FIND YOUR life balance

lifelong learning for everyone

Spring 2013
HAPPY NEW YEAR!

We are very excited to bring you some new lifelong learning opportunities for 2013. Many of the classes and trip options come from your suggestions. We love to get your input.

UW-Baraboo/Sauk County Continuing Education collaborates with businesses, industries, local school districts, and non-profit agencies to increase your access to educational opportunities. Our program promotes intellectual stimulation, personal and professional growth, and cultural enrichment through a variety of non-credit seminars, workshops, and short courses. Check out all we have to offer for learners of all ages and interests.

Our goal in Continuing Education is to meet your needs and offer the programs and opportunities that interest you. Check us out on Facebook and our website to get the latest updates. We look forward to hearing your feedback and getting more of your ideas for future programs.

– Cindy McVenes, UW-Baraboo/Sauk County Director of Continuing Education

TABLE OF CONTENTS

Professional Development .................................................. 2
Computer Classes ................................................................. 7
Online Courses & Certificate Programs ................................. 10
College Courses ................................................................. 25
Personal Enrichment ............................................................ 27
Excursions ........................................................................... 32
Fitness Classes ................................................................. 37
Youth Programs ................................................................. 43
Events & Activities ............................................................. 46
Registration Form ............................................................ 48

To register online, go to www.baraboo.uwc.edu

NEW THIS SPRING!

Social Media 101
Page 5

Career Development Basics
Page 5

Reiki Level I & II
Page 27-28

Basic Bridge for Beginners
Page 28

Beginning Spanish Level 2
Page 30

Introduction to Mobile Technology Solutions
Page 31

Zumba Toning
Page 39

High Intensity Interval Training
Page 40

Self Defense Class
Page 42

To register by phone, call (608)355-5220.
DEVELOPING THE WORK CULTURE 
YOU NEED TO THRIVE
Instructor: Jack Harkins
Founder of Harkins Leadership Development Corporation

Great things can happen when you create the right culture in the workplace. Come away from this session with a strategy to create the culture you want, along with the tools to deal with insubordination, complaining, and bad attitudes that can stymie organizations. We’ll also show you how to “work smarter not harder.” This session is appropriate for front line managers and CEOs.

Friday, March 8 • 9:00-11:00 am
Rodem's Room, Aural Umhoefer Classroom Building
Fee: $79

THE EFFECTIVE SUPERVISOR: 
KEYS TO GREAT LEADERSHIP
Instructor: Jack Harkins
Founder of Harkins Leadership Development Corporation

Whether you’re just beginning your career as a supervisor or you have years of experience, it’s important you have the most up to date tools to effectively manage the ever-changing challenges of today’s workplace. Ultimately, your success is measured in terms of the way your employees perform. You have to make sure that the work gets done, costs are controlled, employees work as a team, and upper management is satisfied. Learn the latest in leadership skills while gaining valuable management insight.

• Be a supportive coach
• Tune in to your employees’ needs
• Delegate projects based on their strengths and weaknesses.
• Correct poor performance
• Learn the psychology of motivating people
• Correct negative behavior gently for long-term change.
• Bring out the best in your employees

Tuesday, March 19 • 8:30-11:00 am
Rodem’s Room, Aural Umhoefer Classroom Building
Fee $89

PREPARING FOR EXCELLENCE
Instructor: Jack Harkins
Founder of Harkins Leadership Development Corporation

We often hear how great leaders make everyone else around them better, but no one ever explains how they do that. In this class, you’ll learn how to do it. You’ll also study how great organizations became successful and how you can help take your organization to a whole new level. We all know how important it is to make a good first impression. In this class, you'll learn exactly how anyone can make a great impression, no matter your personality type.

You’ll also learn how to become a better listener and how to build better relationships with your customers and co-workers. Finally, you’ll learn how to deal with conflict and walk away with a systematic approach to problem solving, managing conflict and dealing with difficult customers. Sign up today to bring you and your organization to the next level. Get a discounted price when three or more from one organization register!

Thursdays, April 11, 18, 25 • 8:30-10:00 am
Rodem’s Room, Aural Umhoefer Classroom Building
Fee: $119 per person OR
$99 per person if three or more register from one organization

Jack Harkins facilitates a professional development workshop.
SMALL BUSINESS FUNDAMENTALS: ELEMENTS OF YOUR BUSINESS PLAN
Instructor: James Bowers

Starting a business? Or running one without a current business plan? Need business financing? Success in small business depends on hard work, good fortune, and business knowledge. Attend this 10-session course to develop your management skills. Experts will cover the fundamentals of small business management and business planning including:

- Law
- Accounting
- Financing and banking
- Insurance
- Marketing
- Management
- Writing a business plan

Gain knowledge about growth stages and challenges, financing, legal issues and requirements, record-keeping, accounting, financial management, marketing strategy, promotion, insurance, risk management, and business plans. The instructor and the NxLevel Entrepreneurs Guide will provide you with tools you’ll need write a successful business plan.

Class meets Wednesday evenings • 6:30-9:00 pm
10 weeks: February 20, 27; March 6, 20, 27; April 3, 10, 24; and May 1, 8
Room 134, MATC-Reedsburg
Fee: $195

Register online at www.baraboo.uwc.edu > Continuing Education, or call (608) 355-5220

Class fee includes the $90 “NxLevel for Entrepreneurs” participant guide and workbook, which helps provide the knowledge and management skills needed to grow an existing business. Participants will learn to identify feasible opportunities for profitable and sustainable growth, and bring them to fruition by preparing a comprehensive business plan based on proven market research, financial management and project management techniques.

Partners in the program: UW-Madison SBDC, Madison College Reedsburg, UW-Baraboo/Sauk County, the Sauk County Development Corporation and the Columbia County Economic Development Corporation

CONTINUING EDUCATION IS ON FACEBOOK!
Follow us on Facebook... and take advantage of our network! Share your photos and ideas, and be the first to learn about new courses, trips, and discounts!
PROFESSIONAL DEVELOPMENT

GETTING PAID TO TALK
Ever been told you have a great voice? From audio books and cartoons to documentaries, commercials, and more, this class will provide you with and introduction to the growing field of voice over. Today, the range of voices hired has grown dramatically from the days of announcers. Learn what the pros look for, how to prepare, and where to find work in your area!

We’ll discuss industry pros and cons, and we’ll play samples from working voice professionals. In addition, you’ll have an opportunity to record a short professional script under the direction of our teacher. This class is a lot of fun, realistic, and a great first step for anyone interested in the voice over field. In an effort to ensure a quality class experience, we must limit attendance!

For more information about the course content or instructor, please visit www.voicecoaches.com/gptt

Monday, February 18 • 6:30-9:00 pm
Rodem’s Room, Aural Umhoefer Classroom Building
Fee: $35

CUSTOMIZED PROGRAMS TO FIT YOUR NEEDS

Have you been looking to bring your business to the next level and improve your organizational effectiveness...but can’t afford the high-priced consultants to help you achieve those goals?

LOOK NO FURTHER!

UW-Baraboo/Sauk County Continuing Education will help you reach your goals! Our custom-built training programs focus on the needs of your business, are affordable and get results. Programs are centered around issues facing most businesses today: conflict management, supervisory training, leadership development, customer relations and dealing with difficult customers.

To develop a program that meets your needs and fits your budget, contact Continuing Education Director Cindy McVenes at (608)355-5234.

COMPUTER CLASSES

TAKING THE NEXT STEP WITH YOUR COMPUTER
Instructor: Terri Nee-Holtz
Get more comfortable with using your computer. Learn how to organize your files, how to save files, how to search for files. Also, you will learn how to use various popular tasks such as copy/paste, format text, and work with graphics.

Learn how to send an attachment with an email message and create a contact list (an e-phone book).

Wednesday, January 23 • 9 am-12 pm
A-116 Computer Lab, Aural Umhoefer Classroom Building
Fee: $39

CREATE YOUR OWN BLOG
Instructor: Terri Nee-Holtz
Should you join the blogosphere? A blog can be an easy way to create your very own personal/business web presence. Blogging brings like-minded people together. Starting a blog can help you find those people and share your opinions and thoughts. Find out how you can use a blog to share your message with the world.

In this class, you will walk through the process of setting up your own blog...at a pace that is comfortable for you, and in an environment where you can make mistakes, ask questions, and learn what you need to know to maintain your blog on your own.

Wednesday, April 10 • 6:00-9:00 pm
A116 Computer Lab, Aural Umhoefer Classroom Building
Fee: $39
EMAILING TIPS AND SHORTCUTS
Instructor: Terri Nee- Holtz

Are you using email but run into a few unfamiliar situations or want to find an easier way to manage your email account? This class will help you troubleshoot your email snags. Learn how to receive, send, and store attachments. Create an address book to keep track of email addresses and give your friends and co-workers group names.

Manage your inbox by blocking unwanted emails, delete a large group of emails in one step, and send an automatic “out of office reply.” Learn to mark outgoing mail as important and with an automatic signature block. Learn how to use the various toolbars to increase your options while using email.

If you already have an active email account, know the provider, username and password to access your email from campus. If you do not currently have an email account, make a note of this when registering so one can be made for you prior to class.

Friday, February 15 • 9:00 am-12:00 pm
Campus Library Computer Lab
Fee: $39

USE YOUR COMPUTER EFFICIENTLY AND EFFECTIVELY
Instructor: Terri Nee- Holtz

Tired of looking for your files and want to find short cuts while using your computer? This class will cover file management by creating folders to organize your files and quick ways to move and delete current files. In addition, you will learn to use the right mouse button to access short cut menus when using various applications and learn to use the keyboard instead of the mouse.

You will learn effective computer techniques to help you quickly find and replace text in a document, create a diagram, insert hyperlinks, create a bibliography and a table of contents.

Friday, February 22 • 9:00 am-12:00 pm
Campus Library Computer Lab
Fee: $39
The following Online classes are brought to you by YOUGOTCLASS.

Participate anytime – day or night – from any computer!
Our online certificates & courses are provided by expert instructors.
For more information, visit: http://yougotclass.org/courses.cfm/baraboo

**BUSINESS COACHING CERTIFICATE**
Fee: $295

MENTORING & COACHING IN THE WORKPLACE 1
February 4-March 1 or April 1-26 or June 3-28

Develop skills in the development, implementation, and support of coaching and mentoring programs in your workplace. Take home the much-awaited toolkit you have been searching for to improve your employees’ performance and create the working environment that your employees will find truly rewarding.

MENTORING & COACHING IN THE WORKPLACE 2
March 4-29 or May 6-31 or July 1-26

Take an in-depth look at variables involved in employee support. Gain skills in the development, implementation, and support of coaching and mentoring programs in your workplace. Critical analysis and improvement of your programs alongside group dynamics and innovative strategies will also be examined in terms of coaching and mentoring programs.

**BUSINESS RESEARCH CERTIFICATE**
Fee: $495

INTRODUCTION TO BUSINESS RESEARCH
February 4-March 1 or April 1-26 or June 3 -28

BUSINESS STATISTICS
March 4-29 or May 6-31 or July 1-26

QUALITATIVE BUSINESS RESEARCH
April 1-26 or June 3-28 or August 5-30

**GREEN WORKPLACE**
LEED GREEN ASSOCIATE EXAM PREPARATION
Fee: $695
February 4-March 29 or April 1-May 24 or June 3-July 26

LEED AP + BDC
Fee: $795
February 4-March 29 or April 1-May 24 or June 3-July 26
ONLINE CERTIFICATES

CERTIFICATE IN CUSTOMER SERVICE
Fee: $245

KEYS TO CUSTOMER SERVICE
February 4-March 1 or April 1-26 or June 3-28
Fee: $145

Learning to build your customer service skills will have a powerful impact on your career success as well as success in other areas of your life. Through this course, you will discover the direct relationship between service skills and career achievement. You will become skilled at being an exceptional service provider. You can help your organization and your career by translating your good service intentions into a workable plan and gain knowledge of ways to consistently deliver great service.

EXTRAORDINARY CUSTOMER SERVICE
March 4-29 or May 6-31 or July 1-26
Fee: $145

With extraordinary customer service, repeat business will improve your bottom line. Customer service separates you from your competition. Extraordinary customer service comes from focusing on the few essential elements that yield big results. Discover how easy it is to tweak your customer service from the ordinary to the extraordinary. You’ll take away a customer service plan that will help you focus on the key elements that will get you started on your pathway to success.

CERTIFICATE IN ONLINE TEACHING
Fee: $495, or $795 to become a Certified Online Instructor

DESIGNING ONLINE INSTRUCTION
February 11-15 or May 13-17
Fee: $195

Learn about the online instructional environment, developing a web course, phases of design and development, design guidelines, and more. Discover the principles behind the adoption of technology innovation and the nature of the online learning environment. Get tips for planning your online course, identifying resources and design guidelines. Discuss the phases of design and development, and motivating and managing interaction. Get the latest information on copyright issues, assessment and evaluation.

BUILDING ONLINE LEARNING COMMUNITIES
March 11-15 or July 15-19
Fee: $195

Gain a new understanding of redefining community in cyberspace. Discover the importance of a learning community. Learn about dialogue as inquiry, negotiating discussion guidelines, and intergroup and other forms of collaboration.

ADVANCED TEACHING ONLINE
April 15-19 or August 26-30
Fee: $195

Discover how to plan, develop, and teach an online course. Take home a 10-step model for developing your online course. Experience one of the most advanced online classrooms for teachers. Learn how to create online audio lectures with slide shows. Plus, find out how self quizzes enhance learning.

Register online today, at www.baraboo.uwc.edu.

To register by phone, call (608)355-5220.
ONLINE CERTIFICATES

**E-MARKETING ESSENTIALS CERTIFICATE**
Fee: $495

**IMPROVING EMAIL PROMOTIONS**
February 4-March 1 or April 1-26 or June 3-28
Fee: $195

Discover new ways to improve your email promotions, including when to email, what to email, and testing email copy. Then find out how to analyze your email response rates, including getting the benchmarks for open rates and click-through rates. Learn how to improve your email promotion and responses with tracking and testing.

**BOOSTING YOUR WEBSITE TRAFFIC**
March 4-29 or May 6-31 or July 1-26
Fee: $195

Acquire the basic skills to boost your web site traffic, including how to analyze your visitor traffic, how to use search engine optimization to get greater visibility and exposure in Google searches, and how to redesign your web site copy to increase your visitors and results.

**ONLINE ADVERTISING**
April 1-26 or June 3-28 or August 5-30
Fee: $195

Get the keys to making online advertising work for you and your organization. See how pay-per-click advertising with Google AdWords works. Find out how to test low-budget Adword campaigns. Learn how to target local audiences. Then discover Facebook advertising and how you can determine the demographics and even the numbers of people you want to reach.

**MANAGING TELEWORK CERTIFICATE**
Fee: $395

**KEYS TO TELECOMMUTING SUCCESS**
February 4-March 1 or April 1-26 or June 3-28
Fee: $195

Discover the keys to making telecommuting a success for you and your organization. Get advanced tips not available anywhere else from experienced tele-workers with more than 12 years’ experience working from home. This course includes a 100-page guide to telecommuting.

**SUPERVISING TELECOMMUTERS**
March 4-29 or May 6-31 or July 1-26
Fee: $245

Tour a model virtual office. Then take away the 4 core management practices to supervise telecommuters for a win-win for both your employees and management. After attending, you will have the knowledge necessary to successfully supervise telecommuters.

**CERTIFICATE IN TEACHING ADULTS**
(Only available as a Certificate)
February 4-March 29
Fee: $295

Whether you currently teach others or you want to teach others, in any setting, either formally or informally, this course is for you. We will give you both the fundamental and advanced information to improve your teaching. Your lead instructor is author of *How to Teach Adults*, the best-selling book on the subject. The ebook version is included in the course.
**ONLINE CERTIFICATES**

**MOBILE MARKETING CERTIFICATE**
Fee: $595

**MOBILE MARKETING**
February 4-March 1 or April 1-26 or June 3 -28
Fee: $195

The way consumers are interacting with brands and connecting to the world is changing because of mobiles. Study location-based marketing, mobile payments, QR codes, applications, and mobile coupons. Learn how mobile marketing can increase your capabilities to retain current customers and gain new ones.

**CREATING CELL PHONE APPS FOR YOUR BUSINESS**
March 4-29 or May 6-31 or July 1-26
Fee: $245

Smart organizations across the globe are investing in building smartphone apps. The challenge with traditional smartphone apps is that development is highly technical and very expensive. In this 4-week course, we’ll provide you with step-by-step instructions on how non-technical users can build, deploy and market smartphone apps across Android and iPhone platforms. This course is ideal for business owners and executives who want to understand how smartphone apps can be inexpensively built and also for technical users who want to understand how quickly deploy smartphone applications.

**ADVANCED MOBILE MARKETING**
April 1-26 or June 3-28 or August 5-30
Fee: $245

Gain the knowledge needed to implement a mobile marketing plan for your organization. Find out about proximity marketing, mobile marketing metrics, and developing a mobile marketing campaign.

**SOCIAL MEDIA FOR BUSINESS CERTIFICATE**
Fee: $495

**INTRODUCTION TO SOCIAL MEDIA**
February 4-March 1 or April 1-26 or June 3 -28
Fee: $195

Join the move from in-person to online communication. Learn about social media and their role in your business and personal life. Find out the top sites and how businesses are using them for communication, customer retention, branding, marketing, market research, needs assessment and serving customers and clients. Explore the options for your organization. Look at case studies of what other organizations are doing. For anyone interested in social media.

**MARKETING USING SOCIAL MEDIA**
March 4-29 or May 6-31 or July 1-26
Fee: $195

Develop a two-way communication and marketing strategy for your organization using social media. Let your instructor guide you in exploring major social media, including Twitter, LinkedIn, and blogging. Learn quick, easy ways to use social media to engage your customers or clients and keep them interested in your organization or business. You’ll find out the advantages and disadvantages of each, and learn what’s right for your work and kind of organization.

**INTEGRATING SOCIAL MEDIA IN YOUR ORGANIZATION**
April 1-26 or June 3-28 or August 5-30
Fee: $195

Take away a practical strategy and techniques for implementing social media for your organization or business. Learn how to create your own private social media using Ning, work socially using Google Docs and calendars, and move your website to an interactive Web 2.0 site.

To register online today, visit www.baraboo.uwc.edu. To register by phone, call (608)355-5220.
SUPERVISORY & LEADERSHIP CERTIFICATE
(Only available as Certificate)
Fee: $395
Feb. 4-Mar. 29 or April 1-May 24 or June-July 26

Your employees are your most valuable resources. Ensuring the efficiency of your team is the key to your success and is your most important responsibility. Learn practical, easy to understand, and insightful methods for new and experienced supervisors and managers. Learn about effective delegation, performance management, and writing performance reviews. Discuss the specifics of the supervisor’s role and responsibilities, and strategies for improving your overall effectiveness as a leader.

CERTIFIED WEBINAR PLANNER
(Only available as a Certificate)
Fee: $795
February 11-April 19

Discover the various synchronous distance meeting formats available, and learn about the technology of producing distance meetings. Get the best instructional techniques on the design and teaching of effective distance or webinar meetings, and gain the webinar planning skills involved in budgeting, pricing, and marketing webinar meetings.

VIDEO MARKETING CERTIFICATE
Fee: $395
VIDEO MARKETING
February 4-March 1 or April 1-26 or June 3-28
Fee: $245

Find out how to shoot simple, effective videos without costly fancy equipment or savvy technical skills. Discover the secrets to creating content that commands attention. Learn how to dominate Google and YouTube with your video and to strategically use YouTube to market your business 24/7 – even while you sleep.

YOUTUBE FOR BUSINESS
March 4-29 or May 6-31 or July 1-26
Fee: $245

Increase your business with YouTube, the online video site and now the second largest search engine. Discover the power of video for your organization, and how to use video as a marketing tool to reach and serve more people. Find out what types of video work best on YouTube, how other business organizations are using YouTube, how to create your own YouTube channel, and the techniques of adding captions, annotations and other extra features.

YouTube can enhance your current marketing and communication strategy. After attending this course, you will take back proven strategies and techniques for making YouTube work successfully for your organization.

Register online today, at www.baraboo.uwc.edu.
To register by phone, call (608)355-5220.
FACEBOOK FOR BUSINESS
Find out what goes on behind the scenes on Facebook Pages and how to increase the chances that your message is seen and acted on. Discover new tools and proven techniques to increase business and expand your reach.

March 4-29 or May 6-31 or July 1-26
Fee: $245

GOOGLE ANALYTICS
If you’re not reviewing your website statistics, you’re missing key opportunities to profit from your website traffic. Learn key techniques and how to use the world-standard Google Analytics, a free online tool. Gain understanding of your visitor traffic, calculate return on investment (ROI) for your online ads, and find out how to get more conversions and sales from your website visitors.

March 4-29 or May 6-31 or July 1-26
Fee: $195

SPANISH FOR MEDICAL PROFESSIONALS
Whether you speak some Spanish and need a refresher or speak no Spanish at all, this course will provide the skills you’ll need to effectively communicate with your Spanish-speaking patients.

March 4-29 or May 6-31 or July 1-26
Fee: $145

SUCCESSFUL SURVEY TECHNIQUES
Surveys are one of the best ways to find out what your customers want, but many surveys ask the wrong people the wrong questions. Discover who to survey, what questions to ask, and the key to getting a higher response.

March 4-29 or May 6-31 or July 1-26
Fee: $395
ONLINE CLASSES

COURSES FOR K-12 TEACHERS

One graduate credit is available for each of these courses through the University of South Dakota (USD). Course fees are paid directly to USD. Details are available on the website.

STUDENTS WITH ASPERGER’S

Take away strategies for working effectively with Asperger’s students, and find out how to work effectively with parents to create the most positive learning environments for children and teens with Asperger’s Syndrome.

March 4-29 or May 6-31 or July 1-26
Fee: $145

GENDER IN THE CLASSROOM

Your female students learn differently than your male students. Discover how girls learn. Take away 10 top tips for helping girls learn more, and the 5 tips to help girls succeed more. Then discover how boys learn. Take away 10 top tips for helping boys learn more, and the 5 tips to help boys succeed more. Get info about research not available anywhere else.

March 4-29 or May 6-31 or July 1-26
Fee: $145

ONLINE LEARNING & TEACHING FOR K-12 TEACHERS

Discover the fascinating world of online learning and teaching. Specifically for K-12 teachers, you will find out why and how your students learn online. Find out about all the wonderful eTools being used, from drag-and-drop games to virtual labs.

March 4-29 or May 6-31 or July 1-26
Fee: $145

ONLINE CLASSES

SOCIAL MEDIA & ONLINE TOOLS FOR K-12 TEACHERS

For any teacher interested in social media, from beginners to advanced social networkers, this class will help you discover tips to use a variety of social media and online tools to help your students. You will also spend some time discussing ways to overcome resistance you might encounter in using these programs.

April 1-26 • Fee: $145

GENERATIONAL LEARNING STYLES FOR K-12 TEACHERS

Explore fascinating information on the brain and how each generation has responded to their unique “cohort experience.” Acquire the information and skills needed to facilitate Gen Y and the emerging generation of learners. Understand how your own generational characteristics impact your learning AND your teaching. Come away with our top 20 generational techniques for helping your students learn more.

April 1-26 • Fee: $145

APPLY TODAY...
GO UW ALL THE WAY!

• Begin any major!
• Find out about our new Fast Track Degree Program, offering you more flexibility than ever on the way to a UW degree.
• Explore options for earning your Associate, Bachelor’s, and Master’s degrees right on campus.
• Get the best start on a degree & unlimited career opportunities!
• Put UNIVERSITY OF WISCONSIN on your resume!

www.baraboo.uwc.edu
TAKE A COLLEGE CLASS ON CAMPUS!

The following courses are conveniently located at UW-Baraboo/Sauk County. Both credit and non-credit options are available. NOTE: For textbook information, please contact Continuing Education.

- To register for credit, call the Student Services Office at (608)355-5230.
- To register for non-credit, go to www.baraboo.uwc.edu > Continuing Education, or contact Cindy McVenes at (608)355-5220.

ANT 314: INDIANS OF NORTH AMERICA
Instructor: Dr. Annette Kuhlmann

Study American Indian tribes with awareness to their exceeding diversity in terms of their cultures as well as their experiences of contact with Europeans and their contemporary situation. We will look at a number of different, representative tribes and will explore their respective traditional ways of life and their histories of conflict with Europeans and the federal government. In this context, we will analyze American Indian self-determination and its role in the American economy. By studying the traditional indigenous cultures and the history of Indian-white relation, we will gain a better understanding of the contemporary situation of American Indians, of their particular social, economic, and political position, as well as their contemporary conflicts and problems.

Mondays, Wednesdays, and Fridays January 25-May 21 • 12:00-12:50 pm
A-155, Aural Umhoefer Classroom Building

Three-credit fee: approximately $660 • Non-credit option: $175

COLLEGE COURSES

ANT 314: INDIANS OF NORTH AMERICA
Instructor: Dr. Annette Kuhlmann

Study American Indian tribes with awareness to their exceeding diversity in terms of their cultures as well as their experiences of contact with Europeans and their contemporary situation. We will look at a number of different, representative tribes and will explore their respective traditional ways of life and their histories of conflict with Europeans and the federal government. In this context, we will analyze American Indian self-determination and its role in the American economy. By studying the traditional indigenous cultures and the history of Indian-white relation, we will gain a better understanding of the contemporary situation of American Indians, of their particular social, economic, and political position, as well as their contemporary conflicts and problems.

Mondays, Wednesdays, and Fridays January 25-May 21 • 12:00-12:50 pm
A-155, Aural Umhoefer Classroom Building
Three-credit fee: approximately $660 • Non-credit option: $175

ONLINE CLASSES

More than 300 online courses are available through ed2go. Among them:

- Intermediate InDesign CS5
- A to Z Grant Writing $99
- Grammar Refresher $99
- Beginning Writer’s Workshop $99
- Solving Classroom Discipline Problems $99
- Speed Spanish $99
- Administrative Assistant Fundamentals $99
- Computer Skills for the Workplace $99
- Going Green at Home $99
- Start Your Own Small Business $99
- Accounting Fundamentals $99
- Nonprofit Fundraising Essentials $99
- Spanish for Law Enforcement $99
- Protect your Money, Credit & Identity $99
- Introduction to Quickbooks 2011 $99

For more information call
(608) 355-5220

For complete listing of online classes, course outline, requirements, and registration, Visit our website at:
www.ed2go.com/baraboo

VISIT THE UW-BSC CAMPUS!

Tour & Talk: Tuesdays at 2:00 pm & Fridays at 9:30 am
Meet with an advisor, get a tour of campus, talk about financial aid, get your questions answered.

Spring Preview Day: April 5
Campus info sessions, tours, student and faculty panel.

Contact us today to schedule a visit!
www.baraboo.uwc.edu • 608-355-5230

To register by phone, call (608)355-5220.
REIKI LEVEL I: REIKI FOR HEALTH CARE PROFESSIONALS...AND EVERYONE ELSE
Instructor: John Oestreicher Reiki, La Ho Chi, and Star Medicine Master Teacher

Reiki is a Japanese form of stress reduction and deep relaxation which helps strengthen the immune system and promotes healing. Reiki is a type of hands-on healing that is effective in treating emotional, mental and physical health issues. Reiki is currently practiced in 800 hospitals and clinics throughout the United States, and its credibility and popularity continue to grow. It is also used in many long-term health care facilities. Because it offers a self-treatment method, Reiki is useful for those who wish to be active participants in their own healing.

This workshop is for individuals and professionals who want to be Level I Reiki Practitioners. Students will receive a Level I Reiki attunement, which enables them to utilize Reiki energy. By the end of the workshop, students are able to give a Reiki session to a client and are also able to perform self-healing. Upon completion of the workshop, students will receive Level I Reiki Certification.

Participants are asked to wear comfortable clothing and to bring a mat/blanket and pillow/towel. (If you own a massage table, you may bring it with you.) Bring a lunch, or plan to visit a nearby restaurant.

The training manual will be “Reiki: The Healing Touch (First & Second Degree Manual)” by William Lee Rand. It will be helpful, but not required to Read Chapters 1-4 and 6-8 prior to class. The manual may also be purchased in class by check or cash for $20.

Saturday, April 6 • 8:00 am-4:30 pm
Rodems’ Room, Aural Umhoefer Classroom Building
Fee: $165 for class + $20 for Training Manual through instructor before class.

To register by phone, call (608)355-5220.

VISIT THE CAMPUS CAFÉ!
Visiting campus? Relax at the Campus Café! We have great food and a great view of the Baraboo Hills! Offering full breakfast and lunch, excellent coffee drinks, daily specials, and great prices. Open Mon-Fri, 8:00 am-1:30 pm. Stop by today!
PERSONAL ENRICHMENT

REIKI LEVEL II: REIKI FOR HEALTH CARE PROFESSIONALS...AND EVERYONE ELSE
Instructor: John Oestreicher Reiki, La Ho Chi, and Star Medicine Master Teacher

This workshop is designed for those individuals who would like to become Level II Reiki Practitioners. Students will receive a Level II Reiki attunement, which increases their ability to receive and utilize the Reiki energy. Students will fine tune their skills as practitioners, learn to feel high and low energy frequencies, practice distance healing, understand the use of symbols, perform body scanning and beaming. Upon completion, students will receive Reiki Level II Certification.

Participants must have received Level I Reiki training and provide their Reiki Level I Certificate prior to taking this workshop. Participants are also encouraged to wear comfortable clothing and to bring a mat/blanket and pillow/towel. (If you own a massage table, you may bring it with you.) Bring a lunch, or plan to visit a nearby restaurant during the lunch break.

The training manual will be “Reiki: The Healing Touch (First & Second Degree Manual)” by William Lee Rand. It will be helpful but not required to Read Chapters 5, 7 and 9 prior to class. The manual may also be purchased by check or cash in class for $20.

Saturday, April 13 • 8:30 am-4:00 pm
Rodem's Room, Aural Umhoefer Classroom Building
Fee: $250

BASIC BRIDGE FOR BEGINNERS
Instructor: Bill Christianson

Learn the basic theory of bidding and general card playing strategies for Bridge. Your instructor will guide you through the basics of the card game and give you a better understanding to help make your Bridge playing experience enjoyable.

Thursdays, February 21-April 4 • 6:00-8:00 pm (no class March 28)
Cafeteria, Lange Center
Fee: $30 per person or $50 per couple

FREE FINANCIAL LITERACY WORKSHOP: WHAT YOU SHOULD KNOW ABOUT MANAGING MONEY
Instructor: Sandra Snow

Sandra has a Business Administration and Management, MBA, Certificate in Financial Fraud Examination, PHR (Professional in Human Resources) and Series 6 License (Mutual Fund Investing).

This workshop is meant for adults of ANY age, from 18 years old and up. The object of the workshop is to learn (or be reminded) about the foundations of financial literacy. Practical and useful everyday tools will be discussed in depth for managing bank accounts and banking relationships, budgeting for basics and luxuries, borrowing as a good credit risk, and saving for a host of items—short-term and long-term. The workshop will also inform you of financial risks as well, such as identity theft, social engineering, and phishing. After completing this workshop, students will have practice and understanding of how to budget on a monthly basis in order to plan and live in financial stability.

Thursday, April 11 • 5:30-7:30 pm
A-156 Aural Umhoefer Classroom Building
Workshop is free but participants are asked to pre-register by calling Continuing Education at (608) 355-5220.

WRITING YOUR MEMOIR: FROM CONCEPT TO PUBLICATION
Instructor: Mark Tully

Mark is author of more than 12 titles of historical non-fiction.

Everyone has unique experiences and stories to tell, and in this course, local author and graphic designer Mark Tully will guide you through the steps of writing and publishing your own life story. Discussion will include: why you should write your memoir, your intended audience, writing styles and stylistic approaches, fundamentals of storytelling, exercises to get your creative juices flowing, basic document layout and formatting and word processing software options, as well as options for small-run publishing of your completed memoir!

Wednesdays, March 6-May 1 • 6:30-8:00 pm (no class March 20)
Campus Library Computer Lab
Fee: $99

Register online today, at www.baraboo.uwc.edu.
PHOTOGRAPHY
Instructor: Christina Beam
Digital cameras and camera phones have made taking photos of your everyday life—and documenting life’s most important little moments—easier than ever. But without knowing the fundamentals of good photography, the images you capture might not live up to your expectations, or stand the test of time as part of your family’s photo history.

Learn photography basics such as composition, exposure and lighting, then go beyond that to learn how to get great expression from children, take action shots, and mark the milestones in your family’s life in creative, artistic ways.

Participants should have a camera with some adjustable settings and be prepared to bring in samples of their photographs to each week’s class. The class fee includes a booklet for home reference and an 8x10 archival print of your favorite image.

Thursday evenings, April 4, 11, 18 • 6:30-8:00 pm
Rodem’s Room, Aural Umhoefer Classroom Building
Fee: $49

INTRO TO MOBILE TECHNOLOGY SOLUTIONS
Instructor: Travis Anderson
Travis is the Senior Device Specialist for C.PRO Services, a division of Cell.Plus, which provides advanced mobile device and application training for individuals and businesses. He stays on top of current and upcoming mobile technology by working directly with device manufacturers and mobile application developers.

With the rapid advancement of mobile technologies, many people are feeling lost in the maze of possibilities. This class will help you learn how to simplify and enhance the things you do every day through the use of mobile devices and applications. A variety of solutions and options will be covered, including:

- 4G LTE
- Mobile Computing
- Smartphone Devices
- Tablet Devices
- Wireless Modems & Hotspots
- Understanding Applications
- E-Reader Applications
- Photography & Video Music Collection

Tuesday, April 9 • 6:30-8:30 pm
A-153, Aural Umhoefer Classroom Building
Fee: $29

To register by phone, call (608)355-5220.
EXPLORE CHICAGO HISTORY AND ARTS
Join UW-BSC professor Dr. Mike Jacobs and Continuing Education Director Cindy McVenes as we tour some of Chicago's historic treasures. Dr. Jacobs will share the historical background of the places we'll visit. We'll begin at the world-famous Jane Addams Hull House. Chicago's first social settlement. Jane Addams and Ellen Gates opened the Hull-House in 1889 with modest goals to help their new neighbors. It quickly became not only a cultural center with music, art and theater offerings, but also a safe haven and a place where the immigrants could find companionship and assistance for coping with the modern city.

Our trip will continue to the National Hellenic Museum, located in Chicago's Greektown. It's the first and only major museum in the country dedicated to the Greek journey, from ancient times to the modern Greek American experience. Located in a new 40,000-square-foot space that is both contemporary and timeless, the Museum connects all generations to the rich heritage of Greek history, culture, art, and the Greek American experience.

After visiting the museum, we will enjoy lunch at Greektown Chicago's Parthenon Restaurant. The Parthenon opened in 1968, by two brothers who introduced flaming saganaki and gyros, not just to Chicago, but to the United States. We'll feast on appetizers including saganaki, taramosalata dip, eggplant dip and a Greek salad plus your choice of chicken breast spanaki, tilapia or roast leg of lamb and baklava for dessert.

After lunch, we'll tour the Glessner House Museum, a National Historic Landmark designed by noted American architect Henry Hobson Richardson. Completed in 1887, the museum remains an internationally-known architectural treasure in Chicago. A radical departure from traditional Victorian architecture, the structure served as an inspiration to the young Frank Lloyd Wright and helped redefine domestic architecture.

The Flat Iron Arts Building will be our final stop of the day. Located in one of the most popular arts neighborhoods in Chicago, the Flat Iron Arts Building has three floors, each filled with artist's studios of all types, from filmmakers to costume design to visual artist's galleries and more. Join us for a full day of exploring some of Chicago's treasures.

Tuesday, March 26, 2012
Departure: 6:00 am from Reedsburg or 6:30 am from Baraboo
Return to Baraboo: approximately 8:00 pm
Fee: $89 (includes motor coach bus, museum entrance fees, and Greek Feast)

HIKES AND EXCURSIONS

SPRING HIKES
Guide: Todd Persche, landscape artist and birder/naturalist
Fee: $12 each for one hike, $10 each for two hikes, $9 each for 3 or 4 hikes

BADGER AMMO
Saturday, April 13 • 3:00- 5:00 pm • (Rain date: April 20)
We'll begin to explore the DNR's new property directly south of Devil's Lake State Park. There are no established trails, so we will be walking old road beds to get a glimpse into the past, present and future of what promises to be an exciting landscape being reclaimed by nature.

MESSENGER CREEK, DEVIL’S LAKE STATE PARK
Saturday, April 27 • 7:00-9:00 am • (Rain date: May 4)
Spring is arriving earlier each year, so this hike will be an attempt to see many early spring wild flowers and birds. Warblers and neo-tropical migrants such as Orioles and Rose-breasted Grosbeaks should be present. Ospreys and Turkey Vultures should also be soaring above the lake.

RIVERLAND CONSERVANCY
Saturday, May 11 • 6:30 pm until dusk • (Rain date: May 18)
We'll hike open prairies to check out unusual grassland and marsh birds. Expect to hear Grasshopper Sparrows, Eastern Towhees and Sandhill Cranes, as nesting will be in full swing. The sunsets are always rewarding on this open landscape of restored oak savannas, especially with great views to the Baraboo bluffs.

HAPPY HILL GLADES PRESERVE
Saturday, May 25 6:30 pm until dusk • (Rain date: June 1)
This is a thoroughly wild place located to the west of Baxter's Hollow. We'll take a moderately strenuous hike up this Nature Conservancy property as we explore an ancient rock outcrop. Once at the top we should be treated to excellent wildflowers and sedges under large open grown oak trees as Wood Thrush song fills the air.
HIKES AND EXCURSIONS

MADE IN WISCONSIN

This trip highlights some of everyone’s favorite things made right here in Wisconsin…chocolate, ice cream, cheese, and honey, as well as a visit to the private, employee-owned Wisconsin company known worldwide as EPIC.

During our day long journey of discovery, we’ll tour the Sassy Cow Creamery in Columbus and will see firsthand where Organic Sassy Cow dairy products come from…view milk bottling and cheese making through the large viewing windows and be able to browse their store featuring cheese, chocolates, milk, and ice cream. We’ll even sample their homemade ice cream.

Have you ever wondered how honey is made? We’ll meet the folks at Capital Bee Supply, a small but growing family-owned business started in 2011. They’ll discuss their role in manufacturing hives and other beekeeping supplies, their community education efforts, and commitment to sustainable practices.

Next, we’ll visit Quince & Apple, owned by a husband and wife team who will share the process of handcrafting artisan preserves from fresh produce. Another stop will be Potter’s Crackers, founded in 2006, where we will learn about the process of making artisan crackers, made with organic ingredients from local farms. Our lunch stop will be at Madison’s award-winning restaurant the Green Owl Café. Our host, Jennie Capellaro, promises a healthy delicious homemade soup and sandwich lunch made with ingredients from local area providers.

After lunch, we’ll visit the Schenk-Atwood-Starkweather-Yahara Neighborhood, and our first stop will be the brand new Chocolaterian Café, home of Christine’s Toffee. This Madison-based candy company was asked to include Christine’s Toffee into swag bags at last year’s Emmy Awards. We’ll also visit Gail Ambrosius Chocolates. Gail says “I feel passionate about using quality chocolate that is grown without chemicals. Real chocolate – grown on trees by farmers transformed into truffles on wintry Wisconsin days – is my passion. And it’s my joy to share it with you.”

We’ll wrap up our day with a tour of the Wisconsin headquarters of EPIC, located in Verona. Join us as we discover some of the many wonderful things made in Wisconsin.

Tuesday, April 23, 2013
Departure: 6:45 am Reedsburg and 7:15 am from Baraboo
Return to Baraboo: approximately 5:30 pm
Fee: $49 (includes motor coach bus, tour fees, and lunch)

DISCOVERING MINERAL POINT

Whether you’ve been to Mineral Point or would be a first-time visitor, this small town has a lot to offer. Mineral Point is full of history and art with a downtown full of unique stores, art studios, restaurants and cafes. We’ll start our tour at Pendarvis, part of the Wisconsin Historical Society since 1970, where we will learn about early immigration and mining. Pendarvis’ costumed guides will lead us through six original Cornish settlement buildings. You will see how the miners lived, where they slept, how food was stored and prepared and even the pub they visited.

We’ll also visit Shake Rag Alley. Back in the early 1800s, when Mineral Point was a rough-and-tumble lead mining town, the little valley surrounding Federal Spring was known as Shake Rag Under the Hill. When Madison florist Al Felly bought up all the little homesteads around the spring circa 1970 and planted the area into a lovely garden with artisans doing their crafts in the buildings, he called it Shake Rag Alley.

On October 14, 2004, local artists and community members created Shake Rag Alley Center for the Arts. In its short 8 years, Shake Rag Alley has worked diligently to offer the most unique and creative workshops and special event weekends featuring the creative minds of local artists. Shake Rag Alley Center for the Arts will present and discuss their mission of inspiring creativity and nurturing the site’s history as well as provide a glimpse into the many activities that take place there throughout the year.

After our stop at Shake Rag Alley, we’ll have lunch at the Red Rooster Café, a favorite spot in the heart of the historic downtown Mineral Point. Quaintly decorated with red roosters, the café, has been making traditional Cornish pasty, figgy hobbin and other Cornish specialties for over 30 years.

After lunch, we’ll take time to explore the numerous shops, antique stores, boutiques, art galleries, and other unique businesses on the main street in Mineral Point.

Wednesday, May 29, 2013
Departure: 7:30 am from Reedsburg and 8:00 am from Baraboo
Return to Baraboo: approximately 5:30 pm
Fee: $59

To register by phone, call (608)355-5220.
HIKES AND EXCURSIONS

EXPLORING SAVANNAH & ITS LITERARY HISTORY
Sunday, March 17 - Sunday, March 24, 2013

As you walk its tree-lined streets, enjoy its many squares (parks), and view its ante-bellum architecture, you’ll realize why Savannah is known for its “Southern charm.” You’ll be immersed in the literary, historical, and cultural components that make Savannah’s past so complex, and its presence so inviting.

You will learn about such historical figures as James Oglethorpe and John Wesley, tour the childhood home of Flannery O’Connor and the sites from Midnight in the Garden of Good and Evil, learn about urban slavery and the Gullah-Geechee culture along the Sea Islands, and visit some of the first African-American schools and churches in the country.

During the week, you will also experience Savannah’s world-class art museums as well as visit the Savannah College of Art and Design. Each day you will have guided tours that will deepen your understanding of the area; however, we’ve also built in plenty of free time for you to enjoy the city, its shopping, and its restaurants on your own. A city rich in history, character and natural beauty offers an unforgettable experience.

Fee: $2,050 includes 3 credits for English 281, airfare, transfers, double occupancy lodging in beautiful historic district, hot breakfast buffet each morning, and all tour admissions. Community participants are welcome and encouraged to come along. Last year, half of the participants were from the community and were not students.

For more information, contact Teri Olson at (262)335-5259 or theresa.olson@uwc.edu, or visit http://washington.uwc.edu/continuing-education/travel/.

FITNESS CLASSES

CUSTOMIZED PERSONAL FITNESS PROGRAM
This New Year, commit to a new lifestyle, a new body, and a new you! Certified Health & Fitness Specialist Matt Fencl will guide you through small-group personal training sessions over an 8-week period at times that will fit your schedule.

An initial informational session will take place from 5:30-6:30 pm on Tuesday, January 15. Here, you’ll establish your fitness goals, learn more about the program, and receive a free fitness/body-composition assessment. You’ll also schedule twice-weekly your CUSTOMIZED training sessions with Matt.

Early morning, mid-day, and afternoon sessions will be available from late-January to mid-March. Register early to secure your spot...and trim your body into a lean, mean, calorie-burning fitness machine!

Instructor: Matt Fencl certified Health & Fitness Specialist
Fee: $195 (includes 8-week customized fitness program plus fitness/body composition assessment)

EARLY MORNING BOOT CAMP
Try this early morning workout to challenge yourself and wake up to a new, more fit You! Let Tennille O’Leary motivate and encourage you through an intense array of cardio, strength, agility, and core workouts. All fitness levels are welcome, but be prepared to be pushed to YOUR limit to maximize results.

Tuesdays & Thursdays • 5:30-6:30 am
Session 1: January 8, 10, 15, 17, 22, 24, 29, 31
Session 2: February 5, 7, 12, 14, 19, 21 (No Class 26, 28), March 5, 7
Session 3: March 12, 14, 19, 21, 26, 28, April 2, 4

Dance Studio, Lange Center
Instructor: Tennille O’Leary, AAFA Certified
Fee $55

To register by phone, call (608)355-5220.
LUNCHTIME ZUMBA FITNESS
Energize your lunch hour with the international dance fitness craze, Zumba! Zumba uses contagious, easy-to-follow steps to form a “fitness party” that is downright addictive. Come see why 12 million people of all shapes, size, ages, and skill levels are taking Zumba classes. Sounds of salsa, African rhythms, and even French hip-hop are just a few influences. No experience necessary: Zumba welcomes beginners and seasoned attendees alike. Locker room facilities available!

Session 1: Tuesdays, 12:30-1:10 pm, January 15-February 19 (6 weeks)
Session 1: Thursdays, 12:30-1:10 pm, January 17-February 21 (6 weeks)
Session 2: Tuesdays, 12:00 pm-1:10 pm, March 7-April 11 (6 weeks)
Session 2: Thursdays, 12:00 pm-1:10 pm, March 7-April 11 (6 weeks)

Dance Studio, Lange Center
Instructor: Erika Gerhardt Obois, AAFA & Zumba Certified
Fee: $36 for one day per week each session; $60 per session for both Tuesday & Thursday

EVENING CLASSES

ZUMBATONING
Body sculpting meets fitness party! A calorie-burning, strength-training class with the same great Latin and international music you love from regular Zumba class. You’ll learn how to use light hand weights to enhance rhythm, build strength and tone all the target zones. (Light weights provided) This class is appropriate for teens to seniors and no previous dance or Zumba experience required.

Tuesdays, 4:30-5:15 pm (8 weeks)
Session 1: January 15- March 5
Session 2: April 2- May 21

Dance Studio, Lange Center
Instructor: Erika Gerhardt Obois, Group Fitness, AAFA & Zumba Certified
Fee: $55
FIT BARRE

Develop the length of a dancer and the strength of an athlete with this 60-minute ballet barre workout. This high-energy, no-impact exercise class combines barre work and light weights. You'll build long, lean muscles, and burn fat while having a great time. No dance experience required. Please bring a mat or towel to class, along with a water bottle.

Mondays, April 1, 8, 15, 22, 29, May 6, 13, 20 • 5:45-6:45 pm
Dance Studio, Lange Center
Instructor: Tennille O'Leary, AAFA Certified
Fee: $55

BEGINNING FENCING

Fencing is a centuries-old sport that develops both physical agility and mental focus – plus it's FUN! Fencing is an excellent aerobic exercise that helps to improve eye-hand coordination, physical agility and balance, while promoting cardiovascular fitness and increased confidence and self-esteem. It is an ideal sport for people of all ages and physical ability.

In this class, we will briefly discuss the history and different styles and weapons used before learning the basic rules, etiquette, footwork, attacks and defensive positions used in French-style sport fencing. The bulk of these sessions will focus on learning the basics of sport fencing, which will include supervised sparring and peer-to-peer bouts. All equipment is provided. Please wear comfortable clothing and athletic shoes.

Thursdays, March 7-May 2 (8 classes; no class March 21) • 6:00-7:30 pm
Dance Studio, Lange Center
Instructor: Mark Tully
Fee $119 per person

** NOTE: Students under the age of 14 must register with a parent or adult guardian to take this class
FITNESS CLASSES

FENCING CLUB
This club is a great opportunity for those with some fencing experience or for those who have completed an introductory fencing class. Fencers meet one night a week to practice their skills and have bouts with different club members. The club will be led by Mark Tully.

Thursdays, March 7-May 2 (no club on March 21) • 7:00-8:30 pm
Gymnasium, Lange Center
Fee: $55 (includes fencing equipment)

NOTE: a $15 materials fee will be waived for those who come with their own gear

SELF DEFENSE CLASS
Modern Army Combatives Program (MACP)

1 in 4 women and 1 in 8 men report being sexually assaulted. Don’t become a victim! An Attacker doesn’t care if you are female, male, old, young, out of shape, tired, left your taser at home or any other reason you feel makes someone an easy target. An attacker does not wait for when it is best for the victim or when they are ready. The intent of this course is to put you into realistic scenarios, give you the knowledge and skills to defend yourself and competency you need to avoid becoming a victim.

By learning how to use leverage rather than strength, you can overcome a much stronger attacker. Many other disciplines such as Judo and Karate start out with striking techniques, MACP starts out with a more realistic strategy. Since 90% of all fights end up on the ground, MACP starts out on the ground and teaches someone what to do in order to survive. It focuses on moving from a position of extreme vulnerability to gaining a dominate body position. Learn the different dominate body positions, how to get to a more dominate body position from a lesser one, and how to use joint manipulation, sweeps as well as other techniques to subdue or overcome your attacker. Course requirements: it is highly recommended that you have a mouth guard and groin protection.

Tuesday evenings, April 2, 9, 16 • 6:30-8:00 pm
Fitness Studio, Lange Center
Fee: $29

Instructor Sergeant 1st Class Chad Sullivan is a Level 3 MACP trained soldier with 11 years Army National Guard. He has trained hundreds of newly enlisted soldiers in the basics of the Army Combatives program.

FITNESS CLASSES

FUNCTIONAL WORKOUT
This class is designed to improve strength, endurance, balance, and flexibility through a variety of exercises. The workout includes exercises for all major muscle groups and focuses on overall physical fitness.

Thursdays, March 7-May 2 • 6:00-7:00 pm
Gymnasium, Lange Center
Fee: $55

NOTE: no swimming or water-related activities.

START AHEAD TODAY

BOO U AFTERSCHOOL ART CLASS
Students in grades 5-8 are invited to join art instructor Sarah Higley in the Art studio at UW-Baraboo/Sauk County for 6 weeks of drawing, painting, sculpting, relief printmaking and more. Come and explore your creative side in a fun and friendly environment. Class size is limited so register early!

Thursdays, February 28-April 11 (no class March 28) • 4:00-5:30 pm
Art Studio, Fine Arts Building
Fee: $89 includes all art supplies

ACT PREP CLASS
Attention: High School Students!! Nail the ACT!

Your ACT score is too important for you to walk into the test unprepared! Learn strategies for test taking; solving math problems in algebra, geometry and trigonometry; proper use of English; and analysis and interpretation of scientific research summaries. Master basic concepts, strategies and reasoning skills and then practice the skills under “real” test conditions. All areas covered will include both content and test taking strategies. You will learn from top-notch instructors in Math, Science, English and ACT preparation.

Enrollment in this class is limited. Sign up today by calling Continuing Education at (608) 355-5220, or register online www.baraboo.uwc.edu

Saturday, March 9 • 8:30 am-4:00 pm
Aural Umhoefer Classroom Building
Fee $59 includes practice materials

ONLINE YOUTH PROGRAMS

YOUTH PROGRAMS

SELF DEFENSE CLASS
Modern Army Combatives Program (MACP)

1 in 4 women and 1 in 8 men report being sexually assaulted. Don’t become a victim! An Attacker doesn’t care if you are female, male, old, young, out of shape, tired, left your taser at home or any other reason you feel makes someone an easy target. An attacker does not wait for when it is best for the victim or when they are ready. The intent of this course is to put you into realistic scenarios, give you the knowledge and skills to defend yourself and competency you need to avoid becoming a victim.

By learning how to use leverage rather than strength, you can overcome a much stronger attacker. Many other disciplines such as Judo and Karate start out with striking techniques, MACP starts out with a more realistic strategy. Since 90% of all fights end up on the ground, MACP starts out on the ground and teaches someone what to do in order to survive. It focuses on moving from a position of extreme vulnerability to gaining a dominate body position. Learn the different dominate body positions, how to get to a more dominate body position from a lesser one, and how to use joint manipulation, sweeps as well as other techniques to subdue or overcome your attacker. Course requirements: it is highly recommended that you have a mouth guard and groin protection.

Tuesday evenings, April 2, 9, 16 • 6:30-8:00 pm
Fitness Studio, Lange Center
Fee: $29

Instructor Sergeant 1st Class Chad Sullivan is a Level 3 MACP trained soldier with 11 years Army National Guard. He has trained hundreds of newly enlisted soldiers in the basics of the Army Combatives program.

FITNESS CLASSES

FUNCTIONAL WORKOUT
This class is designed to improve strength, endurance, balance, and flexibility through a variety of exercises. The workout includes exercises for all major muscle groups and focuses on overall physical fitness.

Thursdays, March 7-May 2 • 6:00-7:00 pm
Gymnasium, Lange Center
Fee: $55

NOTE: no swimming or water-related activities.

START AHEAD TODAY

BOO U AFTERSCHOOL ART CLASS
Students in grades 5-8 are invited to join art instructor Sarah Higley in the Art studio at UW-Baraboo/Sauk County for 6 weeks of drawing, painting, sculpting, relief printmaking and more. Come and explore your creative side in a fun and friendly environment. Class size is limited so register early!

Thursdays, February 28-April 11 (no class March 28) • 4:00-5:30 pm
Art Studio, Fine Arts Building
Fee: $89 includes all art supplies

ACT PREP CLASS
Attention: High School Students!! Nail the ACT!

Your ACT score is too important for you to walk into the test unprepared! Learn strategies for test taking; solving math problems in algebra, geometry and trigonometry; proper use of English; and analysis and interpretation of scientific research summaries. Master basic concepts, strategies and reasoning skills and then practice the skills under “real” test conditions. All areas covered will include both content and test taking strategies. You will learn from top-notch instructors in Math, Science, English and ACT preparation.

Enrollment in this class is limited. Sign up today by calling Continuing Education at (608) 355-5220, or register online www.baraboo.uwc.edu

Saturday, March 9 • 8:30 am-4:00 pm
Aural Umhoefer Classroom Building
Fee $59 includes practice materials

ONLINE YOUTH PROGRAMS

YOUTH PROGRAMS

SELF DEFENSE CLASS
Modern Army Combatives Program (MACP)

1 in 4 women and 1 in 8 men report being sexually assaulted. Don’t become a victim! An Attacker doesn’t care if you are female, male, old, young, out of shape, tired, left your taser at home or any other reason you feel makes someone an easy target. An attacker does not wait for when it is best for the victim or when they are ready. The intent of this course is to put you into realistic scenarios, give you the knowledge and skills to defend yourself and competency you need to avoid becoming a victim.

By learning how to use leverage rather than strength, you can overcome a much stronger attacker. Many other disciplines such as Judo and Karate start out with striking techniques, MACP starts out with a more realistic strategy. Since 90% of all fights end up on the ground, MACP starts out on the ground and teaches someone what to do in order to survive. It focuses on moving from a position of extreme vulnerability to gaining a dominate body position. Learn the different dominate body positions, how to get to a more dominate body position from a lesser one, and how to use joint manipulation, sweeps as well as other techniques to subdue or overcome your attacker. Course requirements: it is highly recommended that you have a mouth guard and groin protection.

Tuesday evenings, April 2, 9, 16 • 6:30-8:00 pm
Fitness Studio, Lange Center
Fee: $29

Instructor Sergeant 1st Class Chad Sullivan is a Level 3 MACP trained soldier with 11 years Army National Guard. He has trained hundreds of newly enlisted soldiers in the basics of the Army Combatives program.
Art Extravaganza for Elementary Students

Join us for a full week of mornings exploring various art forms and working in the art studio on campus. Instructors will provide opportunities to explore painting, wire sculptors, drawing, foam block carving and more! The week wraps up with a showcase reception for families of participants. This program is for the budding artist who loves art!

Due to the popularity of this program and our desire to keep the classes small in order to continue to offer students a great experience, we will be offering two weeks of Art Extravaganza this summer. Please register children for only one week.

Session 1: Monday-Friday, July 29-August 2 • 9:00 am-12:00 pm
Session 2: Monday-Friday August 5-August 9 • 9:00 am-12:00 pm

Fee: $125 (includes all materials and art supplies)

To register by phone, call (608) 355-5220.
EVENTS & ACTIVITIES

SUMMERSET FESTIVAL
OF THE ARTS

DON’T MISS IT!

AUGUST 2-4
2013

Interactive workshops
Education
Performances
Demonstrations

Visit the website to see how YOU can help bring ART to our community this summer!

www.baraboo.uwc.edu

UNIVERSITY OF WISCONSIN
Baraboo Sauk County

EVENTS & ACTIVITIES

SPRING 2013:
DISTINGUISHED LECTURE SERIES

Frac Sand Mining and Non-human Animals in Wisconsin
Dr. Dale Murray, UW-BSC Philosophy Department
Tuesday, February 26 • 12:30 pm • A-4, Umhoefer Classroom Building

From Proteins to Pathogens:
What Molecular Interactions Can Tell Us About Viral Infections
Ryan Petty, PhD student in Biochemistry at UW-Madison, UW-Baraboo/Sauk County Alumnus
Thursday, March 28 • 5 pm • RG Brown Theater

P.L.A.N.S. Post-Lecture Alumni Networking Social
Alumni social in Wankerl Cafeteria. Open to alumni and friends.
• Meet and Greet the alumni lecturer Ryan Petty
• Network with fellow alumni, faculty and friends
• Gourmet Appetizers and Cash Bar $15.00
All proceeds benefit the UW-BSC alumni association.
R.S.V.P. to social by Monday, March 18, to brbfriends@uwc.edu.

Apocalypse Now-ish:
Apocalyptic Imagery in Contemporary Fiction and Film
Dr. Frances Auld, UW-BSC English Department
Thursday, April 18 • 12:30 pm • A-4 Umhoefer Classroom Building

ALL LECTURES ARE FREE AND OPEN TO THE PUBLIC.
REGISTER TODAY – IT’S EASY!

NAME ____________________________________________________
ADDRESS ____________________________________________________
CITY ____________________________________________________
STATE ____________________________ ZIP ________________________
DAY PHONE ____________________ EVENING __________________
EMAIL ____________________________________________________

Course Title and dates ________________________________________
Course Title and dates ________________________________________
Course Title and dates ________________________________________
Course Title and dates ________________________________________
Course Title and dates ________________________________________
Course Title and dates ________________________________________

MC/VISA/DISCOVER# ________________________________________
Registered to: ________________________ Exp: __________________

REGISTRATION IS NOT GUARANTEED UNLESS ACCOMPANIED BY PAYMENT. PLEASE REGISTER EARLY:

• Register online at www.baraboo.uwc.edu (click Continuing Education).
• OR register by calling Cindy or Angie at (608) 355-5220.
• OR make checks payable to UW-Baraboo/Sauk County, and mail to:
  Continuing Education Extension
  1006 Connie Road
  Baraboo, WI 53913
• OR fax your registration with credit card information to (608) 355-5290.

FOR OFFICE USE ONLY: DATE __________ AMT DUE __________ CHECK # ____________

REGISTRATION INFORMATION

You can register online for CE classes. Go to www.baraboo.uwc.edu and click the Continuing Education link for a full list of courses. Secure payment options are available. You may also register by mail, telephone, fax, or in person. Early registration prevents the disappointment of finding a course filled or cancelled, since classes are filled on a first-come, first-served basis. Fees must be paid at the time of registration by cash, check or VISA/MC/Discover.

REGISTRATION CONFIRMATION

After you have registered for a course, assume that the class WILL start as scheduled. Confirmation notices will be sent one week prior to the start date. You will be notified if your class is cancelled.

CANCELLATIONS AND REFUNDS

The University reserves the right to cancel any program due to low enrollment or other reason. In the event of a class cancellation by the University, a full refund is automatically processed. If you withdraw from a class, you must notify us at least three business days before the first class in order to receive a refund, less a $10 administrative fee. Call us at (608) 355-5220 during business hours to cancel. (Please note: we make financial commitments to our instructors based on enrollments received. Your participation is part of that commitment.) There is no refund for travel programs unless we fill your spot from our wait list.

WEATHER CANCELLATIONS

Continuing Education classes will be cancelled if regular UW-Baraboo/Sauk County classes are cancelled due to weather, even if conditions improve throughout the day. Please listen to local radio and television stations in the morning to determine whether your class has been cancelled. Classes cancelled due to weather will be made up at the convenience of students as well as by instructor availability.

To register by phone, call (608) 355-5220.
AFTER SCHOOL ART CLASS
Starting Feb. 28

THE EFFECTIVE SUPERVISOR
March 19

FREE FINANCIAL LITERACY WORKSHOP
April 11

Office of Continuing Education
1006 Connie Road • Baraboo, WI 53913
(608) 355-5220
www.baraboo.uwc.edu