

TAI CHI FOR HEALTH

Experience the health benefits of the ancient exercise program – Tai Chi. Tai Chi is a noncompetitive, self-paced system of gentle physical exercise that can be done by students of all ages. Tai Chi benefits include reduced stress, improved strength of muscles, improved balance and coordination, increased energy, stamina, agility and flexibility. It has been shown to help arthritis, diabetes, high blood pressure and back problems. Exercise clothes and thin soled shoes recommended.

SOUTHERN & DOBSON CAMPUS

William Cartmell

Class Number 18670

Mondays, Jul. 7-Aug. 11, 5:30 pm–7:00 pm

Six 1 ½ hr sessions: Charge \$57

Languages

JUST ENOUGH TO SPEAK FRENCH I

Conversational French for beginners will introduce you to French culture, activities, food and language. Whether you plan to visit France or have always dreamed of learning French, this class is for you. By the end of the eight weeks, you will be able to survive in the most typical situations when traveling in France for a few days! Pronunciation is emphasized at all times.

SOUTHERN & DOBSON CAMPUS

STAFF

Class Number 18673

Tuesdays & Thursdays, Jun. 3–Jun. 26, 7:10 pm–9:00 pm

Eight 2 hr sessions: Charge \$81 **

**Required text: French in 10 Minutes a Day by Kristine Kershul, Bilingual Corp. approximately \$21.

JUST ENOUGH TO SPEAK ITALIAN I

This is a course that offers an elementary understanding of the Italian language. Through a study of the basics of Italian including vocabulary and useful phrases, students will be quite familiar with some of the more commonly used terms and expressions in today's Italy.

SOUTHERN & DOBSON CAMPUS

Dennis Riccitelli, B.S., M.A.

Class Number 18675

Mondays, Jun. 2–Aug. 4, 6:00 pm – 7:30 pm

Ten 1 ½ hr sessions: Charge \$81**

**Required text: Learn Italian the Fast and Fun Way, Third Edition, by Marcel Danesi, approximately \$18.95.

SPANISH I THE EASY WAY

This course is an introduction to the Spanish language. Students will learn basic structure and practical vocabulary used in everyday situations. Oral communication will be emphasized.

RED MOUNTAIN CAMPUS

Michael Parkes

Class Number 18676

Mondays & Wednesdays, Jun. 9–Jun. 25,

5:30 pm – 7:15 PM

Six 1 ¾ hr sessions: Charge \$61**

SOUTHERN & DOBSON CAMPUS

Michael Parkes

Class Number 18678

Tuesdays & Thursdays, Jun. 10–Jun. 26,

5:30 pm – 7:15 pm

Six 1 ¾ hr sessions: Charge \$61**

**Required text: Spanish The Easy Way by Barron's, approximately \$15.

MCC STUDY ABROAD PROGRAMS

MCC's Study Abroad Program is an exciting opportunity to learn about other countries and travel at the same time.

As a student you can earn transferable college credit while living and experiencing a foreign culture.

Costs and Tuition can vary by country and program.

For more information visit: www.mc.maricopa.edu/services/international/studyabroad/programs. For specific information about fees and payment schedules, please call the International Education office at (480) 461-775 email: ie@mccmail.maricopa.edu

SPANISH II THE EASY WAY

This course is designed for students who want further study in the Spanish language. It is a continuation of the first class, Spanish I The Easy Way. Students will expand on basic structure and vocabulary used in practical situations. Good oral communication will be emphasized.

RED MOUNTAIN CAMPUS

Michael Parkes

Class Number 18679

Mondays & Wednesdays, Jul. 14–Jul. 30,

5:30 pm – 7:00 pm

Six 1 ½ hr sessions: Charge \$53**

**Required text: Spanish The Easy Way by Barron's, approximately \$15.

Writing & Genealogy

SHARING FAMILY MEMORIES

Do you want to leave a legacy for your family? You can share your family history through writing family memories that you can share with your children, grandchildren and friends. Using creative non-fiction techniques and essays, develop anecdotes that include humorous, sentimental and cultural aspects of family life. Advanced and beginning writers welcome. Students may share in-class writing assignments.

SOUTHERN & DOBSON CAMPUS

Marilyn June Janson, M.S., Ed.

Class Number 18682

Tuesdays, Jun. 24-Jul. 29, 7:10 pm–9:00 pm

Six 2 hr sessions: Charge \$ 59**

**Required: \$15 materials fee to instructor the night of class.

GET PUBLISHED NOW!

Two sessions to teach you everything you need to know to get whatever it is you write into print. Covered will be:

- How to make money writing
- How to get paid even before you write
- How to complete your work in 45 days or less
- How to get your work published
- Literary agents, do you need one?
- How to protect your inspiration from theft

RED MOUNTAIN CAMPUS

Tom Bird

Class Number 18674

Wednesday & Thursday, Jul. 23 & Jul. 24,

7:10 pm – 10:00 pm

Two 3 hr sessions: Charge \$99**

**Optional: textbooks available from instructor: The Spirit of Publishing \$29 and Your Artist Within \$27.

ENGLISH GRAMMAR REFRESHER

Are your participles and modifiers dangling? Want a thorough yet entertaining review of the basics of English? This refresher course focuses on grammar, sentence structure, confusing and misused words and spelling rules (you know the old “i before e” rule). This new (or refreshed) information will make your personal and professional writing easier and faster. As a bonus, learn the easy way to proofread letters and memos!

SOUTHERN & DOBSON CAMPUS

Rhonda Schlatter, B.A.E., M.A.E.

Class Number 18658

Thursdays, Jun. 19-Jun. 26, 10:00 am – 12:00 pm

Two 2 hr sessions: Charge \$29

ONLINE CLASSES

Visit www.ed2go.com/mccce for a variety of online classes such as:

- Speed Spanish
- Instant Italian
- Writing/Grammar for ESL
- Beginning French
- Beginning Braille

and many more. Please go to page 28 for further instructions