We’re not HORSIN’ around...

New Look
Same Life. Changing. Classes!

Indian Hills partners with Victory Ranch for summer camps.

Look inside to see if a CNA career is for you!
Thank you for taking the time to see what Indian Hills has to offer through our Continuing Education program! Our team is very excited to unveil a new look for our catalog this season, and we hope you will enjoy the new format. As you browse through our offerings you will see we have things for people at all stages of their educational journey. We feature short-term certificates and certifications for those who are looking to gain employment skills, relicensure courses for those who need to stay up-to-date in their current employment field, and many courses that are just for fun.

Included in this season’s catalog are the annual Summer Kids’ Camps. These offerings continue to grow, and in addition to what is listed here, we will continue to add new camp opportunities over the next couple of months. For a complete listing of our Kids’ Camps please be sure to check our website regularly, www.indianhills.edu/kidscamps. You can also stay up-to-date with our latest offerings via our Facebook page: Indian Hills Continuing Education and Workforce Solutions.

We are continuously looking for ways to expand our offerings, particularly in our outlying counties. If you have ideas about a class that you would like to see in your community, please contact us at cews@indianhills.edu. Or, even better, if you have a skill you would like to share with others, please contact us to learn more about becoming an adjunct instructor.

We look forward to seeing you in class!

Registration & Refund Policies

You may register for Continuing Education Courses in one of three ways:

1. Online: www.indianhills.edu/webadvisorCEWS
   - On the right side of the screen, click register and pay for Continuing Education Classes
   - From here you will be able to search for and pay for classes
   - Credit card payment is required in order to complete the registration

2. Phone: 1-800-346-4413
   - Please note that we cannot take credit card information over the phone

3. Email: cews@indianhills.edu

If you do not register and prepay online, please note that payment is due at the start of class. Please bring either a check or exact change.

Refund Policy

In order to qualify for a refund, you must cancel your registration 3 business days before the start of your class. If you have not prepaid for the class, charges will still be assessed to your account if you do not show up for the class or cancel within the required timeframe. Exceptions will be made only in extreme circumstances. To cancel a registration, call us at 1-800-346-4413.

For More Information

Rebecca Appleget: Registration & General Information 641-683-5281 or Rebecca.appleget@indianhills.edu

Teresa Canaday: Registration & General Information 641-683-5182 or Teresa.canaday@indianhills.edu

Nathan Crump: American Heart Association Card Processing 641-683-4253 or Nathan.crump@indianhills.edu

Amy Hammack: General Interest, Kids’ Camps & Personal Development 641-683-5216 or amy.hammack@indianhills.edu

Joy Korthuis: American Heart Association 641-683-5211 or joy.korthuis@indianhills.edu

Shannon Stevens: Small Business 641-683-5312 or Shannon.stevens@indianhills.edu
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you’ve got NEXT at Indian Hills! To Register for a course, please click here.
Victory through the gift of horses

Nurture... Inspire... Empower!

As Executive Director of Victory Ranch, Vicki Baum is building partnerships, facilities and programs to reach out to children and youth in Ottumwa and the surrounding area. At the ranch, she combines her love of horses with her concern for families in this region. Many ranch participants are dealing with challenging life circumstances, but some just need to get away from their busy activity schedules to experience life in the country for a while!

The mission of Victory Ranch is to provide a nurturing environment to inspire hope and creativity leading to a future of empowerment for children and families through the gift of horses and natural beauty. The ranch offers a variety of healthy activities - horsemanship, gardening, crafting and cooking - in a beautiful place where all can find a sense of belonging. The ranch is home to five horses, three mini horses, three cats and five chickens at the moment - all having a purpose in delighting ranchers and their families.

The ranch horses provide much more than pony rides, however. Horses play a vital teaching role through mirroring human behavior. When horses are respected and communication is clear, they typically respond with a willingness to do what is asked of them. By interacting with the horse, ranchers can learn how to build strong, trusting relationships and how to better communicate with their human friends and family.

Victory Ranch was inspired by Hope Rising, a book about the Crystal Peaks Youth Ranch in Bend, Oregon. After a visit to CPYR, Vicki set out to build a similar ranch here in Iowa. Her leadership and business background, skills in training and education and her strong faith have been great assets in this journey, but the people and organizations who have worked hard and contributed so much have really made it come to life. Her motivation is found in the personal achievements and smiles of the many children and youth touched by the love of staff, volunteers and their furry friends at the ranch.

Indian Hills is excited to partner with Victory Ranch in several course offerings this summer. Check out the Youth Summer Programs and General Interest sections for more details.
The Certified Nurse Aide (CNA) program is one of our quickest paths to gainful employment! Students in this program spend three weeks gaining the knowledge, skills, and attitudes needed to certify as a CNA and become eligible to work in a long-term care facility. Job demand in this area is high, and our instructor, Laurayne Much, receives frequent calls from prospective employers. Successful graduates can expect to start at an hourly wage between $10 and $15 an hour, many receive sign-on bonuses.

While many of our graduates stay at the CNA level and enjoy meaningful careers, others use this program as a stepping stone into higher level nursing degrees. In order to successfully complete this program, students must complete the full class schedule and pass written, as well as, skills exams. This program is eligible for GAP funding, which means students at qualifying income levels may be eligible for 100% tuition assistance. (See the ad on page 24 for more information on GAP programming.) If you would like to learn more about becoming a CNA, please contact Laurayne at 641-683-5217 or laurayne.much@indianhills.edu. To register, contact Beckie at 641-683-5281 or rebecca.appleget@indianhills.edu
YOUTH SUMMER PROGRAMS

All youth programs are pre-register, prepay and a waiver will need to be signed by a parent. Register and prepay at www.indianhills.edu or call 641-683-5249/800-346-4413.

Kid’s Culinary Academy - Breakfast! Eggs, waffles, and bacon...oh my!
Do your kids love to help out in the kitchen? This is their chance to learn how to cook for you in their own culinary academy. Kids ages 9-12 will join Chef Adam Darland and learn to make a new dish that they will be able to bring home and share with the family.

17/YR*NON*1293*122
Apr 15 - Apr 15
Ottumwa Campus
Sat, 9:00AM - 11:00AM
Food Service Complex
Rm: B80 ~ $25.00
Instructor: A. Darland

17/YR*NON*1081*101
Jun 08 - Jun 08
Ottumwa Campus
Thurs, 9:00AM - 3:30PM
Advanced Technology Ctr
Rm: 122 - $50.00
Instructor: J. Korthuis

BLAST Babysitting Class
Grades 5th - 8th

The BLAST (Babysitting Lessons & Safety Training) Program is an exciting and interactive course that teaches participants how to set up and run their own babysitting business, how to handle the basics of childcare, how to react responsibly to medical emergencies and injuries, how to perform first aid for common childhood injuries and illnesses and how to entertain children with a variety of activities. Participants will complete Heartsaver Family and Friends CPR and receive a CPR course participation card. During the course students will also make first aid kits and baby sitter busy bags filled with activities and games to use while babysitting. This class is open to student’s age 11-14 years of age. Enrollment is limited. Participants should bring a 12-16” doll or teddy bear with them to class.

Manes & Tails

Manes & Tails Ages 8-10
17/YR*NON*1293*142
Jun 13 - Jun 13
Ottumwa, IA
Tues, 1:00PM - 3:00PM
Victory Ranch
15603 Copperhead Rd ~ $20.00
Instructor: Victory Ranch

Manes & Tails Ages 11-14
17/YR*NON*1293*143
Jun 15 - Jun 15
Ottumwa, IA
Thurs, 1:00PM - 3:00PM
Victory Ranch
15603 Copperhead Rd ~ $20.00
Instructor: Victory Ranch

Landscape & Turf Grass/Ag Camp - Grades 5th - 8th

Campers will spend the morning on the Ottumwa campus and learn what it takes to take care of golf courses and athletic fields. They will also explore the garden on campus and native areas, exploring plants and how to take care of them. They will then board a bus to the Centerville campus and spend the afternoon learning the AI process for cows, flying drones and tour the greenhouse and tree plot. Lunch will be provided.

17/YR*NON*1293*128
Jun 13 - Jun 13

Ottumwa Campus
Tues, 8:00AM - 4:30PM
Advanced Technology Ctr
Rm: 122 - $40.00
Instructor: N. Smith & B. Kaster

To Register for a course, please click here.
Weird Science
Grades 4th - 6th

Amazing! Awesome! Cool! Come see how excited you can be about science. Do hands on experiments to see things erupt, fizz and pop! Work with gooey things, slimy things, fizzy things and just amazing things! This camp is for students entering 4th, 5th or 6th grade in the fall. Lunch will be provided please let us know if there are any food allergies we need to be aware of.

17/YR*NON*1293*135
Jun 14 - Jun 14
Ottumwa Campus
Wed, 8:30AM - 3:00PM
Advanced Technology Ctr
Rm: 122 - $40.00
Instructor: L. Reeves

Aging, Witches & Zombies!
Grades 4th-7th

Learn special effects make up with theatre professionals. Take home your own make-up kit!

17/YR*NON*1293*138
Jun 15 - Jun 15
Ottumwa Campus
Thurs, 1:00PM - 4:30PM
Arts & Sciences Complex - Ott
Rm: St. John’s - $25.00
Instructor: J. Boyenga

Build-A-Bot Grades 6th-8th

During this 3 hour camp, each camper will build a two wheeled robot with a microcontroller (Arduino). They will learn the basics of an autonomous robot and will learn how create their own programs to accomplish simple task with the robot. The final task will be programming their robot to compete a maze competing against the other campers.

17/YR*NON*1293*136
Jun 15 - Jun 15
Ottumwa Campus
Thurs, 8:00AM - 11:00AM
Advanced Technology Ctr
Rm: 187 ~ $25.00
Instructor: J. Henderson

HEALTH CAREER EXPLORATION WEEK - Grades 5th - 8th

Come spend the week exploring all the health fields that Indian Hills has to offer! Sign up for the whole week or pick the days that you are specifically interested in. There will be hands on activities every day and campers will be experiencing state of the art health labs!

17/YR*NON*1293*123
Jun 19 - Jun 22
Ottumwa Campus
Mon - Thurs, 8:00AM - 12:00PM
Rural Health Education Ctr
Rm: Atrium - $80.00

Monday, June 19, 2017

Junior Dental Professional - Dental Hygiene

Try out this exciting new program at IHCC as a Junior Dental Professional! Junior Dental Professional will work in the new dental clinic on simulation manikins. Students will learn some of the instrument types, ergonomics, work with ultrasonics and learn infection control for the dental office. During the camp segment, the students will get an up close view of dentistry and the exciting dental technology in the new IHCC Dental Hygiene Clinic. Students will also receive $5.00 off of a dental cleaning at IHCC Dental Hygiene Clinic good for a visit in July 2017. This is the same clinic that they worked in during camp!

Occupational Therapy Assistant

Campers will be frosting cookies while simulating various disabilities.

Health Career Exploration Week - Grades 5th - 8th

Radiology Technology

Students will compete against one another putting skeletons together, use x-ray simulation in the lab and play “Name that Bone” game on a PowerPoint.

17/YR*NON*1293*124
Jun 19 - Jun 19
Ottumwa Campus
Mon, 8:00AM - 12:00PM
Rural Health Education Ctr
Rm: Atrium - $25.00

Tuesday, June 20, 2017

Clinical Lab Science

If you love science classes Clinical Lab Science is the place for you. CLS offers the following three programs Medical Lab Tech (associate’s degree), Clinical Lab Assistant (diploma), and Phlebotomy technician (certificate)...

you’ve got **NEXT** at Indian Hills!

To Register for a course, please [click here.](#)
HEALTH CAREER EXPLORATION WEEK - Grades 5th - 8th

(continued)

...During our session we will looking under the microscope to see what surprises live amongst us every day. Plus, the fake arm will be out letting people draw blood from it. Please come join us in the Lab!!

Health Informatics Programs

Campers will go on a Health Information Scavenger Hunt!

Physical Therapy Assistant

Learn about the exciting world of physical therapy! Physical Therapists and Physical Therapist Assistants work with their patients to restore, maintain and promote optimal health. During this session, you'll get a chance to pretend you're a therapist. You'll analyze your patient's movement, teach them how to walk with crutches or a walker, help your patient stretch and measure your patient's movement.

17/YR*NON*1293*125
Jun 20 - Jun 20
Ottumwa Campus
Tues, 8:00AM - 12:00PM
Rural Health Education Ctr
Rm: Atrium - $25.00

Wednesday, June 21, 2017

Early Childhood

Have you heard of Early Childhood Education but you are not sure what it is? Check out this session and explore how preschool teachers engage children in learning. If you like kids and you like having fun, this career could be for you!

Nursing –
Germbusters with Heart

Students will learn how to take pulses, blood pressures, respirations. They will also learn how to properly wash their hands and will use glow germ to see how effective they are in washing their hands.

Exploring Dental Materials –
Dental Assisting

Ever wonder how the dental office makes stuff? Come and explore the wonderful world of Dental Materials where you can play with impression materials and create a plaster cast of your very own! Students will learn how to do impressions, using their thumbs, and create a plaster cast to take home. During the camp, students will learn proper tooth brushing technique and receive a free toothbrush.

17/YR*NON*1293*126
Jun 21 - Jun 21
Ottumwa Campus
Wed, 8:00AM - 12:00PM
Rural Health Education Ctr
Rm: Atrium - $25.00

Thursday, June 22, 2017

Dietary/Nutrition Management

We all know eating more fruits and vegetables is important, but do you know what fruits and vegetables we can grow right here in Iowa? In this session, campers will learn about the 5-A-Day fruit and vegetable campaign, with a local twist. Campers will explore the basics of healthy eating and nutrition, try 5 fruits and vegetables that can be grown locally, and plant their own mini-vegetable garden to take home!

EMS

Students in the EMS camp will learn what EMTs and Paramedics do in their daily activities and will learn the difference between the levels of pre-hospital provider. Through hands-on activities, videos, lecture, and a simulation manikin, students will review and learn: 1) the importance of understanding science and math 2) how to initiate intravenous access and administer IV fluids 3) how to effectively manage a patient’s airway, and 4) how to perform CPR.

17/YR*NON*1293*127
Jun 22 - Jun 22
Ottumwa Campus
Thurs, 8:00AM - 12:00PM
Rural Health Education Ctr
Rm: Atrium - $25.00
Jazz Rhythm Section Camp
Grades 8th-12th

Open to middle and high school students of piano, guitar, bass, and drum set/percussion. A full day of clinics, workshops, individual lessons, and group playing focusing on fundamentals. Please register and prepay for this class online at www.indianhills.edu/jazzcamp.

Jun 22 - Jun 26
Ottumwa Campus
Thurs, 9:00AM - 6:00PM
Arts & Sciences Complex - Ott
Rm: St. John’s - $30.00
Instructor: D. Sharp

Printing with the Stars...
Rembrandt, Picasso & YOU!
Grades 4th-7th

Explore the history and process of block printing with art professor Lisa Fritz. Create your own unique masterpiece to take home!

Jun 22 - Jun 22
Ottumwa Campus
Thurs, 1:00PM - 4:30PM
Arts & Sciences Complex - Ott
Rm: 226 - $25.00
Instructor: L. Fritz

Transportation Technology Camp - Grades 5th-6th

Campers will explore several programs that IHCC has to offer with hands on activities throughout the day, information provided about these programs and lunch will be provided. We will visit Diesel Technology, Auto Technology, Automotive Collision and Aviation Technology.

Jun 26 - Jun 26
Ottumwa Campus
Mon, 9:00AM - 5:00PM
Arts & Sciences Complex - Ott
Rm: St. John’s
$40.00
Instructor: J. Boyenga

Around the Table – Grades 5th - 8th

Participants will learn about where our food comes from. Then, they will work in teams to choose a healthy recipe to make. They will gather the food from the garden and work together to make the recipe. All will sit and enjoy the meal together around the outdoor picnic tables.

Jun 27 - Jun 27
Ottumwa, IA
Tues, 1:00PM - 3:00PM
Victory Ranch
15603 Copperhead Rd - $20.00
Instructor: Victory Ranch

Music Theatre Workshops:
Broadway Triple Threat
Grades 8th-12th

Day-long workshop to help students improve their performing (acting, singing, dancing) skills. Learn a music theatre ensemble piece with staging and choreography, and receive coaching on individual music theatre solos from experienced instructors. The day will culminate in a short public performance.

Jun 26 - Jun 26
Ottumwa Campus
Mon, 9:00AM - 5:00PM
Arts & Sciences Complex - Ott
Rm: St. John’s
$40.00
Instructor: J. Boyenga
**Build to Express Grades 3rd-5th**

Want to build something cool and unique using Legos and your own ideas? Build to Express provides the chance for grades 3 through 5 to use their creativity and building skills and create solutions to a given problem. Come have fun creating, building, and sharing during this summer camp. Space is limited to the first 15 campers so sign up today!

17/YR*NON*1293*137
Jun 29 - Jun 29
Ottumwa Campus
Thurs, 1:00PM - 4:00PM
Advanced Technology Ctr
Rm: 122 - $25.00
Instructor: J. Henderson

**Hero Week**

**Firefighter for the Day – Grades 5th-8th**

Campers will learn teamwork, teach life safety skills and provide a basic understanding of the firefighting profession. This is a highly interactive camp filled with great hands on activities. It allows the kids to meet local firefighters and learn what it takes to be one! Check in will be in Room 122 at the Advanced Technology Building where we will divide up into “crews” before heading outside.

17/YR*NON*1293*133
Jul 03 - Jul 03
Ottumwa Campus
Mon, 8:00AM - 11:00AM
Advanced Technology Ctr
Rm: 122 - $25.00

**EMT for the Day – Grades 5th-8th**

Students in the EMS camp will learn what EMTs and Paramedics do in their daily activities. Through hands-on activities and a simulation manikin, students will learn: how pulse oximeter works, neck stabilization, how to initiate intravenous access and administer IV fluids, how to effectively manage a patient’s airway, how to perform CPR and tour the ambulance.

17/YR*NON*1293*134
Jul 05 - Jul 05
Ottumwa Campus
Wed, 10:00AM - 12:00PM
Video Conferencing & Training
Rm: 30 - $20.00

**Create a Tiny Village – Grades 2nd-6th**

Using small logs, rocks and other natural items, participants will build their own tiny village complete with homes, walkways and even plants. Craft items will also be available for them to embellish their village with various structures and color.

17/YR*NON*1293*146
Aug 01 - Aug 01
Ottumwa, IA
Tues, 10:00AM - 12:00PM
Victory Ranch
15603 Copperhead Rd - $20.00
Instructor: Victory Ranch

**Information Technology Camp – Grades 5th-8th**

Campers will explore several programs that IHCC has to offer with hands on activities throughout the day, information provided about these programs and lunch will be provided. We will visit Computer Accounting, Administrative Assistant, Computer Networking, Computer Programming and Interactive Media.

17/YR*NON*1293*130
Jul 11 - Jul 11
Ottumwa Campus
Tues, 9:00AM - 3:00PM
Advanced Technology Ctr
Rm: 122 - $40.00

**Worm Ranching – Grades 2nd-6th**

Worms are an important part of the natural world but are often underappreciated for all the hard work they do! Participants will learn...
about the function of earth worms in the garden. They will learn how to provide worms with all they need to survive and will create a containerized worm ranch to take home and maintain. Later, the worms can be let loose in their own yard or garden.

17/YR*NON*1293*148
Jul 18 - Jul 18
Ottumwa, IA
Tues, 10:00AM - 12:00PM
Victory Ranch
15603 Copperhead Rd - $20.00
Instructor: Victory Ranch

**Advanced Manufacturing Camp – Grades 5th-8th**

Campers will explore several programs that IHCC has to offer with hands on activities throughout the day, information provided about these programs and lunch will be provided. We will visit Electronics Engineering, Lasers & Optics, Robotics/Automation, Electrical & Renewable Energy, Machine Technology and Welding.

17/YR*NON*1293*131
Jul 18 - Jul 18
Ottumwa Campus
Tues, 9:00AM - 4:00PM
Advanced Technology Ctr
Rm: 122 - $40.00

**Think Like a Boss! Entrepreneurship Camp – Grades 8th - 12th**

Entrepreneurs turn dreams into reality! Many successful entrepreneurs started their first businesses as teenagers, so now is the time to start learning how to create your own company. We will explore who entrepreneurs are, what entrepreneurs do, and tips and tricks for how you can be successful launching your own company.

17/YR*NON*1293*149
Jul 21 - Jul 21
Ottumwa Campus
Fri, 10:00AM - 3:00PM
Food Service Complex
Rm: 246 - $40.00
Instructor: A. Darland & M. Fisher

**“Process the Possibilities” Bioprocessing Technology Camp – Grades 4th-8th**

Students entering the 4th-8th grades are invited to participate in a day full of STEM related activities, revolving around the production of bio-products. Participants will have the opportunity to tour the Iowa Bioprocess Training Center in Eddyville, Iowa, meet with members of the local industry, and perform hands-on biotech based activities. Students can check in at either the Eddyville campus or Ottumwa campus, a bus will be transporting students from the Ottumwa campus. Please specify which campus you student will be checking in at when you register them.

17/YR*NON*1293*132
Jul 25 - Jul 25
Eddyville, IA
Tues, 9:00AM - 2:00PM
Bio Processing Training Ctr - $40.00
A Wreath For All Occasions

Make a great wreath for Christmas, sports teams (think school team/man-cave), season, etc. Supplies you will need to bring to class: wire wreath frame-16”, zip ties or pipe cleaners, scissors, wire cutters, hot glue gun/glue sticks, 2 rolls of wide Deco Mesh (can be coordinating colors), embellishments if desired (wire ribbon, holiday ornaments/picks, etc.)

17/YR*NON*1711*102
Apr 25 - Apr 25
Ottumwa Campus
Tues, 6:00PM - 9:00PM
Advanced Technology Ctr
Rm: 122 - $30.00
Instructor: S. Harter

AARP Smart Driver

The AARP Driver Safety course offers the nation’s first and largest refresher course designed specifically for older drivers. This new and improved course is the results of nearly two years of planning, research, and testing, and was launched on January 1, 2014. The new curriculum is the product of input from the dedicated volunteers and insight from experts across the transportation and driver safety industries. Come and enjoy a relaxed atmosphere where you will gain knowledge and helpful hints to make you a safer driver. Tuition payable to AARP, $15 for AARP members and $20 for non-members. Cost payable day of class.

17/YR*ELI*1010*502
Apr 17 - Apr 17
Ottumwa Campus

Barn Quilt Painting

Barn quilts have become very popular in the U.S. This symbol of American history can be displayed with pride whether you are a quilter or not. The colors and geometry are striking and look beautiful on any building, garage, garden shed, barn or can also be displayed inside. In this class you will be creating your very own 2’x2’ barn quilt in the pattern and colors of your choice. The 2’x2’ board will be provided by the instructor and primed and ready for class. Supplies you will need to bring to class: 3 colors of exterior latex paint (Instructor prefers satin finish), ruler or yard stick, pencil, 1 roll of painters tape (Instructor prefers Frog Tape), 3 - 1” or 2” foam brushes or small foam rollers, possible designs (Instructor will have some available).

17/YR*NON*2062*101
May 02 - May 16
Ottumwa Campus
Tues, 6:00PM - 8:00PM
Advanced Technology Ctr
Rm: 121 - $60.00
Instructor: S. Bassett
Basic Digital Photography Class

Students will learn how to get the most out of their cameras. Learning about f stops, shutter speeds, and film ISO. Learning how to shoot better portraits and family events, with available light and flash photography. This class will encompass any photography level from entry to experienced, and can be tailored to each student. Instructor is a retired Navy SEAL Photographer.

17/YR*NON*1029*101
May 01 - June 19
Bloomfield, IA
Mon, 6:30PM - 8:30PM
Davis County Service Ctr
Rm: Classroom ~ $100.00
Instructor: P. Roers

17/YR*NON*1029*102
May 04 - Jun 15
Centerville Campus
Thurs, 6:30PM - 8:30PM
Centerville Training Facility
Rm: 15 - $100.00
Instructor: P. Roers

17/YR*NON*1029*103
May 05 - Jun 16
Ottumwa Campus
Fri, 6:30PM - 8:30PM
Advanced Technology Ctr
Rm: 217 - $100.00
Instructor: P. Roers

Beginner Bird Watching

This two day course will teach you everything you need to get started in the popular sport of birding. Day one in the classroom will cover equipment needed, bird calls, field identification, life styles, and ecology of local birds. On day two, in the field we'll put those skills to use finding and identifying birds. We'll have some binoculars available for use, but feel free to bring your own. Warning: after taking this course you may find yourself noticing more birds and wanting to learn even more about them - this hobby can be addictive!

17/YR*NON*1261*101
Apr 20 - Apr 29
Ottumwa Campus
Thurs, 6:00PM - 8:00PM & Sat,
8:00AM - 10:00AM
Advanced Technology Ctr
Rm: 122 - $40.00
Instructor: P. Eyheralde

Creative Memories - Transfer Photo to Wood

Learn how to transfer your favorite photos to wood and create beautiful art that would cost you hundreds to have made! This is also a great gift idea for family and friends, it's never too early to start planning for Christmas gifts. Space is limited so call to get registered today. You will need to email us the picture you plan on using at least one week prior to class. An additional $20.00 fee is due to the instructor on the first night of class for materials and supplies.

17/YR*NON*1434*101
Aug 08 - Aug 15
Ottumwa Campus
Tues, 6:00PM - 8:00PM
Advanced Technology Ctr
Rm: 122 - $40.00
Instructor: P. Roers

Beer Tours and Tastings

Come join us for an afternoon of fun while we visit three local breweries. We will start our day traveling to NoCoast Beer Co. in Oskaloosa where we will see their new tasting room and sample their brew. Then we will be off to Knoxville and where we will visit Peace Tree Brewing Company's tap room and event center. IHCC’s Chef Adam will prepare appetizers to be paired with Peace Tree beer for you to enjoy before we are off to our last stop, Albia Brewing Co. Our last stop will including sampling their craft beer while also enjoying their famous pizza. Must be 21 years of age to register and sign a waiver of liability. Space is limited, participants must register and prepay by April 21, so sign up today!

17/YR*NON*2122*101
May 06 - May 06
Ottumwa Campus
Sat, 1:00PM - 7:00PM
Advanced Technology Ctr
Rm: 122 - $50.00

Day at the Ballpark - I Cubs Game

Come enjoy the day at beautiful Principal Park and leave all the planning and driving to us! Check in will be at 10:00 a.m. at the Advanced Technology Center, Room 122, before loading the bus. We will arrive at the ballpark around 11:30 and enjoy a picnic before the first pitch at 1:08. Picnic includes hamburgers, hot dogs, potato salad, potato chips, and soda. You will also receive either an Iowa Cubs t-shirt or Iowa Cubs hat. Space is limited, participants must
register and prepay by June 15th. So sign up today!

17/YR*NON*1280*101
Jul 09 - Jul 09
Ottumwa Campus
Sun, 10:00AM - 6:00PM
Advanced Technology Ctr
Rm: 122 - $50.00

Dog Obedience

A well trained dog makes for happy dogs and happy people. This course is built on improving the bond between you and your dog and uses positive reinforcement. Dogs will learn six basic behaviors over the course of the class: attention, sit, down, stay & wait, leave it, and loose leash walking. In addition, the instructor will work with individual participants on any behavior problems that they might be having, such as: jumping up, mouthing, or barking. Dogs should be at least 6 months of age to take the course. Class size is limited so early registration is recommended. Pit Bulls and Staff Terriers will not be accepted in this class due to city ordinances. PLEASE DO NOT BRING YOUR DOG THE FIRST NIGHT OF CLASS, PLEASE DO BRING YOUR DOG’S CURRENT RABIES CERTIFICATE. Class date and time to be determined. Please call Amy at 641-683-5216 for more details.

17/YR*NON*2100*102
Apr 11 - May 23
North Campus - Ottumwa
Tues, 6:30PM - 8:00PM
Rural Services Training Ctr
Rm: 10 ~ $80.00
Instructor: W. Steingreaber

Essential Oils 101 - the Basics

Natural, organic oils have powerful properties to enhance one’s emotional and physical well-being. We will cover the basics of essential, therapeutic oils including how to choose quality oil, how to use them safely, and which oils can be part of your daily routine to support general health, minor ailments, skin care, and cleaning.

17/YR*NON*1327*104
Apr 18 - Apr 18
Ottumwa Campus
Tues, 6:00PM - 8:00PM
Advanced Technology Ctr
Rm: 122 - $20.00
Instructor: T. Reck

Golf for Everybody

This class covers all of the basic skills needed to play golf. Grip, stance, full swing, putting, chipping and pitching are covered as well as etiquette and rules. Class will be held at Cedar Creek Golf Course. If you are already a golfer wanting to improve your game or just starting out this class is for you.

17/YR*NON*1153*102
May 30 - Jul 11
Ottumwa, IA
Tues, 5:30PM - 6:30PM (No class July 4th)
Cedar Creek Golf Course - $60.00
Instructor: M. Lawson

Intro to Pickleball

Pickleball is easy to learn, easy to setup, inexpensive to play and a game for all ages! The court is a combination of the badminton and tennis court with a 34” net. Lightweight paddles and a plastic perforated ball (a wiffle ball) are all the equipment you need. Come join Ottumwa’s own Coach Dan Staggs as he explains the rules and gives instruction on this fun family game!

17/YR*NON*1133*101
Jun 06 - Jun 13
Ottumwa Campus
Tues, 6:00PM - 8:00PM
Tom Arnold Net Ctr - $40.00
Instructor: D. Staggs

17/YR*NON*1133*102
Jun 21 - Jun 28
Ottumwa Campus
Wed, 6:00PM - 8:00PM
Tom Arnold Net Ctr - $40.00
Instructor: D. Staggs

Manes & Tails for Adults

Perfect course for adults who had horses as a child or have always wanted a horse! Participants will learn the basic parts of the horse and the major body systems along with

To Register for a course, please click here.
how to care for these big, beautiful animals. Basic feeding and care will be covered and they will get hands on experience in grooming and performing basic horse chores.

17/YR*NON*1941*103
Jun 15 - Jun 15
Ottumwa, IA
Thurs, 5:00PM - 7:00PM
Victory Ranch
15603 Copperhead Rd - $25.00
Instructor: Victory Ranch

17/YR*NON*1941*104
Jun 29 - Jun 29
Ottumwa, IA
Thurs, 6:00PM - 8:00PM
Victory Ranch
15603 Copperhead Rd - $25.00
Instructor: Victory Ranch

On Your Mark, Get Ready, Jelly Roll Race! Quilting Class

When you finish this class, you will have a quilt top ready to sandwich and bind. This beginner quilting class will introduce you to quilting tools, terms and techniques. If you can use a sewing machine, cut strips of fabric, and sew a straight seam, you can quilt.

Tools you need to complete this project:
- Sewing machine, thread, 2 loaded bobbins, size 12-14 machine needles for woven fabric.
- Sharp fabric scissors (pinking preferred), rotary cutter, rotary cutting mat, clear quilting ruler.
- Marking pencil (dark or pencil for light fabrics and silver/yellow for dark fabrics).
- Quilting pins, seam ripper and your imagination.
- Fabric you need to purchase and bring to class:
  - Jelly Roll—these are 2.5” x 42” precut strips of fabric from one design collection. You need 40 -45 strips for this project. (FYI-Walmart sells packages of 14 precut strips for less than $7.00 each. You need 3 packages. This is about half the cost of most designer Jelly Roll fabrics).
  - Charm Square—these are 5” squares of coordinating/contrasting fabric that complement the Jelly Roll design. You need 20-25 squares. (Again, Walmart sells packages of 21 squares for less than $5.00 each. You need 1 package.)
  - 1.5 yards contrast/coordinating fabric for borders.
Completed quilt top size is approximately 72x 80. As a bonus, you will leave with a ton of online resources, to help you if you need a refresher. We can cover sandwiching, basting and preparing for quilting if we have time. Come and have a great time! You’ve got this.

17/YR*NON*1413*101
Jul 14 - Jul 28
Ottumwa Campus
Fri, 6:30PM - 8:30PM
Advanced Technology Ctr Rm: 122 ~ $60.00
Instructor: C. Francis

Ottumwa Cemetery Tour with Mike Zahs

This will be a walking tour of the Ottumwa Cemetery and offers the local resident insight and history on one of Ottumwa’s beautiful and historically rich landmarks. A few of the topics we will cover will include architecture, art, custom, history, tradition, cemetery mapping and grave marker symbolism will be emphasized. In the case of inclement weather we will reschedule to a later date. Preregister and prepayment is required for this class and space is limited so sign up today!

17/YR*NON*11147*101
Apr 22 - Apr 22
Ottumwa, IA
Sat, 1:00PM - 2:30PM
Ottumwa Cemetery - $25.00
Instructor: M. Zahs
In celebration of Historic Preservation Month, join architectural historian Molly Myers Naumann on a walking tour (approximately 8-10 blocks) of downtown Ottumwa. Learn more about the history of early Ottumwa while viewing over a dozen buildings individually listed on the National Register of Historic Places, and visit Ottumwa’s newest Historic District. Preregister and prepayment is required, call today as space is limited to 20. Rain date May 17, 2017. Meet at the base (3rd Street) of Central Park.

Ottumwa History Walking Tour

The Mind of the Horse

This engaging course is designed to give participants a deeper understanding of how horses think. They will learn about how horses communicate and relate to each other in pasture and how they communicate with humans. Through observation, participants will interpret horse behaviors. They will also learn how to safely approach the horse and begin a relationship of trust and respect.

HOME BASED BUSINESS

Seven Simple Secrets to Financial Freedom

Does your money work for you or do you work for your money? This class is not taught by a financial guru but by a single Mom turned home business entrepreneur, homeowner, publisher, and real estate investor. This is not a get rich quick scheme but is a plan of action to help achieve the path to financial freedom. LeeAnne Krusemark is a guest lecturer nationwide and teaches online at more than 1,000 facilities worldwide. This workshop is not for those already advanced in financial matters nor does it provide any legal advice. A mandatory $20 materials fee is payable to instructor the day of class in your journey to financial freedom. This is a prepay class. Please register and pay at www.indianhills.edu or call 641-683-5249/800-346-4413.

Save $Money$ with Extreme Couponing!

Learn how to save $$$ every day with extreme couponing. Coupons are NOT just for groceries. The savings can add up to HUNDREDS or even THOUSANDS of dollars every year. This comprehensive workshop will teach you where to find all different types of coupons, how to find the best coupon web sites, how to decipher coupon policies, the best way to sort and store coupons and how to find other people to trade coupons with. Feel free to bring your coupons to class for a trading session. This workshop is taught by someone who has used coupons to save thousands and has learned many couponing secrets. A mandatory $10 materials fee is payable to the instructor the day of class. This is a prepay class. Please register and pay at www.indianhills.edu or call 641-683-5249/800-346-4413.

Earn Extra Money with a Mystery Shopping Business

Have you ever wanted to become a Secret Mystery Shopper? Have you seen ads telling you how to become a shopper but only if you send them money? You do not have to pay to begin your new career in this exciting field. You will learn how to start your business endeavor and create a Mystery Shopping Profile avoiding the industry scams; creating a company list; signing up with many Mystery Shopping Companies and becoming a merchandiser for extra income. With a few simple steps, you can start Mystery Shopping today! Required: Must attend ‘Cash in with a Successful Home Based Business’ to attend this class. Mandatory $10 materials fee is payable to the instructor that includes a list of companies you can work for. This is a prepay class. Please register and pay at www.indianhills.edu or call 641-683-5249/800-346-4413.
make $money$ with a typing/wp/virtual assistant business

if you can type, you can make money at home using your computer---there really is a need for your services! prerequisite to this class is “cash in with a successful home-based business”. discover the secrets on how and where to find clients, 50 ways to advertise/market your services, effective home office equipment choices, 100 ways to make money with a computer and free national networking information. enjoy the freedom to be your own boss, set your own hours, and have the opportunity to make more money than you ever did before. a mandatory $10 materials fee is payable to the instructor the day of class for information designed to help you long after the workshop is over. this is a prepay class. please register and pay at www.indianhills.edu or call 641-683-5249/800-346-4413.

introduction to screenwriting for television or movies

in this fast-paced comprehensive session, you will learn about special screenwriting terms and formats for television and the big screen. you will also learn how to plot a story, develop characters and execute your work in the proper screenwriting format. you will discover the difference between a treatment, a spec script and a shooting script and when to do each. and, you will get an inside look into the business of selling your script to agents and producers and building your career as a screenwriter. a mandatory $10 materials fee is payable to the instructor the day of class for information designed to help you long after the workshop is over. this is a prepay class. please register and pay at www.indianhills.edu or call 641-683-5249/800-346-4413.

meet the agent/publisher q&a – get your manuscript critiqued

have you ever wanted to talk to a real publisher? are you tired of having your manuscripts critiqued by non-professionals or paying an editor too much money to change your writing to the way they would write it? bring your in-progress manuscript for an in-class critique of your poetry, article, short story, novel, non-fiction book, children’s book, etc. you will then learn about the pros and cons of traditional publishing and self-publishing options. you can then leave a copy of your manuscript with lee anne, now the owner of an author-friendly publishing house, for a professional critique (for an optional materials fee of $50 for up to 25 double-spaced pages + $1/page thereafter) and a list of publishers and/or agents who are interested in your type of work. if you cannot attend, but would like your manuscript critiqued, call for details. a mandatory $10 materials fee is payable to the instructor the day of class for an in-class critique. this is a prepay class. please register and pay at www.indianhills.edu or call 641-683-5249/800-346-4413.

you've got next at indian hills!
**Beginner’s Guide to Getting Published**

Did you know Stephen King was rejected 75 times before he sold his first novel? If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel, this comprehensive workshop will guide you to become a “published” writer overnight, teach you how to submit manuscripts the correct way, find the right publisher for your work, write irresistible query letters and 100 ways to make money as a freelance writer. A mandatory $20 materials fee is payable to the instructor at the door for information designed to help you long after the workshop is over. This is a prepay class. Please register and pay at www.indianhills.edu or call 641-683-5249/800-346-4413.

17/YR*VOC*3159*202  
May 03 - May 03  
Ottumwa Campus  
Wed, 9:00PM - 10:00PM  
Advanced Technology Ctr  
Rm: 122 - $22.00  
Instructor: L. Krusemark

**FITNESS**

**Brazilian Cross Training**

Brazilian cross training is a great way to mix and match your workout routine by using different muscle groups you can reach a higher level of fitness. These workouts are short, intense and really help you burn more calories. Class is led by Gabby Zeller and all levels are welcome, she will keep things interesting and fun and also helps you stick with it.

17/YR*NON*1825*105  
May 31 - Aug 16  
Ottumwa Campus  
Mon & Wed, 5:15PM - 6:15PM  
Tom Arnold Net Ctr  
Rm: Weight - $70.00  
Instructor: G. Zeller

**Explore 50 Different Self-Publishing Options**

Self-Publishing is all the rage but is it the best option for YOU? Participants must attend “Beginner’s Guide to Getting Published” to be able to take this session. You will discover the pros and cons of all the self-publishing options, including print-on-demand and e-book publishing as well as the Amazon option of ‘Create Space’. You will leave with a rated description of 50 Self-publishing companies. A mandatory $10 materials fee is payable to the instructor the day of class door for information designed to help you long after the workshop is over. This is a prepay class. Please register and pay at www.indianhills.edu or call 641-683-5249/800-346-4413.

17/YR*VOC*3119*201  
May 03 - May 03  
Ottumwa Campus  
Wed, 7:00PM - 9:00PM  
Advanced Technology Ctr  
Rm: 122 - $44.00  
Instructor: L. Krusemark

**Warrior Circuit Fitness for Seniors**

This circuit class utilizes kettle bells, dumbbells, medicine balls, body weight calisthenics, and many other exercises to keep the workouts interesting and different. Each week we will vary the routine to keep your body guessing. This program lasts 10 weeks so come challenge yourself. Bring your towel and be ready to sweat in our timed intervals. All skill levels welcome!

17/YR*NON*1485*117  
May 30 - Aug 17  
Ottumwa Campus  
Tues & Thurs, 6:15AM - 07:15AM  
Hellyer Student Life Ctr  
Rm: Weight - $70.00  
Instructor: G. Zeller

**Woman Power! Weight Class**

This class, developed for women, offers community, energy, and motivation to help deliver fitness results by developing strength and endurance in your major muscle groups. We will be using high repetitions of light to moderate weight in this fun workout. This will be a 10 week program in a small group setting so sign up early as space is limited!

17/YR*NON*1725*104  
May 30 - Aug 17  
Ottumwa Campus  
Tues & Thurs, 5:15PM - 6:15PM  
Tom Arnold Net Ctr  
Rm: Weight - $70.00  
Instructor: G. Zeller

To Register for a course, please click here.
Yoga for the Mind & Body

Create balance by developing both strength and flexibility through yoga. Relieve stress, find focus and achieve peace of mind, body and spirit. This class will focus on breathing techniques, stretching, toning, balance and relaxation. Although Yoga is for everyBODY and EVERYbody, many of the yoga positions include floor exercises. If you have physical limitations or questions, please contact us. You will need to bring a yoga mat to class—Yoga blocks are not required but recommended. Class size is limited, therefore, participants must register and pay prior to the session to hold their place in the class. Please no ‘walk-ins’. Namaste!

17/YR*NON*1485*211
Apr 05 - Apr 26
Ottumwa Campus
Wed, 5:15PM - 6:15PM
Advanced Technology Ctr
Rm: 122 - $30.00
Instructor: K. Sisler

17/YR*NON*1485*212
May 03 - May 31
Ottumwa Campus
Wed, 5:15PM - 6:15PM
Advanced Technology Ctr
Rm: 122 - $35.00
Instructor: K. Sisler

17/YR*NON*1485*213
Jun 07 - Jun 28
Ottumwa Campus
Wed, 5:15PM - 6:15PM
Advanced Technology Ctr
Rm: 122 - $30.00
Instructor: K. Sisler

17/YR*NON*1485*214
Jul 12 - Jul 26
Ottumwa Campus
Wed, 5:15PM - 6:15PM
Advanced Technology Ctr
Rm: 122 - $25.00
Instructor: K. Sisler

HANDGUN SKILLS

Handgun Safety

Upon successful completion of this 4-Hr. course, you will have fulfilled the requirements needed to apply for a CONCEALED WEAPON PERMIT with your local sheriff. Class time will cover the State Codes that have impacted the change in current law. Handling a weapon safely is stressed. It is mandatory to provide your state-issued picture ID when attending this class. No weapons are to be brought to class. This is a prepay class. Register and prepay at www.indianhills.edu or call 641-683-5249/800-346-4413.

17/YR*VOC*3086*211
Apr 19 - Apr 20
Ottumwa, IA
Wed - Thurs, 7:00PM - 9:00PM
Fox Hole Firearms
Shooting Range - $58.00
Instructor: M. Weaver

17/YR*VOC*3086*212
May 24 - May 25
Ottumwa, IA
Wed - Thurs, 7:00PM - 9:00PM
Fox Hole Firearms
Shooting Range - $58.00
Instructor: M. Weaver

17/YR*VOC*3086*213
Jun 21 - Jun 22
Ottumwa, IA
Wed - Thurs, 7:00PM - 9:00PM
Fox Hole Firearms
Shooting Range - $58.00
Instructor: M. Weaver

17/YR*VOC*3086*214
Jul 19 - Jul 20
Ottumwa, IA
Wed - Thurs, 7:00PM - 9:00PM
Fox Hole Firearms
Shooting Range - $58.00
Instructor: M. Weaver

Basic Pistol Shooting

The intent of this Basic Pistol Shooting course is to give the student knowledge and skills to be able to successfully use his/her firearm with confidence. The class is geared for the beginner firearm user. Class will include: How to load and unload a firearm; proper grip and stance needed while shooting a firearm and target practice to hone these skills in a safe environment. Classes will be held at the FOXHOLE, LLC, 2603 Roemer Avenue, Ottumwa location. Bring your own pistol and ammunition (recommended 2 boxes) in a safe storage container to class. If you do not have a pistol but still want to take the class, Fox- Hole will rent to you. This is a PREPAY class and is limited to 6 people per 4-Hour class session. Please note: The scheduled date may change due to instructor availability—you will be contacted if a date change is necessary. Register and prepay at www.indianhills.edu or call 641-683-5249/800-346-4413.

17/YR*VOC*3086*215
Aug 16 - Aug 17
Ottumwa, IA
Wed - Thurs, 7:00PM - 9:00PM
Fox Hole Firearms
Shooting Range - $58.00
Instructor: M. Weaver
Motorcycle Classes

Motorcycle Safety BRC

The Motorcycle Safety Foundation (MSF) Basic RiderCourse (updated) is a learn-to-ride education and training safety program that consists of the MSF Basic 3 hour eCourse to address basic motorcycle knowledge, 5 hours of classroom instruction with a RiderCoach to address rider perception and risk management, and then 10 hours of on-cycle, hands-on instruction. A course completion card may provide an insurance discount. Riders must be able to balance a bicycle to participate in the riding portion of the course, and a riding skills test must be passed for successful completion. Space is limited in each class, so pre-registration and pre-payment is required for this class. Each participant will be provided a unique log-in for the 3 hour eCourse portion of the class. (A computer lab may be made available for individuals without access to a computer and high speed internet. Please call for assistance.)

17/YR*ELI*1000*506
May 13 - May 20
Ottumwa Campus
Sat, 8:00AM - 5:00PM
Advanced Technology Ctr
Rm: 125 - $169.00
Instructor: V. Crabtree

17/YR*ELI*1000*507
Jun 10 - Jun 11
Ottumwa Campus
Sat - Sun, 8:00AM - 5:00PM
Advanced Technology Ctr
Rm: 125 - $169.00
Instructor: V. Crabtree

17/YR*ELI*1000*508
Jul 08 - Jul 09
Ottumwa Campus
Sat - Sun, 8:00AM - 5:00PM
Advanced Technology Ctr
Rm: 125 - $169.00
Instructor: V. Crabtree

17/YR*ELI*1000*509
Aug 12 - Aug 13
Ottumwa Campus
Sat - Sun, 8:00AM - 5:00PM
Advanced Technology Ctr
Rm: 125 - $169.00
Instructor: V. Crabtree
**Supporting Math Through Play**

Are you supporting math through daily play? Are you set up to meet the needs of young children’s math development at your Community Childcare-Home Daycare-Preschool Center? Attend this training and find out how your daily routines, toys, conversations and play interactions can support early math concepts as well as learning new and fun math play ideas. Tracy Ehlert, presenter, is an Early Childhood Educator who has experience as an owner of a community daycare center, as an independent contractor, instructor and a member of a multiple number of organizations and committees. She has received several honors and awards such as the 2015 Governor’s STEM Advisory Council and 2015 Child Care Aware of America Provider of the Month just to name a few. This course is free to all childcare providers in the home daycare, community daycare and pre-school settings. It will be held in the Jefferson County IHCC Service Center, 112 South Court, Fairfield, IA. It is requested that you register online at www.indianhills.edu or call 641-683-5249/800-346-4413.

17/YR*VOC*1248*207
Apr 17 - Apr 17
Fairfield, IA
Mon, 6:00PM - 8:00PM
Jefferson County IHCC Service Ctr
Instructor: T. Ehlert

**Gardening with Children**

Children are curious little sponges and learn by being in the experience, therefore, there is no better way to incorporate learning than with the great outdoors. In this class, childcare providers will 1) compare and contrast the benefits and risks of integrating container gardening in the childcare setting, 2) Demonstrate the use of children’s books to enhance gardening activities and support development of early literacy skills, 3) Participate in taste-testing activities following appropriate food safety practices, 4) Describe safe, age-appropriate, garden-themed craft activities and 5) Articulate garden-themed teaching activities. This class will be taught by Sara Sprouse at the Jefferson County Extension and Outreach office. Sara is a Nutrition and Wellness Specialist for Iowa State University Extension and Outreach serving twelve counties in Southern Iowa. She earned her Master’s Degree in Nursing/Health Advocacy from Mount Mercy University. She has extensive teaching experience with adults and youth throughout her 19 years as a nurse. This course is free to all childcare providers in the home daycare, community daycare and pre-school settings. It will be held in the ISU Extension Office, 2606 West Burlington Avenue, Fairfield, Iowa. It is requested that you register online at www.indianhills.edu or call 641-683-5249/800-346-4413.

17/YR*VOC*1534*504
May 03 - May 10
Ottumwa Campus
Wed, 6:00PM - 8:00PM
Advanced Technology Ctr
Rm: 109 ~ $49.00
Instructor: S. Allison

17/YR*VOC*1534*505
Jun 07 - Jun 14
Ottumwa Campus
Wed, 6:00PM - 8:00PM
Advanced Technology Ctr
Rm: 109 ~ $49.00
Instructor: S. Allison

17/YR*VOC*1534*506
Aug 02 - Aug 09
Ottumwa Campus
Wed, 6:00PM - 8:00PM
Advanced Technology Ctr
Rm: 109 ~ $49.00
Instructor: S. Allison

**Sports Officiating Workshop**

Have you ever thought about becoming a referee? How hard can it be? This workshop will focus on the requirements of becoming a sports official, the registration process, equipment resources, how to get games, and basically everything a person might need to know when starting out as a new official.

17/YR*VOC*1534*504
May 03 - May 10
Ottumwa Campus
Wed, 6:00PM - 8:00PM
Advanced Technology Ctr
Rm: 109 ~ $49.00
Instructor: S. Allison

17/YR*VOC*1534*505
Jun 07 - Jun 14
Ottumwa Campus
Wed, 6:00PM - 8:00PM
Advanced Technology Ctr
Rm: 109 ~ $49.00
Instructor: S. Allison

17/YR*VOC*1534*506
Aug 02 - Aug 09
Ottumwa Campus
Wed, 6:00PM - 8:00PM
Advanced Technology Ctr
Rm: 109 ~ $49.00
Instructor: S. Allison

**Computer Technology**

We offer a wide variety of computer technology classes. Visit our website to see a complete listing of these classes. www.indianhills.edu/cewscomputertechnology

17/YR*VOC*1248*208
May 02 - May 02
Fairfield, IA
Tues, 6:00PM - 8:00PM
ISU Extension Office
Instructor: S. Sprouse

**Coaching Authorization**

Visit our website to see a complete listing of these classes. www.indianhills.edu/cewscoachingauthorization

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17/YR*VOC*1534*504
May 03 - May 10
Ottumwa Campus
Wed, 6:00PM - 8:00PM
Advanced Technology Ctr
Rm: 109 ~ $49.00
Instructor: S. Allison

17/YR*VOC*1534*505
Jun 07 - Jun 14
Ottumwa Campus
Wed, 6:00PM - 8:00PM
Advanced Technology Ctr
Rm: 109 ~ $49.00
Instructor: S. Allison

17/YR*VOC*1534*506
Aug 02 - Aug 09
Ottumwa Campus
Wed, 6:00PM - 8:00PM
Advanced Technology Ctr
Rm: 109 ~ $49.00
Instructor: S. Allison

**Computer Technology**

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17/YR*VOC*1248*208
May 02 - May 02
Fairfield, IA
Tues, 6:00PM - 8:00PM
ISU Extension Office
Instructor: S. Sprouse

**Coaching Authorization**

Visit our website to see a complete listing of these classes. www.indianhills.edu/cewscoachingauthorization
MECHANICAL

Automotive Maintenance

In this course students will learn basic and advanced automotive maintenance and inspection procedures to include basic automotive terminology, automotive systems and subsystems, and some easy “do-it-yourself” preventive maintenance techniques for today’s complex cars and light trucks. Participants will also gain knowledge in testing and replacing belts, automotive regulations, and fuel systems. Each of these classes will be offered in an English version and a Spanish version. Space is limited to the first 15 registrations, so everyone will have ample opportunity for hands-on lab time. The cost for each class is $139 (which includes a $20 lab fee).

17/YR*VOC*1600*506
Jul 11 - Aug 15
Ottumwa Campus
Tues, 6:00PM - 9:00PM
Advanced Technology Ctr
Rm: 134 - $139.00
Instructor: A. Summers

Automotive Maintenance-Spanish

17/YR*VOC*1600*507
Jul 11 - Aug 15
Ottumwa Campus
Tues, 6:00PM - 9:00PM
Advanced Technology Ctr
Rm: 134 - $139.00
Instructor: A. Summers

Ladies Start Your Engines!

Get your hands dirty in IHCC’s automotive lab and gain the confidence to perform her own light automotive maintenance and also gain the knowledge and language you need to communicate and understand technical jargon. The class teaches women: How to change a tire, how to check fluids and add if necessary, gain basic understanding of how an engine works, basic knowledge of the braking system i.e. rotors, pads, drums, shoes, calipers, battery maintenance, how to check belts, fuses and how to replace wiper blades. Register today as space is limited.

17/YR*VOC*3052*102
Aug 7 – Aug 14
Ottumwa Campus
Mon, 6:00PM - 8:00PM
Advanced Technology Ctr
Rm: Auto Lab - $40.00
Instructor: A. Summers

Small Engine Repair

This class will cover the fundamentals of two and four-cycle engines. Students will receive instruction and laboratory experience in the operation, maintenance, diagnosis, repair and care of the engines. Students are encouraged to bring their own projects to repair.

17/YR*VOC*3044*504
Apr 11 - Apr 25
Ottumwa Campus
Tues, 6:00PM - 8:00PM
Advanced Technology Ctr
Rm: 121 - $69.00
Instructor: K. Bogert

17/YR*VOC*3044*505
Jul 11 - Jul 25
Ottumwa Campus
Tues, 6:00PM - 8:00PM
Advanced Technology Ctr
Rm: 121 - $69.00
Instructor: K. Bogert

FOOD SAFETY

ServSafe Certification

ServSafe Course/Testing is designated for foodservice owners, operators, managers and supervisors in order to achieve certification on food safety mandates and requirements. Materials have been developed by the National Restaurant Association Educational Foundation. The course fee includes the current edition of ServSafe Essentials, course materials and test. This is a prepay class. Please register and prepay at www.indianhills.edu or call 641-683-
To Register for a course, please click here.

you’ve got NEXT at Indian Hills!

5249. It is mandatory that you pick up the book prior to the class taking place. It is also recommended that you bring your lunch to this class.

Note: If you have a group of people who need certification and live in the 10-county area, please call to set up a class in your area.

AWS Welding Certification

If you are an experienced welder and would like to move your career to the next level, this is your opportunity. Indian Hills Community College is now an American Welding Society (AWS) Accredited Test Facility (ATF). IHCC is now able to perform AWS Welding Certification Testing for welders. The AWS test will be performed on 3/8 inch steel in 3G and 4G positions. All weld tests are certified to the AWS D1.1 structural welding code. Schedule your test early as seats are limited to the first 4 welders that register and pay. Successful participants will receive a certificate stating they have obtained the AWS Certified Welder status.

WELDING CLASSES

Basic Welding

“During this welding class, participants will have the opportunity to explore the different types of welding applications and how each application might best fit a particular project. There will be hands-on welding, so proper safety equipment is required.”
KEEP ON TRUCKIN!

OBTAIN YOUR CLASS A CDL BY TAKING THE INDIAN HILLS COMMERCIAL DRIVER TRAINING COURSE

• Average starting wage varies, but $35,000 to $50,000 your first year is likely.
• GAP Funding is available depending on your financial state.
• Must be 18 years of age, have a valid drivers license with at least a 1 year of driving experience, cannot be on SR 22 or SR 23 (high-risk) insurance, and must be able to pass a DOT physical and a DOT drug/screen.

The CDL course was simply amazing! The program out there is top notch and the instructors are attentive to each individual student’s needs and learning level. Rick Simpson, Dave Cooper and Dave Hynick get a BIG thumbs up! Every person in our class passed and received their Class “A” CDL. With a success rate like that, I can’t see why this wouldn’t be the driving school that is sought nationwide.

COMMERCIAL TRUCK DRIVING TRAINING REGISTRATION DATES

2017

WEEKDAY COURSES (six weeks)
Monday through Thursday 8AM - 4PM
17/CU*TDT140*01
July 10 through Aug. 17, 2017
17/CU*TDT140*02
Aug. 21 through Sept. 28, 2017

WEEKEND COURSES (nine weekends)
Saturday and Sunday 7AM - 5:30PM
17/CF*TDT140*03
Sept. 9 through Nov. 5, 2017

For more information, or to pre-register, please contact trinita.shewry@indianhills.edu or call 1-800-726-2584, Ext 5214.
Free Training Opportunities – Apply for GAP Tuition Assistance!

What is the GAP Tuition Assistance Program?

The GAP Tuition Assistance Program provides tuition assistance to eligible applicants enrolling in an approved Continuing Education non-credit certificate training program. These programs are for in demand occupations in the areas of information technology, advanced manufacturing, transportation & logistics, health sciences and allied health. Certificates earned will increase the skills of the workforce. Non-credit certificate programs are not eligible for federal financial aid, however, this program bridges the funding gap for students pursuing short term certificates.

Indian Hills-Approved Certificate Programs

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<th>Advanced Technologies</th>
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<td>Basic Production Welding</td>
<td>Certified Nursing Assistant (CNA)</td>
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<td>GMAW/GTAW Production Welding</td>
<td>Medication Aide</td>
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<td>Commercial Driver’s License (CDL)</td>
<td>Emergency Medical Responder</td>
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<td>Diesel Locomotive Technician</td>
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<td>Electromechanical Technician</td>
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<td>Refrigeration, Heating &amp; Cooling Technician</td>
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<td>Private Pilot</td>
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<td>Industry Readiness Certificate</td>
<td>Phlebotomy Technician</td>
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<td>Process Control Technology Certificate</td>
<td>Phlebotomy Skills Training</td>
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<td>Advanced Accounting Certificate</td>
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<td>Advanced Office Skills Certificate</td>
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<tr>
<td>Biofuel Technician</td>
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Eligibility

Depending on your financial eligibility, you may receive full or partial assistance with your direct training costs, including tuition, books and required fees. Eligibility is determined by assessing family income for the six months prior to application date, family size and county of residence. All approved participants must be eligible to work in the United States.

Application Process

There are a number of ways you can apply for GAP funding. Go to www.indianhills.edu/gap, print the application, fill it out completely and return it to Debbie Boyer in the Bennett Student Services Center on Indian Hills’ Main Campus or Jennifer Cremer at IowaWORKS. Applications can also be picked up at both sites. In order to be considered for program enrollment, applicants must also submit a copy of their driver’s license, a copy of their social security card, proof of their last six months of income for ALL household members and take and receive a minimum bronze score on the National Career and Readiness Certificate (NCRC) assessment.

Once all paperwork is completed and turned in, a review process with the program staff will determine your fit into the certificate program. We want to ensure your success in the training program and in finding employment after the program is completed.

Questions can be directed to Debbie Boyer, GAP/PACE Coordinator, at (641) 683-5131 or pace@indianhills.edu.
Online Paralegal Classes

Paralegal Certificate

Midwest Paralegal Studies, in partnership with Indian Hills Community College, is offering a 12-month Paralegal Certificate. For program details and questions, contact the instructor, Mr. Zoran Perovanovich via email, zoran1990@juno.com. This is an online tutoring program designed to let you work at a pace comfortable for your busy lifestyle. It begins with a free one-hour orientation seminar held online. The certificate series includes a total of five classes, each lasting seven weeks. Classes are designed to facilitate the individual needs of both novices and those currently working in the legal field and looking to upgrade their skills. You will learn how to: Research and write a legal office memo; Explore and investigate a legal specialty; Learn the procedures of a local court system; Understand the management of a law office; Develop strategies for a paralegal job search. How the program works: At the beginning of each course, students will access all of the lectures and study materials they will need online and via email. Additional individual tutoring will be furnished to each student during the course of the program, as needed. Courses may be taken in any order at the start of each class term. However, we recommend students take classes in the order in which they are listed below. Start dates for all five courses are the first week of February, April, June, September, and November.

Paralegal Research
This course will coach you in paralegal research and writing tools. All students will access law resources online and at the local library once a week for specific assignments. In addition, each student will write an office legal memo using legal techniques and current rules of law, applying the same, to support a conclusion based upon the IRAC reasoning technique. All work must be submitted online.

Paralegal Litigation
This course will coach you in litigation and trial support by entry level practicing paralegals in daily procedural work. All students will be required to visit a local court system and investigate the procedures of pre-trial, trial, post-trial, and appeals. In addition, each student will be asked to make a presentation of the court visit, and complete a selected deposition abstract online.

Paralegal Jurisprudence
This course will coach you in the paralegal profession including many of the more popular entry-level specialization (family, corporate, probate, real estate and many others). All students will be required to select and pursue at least one specialty area and write a twelve-part report for substantive career development. Each student will also be required to take weekly quizzes and a final exam online.

Paralegal Research
17/YR*BUS*1015*505
Apr 06 - May 18
Online
Thurs, 8:00AM - 12:00PM
$195.00

17/YR*BUS*1015*506
Jun 01 - Jul 13
Online
Thurs, 8:00AM - 12:00PM
$195.00

Paralegal Litigation
17/YR*BUS*1016*505
Apr 06 - May 18
Online
Thurs, 8:00AM - 12:00PM
$195.00

17/YR*BUS*1016*506
Jun 01 - Jul 13
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$195.00

To Register for a course, please click here.
Paralegal Management

This course will coach you in paralegal office manager tools at work. All students will be required to network/mentor with an entry level, practicing paralegal in the field and acquire information on the organization of law firms, corporations and/or government legal departments in order to complete a presentation for class. All quizzes and the final exam will be taken online.

Paralegal Career

This course will coach you in paralegal job search/portfolio methods and will help you identify special legal skills that are part of your unique niche in the paralegal market. All students will be required to compose a 15-section paralegal career portfolio and explore three job leads in a local law practice in order to complete a class presentation. Each student will also post an eResume online at the end of class.

According to the Bureau of Labor Statistics, Employment of Paralegals and Legal Assistants is projected to grow 8% between 2014 and 2024.

http://www.bls.gov/ooh/Legal/Paralegals-and-legal-assistants.htm#tab-6

AVOID DISAPPOINTMENT!

Each term we have to cancel some courses because of low enrollment, only to find out the day of the first class that several of you intended to enroll. Please register at least 10 days before the course start date so we won’t have to disappoint you!
**SMALL BUSINESS**

**New Business Start-Up**

This class is designed to be flexible and meet the needs of the participants. The instructor will talk with everyone about their business interests and ideas and target the material presented to meet those needs. Areas that may be covered include: market research, product/service development, pricing, marketing, finance, accounting, insurance, and legal and employment issues. Bring your questions to this class!

17/YR*BUS*1207*305
Jun 28 – Jun 28
North Campus - Ottumwa
Wed, 9:00AM - 3:00PM
Regional Entrepreneurship Cntr
Rm: Training Room - $49.00
Instructor: B. Ziegler

**Business Quickbooks**

Do you need a quick start to using QuickBooks? This class will include hands-on experience with QuickBooks software. You will learn how to: Set up a business; Pay and enter expenses, deposits and invoices; Complete the payroll set-up; Understand the reports of income and balance sheet; Handle exemptions of inventory, depreciation and loan payments; Make corrections when things are wrong; and Prepare for income tax time. Several handouts will be provided. We can make QuickBooks fun!! Please register/prepay online at www.indianhills.edu or call 641-683-5249/800-346-4413.

17/YR*BUS*1407*209
Apr 13 - Apr 13
North Campus - Ottumwa
Thurs, 9:00AM - 3:00PM
Regional Entrepreneurship Cntr
Rm: Training Room - $69.00
Instructor: B. Ziegler

17/YR*BUS*1407*210
Jun 22 - Jun 22
North Campus - Ottumwa
Thurs, 9:00AM - 3:00PM
Regional Entrepreneurship Cntr
Rm: Training Room - $69.00
Instructor: B. Ziegler

**Building Rural Business Connections for Wayne and Appanoose County Entrepreneurs**

Indian Hills Community College is offering an exciting new program to help start, grow, and retain businesses in Wayne and Appanoose County. Thanks in part to a $40,820 grant from the United States Department of Agriculture (USDA), Indian Hills is providing free access to business consultants including accountants, lawyers, marketers, web developers, and more. These consultants will provide one-on-one business assistance as well as small group classes and workshops.

To Register for a course, please click here.
Most small businesses in Wayne and Appanoose County are eligible to receive assistance. For more information please contact Shannon Stevens at 641-683-5312 or Shannon.stevens@indianhills.edu. Indian Hills Community College is an Equal Opportunity Provider and Employer. Here are some of the upcoming classes we are offering free of charge as part of this initiative:

**Creating Facebook Ad Campaigns**

More and more businesses are utilizing the paid advertising features of Facebook. This class is designed for business owners who have already set up their business Facebook page and are ready to begin paid advertising. We’ll look at Facebook marketing strategies, managing your ad spend, and more. Be sure to bring your Facebook login information and a credit card if you’d like to place your ad during class. Computers will be available, but students are encouraged to bring their own laptops if possible.

17/YR*BUS*2089*303
Apr 10 - Apr 10
Corydon, IA
Mon, 8:30AM - 10:30AM
Wayne County Service Ctr
Rm: Computer Room
Free to Eligible Appanoose and Wayne County Residents
Instructor: D. Upton-Hill

17/YR*BUS*1245*303
Apr 24 - Apr 27
Centerville Campus
Mon & Thurs, 11:00AM - 1:00PM
Centerville Library/Bookstore
Rm: B
Free to Eligible Appanoose and Wayne County Residents
Instructor: D. Upton-Hill

**Image Editing Essentials for Better Marketing**

Pictures grab our attention when we browse Facebook, Twitter, and Instagram. As a business owner you want your business posts to be eye catching, but most of us don’t have access to high-end image editing software. This class will solve that problem by teaching you free and low cost image editing tools available online to make your social media posts shine! Bring a flash drive of your own digital photos and logos (or saved on your computer) to see how you can transform them to grab the attention of your customers. Computers will be available, but students are encouraged to bring their own laptops if possible.

17/YR*BUS*2089*303
Apr 10 - Apr 10
Corydon, IA
Mon, 8:30AM - 10:30AM
Wayne County Service Ctr
Rm: Computer Room
Free to Eligible Appanoose and Wayne County Residents
Instructor: D. Upton-Hill

**Selecting the Right Structure for Your Business**

Sole proprietorships, partnerships, LLCs, C-corps, S-corps, and the list goes on. When starting a business, how do you know the best legal structure to meet your needs? What are the pros and cons of the different forms of business organization, and what are the tax implications? How do you go about setting up one of these structures? This class will prepare you to select the right form of business structure and get your new venture started on the right legal footing.

17/YR*BUS*1269*304
Apr 19 - Apr 19
Centerville Campus
Wed, 8:00AM - 10:00AM
Centerville Training Facility
Rm: 15
Free to Eligible Appanoose and Wayne County Residents
Instructor: J. Lain

To Register for a course, please click here.
**RE-LICENSURE**

**Electrical, Plumbing, Mechanical and Safety**

We offer Electrical, Plumbing, Mechanical and Safety Re-licensure classes. Visit our website to see a complete offering of these classes. www.indianhills.edu/cewsrelicensure.

**Insurance Re-Licensure**

We offer a wide variety of insurance re-licenser classes. Visit our website to see a complete listing of these classes. www.indianhills.edu/cewsinsurancerelicensure.

**FOR YOU**

**Acute Care and Emergency Certification Courses**

All classes within this section require preregistration. If there is insufficient enrollment, courses may be canceled. Most courses require that the student obtain and read a course textbook prior to class. Books may be obtained from any source, but are available in the IHCC bookstore. Contact RHEP staff for current edition information if needed.

**ACLS & PALS Instructor Renewal Opportunity**

This time is designed to provide both ACLS and/or PALS instructors an opportunity to complete requirements for instructor renewal. Instructors may complete check offs and the written exam to renew their provider status (if needed) as well as be monitored by Training Center Faculty to renew their instructor status.

17/YR*HEA*3031*605
May 4 – May 4
IHCC Ottumwa Campus  Thursday
01:00PM – 04:00PM
Video Conf. Training Ctr.
Room: 125 - $20.00
Other: Individuals must pay a $20.00 card fee per discipline when they renew their instructor card(s) and/or $15 per discipline card fee to renew their provider status

Credit: 3.0 Contact hours for nursing or respiratory therapy, 3.0 CEH’s for EMS (FE)

**EMS Continuing Education Courses**

**Prehospital Trauma Life Support (PHTLS)**

This course is designed to provide

**SAFETY FIRST**

**COURT MANDATED**

**Court Mandated Programs**

We offer the following Court Mandated Programs: Anger Management, Children In Between and Drinking Drivers 12-Hour classes. Visit our website to see a complete offering of these classes. www.indianhills.edu/cewscourtmandated.
the student with the knowledge and skills necessary to care for patients in emergency trauma situations. The course is based on the current National Association of Emergency Medical Technician's (NAEMT's) Prehospital Trauma Life Support (PHTLS) 8th edition curriculum. Students are required to obtain a current PHTLS book for this course. Books are available in the IHCC bookstore or available through multiple on-line sources. Prerequisite: Licensure as an EMS provider or nurse.

17/YR*REL*4275*601
April 21 – April 22
IHCC Ottumwa Campus
Friday & Saturday
08:00AM - 05:00PM
Video Conf. Training Ctr (with an hour lunch on your own)
Room: 38- lower level -$165.00
(plus students must obtain a current 8th edition PHTLS text book on their own)
Other Fee: $15.00 (Card)
Credit: 16.0 Contact hours for nursing, 16.0 CEH's for EMS (FE)

24-7 On-line EMS Continuing Education

Get high-quality video-based CE courses on-line, 24-7. Over 100 courses are available and range from 1-1.5 CEU's. Professionally produced, award winning videos feature nationally noted EMS subject matter experts. Curriculums are structured to maximize learning and retention with integrated video, learning objectives, scenario practices, and support material. CECBEMS (The national Continuing Education Board for EMS) certificates may be printed at the end of the course allowing most courses to count as “Formal” or “FE” EMS continuing education for here in Iowa! (National Registry has a limit of 6 CEH's for EMR and 10 hours for all other levels of EMS that may be done via on-line classes, Iowa has no limit!)

A “seat” allows an individual to take as many classes as they would like within a 12-month period, there is no limit! Individuals may register through the on-line registration process for continuing education. (See page 3) or by sending payment via mail to include name, address, DOB & email. Once paid and registered participants will receive an email in 1-2 business days with directions to a secure web site and will be given an access code to access the courses and begin their 12-month period of enrollment.

17/YR*HEA*3100*600
On-line, available 24-7
Tuition: $60.00 per seat
Credit: Each class is worth 1-1.5 CEH’s - approved by CECBEMS (The Continuing Education Board for EMS)
HEALTH COURSES (continued)

Fire Fighter Courses and Continuing Education

Fire Fighter I * Fire Fighter II Pumper Driver/Operation

Indian Hills can offer any of the above three classes at local fire departments through the volunteer firefighter’s training fund with no tuition charges to participants. Classes require a minimum of 12 students to qualify for use of the fund but participants from several departments may be grouped together to meet the minimum. Fire departments are responsible for supplying the appropriate textbook (as applicable) which may be purchased from the FSTB at a discount. Fire departments may maintain books to use on a loan out basis rather than purchasing them every time a course is conducted.

Properly qualified instructors from your department can be utilized to teach the course(s) or Indian Hills can provide an instructor acceptable to the department. (*Instructors must be certified at the level of course they are teaching and have completed Fire Instructor training and must provide proof of both.)

Arrangements may be made with the FSTB to schedule certification testing at the end of the course (if desired).

For more information about these courses or to schedule a class contact Lori Reeves at (800) 726-2585, ext. 5337 or (641) 683-5337 or email lori.reeves@indianhills.edu.

OT - PT - Massage Therapy

April: I Can’t Today... I have a Headache

Evening Series - “Topics in Rehab”

This series of classes will focus on continuing education topics specifically of interest for professionals in the rehab professions. Each month will bring a new topic and a new speaker.

In this session participants will examine the different types of headaches that physical therapy is able to assist with and treat and will practice different treatments for these headaches. The program will
also review the research supporting different treatments for headaches by physical therapy.

17/YR*REL*4033*609
April 13 – April 13
IHCC Ottumwa Campus
Thursday, 6:00PM to 9:00PM
Rural Health Educ. Ctr.
Room: 15 (PTA Lab)
Preregistration is required
Tuition: $40.00
Instructor: Barbara Van Gorp, PT, DPT, OCS, CSCS, Clinical Specialist, Orthopedics, University of Iowa Hospital and Clinics
Credit: 3 contact hours for PT, PTA, OT, OTA

**May: Clinical Neurodynamics**

Participants in this class will review the concepts of neural structure and the normal biomechanical forces placed on nerves with typical activities. We will also review upper and lower limb tension tests and clinical application of neural flossing and neural positioning to relieve tension. Clinicians should understand the importance of taking proper precaution with use of neural tensioning techniques to ensure patient comfort.

17/YR*REL*4033*610
May 11 – May 11
IHCC Ottumwa Campus
Monday, 6:00PM to 9:00PM
Rural Health Educ. Ctr.
Room: 108
Preregistration is required
Tuition: $40.00
Instructors: Dana Conilogue, PT, DPT, Universal Therapy Group, Fairfield
Credit: 3 contact hours for PT, PTA, OT, OTA

**June & July-No Classes**

**August: OT and Cognition**

Occupational Therapy has a significant role in functional assessments and interventions in the area of cognition. This program will review screens and assessments used with neurologically impaired adults, including dementia and Alzheimer’s disease. Facilitated discussion and sharing of interventions including handouts & tips for working with this population including techniques for working with Alzheimer patients and guidance for determining fitness for driving will be shared. The attendees are asked to bring your great treatment ideas to share.

17/YR*REL*4033*613
August 01 – August 01
IHCC Ottumwa Campus
Tuesday, 6:00PM to 9:00PM
Rural Health Educ. Ctr.
Room: 108
Preregistration is required
Tuition: $40.00
Instructor: Denise Kluever MS OTR/L, Director for the IHCC OTA program.

**Massage Therapy**

**Indian Head Massage**

Indian Head Massage originated in India many years ago and has been passed down through the generations. This technique manipulates the tissues in the shoulders and scalp. The therapist uses a range of different massage pressures and rhythms to stimulate the head and neck area. It is particularly effective in decreasing the effects of stress. This course will cover these techniques.

17/YR*REL*4033*612
May 13 – May 13
IHCC Ottumwa Campus
Saturday, 9:00 AM to 1:00PM
Video Conf. Training Ctr.
Room 125
Preregistration is required
Tuition: $60
Instructor: Rhonda Morton, LMT,
Director Perfect Touch Wellness Center
Credit: 4 hours for Massage Therapy
(Category A), 4 contact hours for OT/OTA, PT/PTA

Mandatory Reporter – Dependent Adult & Child Abuse

With a minimum of ten students, Dependent Adult and/or Child Abuse classes may be brought to your facility. Please call a minimum of four weeks in advance of your needs to arrange. Call: 1-800-726-2585, ext. 5281.

These courses meets the Iowa Code 235.B.16(5) requirements for daycare, foster parents, social workers, law enforcement, nurses, social work, EMS and other health care providers as mandatory reporters of adult/child abuse. Individuals may attend Dependent Adult Abuse, Child Abuse or both as needed for their profession.

Visit our website to see a complete listing of these classes at www.indianhills.edu/cewsmandatoryreporter

American Heart Association CPR & First Aid Classes

The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS and PALS, and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association, and any fees charged for such a course do not represent income to the Association.

Indian Hills hosts an American Heart Association recognized AHA Training Center. For further information or to schedule a class for your business/facility contact Joy Korthuis at 641-683-5211.

Through the American Heart Association we offer a large variety of classes that are listed below.

- Heartsaver Blood Borne Pathogens (BBP) and Personal Protective Equipment (PPE)
- Combination Heartsaver Adult/ Pediatric First Aid with Adult, Child & Infant CPR/AED
- Pediatric Heartsaver First Aid
- Heartsaver First Aid (Adult & Peds)
- Heartsaver CPR/AED: Adult - Child - Infant
- **SPANISH** Heartsaver CPR/AED: Adult - Child - Infant
- BLS Healthcare Provider- Initial (Initial & Renewal)
- Heartsaver/BLS for Healthcare CPR Instructor Renewal Opportunity

Please visit our website to see a complete listing of the upcoming AHA classes. www.indianhills.edu/cewsamericanheart

Nursing Essentials I Nurse Aide (CNA) Certificate Program

As featured on page 4, the CNA program provides many great career opportunities. Students entering the program must complete both state and national background checks, as well as provide proof of an up-to-date physical, before starting the course. Our next course start dates are April 24th, June 12th, and July 24th.

Remember that the CNA program is eligible for GAP funding, check out page 24 for more information. Please visit our website to see a complete listing of the courses, as well as instructions on how to sign-up for the CNA course and complete all needed requirements. www.indianhills.edu/cewscna

CNA Registry Testing
Visit our website to see a complete listing of the testing dates. www.indianhills.edu/cewscnatesting

Other Health Non-Credit Certificate Programs

Visit our website to see a complete listing of the certificate programs. www.indianhills.edu/cewscertificateprograms

- Medication Manager
- Phlebotomy

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- Medication Manager
- Phlebotomy

Visit our website to see a complete listing of the testing dates. www.indianhills.edu/cewscnatesting
HiSET & ELL COURSES

HIGH SCHOOL EQUIVALENCY DIPLOMA COURSES

Your future starts now! This credential is the first step in your life-changing journey. Continue your education or start your career. The HiSET subject areas are: Reading, Writing, Math, Social Studies and Science. Even if you already have your diploma, we can help you refresh your skills in Reading, Writing, Math and Computers. Classes are FREE! It just takes one phone call to get started. 641.683.5189.

CENTREVILLE COURSES
When:
Mon. - Thurs.
7:15 am – 4:45 pm
Where: IHCC Centerville Campus Success Center

FAIRFIELD COURSES
When:
Monday: 10:00 am – 1:00pm
Tuesday: 8:30 am – 2:30 pm
Thursday: 12:30 pm - 6:30 pm
Where: Jefferson County Service Center

KEOSAUQUA COURSES
When:
Monday: 3:00 pm - 5:00 pm
Tuesday: 4:00 pm - 6:00 pm
Thursday: 10:30 am - 11:30 am
Where: Keosauqua County Service Center

OSKALOOSA COURSES
When:
Monday - Wednesday
12:00 pm – 6:00 pm

Tuesday – Thursday
9:00 am – 3:00 pm
Where: Mahaska County Service Center

OTTUMWA COURSES
When:
Monday and Thursday
9:00 am – 4:30 pm
Tuesday and Wednesday
9:00 am – 7:00 pm
Where: Community Education Center, 15260 Truman Street Suite 2

ENGLISH LANGUAGE LEARNING COURSES

English Language Learning Center
We hope you’ll visit our new English Language Learning Center, located on the Main Campus, above the Library in LRCO. We have tutoring available from 8:30 am to 8 pm Monday through Wednesday, and from 8:30 am to 4:30 pm on Thursday. Classes and services are free. Please call 641.683.5120 for more information.

OTTUMWA COURSES
ELL Center
Beginning Level
When:
Monday – Thursday
9:00 am – 12:00 pm
When:
Tuesday and Wednesday
4:00 pm – 7:00 pm

JBS (for employees)
When:
Monday – Thursday
Noon – 5:00 pm

OSKALOOSA
IHCC William Penn Center
When:
Monday and Tuesday
6:00 pm – 8:00 pm

FAIRFIELD
Jefferson Co. Service Center
When:
Monday and Wednesday
5:30 pm – 7:30 pm
DENTAL EXPANDED FUNCTIONS

If you are currently registered as a Dental Assistant in the state of Iowa you are eligible to expand your skill set and certify in 11 different expanded functions. Pick one, or register for all 11 to obtain the Level 1 Expanded Functions designation.

This course is online and self-paced over the course of 5 months, our first session will start in mid-July. The pre-registration deadline is July 3rd. You must be currently employed by a licensed dentist who agrees to sponsor you and allow you to complete the clinical requirements at the dental practice under their supervision. Sponsorship entails allowing you to complete the clinical portion of the course at their practice. Contact us at 1-800-346-4413 to learn more.

**HEA 2100 - Dental Expanded Functions (ALL)**

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**Individual Expanded Functions**

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To Register for a course, please [click here](#).