

FOR AGES 12-17 | SUMMER 2016

COLLEGE FOR
TEENS

REGISTRATION BEGINS APRIL 1

INSTANT ONLINE ENROLLMENT:

mccneb.edu/ce

Payment required at time of registration

Phone: 402-457-KIDS (5437)

If you register and cannot attend,
call 402-457-KIDS (5437) to drop
the class before the first day.



METROPOLITAN
Community College

mccneb.edu | 402-457-2400

TOURS:

Adventure Tour

Imagine receiving a guided tour of University of Nebraska's Memorial Stadium, hearing a wolf howl and seeing a Lockheed SR-71 Blackbird spy plane. This, and more, awaits you when we travel and explore I-80's corridor from Ashland to Lincoln, Nebraska. Begin the day at the North Stadium Lobby and meet your tour guide. Then explore Memorial Stadium, including the Osborne Athletic Complex, Hawks Champions Center, a peek at the Suh Strength Complex and Athletic Medicine area, National Championship and Bowl Trophy displays, and the Nebraska Heisman Room. A delicious buffet luncheon (including pizza, fried chicken, salad bar, dessert and beverage) will be provided by the Pizza Ranch.

In the afternoon, receive a guided tour of a Wildlife Safari in Ashland, Nebraska. The deluxe motor coach will drive through the park which includes scenic prairies and wetlands. The area features dozens of native North American animals, including bison, elk, black bears, gray wolves and cranes. Afterward, another highlight of the day will be the Strategic Air and Space Museum. The museum features historic aircraft, missile and space vehicles. Tour the aircraft display hangars, the traveling exhibit area, the interactive gallery and museum store. The museum participates in an exhibit exchange program with other national museums and displays them in the traveling exhibit area.

The cost of this tour is for one teen and one parent. Only the teen should call in to register. The cost paid to MCC is for bus transportation, the Memorial Stadium guided tour, Wildlife Safari guided tour, the Strategic Air and Space Museum guided tour and the buffet luncheon (including meal, tax and gratuity). Bring money for other snacks and shopping. Our deluxe motor coach departs promptly at 8:30 a.m. from Sarpy Center; park and meet the bus in the northeast parking lot. Return is at approximately 6 p.m. The trip leader is Kevin Kowskie. Requirement: moderate walking.

Sarpy Center, 9110 Giles Road

TEEN 210N 80 SA 07/23-07/23 08:30A-06:00P \$130

WORKSHOPS:

Acrylic Painting From Your Very Own Selfie

Bring a favorite photo and learn to paint it. Learn techniques and composition so that you can re-create your photo into a finished canvas painting to cherish for years to come. Wear old clothing. Bring \$10 lab fee. (one session)

Adventure in Art, 6001 Maple St. (use east door)

TEEN 115N 80 TH 07/21-07/21 10:00A-12:00P \$12

Art Composition

Ever wonder why something looks good and something else doesn't? Composition is the reason and with this class, you can learn the tricks to good composition. Explore design elements, like shape, to the principles of putting things together to achieve great compositions. By the way, you'll notice design everywhere after taking this class! Wear old clothing. Bring a \$5 supply fee. (one session)

South Omaha Campus, 27th and Q streets

TEEN 184N 80 M 07/18-07/18 10:00A-12:00P \$12

CANVAS CREATIONS:

Explore your creativity by painting your very own masterpiece! Learn new artistic styles and techniques while enjoying a relaxed atmosphere, upbeat music and something to snack on. Follow your instructor with stroke-by-stroke instructions as you create an original painting. All skill levels are welcome. Sign up today and inspire your inner artist! Supplies and snack included. Wear old clothing. Check out the paintings online at mccneb.edu/ce. (one session)

Go Big Red

Do Space, 7205 Dodge St.

TEEN 166N 80 M 06/20-06/20 06:00P-08:00P \$24

Home is Where the Heart Is

Do Space, 7205 Dodge St.

TEEN 166N 81 W 06/22-06/22 06:00P-08:00P \$24

Summer Flip Flops

Do Space, 7205 Dodge St.

TEEN 166N 82 F 06/24-06/24 06:00P-08:00P \$24

Take all three workshops and receive a discount.

Use this course number to register for all three workshops.

TEEN 167N 80 MWF 06/20-06/24 06:00P-08:00P \$60

Father's Day Face & Figure

What a better way to spend time with dad than by exploring something new together. Bring your dad to class for free and explore drawing the human form — an actual human model. Take part in this great art tradition and learn the basics of proportion and tricks to draw figures and have fun playing with shape and form. Registration is for two people; only one person should call in. Wear old clothing. Bring a \$14 lab fee to cover both students. (one session)

Do Space, 7205 Dodge St.

TEEN 178N 80 SA 06/18-06/18 10:00A-12:00P \$12

Good Night Light

Sleep tight by the glow of a handmade, beautiful nightlight. Create by using fusible glass and your own creative design. Wear old clothing. Bring \$10 lab fee. (one session)

Adventure in Art, 6001 Maple St. (use east door)

TEEN 185N 80 W 07/20-07/20 10:00A-12:00P \$12



FIND YOUR KNACK ART WORKSHOPS

Immerse yourself in creativity and explore your own vision while learning multiple techniques in different art classes. Find your knack with the realization you are capable of creating unique and beautiful art of all kinds. Wear old clothing.

Paper Collage

Discover paper collage as a medium while working with a variety of patterned paper to create a finished representational collage on the subject matter of your choice. Paper collage not only aids artists to see and work in blocks of color and gradient, it is a great segue into other types of collage. Bring a photo or reference object to work from. Supplies included. (one session)

Do Space, 7205 Dodge St.

TEEN 168N 80 M 06/13-06/13 09:00A-12:00P \$35

Scratchboard

Bring your love of illustration and detail to explore the technique of etching or "scratching" to create a drawing. It is a tedious yet rewarding process that allows you to create intricate, beautiful drawings. Bring a photo or reference object to work from. Supplies included. (one session)

Do Space, 7205 Dodge St.

TEEN 169N 80 T 06/14-06/14 09:00A-12:00P \$35

Styrofoam Printmaking

Discover the fundamental steps of printmaking, for beginners, by learning the fun and affordable process of printmaking with styrofoam. Prepare to get messy and make prints for unique gifts and décor. Bring a photo or reference object to work from. Supplies included. (one session)

Do Space, 7205 Dodge St.

TEEN 170N 80 W 06/15-06/15 09:00A-12:00P \$35

Go Big, Charcoal Drawing

Be creative with fantastic and messy charcoal. Explore different types of charcoal on large pieces of paper attached to the wall. This is an epic way to express yourself ... go big or go home! Supplies included. (one session)

Do Space, 7205 Dodge St.

TEEN 171N 80 TH 06/16-06/16 09:00A-12:00P \$35

Oil Pastel Masterpiece

This is a great class to explore your fun side. It combines drawing, finger painting and art history as you select a masterpiece to use as inspiration for your creation. Choose from artists like Monet, Cezanne, Van Gogh and many more. Use pastels to smear and scratch onto paper. You may be surprised how much it looks like a painting. Supplies included. (one session)

Do Space, 7205 Dodge St.

TEEN 172N 80 F 06/17-06/17 09:00A-12:00P \$35

Take all five workshops at Do Space and receive a discount. Use this course number to register for all five workshops.

TEEN 183N 80 MTWTHF 06/13-06/17 09:00A-12:00P \$150

Pen & Ink Drawing

Use the closest thing to old time feather quills and india ink, as well as more modern ink pens. Choose between controlled illustrations used in manga, or loose expressive drawings that explore what ink can do. Finish off your drawing with a wash of color, or not. You have the freedom to create! Wear old clothing. Bring \$7 lab fee. (one session)

South Omaha Campus, 27th and Q streets

TEEN 186N 80 F 07/22-07/22 10:00A-12:00P \$12

Pop Art Selfie

Discover popular artists, Andy Warhol and Roy Lichtenstein and the art messages they display. Learn one of the many pop art techniques by transforming your favorite selfie into a stencil that will be applied to canvas to create a one of a kind pop art inspired masterpiece. Wear old clothing. Bring a \$15 supply fee. (one session)

Do Space, 7205 Dodge St.

TEEN 187N 80 T 07/19-07/19 06:00P-09:00P \$18

Summer Paycation

Do you need some extra cash in your pocket? Are you thinking about a summer job? Separate yourself from the other job candidates to give you the edge that you need for that job, whether it's now or in the future. We will get you ready by introducing you to what is expected during an interview process with role playing, mock interviews and developing a résumé. Learn proper etiquette for greetings, introductions, conversation, body language and more. (one session)

Elkhorn Valley Campus, 204th and West Dodge Road

TEEN 165N 80 T 05/31-05/31 06:00P-08:00P \$12

Do Space, 7205 Dodge St.

TEEN 165N 81 TH 06/02-06/02 06:00P-08:00P \$12

Urbanscape with Oil Pastel

Take a trip outdoors to sketch a street scene, an urban landscape. Use this sketch to paint the scene using colorful oil pastels. These pastels are smeared and scratched onto paper. You haven't had this much fun since elementary school. Wear old clothing. Bring \$5 lab fee. (one session)

South Omaha Campus, 27th and Q streets

TEEN 117N 80 T 07/19-07/19 10:00A-12:00P \$12



YOGA EMPOWERMENT WORKSHOPS:

At your age, your body and brain are changing at rates that can seem crazy. Spend your summer exploring several different yoga techniques that will help you embrace these changes and find a sanctuary from the insanity of your everyday teenage life. Build strength, control, coordination, flexibility and confidence fusing a fun mix of breath work, relaxation, meditation and even Pilates into yoga. Discover how great you can feel by energizing your body and clearing your mind, all while freeing your spirit! Bring a yoga mat or beach towel to class.

Goddess Yoga

Build strength, flexibility and confidence through a fun mix of yoga movements, breath work and relaxation. Discover how great you can feel in this workshop designed especially for you! Bring a yoga mat or beach towel to class. (one session)

Do Space, 7205 Dodge St.

TEEN 179N 80	T	06/07-06/07	06:30P-08:00P	\$9
TEEN 179N 81	SA	06/11-06/11	12:00P-01:30P	\$9

Meditation Yoga

Would you like to learn more about yoga and meditation? Join us for a playful mix of mindful movement, breath work and basic meditation. Sure to energize your body, clear your mind and free your spirit! Bring a yoga mat or beach towel. (one session)

Do Space, 7205 Dodge St.

TEEN 180N 80	T	06/14-06/14	06:30P-08:00P	\$9
TEEN 180N 81	SA	06/18-06/18	12:00P-01:30P	\$9

Yoga Pilates Fusion

Build core strength while you move, breath and stretch with others just like you. Discover how the practice of yoga and pilates can provide a balanced, full-body workout that is fun to do! Bring a mat or beach towel with you. (one session)

Do Space, 7205 Dodge St.

TEEN 181N 80	T	06/21-06/21	06:30P-08:00P	\$9
TEEN 181N 81	SA	06/25-06/25	12:00P-01:30P	\$9

Take all three workshops at Do Space and receive a discount.

Use this course number to register for all three Tuesday workshops.

TEEN 182N 80	T	06/07-06/21	06:30-08:00P	\$24
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Use this course number to register for all three Saturday workshops.

TEEN 182N 81	SA	06/11-06/25	12:00P-01:30P	\$24
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CAMPS:

Acting Out: First Page to Center Stage

This camp will guide young actors and actresses through the process of script selection, rehearsal and performance. Areas of focus will include improvisational acting, movement-based theatre, vocal expression, and dramatic and comedic performance. Practice breathing, speaking and acting like stars on the silver screen. (five sessions)

Elkhorn Valley Campus, 204th and West Dodge Road

TEEN 190N 80 MTWTHF 06/27-07/01 01:00P-04:00P \$90

Adventures in DC Comics Film Universe

Are you ready to fly high with Superman, Green Lantern, Wonder Woman and Batman? Take this cinematic adventure. Journey through the expansive history of the Man of Steel himself, Superman. Learn how America's Boy Scout is still relevant 75 years after his creation. Then, grab your batarang, because it is time to soar with the caped crusader, Batman. Look deep into the Batman mythos that began with creators Bill Finger and Bob Kane and will continue to fly with actors Ben Affleck and Zach Snyder. Before continuing film-watching fun, start work on your own screenplays that may capture a DC character's stories or a character creation of your own. Finally, jump into a universe so easily forgotten, the DC animated universe. Talk about storyboarding and the importance of visually telling a story. All movies are PG or PG-13. (four weeks)

Elkhorn Valley Campus, 204th and West Dodge Road

TEEN 141N 80 MTWTH 07/11-07/14 06:00P-09:00P \$84

Anatomy, Inside & Out

Participate in this unforgettable hands-on class to uniquely explore the anatomy of different animals. With step-by-step directions, dissect a grasshopper, crayfish, yellow perch and a pig. Take advantage of this great opportunity. (five sessions)

Sarpy Center, 9110 Giles Road

TEEN 191N 80 MTWTHF 07/11-07/15 02:00P-03:00P \$50

Come Sail Away

Get on board and explore the basics of sailing. Discover how to set up the boat, tie a few knots and get in the water to discover the wonders of the wind on a sail. Sailing is an exhilarating and relaxing sport you can enjoy for a lifetime. A 14-foot single person Sunfish is provided for use. Bring your own life jacket if you have one or you can borrow one from the camp. Wear appropriate clothing for getting wet, including closed-toe water shoes. Textbook included. (four sessions)

Lake Manawa Sailing Association, 812 Commanche St.
(Council Bluffs)

TEEN 164N 80 MTWTH 06/13-06/16 01:00P-03:30P \$50

Culinary Adventure Camp

Begin each day in the pantry or garden where you will discover the ingredients necessary to start an exciting culinary journey. Then, let our experienced chef-instructors and culinary students lead you through the kitchen where you will practice your skills with a knife and at the stove. Finally, take a seat in the dining room to taste and evaluate the quality of your work. Each day is a new adventure. Come hungry. (four sessions)

Fort Omaha Campus, Institute for the Culinary Arts
30th and Fort streets

TEEN 208N 80 MTWTH 06/27-06/30 10:00A-02:00P \$120



Fireteen Safety Skills Boot Camp

Explore the proper procedures of first aid, cardiopulmonary resuscitation (CPR), automated external defibrillators (AED) and fire extinguishers. Gain the basic skills necessary to effectively identify and treat emergencies in the critical first minutes of injury or illness until emergency medical service personnel arrive. Learn proper fire extinguisher usage while participating in a small-fire exercise and learn sound decision-making processes on when to use an extinguisher. Be challenged both mentally and physically as you are introduced to your new role as an emergency care provider. End with a completion ceremony and receive a certification card and certificate of completion. (four sessions)

Applied Technology Center, 10407 State St.

TEEN 163N 80 MTWTH 06/06-06/09 09:00A-12:00P \$90

Game On

Explore the incredible world of tabletop games. Rediscover iconic games, uncover brand-new games and discuss their differences. With the help of aspiring and published game designers — you will design, create and test your very own tabletop game. Become part of this ever-growing hobby. (five sessions)

Do Space, 7205 Dodge St.

TEEN 189N 80 MTWTHF 06/20-06/24 01:00P-04:00P \$90

Hands-On Astronomy

This class is designed to offer students hands-on activities to either introduce them to astronomy or to enhance what they already know. Some of the topics we will cover include: black holes and gravity, the age and size of the universe, and locating celestial objects in the summer night sky. If you are fascinated by astronomy, this is the class for you. (five sessions)

Fort Omaha Campus, 30th and Fort Streets

TEEN 188N 80 MTWTHF 06/06-06/10 06:00P-07:30P \$50

Elkhorn Valley Campus, 204th and West Dodge Road

TEEN 188N 81 MTWTHF 06/27-07/01 06:00P-07:30P \$50

Marvel's Marvelous Journey

Take this opportunity to watch, read and create comic adventure stories from the Marvel universe. Begin the class by watching either clips or full films from the Marvel cinematic universe and discussing how these films do or do not connect with their comic counterpart. Delve deep into the depths of the cinematic history of this film making universe. From the early Spider-Man and X-Men films to the ever-expanding Marvel cinematic universe established with the introduction of Iron Man, see how the company has evolved and will continue to grow. Get the chance to work on your own Marvel screenplays or one of original design and present on the final day. Get ready for a MARVELOUS adventure that spans Earth, space and Asgard, and learn to create your own stories based on Earth's mightiest heroes. All movies are PG or PG-13. (four weeks)

Elkhorn Valley Campus, 204th and West Dodge Road

TEEN 140N 80 MTWTHF 07/11-07/14 09:00A-12:00P \$84

Star Wars: A Visual Journey From the Beginning of the Force to the Awakening

Experience all the joy of Star Wars, with teens just like you, while taking a journey through film and television. Discover how the original trilogy was created and better appreciate the brilliant storytelling in these films, which have inspired so much of our culture today. Jump ahead in time and discuss the prequel trilogy. What worked and what didn't work? Discuss and present your best arguments for both sides of this cinematic debate. Finally, we'll look at more recent Star Wars entertainment, including The Clone Wars, Rebels and, of course, Star Wars: The Force Awakens. Don't worry parents, we won't just be watching movies and television. We'll be discussing visual storytelling, creative writing, mythology and more. All movies are PG or PG-13. (four sessions)

Do Space, 7205 Dodge St.

TEEN 175N 80 MTWTH 07/18-07/21 06:00P-09:00P \$84

Superheroes Film Class

Are you a teen who can easily recite all of the members of the Avengers or the Justice League? Do you know the alter egos of The Flash, Spider-Man and Batman? This class is devoted to all things superheroes, but we won't simply be watching these colorful characters on screen. We'll be discussing their origins from original creation to big screen incarnation. We'll also be talking about all the behind-the-scenes work that goes into bringing these characters to life. Finally, we'll talk about the movies that no one ever saw due to development problems. Come for the movies and TV shows featuring your favorite heroes, but stay for the in-depth education about these characters and their appearances on the big and small screen. (four sessions)

Do Space, 7205 Dodge St.

TEEN 176N 80 TWTHF 07/05-07/08 10:00A-01:00P \$84

Urbanscape Downtown

Downtown is where it's at! Join us at Gene Leahy Mall to start our drawing class surrounded by buildings. Learn perspective techniques and choose a downtown view to draw. Explore different techniques to make your urbanscape look amazing. The second week, we will meet at the Do Space to add the finishing touches, including color. Bring a \$10 lab fee. (two sessions)

Gene Leahy Mall, 1302 Farnam St.

Do Space, 7205 Dodge St.

TEEN 199N 80 MT 06/27-06/28 01:00P-03:00P \$24

Veterinary Science, Inside & Out

Participate in hands-on activities to discover animal needs, disease, parasites and genetic disorders. With step-by-step directions, dissect a heart, an eyeball and other organs to learn about the systems of the body. (five sessions)

Sarpy Center, 9110 Giles Road

TEEN 124N 80 MTWTHF 07/11-07/15 01:00P-02:00P \$50

World Drumming Circle

From North America to Africa's west coast; from India to the islands of the Caribbean, we'll explore the world of percussion and drumming with our bare hands. We'll make some beats together, have fun and perform our drum circle on the last day class. Bring your favorite djembe, congas, bongos, shaker or even a cowbell. (five sessions)

Do Space, 7205 Dodge St.

TEEN 207N 80 MTWTHF 07/18-07/22 04:00P-05:00P \$30

CONNECT WITH MCC



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PROTO Teen Academy: (Providing Realistic On-Ramps to Technology Occupations)

PROTO Teen Academy has been developed as a vehicle for individuals to be exposed to a variety of opportunities available within the field of Information Technology. Discover Industrial and Commercial Technology and Trade. Explore computer literacy and workplace readiness skills, competency and contextual-based instruction, and hands-on learning experience in our state-of-the-art digital Fabrication Laboratory (Fab Lab).

Open WiFi Detector

Create a portable Wi-Fi hotspot finder. Learn basic electronics with five total modes including the status, battery power and a 3D printed enclosure. Discover how to solder and wire, explore programming and check out all of the tools. Supplies included. (five sessions)

The Mastercraft, 1111 North 13th Street

TEEN 211N 80 MTWTHF 06/20-06/24 09:00A-12:00P \$85

Blue Tooth Speaker

Build a portable speaker. It will be an 8 or 50 watts, Bluetooth, 3.5mm input, rechargeable lithium ion battery and a battery charger. The housing will be a box or an ammo can. Discover how to solder and wire, explore electronics and check out all of the tools. Supplies included. (five sessions)

The Mastercraft, 1111 North 13th Street

TEEN 212N 80 MTWTHF 07/11-07/15 09:00A-12:00P \$150

Animation Using Photoshop

Learn the basics of Photoshop and create your own cartoon animation complete with special effects, voiceovers, transitions titles and credits. Dive into animated gifs for your website or Powerpoint. Take you project home to share with your friends and family. Bring a 16 GB flash drive (four sessions)

Sarpy Center, 9110 Giles Road

TEEN 106N 80 MTWTH 06/27-06/30 09:00A-10:30A \$36

Webpage Game Design

Create a Web-based game to take home to play with family and friends. Develop categories, such as sports, cartoons, fashion or history and choose questions for a personalized game. Create titles, logos and graphics all while learning the basics of HTML and webpage design. Bring a 16 GB flash drive. (four sessions)

Sarpy Center, 9110 Giles Road

TEEN 108N 80 MTWTH 06/27-06/30 10:30A-12:00P \$36

Take both classes and receive a discount. Use this course number to register for both.

TEEN 192N 80 MTWTH 06/27-06/30 09:00A-12:00P \$65

Photo Release

In consideration of acceptance of this application for registration for the 2016 College for Teens, I hereby authorize Metropolitan Community College to use my child's image, likeness, name and comments in, but not limited to, photographs, videos and audio recordings created or used for the purpose of publicity/marketing and advertising for the College.

Powerpoint

Explore the basics of Powerpoint and take your ordinary presentations to totally awesome! Learn to color the background, add video, music and pictures as well as animate your slides. Bring a 16 GB flash drive. (four sessions)

Elkhorn Valley Campus, 204th and West Dodge Road

TEEN 193N 80 MTWTH 06/13-06/16 09:00A-10:30A \$36

Sell Your Biz with Photoshop & Kompozer

Are you looking for some extra cash this summer? Engage in discussion about your business interests and share ideas about promoting your current or new business, whether it be lawn mowing, babysitting, etc. The sky's the limit! Create your own logo, business cards, brochures and posters using Photoshop. Using Kompozer, design your own website and get your business out there! Bring a 16 GB flash drive (four sessions)

Elkhorn Valley Campus, 204th and West Dodge Road

TEEN 194N 80 MTWTH 06/13-06/16 10:30A-12:00P \$36

Take both classes and receive a discount.

Use this course number to register for both.

TEEN 195N 80 MTWTH 06/13-06/16 09:00A-12:00P \$65

COURSES:

Beginning Guitar Star

Your musical journey starts here! Learn chords, simple strums and tuning in a fun, relaxed group setting. You'll be introduced to the basic elements of rhythm and harmony that will have you making music in no time! Guitar Star is for the absolute beginner. Complete this course with a showcase to exhibit your newfound talent. Bring your acoustic guitar (six weeks)

Do Space, 7205 Dodge St.

TEEN 203N 80 T 06/14-07/19 02:30P-04:00P \$54

Fort Omaha Campus, 30th and Fort streets

TEEN 203N 81 W 06/15-07/20 02:30P-04:00P \$54

Encore Vocal Solos

Learn to sing in foreign languages in the classical style. Choose an opera aria, sacred work or a modern art song. This course is great preparation for solo and ensemble competition and these pieces can be used for university talent scholarship auditions. Our course is completed with a recital performance for friends and family. Attend the first class with your sheet music.

Changed Life Church, 5036 Terrace Dr. (96th & Fort)

TEEN 206N 80 TH 06/09-07/14 01:00P-02:30P \$54

Glass Mobile

Design a unique mobile out of colorful fused glass by layering your design. Learn how to wire it together after it has been fired. Use your design choices again to create your beautiful balanced mobile. Bring a \$15 lab fee. (two weeks)

Do Space, 7205 Dodge St.

TEEN 200N 80 F 06/24-07/01 06:00P-08:00P \$24



Knitteen

Pick up some knitting needles and discover a life time passion for knitting!! Be the envy of everyone by eventually accessorizing your own wardrobe with cozy scarves, classy hats, snuggly cowls, etc. Explore your creativity and learn this special craft all while making new friends! Bring a ball of 100 percent cotton, in a light solid color, pair of knitting needles size 7 or 8 and 8 - 10 inches long. Instructor prefers wooden needles because they are easier to work with and a G or H crochet hook. (four weeks)

Westside Community Conference Center, 3534 S. 108th St.

TEEN 177N 80 TH 07/07-07/28 06:00P-08:00P \$48

MIXXEDFIT

Join this people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. This new craze can be described as explosive, all of the movements are always big and exaggerated. Dance to current songs that are on the radio all while getting a workout in. The choreography is not complex, the steps are repetitive and very easy to follow. Anyone can have a blast in this popular dance class. (eight weeks)

A.V. Sorenson Community Center, 4808 Cass St.

TEEN 174N 80 F 06/10-07/29 12:30P-01:30P \$50

Musical Theatre, Pop Music & Solo Singing

Combine the three disciplines of acting, singing and movement. Connect singing to your character and identify musical elements within the context of the story. Great preparation for upcoming auditions. We will conclude the course with a recital to share with friends and family. Bring a copy of the music you'd like to learn! (six weeks)

Changed Life Church, 5036 Terrace Dr. (96th & Fort)

TEEN 205N 80 TH 06/09-07/14 02:30P-04:00P \$54

Native American Flute

Access your creativity and design and decorate your very own Native American flute. Discover all the benefits it can bring, including therapeutic assets. Explore the lessons that the birds of the sky and the wood can teach you. Supplies included. (two weeks)

Do Space, 7205 Dodge St.

TEEN 209N 80 M 07/11-07/18 10:00A-12:00P \$27

Paint by Numbers

Explore the intricate relationship between mathematics and art. Create colorful compositions inspired by John Sims' interpretation of Pi and geometric sculptures inspired by the work of John Kostick. Further investigation will include Janet Parkes's use of logarithmic spiral among other great mathematical artists. Bring a \$10 supply fee. (two weeks)

AV Sorenson Community Center, 4808 Cass St.

TEEN 198N 80 W 06/08-06/15 06:00P-08:00P \$27

Reality Check

Explore the effect that reality TV has had on our culture. Discuss different types of reality TV, explore the facets of our society that have been shaped by it. Hear from people who have actually worked on the set of various reality TV shows. After discussing the behind-the-scenes action of reality TV, design and cast a reality TV show. (six weeks)

Do Space, 7205 Dodge St.

TEEN 197N 80 T 06/07-07/12 06:00P-08:00P \$72

Tools for the Teen Actor

This course aims to teach and guide young actors and actresses in their current and future performance endeavors. Areas of focus will include traditional acting techniques, script analysis, playwriting and musical theatre for those interested in vocal performance. The course will focus on skills and techniques to better prepare performers for giving monologues, perfecting scene work with partners, preparing for auditions and shining on center stage. (six weeks)

Elkhorn Valley Campus, 204th and West Dodge Road

TEEN 201N 80 W 06/01-07/06 06:00P-08:00P \$72

Ukulele Star Rising

Dust off your ukulele, and learn how to become proficient in this tiny instrument in a minuscule amount of time. Develop skills to play almost any song — and maybe sing along! Finish the course with a short performance to show off your new talent. This course is for beginning students. Bring your ukulele. (six weeks)

Do Space, 7205 Dodge Street

TEEN 204N 80 T 06/14-07/19 04:00P-05:30P \$54

Fort Omaha Campus, 30th and Fort St.

TEEN 204N 81 W 06/15-07/20 04:00P-05:30P \$54

Zombie Deeducation

Get schooled in the gory undead! Explore different survival scenarios and create rules to withstand a zombie apocalypse and design your very own survival pack. Take a look at and discuss different zombie behaviors from popular media such as "The Walking Dead," "World War Z" and "Warm Bodies." Transform yourself into a zombie with tips and tricks for applying stage make-up and end your deeducation with a zombie outbreak around campus. Supplies included. (five weeks)

Elkhorn Valley Campus, 204th and West Dodge Road

TEEN 173N 80 TH 06/09-07/07 10:00A-12:00P \$65

Zumba

Enjoy a ZUMBA fitness class designed just for teens! Discover easy-to-learn ZUMBA dance routines with popular, energetic music! Learn contagious routines that are easy to follow and become downright addicted while improving flexibility and strength! Feel the music and let loose! (eight weeks)

A.V. Sorenson Community Center, 4808 Cass St.

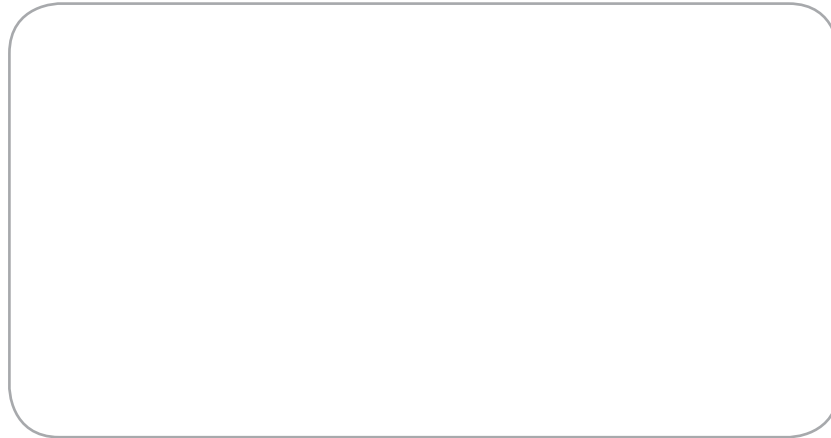
TEEN 196N 80 F 06/10-07/29 01:30P-02:30P \$50



Metropolitan Community College

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