



Western Nebraska  
Community College

Business & Community Education

# UPCOMING CLASSES & EVENTS

Most classes are held at the John N. Harms Center.

Visit [wncc.edu/bce](http://wncc.edu/bce) for more information or to sign up for our monthly newsletter.



## Yoga

*One-Hour Sessions on  
Thursdays for Six Weeks!*

**Jun 15 – Jul 20  
5:15 – 6:15 p.m.**

***\$20 for all six weeks!***

Gain strength, flexibility, and balance along with a sense of calm. Yoga is a practice of self-study on the mat. This is a beginner Hatha class. We focus on our breath within each pose. Yoga truly is for everyone and we'll approach it from a place of no competition, no expectation, and no judgment.

Holly has 20+ years of fitness and wellness experience, as well as 15 years of yoga teaching experience. She willingly shares her expertise to help you connect to your body, breath, and mind, creating a practice to suit you.

## Stress Relief

**Jun 15, 6:30 – 8:30 p.m., \$12**

Stress is an interesting animal. On one hand, it strengthens us. On the other hand, it kills us. This is a hands-on workshop to understand what stress is, how the stress response works, and different ways to invite in a relaxation response. Come comfortably dressed and ready for interaction.

## Body Alignment & Mobility

**Jun 29, 6:30 – 8:30 p.m., \$12**

When we understand the alignment of our body, we get to create more ease, balance, and fluidity in how our bodies move. In this workshop, we look at what body alignment is and talk about tightness and weakness that are showing in the body, as well as practice corrective exercises. This workshop is activity-based so come dressed ready to move.

## Medicare ABCs (and D, too!)

May 16, 6:00 – 8:00 p.m., FREE!

## Inside – Outitude

May 17 & 24

10:00 – 11:30 a.m. or 6:00 – 7:30 p.m.

\$25 for individuals or \$40 for two

## Pool Operators Clinic

May 18, 12:00 – 5:00 p.m.

[dhhs.ne.gov/swimmingpools](http://dhhs.ne.gov/swimmingpools) or

402.471.0903 for pricing.

## Bob Ross Painting

May 20, Jun 17, Jul 15, Aug 19, Sep 23,  
Oct 21, or Dec 9

9:00 a.m. – 4:00 p.m., \$60 ea.

## Advanced Sign Language

May 24 – Jun 21 (W)

6:00 – 9:00 p.m., \$30

## Driver's Education

May 31, Jun 1, 5, 6 & 7

8:00 a.m. – 12:00 p.m., \$195

## Make Your Own Atlatl

Grades 7 – Adult

Jun 1 or Jun 17

8:30 a.m. – 12:00 p.m.

\$25 (includes all materials)

## ICE Enrichment Academy

### Kids in the Kitchen Week

Ages 7 – 14

Jun 5 – 8 (M – TH)

1:00 – 4:00 p.m.

\$30/day or \$100/week

## West Nebraska Arts Center

### Summer Art Camp

Summer Swag Swap &

Throwing Some Shade

Ages 10 – 15

Jun 6 – 9, 1:00 – 5:00 p.m.

WNAC Members: \$90

Non-Members: \$130

### Fun with the Zoo

Ages 6 – 9

Jun 13 – 15, 1:00 – 4:00 p.m.

WNAC Members: \$60

Non-Members: \$75

## Ko Heichi Martial Arts Stick Fit

Jun 7 – 28 (M, W)

5:40 p.m., \$30

## Robotics Week

Ages 7 – 14

Jun 12 – 15 (M – TH)

1:00 – 4:00 p.m.

\$30/day or \$100/week

## West Nebraska Arts Center

### Plein Air Drawing Class

Jun 10, 17 & 24

10:00 a.m. – 4:00 p.m.

WNAC Members: \$90

Non-Members: \$100

Price includes all supplies.

Bring a sack lunch.

## Basic Nursing Assistant

Jun 12 – 23 (M – F)

9:00 a.m. – 6:30 p.m. or

Jun 26 – 30 & Jul 10 – 14 (M – F)

9:00 a.m. – 6:30 p.m.

\$475 plus book

## Dog Obedience

Jun 22 – Aug 3 (TH)

6:00 – 7:30 p.m., \$45

## Adult Drawing Class

**Registration Deadline: Jun 23**

Jun 26 – 30 (M – F)

9:00 a.m. – 11:00 a.m., \$40

## Career Week

Ages 7 – 14

Jun 26 – 29 (M – TH)

1:00 – 4:00 p.m.

\$30/day or \$100/week

For more information or to register,  
call **308.635.6700** or visit **[wncc.edu/bce](http://wncc.edu/bce)**.