

DANCE & MOVEMENT

Belly Dancing

Learn the basics of belly dancing – you'll use finger cymbals, too! Class includes a night out to a Greek/Arabic restaurant plus a sewing workshop to help you design a costume. **FCC Community Rooms B/C.** 8wks.

Beginning	W	6:30-7:55pm	
81476	1/5-2/23		
81477	3/2-4/20	\$47	
Intermediate	W	8-8:55pm	
81474	1/5-2/23		
81475	3/2-4/20	\$32	

Line Dancing

Boot-scoot yourself into some dancing fun! Line dancing is a great way to exercise and create friendships. No experience or partner is needed. **FCC Community Rooms B/C.** No class 1/17, 2/21.

M	5:30-6:30pm		
81478	1/10-3/14	8wks	\$42
81479	3/21-5/2	7wks	\$36

Night Club Two-Step/Social Dancing

Learn the basics of ballroom/social dancing and the night club two-step. This dance is quickly replacing the waltz as a favorite dance. Couples and singles are welcome. **FCC Community Rooms B/C.** 6wks. No class 2/21.

M	6:45-7:45pm	\$53	
81482	1/24-3/7	81483	3/28-5/2

West Coast Swing

Swing your way to fun! Couples and singles are welcome. **FCC Community Rooms B/C.** 6wks. No class 2/21.

M	7:55-8:55pm	\$53	
81480	1/24-3/7	81481	3/28-5/2

Cambodian Dance

Ages 6-30. Learn the art of Cambodian Dance. **FCC Aerobics/Dance Studio.** 8wks. (FCC Resource Classroom on 1/23).

Su	1/16-3/13	\$25 (no class 2/13)	
81556	Intermediate	1:30-2:20pm	
81557	Intermediate	2:30-3:20pm	
81558	Advanced	3:30-4:20pm	

Scottish Country Dance

This dance form is full of spirited music and fast-moving fun! No partner needed, all ages welcome. **FCC Aerobics/Dance Studio.** 7wks. 7-8pm.

F			
81416	1/14-2/25	7wks	\$30
81417	3/4-4/22	8wks	\$34

FINE ARTS & CRAFTS

Sewing Basics

Ages 14+. Learn how to measure, mark, and cut fabric to put a quilt together or make table runners, coasters, pillows, comforter covers and hot pads. Bring your own machine. Supplies provided, or bring your own if you prefer. **FCC Trapedero II,** 2wks.

T	6-8:30pm	\$28	
81437	2/8-2/15		
81438	3/8-3/15		

Introduction to Glass Mosaics

Ages 12+. Learn the art of making beautiful mosaics with recycled glass. You'll make a welcome sign for your home or as a gift in class. Supply fee is \$25, payable to the instructor. **FCC Resource Classroom,** 2wks.

Th	6:30-8:30pm	\$37	
81276	2/17-2/24		
81277	3/24-3/31		

Watercolor Painting

Let us introduce you to the magic of watercolor. You'll be painting designs including winter and spring scenes, and special cards and a supply list will be provided. **FCC Resource Classroom.** 4wks.

W	6:30-8:30 p.m.	\$53	
81412	2/2-2/23		

Colored Pencil Drawing Basics

16+. This is an introductory class using colored pencils to create art. Various techniques and material will be introduced. \$5 material fee. **FCC Resource Classroom.** 3wks.

81436	Th	2/17-3/3	1-3pm	\$43
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Stepping Stones – Beginning

Ages 12+. Design your own stepping stones using glass casting techniques. You'll walk away with something to use in your garden or home, plus a reusable mold. \$25 supply fee payable to instructor. **FCC Resource Classroom.**

Th	6:30-8:30pm	\$21	
81413	3/10	82184	4/21

Photography Techniques with a Point-and-Shoot Camera

Learn about photography options and the many features, modes and menus on your camera. You'll get to shoot and share pictures in class. **FCC Public Conference Room.** 4wks.

81487	W	1/19-2/9	7-9pm	\$45
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Digital Photography Class

Beginning photographers will learn tips and tricks to make their photography shine! Bring your digital camera (class is geared to point-and-shoot cameras) with fresh batteries and the instruction manual. **FCC Trapedero II.**

T	6:30-8:30pm	\$18	
81488	1/25	81489	2/22

ONE-DAY WORKSHOPS

Urban Farm School Classes

Planning the Garden

The workshop will focus on space-saving planting techniques, good plant choices for small spaces, cool and warm weather crops, as well as how to map and draw a basic plan. **FCC Public Conference Room.**

81439	Th	3/10	6-8pm	\$16
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NEW! Keeping Urban Chickens

Learn the basics of keeping laying hens in a backyard lot. Class will include information about chicken breeds, food requirements, coop options, brooding, common diseases and more. **FCC Public Conference Room.**

81440	Th	4/14	6-8pm	\$16
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David's Vegetarian Kitchen

Vegetarian Beans and Grains Magic

Beans and whole grains are among the most hearty and healthful foods around. Combined with other natural ingredients, these humble staples can provide a world of exciting dishes — including yummy desserts. Come discover the magic in beans and grains and watch how easy it is to use them in preparing inexpensive, low-fat, cholesterol-free, pure vegetarian dishes. **FCC Trapedero II.**

81442	W	3/2	6-8:30pm	\$38
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Vegetarian Adventures with Tofu

Eating tofu daily may result in reduced risk of cancer, heart disease and osteoporosis. And mixed with the right seasonings, tofu can be downright tasty. But do you feel befuddled about what to do with those soft, white blocks? Or, are you simply looking for ideas about how to transform tofu into new dishes? Come learn all about tofu and watch how easy it is to prepare inexpensive, low-fat, cholesterol-free, pure vegetarian meals with tofu. **FCC Trapedero II.**

81443	W	3/16	6-8:30pm	\$38
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NEW! Vegetarian Grab-and-Go

How do you maintain a healthy diet on the run? Come and see how easy it is to prepare delicious, portable meals that'll keep you fueled up when you are on the go. These low-fat, cholesterol-free, pure vegetarian dishes are especially convenient to eat while working or at a sporting event. **FCC Trapedero II.**

81444 W 3/30 6-8:30pm \$38

MUSIC & PERFORMANCE

Community Song Circle: See 50+ Clubs, page 36.

Folk Banjo

Begin with simple chords and tunes and progress to more complicated picking. Supply your own five-string banjo and strap. **FCC Special Events Room B.** 5wks.

81493 W 2/16-3/16 6:30-7:30pm \$38

Piano Lessons: See the Youth Activities section, page 31.

Guitar Lessons: See the Youth Activities section, page 31.

Voices for All

This fun, interactive class will introduce you to professional voice acting techniques and will cover many key details of the industry. Class is taught by a professional voice actor. You'll get a voice evaluation, too. **FCC Public Conference Room.**

82616 Th 2/10 6-8pm \$32

**ENRICHMENT/
EDUCATIONAL****Adult Sign Language**

Ages 14+. Learn American Sign Language vocabulary, sentence building and finger spelling. You'll also gain an understanding about the deaf/hard-of-hearing culture. **FCC Public Conference Room.** 6wks.

81485 T 1/25-3/1 6-7:30pm \$57

Self Defense

Learn how to defend yourself in an aggressive situation and reduce the chances of an attack. **FCC Community Room A.** 2wks.

81486 W 2/16-2/23 6:30-8pm \$21

Dog Obedience Class

You'll learn basic obedience exercises and how to solve behavioral problems such as jumping, barking and chewing. For dogs 12 weeks old and older. Dogs can attend all classes except the first one. Proof of

vaccination is required at the first class. **FCC Resource Classroom.** 6wks.

81484 W 3/23-4/27 6:30-7:30pm \$55

NEW! The Upside to Downsizing

Learn to identify your waste and get rid of it. Develop strategies to manage paper, control inventory and maximize time, space, energy and money. Design your own "keep/purge" criteria, implement the Six D's of downsizing and detach from sentiment. Restore lifeless space. **FCC Public Conference Room.**

Sa 9am-noon \$16
81289 1/22 **81290** 3/19

Create a Website for Fun and Business!

Discover easy-to-use design tools you can use to create a Web site in an hour. No programming skills required. You'll learn key tips and the dos and don'ts of Web design. Optional workbooks are available for purchase in class. **FCC Public Conference Room.**

81274 Th 2/3 6-9pm \$50

NEW! Social Media 101

This social media crash course will teach you all about Facebook, Twitter, blogs and more! You'll learn how social media can connect you to health information updates or connect with fellow hobbyists like foodies, quilters, birdwatchers and literature enthusiasts. Sponsored by Oasis Education. **FCC Public Conference Room.**

81288 Sa 2/26 10:30am-noon \$11

NEW! The Best Movies of 2010

OASIS Education presents Quin Benzel, film critic from The Vancouver Voice. He'll share his insights regarding the best films of 2010, including Academy Award nominees and other lesser known or overlooked releases. He'll also talk about how he assesses a films' value, observations concerning the Motion Picture Academy's criteria and some soon-to-be released DVDs to be on the lookout for. **FCC Public Conference Room.**

81496 Sa 2/5 10:30-11:30am \$11

Secrets to Schmoozing

Do you dread attending social gatherings or business events? Learn how to walk into any room with confidence and mingle with ease. Whether your aim is to build your business, increase your personal contacts or just meet more people, you'll benefit from this practical course! **FCC Public Conference Room.**

Sa 10:30am-1pm \$21
81494 2/19 **81495** 4/16

Interpersonal Communication

Improve all facets of communication and listening. Focus on interpersonal communication and listening in relationships. Students explore perception, relating better with others, building inner confidence, non-verbal communication, attentive listening and more. **FCC Public Conference Room.**

82629 Sa 2/19 1:30-4pm \$21

