, travel or other purposes will be integrated into sessions.

**NOTE:** For all sections course fee is $59.50/$37.50

Mar 24 – Apr 28 / Tu 6p-7:30p

- 24819 ITV: Superior James Richie
- 24822 ITV: Ashland James Richie
- 24825 ITV: Rice Lake James Richie
- 24827 ITV: Balsam Lake James Richie
- 24829 ITV: New Richmond James Richie

**Spanish II**

60-802-600

This conversational course employs a wide variety of learning activities that build Spanish comprehension, vocabulary, and oral and writing skills in a highly interactive environment. Learning materials are also highly varied, including total physical response, videos, the internet, written exercises, weekly homework assignments, etc. Individual requests for content related to professional, business, travel or other purposes are integrated into sessions. Instruction is mainly in Spanish.

**24446** Jan 27 – Apr 20 M 6p-8:30p $169.50/$103.50 Superior: 306 Gary Valley

*Class does not meet 3/16*

**Natural Science**

**Try Before You Buy: How to Read Garden Catalogs**

99-825-100

Better your understanding of garden catalogs with tips from a UW-Extension Master Gardener Volunteer. Instructor: Sue Reinardy

Jan 31 / F 10a-11a

- 25418 ITV: Rice Lake
- 25417 ITV: Balsam Lake
- 25414 ITV: Hayward

**Create a Potager Garden**

60-001-602

Potager is a French term for a kitchen garden. These gardens can include not only vegetables but herbs, fruit, berries and cutting flowers. Learn from UW-Extension Master Gardener Volunteer: where to site your potager, plants to include and how to maintain it through the growing season. These gardens can be an attractive addition to your yard and provide your family with food and flowers throughout the growing season.

**NOTE:** For all sections course fee is $15.50/$11.10

Apr 17 / F 12p-2p

- 24464 ITV: Hayward Sue Reinardy
- 24465 ITV: Superior Sue Reinardy
- 24466 ITV: Ashland Sue Reinardy
- 24468 ITV: Rice Lake Sue Reinardy
- 24469 ITV: Siren Sue Reinardy
- 24470 ITV: Balsam Lake Sue Reinardy

**Woodland Gardens**

60-001-602

Discover plants suitable to the forest edge or under a shady tree in your yard. A UW-Extension Master Gardener Volunteer and will guide you through various topics, including how to add bulbs, ferns, perennials, grasses, sedges, trees and shrubs for three seasons of color. If you have light to medium shade, this program will give you ideas on how to incorporate these plants in your garden.

**NOTE:** For all sections course fee is $15.50/$11.10

May 1 / F 12p-2p

- 24553 ITV: Hayward Sue Reinardy
- 24554 ITV: Superior Sue Reinardy
- 24555 ITV: Ashland Sue Reinardy
- 24557 ITV: Rice Lake Sue Reinardy
- 24559 ITV: Siren Sue Reinardy
- 24561 ITV: Balsam Lake Sue Reinardy
Wild Mushrooms 101
42-806-410
Learn about mushrooms from a 30+ year veteran of wild mushroom foraging! You will explore the three rules (plus one!) and the safe six (morels, shaggy manes, hen of the woods, chicken mushrooms, oyster mushrooms and puffballs). Topics include tree identification, ethics, safety, storage and preparation. Poisonous mushrooms will also be discussed.

NOTE: For all sections course fee is $24.98/$4.50

Apr 6 – Apr 7 / MTu 5:30p-8:30p
25112  ITV: Rice Lake  Tavis Lynch
25113  ITV: Ashland  Tavis Lynch
25114  ITV: Ashland  Tavis Lynch
25115  ITV: Superior  Tavis Lynch
25116  ITV: Balsam Lake  Tavis Lynch
25799  ITV: Luck  Tavis Lynch

Wild Mushrooms: Spring Edibles
42-806-410
Discover how to identify, harvest and prepare wild morel mushrooms as you learn from a 30+ year veteran of wild mushroom foraging. You will also discuss oyster mushrooms, pheasant’s back mushrooms and edible spring plants. Emphasis will be put on safety and ethical harvest.

NOTE: For all sections course fee is $24.98/$4.50

May 4 – May 5 / MTu 5:30p-8:30p
25117  ITV: New Richmond  Tavis Lynch
25118  ITV: Ashland  Tavis Lynch
25119  ITV: Ashland  Tavis Lynch
25120  ITV: Superior  Tavis Lynch
25121  ITV: Balsam Lake  Tavis Lynch
25798  ITV: Luck  Tavis Lynch

Movies as Storytelling
60-803-600
Movies are one of the most popular ways to tell stories, and a good story is applicable through generations. This course looks at classic films (silents, talkies, b&w, color, and perhaps even an occasional “B” movie), the methods they use to tell their stories, and how writers can adapt cinematic techniques to print fiction.

25101*  Apr 3 – May 15  F 12:30p-3p  $59.50/$37.50
Hayward: 106  Phyllis Karr
*Class meets every other Friday

Social Science

The Holocaust: Relevance Today
60-803-600
Tim Scott’s film The Holocaust: Its Relevance Today (putouttheflame.com) challenges Americans to put out the flame of racism, hatred, intolerance, prejudice and labeling. Lunch included. Current WITC program students can enroll for free by contacting Jill Fox at jill.fox@witc.edu or 715.246.6561 ext. 4342.

23106  Feb 7  F 9a-3p  $39/$25.80
New Richmond: 1122A  Tim Schoff

special events

Learning for Life Day
60-305-600
Celebrate New Experiences The day offers learners of all ages the opportunity to explore a wide variety of new and interesting topics, including wellness, history, home safety, the outdoors, and much more. With three different tracks to choose from, you are sure to find topics of specific interest to you. Learn something new from a variety of local speakers all for one great price!

25211  May 7  Th 1p-5p  $35/$26.20
Ashland: 305  Guest Speakers

Don’t forget:
Check the Digital Signs on campus before your class to verify that your class Room Number hasn’t changed.
Emergency Medical Services

CPR/AED/Basic First Aid-ASHI
47-531-419

This course is combined CPR/AED/Basic First Aid designed for laypeople and is good for the community and workplace setting. Learn how to recognize emergencies, perform CPR, use an AED and perform First Aid until EMS arrives. This course will certify a person for 2 years in CPR/AED/Basic First Aid.

24957 Jan 20 – Jan 22 MW 6p-10p $42/$14.70 Superior: 136 TBD
24956 Jan 27 – Jan 29 MW 6p-10p $42/$14.70 Ashland: 204 TBD
25045 Jan 29 – Jan 30 W 6p-9p $42/$14.70 Balsam Lake: 102 TBD
25054* Feb 19 – Feb 20 W 5p-10p $42/$14.70 New Richmond: 1215 TBD
*Class meets W 5p-10p & Th 5p-8p
24938 Mar 10 – Mar 12 TuTh 6p-10p $42/$14.70 Superior: 134 TBD
24940 Mar 24 – Mar 26 TuTh 6p-10p $42/$14.70 Ashland: 204 TBD

CPR/AED/Basic First Aid Renewal-ASHI
47-531-459

This course will recertify students in CPR/AED & Basic First Aid. Students will renew their skills in CPR/AED and First Aid. Prerequisite: Students must have taken the original course within the last 2 years.

24952 Feb 6 Th 6p-10p $35/$21.35 Superior: 134 TBD
24955 Feb 13 Th 6p-10p $35/$21.35 Ashland: 204 TBD
24951 Mar 16 M 6p-10p $35/$21.35 Superior: 136 TBD
24954 Mar 25 W 6p-10p $35/$21.35 Ashland: 203 TBD
25052 Apr 4 Sa 8a-12p $35/$21.35 New Richmond: 1215 TBD
25044 Apr 21 Tu 6p-10p $35/$21.35 Balsam Lake: 102 TBD
24950 Apr 27 M 6p-10p $35/$21.35 Superior: 136 TBD
24953 May 19 Tu 6p-10p $35/$21.35 Ashland: 204 TBD

Online DRIVER EDUCATION Theory

Open to ANY Wisconsin resident age 15 and older. Offered completely online—take it from anywhere!

Call 715.234.7082 ext. 5777 for more info.
ASHI Pediatric First Aid and CPR
47-531-420
This course will help students gain the knowledge, skills and confidence necessary to respond to and manage medical emergencies involving children and infants until more advanced help is available. A student will be taught the updated guidelines of CPR, and an automated external defibrillator (AED), and first aid for children and infants. This course will certify a student for 2 years in CPR/AED/First Aid. Students will have the option to download a book from the internet after successful completion.

24943 Feb 18 – Feb 20 TuTh 6p-10p $42/$14.70
Superior: 134 TBD
24945 Feb 18 – Feb 20 TuTh 6p-10p $42/$14.70
Ashland: 204 TBD
24942 Apr 20 – Apr 22 MW 6p-10p $42/$14.70
Superior: 136 TBD
24944 May 5 – May 7 TuTh 6p-10p $42/$14.70
Ashland: 204 TBD

Defibrillation Heartsaver AED - AHA
47-531-463
The Heartsaver AED course teaches the basic techniques of adult CPR and the use of the automated external defibrillator (AED). You will learn about using barrier devices in CPR and giving first aid for choking. This course follows American Heart Association guidelines for performing CPR and AED use.

24021 May 18 M 5:30p-9:30p $38.15/$24.50
WITC-Hayward Matthew Fitch

Medic First Aid
47-531-404
This course will help students gain the knowledge, skills, and confidence necessary to manage a medical emergency using CPR, an automated external defibrillator (AED), and first aid until more advanced help is available. This course will certify a student for two years in CPR/AED/First Aid. Book provided.

23928 Feb 1 Sa 8:30a-3:30p $42.60/$15.30
Rice Lake: 155 Judith Balog

Medic First Aid Recertification
47-531-405
This course will recertify students in Medic First Aid. Students will renew skills in CPR, an automated external defibrillator (AED) and first aid. Prerequisite: Students must have taken Medic First Aid within the last two years. This course will renew your certification for two years. Book is provided at class.

23929 Feb 1 Sa 8:30a-12:30p $35/$21.35
Rice Lake: 155 Judith Balog
23930 Mar 28 Sa 8:30a-12:30p $35/$21.35
WITC-Hayward Matthew Fitch
23941 Apr 18 Sa 8:30a-12:30p $35/$21.35
Rice Lake: 165 Judith Balog
23942 May 26 Tu 5:30p-9:30p $35/$21.35
Rice Lake: 155 Judith Balog
*Class meets Tu 5:30p-9:30p & W 5:30p-8:30p

Pediatric Medic First Aid & CPR
47-531-464
This course will help students gain the knowledge, skills and confidence necessary to respond to and manage medical emergencies involving children and infants until more advanced help is available. A student will be taught the updated guidelines of CPR, and an automated external defibrillator (AED), and first aid for children and infants. This course will certify a student for 2 years in CPR/AED/First Aid. Book is provided at class.

24015 Feb 22 Sa 8:30a-3:30p $42.60/$15.30
Rice Lake: 165 Judith Balog
24017 Apr 25 Sa 8:30a-3:30p $42.60/$15.30
WITC-Hayward Matthew Fitch
24020 May 9 Sa 8:30a-3:30p $42.60/$15.30
Rice Lake: 155 Judith Balog

Essential Supervisory Skills
April 8 – 29
Wednesdays, 5:30 – 8:30 p.m.
WITC-Superior

PG. 19
Pediatric Medic First Aid & CPR Recertification
47-531-477
This course will recertify a student in Pediatric Medic First Aid & CPR. Students will renew their skills in CPR, an automated external defibrillator (AED) and first aid for infants and children. Students must have taken Pediatric Medic First Aid & CPR within the last two years. This course will renew a student’s certification for 2 years. Book is provided at class.

Traffic Safety

Drive Your RV with Confidence
42-812-409
Part of enjoying a recreational vehicle is feeling self-assured and confident on the road. Go over pre-trip inspection, parking maneuvers and route planning, focusing on clearances and road restrictions. Bring your own RV to practice behind the wheel in a safe and supportive setting.

Personal Safety

Awareness & Self Defense
42-504-416
Discover how to avoid being a target, assess your surroundings, react to confrontation, anticipate an attacker’s next move and break an attacker’s grasp. Know how, when and where to strike if you have no other choice. Experience a mix of classroom instruction and hands-on martial arts training to build skills and confidence. Your instructor is an 8th degree black belt with 49+ years experience who has twice been inducted into the USA Karate Hall of Fame.

Traffic Safety for Point Reduction
42-812-404
Examine your driving behavior and review traffic laws and penalties, with emphasis placed on ways to drive responsibly. Develop a change plan to reduce your risk of traffic violations and crashes. Upon completion you may be eligible to receive a 3 point reduction from your driving record. This class meets the requirements for anyone that has received a Failure to Yield Right of Way Violation 2011 Wisconsin Act 173-346.18.

Register online: VISA/MC/DISCOVER | courses.witc.edu
Kids’ Classes

Babysitting Boot Camp
60-891-663
Do you know how to calm a crying baby or what to do if a child has a stomachache? Learn how to help kids have fun while keeping them safe with this training from the American Red Cross. Skills taught include: First Aid/rescue breathing (CPR certification not a part of this class), making good decisions under pressure, communicating effectively with parents, infant care and managing a babysitting business. Bring a lunch to class. Ages 11 and up.

24833 Apr 4 Sat 9a-3:30p $65.50/$47.90
Ashland: 201 Susan Thurn

24830 Apr 25 Sat 9a-3p $65.50/$47.90
Hayward: Weiss Comm Library Susan Thurn

Easter Egg Ornament
60-815-640
Create two beautiful egg-shaped decorations in this Easter-themed class.
NOTE: Class is open to age 7 – adult. Youth ages 7 – 15 must be accompanied by a registered adult.

24840 Mar 28 Sat 11a-1p $25.50/$21.10
Superior: Shannon’s Stnd Glass Shannon Johnson

Mini Mixed Media Collage
60-815-640
Create your own unique mini collage—modern or traditional in any color/theme you choose! You may bring items to use in your collage, although objects will be provided.
NOTE: Class is open to age 13 – adult. Youth ages 13 – 15 must be accompanied by a registered adult.

25137 May 15 Fri 12:30p-3:30p $38.50/$29.70
Hayward: 104 Anisha Woods

Music as Language
60-805-605
Why is music called the universal language? Explore how music draws similarities to the language we speak and allows us to communicate more effectively. No musical experience necessary.
NOTE: Class is open to age 7 – adult. Youth ages 7 – 15 must be accompanied by a registered adult.

24443 Feb 10 – Mar 9 Mon 5:30p-7:30p $59.50/$37.50
Superior: 111 Luke Perry

Music Styles and History
60-805-605
Trace the evolution and history of popular music and learning how different styles have evolved up to the current day, in addition to discussing differences and similarities between music styles. No musical experience necessary.
NOTE: Class is open to age 7 – adult. Youth ages 7 – 15 must be accompanied by a registered adult.

Improv 101
60-815-610
Improv is fun and has something for everyone from companies, to families, to individuals. Participate in warm-up exercises to help you let go and get your creative juices flowing. Explore and study short-and long-form improv in addition to tips from masters of improv. Your instructor is a Second City graduate who can’t wait to explore the art of improv with you.
NOTE: Class is open to age 7 – adult. Youth ages 7 – 15 must be accompanied by a registered adult.

Test Prep
ACT Prep
42-890-415
Get ready to rock the ACT! Sessions in each subject area—take one or all four! Sessions are recorded and can be e-mailed upon request. All sessions are offered in-person at WITC-New Richmond and via ITV at other campuses.

Monday: English
Tuesday: Reading
Wednesday: Science
Thursday: Math

NOTE: For all sections course fee is $31.80

24919 M-Th 6:30-8p $41.10
ITV: New Richmond Todd Kittel

24922 M-Th 6:30-8p $41.10
ITV: Ashland Todd Kittel

24923 M-Th 6:30-8p $41.10
ITV: Superior Todd Kittel

24925 M-Th 6:30-8p $41.10
ITV: Rice Lake Todd Kittel

24926 M-Th 6:30-8p $41.10
ITV: Hayward Todd Kittel

25161 M-Th 6:30-8p $41.10
ITV: Balsam Lake Todd Kittel

25733 M-Th 6:30-8p $41.10
ITV: Grantsburg Todd Kittel

Music as Language
DISCOVER A WELCOME RESOURCE. Full service conference center facilities for your team meeting, retreat or staff event.

**WITC-Ashland**
Small and large groups up to 200 people.
2100 Beaser Avenue
Ashland, WI  54806
715.682.4591, ext. 3150

**WITC-New Richmond**
Small and large groups up to 200 people.
1019 South Knowles Avenue
New Richmond, WI  54017
715.246.6561, ext. 4318

**WITC-Rice Lake**
Small and large groups up to 300 people.
1900 College Drive
Rice Lake, WI  54868
715.234.7082, ext. 5520

**WITC-Shell Lake**
Small and large groups up to 60 people.
505 Pine Ridge Drive
Shell Lake, WI  54871
715.468.2815 ext. 2050

**WITC-Superior**
Small and large groups up to 200 people.
600 North 21st Street
Superior, WI 54880
715.394.6677, ext. 6292

Each center provides an ideal setting for conferences, seminars, and training sessions for a variety of business and community groups.

Facilities include both small and large-group meeting rooms with accommodations for 50-300 people, depending on the location. Refreshments, meals and room set-ups are coordinated by friendly conference center staff who strive to meet your training and meeting needs at very reasonable prices.

Call 800.243.9482 or take a look online at witc.edu.
Nonprofit Essentials  
**Pathway certificate**  
15 credits

As a student in the Nonprofit Essentials career pathway program, you will explore the role of nonprofit organizations, develop volunteer and Board relationships, and coordinate grant and fundraising strategies. Graduates of this certificate can find work with assisted living centers, hospice and home care agencies, childcare programs, domestic abuse and homeless shelters, and many more nonprofit organizations, both locally and nationally.

- 10196131 Fundamentals of Nonprofit Management 3 credits
- 10104189 Social Media Marketing 3 credits
- 10196123 Grant Writing & Management 2 credits
- 10196127 Fundraising & Event Planning 3 credits
- 10196149 Dynamics of Board Relations 1 credit
- 10196158 Managing Volunteers 2 credits
- 10196159 Nonprofit Field Experience 1 credit

Leadership Essentials  
**Technical diploma**  
12 credits

A series of courses to assist you in developing the skills of current and future supervisors to lead today's workforce, Leadership Essentials focuses on leading people within an organization toward strategic goals, through corporate changes, or in directing processes and procedures.

- Personal Skills for Supervisors 3 credits
- Leadership Development 3 credits
- Team Building and Problem Solving 3 credits
- Supervision 3 credits

Dementia Care  
**Pathway certificate**  
12 credits

Gain relevant and emerging information related to dementia types, symptoms and progression. You will be provided with practical tools and strategies that promote effective communication, honor human dignity, and support the importance of advanced planning. You will examine ways to positively impact your community through advocacy, education and other cutting edge initiatives based on coursework and experiential learning activities.

- Communication of Aging 3 credits
- Alzheimer's and Dementia 3 credits
- Death and Dying 3 credits
- Legal and Financial Issues of Aging 3 credits

Microsoft Office  
**Technical diploma**  
9 credits

Using the Microsoft Office suite, you'll create letters, reports, forms or other material from rough draft, corrected copy or voice recording. In addition, you'll create spreadsheets, databases, calendars, emails or slides for presentations.

- Microsoft Powerpoint 1 credit
- Microsoft Outlook 1 credit
- Microsoft Word A, B & C 3 credits (1 credit/ea)
- Microsoft Excel A & B 2 credits (1 credit/ea)
- Microsoft Access A 1 credit
- Software Integration 1 credit

Certified Nursing Assistant  
**Technical diploma**  
120 hours

The Nursing Assistant program provides classroom, laboratory instruction and supervised practice in area nursing homes and hospitals. The program is approved by the Wisconsin Department of Health Services, Office of Quality Assurance. Upon completion, students will be eligible to take the written and skills exams to be placed on the Wisconsin Nurse Aide Registry.
WITC BUSINESS TRAINING
FIRST IN TRAINING SOLUTIONS

Flexible  Convenient  Customized  26 of WITC’s programs are fully online.

Solve complex problems.
To compete in today’s global marketplace, your employees need to be well trained and current. WITC can help you get there.

We start by listening.
WITC takes the time to understand your needs. We know how to assess and design your customized training supported by business experts and instructional staff. Our experts will be there, every step of the way, keeping in touch, so you can focus on your day-to-day operations.

Delivering the solution.
Courses meet the training and certification needs of today’s workforce, with convenient locations and a variety of delivery formats to fit your schedule.

Call your regional associate dean today for a free, no obligation customized training assessment!

Dan Miller
800.243.9482 ext. 6339
Ashland and Superior campuses including counties of Ashland, Bayfield, Douglas, Iron

BJ Williams
800.243.9482 ext. 5179
Rice Lake campus including counties of Barron, Rusk, Sawyer, Washburn

Liz Pizzi
800.243.9482 ext. 4376
New Richmond campus including counties of Burnett, Polk, St. Croix

Register online: VISA/MC/DISCOVER | courses.witc.edu
Registration Information

It’s Easy to Register!

ONLINE Register and submit your credit card payment online at courses.witc.edu.

PHONE Register by phone using a credit card.

IN PERSON Go online to witc.edu or call ahead to check business hours of your local campus. Cash, checks and credit cards are accepted.

MAIL Fill out the registration form and mail it with payment to the appropriate campus. Your registration must be received before you begin courses.

Registration Locations

WITC-Ashland
2100 Beaser Ave, Ashland, WI 54806
715.682.4591 ext. 3050

WITC-New Richmond
1019 S. Knowles Ave, New Richmond, WI 54017
715.246.6561 ext. 4145

WITC-Rice Lake
1900 College Drive, Rice Lake, WI 54868
715.234.7082 ext. 5045

WITC-Superior
600 N. 21st Street, Superior, WI 54880
715.394.6677 ext. 6050

WITC-Balsam Lake Outreach Center
400 Polk County Plaza Balsam Lake, WI 54810
715.485.3044

WITC-Hayward Outreach Center
15618 Winrose Ln. Suite 106, Hayward, WI 54843
715.634.5167

WITC-Ladysmith Outreach Center
1104 Lake Avenue Suite 1, Ladysmith, WI 54848
715.532.3399

REGISTRATION POLICIES

Nondiscrimination Notice

WITC is an equal opportunity employer/educator functioning under the affirmative action plan. The Wisconsin Indianhead Technical College District does not discriminate on the basis of race, color, national origin, sex, disability or other applicable legislated categories, in its services, employment programs, and/or its educational programs and activities, including but not limited to admissions, treatment, and access. The following person has been designated to handle inquiries regarding the nondiscrimination policies: Amanda Gohde, Director, Human Resources, Equal Opportunity/Access & Affirmative Action Officer, 505 Pine Ridge Drive, Shell Lake WI 54871, 715.468.2240, Amanda.Gohde@witc.edu. Program information or assistance regarding requests for reasonable accommodation under the Americans With Disabilities Act can be obtained from the College Affirmative Action Office.

Accommodations for Persons With Disabilities

Reasonable accommodations for persons with disabilities will be made to ensure access to academic programs, activities, services and employment in accordance with 504 of the Rehabilitation Act of 1973, the Americans With Disabilities Act of 1990 and the Americans with Disabilities Act (ADA) Amendments Act of 2008. If accommodations are needed, the student should contact the campus Accommodations Specialist or Amanda Gohde, Director, Human Resources, Equal Opportunity/Access & Affirmative Action Officer, at 715.468.2240, 30 days in advance of needed assistance.

Senior Fees

WITC has implemented a waiver for students ages 62 plus. This waiver is for personal enrichment courses only (the catalog number begins with 60) and provides up to a 40% discount. (Amount varies based on material fees.) Student’s age must be 62 plus at the start of the term (6/1 for summer, 8/26 for fall and 12/23 for spring). Students ages 62 plus who are enrolled in professional courses (catalog number begins with 42 or 47) are still exempt from program fees under State Statute 38.24 (1)(b) and only required to pay material fees, which is approximately $4.50 for many courses.
# Registration Form

For Continuing Education (non-credit) Courses

WITC is an equal opportunity employer/educator

<table>
<thead>
<tr>
<th>Last Name</th>
<th>First Name</th>
<th>M.I.</th>
<th>Former Last Name (if applicable)</th>
<th>Date of Birth</th>
<th>Age 62+</th>
</tr>
</thead>
</table>

WITC Student ID No.  
Social Security No.

☐ I’ve taken classes at WITC in the past.

Email address (required for WITC alerts and important communication)

Home phone  
Cell phone

Home address

City  
State  
ZIP Code

Resident of (check one):  ☐ Township  ☐ Village  ☐ City  County  School District

Last high school attended:

Highest grade COMPLETED (K-12):

The information below and right is required for state and federal reporting purposes and will be kept confidential.

Gender:  ☐ Male  ☐ Female  
Ethnicity: Hispanic/Latino origin?  ☐ Yes  ☐ No  
Race (check all that apply):  ☐ American Indian/Alaska Native  ☐ Asian  ☐ Black/African American  ☐ Native Hawaiian/Other Pacific Islander  ☐ White

It is your responsibility to contact WITC to officially drop a class. If you decide to drop, you should do so immediately as a single day can affect your refund amount. A full refund will be given if you notify WITC prior to the first scheduled class meeting.

<table>
<thead>
<tr>
<th>CLASS NO.</th>
<th>CATALOG NO.</th>
<th>CLASS TITLE</th>
<th>LOCATION</th>
<th>START DATE</th>
<th>CLASS FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Once registered for a course(s), you have created a liability with WITC and a promise to pay.

TOTAL

PAYMENT METHOD:  ☐ Check or money order payable to WITC  ☐ Cash  ☐ MasterCard  ☐ Visa  ☐ Discover

Exp. Date  
Security Code

Credit Card No.:  Name on Card:  Signature:

Traffic-Related Registration: Motorcycle, Traffic Safety, Group Dynamics, Multiple Offender

Driver’s License Number:  Assessment Agency and Date

Youth Registration: With parent/guardian approval, WITC courses are open to students age 16 or younger when the course meets outside student’s normal school hours. Some courses may have minimum age prerequisites.

Signature of Parent/Legal Guardian:  Date

Sponsored Registration: If an agency or employer has agreed to pay your tuition, complete the section below and attach written authorization.

Name of Business/Agency:  EMS/Fire Sponsor:

I authorize WITC to forward information regarding the completion of this course to the sponsor listed on the line above.  Student Signature

Register online: VISA/MC/DISCOVER  courses.witc.edu

Register online: VISA/MC/DISCOVER  courses.witc.edu
2020 CALENDAR

Look inside or online at bit.ly/witcCEevents for full descriptions and details.

Register early as events fill quickly!

Law Enforcement Management Conference
January 13-16 | Barkers Island Inn, Superior

UDC Update
January 29 | WITC-Rice Lake

Dental Update
February 14 | WITC-Rice Lake

JA Counter Employer Symposium
February 20 | WITC-New Richmond

Leadership in an Evolving Workforce
February 27 | WITC-Rice Lake

Certified Medical Assistant Conference
March 7 | WITC-Rice Lake (ITV to Ashland)
April 18 | WITC-New Richmond (ITV to Superior)

Emergency Services Conference
March 20-21 | WITC-Rice Lake

Continuous Process Improvement
March 27 | WITC-Superior

Spring Safety Day
April 1 | WITC-Rice Lake

Essential Supervisory Skills
April 8-29 | WITC-Superior

Caregiver Conferences
April 16 | WITC-Ashland
May 14 | WITC-Superior

Administrative Professional Celebration
April 22 | WITC-Superior & Rice Lake

Final Affairs
April 24 | WITC-New Richmond

Cosmetology Expo
April 29 | WITC-Rice Lake

Learning for Life Day
May 7 | WITC-Ashland