***Arts & Crafts***

**Quilting Basics – 18-30 Hours**

This quilting class is for the beginner. You will learn how to use a sewing machine, make fabric selections, do rotary cutting and understand piecing and quilting techniques.

**Course Code**:  CSP 4000 20U

**Date**:  March 31-June 16

**Time**:  Monday 1:30-4:30p

**Location**:  JCC Sanders

**Cost**:  $125 plus books

**Course Code**:  CSP 4000 21U

**Date**: June 23-July 28 (18 Hrs)

**Time**:  Monday 1:30-4:30pm

**Location**:  JCC Sanders

**Cost**:  $85 plus books

**Quilting – 40 Hours**

This class is for those who already have experience with the sewing machine. You will be giving the opportunity to make a quilt from start to finish. All the techniques from Quilting Basics will be reviewed and mastering the quarter inch seams, and using the correct tools will be included.

**Course Code**: CSP 4000 22U

**Date**: March 31-June 16

**Time**: Monday 9a-1p

**Location**: JCC Sanders

**Cost**:  $125 plus books

***Culinary Arts***

**Basic Butter Cream Cake Decorating – 9 Hours**

Participants will be taught the basic skills needed to decorate a cake for any occasion using buttercream icing. Some of the techniques taught will include, icing a cake to a smooth professional finish, basic borders, drop flowers, and petal nail flowers. Student will be required to have the Wilton Starter Kit-25 count piece set.

**Course Code**: CSP 4000 26U

**Date**: May 17-May 31

**Time**: Saturday 9a-12n

**Location**: Cleveland Center

**Cost**: $35

**Edible Art – 6 Hours**

Students will learn how to make multiple edible garnishes including red onion chrysanthemum, apple swan, and edible tomato rose with cucumber leaves. For the second night of class students will learn how to pick and carve a watermelon from stencils. Produce to be provided by the student.

**Course Code**: CSP 4000 27U

**Date**: Jun 14-Jun 21

**Time**: Saturday 9a-12n

**Location**: Cleveland Center

**Cost**: $35

***Healthy Living***

**Yoga Basics – 8 Hours**

This class introduces the basic techniques of postures, breathing and meditation in yoga. You will learn how to safely promote strength and well-being while gaining physical progress toward traditional postures. ***Students must bring their own yoga mat.***

**Course Code**: CSP 4000 –23U

**Date**: March 24-May 12

**Time**: Monday 6:30-7:30p

**Location**: Cleveland Center

**Cost**: $80

**Course Code**: CSP 4000 24U

**Date**: June 2-July 21

**Time**: Monday 6:30-7:30p

**Location**: Cleveland Center

**Cost**: $80

**Course Code**: CSP 4000 22F

**Date**: July 28-September 22

**Time**: Monday 6:30-7:30p

**Location**: Cleveland Center

**Cost**: $80