FACE TO FACE CLASSES
CONTINUING & COMMUNITY EDUCATION

REGISTRATION BEGINS
MAY 27, 2021

How to register:
- Mail your registration to Centralia College Office of Enrollment Services, 600 Centralia College Blvd., Centralia, WA 98531.
- Register by phone using a credit card at 360-623-8940.
- Fax your registration with credit card information to 360-330-7106.
- Bring your registration to the Office of Enrollment Services in the TransAlta Commons, or to CCEast in Morton (701 Airport Way).

DANCE

**COVID-19 PROTOCOL FOR ALL DANCE CLASSES:**
You must sign up with your own partner. Wear a mask. The ballroom will be divided into cubes with each partnership dancing in their own cube. Each class will be limited from 8-12 people. All dance classes will be held at The Centralia Grand Ballroom, 202 Centralia College Blvd., Centralia.

**Swing Dance**
Learn the East Coast Swing, starting with the basics and moving on to advanced steps and rhythm changes. You will learn to lead and follow various partners with emphasis on timing and styling. Find out when to use single time versus triple time swing and move easily between the two. Learn to do multiple spins and some trick steps. Wear comfortable clothing and shoes that allow your feet to spin full turn (leather or smooth soles) – preferably not tennis shoes. Classes held at the Centralia Grand Ballroom. Instructor: Marie Kiser.

**Intermediate Ballroom Dancing**
If you know the basics and want to move on to more technical steps and dance positions, this class will improve your floor craft and personal styling. Includes all dances from the beginning class, plus introduction to West Coast Swing and Samba. Classes held at the Centralia Grand Ballroom. Instructor: Marie Kiser.

**Advanced Ballroom Dancing**
This class is for students who are comfortable with the Beginning and Intermediate levels of dancing, and would like to advance to more intricate patterns and timings in all the dances (this includes “continuity style” in the Waltz and Fox Trot). This level will add Bolero, Viennese, Waltz, and Quick Step to the group dances already offered. Classes held at Centralia Grand Ballroom. Instructor: Marie Kiser.

**Beginning Ballroom Dancing**
Learn to glide your partner around the dance floor with style and grace. You will learn the salsa, waltz, foxtrot, swing, rumba, cha cha, tango, and nightclub two-step. Leading and following techniques and timing are stressed. Classes held at the Centralia Grand Ballroom. Instructor: Marie Kiser.

**Stained Glass – Lead & Foil**
Learn the techniques to make and complete your first stained glass panel. Class covers selecting design, leading basics, soldering, and finishing techniques. *Must wear closed toe shoes to class.* Bring your own glass tools or purchase supplies and tools from the instructor at class. Glass and material supplies will cost approximately $100-200, payable to the instructor. Class is held at 18245 Irwin St. SW, Rochester. Call for directions – 360-273-6562. Supplies: Bring a fine or medium black and silver Sharpie. You may bring a sack lunch or snack to the day classes. Instructor: Karen Milton.

**Creative Arts**

**Swing Dance**
Learn the East Coast Swing, starting with the basics and moving on to advanced steps and rhythm changes. You will learn to lead and follow various partners with emphasis on timing and styling. Find out when to use single time versus triple time swing and move easily between the two. Learn to do multiple spins and some trick steps. Wear comfortable clothing and shoes that allow your feet to spin full turn (leather or smooth soles) – preferably not tennis shoes. Classes held at the Centralia Grand Ballroom. Instructor: Marie Kiser.

**Intermediate Ballroom Dancing**
If you know the basics and want to move on to more technical steps and dance positions, this class will improve your floor craft and personal styling. Includes all dances from the beginning class, plus introduction to West Coast Swing and Samba. Classes held at the Centralia Grand Ballroom. Instructor: Marie Kiser.

**Advanced Ballroom Dancing**
This class is for students who are comfortable with the Beginning and Intermediate levels of dancing, and would like to advance to more intricate patterns and timings in all the dances (this includes “continuity style” in the Waltz and Fox Trot). This level will add Bolero, Viennese, Waltz, and Quick Step to the group dances already offered. Classes held at Centralia Grand Ballroom. Instructor: Marie Kiser.

**Stained Glass – Lead & Foil**
Learn the techniques to make and complete your first stained glass panel. Class covers selecting design, leading basics, soldering, and finishing techniques. *Must wear closed toe shoes to class.* Bring your own glass tools or purchase supplies and tools from the instructor at class. Glass and material supplies will cost approximately $100-200, payable to the instructor. Class is held at 18245 Irwin St. SW, Rochester. Call for directions – 360-273-6562. Supplies: Bring a fine or medium black and silver Sharpie. You may bring a sack lunch or snack to the day classes. Instructor: Karen Milton.

**CREATIVE ARTS**

**Swing Dance**
Learn the East Coast Swing, starting with the basics and moving on to advanced steps and rhythm changes. You will learn to lead and follow various partners with emphasis on timing and styling. Find out when to use single time versus triple time swing and move easily between the two. Learn to do multiple spins and some trick steps. Wear comfortable clothing and shoes that allow your feet to spin full turn (leather or smooth soles) – preferably not tennis shoes. Classes held at the Centralia Grand Ballroom. Instructor: Marie Kiser.

**Intermediate Ballroom Dancing**
If you know the basics and want to move on to more technical steps and dance positions, this class will improve your floor craft and personal styling. Includes all dances from the beginning class, plus introduction to West Coast Swing and Samba. Classes held at the Centralia Grand Ballroom. Instructor: Marie Kiser.

**Advanced Ballroom Dancing**
This class is for students who are comfortable with the Beginning and Intermediate levels of dancing, and would like to advance to more intricate patterns and timings in all the dances (this includes “continuity style” in the Waltz and Fox Trot). This level will add Bolero, Viennese, Waltz, and Quick Step to the group dances already offered. Classes held at Centralia Grand Ballroom. Instructor: Marie Kiser.

**Stained Glass – Lead & Foil**
Learn the techniques to make and complete your first stained glass panel. Class covers selecting design, leading basics, soldering, and finishing techniques. *Must wear closed toe shoes to class.* Bring your own glass tools or purchase supplies and tools from the instructor at class. Glass and material supplies will cost approximately $100-200, payable to the instructor. Class is held at 18245 Irwin St. SW, Rochester. Call for directions – 360-273-6562. Supplies: Bring a fine or medium black and silver Sharpie. You may bring a sack lunch or snack to the day classes. Instructor: Karen Milton.

**Day Class**

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Class Code</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jun 9 – July 7</td>
<td>W</td>
<td>10:00am – 1:00pm</td>
<td>Rochester</td>
<td>Class 23128</td>
<td>Course CS 103B</td>
</tr>
<tr>
<td>Lifelong Learners 50+</td>
<td>Class 23127</td>
<td>Course SNRC 81B</td>
<td>$54</td>
<td></td>
<td></td>
</tr>
<tr>
<td>July 14 – Aug 11</td>
<td>W</td>
<td>10:00am – 1:00pm</td>
<td>Rochester</td>
<td>Class 8469</td>
<td>Course CS 103C</td>
</tr>
<tr>
<td>Lifelong Learners 50+</td>
<td>Class 8470</td>
<td>Course SNRC 81C</td>
<td>$54</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aug 18 – Sep 15</td>
<td>W</td>
<td>10:00am – 1:00pm</td>
<td>Rochester</td>
<td>Class 8471</td>
<td>Course CS 103D</td>
</tr>
<tr>
<td>Lifelong Learners 50+</td>
<td>Class 8474</td>
<td>Course SNRC 81D</td>
<td>$54</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Evening Class**

<table>
<thead>
<tr>
<th>Date Range</th>
<th>Days</th>
<th>Time</th>
<th>Location</th>
<th>Class Code</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 1 – July 29</td>
<td>Th</td>
<td>6:00pm – 9:00pm</td>
<td>Rochester</td>
<td>Class 8472</td>
<td>Course CS 103E</td>
</tr>
<tr>
<td>Lifelong Learners 50+</td>
<td>Class 8475</td>
<td>Course SNRC 81E</td>
<td>$54</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Aug 5 – Sep 2</td>
<td>Th</td>
<td>6:00pm – 9:00pm</td>
<td>Rochester</td>
<td>Class 8473</td>
<td>Course CS 103F</td>
</tr>
<tr>
<td>Lifelong Learners 50+</td>
<td>Class 8476</td>
<td>Course SNRC 81F</td>
<td>$54</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Stained Glass Workshops
Beginners welcome! Workshops are a great way to sample stained glass and create a project to keep or give as a gift. Material costs listed below. *Must wear closed to shoes to class.* Classes held at 18245 Irwin St SW, Rochester. Supplies: Bring a fine or medium black and silver Sharpie. You may bring a sack lunch or snack to day classes. Instructor: Karen Milton.

Fused Flowers ($15-$25)
July 9 F 10:00am – 1:00pm Rochester
Class 8477 Course CS 101C $35
Aug 28 Sa 10:00am – 1:00pm Rochester
Class 8478 Course CS 101D $35

Windchimes ($15 - $25)
July 21 & 23 W F 6:00pm – 9:00pm Rochester
Class 8479 Course CS 101E $35
Aug 25 & 27 W F 6:00pm – 9:00pm Rochester
Class 8480 Course CS 101F $35

NEW! Intro to Watercolors
Intro to Watercolors is a watercolor class for beginners who enjoy creative expression, but would like some direction on where to start with painting. This course will be a culmination of teaching the elements of art, step-by-step tutorials, and exploring specific watercolor techniques so students will develop confidence in completing original pieces of art. Supply list will be provided at time of registration. Instructor: Jennifer Kinsman.

July 10 – Aug 7 Sa 2:00pm – 4:00pm SWFT 109
Class 8632 Course CS 137A $60

BUSINESS & CERTIFICATES
Flagger Training & Certification
Learn professional flagging techniques and proper work zone set-up in accordance with standards and guidelines of the Federal Manual on Uniform Traffic Control Devices (MUTCD), Washington State Department of Transportation, and the Department of Labor and Industries Washington Administrative Code pertaining to flagging and temporary traffic control. Students passing the demonstration portion and 50-question exam will receive the Washington State Flagger Certification Card accepted in Washington, Oregon, Idaho, and Montana, and the American Traffic Safety Services Association (ATSSA) National Flagger Certification Card accepted in most other states. Course includes references to the ATSSA flagging workbook, MUTCD, workshops, flagging demonstration, video, and PowerPoint presentation. Successful completion of the course certifies you for a period of three years. You must be 18 years of age to receive certification. Bring a pencil/pen to class. Refunds given if you withdraw at least 24 hours prior to the start of class. Cost is $75. Instructor: Rich Bunker.

First Aid & CPR Certification
The American Safety and Health Institute class covers bleeding control, seizures, epi-pen use, allergic reactions, broken bones, choking, poisoning, CPR for adults, children and infants, and other life threatening emergencies. Learn how to use an AED (automated external defibrillator). Upon completion, you will receive an American Safety and Health Institute card valid for two years. Refunds given if you withdraw at least 24 hours prior to the start of class. Instructor: Chris Layton. Cost is $75.

July 10 Class 3603 Course CE 208B
Aug 7 Class 8458 Course CE 208C
Sep 4 Class 8459 Course CE 208D

Forklift Training & Certification
Receive comprehensive classroom training along with practical, hands-on instruction on forklift operation and safety. Course covers state and federal regulations and proper operation training. Students are awarded a certification card upon successful completion. Students must be 18 years or older to receive certification. Instructor: Jake Fay.

July 17 Class 8445 Course CE 207B

Interested in Teaching?
Bring your special skill, knowledge and expertise to the community by teaching a class for Continuing Education. We are looking for part-time/non-credit instructors. Classes offered days, evenings or weekends, are a great way to share your knowledge and talent while earning a paycheck.

Qualifications:
• Experience with proposed subject matter.
• Enjoy sharing knowledge and skills with others.
• Completed course proposal.

Visit www.centralia.edu for current class offerings or a course proposal form, or contact the Continuing Education office at (360) 623-8940 or CTE@centralia.edu.
OUTDOORS

NEW! Weekend Garden Warrior
Learn how to create a paradise in your own backyard. We will discover several gardening DIY projects you can do in about a weekend or less—container gardens, raised bed ideas, garden art, and even small water features. Learn about using different types of materials and how to recycle and reuse household items in the garden. Find new uses for items such as pallets, appliances, apparel, dishware, plastic containers, etc. Includes a handout, video links, and eBook (presentation). Instructor: Kerri Bailey.

July 13    T    6:00pm – 7:30pm    VIRT
Class 8628    Course CS 116A2    $30

NEW! Attracting Pollinators – Bee, Butterfly & Hummingbird Gardens
Attracting Pollinators is not just for old-fashioned cottage gardeners! Learn to create a gorgeous, easy care garden with increased fruit and vegetable yields while attracting pollinators—butterflies, hummingbirds, bees, and other beneficial insects. We will also discuss how to create micro-prairies using native grasses and flowers and other sustainable habitat areas and survival elements. Students will learn which bees (mason, leaf cutter, and beneficial), hummingbirds, and butterflies are local to our area. Includes an eBook and handout. Instructor: Kerri Bailey.

Aug 3    T    6:00pm – 7:30pm    VIRT
Class 8629    Course CS 116B2    $30

HEALTH & FITNESS

Senior Adult Fitness – Flexibility
A fitness class for seniors to warm up the muscles, then stretch those muscles for flexibility, agility and balance, done in your own home, with instructor guidance via the internet. The class will be led as floor stretches 90% of the time, which is safer for most joints than weight-bearing. Props needed are a hand towel and a straight-back chair. Please provide an email address at time of registration. "Must also attend "Explore 250 Legitimate Home-Based Business Ideas" included!). If you really want to succeed in a home business, this step-by-step session is a must!

July 6 – Aug 26    TTh    9:00am – 9:50am    VIRT
Class 8631    Course SNRC 90A    $25

WEBINAR WORKSHOPS

"Business Block (6/21)"
"Writer’s Block (6/22)"
"Internet Block (6/23)"
"Money Block (6/24)"

A detailed tutorial will be emailed to set up your free Zoom account, then the webinar login information and materials will be sent the day of class. Please provide an email address at time of registration.

Instructor: LeeAnne Krusemark. LeeAnne is an author, speaker, business owner, Chamber of Commerce Past President, and guest instructor at more than 200 colleges, as well as an adjunct online professor of publishing through Ed2Go at more than 2,000 facilities worldwide, including Harvard.

Business Block

Make Money with a Virtual Assistant/Word Processing Business
"Must also attended "Explore 250 Legitimate Home-Based Business Ideas" immediately following to learn necessary legal aspects"
If you can type, then you can make money at home using your computer. Discover how and where to find clients, 50 ways to advertise/mark your services, effective home office equipment choices, and 100 ways to make money with a computer. There really is a need for your services, so learn to be your own boss, set your own hours, and make more money.

June 21    M    6:00pm – 7:00pm    VIRT
Class 8437    Course CS 186A2    $25

Explore 250 Legitimate Home-Based Business Ideas
Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. Taught by a Chamber of Commerce Past President and award-winning business owner, this is probably the most comprehensive business startup workshop you will ever find. You will discover more than 250 legitimate home business ideas, mandatory legal documentation, many ways to market your product/service, and how to take tax deductions (this workshop included!). If you really want to succeed in a home business, this step-by-step session is a must!

June 21    M    7:00pm – 9:00pm    VIRT
Class 8438    Course CS 186B2    $35

Earn Extra Money Mystery Shopping
"Must also attend "Explore 250 Legitimate Home-Based Business Ideas"

Have you seen ads telling you how to become a shopper, but only if you send them a lot of money? You do not have to pay to begin your new career in this exciting field. You will learn how to sign up with many legitimate mystery shopping companies WITHOUT FEES, avoid the pitfalls and scams, create a required mystery shopping resume and profile, and take care of legalities and taxes regarding this income. You will leave with a list of 25 legitimate companies to work for.

June 21    M    9:00pm – 10:00pm    VIRT
Class 8440    Course CS 186C2    $25

WRITER’S BLOCK

Introduction to Screenwriting for Television or Movies
In this comprehensive session, you will learn about special screenwriting terms and formats for television and the big screen. You will also learn how to plot a story, develop characters, and execute your work in the proper screenwriting format. You will discover the difference between a Treatment, a Spec Script, and a Shooting Script, and when to do each.

June 22    T    6:00pm – 7:00pm    VIRT
Class 8442    Course CS 236A2    $25

PREVIEW SUMMER 2021 | 11
**Beginner’s Guide to Getting Published**
If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or novel to a traditional publisher, this comprehensive workshop will guide you to, then past, the editor’s desk. You will discover how to become a “published” writer overnight, submit manuscripts the correct way, find the right publisher for your work, write irresistible query letters, determine when and how to get an agent, and 100 ways to make money as a freelance writer. If you really want to succeed, this step-by-step workshop is a must!

**Explore 50 Different Self Publishing Options**
"Must have attended “Beginners Guide to Getting Published”"
Self-Publishing is all the rage, but is it the best option for YOU? And, can you do both? You will discover the pros and cons of all the self-publishing options, including print-on-demand and e-book publishing, as well as Amazon options. You will leave with a rated description of 50 self-publishing companies.

**INTERNET BLOCK**

**Writing for Online Blogs, Magazines, & Websites**
You don’t need a journalism degree or previously published articles to write for anyone’s online blog, magazine, or website. Some opportunities offer exposure, while many pay well — $1 a word and more. In this fast-paced session, you will how to find ideas, sources, and more than 1,000 opportunities that pay, conduct interviews and create interesting content, protect your copyright, write query letters, and then use this credibility to sell other articles or even your self-published novel.

**Intro to Blog & Internet Writing**
Learn how to create a blog, the benefits of different kinds of blogs, how to gain followers and create a proper post, and how to advertise using a blog, e-newsletter, or self-created website. Instructor: Myriah Starr Barringer.

**Monetize Websites, Blogs, and Social Media with Affiliate Marketing**
Earn a passive monthly income from selling other people's products by placing a merchant-provided advertisement link on your site and get a commission for every sale, click or lead. Learn where to find 1000+ free and low-cost opportunities and how to avoid scams or links that won't offer a beneficial ROI (return on investment). Learn how to find high, recurring, and second-tier commissions. You’ll also learn SEO secrets to increase your sites ranking and visibility on search engines like google.

**Meet the Publisher/Agent – Get Your Manuscript Critiqued**
Have you ever wanted to talk to a real agent or publisher? Are you tired of having your manuscripts critiqued by non-professionals or paying an editor too much money to change your writing to their voice? Email one page of your in-progress manuscript for an in-class critique of one page of your poetry, article, short story, screenplay, novel, non-fiction book, or children’s book. The instructor is a journalist, author, screenwriter, agent, publisher, and adjunct online professor at Harvard.

**MONEY BLOCK**

**Save Money with Extreme Couponing!**
Learn how to save $$$ everyday with extreme couponing. Coupons are NOT just for groceries. The savings can add up to HUNDREDS or even THOUSANDS of dollars every year. This comprehensive workshop will teach you: where to find all types of coupons - even for high ticket items, how to find the best coupon apps and websites, how to match coupons with sales for maximum savings. This workshop is taught by someone who has used many couponing secrets to save thousands.

**NEW! Using Amazon’s Kindle Direct to Self-Publish your Book for FREE**
Whether you’re looking to publish paperback novel or short ebook now or in the future, this detailed tutorial will teach you step-by-step how to create an Amazon KDP account, format your manuscript ad upload it to the platform, easily create a book cover from available templates, determine pricing and royalties, develop a sales pitch for your Amazon page, and write an Amazon author bio.

**PERSONAL INTEREST**

**Poetry & Creative Writing**
Learn the following poetry forms: haikus, sonnets, free-verse, narrative (story-telling poetry), villanelles, metered poetry, hymn verse, epics, and the origins of poetry. They will also learn flash fiction, short stories, and personal essays. Instructor: Myriah Starr Barringer.

**Intro to Voiceovers**
Explore the fun, rewarding possibilities of the voiceover industry! Discover current trends and how they make it easy and affordable for just about anyone to get involved. You’ll learn about different types of voiceovers and tools you’ll need to find success. Your instructor, a professional voice actor from Voices For All, will take notes as you read a real script in this one-on-one video chat setting, and offer some coaching to improve your delivery. You’ll receive a professional voiceover evaluation later. One-time, 90-minute, introductory class. Learn more at www.voicesforall.com/ 000. 18 and over.
Centralia College East represents Centralia College's dedication to meeting the educational needs of the communities in eastern Lewis County.

Register now for CCEast classes!
Most classes begin the week of July 6.

CCEast Programs
- Associate in Arts Degree
- Workforce Education Degrees & Certificates Courses
- Pre-nursing coursework
- Continuing Education Classes

CCEast Services
- Educational Advising
- College Level Placement Testing
- Running Start Advising
- GED Classes & Testing
- High School Completion Classes

2021 SUMMER QUARTER CLASSES
The following classes are being offered through Centralia College East during summer quarter. Many classes continue to be delivered online or virtually, due to COVID-19 protocols. If you don’t see a class you’re looking for, check the Centralia College website for a full schedule.

Academic Transfer
Cultural Anthropology (SS) ........... ANTH & 206 ................................... Online
Exercise and Nutrition (HF) ........ HLTH 140 ...................................... Online
Smart Start (Elective) ............... SDEV 100 ..................................... Hybrid

Workforce Education
Principles of Accounting III .......... ACCT & 203 .................................. Online
Introduction to Audit ................. ACCT 210 ..................................... Online
Word I ...................................... BTEC 210 ................................... Online
Word II ...................................... BTEC 219 ................................... Online
Excel I ...................................... BTEC 214 ................................... Online
Desktop Publishing .................. BTEC 218 ................................... Online
PowerPoint ............................ BTEC 222 ................................... Online

Transitional Education
If you need a little boost before starting college level classes, there are a number of opportunities to improve your math, English, and reading skills. (Skill-level is determined by the college level placement test.)

English
English 98 and 99 are offered fully online and prepare students for college-level English.

Math
Math 96 (Pre-Algebra), 98 (Algebra I), and 99 (Algebra II) are also offered fully online and prepare students for college-level math.

Reading
Improvement of Reading (READ 99) and Speed Reading (READ 110) are also available online summer quarter.

GED & High School Completion Classes
Centralia College offers classes and testing for students wanting to earn their GED, as well as a High School Completion option for students desiring a high school diploma. All GED and high school completion classes are currently online with instructor support via email, virtual meetings, or by phone – whatever meets the individual student needs.

Adult Basic Education
Adult Basic Education classes prepare students for college preparation courses and are offered every quarter online. ABE classes are $25 per quarter. (Low income fee waivers are available for students who qualify.)

Are you concerned with online or virtual learning?
There’s help available! Whether your class is fully online, or virtual, or a combination of the two, we can help get you comfortable with the technology so you can continue with your education. Please give us a call at 360-496-5022.

Is lack of technology keeping you out of the virtual classroom?
There are opportunities available to borrow a laptop and/or hotspot if a lack of technology is keeping you out of the virtual classroom. (Supplies are limited so let us know what you need as soon as possible.)

Is unstable internet making online learning a challenge?
Give us a call and we might be able to set up some study hours in the computer lab at CCEast in Morton.

Contact Centralia College East at 360-496-5022.
SMART START
BOOSTS CONFIDENCE FOR NEW STUDENTS

Fear of the unknown can be a dream-crusher. We get that.

That’s why CCEast is offering a one-credit class designed to help new students learn and understand college expectations, develop their own academic plan, and earn an elective credit while learning how to be a successful student.

“You will leave this class having gained a credit as well as some great confidence so that you can be a successful student,” explained Andrea Seabert, instructor.

Seabert said she loves to teach SDEV 100 – Smart Start -- because it’s an opportunity to help people of all ages become successful students, regardless of what degree or certificate they have in mind. “It’s about dreaming and potential and all that,” she added. “I love teaching it.”

The class will meet on Saturday, July 17, from 10 a.m. to 4 p.m. at Centralia College East. The all-day class will be followed by four virtual sessions via Zoom on Wednesdays from 12-1:30 p.m.

If this class interests you and this date doesn’t work, give us a call and we’ll see what we can come up with.

If the cost is an issue, please ask about Friends of CCEast tuition awards.

New to CCEast? Come see us!

New student advising is being offered several times during the summer at CCEast. This is an opportunity to learn more about working toward a college degree or certificate, during a one-on-one appointment with an advisor. The only thing you need to bring are your questions!

Call 360-496-5022 to schedule an appointment. (Zoom options are available if you would rather not meet in person.)

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 11</td>
<td>10 a.m.-Noon and 3-6 p.m.</td>
</tr>
<tr>
<td>June 15</td>
<td>9 a.m. – 2 p.m.</td>
</tr>
<tr>
<td>Aug. 24</td>
<td>9 a.m. – 4 p.m.</td>
</tr>
</tbody>
</table>

Get a Running Start this Summer

High school juniors and seniors can take classes at Centralia College tuition-free through Running Start program this fall. This state-funded program can save you or your kids thousands of dollars on their education or job training.

Classes are available online, in-person, or a mix of both. Centralia College is an established leader in online learning. Centralia College has been teaching online since 1998 and CC faculty are the best trained, most prepared, and most able to ensure students’ success online.

Get Started Today

Attend one of the virtual orientation sessions this spring to see if Running Start is right for you or your kids.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thursday, June 3</td>
<td>5 p.m.</td>
</tr>
<tr>
<td>Thursday, July 22</td>
<td>3 p.m.</td>
</tr>
<tr>
<td>Tuesday, Aug. 24</td>
<td>6 p.m.</td>
</tr>
<tr>
<td>Wednesday, Sept. 8</td>
<td>4 p.m.</td>
</tr>
</tbody>
</table>

Learn the steps to get started, apply online for free, and connect to the virtual orientations at www.centralia.edu/admissions/running-start.

CONTACT RUNNING START
360-623-8967
runningstart@centralia.edu
Community Education and Adult Special Interest classes are designed for learning new skills and information in a non-credit, non-graded, relaxed setting. Tuition is offered at a reduced rate.

Flagger Training & Certification
Sa 6/26  8am – 5pm  MOR 101
Learn professional flagging techniques and proper work zone set-up in accordance with standards and guidelines of the Federal Manual on Uniform Traffic Control Devices (MUTCD), Washington State Department of Transportation, and the Department of Labor and Industries Washington Administrative Code pertaining to flagging and temporary traffic control. Students passing the demonstration portion and 50-question exam will receive the Washington State Flagger Certification Card accepted in Washington, Oregon, Idaho, and Montana, and the American Traffic Safety Services Association (ATSSA) National Flagger Certification Card accepted in most other states. Course includes references to the ATSSA flagging workbook, MUTCD, workshops, flagging demonstration, video, and PowerPoint presentation. Successful completion of the course certifies you for a period of three years. You must be 18 years of age to receive certification. Bring a pencil/pen to class. Refunds given if you withdraw at least 24 hours prior to the start of class. Cost is $75. Instructor: Rich Bunker.

Hatha Yoga – Fundamentals
TTh 9-10am  Aug 3 – 31  MOR 108  Genny Greiter
Explore Hatha Yoga in a five-week fundamentals course. We will introduce postures, breathing techniques, and mindfulness meditation as we attempt to connect mind, body and breath. No experience is necessary. Please bring your own Yoga mat, 1 or 2 yoga blocks, and a yoga strap (necktie or bathrobe tie will work) and a beach towel or blanket. The instructor, Genny Greiter, is a registered yoga teacher through Yoga Alliance, which requires a 200-hour teacher training. She studied at Three Trees Yoga and Healing Art Center in Federal Way. The class size will be limited to comply with current COVID physical distancing restrictions and face masks will be required. Class fee $110.