



Explore YCCC's **COMMUNITY EDUCATION** Classes

to find what's right for you and to see
how we fit into your busy lifestyle.



ANIMAL CARE

- Is This a Pet Emergency?
- Basics of Grooming Your Canine
- The Backyard Farmer's "Small Chicken Flock Basics"



ART! WITH HEATHER LEWIS

(Four-week Sessions - Register and pay for all three sessions and receive 15% discount.)

- Evening Sketch Group
- "FUN"damentals of Interior Design
- Sketching Autumn on the Maine Seacoast



BUSINESS

- Computer Basics
- Excel Basics
- Excel Intermediate
- Excel Advanced
- Facebook, and Twitter and Instagram OH MY!
- Want to be an Entrepreneur?
- What's Happening on Wall Street?
- Financial Survival 101



CERTIFICATES

- American Heart Association BLS (Basic Life Support) CPR, and First Aid with AED



CULINARY

- For the Love of Pastries!
(Register and pay for all four sessions and receive a 15% Discount)
- Bread | Tart | French Macaroons | Croissants
- YCCC Culinary Academy
(Register and pay for all four sessions and receive a 15% Discount)
- Soups and Sauces | Creating Entrees | Appetizers | Seasonal Cooking
- Holiday Confections with Pastry Chef Kristen Lawson



DRONE TECHNOLOGY

- Introduction to Drone Technology



EDUCATION

- Substitute Teacher Training
- K12 CEU Classes



ENRICHMENT

- A Very Brief Introduction to Positive Psychology
- Digital Photography: Beyond Auto Mode
- Ethical Practices in the Workplace
- Traditions Through Storytelling:
An Overview of the Evolution of Halloween



SELF-DEFENSE

- R.A.D. (Rape Aggression Defense) Classes with Wells Police Department

Visit YCCC.edu or call **207.216.4492** to register and explore your options.



YORK COUNTY
COMMUNITY
COLLEGE

COMMUNITY EDUCATION

 at YCCC

FLEXIBLE OPTIONS ■ ONLINE ■ ON CAMPUS

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YCCC Helps You Reach YOUR Goals!



ANIMAL CARE

BACKYARD FARMER'S "SMALL CHICKEN FLOCK BASICS"

Keeping a small flock of laying hens has gained popularity in the past years and for good reason! A series of two classes at YCCC with the third class being held at the instructor's farm. *Instructor: Janet Swanson, Days: Saturdays, 9/14, 9/21, and 9/28, 8-11 a.m. Cost \$180*

BASICS OF GROOMING YOUR CANINE! Learn the tricks of the trade to learn proper bathing techniques such as - brushing, nail trimming and ear cleaning to groom your pet at home during this one-night workshop. *Instructor: Dorinda Smail. Wednesday, 9/25 OR 11/13, 6-8 p.m. Cost \$55 per session.*

IS THIS A PET EMERGENCY? When to know if it's time to see the Veterinarian. Learn the basics of recognizing the signs of a pet emergency. Basic CPR, pet first aid top 10 tips and instructions on how to make a pet first aid kit. *Instructor: Mary Clark. Saturday, 9/14, 9 a.m.-12 p.m. Cost \$75*

ART! WITH HEATHER LEWIS

(Four-week Sessions - Register and pay for all three same class sessions and receive 15% discount.)

EVENING SKETCH GROUP* Work from a variety of subjects from set-ups and the model, to outdoor sketching at Wells Harbor. All skill levels welcome. Materials: 18x24 newsprint, willow and compressed charcoal, kneaded eraser, 9x12 sketch book, graphite pencils (4B, 6B). *Thursdays, 9/12-10/3, 6-8:30 p.m. OR Thursday, 10/10-10/31, 6-8:30 p.m. OR Thursdays, 11/7-12/5 (no class 11/28), 6-8:30 p.m. Cost \$200 per session.*



"FUN" FUNDAMENTALS OF INTERIOR DESIGN* If you've always loved the world of interiors, you'll love this class! Work on a "real life" project to better understand important design elements that go into creating successful interior spaces. *Wednesdays, 9/11-10/2, 1:30-4 p.m. OR Wednesdays, 10/9-10/30, 1:30-4 p.m. OR Wednesdays, 11/6-12/4 (no class 11/27), 1:30-4 p.m. Cost \$200 per session.*

SKETCHING AUTUMN ON THE MAINE SEACOAST* Sketchbooks in hand, students take short field trips to various local destinations to capture Maine's dramatic and varied scenic beauty - harbors, lighthouses, marshes, and of course the iconic rocky shoreline (Sept./early Oct. Session). During this class we will visit another local treasure - *The Ogunquit Museum of American Art*. Instructor will discuss a materials list during the first class. *Fridays, 9/13-10/4, 1-4 p.m. OR Fridays, 10/11-11/1, 1-4 p.m. Cost \$235 per session.*



BUSINESS

COMPUTER BASICS Learn the basics of how to operate a computer, surf the net, create an email address, and stay connected through social media, and more. *Instructor: Jim Ferreira. Option one: Tuesdays, 9/17 and 9/24 - 6-8 p.m. Option two: Tuesdays, 10/17 and 10/24, 6-8 p.m. Cost \$95 per option.*

EXCEL BASICS For the beginner in Excel. Students learn simple formulas to make the most out of their spreadsheet for personal or business use. Emphasis on Computer Terminology. As students become more familiar with the potential of what Excel can do, they can continue through the intermediate and advanced classes. *Instructor: Jim Ferreira. Tuesdays, 9/10-10/1, 6-8 p.m. Cost \$180*

EXCEL INTERMEDIATE For the student who has a good understanding of the basic formulas and fundamentals of Excel. This class focuses on the tools and digs deeper into how to generate reports, graphs, and charts. Sharpen your skills for work or home. *Instructor: Jim Ferreira. Tuesdays, 10/15 through 11/5, 6-8 p.m.. Cost \$180*

EXCEL ADVANCED For the Excel guru who wants to sharpen their strong skills. Should be able to generate reports, create formulas, and navigate Excel. Learn how to combine and consolidate multiple worksheets, analyze data, use tables, and present with charts and graphs and use Excel Macros. *Instructor: Jim Ferreira. Tuesdays, 11/19-12/10, 6-8 p.m. Cost \$180*

FACEBOOK, AND TWITTER AND INSTAGRAM OH MY!* Social Media can feel overwhelming and scary - but it doesn't have to be. An intro to social media tools and how to connect and engage with family, friends, business and groups important to you. Plus, discussions on how to keep your information and identity safe and secure. *Instructor: Stacy Chilicki. Monday, 9/16 OR Monday, 11/4, 5:30-7 p.m. Cost \$55 per session.*

FINANCIAL SURVIVAL 101* Perfect for the young adult going out on their own for the first time to the seasoned homeowner looking for ways to save money. Gain an understanding of simple budgeting, fundamentals of a personal financial plan and navigating financial responsibilities. *Instructor: Dr. Stephen Paulone. Wednesday, 10/9 OR Thursday, 11/14, 5:30-8 p.m. Cost \$25 per session.*

WANT TO BE AN ENTREPRENEUR?* Turn your ideas and passions into a successful and sustainable business or non-profit organization. Take your dream to the next level - listen to the stories of success and lessons from mistakes to help. *Instructor: Paul Lachance. Thursday, 9/26 OR Thursday, 11/7, 6 p.m.-8 p.m. Cost \$55 per session.*

WHAT'S HAPPENING ON WALL STREET?* Interested in learning more about investments and how you may be able to invest into stocks and bonds, but have no clue where to begin? Gain a basic understanding of the markets and how they work. *Instructor: Dr. Stephen Paulone. Tuesday, 10/22 OR Wednesday, 11/13, 5:30-8 p.m. Cost \$55 per session.*

CERTIFICATES

AMERICAN HEART ASSOCIATION BLS (BASIC LIFE SUPPORT), CPR, AND

FIRST AID WITH AED* Would you know what to do in a medical emergency? Learn how to operate an AED machine and perform CPR and basic first aid. *Instructor: Dave Chicoine. Saturday, 7/27, 9-3 p.m. OR Saturday, 8/10, 9-3 p.m. OR Friday, 10/18, 9-3 p.m. Cost \$70 per session.*

CULINARY

CULINARY ACADEMY Join Chef Maria and get a taste of how fun it is to cook! During this 4-week series, students learn many skills. Each of the four classes will be offered as a separate offering or students can choose to attend all four classes for a 15% discount. *Instructor: Chef Maria Richardson. Wednesdays, 10/30-11/20, 5:30-8:30 p.m., Savory Side Culinary Lab. Cost for all four \$255 with discount.*

- **SOUPS AND SAUCES** 10/30, 5:30-8:30 p.m. Cost \$75
- **CREATING ENTRÉES** Explore cooking methods of grilling, sautéing and roasting to make full plate presentation of different entrées. 11/6, 5:30-8:30 p.m. Cost \$75
- **APPETIZERS** 11/13, 5:30-8:30 p.m. Cost \$75
- **SEASONAL COOKING** Use ingredients that are in season for the fall/winter to create dishes for the holiday season. 11/20, 5:30-8:30 p.m. Cost \$75

* Classes with "or" are offered multiple times - please choose your session when registering.



FOR THE LOVE OF PASTRIES! Join us for one or all of our pastry classes. Each week brings a different instruction with many choices. Four classes will be offered as a separate offering or students can attend all four for a 15% discount. *Instructor: Chef Kristen Lawson Perry. Wednesdays, 9/18-10/9, Savory Side Culinary Lab. Cost for all four \$272 with discount.*

- **BREAD** Demystify the process of bread making. Learn to mix, roll, shape, proof and bake a perfect baguette to take home! 9/18, 5:00-8:30 p.m. Cost \$85
- **TART** Learn to mix a proper tart dough and shape it into various shapes and sizes. We will fill these shells with creamy, delicious fillings and top with fruits and other garnishes. 9/25, 5:30-8:30 p.m. Cost \$75
- **FRENCH MACAROONS** This delicate almond meringue cookie only has a few ingredients, but is one of the trickiest sweets to master. Learn all the tricks and secrets on how to make great macaroons! 10/2, 5:00-8:30 p.m. Cost \$85.
- **CROISSANTS** Warm, buttery, flaky croissants are probably the best thing ever. The three-day croissant making process condensed into three hours to see what it takes to make amazing croissants. Learn to laminate the butter into the dough and shape your own croissants to take home. 10/9, 5:30-8:30 p.m. Cost \$75

HOLIDAY CONFECTIONS WITH PASTRY CHEF KRISTEN LAWSON Students learn how to make a variety of fun confections for the Holidays! This is a one-evening workshop not to miss! *Instructor: Chef Kristen Lawson Perry. Wednesday, 12/4, 5:30-8:30 p.m., Savory Side Culinary Lab. Cost \$75*

DRONE TECHNOLOGY

INTRO TO DRONE TECHNOLOGY Drones are used every day in a variety of industries. Learn the basics of flight as well as the rules and regulations of drone operations and how you can best utilize a drone's ability. An online component is used with this course. The Advanced Drone Skills Course will be offered in 2020 winter/spring session. Focuses on test prep for commercial licensing of Drone Part 107 and aerial data processing. Upon completion of both courses, participants should be ready to schedule their test for Remote Pilot Certification at the Sanford Seacoast Regional Airport. *Instructor: Sue Bickford Work. Wednesdays, 9/11 - 10/30, 5-8 p.m. Cost \$450*



EDUCATION

K12 CEU CLASSES A variety of classes will be offered throughout the year for teachers to obtain their CEUs. *Please stay tuned on our website www.yccc.edu/academics/community-education/ for more details.*

SUBSTITUTE TEACHER TRAINING* The Professional Substitute Training course will lead participants through the best practices of each of these areas: classroom management, teaching strategies to enhance lessons, expectations of a professional substitute teachers, and understanding the inclusive classroom. Although it takes a lot of dedication, patience, and hard work, you can build a set of skills that will help you become a highly sought after substitute teacher. *Instructor: Nicole Kaszubinski, Monday, 8/19, 9-11 a.m. OR Tuesday, 8/20, 6-8 p.m. OR Wednesday, 10/23, 6-8 p.m. Cost \$45 per session.*



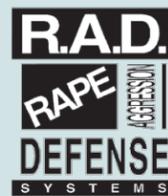
ENRICHMENT

A VERY BRIEF INTRODUCTION TO POSITIVE PSYCHOLOGY Use activities from positive psychology to improve your life and make you happier. Explore mindfulness, savoring, random acts of kindness, gratitude, and more. This class will meet twice. The two-part course will discuss basic concepts, you will practice what you learn, then discuss how each of these concepts can change your life. *Instructor: Dr. Lisa Murphy. Tuesdays, 10/15 and 10/22, 6-8 p.m. Cost \$75*

DIGITAL PHOTOGRAPHY: BEYOND AUTO MODE An intro to photography with a digital camera. Emphasis is placed on fundamental techniques of a digital camera with manual function and image file editing. The course covers use and manipulation of aperture, shutter speed and light meter to affect proper exposure, depths of field (DOF) and stop/blur motion. Students will engage in short, shooting-based projects to include concepts of DOF, point of view, and deconstruction. Lessons will encourage landscape, portrait and fine-art compositioning, as well as post-production editing. Students will need access to a digital camera with manual exposure control (e.g., manual aperture and shutter speed). *Instructor: Christian Farnsworth. Wednesdays, 9/4 through 10/9, 5:30-8 p.m. Cost \$175*

ETHICAL PRACTICES IN THE WORKPLACE* A creative exploration (four-hour workshop) of how critical thinking and ethics impact the work we do. It also identifies how ethics drive us in the way we interact with others on an interpersonal level. Consists of role play, discussion, creative projects, group activities and sharing of ideas. Discuss practical strategies that can be useful for when we find ourselves in situations commanding our ethical discernment. *Instructor: Holly Margeson Gamache, M. Ed. Thursday, 9/12 OR Thursday, 11/7, 4:30-8:30 p.m. Cost \$95 per session.*

TRADITIONS THROUGH STORYTELLING: THE EVOLUTION OF HALLOWEEN Three-hour workshop exploring an overview of the history and evolution of the original purpose for the celebration of Halloween. Learn how the traditions of honoring family, faith and fortune telling have become what they are today. Class participants will be able to share personal stories of family celebration and tradition in an informal performance style of oration and presentation. Come ready to learn, share, create and collaborate on old and new ways of honoring this mystical tradition. *Instructor: Holly Margeson Gamache, M. Ed. Thursday, 10/10, 5:30-8:30 p.m. Cost \$75*



SELF-DEFENSE

R.A.D. (RAPE AGGRESSION DEFENSE) CLASSES WITH WELLS

POLICE DEPARTMENT* A self-defense class for women. R.A.D. Systems is a functioning network of dedicated self-defense instructors that was established in 1989. This alliance of instructors believes that self-defense should be easy to learn, easy to retain, and relatively easy to employ during real confrontational situations and that it should be accessible and affordable for all women and children. They believe that their efforts to oppose violence will be more effective together, than as individuals. Every participant receives a lifetime return policy anywhere there is a R.A.D. Program being offered. The Basic Physical Defense Course is the Cornerstone of R.A.D. Systems, this course has its foundations in education and awareness. The course includes lecture, discussion, and self-defense techniques suitable for women of all ages and abilities. *Option One: Mondays and Wednesday, 8/12, 8/14, 8/19, 8/21, 4-8 p.m. OR Option Two: Mondays and Wednesdays, 10/21, 10/23, 10/28, 10/30, 4-8 p.m. Instructor: Sergeant Adam Shaw, Wells PD. Cost \$25 per person (if the cost is a barrier to attending, please call Kristen Wiegand at 207.216.4491).*

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