

WITC Continuing Education

ARTS | COMPUTERS | DIY | LEISURE | HEALTH | HOBBIES | SPORTS

LIFE & LEISURE

Update your technology
skills in 2018.
See classes on pages 11-16

SPRING 2018



WISCONSIN
INDIANHEAD
TECHNICAL
COLLEGE

Find classes in YOUR area! **Details on page 2.**

WITC Continuing Education

LIFE & LEISURE

ARTS *pages 3 – 11*

• Drawing & Painting	3
• Fiber Arts	4
• Fine Arts & Crafts	5
• Music	8
• Photography	10
• Sewing and Quilting	11
• Writing & Literature	11

COMPUTERS & TECHNOLOGY *pages 11-16*

DO IT YOURSELF *pages 16 – 20*

• Automotive	16
• Machine Shop	17
• Safety	17
• Welding/Woodworking	17

HEALTHY LIVING *pages 19 – 28*

• Health & Wellness	19
• Sports & Fitness	26

HOME & LEISURE *pages 29 – 32*

• Cooking & Baking	29
• Family & Relationships	30
• Financial Planning	30
• Housing & Furnishing	31

KIDS' CLASSES *page 32*

LIFELONG LEARNING *pages 33 – 35*

• Language	33
• Natural Science	34
• Social Science	35

SAFETY & EMS *page 35 -36*

• Emergency Medical Services	35
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4 Easy Ways to Register! - see page 38

ONLINE	Register and submit your credit card payment online at witc.edu/search .
PHONE/FAX	You may fax your registration or register by phone. Only credit card payments will be accepted by fax or phone.
IN PERSON	Please go online to witc.edu or call ahead to check business hours of your local campus. Cash, checks and credit cards are accepted.
MAIL	Fill out registration and mail it with payment to the appropriate campus.



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*Experience.
Success.*
witc.edu

WITC is an Equal Opportunity/Access/Affirmative Action/Veterans/Disability Employer and Educator

ARTS

Drawing & Painting

Art: Collage & Mixed Media

60-815-605

Mixed media utilizes more than one art medium, for instance: using watercolor, pastel and acrylic in a piece. Collage could be used as well as adding other objects. Students are challenged to think out of the box. Please visit our website for supply list at www.witc.edu/supplies.

25278	Mar 14 – Mar 15	WTh 9a-5p	\$72.50/\$38.50
	Bayfield: Bethesda Luth Church		Joan Einsman
25280	May 2 – May 3	WTh 9a-5p	\$72.50/\$38.50
	Superior: 134		Joan Einsman

Drawing Trees

60-815-605

Celebrate trees in various seasons by drawing them both with and without leaves. Focus on the art elements of line, shape and value, using your own photos as inspiration. We'll work in both black & white and color. Bring a sack lunch. Visit www.witc.edu/supplies for the supply list. This class is offered two different days: sign up for one or both.

25172	Apr 16	M 10a-4p	\$30/\$17.25
	Hayward: 4		Diana Randolph
25177	Apr 17	Tu 10a-4p	\$30/\$17.25
	Hayward: 4		Diana Randolph

Mixed Media Collage: Girl/Angel

60-815-605

Create a vibrant collage of a whimsical girl or angel using a variety of media; then add your own personalized quote or saying. Visit browneyedamusings.com for more info on Corinne's classes; for a supply list go to www.witc.edu/supplies. Materials fee of \$20 is due payable to the instructor at start of class. Please bring a lunch.

24700	Feb 24	Sa 10a-4p	\$30/\$17.25
	Rice Lake: N Star Theatre		Corinne Dorrance

Mixed Media Collage: Photos

60-815-605

Create a vibrant collage using photos and a rich variety of media; then add your own personalized quote or saying. Visit browneyedamusings.com for more info on Corinne's classes; for a supply list go to www.witc.edu/supplies. Materials fee of \$20 is due

payable to the instructor at start of class. Please bring a lunch.

24701	Mar 10	Sa 10a-4p	\$30/\$17.25
	Rice Lake: N Star Theatre		Corinne Dorrance

Art: Acrylic Painting

60-815-600

Choose canvas or wood and cover it with a wonderful snowman painting. You will be guided step-by-step by a former art teacher, so beginners are welcome! A \$14 supply fee is due payable to instructor at beginning of class.

24908	Jan 22	M 5-7p	\$13/\$8.75
	Hayward: 6		Joni Campbell

Create a gorgeous winter landscape including northern lights shining down a river and sparkling snow. You will be guided step-by-step by a former art teacher to complete a painting on a 16x20 stretched canvas. A \$14 supply fee is due payable to instructor at beginning of class.

24909	Feb 16	F 10a-12p	\$13/\$8.75
	Hayward: 4		Joni Campbell

Never painted before? Then this class is for you. Local artist Rhonda Swanson will guide you in completing a painting on a 16x20 stretched canvas. Bring a hair dryer to help speed drying time between paint layers. Material fee of \$15 is due payable to the instructor at the start of class.

25186	Feb 7	W 6-8p	\$13/\$8.75
	Rice Lake: 225		Rhonda Swanson
25187	Apr 12	Th 6-8p	\$13/\$8.75
	Rice Lake: 225		Rhonda Swanson

Whether you are a beginner or want to practice your skills and learn more, join us for a fun evening of acrylic painting. There will be a couple of choices of paintings offered. You may choose which one you would like to paint depending on your taste and skill level, leaving a lot of room for creativity. A \$14 supply fee is payable to instructor at class.

24910	Mar 13	Tu 5:30-7:30p	\$13/\$8.75
	Hayward: 4		Joni Campbell

Painting: Masking With Watercolor

60-815-600

Explore the whimsical world of watercolor as you paint and learn composition, masking and other watercolor techniques. The instructor will provide a bird and floral theme painting, however, please bring ideas/reference if you'd like to create your own. A supply fee of \$10 per person is due payable to the instructor at the start of class. Supply list available at www.witc.edu/supplies.

24698	Mar 5 – Mar 26	M 5:30-7:30p	\$38.50/\$21.50
	Ladysmith: Toad House		Andrea Korpinen

Pastels: Paint a Wildflower Field

60-815-600

Create vivid pastel paintings of wildflower fields using your own photos as reference. Explore color, value, composition and texture and learn how to select and amplify a focal point by using The Golden Mean. You'll also have the opportunity to view the museum's new pollinator exhibit. All levels are welcome, though basic drawing experience is helpful. Bring a lunch or order from a local catering establishment during class. This class is offered for two days, sign up for one or both. Visit www.witc.edu/supplies for a supply list.

25185	May 3	Th 10a-4p	\$30/\$17.25
	<i>Cable Natural History Museum Diana Randolph</i>		
25184	May 2	W 10a-4p	\$30/\$17.25
	<i>Cable Natural History Museum Diana Randolph</i>		

Pastels: Painting Barns

60-815-600

Capture the natural beauty of the barn, using photographs as inspiration and dry pastel sticks as your medium. Focus on the art elements of shape, form, space and perspective. All levels welcome, though basic drawing experience is helpful. Bring a sack lunch or purchase lunch in class catered from a local eating establishment. Visit www.witc.edu/supplies for the supply list.

25171	Mar 26	M 10a-4p	\$30/\$17.25
	<i>Cable: UCC Church Diana Randolph</i>		

Pastels: Underpainting

60-815-600

Join 15-year veteran painter as you explore underpainting in the medium of soft pastel and create original painterly landscapes. Reference photos, sand paper and pastels will be provided. A complete list of supplies can be viewed at www.witc.edu/supplies.

25222	Jan 31	W 9:30a-4:30p	\$38.50/\$21.50
	<i>Ashland: 106 Joanne Meierhofer</i>		

Fiber Arts

Crocheting: Prayer Shawl

60-306-600

new Want to make a special gift for someone going through a hard time or health issues? During this class, we'll discuss the tradition of making prayer shawls and start on a lattice shawl. Materials fee \$5 for a size J hook (or bring your own). Choose from a beautiful variety of wool yarns at our shop (you will need 920 worsted weight; we will offer an

exclusive discount for this class only). If you choose to bring your own yarn, visit www.witc.edu/supplies for a list. While previous crochet experience is helpful, it's not necessary.

22614	Jan 6	Sa 10a-1p	\$21.50/\$13
	<i>Hayward: Farmstead Cmry/Cafe Laura Berlage</i>		

Crocheting: Adult Mittens

60-306-600

In this fun class you will learn how to complete a single crochet ribbed mitten for an adult. You'll soon be making these for family members and as gifts! Please bring a crochet hook size 3.5mm and two skeins of worsted weight yarn (approximately 400 yds). Yarn may be purchased in class.

25095	Feb 5	M 5:30-7:30p	\$13/\$8.75
	<i>Hayward: 6 Jeanne Duray</i>		

Crocheting: Baby Shoes

60-306-600

new Want to make crocheted baby shoes? In this course you'll translate the project pattern and sew the shoes' upper and soles. Supplies needed: crochet hook size 3.5mm; two skeins of worsted weight yarn in complimentary colors (approximately 200 yards in each skein); 4 buttons (not absolutely necessary). Yarn may also be purchased in class.

25097*	Apr 23 – May 1	MTuTh 5:30-7:30p	\$30/\$17.25
	<i>Hayward: 6 Jeanne Duray</i>		
	<i>*Three-day class meets April 23, 26 & May 1</i>		

Crocheting: Intermediate

60-306-600

In this intermediate crochet class you will learn new stitches and techniques such as: magic ring, invisible stitches, changing colors, front and back post stitches, alternative foundation chain, adding a new ball of yarn, increasing and decreasing, etc. Please bring a crochet hook size 3.5mm, 3.75mm or 4.00mm) and one skein of worsted weight yarn (approximately 200 yds.) Yarn may be purchased in class. Prerequisite: students should know how to make a foundation chain, single crochet, half double crochet, double crochet and slip stitches.

25096	Feb 8	Th 5:30-7:30p	\$13/\$8.75
	<i>Hayward: 6 Jeanne Duray</i>		

Crocheting: Beginning

60-306-600

In this beginning crochet class you will learn the basic stitches: Making a foundation chain, single crochet, half double crochet, double crochet, slip stitches, weaving in ends, and counting stitches. You will also learn about translating patterns.

Please bring a crochet hook, 3.5mm, 3.75mm or 4.00mm and one skein of worsted weight yarn (approximately 200 yds). Yarn may be purchased in class.

25094 Jan 31 W 5-8p \$21.50/\$13
Hayward: 4 Jeanne Duray

Zig-Zag Scarf or Cowl

60-306-600

new New to crochet or need a refresher or inspiration to pick it up again? This user-friendly class will help you jump into crochet with a fun twist that will create a project that looks tricky but is easy to master and have fun! Materials fee: \$5 for a size K crochet hook (or bring your own) plus the cost of yarns you select from our beautiful stock of local wool (typically \$20 to \$30) or alpaca yarns (over \$30). No previous experience necessary. If you choose to bring your own supplies, visit www.witcedu/supplies for a list.

22611 Feb 3 Sa 10a-1p \$21.50/\$13
Hayward: Farmstead Ctrmry/Cafe Laura Berlage



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Fine Arts & Crafts

Abstract Wind Chime

60-815-640

Explore your artistic side as you create a fused glass wind chime that can decorate your garden with the sparkling sounds of glass! Please wear long pants and closed toe shoes. A \$20 material fee is due payable to the instructor at the start of class.

25284 May 10 Th 5:30-8p \$21.50/\$13
Superior: Shannon's Stnd Glass Shannon Johnson

Basic Soap Making

60-815-640

Discover the art of basic soapmaking using the cold process method. Once you understand the process, the possibilities are endless! Make your own soap for your household, gift giving, or starting your own business. A \$5 supply fee is due to the instructor at the class.

25153 Mar 7 W 5:30-8:30p \$21.50/\$13
WITC-Ladysmith Tammy Michielson

Ready . . . or Not?

5th Annual Final Affairs Conference

A Guide to Arranging your Personal and Legal Affairs

**Friday, April 27, 2018, 8 a.m. to 3 p.m.
Hudson - TBD**

Learn about personal and legal decisions to address as people age. Designed for elders, caregivers, friends, loved ones, community members and professionals.

- Consider options
- Ask questions
- Explore Issues

Sponsored by WITC and Adoray Home Health and Hospice. Watch for more information at witc.edu/continuing-education-and-training/conferences-and-events.

Bath Bomb/Lip Balm/Lotion Bar

60-815-640

Learn how to make your own bath bombs, lip balms and lotion bars with safe and natural ingredients. You will leave class with some of your very own creations. A supply fee of \$5 is due payable to the instructor at the beginning of class.

25231 Feb 22 Th 5:30-8:30p \$21.50/\$13
Ashland: 3 Jennifer Lavasseur

Candles, Diffusing & Mists

60-815-640

new Create a simple soy candle, a beeswax container candle, a room mist and a reed diffuser. Take home your creations in addition to some recipes for diffusing essential oils for winter time aromatherapy. \$10 supply fee is due to the instructor at the class.

25154 Apr 11 W 5:30-8:30p \$21.50/\$13
WITC-Ladysmith Tammy Michielson

Fabric Rag Rug or Chair Pad

60-815-640

Discover how to use an oversized crochet hook to turn blankets, sheets, table cloths, and more into beautiful, versatile home accents. Sturdy and durable, these rugs or chair pads can be machine washed and are popular with pets too. Materials fee \$25. No previous experience necessary.

22612 Mar 24 Sa 10a-1p \$30/\$17.25
Hayward: Farmstead Crmry/Cafe Laura Berlage

Fused Garden Stake & Label

60-815-640

Learn how easy it is to put together a beautiful bird or a fabulous flower along with an elegant garden label. These fused elements add class to any garden. A \$10 material fee is due payable to the instructor at the start of class.

25283 Apr 26 Th 5:30-7:30p \$13/\$8.75
Superior: Shannon's Stnd Glass Shannon Johnson

Handspinning

60-815-640

Discover the joy of handspinning! Novices, beginners and intermediate spinners welcome. Bring your spindles or wheels and fibers if you have some to share. Drop spindles, cards and clean wool available for use in class. Natural dyes will also be discussed.

25169 Mar 6 Tu 6-9p \$21.50/\$13
Chetek-Weyerhauser HS Sydney Tanner

Leathercraft & Hand Stitching

60-815-640

Learn the fundamental skills needed to start working with leather. Choose from a variety of projects, including: knife sheath, eye glass case, phone case, simple wallet or a project of your own. Lessons will cover skills such as: cutting leather, gouging, folding, hand sewing, gluing, riveting, adding hardware and creating pattern designs. Bring a pair of latex gloves and rubber mallet; other supplies provided. A \$30 material fee is due payable to instructor at start of class.

24861 Mar 10 Sa 10a-3p \$30/\$17.25
Superior: 206 Molly Martens

Make Holiday Soaps/Sugar Scrub

60-815-640

Join us as we learn how to make personalized holiday soaps and sugar scrubs that you can use in your home or give as gifts for any occasion. You will leave with a sugar scrub and some of the soap created in class. A supply fee of \$5 is due payable to the instructor at the start of class.

25235 Mar 15 Th 5:30-8:30p \$21.50/\$13
Ashland: 3 Jennifer Lavasseur

Making Lotions & Salves

60-815-640

Let's learn how to make lotions, salves, balms, and more. Your own pantry can be full of inexpensive items that will help keep your skin smooth all year long. A \$5 supply fee is due to the instructor at the class.

25238 Feb 7 W 5:30-8:30p \$21.50/\$13
Chetek-Weyerhauser HS Tammy Michielson

25155 May 9 W 5:30-6:30p \$21.50/\$13
WITC-Ladysmith Tammy Michielson

Needle Felt a Journal Cover

60-815-640

Learn the art of applique needle felting using wool from our sheep as we decorate a fabric cover and stitch it onto a blank journal (some hand stitching required) and accent it with a button, closure, beads, a ribbon bookmark and more. Class includes everything you need to get started and make your journal cover. Materials fee \$30 payable to the instructor at the beginning of class.

22615 Mar 3 Sa 10a-1p \$21.50/\$13
Hayward: Farmstead Crmry/Cafe Laura Berlage

Not Your Ordinary Bird House

60-815-640

new Make a unique decorative birdhouse using items in your home, garage or tool shed. Plan to be whimsical, abstract and creative in your design. Bring a shoe box of rocks, ceramic tile, glass and small, flat metal objects. A materials fee of \$15 will be due payable to instructor at start of class.

25459 Apr 3 – Apr 5 TuTh 5-8p \$30/\$17.25
Spoooner HS Matthew Ellis

Peony or Tulip Texture Bowl

60-815-640

Achieve great detail in fused glass using frit and a specialty fusing mold. Create a bright tulip or perfect peony bouquet. A \$30 supply fee is due payable to the instructor at the start of class.

25282 Mar 22 Th 5:30-7:30p \$13/\$8.75
Superior: Shannons Stnd Glass Shannon Johnson

Pyrocarving Gourds

60-815-640

Woodburn a gourd and make a vase or bowl of your choice. Whether you've worked with gourds

before or not, this is a great chance to learn about pyrography. Gourds and paint provided; material fee of \$45 per person is due payable to the instructor at the start of class if you do NOT have a wood burning set; if you have a high quality woodburner set, the supply fee is \$10. Please bring thin gloves, an apron or older clothing, a mask or respirator (option) and photos of simple shapes such as flowers, leaves, etc.

24697 Apr 16 – Apr 30 M 5:30-7:30p \$30/\$17.25
Ladysmith: Toad House Andrea Korpinen

Pyrography: Woodburning

60-815-640

The aim of this workshop is to help both the beginner and advanced burner make the most of woodburning and to make it a more enjoyable experience. You'll learn the basics and find inspiration for new possibilities! You do not need to know how to draw to be successful; projects will be explained and demonstrated step-by-step. View the supply list at www.witc.edu/supplies.

25456 Apr 24 Tu 9a-3p \$30/\$17.25
Rice Lake: 221 Matthew Ellis

25457 May 1 Tu 9a-3p \$30/\$17.25
Hayward: 4 Matthew Ellis

BECOME A PERSONAL TRAINER



Personal Trainer course through W.I.T.S. (World Instructor Training Schools). Learn online during the week, meet in-person on Saturdays from 9 a.m. to 1 p.m. for instruction, plus a 30-hour internship.

Personal Fitness Trainer Certification
WITC-New Richmond
Class #25307
Saturdays, 9 a.m. to 1 p.m.
March 17 through April 28, 2018

Scrappy Birds

60-815-640

new Create an adorable bird using abstract scraps of fusing glass, wire and pre-cut glass bases. A \$10 material fee is due payable to the instructor at the start of class.

25285 May 24 Th 5:30-8p \$21.50/\$13
Superior: Shannon's Stnd Glass Shannon Johnson

Stepping Stones

60-815-640

How does your garden grow? By adding glass! You will make a beautiful 8x8 stepping stone choosing one of our available patterns. Please wear long pants and closed toe shoes. A \$20 supply fee is due payable to the instructor at the start of class.

25281 Mar 10 Sa 10a-2p \$21.50/\$13
Superior: Shannon's Stnd Glass Shannon Johnson

Wood Art

60-815-640

Awaken to the possibilities of the woodcut printing process for the beginning and advanced printmaker. This expressive medium will be introduced and explored through demonstration and cutting techniques using oil-based ink. You will design your images, cut your own blocks and print projects using methods and individual discovery. View the supply list at www.witc/supplies.

25458 Mar 27 Tu 9a-3p \$30/\$17.25
Hayward: 4 Matthew Ellis

Hand Crafts

60-815-640

Explore the art of needle felting using wool. Use a felting needle, foam pad, wool blanket pieces and roving (unspun wool) to create fun and fanciful objects such as pins, pictures, flowers and more. Supplies can be purchased from the instructor (about \$10) or bring your own supplies.

25120 Apr 6 F 9a-2p \$30/\$17.25
Ashland: 3 Birgit Wolff

Small Book Binding

Learn to cut, assemble, and bind your own book for journaling, sketching or scrapbooking. We'll work with a variety of fun and interesting paper, as well as learn to make your own covers that invite imagination. Materials fee \$15, payable to the instructor at the beginning of class. No previous experience necessary.

22616 Jan 20 Sa 10a-1p \$21.50/\$13
Hayward: Farmstead Crmry/Cafe Laura Berlage

Pottery: Handbuild/Throw/Wheel

60-306-685

Curious about clay? Potters of all levels can develop hand-building, wheel-throwing and firing techniques, receiving individual instruction as you go. If you've always wanted to learn and experiment with pottery, this is the class for you! Class will accommodate skill levels from beginners to very advanced and small group size ensures individual guidance. Please bring a material fee of \$35 payable to instructor on the first night of class. The pieces you create in class will be fired and completed for you to take home.

22587 Jan 17 - Mar 21 W 4-6p \$89.50/\$47
Webster HS Kim Kriegel

22588 Jan 17 - Mar 21 W 6:15-8:15p \$89.50/\$47
Webster HS Kim Kriegel

Music

12-String Guitar Made Easy

60-805-605

Made Easy course by Clayton: Standard tuning, basic chords, I, IV, V terminology and straw patterns will be practiced. D & G alternate tunings; C, G, D, A, E Major scales and the use of the capo will be taught. Play your favorite songs in just six easy lessons. Guitar is a great alternative instrument to add to your band. Students must bring own instrument.

25007 Jan 30 - Mar 6 Tu 7-7:45p \$30/\$17.25
Ashland: 207 Clayton Toman

Beginning 5-String Banjo Made Easy

60-805-605

Made Easy course by Clayton: Tuning, finger picks, holding, right- and left-hand positioning will be practiced. The 3-finger roll, chords in G, C, and D; hammering, pull-offs, choking, chimes and banjo basics will be practiced. We will play classics such as Cripple Creek and Bile them Cabbage Down. Scruggs Style and Melodic Style will be discussed. Students must bring own instrument.

25006 Jan 30 - Mar 6 Tu 6-6:45p \$30/\$17.25
Ashland: 3 Clayton Toman

Beginning Acoustic Guitar

60-805-605

Beginner and intermediate students will learn to play acoustic guitar with understanding of basic styles, beginning music theory, tablature and more. Bring your guitar and join us for some fun. Your instructor has over 35 years of experience on guitar,

and has toured the U.S. with Lawrence Welk Show regular Ava Barber. He holds his Bachelor of Music Education Degree and was a band director for 15 years.

25088	Jan 23 – Mar 13 Tu 7-8p	\$38.50/\$21.50
	<i>Superior: 206</i>	<i>Alan Copenhaver</i>
25091	Mar 27 – May 15 Tu 7-8p	\$38.50/\$21.50
	<i>Superior: 206</i>	<i>Alan Copenhaver</i>

Beginning Autoharp Made Easy

60-805-605

new Made Easy course by Clayton: This harmonica technique for total beginners course includes “in and out” of jamming, Chicago, boogie woogie and rock style rhythms. We’ll practice breathing patterns, the classic “twelve bar blues verse”, shakes, slides, major and minor chords/scales in the key of C harp. Students must bring own instrument.

25005	Jan 30 – Mar 6 Tu 5-5:45p	\$30/\$17.25
	<i>Ashland: 203</i>	<i>Clayton Toman</i>

Beginning Instant Music Theory

60-805-605

new Made Easy course by Clayton Toman: Join us as we learn about blues, rock, country, jazz and classical music for any instrument. This course takes away the fear of music theory and offers a step-by-step approach that will make learning music theory fun and exciting.

25008	Mar 19 – Apr 23 M 4-4:45p	\$30/\$17.25
	<i>Ashland: 207</i>	<i>Clayton Toman</i>

Beginning Mandolin Made Easy

60-805-605

new Made Easy course by Clayton Toman: teaches how to hold, strum and tune the mandolin. Music fundamentals will be taught. Rhythm patterns in 4/4, 2/4, 3/4, and 6/8 will be stressed along with songs in various keys. The mandolin is a fun instrument for church and social gatherings; students must provide own instrument.

25004	Jan 30 – Mar 6 Tu 4-4:45p	\$30/\$17.25
	<i>Ashland: 207</i>	<i>Clayton Toman</i>

Beginning Violin Made Easy

60-805-605

Made Easy course by Clayton Toman: Learn how to tune and properly hold the violin and bow. Care of the violin and bow will be discussed along with the fret board in 1st position with various scales and chords. Some basic improvisation and the playing of some violin classics/fiddle pieces will be included. Students must provide own instrument in class.

25000	Jan 29 – Mar 5 M 4-4:45p	\$30/\$17.25
	<i>Ashland: 207</i>	<i>Clayton Toman</i>

2018 WITC REGIONAL CAREGIVER CONFERENCES

Educational conferences for family caregivers and professionals.

Learning, Coping and Surviving

WITC-Ashland

April 19, 2018, 9 a.m. to 3 p.m.

The Faces of Caregiving

WITC-Superior

May 22, 2018, 9 a.m. to 3 p.m.

Get details and register at
witc.edu/continuing-education-and-training/conferences-and-events



Blues Harmonica I Made Easy

60-805-605

new Made Easy course by Clayton: This harmonica technique for total beginners course includes “in and out” of jamming, Chicago, boogie woogie and rock style rhythms. We’ll practice breathing patterns, the classic “twelve bar blues verse”, shakes, slides, major and minor chords/scales in the key of C harp. Students must provide own instrument in class.

25001 Jan 29 – Mar 5 M 5-5:45p \$30/\$17.25
Ashland: 207 Clayton Toman

Blues Harmonica II Made Easy

60-805-605

Made Easy course by Clayton: This is a continuation of method, blues scale, cross-harping, and improvisation. We’ll practice John Lennon and Bob Dylan breathing patterns, swingin’ the beat and tons more using Key of C harp. Students must provide own instrument in class.

25002 Jan 29 – Mar 5 M 6-6:45p \$30/\$17.25
Ashland: 207 Clayton Toman

Five-String Banjo

60-805-605

Learn how to play banjo using the Scruggs three-finger style. Understand string and pick selection, alternate tuning, tablature and more. Beginner and intermediate students welcome; bring your own banjo. Your instructor grew up learning to play in Virginia, directed band for 15 years and has toured the U.S. with Lawrence Welk Show regular Ava Barber.

25087 Jan 25 – Mar 15 Th 7-8p \$38.50/\$21.50
Superior: 112 Alan Copenhaver

25090 Apr 5 – May 24 Th 7-8p \$38.50/\$21.50
Superior: 206 Alan Copenhaver

Guitar Made Easy

60-805-605

Made Easy course by Clayton: This course will help you learn how to tune your guitar and practice proper holding of finger chords, scales in 1st position and much, much more. Students must provide own instrument in class.

25003 Jan 29 – Mar 5 M 7-7:45p \$30/\$17.25
Ashland: 207 Clayton Toman



Like “WITC Continuing Education” on Facebook and get updates on new classes, conferences, events and more!

Opera as a Team Sport II

60-805-605

This class is a follow up and continuation to Opera as a Team Sport: which is NOT a Prerequisite. New students always welcome! Operas were not meant to be “high-brow” and for generations were popular entertainment. Where else today can you see X-rated stuff and be thought of as “cultured”? Enjoy and discuss a variety of operas and their history.

24718* Jan 19 – Mar 16 F 1-3:30p \$30/\$17.25
Barnes Town Hall Phyllis Karr
*Class meets every other Friday

Slide, Bottle Neck Guitar

60-805-605

new Made Easy course by Clayton: You will learn how to set up the guitar for left- and right-hand techniques, vibrato, slide scales and chords. Standard tuning and open E, D, G, A tunings will be taught. Learn the various structures of the 12 Bar Blues and improvising. The guitar is a great instrument for rock and blues bands. Students must provide own instrument in class.

25009 Mar 19 – Apr 23 M 5-5:45p \$30/\$17.25
Ashland: 207 Clayton Toman

Ukulele for Beginners

60-805-605

Learn to play Ukulele with understanding of basic styles, beginning music theory, tablature and more. Bring your own Ukulele to class or borrow from a friend. Beginner students welcome. Your instructor grew up learning to play in Virginia, directed band for 15 years and has toured the U.S. with Lawrence Welk Show regular Ava Barber.

25089 Jan 25 – Mar 15 Tu 5:30-6:30p \$38.50/\$21.50
Superior: 206 Alan Copenhaver

25092 Apr 5 – May 24 Th 5:30-6:30p \$38.50/\$21.50
Superior: 206 Alan Copenhaver

Photography

Photos: Better Indoor Photos

60-203-602

Do those gloomy, cold days leave you wondering about capturing the right light for your indoor photography? Join us for this two-session class where we will discuss everything from lighting to shutter speed and various accessories such as reflectors.

24245 Mar 8 – Mar 15 Th 6-8:30p \$30/\$17.25
Ashland: 204 Joy Wooley

Photos: Take Good Action Shots

60-203-602

new Want to capture those school memories that always end up in a blur? Get ready for some action! In this class, we will discuss camera settings for sports on the go. Find out how to create your own action-stopping memories!

24285 Apr 5 – Apr 12 Th 6-8:30p \$30/\$17.25
Ashland: 204 Joy Wooley

Sewing & Quilting**Beginning Quilting 101**

60-304-615

Experiment with different quilt piecing techniques and you engage in the process of making a small quilt. Discuss the machine and how it works, items needed for successful quilting and secrets to make quilting easier. At the end of the three classes you will have enough blocks to put together to make a small quilt. Bring your sewing machine to each class. A \$20 material fee is due payable to the instructor at the first class. Please visit our website for a list of what to bring www.witc.edu/supplies.

24719* Feb 24 – Mar 24 Sa 9a-2p \$72.50/\$38.50
Rice Lake: 168 Angela Tonyan
 *Class meets every other wk: Feb 24, Mar 10 & 24

Writing**Illustrated Journals**

60-801-601

In this illustrated journal class you will be using a variety of visuals to expand your writing to new creative dimensions. No drawing or writing experience needed. Have fun and channel your inner Leonardo da Vinci.

22622 Jan 30 – Feb 27 Tu 10a-12p \$47/\$25.75
Hayward: 5 Patricia Ginther

Writing Your Life Story

60-801-601

Capture your past on paper for family, friends and future generations: write your life story by breaking it down into simple writing exercises. You will have

the opportunity, to share your memories with classmates as you laugh and even shed tears together. Computer skills are helpful but not required. Writing experience/expertise is not required. All ages are welcome!

22621 Jan 30 – Mar 13 Tu 1-3p \$64/\$34.25
Hayward: 5 Patricia Ginther

24244 Feb 1 – Mar 15 Th 5:30-7:30p \$64/\$34.25
Superior: 300 Mary Frost

24251 Apr 9 – May 21 M 9:30-11:30a \$64/\$34.25
Rice Lake: 205 Patricia Brewer

COMPUTERS & TECHNOLOGY**Computers & Technology****Adobe Premiere Pro Video Edit**

47-103-476

new New to digital video or looking to sharpen up your skills? This class will cover basic video editing using Adobe Premiere Pro. We'll cover trimming video, visual effects, transitions, underlying music, and stacking multiple videos together. Familiarity with computer operations is required for this class.

25504 Apr 17 – Apr 24 TuTh 5:30-6:20p \$24.33/\$4.50
Amery Intermed Sch Adam Nelson

Computers: Adobe Photoshop

47-103-476

Get introduced to the world of Adobe Photoshop. Learn the basic skills for correcting digital photos, restoring old family albums, and a look into photo editing. Familiarity with computer operations is required for this class.

25503 Apr 3 – Apr 10 TuTh 5:30-7:30p \$24.33/\$4.50
Amery Intermed Sch Adam Nelson



**WISCONSIN
 INDIANHEAD
 TECHNICAL
 COLLEGE**

Computer Skills for College

42-107-413

Do you want to enter a WITC program and update your technology skills? Gain technology literacy and basic computer skills training to set you up for success in any of the Wisconsin Technical Colleges. You will be better able to operate computing devices, navigate operating systems, input data, create documents, use e-mail, manage files, use the Internet, access Blackboard, navigate college information systems and safely manage personal data.

24518	Jan 15 – Jan 18	MWTh 12-4p	\$44.16/\$4.50
	New Richmond: 1203		Tina Nygren
24517	Jan 15 – Jan 18	MWTh 12-4p	\$44.16/\$4.50
	Ashland: 207		Melissa Weber
24519	Jan 15 – Jan 18	MWTh 12-4p	\$44.16/\$4.50
	Rice Lake: 207		Abigail Holman
24520	Jan 15 – Jan 18	MWTh 12-4p	\$44.16/\$4.50
	Superior: 304		Venessa Osborne

Computers for Seniors

42-107-413

Enrich your world by learning to use and enjoy computers. Increase your confidence by understanding the fundamentals of word processing and basic skills for accessing information. Understand downloading, podcasts, Internet research and more advanced features of MS Office, Windows, and other programs.

25214	Mar 6 – Apr 10	Tu 3-5p	\$44.16/\$4.50
	New Richmond: 1319		Tina Nygren

Computers: Beginner Next Step

42-107-413

Learn about hardware and terminology necessary to use a computer. New users of personal computers will gain an understanding of word processing, spreadsheets, databases and Windows.

25212	Apr 24 – May 10	TuTh 5-7p	\$44.16/\$4.50
	Ashland: 210		Melissa Weber

Computers: Absolute Beginner

42-107-413

Learn the basics needed to get started using personal computers. Develop skills in the use of the computer including the mouse and keyboard along with knowledge of terminology. As a new user of personal computers, you will be introduced to word processing, the Internet, Windows and various types of computers and components.

25196	Feb 6 – Feb 15	TuWTh 5-7p	\$44.16/\$4.50
	Rice Lake: 207		Abigail Holman
24510	Feb 6 – Mar 13	Tu 1-3p	\$44.16/\$4.50
	Superior: Senior Citizen Ctr		Barbara Williams
24511	Mar 20 – Apr 24	Tu 1-3p	\$44.16/\$4.50
	Superior: Senior Citizen Ctr		Barbara Williams
25210	Apr 3 – Apr 19	TuTh 5-7p	\$44.16/\$4.50
	Ashland: 210		Melissa Weber

Restaurant Workforce Training

Prepare for your career
with professional chef Rob Vallone

LCO Community College
January 22 through February 26
Mondays 10 a.m. to 2 p.m.

Take one or all five modules
For details go to witc.edu/search



Computers: Intro to Photoshop

60-107-607

Do you value your photos and wish to stylize them? Learn how to enhance and manipulate your photos using Adobe Photoshop. Understand composition of images, resolution and quality, creating layers, scanning, and importing into page layout documents. Create illustrations and modify graphics using various tools and techniques in Photoshop. Please bring a photo you would like to use.

25297 Jan 23 – Feb 1 TuWTh 5-7p \$55.50/\$30
Rice Lake: 207 Abigail Holman

Create and Publish Your Book

60-107-602

Create a published book! Whether you are a writer, photographer, historian or business person, you can utilize this publication for many things. You must be comfortable using a computer and internet. The free software will be available in class to complete your project and you will be able to purchase your book by the end of class. Completion cost is typically between \$20-\$70 depending on the type of book/number of pages. Please bring a USB flash drive (4GB or larger) or use Cloud or external HD storage to save your project.

25098 Feb 20 – Mar 27 Tu 5:30-7:30p \$55.50/\$30
Superior: 304 Judy Jacobson

Intro to Facebook

60-107-602

Facebook: one billion users and growing! Learn how to set up an account, create your profile and secure your privacy. This is a perfect introduction for the newbie as well as you learn how to share stories, photos and reconnect with family and friends. If you do not have an e-mail account, you will learn how to create and manage one. Specific time is devoted to uploading content, securing your privacy and creating lasting relationships online.

25267 Feb 6 Tu 3-6p \$21.50/\$13
New Richmond: 1319 Tina Nygren

25258 Feb 9 F 1-4p \$21.50/\$13
Superior: 301 Amy Pozniak

25260 Mar 6 – Mar 8 TuTh 5-7p \$21.50/\$13
Ashland: 210 Melissa Weber

Intro to Game Coding

60-107-602

Coding - what is it? How does it work? We will create and play simple video games using Blockly on code.org to teach the basics of coding. This is an engaging, fun class for students of any level or age.

25269 May 1 Tu 5-8p \$21.50/\$13
Hayward: 5 David Viner

Introduction to iPhone/iPad

60-107-602

Enter into the world of the iPad, iPhone, and/or iPod Touch. Interact with your device, access different features, set up and manage your account and access the Internet. Understand the capabilities and limitations of your device and why it may or may not replace your computer. Gain basic troubleshooting tips for when something goes awry. Prerequisite: complete the preparatory tasks on the instructor's worksheet located at www.witc.edu/supplies.

25262 Feb 13 – Feb 15 TuTh 5-7p \$21.50/\$13
Ashland: 210 Melissa Weber

25255 Apr 6 F 8a-12p \$21.50/\$13
Superior: 304 Venessa Osborne

25268 Apr 14 Sa 9a-3p \$30/\$17.25
Hayward: 5 David Viner

iPhone/iPad in Depth

60-107-602

Dig deeper in to the capabilities of your iDevice. Discover the many applications available and how to install them. Learn how to send e-mail, use the camera and share photos. Understand Cloud storage, security and how to sync files between your mobile device and computer. Prerequisite: complete the preparatory tasks on the instructor's worksheet located at www.witc.edu/supplies.

25265 Feb 20 – Feb 22 TuTh 5-7p \$21.50/\$13
Ashland: 210 Melissa Weber

25256 Apr 13 F 8-11a \$21.50/\$13
Superior: 301 Venessa Osborne

Saving Docs/Organizing Your PC

60-107-602

Learn how to move, organize, and rename your documents and photos into folders that are manageable and recognizable. Plus, understand how to back up your most valuable files for safekeeping.

25259 Feb 6 – Feb 13 Tu 1-4p \$30/\$17.25
WITC-Hayward Patti Rumler

Android Mobile Devices

60-107-608

Dig deeper in to the capabilities of your Android mobile device. Learn to connect to Wi-Fi. Explore device settings, Google, Play Store and apps navigation notifications.

25299 Feb 27 – Mar 1 TuTh 5-7p \$21.50/\$13
Ashland: 210 Melissa Weber

Get Smart with Your Smartphone

60-107-608

Get to know how smart your smartphone really is! Understand how to set up e-mail, add social network accounts, customize your device and much more. Your instructor will demonstrate how to film and share photos and videos right from your smartphone. It is recommended that you bring your instruction booklet or know the name of your phone model, as each phone is unique.

25298 Feb 27 Tu 1-4p \$21.50/\$13
Hayward: 6 Patti Rumler

Internet Safety/ID Protection

42-107-419

With our identities tied so closely to our online activity, it's essential to protect the confidential data transmitted by your computer and smartphone. This course will provide you with the basic skills to start protecting your information online. We will cover password safety, online banking/shopping, personal information, online storage and ID protection.

25501 Mar 27 Tu 5:30-7:30p \$11.11/\$4.50
Amery Intermed Sch Adam Nelson

Computers: Microsoft Excel Beginning

47-103-401

You will be amazed at what Excel can do for you! Learn how to create worksheets for work and personal use. Understand the basics of navigating through the cells, formatting and setting up a spreadsheet for maximum efficiency. You will see how easy it is to have your numbers calculated for you in just seconds and how to sort through long, ponderous lists with absolute ease. Prerequisite: Basic computer skills.

25215* Jan 26 F 9a-4p \$39/\$12.56
Superior: 304 Roberta Grube
* Lunch is included

25497* Feb 20 – Feb 27 TuTh 5:30-7:30p \$24.33/\$4.50
Amery Intermed Sch Adam Nelson
*Bring laptop if you have Office 2016

25218* Mar 23 F 9a-4p \$39/\$12.56
Superior: 304 Roberta Grube
* Lunch is included

Computers: Microsoft Excel Intermediate

47-103-401

Are you ready for the next level of Excel? Dig into more advanced functions and formulas including date and finance functions. Explore how to customize charts, briefly explore pivot tables, create customized formatting, and protect your workbooks, worksheets or cells. Work with multiple workbooks and named ranges. Prerequisites: Beginning Excel

Ready to take on a new challenge?

Artistic Welding
Explore welding in a safe environment

Beginner Metal Sculpture
It's easier than you think

Welding for Women
Learn in the company of other women

See page 18 for more information

More welding classes can be found at
witc.edu/search



or equivalent skills including how to create, open, save, format and print a worksheet, use formulas and the SUM function.

25217*	Feb 9	F 9a-4p	\$39/\$12.56
	<i>Superior: 304</i>		<i>Roberta Grube</i>
	<i>*Lunch is included</i>		
25499*	Mar 1 – Mar 8	Th 5:30-7:30p	\$24.33/\$4.50
	<i>Amery Intermed Sch</i>		<i>Adam Nelson</i>
	<i>*Bring laptop if you have Office 2016</i>		
25219*	Apr 13	F 9a-4p	\$39/\$12.56
	<i>Superior: 304</i>		<i>Roberta Grube</i>
	<i>*Lunch is included</i>		

Spreadsheet Basics Using Excel

47-103-401

new Explore the basics of spreadsheets. You will create and navigate spreadsheets, tables, and basic formulas. Spreadsheets are great for tracking family budgets, sports stats, your address list, so much more. Basic computer skills are required. Lunch is included.

25221	Mar 2	F 9a-4p	\$39/\$12.56
	<i>Rice Lake: 180</i>		<i>Amy Klous</i>
25230	Apr 6	F 9a-4p	\$39/\$12.56
	<i>New Richmond: 1203</i>		<i>Amy Klous</i>

Spreadsheets Next Step

47-103-401

new Are you ready to level up your Excel skills? Increase efficiency by learning how to organize worksheet and table data, understand popular Excel functions, improve your worksheet appearance, and analyze data. Prerequisites: Beginning Excel or equivalent skills including how to create, open, save, format and print a worksheet, use formulas and the SUM function. Lunch is included.

25225	Apr 13	F 9a-4p	\$39/\$12.56
	<i>Rice Lake: 180</i>		<i>Amy Klous</i>
25232	May 11	F 9a-4p	\$39/\$12.56
	<i>New Richmond: 1203</i>		<i>Amy Klous</i>

Microsoft Office for Seniors

47-103-410

Has your computer been updated with Microsoft Office 2016? Your instructor will guide you to feel more comfortable using programs such as Word, Excel, PowerPoint, and Access.

25237	Jan 30 – Feb 14	TuW 4-6p	\$44.16/\$4.50
	<i>Rice Lake: 211</i>		<i>Sarah LaRose</i>

Microsoft Office

47-103-410

Maximize your potential use of Microsoft Office 2016 including Word, Excel, PowerPoint and Access. Learn how to organize with OneDrive and use

Cloud Storage.

25236	Mar 6 – Mar 27	Tu 1-4p	\$44.16/\$4.50
	<i>Rice Lake: 180</i>		<i>Patti Rumler</i>

Great Presentations: Beginner

47-103-422

Want to capture your audience's attention? Need some practice making formal presentations? This class will cover the basics for creating presentations using Power Point, Sway and Prezi. Learn the basics for setting up and presenting your information. Prerequisite: computer and word processing skills.

25509	Mar 13 – Mar 20	TuTh 5:30-7:30p	\$24.33/\$4.50
	<i>Amery Intermed Sch</i>		<i>Adam Nelson</i>

MS Publisher: Beginning

47-103-450

Microsoft Publisher makes designing professional publications easy: no graphic design experience needed! Generate visually rich, professional-looking publications without investing lots of money and time in a complicated desktop publishing application. You can make things as simple as greeting cards and labels, or as complex as yearbooks, catalogs, and professional e-mail newsletters.

25248	Apr 27	F 8a-12p	\$17.72/\$4.50
	<i>Superior: 304</i>		<i>Roberta Grube</i>

What's New in Windows 10

47-103-409

Learn the essential components of Windows 10. Become familiar with how to customize the Start Menu and work with the mouse, touchscreen and keyboard. Explore apps, create and modify user account settings and understand file storage including photo management. Please bring your laptop if you have one.

25234	Feb 20 – Feb 27	Tu 3-6p	\$24.33/\$4.50
	<i>New Richmond: 1309</i>		<i>Tina Nygren</i>

25233	Mar 7 – Mar 8	WTh 4-6p	\$17.72/\$4.50
	<i>Superior: 0302-3</i>		<i>Amy Pozniak</i>

Computers: Microsoft Word Beginner

47-103-438

Maximize the power of Microsoft Word. Learn word processing basics and tips to create, edit and format documents; understand files and folders; check spelling and grammar; change font and font size; create tables, tabs, envelopes, labels, borders and shading and much more for both home and office use. Prerequisite: Basic computer and keyboarding skills.

25241*	Mar 9	F 9a-4p	\$39/\$12.56
	<i>Superior: 304</i>		<i>Roberta Grube</i>
	<i>*Lunch is included</i>		

Computers: Microsoft Word I

47-103-438

Maximize the power of Microsoft Word. Learn word processing basics and tips to create, edit and format documents; understand files and folders; check spelling and grammar; change font and font size; create tables, tabs, envelopes, labels, borders and shading and much more for both home and office use. Prerequisite: Basic computer and keyboarding skills.

25502* Feb 6 – Feb 15 TuTh 5:30-7:30p \$30.94/\$4.50
Amery Intermed Sch Adam Nelson
*Bring laptop if you have MS Office 2016

Microsoft Word

47-103-438

Maximize the power of Microsoft Word. Learn word processing basics and tips to create, edit and format documents; understand files and folders; check spelling and grammar; change font and font size; create tables, tabs, envelopes, labels, borders and shading and much more for both home and office use. Prerequisite: Basic computer and keyboarding skills.

25243* Mar 22 Th 5-8p \$17.72/\$4.50
Hayward: 5 David Viner
*Lunch is included.

QuickBooks

47-103-439

Learn the essentials of QuickBooks accounting software, from bookkeeping and billing to payments and payroll. Access data securely and understand how to sync it across devices. Create invoices and track sales. Basic computer skills required. Lunch is included.

25247 Feb 16 F 9a-4p \$39/\$12.56
Superior: 318 Benjamin Strega
25245 Apr 27 F 9a-4p \$39/\$12.56
New Richmond: 1309 Charity Williams

Class full?

Call your campus –
get added to a waiting list!
New classes started every day.
View our most up-to-date
class listings online at
witc.edu/search

DO IT YOURSELF

Automotive

Basic Auto Transmissions

47-404-411

new Learn or refresh your skills working with transmissions. Your instructor will introduce you to manual and automatic transmissions. Understand drive shafts, differentials and drive axles. Work directly with four-wheel drive systems and drivetrain electrical systems. Please note, this is not a beginner course as some automotive knowledge is necessary,

24543 Jan 19 – Mar 9 F 1-4p \$95/\$15.68
Superior: 117 Jim Beauto

Auto Mechanics for Mechanics

47-404-411

Learn component identification, basic tune-up, oil change, fuel systems, basic electrical system troubleshooting, tires and suspension and drive line maintenance. Plan to work on your own vehicle in coordination with instructor.

24874* Mar 16 – May 11 F 1-4p \$89.82/\$10.50
Superior: 117 Terrance Tucker
*Class does not meet Mar 30

Outboard Motor Servicing

47-461-411

Learn how to maintain and repair your outboard motor with personalized instruction. Limited space is available for outboard powered boats under 18'. Please bring your outboard motor, basic hand tools, and safety glasses (please no sterndrive powered boats).

24875 Mar 28 – Apr 25 W 5-8p \$61.28/\$8.40
Ashland: 120 Todd Larson

Lawn & Garden Equipment Clinic

47-461-401

new Learn to properly maintain your lawn and garden equipment. Bring your lawn tractor, mower, tiller, snow blower or any other lawn and garden equipment to learn ways to ensure your equipment is ready: check the battery, change oil, sharpen blades, clean the carburetor, perform a tune-up, change spark plugs and do a compression test. For seasonal storage you will treat/stabilize

fuel, discuss fuel treatments, fog engine, clean the exterior and discuss proper storage and covering tips.

25302 Apr 9 – Apr 16 M 5:30-9:30p \$49/\$22.56
New Richmond: 1211 David Brown

Machine Shop

Machine Tool Operation

47-420-455

Gain the basic skills necessary to safely operate machine tool equipment at the beginning and intermediate levels. Through group lecture and demonstrations, learn safety, set ups, proper feeds, and speeds of equipment. An advanced lab opportunity is available for students demonstrating competency in safe operation of machines. You may be approved to work independently on selected vocational objectives with assistance from your instructor. Safety glasses required; work boots and ear protection recommended.

24871 Jan 18 – Apr 5 Th 6-9p \$150.48/\$31.50
Superior: 119 Steven Merling

24872* Jan 19 – Apr 13 F 5-8p \$150.48/\$31.50
Superior: 119 Steven Merling
*Class does not meet Mar 30

24873 Jan 26 – Mar 23 F 5:30-9:30p \$150.48/\$31.50
Ashland: 119 David Olson

Safety

Traffic Safety for Point Reduction

42-812-404

Examine your driving behavior, review traffic laws and penalties and learn ways to drive responsibly. As a result of this class, you can develop a plan to reduce your risk of traffic violations and crashes. Successful completion of this class may enable you to receive a three-point reduction from your driving record. This class also meets the requirements for

anyone that has received a "Failure to Yield Right of Way Violation" 2011 Wisconsin Act 173-346.18. Tuition includes books which will be given to students the first night of class.

24689 Feb 5 – Feb 14 MW 6-9p \$68.56/\$28.90
New Richmond: 1210 Davin Miller

24687 Feb 10 – Feb 17 Sa 8a-2p \$68.56/\$28.90
Rice Lake: 212 Timothy Smith

24686 Mar 10 – Mar 17 Sa 8:30a-3p \$68.56/\$28.90
Ashland: 203 Casey Johnstone

24685 Apr 4 – Apr 25 W 6-9p \$68.56/\$28.90
Superior: 216 Casey Johnstone

24688 May 12 – May 19 Sa 8a-2p \$68.56/\$28.90
Rice Lake: 212 Timothy Smith

24690 May 14 – May 23 MW 6-9p \$68.56/\$28.90
New Richmond: 1215 Davin Miller

Welding & Woodworking

Welding

47-442-406

Learn oxy-fuel, shielded metal arc, gas metal arc and gas tungsten arc welding processes. This course is designed for beginner or intermediate students who wish to advance their present skills. Individual projects need prior approval from instructor. Please bring a notebook, pliers, safety glasses, work boots, goggles and welding helmet to class. This course meets the 30 hour requirement for apprentices.

24864 Jan 19 – Mar 23 F 6-9p \$143.78/\$44.63
Superior: 128 Paul Renman

24863 Jan 24 – Apr 4 W 6-9p \$143.78/\$44.63
Ashland: 118 Matthew Tetzner

24865* Feb 16 – Apr 13 F 4-8p \$153.36/\$47.60
New Richmond: 1209 Casey Wagner
*Class does not meet Mar 30

24866* Feb 16 – Apr 13 F 4-8p \$153.36/\$47.60
Rice Lake: 188 Jordan Back
*Class does not meet Mar 30

24811* Mar 1 – May 10 Th 5:30-8:30p \$143.78/\$44.63
Spooner HS Samuel Woods
*Class does not meet Mar 29

Important Notice – Senior Fees

For courses starting with 60-xxx-xxx, those age 62+ by start of term (6/1 for summer, 8/28 for fall and 12/26 for spring) are eligible for a senior discount.
See page 38 for details.



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facebook.com/WITC.Continuing Ed

Artistic Welding

60-442-600

Do you have little or no experience with welding? Explore welding in a safe environment with a focus on its artistic possibilities. Collaborative and individual projects are encouraged. For supply list go to www.witc.edu/supplies. No loose clothing and hair must be tied back.

24869	Jan 26 – Feb 9	F 4-8p	\$68.85/\$43.35
	New Richmond: 1209		Casey Wagner
24870	Jan 26 – Feb 9	F 4-8p	\$68.85/\$43.35
	Rice Lake: 189		Jordan Back
24807	Apr 10 – May 1	Tu 5:30-8:30p	\$68.85/\$43.35
	Spooner HS		Samuel Woods

Beginner Metal Sculpture

60-442-600

Metal sculpture is easier than you may think; found objects and scrap metal will set your imagination afire! Learn various ways to cut, form and connect objects into satisfying, unique pieces that will enhance your garden, home and business. No metal-working or art experience is necessary - just a desire to create. Leather shoes, gloves and safety glasses are required. Your instructor will discuss required supplies during the first class.

24867	Jan 30 – Mar 6	Tu 5:30-8:30p	\$103.28/\$65.03
	Ashland: 118		Barbara Bayuk
24868	Mar 22 – Apr 26	Th 5:30-8:30p	\$103.28/\$65.03
	Ashland: OTBA		Barbara Bayuk

Welding for Women

60-442-600

Learn to weld in the company of other women in a relaxed but focused environment. Bring out your creativity as you weld anything from a wine or boot rack to flowers, clovers or garden ornaments! We will have the supplies for you to make one piece, but if you have horseshoes or find cool ones at an upcycle store please bring them along. Please wear hair tied back if applicable, work boots and no loose clothing; bring safety glasses and welding helmet and jacket if you have this safety gear(if not, gear will be available for you to borrow). While this one day event invites women, WITC offers other welding courses to serve everyone. Your instructor will provide time during class to eat lunch, so plan to bring food with you for a break during class.

25111	Feb 10	Sa 10a-3p	\$34.43/\$21.68
	New Richmond: 1209		Casey Wagner

Beginning Furniture Restyle/Chalk Paint

60-409-601

Breathe new life into your garage sale find as you explore what a little chalk paint can do for a piece of furniture! Apply chalk paint and wax on furniture and home decor items to antique it, shabby it up using distressing or leave it clean and crisp. You'll leave the class with a beautiful, finished piece of furniture and the confidence to transform all your projects! Bring a small piece of furniture (like a night stand or chair), a blow dryer and a \$10 supply fee. Also, be sure to old wear painting clothes.

24859	Feb 10	Sa 10a-3p	\$30/\$17.25
	Superior: 136		Molly Martens

Furniture: Intermediate Chalk Painting

60-409-601

Dive into more advanced techniques such as color mixing and layering, strategic distressing, texturing, and finishing the piece for effect. You will also explore piece value and pricing in addition to photography techniques if you want to put your treasure up for sale. Please sand your piece prior to the start of class. A \$10 materials fee is due payable to the instructor at the start of class.

24860	Feb 24	Sa 10a-3p	\$30/\$17.25
	Superior: 136		Molly Martens

Primitive Longbow Making

60-409-601

Participants will learn to make a primitive long bow. Learn about the properties of wood and how to shape a split log so that the end result is a long bow that has the correct draw length and weight for you and your intended purpose. You will learn to make a bow string as well as how to sand, finish on the bow and store the bow correctly.

22586*	Feb 1 – Apr 5	Th 6-9p	\$123.90/\$64.40
	Amery HS		Perry Anderson
*Class does not meet 3/22			

It's Easy to Register! ONLINE | PHONE/FAX | IN PERSON | MAIL
For complete registration information, please see page 38.

HEALTHY LIVING

Health & Wellness

Advanced Essential Oils

60-560-610

new Build a solid foundation for your continued use and study of essential oils as you learn from a natural health practitioner and certified clinical aromatherapist. Topics covered include: safe application, chemical properties, research reports and navigating in clinical environments. Prerequisite: Introduction to Aromatherapy (suggested but not required).

25239	Mar 28	W 6:30-9p	\$21.50/\$13
	New Richmond: 1215		Melissa Clymer

Angels

60-560-610

Learn about the angelic realm, divine power and wisdom, and how to start/strengthen your relationship with angels. Also discover how to ask and receive guidance and gifts in abundance, health and healing.

25309	Feb 15	Th 6-8p	\$13/\$8.75
	Hudson: St Croix Healing Arts Ctr Stephanie Todd		
25310	Mar 15	Th 6-8p	\$13/\$8.75
	Hudson: St Croix Healing Arts Ctr Stephanie Todd		
25339	Apr 19	Th 6-8p	\$13/\$8.75
	Hudson: St Croix Healing Arts Ctr Stephanie Todd		

Animal Communication

60-560-610

Explore the animal realm as you develop an understanding on how easy it is for anyone to communicate with the animal consciousness.

25347	Feb 8	Th 6-8p	\$13/\$8.75
	Hudson: St Croix Healing Arts Ctr Stephanie Todd		
25348	Mar 8	Th 6-8p	\$13/\$8.75
	Hudson: St Croix Healing Arts Ctr Stephanie Todd		
25349	Apr 12	Th 6-8p	\$13/\$8.75
	Hudson: St Croix Healing Arts Ctr Stephanie Todd		

Anti-Parasitic Cleanses

60-560-610

Do you have weight and digestion problems, allergies or are you tired all the time? Discover a cleanse that farmers of old did twice a year in order to stay in the top health. Discuss the parasites we need to be cleansed from, herbs for cleansing and even make the remedies to take home. This cleanse also helps to clear left over Lyme disease symptoms, as Lyme bacteria has also parasitic nature. Materials for remedies can be purchased directly from the instructor.

NOTE: For all sections course fee is \$21.50/\$13

Mar 24 / Sa 9a-1p

25490	ITV: Superior	Yuliya Welk
25491	ITV: New Richmond	Yuliya Welk
25488	ITV: Rice Lake	Yuliya Welk
25489	ITV: Ashland	Yuliya Welk
25487	ITV: Hayward	Yuliya Welk

Put the Spring in your Chicks!

Have you always wanted to raise chickens but had no idea how to get started?

Instructor Julie Wadzinski has the answers. She grew up on a dairy farm, has a passion for agriculture and teaches Farm Business and Production Management at WITC.

#25101 WITC-Rice Lake – see page 34 for details.



Create a Meditation Practice

60-560-610

In today's busy world it's so easy to rush around in our life, which is why it is so important to take the time to sit and be still. This creates stability of the mind, body, and emotions, which then can spill over into every area of how you live your life. Explore meditation and receive a few basic yet profound meditations to get you going on establishing a practice that works for your life.

24723 Feb 20 – Mar 13 Tu 10-11a \$21.50/\$13
New Richmond: 1215 Korinn Hawkins

Detox 101

60-560-610

Do you experience headaches, joint pain, tiredness, sinus troubles, cravings, bloating, and a little extra jiggle around your waist line? You could use a detox! Learn how toxins get into our system and the many different ways of detoxing to get rid of them. You will get instructions on how to do a safe, easy cleanse to clear up your system.

NOTE: For all sections course fee is \$13/\$8.75

Jan 10 / W 7-8:30p

24998	ITV: Superior	April Willger
24996	ITV: Rice Lake	April Willger
24997	ITV: New Richmond	April Willger
24999	ITV: Ashland	April Willger
25602	ITV: Hayward	April Willger

Digestion Connection

60-560-610

Digestive issues such as heartburn, bloating, and constipation are at an all-time high in our society. Learn about how our issues with our digestive system are connected to most diseases such as cancer, depression, immune related disorders, allergies, Alzheimer's, and many others. You will discover how to reclaim back your digestion connection!

NOTE: For all sections course fee is \$13/\$8.75

Mar 7 / W 7-8:30p

24994	ITV: Superior	April Willger
24993	ITV: New Richmond	April Willger
24992	ITV: Rice Lake	April Willger
24995	ITV: Ashland	April Willger
25604	ITV: Grantsburg	April Willger
25603	ITV: Webster	April Willger

Dousing with Pendulum 1

60-560-610

Learn to douse with your body and a tool called a Pendulum. You will learn about energy and how to use it to connect to your subconscious to get the answers you need. There are three classes in the series. When you are done with the series, you will feel more comfortable on getting answers on your own. Bring your Pendulum or purchase one at class.

25466	Feb 5	M 6-8p	\$13/\$8.75
	Hudson: St Croix Healing Arts Ctr	Irene Pregl	
25467	Mar 1	Th 5-6:30p	\$13/\$8.75
	Hudson: St Croix Healing Arts Ctr	Irene Pregl	

Dousing with Pendulum 2

60-560-610

Second course in Dousing with Pendulum series. Prerequisite: Dousing with Pendulum 1.

25468	Mar 1	Th 6:30-8:30p	\$13/\$8.75
	Hudson: St Croix Healing Arts Ctr	Irene Pregl	
25469	Apr 19	Th 5-6:30p	\$13/\$8.75
	Hudson: St Croix Healing Arts Ctr	Irene Pregl	

Dousing with Pendulum 3

60-560-610

Third course in Dousing with Pendulum series. Prerequisites: Dousing with Pendulum 1 & 2.

25470	Apr 19	Th 6:30-8:30p	\$13/\$8.75
	Hudson: St Croix Healing Arts Ctr	Irene Pregl	

Emotional Healing

60-560-610

Learn about essential oils and the emotions they heal along with how to use the healing properties of stones and crystals. You will make a roll-on therapeutic tincture to take home and use. \$20 material fee payable to instructor at class.

25475	Feb 13	Tu 6-9p	\$21.50/\$13
	Hudson: St Croix Healing Arts Ctr	Irene Pregl	
25476	Mar 13	Tu 6-9p	\$21.50/\$13
	Hudson: St Croix Healing Arts Ctr	Irene Pregl	
25477	Apr 17	Tu 6-9p	\$21.50/\$13
	Hudson: St Croix Healing Arts Ctr	Irene Pregl	

Essential Oils 101

60-560-610

New to essential oils? You will be introduced to essential oils and how to properly use them, in addition to learning about where they come from, how they are distilled, proper dilution and some specific uses for certain oils. Leave with basic

knowledge of how to get started using oils safely.

25240	Feb 21	W 6:30-8:30p	\$13/\$8.75
	New Richmond: 1208	Melissa Clymer	
25242	Apr 4	W 6:30-8:30p	\$13/\$8.75
	New Richmond: 1215	Melissa Clymer	

Essential Oils for Daily Life

60-560-610

Essential oil therapy has become an integral part of many healing institutions, clinics, hospitals, and wellness practices and with the increasing popularity of essential oil therapy comes a need for education! Learn about common essential oils used in everyday life in addition to the benefits of essential oils, where they come from and how to use them properly. You will leave armed with valuable information to help you make wise and informed choices about the use of essential oil therapy.

NOTE: For all sections course fee is \$21.50/\$13

Jan 23 / Tu 5:30-8p

25055	ITV: New Richmond	Beth Lindberg
25057	ITV: Hayward	Beth Lindberg
25053	ITV: Superior	Beth Lindberg
25056	ITV: Ashland	Beth Lindberg
25054	ITV: Rice Lake	Beth Lindberg

Apr 3 / Tu 5:30-8p

25058	ITV: Superior	Beth Lindberg
25059	ITV: Rice Lake	Beth Lindberg
25060	ITV: New Richmond	Beth Lindberg
25061	ITV: Ashland	Beth Lindberg
25062	ITV: Hayward	Beth Lindberg

Essential Oils: Mood Management

60-560-610

Emotional and mental wellness is an important, and sometimes overlooked, component of overall wellness. This course will teach you how to use essential oils to help support healthy mental wellness, including managing moods and emotions. Essen-

tial oils address both physical and emotional wellness, and you will begin to understand how to incorporate these oils into your daily life.

NOTE: For all sections course fee is \$21.50/\$13

Jan 30 / Tu 5:30-8p

25064	ITV: Rice Lake	Beth Lindberg
25065	ITV: New Richmond	Beth Lindberg
25063	ITV: Superior	Beth Lindberg
25067	ITV: Hayward	Beth Lindberg
25066	ITV: Ashland	Beth Lindberg

Apr 17 / Tu 5:30-8p

25068	ITV: Superior	Beth Lindberg
25069	ITV: Rice Lake	Beth Lindberg
25070	ITV: New Richmond	Beth Lindberg
25071	ITV: Ashland	Beth Lindberg
25072	ITV: Hayward	Beth Lindberg

Essential Oils: Make and Take

60-560-610

Learn how to replace the toxic and chemical-filled personal products with natural, safe ingredients and essential oils. We will be sampling different essential oils and going over easy to make recipes for upcoming Valentine's Day. We will be making massage oil, romantic spray, lotion bars and more. Please bring additional \$5 material fee per recipe.

24721	Feb 13	Tu 5:30-7p	\$13/\$8.75
	Superior: 200	Natalie Harris	

You will receive a brief background of aromatherapy from a natural health practitioner and certified clinical aromatherapist. Then discover safe usage information as well as hands-on learning on how to make an essential oil inhaler or personal diffuser.

25246	Mar 14	W 6:30-8:30p	\$13/\$8.75
	New Richmond: 1323	Melissa Clymer	

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witc.edu/search

or contact

Tim Salo, EMS Coordinator
Timothy.Salo@witc.edu

Essential Oils: Spring Cleaning

60-560-610

Come and learn how to replace the toxic filled products in your home with natural, safe ingredients and essential oils. We will be sampling different essential oils and going over easy to make recipes for a healthy household! We will be making all-purpose cleaner, window wash, tub scrub and more. Please bring an additional \$5 material fee per recipe.

24722 Apr 17 Tu 5:30-7p \$13/\$8.75
Superior: 206 Natalie Harris

Feminine Archetypes of the Celtic Wheel

60-560-610

In this class we will identify the 8 female archetypes of the Celtic wheel. We will look at who they are and how they relate to the different points on the wheel or time of year. Explore how you can use these archetypes to deepen your human experience and provide insight into your inner self.

25266 Apr 14 Sa 12-4p \$21.50/\$13
Rice Lake: 214 Danise Shipley

Grains & Veggies

60-560-610

Are you wanting to incorporate healthier foods into your diet but not sure how? Join us for this hands on cooking class in preparing grains and vegetables! We will share tips on how to make them taste good and how to easily incorporate these healthy staples back into your diet..

24991 Feb 17 Sa 10a-12p \$13/\$8.75
Rice Lake: 225 April Willger

Growing Medicinal Herbs

60-560-610

Come and learn about and then pot up and/or plant a dozen great medicinal herbs you can grow and use. There will be a \$5 materials cost to the instructor at start of class.

25170 May 3 Th 6-9p \$21.50/\$13
Chetek-Weyerhaeuser HS Sydney Tanner

Herbal & Holistic Remedies

60-560-610

new The Herbalist is in! Do you have questions about botanical medicine basics and are not sure where to begin? This introductory course offers important perspectives about natural medicine, herbs and supplements that you may have heard of but would like accurate information about. Topics from indigestion to arthritis will be discussed. This course is recommended for the public and those fairly new to natural medicine and herbalism.

NOTE: For all sections course fee is \$13/\$8.75

Mar 14 / W 1-3p

25014	ITV: Rice Lake	Gigi Stafne
25015	ITV: New Richmond	Gigi Stafne
25016	ITV: Superior	Gigi Stafne
25017	ITV: Ashland	Gigi Stafne
25560	ITV: Hayward	Gigi Stafne
25561	ITV: Luck	Gigi Stafne

Herbs For Stress

60-560-610

St. John's Wort is helpful, but there are many other herbs and natural supports that can help alleviate stress, anxiety or depression. During this class, we'll focus in on clinical categories of herbs called herbal adaptogens and nervines. This course is recommended for the public and practitioners.

NOTE: For all sections course fee is \$13/\$8.75

Mar 7 / W 6-8p

25011	ITV: New Richmond	Gigi Stafne
25010	ITV: Rice Lake	Gigi Stafne
25557	ITV: Hayward	Gigi Stafne
25012	ITV: Superior	Gigi Stafne
25559	ITV: Luck	Gigi Stafne
25013	ITV: Ashland	Gigi Stafne
25558	ITV: Siren	Gigi Stafne

Important Notice – Senior Fees

For courses starting with 60-xxx-xxx, those age 62+ by start of term (6/1 for summer, 8/28 for fall and 12/26 for spring) are eligible for a senior discount. See page 38 for details.



WISCONSIN
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Herbs for your Garden

60-560-610

What are the best herbs to grow in northern climates? Hear from a Master Herbalist about 20 herbs for versatile uses such as home remedies to address common health ailments. Even in small spaces, 20 herbs can thrive in your herb garden! After this course you'll be able to begin selecting culinary and medicinal herbs that help sustain health.

NOTE: For all sections course fee is \$13/\$8.75

May 9 / W 6-8p

25024 *ITV: New Richmond* *Gigi Stafne*

25025 *ITV: Superior* *Gigi Stafne*

25023 *ITV: Rice Lake* *Gigi Stafne*

25564 *ITV: Luck* *Gigi Stafne*

25026 *ITV: Ashland* *Gigi Stafne*

25563 *ITV: Webster* *Gigi Stafne*

Intro to Reiki

60-560-610

new Always wondered about what Reiki is? Learn from a Master/Teacher Reiki practitioner about the art of hands-on healing, the history of Reiki, and even get to experience a 10 minute Reiki session.

25478 Feb 15 Th 6-9p \$21.50/\$13
Hudson: St Croix Healing Arts Ctr Irene Pregl

Intuitive Development 1

60-560-610

Your intuition is your inner guide, so learn to trust it and allow yourself the opportunity to develop it. Start listening to yourself using the insights you are getting to help you make decisions in your life. Pay

attention and be aware of what is going on around you. Learn how to increase your intuitive ability using simple techniques that work for everyone.

25249 Mar 26 – Apr 9 M 7-9p \$30/\$17.25
New Richmond: 1215 Julie Buckman

Intuitive Development 2

60-560-610

This class is a continuation of the Intuitive Development I class. There will be more time to practice.

25251 Apr 16 – Apr 30 M 7-9p \$30/\$17.25
New Richmond: 1201 Julie Buckman

Medicine Wheel

60-560-610

new The Medicine Wheel is a sacred structure created by Native Americans (and others) and is used in healing, namings, births and passages, in times of strife and times of celebration. Participate in building a Medicine Wheel, learn your animal ally, learn the attributes of the four/seven directions and discover how to use a Medicine Wheel. Finally participate in a full Medicine Wheel ceremony. Bring scissors and rubber cement and any magazine images of animals and birds to the class.

24304 Apr 4 – Apr 25 W 6-8p \$13/\$8.75
Rice Lake: 174 Aryll Argon



Like "WITC Continuing Education" on Facebook and get updates on new classes, conferences, events and more!

Education ala carte

WITC partners with **ed2go** to offer a wide range of highly interactive non-credit courses that you can take entirely online. Complete courses from your home or office and at any time of the day or night – affordable, fun, fast, convenient, and geared just for you. New course sessions begin monthly.

Courses such as

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- o Discover Digital Photography
- o Grammar Refresher
- o Speed Spanish
- o Intro to Photoshoph CC
- o Discover Sign Language
- o Beginning French



Natural Approach/Lyme Disease

60-560-610

Learn to support your body naturally with a variety of botanicals for Lyme Disease and co-infections. In this class, learn about foods and herbs for prevention, what to do naturally if you are bit, plus herbs and natural supports to address numerous aches and ailments associated with Lyme if you already have it.

NOTE: For all sections course fee is \$21.50/\$13

May 23 / W 6-8:30p

25029	ITV: Superior	Gigi Stafne
25027	ITV: Rice Lake	Gigi Stafne
25028	ITV: New Richmond	Gigi Stafne
25030	ITV: Ashland	Gigi Stafne
25566	ITV: Grantsburg	Gigi Stafne
25567	ITV: Luck	Gigi Stafne
25565	ITV: Webster	Gigi Stafne

Natural Health Solutions

60-560-610

Be prepared for the most common illnesses and ailments that occur this season and the season ahead. In this class, learn from a well versed Naturopath and Master Herbalist about the top herbs and natural supplies that you'll need to boost health and wellness. Be prepared with your own home natural medicine cabinet.

NOTE: For all sections course fee is \$13/\$8.75

Apr 18 / W 6-8p

25020	ITV: New Richmond	Gigi Stafne
25019	ITV: Rice Lake	Gigi Stafne
25021	ITV: Superior	Gigi Stafne
25022	ITV: Ashland	Gigi Stafne
25562	ITV: Webster	Gigi Stafne

Numerology Basics

60-560-610

Learn the basics of numerology as to how it can apply to your life. Discover how to change the letters in your name to numbers to reveal your personality and potential. Continue to delve into your life path number, your destiny number, and more.

25253	Feb 19	M 7-9p	\$13/\$8.75
	New Richmond: 1201		Julie Buckman



Like "WITC Continuing Education" on Facebook and get updates on new classes, conferences, events and more!

Oils to Survive Winter

60-560-610

Learn from a natural health practitioner and aromatherapist about essential oils that may help to boost your immune system and aid in feeling better should you fall ill during this cold and flu season. We will also talk about safety, how to use them and a brief history.

25244	Feb 7	W 6:30-8p	\$13/\$8.75
	New Richmond: 1208		Melissa Clymer

Paranormal Investigation

60-560-610

Interested in the spiritual realm? Learn alongside an experienced psychic medium, Reiki practitioner, crystal healer, animal communicator, angel channeler, spiritual guide and mentor. This course delves into different types of spirits and ghosts, tools and equipment, spiritual hygiene, grounding, protecting and more.

25350	Feb 22	Th 6-8p	\$13/\$8.75
	Hudson: St Croix Healing Arts Ctr		Stephanie Todd
25357	Mar 22	Th 6-8p	\$13/\$8.75
	Hudson: St Croix Healing Arts Ctr		Stephanie Todd
25358	Apr 26	Th 6-8p	\$13/\$8.75
	Hudson: St Croix Healing Arts Ctr		Stephanie Todd

Past Life Experience

60-560-610

Past-life work has the potential to allow healing and communication to take place between our spiritual and logical self. Did you know that this is only one dimension of life and that you have lived more than one lifetime? Do you want to know who you were and what time period you lived in before? Through a guided meditation exercise you will receive the opportunity to meet yourself in another time and space. This class is for entertainment purposes only.

25257	Feb 26	M 7-9p	\$13/\$8.75
	New Richmond: 1201		Julie Buckman

Pendulums, Charts, & Gridding

60-560-610

This is a class in the world of energy that can benefit everyone who chooses to use a pendulum. You will learn how to access your inner intuition using a pendulum and to get answers to questions you have. Explore use of different charts and have the opportunity to create your own chart. The opportunities are endless with this tool.

25261	Mar 5	M 7-9p	\$13/\$8.75
	New Richmond: 1201		Julie Buckman

Psychic and Intuition Development

60-560-610

Explore ethics & boundaries, spiritual hygiene (grounding, protecting, cleansing our auras, managing our third eye and crown chakra), as well as learning to listen to yourself and build & hone your Intuition. Also discover tools to manage everyday life in your journey to self-awakening and self-discovery.

25344 Feb 16 F 1-4p \$21.50/\$13
Hudson: St Croix Healing Arts Ctr Stephanie Todd

25345 Mar 16 F 1-4p \$discovery./\$13
Hudson: St Croix Healing Arts Ctr Stephanie Todd

25346 Apr 20 F 1-4p \$discovery./\$13
Hudson: St Croix Healing Arts Ctr Stephanie Todd

Raise Your Vibe

60-560-610

new Raise your energetic vibration to improve your health, relieve stress and lose weight. Come alongside a Functional Health Nutrition Coach/Wellness educator as you explore daily practices to raise your vibration, quickly clear negative emotions, improve your health and more.

25112 Mar 15 Th 6-9p \$21.50/\$13
Hudson: St Croix Healing Arts Ctr Irene Pregl

Shamanism 101

60-560-610

new Intrigued by Shamanism? Dive into this ancient tradition of beliefs, attitudes, convictions and ideological practices in this course. Explore the core belief system, the responsibilities that are imposed upon the Shaman and how Shamanism is relevant to us today.

25264 Mar 3 Sa 12-3p \$21.50/\$13
Rice Lake: 212 Danise Shipley

25263 Mar 12 M 7-9p \$13/\$8.75
New Richmond: 1215 Julie Buckman

Smoothies & Juicing

60-560-610

new Have you heard about the smoothie and juicing craze but just don't know where to start? Join us to learn how to make these quick, easy, and nutrient dense meals! This is a fun, relaxed, hands on class that will include recipes and samples.

24989 Jan 27 Sa 10a-12p \$13/\$8.75
Rice Lake: 174 April Willger

Spring into Health

60-560-610

After a long, sluggish winter your body needs a boost! Explore and experiment with botanical blends to help support and cleanse the five most important eliminative channels in your body. This class includes a special make and take component: you'll bring home several herbal detox and bitter blends!

25018 Apr 4 W 1-3p \$13/\$8.75
Rice Lake: 152 Gigi Stafne

Vitality with Superfoods

60-560-610

new Want to learn how to maximize your nutrition with the power of food? Learn about specific superfoods that increase immunity, regulate hormones, provide antioxidants and pack a nutritional punch. We will discuss how to incorporate them easily into your diet. Recipes and samples included.

24990 Mar 28 W 7-8:30p \$13/\$8.75
Rice Lake: 174 April Willger

*Healthy Living*

**Herbal
Holistic
Meditation
Diet
Sports Fitness
Spirituality
and more**

*List of classes begin
on page 19.*



Way to Be: Toxin Free

60-560-610

Every day, you are exposed to a multitude of environmental toxins that can wreak havoc on your health and well-being. A large number of these toxins come from foods and personal care/cleaning products. In this class, you will learn about harmful environmental chemicals and will learn how to incorporate essential oils and other natural substances for a healthier lifestyle that reduces the toxin load on the body. Emphasis will be placed on the role of diet, nutrition, environment and the incorporation of pure essential oils.

NOTE: For all sections course fee is \$21.50/\$13

Feb 13 / Tu 5:30-8p

25074 ITV: Rice Lake Beth Lindberg

25075 ITV: New Richmond Beth Lindberg

25077 ITV: Hayward Beth Lindberg

25073 ITV: Superior Beth Lindberg

25076 ITV: Ashland Beth Lindberg

May 1 / Tu 5:30-8p

25078 ITV: Superior Beth Lindberg

25079 ITV: Rice Lake Beth Lindberg

25080 ITV: New Richmond Beth Lindberg

25081 ITV: Ashland Beth Lindberg

25082 ITV: Hayward Beth Lindberg

Tai Chi

60-560-610

Tai Chi blends a simple medical Qigong technique with carefully chosen Tai Chi exercises that can be done in bed, while seated, in stationary standing position or combine tai chi walking. It helps manage stress, pain, reduce anxiety, improve sleep, mood, balance and stamina.

25474 Mar 12 – Apr 2 M 7-8:30p \$30/\$17.25
Hudson: St Croix Healing Arts Ctr Irene Pregl

Sports & Fitness

Old Time Group Dancing

60-807-630

Kick up your heels; relax and get some exercise with old-time group dancing. All dances are thoroughly taught and no experience is necessary. Dances include reels, circle mixer, square dances, contias and waltzes.

24284 Feb 7 – Mar 14 W 3:30-5:30p \$55.50/\$30
Cornucopia Comm Ctr Donnan Christensen

Fit for Life Dance

60-807-607

Fit for Life Dance is a fitness program specifically designed for the active older adult, the beginner participant, and other special populations that may need modifications in an exercise program. Join us as we put motion to music. Get moving and limber up.

25621 Jan 9 – Feb 13 Tu 10-10:45a \$30/\$17.25
Hayward Senior Ctr Jodi Olney

Senior Tai Chi

60-807-640

Tai Chi Chuan is a low impact gentle exercise developed from Chinese medicine and martial art. It uses slow, deliberate movements to improve balance, muscle tone and concentration. This practice is recommended as therapy for arthritis, joint, muscle, nerve and balance problems and may help prevent future falls. This course is open to people of all ages and fitness.

24354 Jan 9 – Mar 13 Tu 10-11a \$47/\$25.75
Superior: Senior Citizen Ctr Thomas Ross

24355 Mar 27 – May 29 Tu 10-11a \$47/\$25.75
Superior: Senior Citizen Ctr Thomas Ross

Tai Chi

60-807-640

Tai Chi is a great way to improve your balance and coordination, strength and vitality, and to rehabilitate and regain lost conditioning. Discover how simple movement and breathing techniques can enhance your overall health by releasing toxins and bringing more oxygen to your cells. This course is open to people of all ages. Class location and time subject to change.

24350 Jan 8 – Mar 12 M 5:15-6:15p \$47/\$25.75
Superior: Bergquist Chiro Thomas Ross

24352 Jan 10 – Mar 14 W 10-11a \$47/\$25.75
Superior: Ctry Peace Pres Church Thomas Ross

24351 Mar 19 – May 21 M 5:15-6:15p \$47/\$25.75
Superior: Bergquist Chiro Thomas Ross

24353 Mar 28 – May 30 W 10-11a \$47/\$25.75
Superior: Ctry Peace Pres Church Thomas Ross

Important Notice – Senior Fees

For courses starting with 60-xxx-xxx, those age 62+ by start of term (6/1 for summer, 8/28 for fall and 12/26 for spring) are eligible for a senior discount. See page 38 for details.

First in Training Solutions

Essential Employee Skills Training

Our program is targeted to new employees in business and manufacturing, as well as seasoned veterans who may benefit from an exposure to modern business strategies, the impact of globalization and responses to cost and competition pressures.

You will examine various business strategies and practices that have helped companies like yours remain competitive in the global marketplace. Learning activities will help your front-line staff understand the importance of essential skills in employing new technologies and process improvements.

The training design is interactive with practical skill applications, individual and small group exercises and real-life examples.

Essential Employee Skills comprises 12 modules broken into four types of competencies. Each module ranges from one to three hours in length for a total of 30 hours of instruction, discussion and hands-on practice. You choose which modules you want your employees to attend.



Wisconsin Indianhead Technical College

"Essential Employee Skills"

Competency 1: *Basic Employee Skill Set*

Competency 2: *Essential Team Skills*

Competency 3: *Problem Solving Skills*

Competency 4: *Supervisory/Management Essential Tools*

To further your efforts to be first in training solutions, call a regional associate dean at 800.243.9482.

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■ **Liz Pizzi, ext. 4376**
New Richmond campus including counties of Burnett, Polk and St. Croix

■ **BJ Williams, ext. 5179**
Rice Lake campus including counties of Barron, Rusk, Sawyer and Washburn

Buti Flow Yoga

60-807-628

new Buti Flow Yoga combines the strengthening exercises of yoga, Pilates and tribal dance for a sweat-induced, upbeat class with music to get you focused. Buti Flow focuses on building long lean muscles and strengthening the core. As with all fitness classes, please check with your physician prior to registering. Bring a towel and water to class.

25149	Jan 10 – Feb 28	W 5:30-6:30p	\$38.50/\$21.50
	Barnes Town Hall		Elizabeth Kessler
25151	Feb 8 – Mar 15	Th 6-7p	\$38.50/\$21.50
	Lake Nebagamon Auditorium		Elizabeth Kessler
25150	Mar 14 – May 2	W 5:30-6:30p	\$38.50/\$21.50
	Barnes Town Hall		Elizabeth Kessler
25152	Mar 22 – May 10	Th 6-7p	\$38.50/\$21.50
	Lake Nebagamon Auditorium		Elizabeth Kessler

Gentle Yoga

60-807-628

Gentle Yoga focuses on developing balance, flexibility and strength for body, mind and spirit through mindful movement and breathing. Yoga will help you open your spine, release tension, strengthen your immune system and provide gentle strengthening and stretching for all major muscle groups. Calm your mind with relaxation, centering and meditation. This class is suitable for beginning students and students seeking gentle movement. Please bring your own mat, a blanket and a towel. As with any new exercise program, please check with your physician.

24754	Jan 10 – Feb 21	W 2-3:30p	\$55.50/\$30
	Hayward: Northwoods Fitness Ctr		Joan Shumway
24755*	Mar 7 – May 2	W 2-3:30p	\$55.50/\$30
	Hayward: Northwoods Fitness Ctr		Joan Shumway
	*Class does not meet Apr 4 & 11		

Hatha Yoga

60-807-628

Hatha Yoga is a very gentle style of yoga that combines stretching, breathwork and meditation to connect you to all parts of yourself. A few of the many benefits include improved flexibility, mobility, strength, circulation, relaxation, balance and energy. Yoga helps to bring awareness and trust to your body, calmness to your mind and joy to your spirit. Please bring your own mat, a blanket, two yoga blocks and a 6-8 foot strap. As always, please

check with your physician before starting this or any other exercise class.

24278	Jan 8 – Feb 12	M 9-10a	\$30/\$17.25
	Round Lake Town Hall		Mary Jo Jirik
25276	Jan 8 – Feb 19	M 1:30-3p	\$55.50/\$30
	Cable Natural History Museum		Joan Shumway
24257	Jan 9 – Feb 13	Tu 8:30-9:30a	\$30/\$17.25
	Hayward Senior Ctr		Mary Jo Jirik
24262	Jan 9 – Feb 13	Tu 4:30-5:30p	\$30/\$17.25
	Hayward Senior Ctr		Mary Jo Jirik
24758*	Jan 9 – Feb 20	Tu 1:45-3:15p	\$47/\$25.75
	Barnes Town Hall		Joan Shumway
	*Class does not meet Jan 16		
24279	Jan 10 – Feb 14	W 9-10a	\$30/\$17.25
	Round Lake Town Hall		Mary Jo Jirik
24263	Jan 11 – Feb 15	Th 8:30-9:30a	\$30/\$17.25
	Hayward Senior Ctr		Mary Jo Jirik
24266	Jan 11 – Feb 15	Th 10-11a	\$30/\$17.25
	Hayward Senior Ctr		Mary Jo Jirik
24756*	Jan 16 – Feb 20	Tu 11a-12:30p	\$38.50/\$21.50
	Drummond Civic Ctr		Joan Shumway
	*Class does not meet Feb 16		
25279*	Mar 5 – Apr 30	M 1:30-3p	\$55.50/\$30
	Cable Natural History Museum		Joan Shumway
	*Class does not meet Apr 2, Apr 9		
25273*	Mar 6 – May 1	Tu 1:45-3:15p	\$47/\$25.75
	Barnes Town Hall		Joan Shumway
	*Class does not meet Mar 20, Apr 3, Apr 10		
24757*	Mar 6 – May 1	Tu 11a-12:30p	\$47/\$25.75
	Drummond Civic Ctr		Joan Shumway
	*Class does not meet Mar 13, Apr 3, Apr 10		
24280	Mar 12 – Apr 16	M 9-10a	\$30/\$17.25
	Round Lake Town Hall		Mary Jo Jirik
24270	Mar 13 – Apr 17	Tu 8:30-9:30a	\$30/\$17.25
	Hayward Senior Ctr		Mary Jo Jirik
24271	Mar 13 – Apr 17	Tu 4:30-5:30p	\$30/\$17.25
	Hayward Senior Ctr		Mary Jo Jirik
24281	Mar 14 – Apr 18	W 9-10a	\$30/\$17.25
	Round Lake Town Hall		Mary Jo Jirik
24272	Mar 15 – Apr 19	Th 8:30-9:30a	\$30/\$17.25
	Hayward Senior Ctr		Mary Jo Jirik
24273	Mar 15 – Apr 19	Th 10-11a	\$30/\$17.25
	Hayward Senior Ctr		Mary Jo Jirik
24282*	Apr 30 – Jun 11	M 9-10a	\$30/\$17.25
	Round Lake Town Hall		Mary Jo Jirik
	*Class does not meet May 28		
24274	May 1 – Jun 5	Tu 8:30-9:30a	\$30/\$17.25
	Hayward Senior Ctr		Mary Jo Jirik
24275	May 1 – Jun 5	Tu 4:30-5:30p	\$30/\$17.25
	Hayward Senior Ctr		Mary Jo Jirik
24283	May 2 – Jun 6	W 9-10a	\$30/\$17.25
	Round Lake Town Hall		Mary Jo Jirik
24276	May 3 – Jun 7	Th 8:30-9:30a	\$30/\$17.25
	Hayward Senior Ctr		Mary Jo Jirik
24277	May 3 – Jun 7	Th 4:30-5:30p	\$30/\$17.25
	Hayward Senior Ctr		Mary Jo Jirik



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HOME & LEISURE

Cooking & Baking

Cake Decorating-Beginning

60-303-607

Discover the secrets of flowers, frosting stacked and character cakes, border work and colors from Fay Olson, owner of Fay's Fantasy Cakes. For a complete supply list and the instructor's information go to www.witc.edu/supplies.

25093	Apr 10 – May 1	Tu 6-8p	\$43.80/\$26.80
	<i>Rice Lake HS</i>		<i>Fay Olson</i>

All about Meat-Asian Style

60-303-610

new Asian style braised pork with eggs (yes, you read this right-eggs!), Asian stew with potatoes and mushrooms and Asian meatloaf with vegetables are among the highlights of this class. You'll be using different sauces and techniques to churn out lip-smacking dishes that will leave your guests speechless. Bring a bowl/utensil. Supply fee of \$8 payable to instructor at the beginning of class.

24549	Mar 17	Sa 10a-2p	\$21.90/\$13.40
	<i>Superior Middle School</i>		<i>May Joseph</i>

Asian Soup

60-303-610

This is not your regular Chinese take-out soups or the normal clotted-with-cream-soups. In the Chinese culture, soups are an essential in every meal to provide nourishment and warmth the body. Learn how to turn ingredients in your fridge and freezer into a nutritious pot of soup and serve it with rice or noodles for a hearty meal. Bring soup bowls and utensils to class. A supply fee of \$8 payable to the instructor at the beginning of class.

24548	Feb 3	Sa 10a-2p	\$21.90/\$13.40
	<i>Superior Middle School</i>		<i>May Joseph</i>

Important Notice – Senior Fees

For courses starting with 60-xxx-xxx, those age 62+ by start of term (6/1 for summer, 8/28 for fall and 12/26 for spring) are eligible for a senior discount.
See page 38 for details.

Chinese 101 - Stir Fried Rice

60-303-610

You will leave this class making perfect Chinese fried rice and stir-fry dishes that will wow your crowd. Learn and master the secrets of stir fry and leave with great techniques to apply in your own kitchen. Bring your wok and spatula (if you have them) and a plate with utensils. A supply fee of \$8 payable to instructor at the beginning of class.

24547	Apr 21	Sa 10a-2p	\$21.90/\$13.40
	<i>Superior Middle School</i>		<i>May Joseph</i>

Cooking: Jams & Jellies

60-303-610

In a jam? Join us to make jams and jellies of many flavors! Please bring your own half pint/pint jars and lids. A material fee of \$12 will be payable to the instructor at class.

25126	Apr 5	Th 6-9p	\$21.90/\$13.40
	<i>Chetek-Weyerhaeuser HS</i>		<i>Sydney Tanner</i>

Everyday Italian

60-303-610

Top chef Christopher Ray will teach some of the hands-on techniques and recipes for making a fantastic Italian meal at home. This class will include appetizers, gourmet pasta (a great classic entrée) and a surprise dessert to finish the night off. Ciao Bella! A \$10 supply fee is due to the instructor at the beginning of class.

25199	Apr 19	Th 6-8p	\$13/\$8.75
	<i>Spooner HS</i>		<i>Christopher Ray</i>

25202	May 3	Th 6-8p	\$13/\$8.75
	<i>Rice Lake: 225</i>		<i>Christopher Ray</i>

25206	May 10	Th 6-8p	\$13/\$8.75
	<i>Hayward HS</i>		<i>Christopher Ray</i>

Field Trip to the Farm

60-303-610

Take a tour of the farm and its many wonders at Chickadee Hills Homestead. Go from tour to table as you enjoy the very same wonders on your plate: a wonderful sampling of the culinary surprises presented by Chef Ray and his team. You won't want to miss this great evening of food, friends and conversation! A \$10 supply fee is due to the instructor at the beginning of class.

25198	May 17	Th 6-8p	\$13/\$8.75
	<i>Spooner: Chickadee Hills Homstd</i>		<i>Christopher Ray</i>

Game Time: Cajun Style

60-303-610

new It's game time...wild game, that is! Let Chef Ray demonstrate the perfect game dishes: wild game & sausage gumbo, venison etouffee , blackened lake fish with dirty rice (with his secret blackened spices) and bread pudding with chantilly cream. A \$10 supply fee is due to the instructor at the beginning of class.

25192	Jan 25	Th 6-8p	\$13/\$8.75
	Hayward HS		Christopher Ray
25195	Feb 15	Th 6-8p	\$13/\$8.75
	Spooner HS		Christopher Ray
25201	Mar 15	Th 6-8p	\$13/\$8.75
	Rice Lake: 225		Christopher Ray

Salsa and Chutneys

60-303-610

Discover and create amazing salsas and chutneys in this fun, hands-on workshop. Bring containers for your creations. A material fee of \$12 will be payable to the instructor at class.

25125	Mar 8	Th 6-9p	\$21.90/\$13.40
	Chetek-Weyerhauser HS		Sydney Tanner

Thai Take Out

60-303-610

Want to learn how to make Thai takeout dishes in your very own kitchen? This class will show you how to make two classic Thai takeout favorites: ; laab (minced pork salad in a leaf lettuce cup) and potato curry in a puff pastry. A \$5 material fee is due payable to the instructor at class.

24708	Jan 27	Sa 10a-12p	\$13/\$8.75
	Rice Lake: 225		Nicole Halverson
24710	Feb 9	F 6-8p	\$13/\$8.75
	Hayward: 1		Nicole Halverson

You say Taco, I say Taquitos

60-303-610

Add a little spice to your life in these chilly months. Learn the secrets and techniques used to create amazing salsas, sauces and fillings you will love to wrap in a tortilla. BBQ duck taco-orange sauce, roast turkey cranberry salsa, superior whitefish tacos, smoky peanut mole and don't forget the salads to compliment! A \$10 supply fee is due to the instructor at the beginning of class.

25197	Mar 1	Th 6-8p	\$13/\$8.75
	Spooner HS		Christopher Ray

Family & Relationships

After Death Home Care/Burial

60-305-620

Return to simple traditions: for thousands of years, families have taken care of their loved ones at home after death. It is a choice that is still possible. Discuss the legalities and practicalities of a home funeral, how spending time with a deceased loved one affects grief and the benefits of natural burial. It is legal, inexpensive and greener than a conventional funeral. Instructor will be teaching out of WITC-Rice Lake; register with class number for location you will be attending.

NOTE: For all sections course fee is \$21.50/\$13

May 10 / Th 1-3:30p

24241	ITV: New Richmond	Lucy Basler
24237	ITV: Rice Lake	Lucy Basler
24239	ITV: Ashland	Lucy Basler
24240	ITV: Hayward	Lucy Basler
24238	ITV: Superior	Lucy Basler
24242	ITV: Ladysmith	Lucy Basler
25718	ITV: Grantsburg	Lucy Basler

Financial Planning

Wills and Trusts

42-102-404

Understand what your current estate plan will achieve for you, how to avoid probate of your assets and how to reduce or eliminate taxes to the greatest extent possible. You will also discover how to effectively pass on your assets in the way that you desire.

25142	Apr 24	Tu 1-3p	\$11.11/\$4.50
	Ashland: 204		Susan Miley
25144	Apr 25	W 1-3p	\$11.11/\$4.50
	Rice Lake: 212		Susan Miley

NOTE: For all sections course fee is \$11.11/\$4.50

Apr 26 / Th 1-3p

25145	Superior: 2120	Susan Miley
25146	ITV: New Richmond	Susan Miley

Apr 27 / F 1-3p

25147	Hayward	Susan Miley
25148	ITV: Ladysmith	Susan Miley

ABC's & Ds Medicare/Consumer

42-162-409

Are you nearing Medicare age and have questions about Medicare options and enrollment? Or are you responsible for someone else's healthcare decisions? If so, this short seminar is for you. You will gain a fundamental understanding of the elements of Part A, Part B, Part C and Part D as it relates to consumers. Learn about initial enrollment options and additional enrollment periods as they pertain to the Medicare Plan types.

NOTE: For all sections course fee is \$11.11/\$4.50

Feb 6 / Tu 6-8p

24796	<i>ITV: Rice Lake</i>	<i>WITC TBD</i>
24797	<i>ITV: New Richmond</i>	<i>WITC TBD</i>
24798	<i>ITV: Hayward</i>	<i>WITC TBD</i>
24794	<i>ITV: Superior</i>	<i>WITC TBD</i>
24795	<i>ITV: Ashland</i>	<i>WITC TBD</i>
24799	<i>ITV: Ladysmith</i>	<i>WITC TBD</i>

Mar 14 / W 6-8p

24803	<i>ITV: New Richmond</i>	<i>WITC TBD</i>
24800	<i>ITV: Superior</i>	<i>WITC TBD</i>
24802	<i>ITV: Rice Lake</i>	<i>WITC TBD</i>
24804	<i>Hayward: 7</i>	<i>WITC TBD</i>
24801	<i>ITV: Ashland</i>	<i>WITC TBD</i>
24805	<i>ITV: Ladysmith</i>	<i>WITC TBD</i>

Apr 12 / Th 6-8p

24987	<i>ITV: Hayward</i>	<i>WITC TBD</i>
24988	<i>ITV: Ladysmith</i>	<i>WITC TBD</i>
24979	<i>ITV: Rice Lake</i>	<i>WITC TBD</i>
24980	<i>ITV: New Richmond</i>	<i>WITC TBD</i>
24977	<i>ITV: Superior</i>	<i>WITC TBD</i>
24978	<i>ITV: Ashland</i>	<i>WITC TBD</i>

May 7 / M 6-8p

24983	<i>ITV: Rice Lake</i>	<i>WITC TBD</i>
24984	<i>ITV: New Richmond</i>	<i>WITC TBD</i>
24981	<i>ITV: Superior</i>	<i>WITC TBD</i>
24985	<i>ITV: Hayward</i>	<i>WITC TBD</i>
24982	<i>ITV: Ashland</i>	<i>WITC TBD</i>
24986	<i>ITV: Ladysmith</i>	<i>WITC TBD</i>



**WISCONSIN
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Housing & Furnishing**Home Buying 101**

60-308-601

Whether you're thinking about buying your first home or your third home, now's the time to create a plan. Hear from local REALTOR Jill McNamee on topics such as: home values, timing your purchase, market statistics and importance of a realtor. In addition, you will learn home inspection tips from a home inspector and information on the loan and pre-approval process from a mortgage lender.

NOTE: For all sections course fee is \$13/\$8.75

Mar 6 / Tu 6-7:30p

25102	<i>ITV: New Richmond</i>	<i>WITC TBD</i>
25105	<i>ITV: Superior</i>	<i>WITC TBD</i>
25103	<i>ITV: Ashland</i>	<i>WITC TBD</i>
25104	<i>ITV: Rice Lake</i>	<i>WITC TBD</i>
25106	<i>ITV: Hayward</i>	<i>WITC TBD</i>

Plan Your Perfect Move

60-308-601

Whether you're thinking about buying your first home or your third home, now's the time to create a plan. Hear from local REALTOR Jill McNamee on topics such as: home values, timing your purchase, market statistics and importance of a realtor. In addition, you will learn home inspection tips from a home inspector and information on the loan and pre-approval process from a mortgage lender.

NOTE: For all sections course fee is \$13/\$8.75

Mar 20 / Tu 6-7:30p

25110	<i>ITV: Superior</i>	<i>WITC TBD</i>
25109	<i>ITV: Rice Lake</i>	<i>WITC TBD</i>
25107	<i>ITV: New Richmond</i>	<i>WITC TBD</i>
25108	<i>ITV: Ashland</i>	<i>WITC TBD</i>



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KIDS' CLASSES

Kids' Classes

Art: Acrylic Painting

60-815-600

new This unique class is designed for the parent and child to attend together. You will each paint your own individual 16x20 canvas that will coordinate with each other. Child must be able to sit through a 2-hour class without disruption. Both parent and child must be paid registrants (online registration not available for youth; register in person or by phone). A \$14 supply fee is payable to instructor at beginning of class.

24911	Apr 28	Sa 10a-12p	\$13/\$8.75
	Hayward: 4		Joni Campbell

Babysitting Boot Camp

60-891-663

Do you know how to calm a crying baby what do we do if a child has a stomachache? Learn how to help kids have fun while keeping them safe with Babysitter's Training from the American Red Cross. Skills taught include: First Aid/rescue breathing (CPR certification not a part of this class), making good decisions under pressure, communicating effectively with parents, infant care and managing a babysitting business. A materials fee of \$17 must be paid to the instructor at the beginning of the class. Bring a sack lunch to class. Ages 11 and up.

25123	Apr 14	Sa 9a-3:30p	\$38.50/\$21.50
	Hayward: 4		Susan Thurn

25124	May 12	Sa 9a-3:30p	\$38.50/\$21.50
	Ashland: 209		Susan Thurn



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When registering, look for "ITV" next to the class number and include the course number of the campus you will be attending. You may also request the course at the Hayward or Ladysmith locations pending room availability.

Don't hesitate, sign up today!



LIFELONG LEARNING

Language

German: Beginning Conversation

60-802-625

Introduction to German conversation, listening and reading comprehension and German culture. Instructor will be teaching out of WITC-Ashland; register with class number for location you will be attending.

NOTE: For all sections course fee is \$47/\$25.75

Jan 22 – Feb 19 / M 6-8p

25116	ITV: Rice Lake	Roland Wolff
25118	ITV: New Richmond	Roland Wolff
25117	ITV: Hayward	Roland Wolff
25114	ITV: Ashland	Roland Wolff
25582	ITV: Siren	Roland Wolff
25119	ITV: Superior	Roland Wolff
25583	ITV: Grantsburg	Roland Wolff

Sign Language: Beginning

42-533-400

Learn to communicate on a basic level using common phrases, questions, the alphabet, greetings and more! You will also explore facial affect, sentence structure and proper terminology related to deafness. By communicating with deaf guests, you will gain a greater appreciation for their language and culture. Please bring pen and paper.

24546	Feb 7 – Apr 25	W 6-8p	\$83.82/\$4.50
	Superior: 0101D		Natalie Stanley
24544	Mar 5 – Apr 9	M 6:30-9:30p	\$63.99/\$4.50
	Rice Lake: 225		Betsy Wolford Phillips

Sign Language: Intermediate

42-533-400

This intermediate course is designed for students who have completed a beginning sign language class or those who possess a demonstrated knowledge of sign language. Explore additional vocabulary and polish your signing skills as you learn to construct dialogues based on common situations. Deaf guests will be available for communication.

24545	Mar 6 – Apr 10	Tu 6:30-9:30p	\$63.99/\$4.50
	Rice Lake: 225		Betsy Wolford Phillips

Spanish: Beginning

60-802-600

Learn basic conversational Spanish in this interactive short course. This course employs a wide variety of learning activities that build Spanish comprehension and vocabulary. Individual requests for content related to professional, business, travel or other purposes will be integrated into sessions.

NOTE: This webinar class is taken from a home computer. Requirements: good internet connection, camera and microphone.

25512	Jan 30 – Mar 6	Tu 6:30-7:45p	\$38.50/\$21.50
	Webinar		WITC TBD

Spanish II

60-802-600

This conversational course employs a wide variety of learning activities that build Spanish comprehension, vocabulary, and oral and writing skills in a highly interactive environment. Learning materials are also highly varied, including total physical response, videos, the internet, written exercises, weekly homework assignments, etc. Individual requests for content related to professional, business, travel or other purposes are purposefully integrated into sessions. Instruction is mainly in Spanish.

24725	Jan 22 – Mar 6	M 6-8:30p	\$132.00/\$68.25
	Superior: 113		Gary Valley

Spanish Skill Building

60-802-600

This course picks up where the Spanish Intermediate course ends. This conversational course employs a wide variety of learning activities that build Spanish comprehension and vocabulary. Individual requests for content related to professional, business, travel or other purposes will be integrated into sessions. Continue building your language skills until it becomes fluent and natural.

NOTE: This webinar class is taken from a home computer. Requirements: good internet connection, camera and microphone.

25513	Mar 20 – Apr 24	Tu 6:30-7:45p	\$38.50/\$21.50
	Webinar		WITC TBD
25514	May 8 – Jun 12	Tu 6:30-7:45p	\$38.50/\$21.50
	Webinar		WITC TBD



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Natural Science

Put the Spring in Your Chicks

60-091-610

Have you always wanted to raise chickens but are lost as to where to start? In this course you'll learn from one of WITC's Farm Business & Production Management instructors about needed equipment, caring for baby chicks and more!

25101 Apr 11 W 6-9p \$21.50/\$13
Rice Lake: 156 Julie Wadzinski

Custom Rod Building

60-891-601

Design and build your own functional fishing rod! Understand the thread art of diamond scale, and how to size, locate and secure guides. Choose from a variety of wooden handles and fore grips, personalized by laser, to complete your unique creation. Please bring a material fee of \$70 payable to instructor. This class is for new and repeat builders.

22610 Feb 5 – Feb 19 M 6-9p Sa 8a-12p \$81/\$42.75
New Richmond: 1208 David Hanke

Gardening in Small Spaces

60-001-602

Do you desire to garden but just don't have the space? Discover ways to garden in small spaces using trellises, raised beds and walls to grow both ornamental plants and vegetables. Gather in-depth information on both time-tested methods and new techniques in this class led by a certified UW-Extension Master Gardener Volunteer. Instructor will be teaching out of WITC-Hayward; register with class number for location you will be attending.

NOTE: For all sections course fee is \$13/\$8.75

May 9 / W 5:30-7:30p

25453	ITV: New Richmond	Susan Reinardy
25451	ITV: Rice Lake	Susan Reinardy
25449	ITV: Hayward	Susan Reinardy
25452	ITV: Superior	Susan Reinardy
25450	ITV: Ashland	Susan Reinardy
25454	ITV: Ladysmith	Susan Reinardy

Gardening: Herbs

60-001-602

Have you ever tried garlic fudge? How about lemon balm tea? Or make rosemary flavored vinegar? Enter the world of herbs as you explore gardening basics for both common and uncommon herbs. Discover the many culinary and medicinal uses for herbs as well as herbs that make good companion plants for vegetables. This course is led by a certified UW-Extension Master Gardener Volunteer. Instructor will be teaching out of WITC-Hayward; register with class number for location you will be attending.

NOTE: For all sections course fee is \$13/\$8.75

Mar 14 / W 1-3p

25438	ITV: Superior	Susan Reinardy
25439	ITV: New Richmond	Susan Reinardy
25437	ITV: Rice Lake	Susan Reinardy
25434	ITV: Hayward	Susan Reinardy
25436	ITV: Ashland	Susan Reinardy
25440	ITV: Ladysmith	Susan Reinardy

Woodland Gardens

60-001-602

new One of the current trends in gardening extreme naturalism, which is the art of mimicking nature, which means concrete is out and natural materials like rocks and untrimmed hedges are in. Join a certified UW-Extension Master Gardener as you learn how to go natural without going wild. The program will give tips on using natural materials and native plants to create show-stopping gardens that are easy to maintain. Instructor will be teaching out of WITC-Hayward; register with class number for location you will be attending.

NOTE: For all sections course fee is \$13/\$8.75

Apr 4 / W 5:30-7:30p

25445	ITV: Rice Lake	Susan Reinardy
25447	ITV: New Richmond	Susan Reinardy
25442	ITV: Hayward	Susan Reinardy
25446	ITV: Superior	Susan Reinardy
25444	ITV: Ashland	Susan Reinardy
25448	ITV: Ladysmith	Susan Reinardy

Wild Mushrooms 101

42-806-410

This is a classroom session covering the *three rules + one* and the *safe six*: morels, shaggy manes, hen of the woods, chicken mushrooms, oyster mushrooms and puffballs. Topics include tree identification,



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ethics, safety, storage and preparation. Poisonous mushrooms will also be discussed.

25494	Mar 26 – Mar 27	MTu 5:30-8:30p	\$24.33/\$4.50
	Amery Intermed Sch	Tavis Lynch	
25216	Apr 16 – Apr 17	MTu 5:30-8:30p	\$24.33/\$4.50
	Chetek-Weyerhauser HS	Tavis Lynch	

Mar 28 – Mar 29 / WTh 5:30-8:30

NOTE: Instructor will be teaching out of WITC-Rice Lake; register with class number for location you will be attending.

24672	ITV: Rice Lake	Tavis Lynch
24673	ITV: Superior	Tavis Lynch
25585	ITV: Grantsburg	Tavis Lynch
24677	ITV: Hayward	Tavis Lynch
24675	ITV: Ashland	Tavis Lynch

Wild Mushrooms: Spring Edibles

42-806-410

Discover how to identify, harvest and prepare wild morel mushrooms as you learn from a 30+ year veteran of wild mushroom foraging. You will also discuss oyster mushrooms, pheasant's back mushrooms and edible spring plants. Emphasis will be put on safety and ethical harvest.

25493	Apr 23 – Apr 24	MTu 5:30-8:30p	\$24.33/\$4.50
	Amery Intermed Sch	Tavis Lynch	

Apr 25 – Apr 26 / WTh 5:30-8:30p

NOTE: Instructor will be teaching out of WITC-Rice Lake; register with class number for location you will be attending.

24680	ITV: Superior	Tavis Lynch
24679	ITV: Rice Lake	Tavis Lynch
24684	ITV: Hayward	Tavis Lynch
24683	ITV: Ashland	Tavis Lynch

Social Science

Intro to Frank Lloyd Wright

60-803-600

new Frank Lloyd Wright was born in Wisconsin and lived for 91 years, witnessing the completion of 532 of his building designs. In this class we will learn about his philosophy of organic architecture as well as the drama of his private life. We will watch the Ken Burn's film Frank Lloyd Wright and several shorter documentaries. Ideas for Wright tourism will be discussed.

24243	Mar 3 – Mar 17	Sa 10a-12:30p	\$38.50/\$21.50
	Superior: 111	Janet Chronister	

SAFETY & EMS

EMS

CBRF Standard Precautions Training

47-531-479

This class will teach a person how to handle potential exposure to bloodborne pathogens. You will learn about standard precautions and why they are important in your work. You will understand how bloodborne diseases and other communicable diseases spread from person to person, how to prevent the spread of communicable diseases and learn what to do during and after an exposure incident. Participants must successfully complete this two-hour training to meet the CBRF training requirements of CH DHS 83.20 (2)(a) Standard Precautions. Tuition also includes the \$20 state registry fee.

24494	Feb 24	Sa 1:30-3:30p	\$31.11/\$24.50
	Rice Lake: 225	Bambi Forcey	
24497	Mar 10	Sa 1:30-3:30p	\$31.11/\$24.50
	Superior: 134	Bambi Forcey	
24496	Apr 7	Sa 1:30-3:30p	\$31.11/\$24.50
	New Richmond: 1317	Bambi Forcey	
24495	May 16	W 7-9p	\$31.11/\$24.50
	Rice Lake: 225	Bambi Forcey	

Defibrillation Heartsaver AED - AHA

47-531-463

The Heartsaver AED course teaches the basic techniques of adult CPR and the use of the automated external defibrillator. You will learn about using barrier devices in CPR and giving First Aid for choking. This course follows American Heart Association guidelines for performing CPR and using the AED.

25700	Jan 2 – Jan 3	TuW 11a-1p	\$37.72/\$24.50
	Spooner HS	L'rae Flynn	
24790	Mar 17	Sa 8:30a-2:30p	\$44.33/\$24.50
	Rice Lake: 165	WITC TBD	
25701	Apr 9	M 4-8p	\$37.72/\$24.50
	Spooner HS	L'rae Flynn	
24789	May 19	Sa 8:30a-2:30p	\$44.33/\$24.50
	Hayward: 6	Matthew Fitch	



Like "WITC Continuing Education" on Facebook and get updates on new classes, conferences, events and more!

First Aid Heartsaver - AHA

47-531-421

The Heartsaver First Aid Course is designed to teach rescuers the knowledge and psychomotor skills they need to recognize emergencies and to give CPR and First Aid until EMS arrives. The goal of the course is to train laypeople in First Aid assessments and actions that have been shown to make a difference in mortality and morbidity rates.

24791	Jan 22	M 8a-1p	\$44.33/\$24.50
	Rice Lake: Jefferson Elem		Janet Thompson
24792	Apr 2	M 4-9p	\$44.33/\$24.50
	Rice Lake Middle School		Janet Thompson

Medic First Aid

47-531-404

This course will help students gain the knowledge, skills, and confidence necessary to manage a medical emergency using CPR, an automated external defibrillator (AED), and First Aid until more advanced help is available. This course will certify a student for two years in CPR/AED/First Aid. Book is provided at the class.

24320	Feb 3	Sa 8:30a-3:30p	\$46.84/\$20.40
	Rice Lake: 174		WITC TBD
24322	Mar 24	Sa 8:30a-3:30p	\$46.84/\$20.40
	Hayward: 7		Matthew Fitch
24326	Apr 14	Sa 8:30a-3:30p	\$46.84/\$20.40
	Rice Lake: 223		WITC TBD
24324	May 29-30	Tu 5:30-9:30p W 5:30-8:30p	\$46.84/\$20.40
	Rice Lake: 174		WITC TBD

Medic First Aid Recertification

47-531-405

This course will recertify students in Medic First Aid. Students will renew skills in CPR, an automated external defibrillator (AED) and First Aid. Prerequisite: Students must have taken the original course, 47531404 Medic First Aid within the last two years. This course will renew your certification for two years. Book is provided at class.

24321	Feb 3	Sa 8:30a-12:30p	\$37/\$23.78
	Rice Lake: 183		WITC TBD
24323	Mar 24	Sa 8:30a-12:30p	\$37/\$23.78
	Hayward: 7		Matthew Fitch
24327	Apr 14	Sa 8:30a-12:30p	\$37/\$23.78
	Rice Lake: 223		WITC TBD
24325	May 29	Tu 5:30-9:30p	\$37/\$23.78
	Rice Lake: 174		WITC TBD

Pediatric Medic First Aid & CPR

47-531-464

This course will help students gain the knowledge, skills and confidence necessary to respond to and manage medical emergencies involving children and infants until more advanced help is available. A student will be taught the updated guidelines of CPR, and an automated external defibrillator (AED), and First Aid for children and infants. This course will certify a student for 2 years in CPR/AED/First Aid. Book is provided at class.

24328	Feb 17	Sa 8:30a-4:30p	\$45.99/\$19.55
	Rice Lake: 221		WITC TBD
24333	Apr 21	Sa 8:30a-4:30p	\$45.99/\$19.55
	Hayward: 7		Matthew Fitch
24336	May 12	Sa 8:30a-4:30p	\$45.99/\$19.55
	Rice Lake: 225		WITC TBD

Pediatric Medic First Aid & CPR Recertification

47-531-477

This course will recertify a student in Pediatric Medic First Aid & CPR. Students will renew their skills in CPR, an automated external defibrillator (AED) and First Aid for infants and children. Students must have taken the original course, Pediatric Medic First Aid & CPR 47531464 within the last two years. This course will renew a student's certification for 2 years. Book is provided at class.

24331	Feb 17	Sa 8:30a-12:30p	\$37/\$23.78
	Rice Lake: 221		WITC TBD
24334	Apr 21	Sa 8:30a-12:30p	\$37/\$23.78
	Hayward: 7		Matthew Fitch
24338	May 12	Sa 8:30a-12:30p	\$37/\$23.78
	Rice Lake: 225		WITC TBD

Just added!

More CPR classes
in New Richmond!

Go to
witc.edu/search, keyword CPR.

2018 WITC Spring Events Calendar Conferences, Training, Workshops

Event

Date, Campus

Restaurant Workforce Training
UDC/OSHA Update

January 22 - February 26, Hayward
January 23, Rice Lake

JA Counter Employer Symposium
Ag Safety Day

February 6, New Richmond
February 28, New Richmond

Essential Supervisory Skills
Dental Assistant Update

March 7 & 14, New Richmond
March 9, Rice Lake

CMA Conference

March 10, Rice Lake/ITV to Ashland

Personal Trainer Certification

March 17-April 28, New Richmond

Emergency Services Conference

March 24, Rice Lake

Listen to Your Heart

April 5, New Richmond

Spring Safety Day

April 12, Rice Lake

HR for the Non HR Manager

April 13, New Richmond

CMA Conference

April 14, New Richmond/ITV to Superior

Caregiver Conference

April 19, Ashland

Sexuality and the End of Life

April 26, New Richmond

Caregiver Conference

May 22, Superior

SCVEA Spring Seminar

May 23, New Richmond

For details go to witc.edu/continuing-education-and-training/conferences-and-events.

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on a physical, emotional, mental and spiritual level***

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Hudson, WI

- ANGELS
- ANIMAL COMMUNICATION
- DOUSING WITH PENDULUM 1, 2, 3
- EMOTIONAL HEALING
- PSYCHIC AND INTUITION DEVELOPMENT
- PARANORMAL INVESTIGATION
- INTRO TO REIKI
- RAISE YOUR VIBE
- TAI CHI

Get course details in Healthy Living, starting on page 19.

HOW DO I REGISTER?



ONLINE
www.witc.edu/search



PHONE / FAX
VISA, MasterCard, Discover



MAIL
Send registration & payment
to your local WITC Campus



IN PERSON
Visit Student Services at
your local WITC campus

Registration Locations

- **WITC-Ashland**
2100 Beaser Ave, Ashland, WI 54806
715.682.4591, ext. 3170 fax: 715.682.8040
- **WITC-Hayward Outreach Center**
15618 Windrose Lane Suite 106
Hayward, WI 54843 715.634.5167
- **WITC-Ladysmith Outreach Center**
1104 Lake Avenue Suite 1
Ladysmith, WI 54848 715.532.3399
- **WITC-New Richmond**
1019 S. Knowles Ave
New Richmond, WI 54017
715.246.6561, ext. 4221 fax: 715.246.2777
- **WITC-Rice Lake**
1900 College Drive, Rice Lake, WI 54868
715.234.7082, x 5045 fax: 715.234.1241
- **WITC-Superior**
600 N. 21st Street, Superior, WI 54880
715.394.6677, x 6367 fax: 715.394.3771

REGISTRATION POLICIES

Nondiscrimination Notice

Wisconsin Indianhead Technical College does not discriminate on the basis of race, color, religion, sex, national origin, age, disability or status in any group protected by state or local law in employment, admissions or its programs or activities. The following person has been designated to handle inquiries regarding the College's nondiscrimination policies: Cher Vink, AA/EEO Officer/Associate Vice President, Human Resources & Employee Relations, Administrative Office, 505 Pine Ridge Drive, Shell Lake WI 54871, 715-468-2815 ext. 2225, cher.vink@witc.edu. Wisconsin Relay System TTY:711

Accommodations for Persons With Disabilities

Reasonable accommodations for persons with disabilities will be made to ensure access to academic programs, activities, services and employment in accordance with 504 of the Rehabilitation Act of 1973, the Americans With Disabilities Act of 1990 and the Americans with Disabilities Act (ADA) Amendments Act of 2008. If accommodations are needed, the student should contact the campus Accommodations Specialist or Cher Vink, WITC Affirmative Action Officer/Title IX, Section 504 and Title VII Coordinator, at 715.468.2815, TTY 711, 30 days in advance of needed assistance.

Senior Fees

WITC has implemented a waiver for students ages 62 plus. This waiver is for personal enrichment courses only (the catalog number begins with 60) and provides up to a 50% discount. (Amount varies based on material fees.) Student's age must be 62 plus at the start of the term (6/1 for summer, 8/28 for fall and 12/26 for spring). Students ages 62 plus who are enrolled in professional courses (catalog number begins with 42 or 47) are still exempt from program fees under State Statute 38.24 (1)(b) and only required to pay material fees, which is approximately \$4.50 for many courses.

WITC Foundation

Mission: To encourage the success & achievement of WITC students, staff, faculty, and alumni.

For information on how you, too, can support WITC students in your area, visit witc.edu.





REGISTRATION FORM

For Continuing Education (non-credit) Courses

WITC is an equal opportunity employer/educator

Last Name First Name M.I. Former Last Name (if applicable) Date of Birth Age 62+ ☐

WITC Student ID No. Social Security No.

☐ I've taken classes at WITC in the past.

Email address (required for WITC alerts and important communication)

Home phone Cell phone

Home address

City State ZIP Code

Resident of (check one): ☐ Township ☐ Village ☐ City County School District

Last high school attended:

Highest grade COMPLETED (K-12):

The information below and right is required for state and federal reporting purposes and will be kept confidential.

Gender: ☐ Male ☐ Female

Ethnicity: Hispanic/Latino origin? ☐ Yes ☐ No

Race (check all that apply):

☐ American Indian/Alaska Native

☐ Asian ☐ Black/African American

☐ Native Hawaiian/Other Pacific Islander

☐ White

OFFICE USE ONLY

Term _____

38.14 Contract # _____

Employer # _____

Course Fees \$ _____

Senior Fees \$ _____

Other _____

Received by/ext. _____

Date/time _____

Highest Credential Earned

☐01 = No Credential

☐02 = GED

☐03 = HSED

☐04 = High school diploma

☐05 = Some college credit

☐06 = Short-term diploma/certificate

☐07 = 1yr diploma

☐08 = 2yr diploma

☐09 = Associate degree

☐10 = Associate degree + credential

☐11 = Baccalaureate

☐12 = More than Baccalaureate

☐99 = Student Declined/Unknown

It is your responsibility to contact WITC to officially drop a class. If you decide to drop, you should do so immediately as a single day can affect your refund amount. A full refund will be given if you notify WITC prior to the first scheduled class meeting.

CLASS NO.	CATALOG NO.	CLASS TITLE	LOCATION	START DATE	CLASS FEE
Once registered for a course(s), you have created a liability with WITC and a promise to pay.				TOTAL	

PAYMENT METHOD: ☐ Check or money order payable to WITC ☐ Cash ☐ MasterCard ☐ Visa ☐ Discover Exp. Date _____ Security Code _____

Credit Card No.: _____ Name on Card: _____ Signature: _____

Traffic-Related Registration: Motorcycle, Traffic Safety, Group Dynamics, Multiple Offender

Driver's License Number _____ Assessment Agency and Date _____

Youth Registration: With parent/guardian approval, WITC courses are open to students age 16 or younger when the course meets outside student's normal school hours. Some courses may have minimum age prerequisites.

Signature of Parent/Legal Guardian _____ Date _____

Sponsored Registration: If an agency or employer has agreed to pay your tuition, complete the section below and attach written authorization.

Name of Business/Agency: _____ EMS/Fire Sponsor: _____

I authorize WITC to forward information regarding the completion of this course to the sponsor listed on the line above. _____
Student Signature



Learn a new hobby! Get in shape! Brush up on your computer skills! Have FUN!

There is an exciting variety of WITC Continuing Education classes in our community!

WITC offers topics including art, cooking, writing, foreign languages, fitness, photography and so much more! New classes are added to the list often. Find the latest new offerings online at witc.edu/search.



Wisconsin Indianhead Technical College
505 Pine Ridge Drive
Shell Lake, WI 54871

WITC Continuing Education | January - May 2018