

RECREATION CENTER PROGRAMS - QUICK COURSES

How to Read the Activity/Course Information

JOB SEARCH BOOT CAMP-NEW

Strengthen and improve your job search results with this two-hour workshop. Whether you are new and looking for your first job, or an experienced professional looking to make a change, you will learn how to build a strong job search, influence interviewers, and make a stronger presentation.

99579 OAK Sa 9:30am-11:30am 7/11 1 Armstrong \$15

The title of the course is JOB SEARCH BOOT CAMP - *NEW*. The Course Code is 99579, and it meets at OAK POINT RECREATION CENTER on SATURDAYS from 9:30am-11:30am, begins JULY 11, meets 1 time, and the instructor is ARMSTRONG, and the fee for this course is \$15.

CAR = Carpenter Park Recreation Center
 DCC = Douglass Community Center
 LIB = Liberty Recreation Center
 OAK = Oak Point Recreation Center
 TMC = Tom Muehlenbeck Center

Beauty Tips

FOR YOUR EYES ONLY!

They say your eyes are the window to your soul, so let's take care of them! In this class you will learn to take care of the sensitive areas around your eyes which show the signs of aging the fastest. Let's turn back the clock with age-fighting skin care, cosmetic products, and techniques. You will also be treated to a complete makeover focusing on enhancing your eyes to their fullest potential!

99653 CAR Tu 7pm-8:30pm 6/16 1 Osterland \$10

HERE COMES THE SUN

Warmer days and time in the sun can dry and age your skin. Join our experienced beauty consultant and learn how to protect your skin, with the latest in professional skin and sun care products that fit your budget. Also bring out your glow with this summer's lighter lip gloss color.

99651 CAR Tu 7pm-8:30pm 6/23 1 Osterland \$10

KEEPING YOUR LOOK NATURAL-NEW

We're in the middle of summer so it's a great time to try neutral and lighter colors that bring out the natural beauty of your skin, eyes and lips. This class is taught by a professional beauty consultant who will teach you different makeup application techniques and will show you the latest in anti-aging skin care designed to soften and moisturize sun dried skin.

99655 CAR Tu 7pm-8:30pm 7/14 1 Osterland \$10

MAKEOVER WITH MOM (11-18 YRS)

Enjoy a fun learning experience focused on skin care and makeup application for both young girls and their moms. Daughters will learn good skin care habits, while moms will learn the benefits of using high quality age-defying skin care products. Try a new look with new colors and age appropriate makeup for daughters. The instructor is a Senior Beauty Consultant with a major cosmetics company who has experience working with women of all ages. Register daughter only, price is per couple.

99656 CAR Tu 7pm-8:30pm 7/7 1 Osterland \$15

Business

CORPORATE FINANCIAL STATEMENTS-NEW

Learn how to read and understand the numbers behind a company, such as debt, inventory, and cash flow. Learn how to calculate debt to equity, price/book, and free cash flow, and why these numbers are important. This class evaluates a company using many ratios from the company's annual report. The Income Statement, Balance sheet, and Cash Flow statement are analyzed. Quarterly reports are also discussed. (2 classes) Jul 21 & 23

101498 LIB Tu, Th 7pm-9:30pm 7/21 2 Fink \$30

COVER LETTERS THAT GET YOU JOBS-NEW

Never submit a resume without a strong cover letter! Often, the cover letter is the first impression you will make. Do not miss this opportunity to move yourself to the top of the candidate list. Taught by a professional writer, this workshop will teach you how to craft cover letters that will move you to the next step in the process-the interview.

99580 OAK Sa 9:30am-11am 8/8 1 Armstrong \$15

HOW TO BECOME A REALTOR

Thinking about a career in real estate sales where you can be your own boss? Learn from this experienced Realtor team how to get started in this exciting and rewarding business. Uncover the benefits and the problems associated with being a real estate agent and have your questions answered concerning licensing, training, MCE, start-up expenses, Realtor membership, and how to earn professional designations.

101100 LIB Tu 7pm-9pm 8/11 1 Pilliod \$5

HOW TO BUY THE HOME YOU WANT

Thinking of buying a home? Forget everything you have heard before about home buying, and learn from this experienced, professional team of specialists how easy, quick, and fun home purchasing can be when using this proven plan. Whether interested in new or pre-owned property, learn the very best way to get started, how to avoid wasting time and money, how to select a Realtor, choosing a builder, and how to compare financing options. Buying foreclosures will also be discussed.

101098 LIB Tu 7pm-9pm 6/16 1 Pilliod \$5

HOW TO SELL YOUR HOUSE

Need to sell your house but aren't sure how to get started? See how selling it yourself compares to listing with a Realtor. Learn which changes and repairs will help the sale. Find out how to determine market value, how to find real buyers and how to avoid the most common mistakes. Includes a special video presentation on pricing.

101099 LIB Tu 7pm-9pm 7/14 1 Pilliod \$5

RECREATION CENTER PROGRAMS - QUICK COURSES

HOW TO START AN INVESTMENT CLUB-NEW

Investment clubs are a great way to learn about investing! You learn by doing. This class shows how they operate, and why they are so popular. Discover how easy it is to start a club, and how your investing knowledge can be enhanced through club participation. The instructor has over 15 years experience starting and operating investment clubs in the Plano area.

101457 LIB W 7pm-9:30pm 8/12 1 Fink \$12

INVESTMENT INTRODUCTION

What every investor should know before investing. This class discusses different types of investments, typical returns, risks, and how to determine which is best for you. Determine if you need a broker and how to select one. This class provides an objective, factual overview of investing options.

101101 LIB Tu 7pm-9:30pm 6/9 1 Fink \$15

JOB SEARCH BOOT CAMP-NEW

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99579 OAK Sa 9:30am-11:30am 7/11 1 Armstrong \$15

LONG TERM CARE 101

All you ever wanted to know, but were afraid to ask! Learn how to protect your family's life savings from catastrophic illness. This class will include an in depth look at long term care insurance with recommendations on how to purchase the right benefits. We will also cover why Medicare and Medicaid will not pay for long-term care. Come learn about your long term care alternatives!

99311 OAK M 7:30pm-8:30pm 6/22 1 Kimberlin \$5

LOW BUDGET INVESTING

Learn how to invest in the stock market with as little as \$10 per week. Class will discuss stocks, mutual funds, exchange traded funds, dividend reinvestment plans (DRIP), investment clubs, the pros and cons of each and how to get started.

101102 LIB Th 7pm-9:30pm 6/25 1 Fink \$15

Crafts and Fine Arts

BOWS, BOWS, BOWS

Learn how to make lovely seasonal bows to decorate baskets, wreaths, gifts, etc. Learn a skill that you can use year round!

99589 OAK M 7:30pm-9pm 8/3 1 Smith \$15

BUDGET SCRAPBOOKING-NEW

From new, altering techniques to the extraordinary use of otherwise ordinary materials, join us as we do a whole lot more for a whole lot less! Students will make 3 two-page 12"x12" scrapbook layouts - that's 6 pages! Complete instructions and all supplies provided. Please bring some photos (preferably some that need to be cropped or otherwise 'improved').

99318 OAK Sa 9am-Noon 7/25 1 Broyles \$15

CARDMAKING 201-NEW

The long awaited follow-up of Cardmaking 101! We have made basic cards, but what about something with a little more pizzazz? Gift card holders, pocket cards, 'flip-flop' cards...even explosion cards! Participants will make 6 cards using fantastic techniques. Complete instructions, envelopes, materials, and supplies will be provided. Cardmaking 101 is not a prerequisite.

99321 OAK Sa 9am-Noon 8/22 1 Broyles \$15

CRAFTY CARD RECYCLING-NEW

Are you plagued by old greeting cards that you have received and have not thrown away? Learn how to transform them into an adorable mini-album that preserves your precious memories and has space for saved memorabilia! Complete instructions, materials, and supplies will be provided.

99320 OAK Th 6pm-8pm 8/13 1 Broyles \$15

DOLLAR STORE NO MORE

We are transforming those dollar store and garage sale 'finds' into treasures. Using paper, rubber stamps, and a few other supplies, you will be amazed at the difference we make on candles, glassware, and more! All supplies are included.

99315 OAK Th 6pm-9pm 7/9 1 Broyles \$20

GREETING CARD-A-PALOOZA!

Come and make 12 greeting cards with matching envelopes! No prior card-making experience is required. Each card will be pre-cut and ready to assemble, complete with full-color instructions. Several themes available from which to choose, including holiday, birthday, and general purpose. All supplies included.

99314 OAK Sa 9am-Noon 6/27 1 Broyles \$13

JEWELRY BEAD KNOTTING

Learn how to knot your very own pearl necklace! We will use Swarovski simulated pearls in your choice of colors and silk cord, finishing your necklace off with a sterling silver pearl clasp. Price includes all supplies and a knotting tool for you to take home with your new necklace. Pearl colors available are white, black, gray, and peach.

99421 OAK Su 1pm-3pm 6/28 1 Aalderink \$60

JEWELRY BEADING

Learn the basics of jewelry design with beads! Design and string a necklace, a bracelet, an anklet or pierced earrings. Step-by-step instruction is provided along with design techniques and an introduction to materials and tools. Genuine stone beads, Swarovski crystal beads, sterling silver beads and gold-filled beads will be available for purchase based on the number and type of beads you use for your design. Students will take home one completed project.

99420 OAK Sa 10am-Noon 6/20 1 Aalderink \$20

JEWELRY BEADING (INT)

You've taken the beginning class and want to do more. Continue a project from the beginning class or start a new one now that you know the basics. Double stringing and double strands will be covered for those who are interested in these techniques. Just like the beginning class, quality beads are available for purchase at a 'per bead' price. Prerequisite: Jewelry Beading with instructor Aalderink.

99422 OAK Sa 10am-Noon 8/15 1 Aalderink \$20

RECREATION CENTER PROGRAMS - QUICK COURSES

PAPER-TAPE DRESS FORM-NEW

A tailor's dress form can be an invaluable tool for perfecting the fit of a custom made clothing. Make an easy and inexpensive dress form by using paper packaging tape to make a life-size mold of your body. The paper-tape is provided; students only need to bring a snug-fitting t-shirt. No prior sewing experience necessary. This class is presented by the Dallas/Fort Worth Customer's Guild.

99418 OAK Su 1:30pm-4:30pm 7/12 1 Aalderink \$15

SEWING: VICTORIAN CHEMISE-NEW

The correct undergarments can make all the difference in the feel and fit of your costumes and period clothing. Join us as we make a Victorian chemise and discuss the other items of underclothing a 19th century lady would have worn. A full supply list will be provided upon registration. Prior sewing experience is essential. This class is presented by the Dallas/Fort-Worth Costumer's Guild.

99419 OAK Su 1:30pm-4:30pm 8/9 1 Aalderink \$15

SUMMER INSPIRED FRAGRANT CANDLE MAKING-NEW

If you enjoy candles, you may want to consider learning how to make your own. Using summer inspired colors and fragrances learn how to make a healthy 100% soy candle and learn the differences between this product and other types of candle waxes. Each student will make and decorated their own candle. All course materials are included in class fee.

99645 CAR Tu 6pm-8pm 6/30 1 Miller \$31

TWELVE SCRAPBOOK PAGES IN FOUR HOURS

Have you spent days completing a single layout? Fun? Yes. Efficient? No. Come learn easy techniques to complete 12 scrapbook pages in one 4 hour session. No tricks! All class materials are readily available at your local scrapbook or craft store. Participants will take home completed pages, all leftover supplies, and technique sheets and instructions to help apply what you have learned after the workshop. All supplies included.

99316 OAK Sa 9am-1pm 7/18 1 Broyles \$20

Etc...

BICYCLE MAINTENANCE (BASIC) (12 YRS & UP)-NEW

Join experienced cyclist Gene Carleton, Master Technician of Performance Bicycles in Plano as he instructs students on how to properly clean and lubricate their bikes, how to fix a flat, and how to check different hardware. Students are invited to bring their bike for a complimentary safety check.

100459 CAR W 7pm-8pm 6/17 1 Carleton \$5

BOATER SAFETY EDUCATION COURSE

The Coast Guard Auxilliary is offering a Boater Safety Education Course! This course is required for 13-17 year olds to operate a personal watercraft solo. The course also qualifies for a boat insurance discount from most insurance companies. Class includes both Texas Parks & Wildlife test and Coast Guard test.

99296 CAR Sa 9am-5pm 7/11 1 Schlehuber \$34

99297 CAR Sa 9am-5pm 8/9 1 Schlehuber \$34

BURGLARY PROTECTION

You will see a video of convicted burglars as they tell you what they look for in a house and what they avoid as they apply their trade. A crime prevention specialist will attend to offer crime prevention tips on how to 'harden' your residence from a would-be burglar.

101108 LIB Tu 7pm-9pm 8/11 1 PPD FREE

DEFENSIVE DRIVING

The Defensive Driving Course is state approved for the revocation of traffic tickets and auto insurance discounts. The course reviews driving attitudes, proper driving techniques, driving emergencies, seat belts, airbags, and drinking/driving laws. Permission for ticket dismissal must be given by the court prior to taking the class. A driver's license must be presented at class.

99574 CAR Su 11am-5pm 6/28 1 Sullivan \$30

HOME PEST CONTROL-DO IT YOURSELF!

Let professional exterminator Michael Bohdan of The Pest Shop Inc. teach you the 'Tricks of the Trade' in controlling pests. Both traditional and low-impact techniques will be given. A copy of Michael's 240 page book, 'WHAT'S BUGGIN YOU' is included.

101097 LIB Th 7pm-8:30pm 6/11 1 Bohdan \$19

IDENTITY THEFT PROTECTION

Protect yourself from identity theft. Learn how identity theft occurs and how to minimize your risk. Officer Mark Dawson of the Plano Police Department will teach you what to do if you become a victim and where to go for help to resolve credit problems.

101110 LIB Tu 7pm-8:30pm 8/25 1 PPD FREE

OPEN HOUSE DO'S & DONT'S-NEW

Selling a home in this crazy market? Learn how to maximize the return on your investment while minimizing the hazards of staging and opening your house to strangers. Join experienced, professional realtor James McLeod, and learn different strategies to avoid common mistakes and be successful in selling your home.

101509 CAR Th 7pm-9pm 6/18 1 McLeod \$8

PERSONAL PROTECTION

Want to take care of yourself? Mark Dawson of the Plano Police Department will inform you how to be more vigilant and a less attractive target. Learn how to become more aware of your surroundings and what to do if something does happen. Don't become a victim. You can't afford to miss this class for your own personal safety!

101109 LIB Tu 7pm-8:30pm 8/18 1 PPD FREE

YOU CAN CHARGE IT!



RECREATION CENTER PROGRAMS - QUICK COURSES

PET FIRST AID FOR DOGS & CATS

American Red Cross Pet First Aid for Dogs & Cats is a course designed to teach you the symptoms and care for common ailments and emergencies of your best friend, gives you instructions for creating a pet first aid kit, and gives you tips on maintaining your pet's health and well-being. You learn techniques that can help in life-threatening emergencies. This class offers a cat or dog first aid book with a DVD, which provides quick access to detailed instructions for 50 injuries and illnesses, plus practical pet health tips. Participants will receive a course completion certificate through the American Red Cross. *No pets allowed in class.*

101513	TMC	Sa	9am-1pm	6/20	1	Staff	\$50
101514	TMC	F	Noon-4pm	6/5	1	Staff	\$50
101515	TMC	F	Noon-4pm	7/3	1	Staff	\$50
101516	TMC	Sa	9am-1pm	7/25	1	Staff	\$50
101517	TMC	W	5:30pm-9:30pm	8/12	1	Staff	\$50

TOUR OF PUBLIC ART IN PLANO

Take a tour of the city's public art! Art enthusiasts will view twelve permanent indoor and outdoor installations, getting valuable background information on each piece. A great outing for the family, for PISD students, or anyone interested in knowing more about the art in the city of Plano. Meet in the Cox Building lobby.

101549	COX	Sa	9am-11:59am	6/6	1	Creative Arts	\$10
101551	COX	F	9am-11:59am	7/10	1	Creative Arts	\$10

UNDERSTANDING YOUR CREDIT REPORT & SCORE-NEW

Here is your chance to learn about what those confusing credit reports mean. Learn how to interpret the codes on the reports and gather awareness on credit bureaus. This class will provide information on reading the report and tips on maintaining or improving a credit score.

99731	OAK	W	7pm-8:30pm	7/22	1	Blend	\$5
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WHAT KIND OF BIKE SHOULD I BUY-NEW

Looking for a non-impact sport? Join Gene Carleton, a local Master Technician at Performance Bicycles in Plano who has over 10 years in the cycling industry including mobile mechanical support for North Texas bicycle rallies including the Hotter 'N Hell 100 held in Wichita Falls every August. Based upon your riding experience, personal goals, and budget, Gene will help educate you before you make that expensive bicycle purchase. Different bikes will be on display in class and bicycle accessories will also be discussed.

100454	CAR	W	Noon-1pm	6/10	1	Carleton	\$5
100456	CAR	W	7pm-8pm	6/10	1	Carleton	\$5

WHERE TO RIDE YOUR BIKE-NEW

With over 10 years of on and off road riding experience Gene Carleton, Master Technician at Performance Bicycles in Plano, will help participants to find the local paved and off-road trails to ride. Maps of local bike rally routes will also be available. In addition, cycling laws and the sport's 'unwritten rules' will be discussed.

100466	CAR	W	7pm-8pm	6/24	1	Carleton	\$5
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Health

21 DETOX PROGRAM FOR HEALTH & VITALITY-NEW

Are you sick and tired of feeling sick and tired? The Metabolic Syndrome consists of high blood pressure, high cholesterol, low energy, diabetes and increased weight gain through the mid torso. Is this you? You can gain control of these degenerative illnesses and restore your maximum level of health by learning how to detoxify your body in a comfortable, easy and healthy manor.

99416	CAR	Tu	7pm-9pm	7/14	1	Moore	\$10
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COUPLES MASSAGE

Bring your spouse, friend, or a family member and learn effective strokes that can improve overall health issues and aid in relaxation. Learn how to give a massage in ways that will be beneficial to others without leaving you in need of a massage yourself. Please come to class with a towel and your choice of lotion or oil, wearing a swimsuit or tank top with shorts. Price is per couple.

99520	OAK	Sa	10am-11am	7/18	1	Legrand	\$30
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CPR-ADULT, CHILD, INFANT & FIRST AID

This American Heart Association combination course will teach both Heartsaver Adult, Child, Infant CPR and Basic First Aid. Certification cards will be issued upon successful completion of written and skills evaluations. AED training also included.

100428	OAK	Th	6pm-9:30pm	6/18	1	Leech	\$45
100432	OAK	Sa	8:30am-Noon	6/6	1	Leech	\$45
100430	OAK	Th	6pm-9:30pm	7/30	1	Leech	\$45
100431	OAK	Sa	8:30am-Noon	7/11	1	Leech	\$45
100429	OAK	Th	6pm-9:30pm	8/13	1	Leech	\$45
100433	OAK	Sa	8:30am-Noon	8/22	1	Leech	\$45

GLUTEN-FREE 101

Whether you have been diagnosed with Celiac Disease or are gluten-intolerant, learning to adjust to life without wheat can be a daunting task. This class provides valuable information including a 14 page resource book, help for raising Celiac kids, demonstrations, and more. Since her daughter's diagnosis in 2001, Jennifer Cinquepalmi, author of The Complete Book of Gluten-Free Cooking, speaks to create Celiac Disease awareness, teaches gluten-free cooking classes and teaches Gluten-Free 101 classes.

101095	LIB	F	7pm-8:30pm	6/12	1	Cinquepalmi	\$15
101096	LIB	F	7pm-8:30pm	8/7	1	Cinquepalmi	\$15

LIVING WITH DIABETES

Learn to live healthy with diabetes. This class will teach people with diabetes how to eat for good blood sugar control. Understand how medications work and interact with eating and lifestyle.

99384	OAK	Tu	6pm-7pm	6/16	1	Reddy	\$5
99385	OAK	Tu	6pm-7pm	7/14	1	Reddy	\$5

RECREATION CENTER PROGRAMS - QUICK COURSES

NUTRITION BY DESIGN-NEW

How many times have you started 'eating healthier' and continued to gain weight? Or started a diet, been very diligent, and failed to lose or keep off the weight? If gas, bloating, or lack of energy is plaguing your life, then this program is designed for you. Learn how what you eat creates these situations and starting from the inside out learn how to overcome ailments caused by poor nutritional habits formed over your lifetime. Take action now!

99413 CAR Tu 7pm-9pm 6/16 1 Moore \$10

SELF MASSAGE-NEW

Are you stressed, tired and muscles knotted up? Dr. Amy Wood will teach special self massage techniques in trigger point therapy that you can use everyday to alleviate many stress related symptoms. Come and enjoy this soothing technique to help you handle stress in your life.

101456 LIB Tu 7pm-8pm 7/28 1 Wood \$5

Home and Cuisine

APPLE CARVING

Learn how to turn your ordinary red apples into birds. This will take your culinary art skills to the next level.

99235 TMC M 6:30pm-7:30pm 7/6 1 Chetchatree \$15

BREATHE EASIER: IMPROVING AIR QUALITY-NEW

Our city's air quality affects our health on a daily basis. In this class, you will learn about simple choices you can make each day to improve the city's air quality as a whole. You will also understand how certain materials and chemicals in your home can compromise air quality in your house, and what changes to make in order to improve your house health.

101094 LIB M 6:30pm-7:30pm 6/15 1 Baird \$5

E-WASTE: TOXIC TRASH-NEW

How can you recycle broken or unwanted electronics? Why is it important to do so? Learn about one of the fastest growing types of waste and how you can help divert it from the landfill.

101113 LIB M 6:30pm-7:30pm 6/22 1 Baird \$5

HAZARDS IN YOUR HOME-NEW

What dangers lurk in your cupboards? What hazards hide on your shelves? Learn about which household chemicals can be hazardous to your family's health, how to handle them and non-toxic alternatives.

101092 LIB M 6:30pm-7:30pm 6/9 1 Baird \$5

HONEYDEW MELON SCULPTURE (ADV)-NEW

Take your fruit carving skills to the next level. Learn how to turn your ordinary honeydew melon into a beautiful work of art.

99236 TMC M 6:30pm-7:30pm 7/13 1 Chetchatree \$15

INTERIOR DECORATING ON A BUDGET

Discover how to avoid costly mistakes, stay within budget and reflect your own style! Let us show you how to create a master plan. Learn tips on space planning, furniture selection, window treatments, wall finishes and floor coverings. Achieve 'the look' for less and save!

101106 LIB Tu 7pm-9pm 6/16 1 Krolick \$12

RAW SALADS & DRESSINGS-NEW

Tantalize your taste buds this summer with healthy homemade salad dressings without dairy, white flour or white sugar. Using healthier ingredients consisting of agave nectar, almonds, cilantro, kelp and miso you'll learn how to create cool and appetizing recipes as Caesar Salad, Creamy Ranch Fusion, Green Goddess Dressing, Raspberry Dressing, Layered Tomato Spinach and Nut Cheese salad. I'm hungry already, how about you?

100403 CAR Tu 7pm-9pm 6/23 1 Russell \$32

TEX-MEX FIESTA-NEW

Mexican food is what many people crave when they want something hearty, cheesy, and comforting. Unfortunately, traditional Mexican Cuisine is high in calories, sometimes greasy, and often short on fresh veggies. This class will introduce the vegan raw food preparation techniques which will enable you to make a truly healthy as well as delicious Fiesta for your family and friends.

100402 CAR Tu 7pm-9pm 8/4 1 Russell \$32

Parenting

LIVING WITHOUT COLIC-NEW

Is your new precious bundle of joy causing you sleepless nights? A fussy baby who is in pain should not be the way to start life out together. Babies who are agitated, tense and crying all the time are communicating to the world their discomfort. Dr. Moore has fondly been called 'the baby whisperer!' This course will teach you key components of what causes colic and what to do about it. In addition, Dr. Moore will cover what certain body postures mean in babies and young children.

99417 CAR Tu 7pm-9pm 8/4 1 Moore \$10

PARENTING: KEEPING OUR TEENS ON TRACK-NEW

Learn how to help teens succeed with the 10 Tasks of Adolescence, The 40 Developmental Assets for Adolescents, and The 5 Basics of Parenting Adolescents. Parents remain critically important as guides, mentors, sounding boards, and advocates. Don't give up; parents have power. Study guides are provided.

99600 OAK M 7pm-9pm 7/27 1 Carlile \$20

Personal Development

ANXIETY STRESS RELEASE THROUGH HYPNOSIS-NEW

Hypnosis is not only a way to lose unwanted stress, but is one of the most effective ways to stay stress free. This class will help you learn the necessary tools needed for meditation and relaxation. Wear comfortable clothes and bring a pillow and two blankets to class.

100529 TMC W 8pm-9pm 8/5 1 Duplant \$32

COMMUNICATION BUILDING FOR COUPLES

This class is for couples who want to strengthen their communication with each other. Dr. Pam Garcy will teach you some basic techniques for successful communication, which are often taught by couples' therapists. Save yourself time, money and heartbreak with this class.

100511 TMC M 7:30pm-8:30pm 7/13 1 Garcy \$32

RECREATION CENTER PROGRAMS - QUICK COURSES

CREATIVE SOLUTIONS TO SOLVING PROBLEMS-NEW

If you are looking for innovative solutions to personal, professional and market place problems and opportunities, this highly interactive and fun workshop is for you. Learn tools and techniques for idea generation, solution development and implementation. With a 10-year career in higher education and corporate training for Fortune 500 companies, your instructor has a passion for people who recognize their own creativity and the powerful influence it can have in their professional and personal lives. Whether you want to learn business or personal problem solving techniques, this program holds a creative solution for you.

100539 CAR M 7pm-9pm 8/17 1 Cullum \$30

DEALING WITH DIFFICULT PEOPLE-NEW

People are different and dealing with our differences makes the world an interesting, and sometimes challenging place. If you are dealing with a difficult situation at work or in your personal life involving a conflict with another person, this workshop is for you. Learn strategies for assessing personality styles, enhancing your listening skills and effectively resolving differences. With a 10-year career in higher education and corporate training for Fortune 500 companies, your instructor has a passion for empowering people to work beyond their differences to solve problems and take advantage of opportunities. If you are ready to improve your working relationships with a wide range of people, sign up for this workshop today.

100552 CAR W 7pm-9pm 7/8 1 Cullum \$30

EXCEL IN SPORTS (16 YRS & UP)-NEW

Get in the zone. Through hypnosis, learn to relax, concentrate and add the mental aspect to your game. Please bring pillow and blanket to class.

100532 TMC W 8pm-9pm 7/9 1 Duplant \$32

HOW TO TAP INTO YOUR CREATIVITY

Wish you could work on a creative project, like a book, a new song or piece of art? Dr. Garcy, author of The Power of Inner Guidance, will teach you some techniques for moving past your mental blocks and tapping into your creative side.

100361 TMC M 7:30pm-8:30pm 6/22 1 Garcy \$32

HOW TO WORK ON YOUR MARRIAGE-NEW

A good marriage requires a passionate and respectful attitude. Empathy and sensitivity are necessary for the trust and vulnerability possible in a mature relationship. Unregulated emotions, conflict avoidance, and negativity can destroy intimacy. Learn the guidelines of avoiding the five echelons of frustration, how to fight nice, and how to use anger as a constructive force. This class is taught by a Licensed Professional Counselor.

99597 OAK M 7pm-9pm 6/29 1 Carlile \$20

HOW TO WRITE A BOOK

Now is the time to start writing the book that is inside you. Dr. Pam Garcy, local best selling author, clinical psychologist and mother of three, will share the strategies she used to write her first book.

100360 TMC M 7:30pm-8:30pm 6/15 1 Garcy \$32

100514 TMC M 7:30pm-8:30pm 8/10 1 Garcy \$32

INCREASE MOTIVATION-NEW

Learn to become more motivated and achieve your goals. Through relaxation and hypnosis techniques, this class will help you meet your goals.

99740 OAK Th 7pm-8pm 6/18 1 Duplant \$32

LET GO & ENERGIZE YOUR LIFE

It is time to allow hypnosis to help you release emotional baggage and move on to energize your life. Learn to enjoy everything that is out there waiting for you.

99758 OAK Th 7pm-8pm 7/2 1 Duplant \$32

LIVING WELL W/ PEACE OF MIND IN RETIREMENT-NEW

If you are approaching retirement or are already retired this unique program will enlighten you on how to achieve peace of mind while preparing for and living in retirement. Our team of experts will cover their area of expertise which includes Financial Planning and Tax, Long Term Care Insurance, and Medicare/Medicaid Planning. These experts promise to bring you up to date on all of your retirement planning needs including, projecting income needs, tax implications, insurance solutions for health care and LTC. This presentation will not only clear up any misconceptions when it comes to retirement planning, but will give concise information you can apply to your personal situation.

100409 CAR Sa 10am-Noon 6/27 1 Monohan \$11

MEDIATION FOR LIFE & BUSINESS-NEW

Involved in a legal issue and would like to be educated on the mediation process before attempting one? Work in an industry that has highly emotional conflicts? Have a fantastic job that regularly deals with clients or employees? This class will introduce you to the skills to successfully managing each. Join us as we discuss the mediation process and the mediators' role in this technique to reaching resolution.

99590 OAK Sa 10am-11am 7/11 1 Smith \$15

NEGOTIATION FOR LIFE & BUSINESS-NEW

Some people have a natural ability to negotiate, while others are too shy and give in to unfair or unreasonable negotiations. This class gives you the steps and skills to successfully negotiate in your business and personal life, regardless of your current level of negotiation.

99591 OAK Sa 10am-11am 7/25 1 Smith \$15

NO MORE NAIL BITING

Learn how to control your nail biting habit! Through relaxation and hypnosis techniques, this class will help you break your habit. Please bring pillow and two blankets

100528 TMC W 8pm-9pm 6/24 1 Duplant \$32

OVERCOME DEPRESSION-NEW

This class will help you to refocus your life and learn some techniques to assist you in overcoming depression. Through relaxation and hypnosis techniques, this class will help you move forward with your life. Release depression and become healthier and happier!

99739 OAK Th 7pm-8pm 6/11 1 Duplant \$32

PMS MANAGEMENT THROUGH HYPNOSIS-NEW

Through hypnosis, learn how to deal with the stress of PMS, how to relax during that time of the month, and how to keep food cravings in check. Please bring pillow and blanket.

100538 TMC W 8pm-9pm 8/12 1 Duplant \$32

PUSH PAST PUBLIC SPEAKING PHOBIA

If you avoid public speaking because you are scared, now is the time to allow Dr. Garcy, local psychologist and speaker, to share some secrets to overcoming your phobia.

100509 TMC M 7:30pm-8:30pm 7/6 1 Garcy \$32

RECREATION CENTER PROGRAMS - QUICK COURSES

RELAXATION FOR PAIN MANAGEMENT-NEW

Did you know that relaxation training is widely used by many chronic pain programs? Allow Dr. Garcy, local psychologist, to teach you how to use relaxation to help yourself get some additional chronic pain relief.

100513 TMC M 7:30pm-8:30pm 8/3 1 Garcy \$32

SILENCING YOUR INNER CRITIC

During this focused class, Dr. Pam Garcy will provide straight forward tips for silencing your inner critic and allow the real you to come through.

100340 TMC M 7:30pm-8:30pm 6/8 1 Garcy \$32

100512 TMC M 7:30pm-8:30pm 7/20 1 Garcy \$32

STOP SMOKING TOTALLY

Use hypnotherapy to help you stop smoking, and help you live a happier, healthier life. Through hypnosis, Nanci Duplant a certified hypnotherapist will conduct this relaxing session. Please bring a pillow and blanket to class.

100527 TMC W 8pm-9pm 6/17 1 Duplant \$32

WEIGHT LOSS THROUGH HYPNOSIS

Learn to take control of your food intake. Hypnosis is not only a way to lose that unwanted weight, but is one of the most effective ways to keep your weight at a desirable level. Wear comfortable clothes (and tennis shoes) and bring a pillow and two blankets to class.

100526 TMC W 8pm-9pm 6/10 1 Duplant \$32

WHEN TALENT IS NOT ENOUGH-NEW

In today's competitive employment environment, simply having talent and skills isn't enough. If you are looking for tools and techniques to propel your career forward, you have come to the right place. Learn strategies for creating career opportunities, owning one's own self-development, creating and presenting proactive solutions that position you as a valuable employee in addition to learning how to create and manage a network of sponsors that help to progress your career. With a 10 year career in higher education and corporate training for Fortune 500 companies, your instructor has a passion for improving individual and group performance and productivity in the workplace. Whether you want to attract a new employer, progress your current career or switch to a new career all together, attending this workshop can help you achieve your career goals.

100540 CAR W 7pm-9pm 8/12 1 Cullum \$30

Shows/Events

BICYCLE RODEO (6 YRS & UP)-NEW

This one day event focuses on bicycle safety and bicycle handling skills for kids and adults. Bicycle safety inspections will be performed by Gene Carleton, Master Technician at Performance Bicycles in Plano, and a road course will be set up to teach riders basic bicycle handling skills. The rodeo concentrates on teaching kids about cycling, however adults are welcome to attend and participate. The information shared will benefit everyone, come join the fun.

100475 CAR Sa 10am-Noon 6/20 1 Carleton \$3

DIVE IN MOVIES

The whole family is invited to lounge pool side or float while watching a family favorite from the outdoor pool at the Tom Muehlenbeck Center. Pool admission is \$6 per adult, \$3 per youth, ages 2 and under free. June movie - Shark Tale: ages 3-16 #101538; ages 17+ #101539. July movie - Madagascar: Escape 2 Africa: ages 3 - 16 #101849; ages 17+ #101850.

101538 TMC Tu 8:30pm-10:30pm 6/23 1 Staff \$3

101539 TMC Tu 8:30pm-10:30pm 6/23 1 Staff \$6

101849 TMC Tu 8:30pm-10:30pm 7/28 1 Staff \$3

101850 TMC Tu 8:30pm-10:30pm 7/28 1 Staff \$6

Yard and Garden

10 STEPS TO AN ENERGY EFFICIENT HOME-NEW

Energy bills got you down? Learn some simple steps you can take to lower your home energy costs. This class will teach you some basic habits and Do-it-Yourself projects that can help your family conserve energy and save money in your home.

101093 LIB M 6:30pm-7:30pm 6/8 1 Baird \$5

RAINWATER HARVESTING

Water remains a precious and finite resource here in North Texas. Learn how you can conserve water, why water conservation is so important to our future and different ways you as a homeowner can harvest rainwater for use in your yard and garden. Also learn how simple it is to design a rain garden and build your own rain barrel to collect and store this precious resource.

101111 LIB Th 6:30pm-8:30pm 6/11 1 Hoffer \$5

SMARTSCAPE PERENNIALS

Learn about drought tolerant native and well adapted plants that will provide color and beauty to your yard year after year. As an added bonus, many will attract hummingbirds and butterflies! This class is taught by Collin County Master Gardeners Association (CCMGA).

101105 LIB Tu 7pm-8:30pm 6/16 1 CCMGA \$8

VEGETABLE GARDENING & COMPOSTING

The instructor has been gardening in Plano for over 15 years. His best harvest was 554 pounds of red bell peppers, cucumbers, Roma tomatoes, and figs. If you have sunshine and can follow instructions, you can have a productive garden. Gardening is also fun for children. Composting kitchen and yard waste is easy, reduces garbage, and enriches your garden's soil.

101107 LIB W 7pm-9pm 7/8 1 Caldwell \$7

WATER-WISE: BASICS OF EFFICIENT IRRIGATION-NEW

Are you thinking of installing an automatic sprinkler system or wondering about drip irrigation? Do you need information on how to maintain your existing system? Come find out about the most current technology and methods for efficient and effective landscape watering.

101112 LIB Th 6:30pm-8:30pm 6/25 1 Hoffer \$5