

Try something new
FUSED GLASS
SPIRIT TASTINGS
MATH FOR ADULTS



Summer 2024 Class Schedule

LIFELONG LEARNING

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Catherine Thorpe
French instructor

Taught 1998-2024
Taught 77+ classes
Taught 825+ students

My favorite thing about Lifelong Learning is the opportunity to share my love for France & its beautiful language. Every class I taught for Lifelong Learning was different & fun. It made me feel good to share my personal experiences about France & its people, the traditions & cultural differences. I always encourage the students to study more & travel more.

Catherine was born and raised in Paris. She studied English and American Civilizations and Literature before graduating with a Master's Degree from the Sorbonne University and spent several summers in England and in the US to fine-tune her English. She taught English in French middle schools around Paris before coming to Utah to finish her Master's thesis at the Sorbonne. Since then, she has taught French in private schools, grade schools, and the University of Utah with Osher and Lifelong Learning (26 years with Lifelong Learning). In addition, she was a translator and interpreter for the LDS Church for 45 years, worked for the Olympic Games in SLC in 2002, and organized trips to France for small groups of Americans for 20 years.

WHAT IS LIFELONG LEARNING?

*Local experts, teaching local classes, so you can create a local community! Lifelong Learning classes make it easy for you to explore your passions—or find new ones! Peruse our website to find your next adventure, from one-day workshops to eight-week courses over a plethora of topics. Registration is open to all adults 18 and older, no degree or matriculation required. New classes start weekly all year long and are held throughout Salt Lake Valley and online. Basically, you have no excuses not to enroll. **Classes fill quickly, so sign up today!***

ART

BEGINNING DRAWING SKILLS AND TECHNIQUES

Eric Erikson

Anyone can learn to draw! This class will encourage you to explore drawing through a variety of materials, methods, and philosophies. You'll become familiar with charcoal, ink, graphite, oil pastels, and even alternative drawing materials as you complete exercises and activities to help you see what's in front of you and set your vision down on paper. Gain confidence as you become acquainted with your own unique drawing style.

LLART 68-001 | Th, May 23-Jun 27 | 6:00 PM-9:00 PM
540 Arapeen Dr | \$199 + \$25 special fee

BEGINNING WATERCOLOR PAINTING

Jessika Jeppson Hoffman

Prized for its iridescence and simplicity, watercolor is easy to learn, but can take years to master. Join us to begin your journey into this delicate and powerful medium. Through observation and application, you'll learn the basics of color theory and color mixing, explore a myriad of watercolor techniques, and use observation to improve your work.

LLART 71-001 | W, Jun 19-Jul 17 | 6:00 PM-8:00 PM
540 Arapeen Dr | \$125 + \$60 special fee



BOTANICAL DYES, PIGMENTS, AND PAINTS

Caleb Warnock

Join us for a hands-on class to make 100% natural colors from scratch, just like it has been done for thousands of years. You'll use petals, roots, bark, stems, fruit, leaves, mushrooms, lichen, and more; starting with hot and cold dye techniques for fabric, then convert dyes into pigments and paints. Every color is possible from easy yellows, tans, and browns to greens, reds, pinks, purples, oranges, and black to the rarest colors — blues and whites. You can use the colors to dye wool, silk, cotton, and linen, to make powder or glaze pigments for storage, and to make watercolor, gouache, tempura, oils, stains and inks for use on paper, fiber, canvas, wood, and more. Each student will have the opportunity to make one or more take-home projects of their choice. Please wear aprons and/or "art" clothes, as the dyes are permanent.

LLART 425-001 | W, May 15-Jun 5 | 6:30 PM-8:30 PM
540 Arapeen Dr | \$109

COLOR THEORY AND COLOR MIXING 101

Theresa Otteson

Discover the basics of color theory including temperature, value, and how color schemes create color harmony in your artwork. You'll create a color wheel and learn tinting, toning, and how to mix paints to match a specific color. This class is perfect for students working in oil, acrylic, and watercolor, as well as those in any discipline wanting to fine-tune their understanding and use of color. Find materials list online.

LLART 133-001 | S, Jun 15 | 10:00 AM-2:00 PM
540 Arapeen Dr | \$75



DRAWING BASICS: BIRDS AT TRACY AVIARY

Kimberly Roush

Understanding fundamental drawing skills is crucial for creating any type of art. During two online sessions, learn and improve your basic drawing knowledge, then apply those skills to drawing birds from life at Tracy Aviary. The antics and beauty of the birds while we work make this a delightful class, and you'll fill your sketch books with lively drawings of birds! When a work of art is drawn from life it transports you back to the original experience in a way no photograph can. Experience that firsthand with this course. Find materials list and further details online.

LLART 429-001 | T, May 28 & Th, May 30 | 6:00 PM-7:30 PM |
S, Jun 1-Jun 8 | 9:00 AM-1:00 PM
Online/SLC | \$149 + \$5 special fee



EXPLORING THE COSMATI PAVEMENT OF WESTMINSTER ABBEY WITH GEOMETRIC DRAWING

Janiece Murray

As seen in the coronation of King Charles III in May 2023, the Cosmati pavement of Westminster Abbey is an elaborate example of 13th century craft work from Italy. Believe it or not, the intricate mosaic designs were created using just a ruler and compass. Join us and learn how to draw some of these beautiful patterns yourself, while soaking in the facts around their significant history and symbolism.

LLART 426-001 | M, Jun 3-Jun 10 | 6:00 PM-8:00 PM
540 Arapeen Dr | \$59 + \$20 special fee



EXPRESSIVE CHARCOAL DRAWING

Marian Pham

Learn how to use charcoal and other dry media to make art. You'll explore mark-making, gestural lines, abstraction, and a variety of textures. You'll learn the fundamental elements of drawing, particularly composition, perspective, and successful value patterns. Enjoy lecture, demonstration, and in-class practice. You'll walk away with the skills and materials you need to continue creating art outside of class.

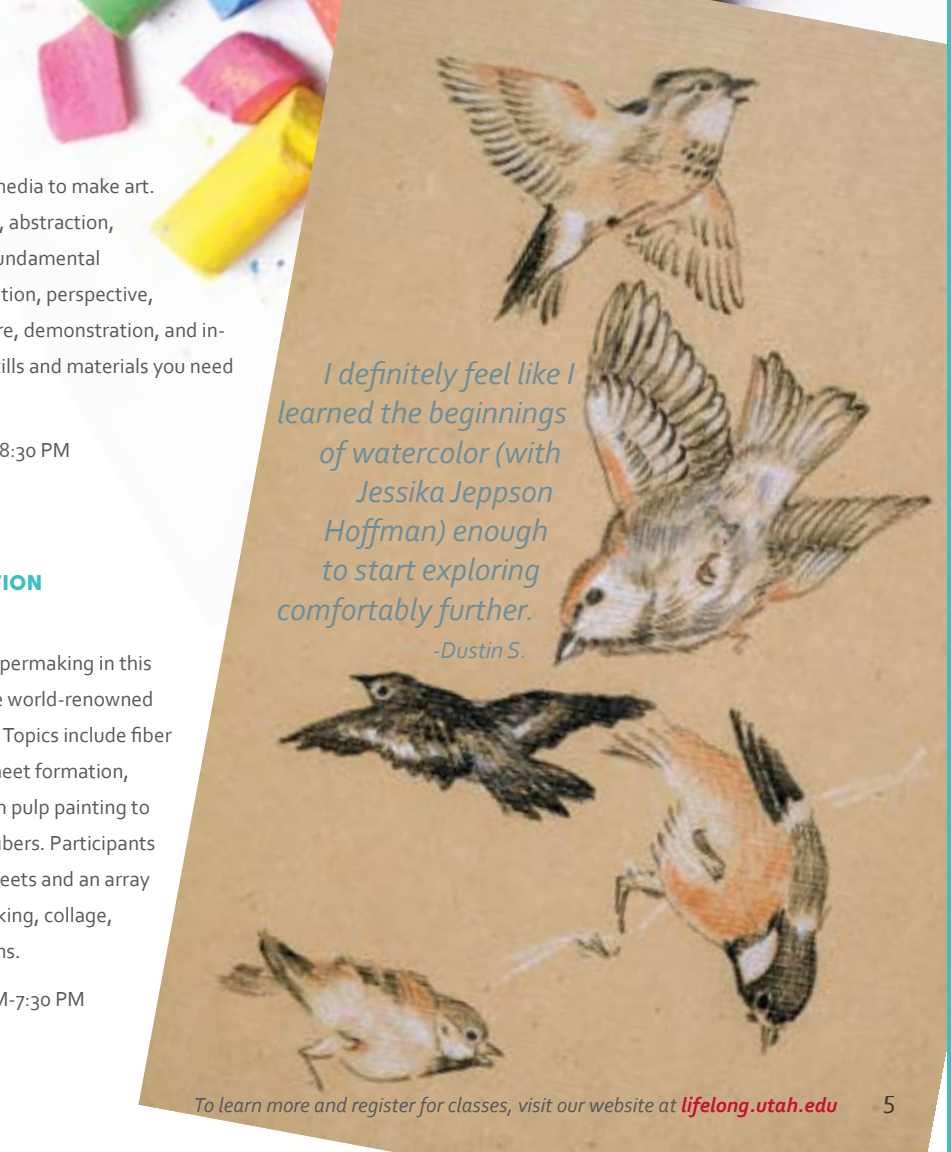
LLART 430-001 | T, Jun 4-Jun 25 | 6:00 PM-8:30 PM
540 Arapeen Dr | \$149 + \$25 special fee

PAPERMAKING: FIBER AND FORMATION

Emily Tipps and Jazmin Gallegos

Venture into the fundamentals of hand papermaking in this fast-paced, five-week course taught at the world-renowned BookArts Program in the Marriott Library. Topics include fiber selection and processing, western-style sheet formation, and experimental techniques ranging from pulp painting to sculptural applications using overbeaten fibers. Participants leave with a sample book of handmade sheets and an array of papers to be used for printing, bookmaking, collage, letter-writing, or other creative applications.

LLART 279-002 | T, May 21-Jun 18 | 4:30 PM-7:30 PM
Marriott Library | \$225 + \$50 special fee



I definitely feel like I learned the beginnings of watercolor (with Jessika Jeppson Hoffman) enough to start exploring comfortably further.

-Dustin S.

To learn more and register for classes, visit our website at lifelong.utah.edu

POINTED PEN CALLIGRAPHY

Janet Faught

Also known as Copperplate, English Round Hand, or Engravers Script, this style of pointed pen calligraphy evolved from the French Ronde hand in the seventeenth century. Neat, legible, and swift in execution, this writing style is perfect for special cards and invitations, or for adding a special touch to everyday journal entries or lists.

LLART 267-001 | W, May 15-Jun 19 | 6:00 PM-8:00 PM

540 Arapeen Dr | \$149 + \$40 special fee

QUICK SKETCH WATERCOLORS

Cindy Briggs

Join us in-person with Cindy for the first time since 2019 and learn how to capture your travels and daily life with flowing lines and flowing colors. As we simplify shapes you'll be surprised at what you can draw and paint on your own watercolor journey. This class is great for all levels of experience. Subjects change each time the class is taught, so you can sign up each semester and have a new experience! Participants are encouraged to bring a selection of reference photos or may use those provided by the instructor. Find materials list online.

LLART 304-001 | S, Jun 15 | 10:00 AM-4:00 PM

540 Arapeen Dr | \$99



A unique class, challenging yet super fun project, helpful classmates, a very knowledgeable, patient and friendly teacher (Diane Allen).

-Nancy C.



SILK CREATIONS: BOTANICAL PRINT SCARVES

Diane Allen

Is there any canvas more luxurious than silk? In just one day, explore a distinctive dyeing technique using leaves to craft botanical print motifs. The highlight of your experience will be unveiling your steamed bundle, revealing the breathtaking results of your artistic endeavor. You'll leave this workshop with two one-of-a-kind silk scarves but also a profound understanding of this tranquil and captivating art form.

LLART 431-001 | T, Aug 6 | 6:00 PM-9:00 PM

540 Arapeen Dr | \$69 + \$50 special fee

SILK CREATIONS: INTRO TO SERTI PAINTING TECHNIQUE

Diane Allen

Indulge in the sheer luxury of silk as you embark on a creative journey to discover the exquisite art of painting on silk, using both paints and dyes to bring your visions to life. We'll take a deep dive into the serti technique, where you'll craft intricate designs and skillfully guide dyes within the boundaries using a resist. Explore the world of silk dyes and learn the essential techniques for setting and finishing your masterpiece. By the end of the class, you'll not only possess the basic skills to fashion your own stunning silk scarf but also with at least two silk pieces as a testament to your newfound talents. Don't miss this chance to immerse yourself in the world of silk artistry! See further details online.

LLART 409-001 | M, Jun 3-Jul 1 | 6:00 PM-9:00 PM

540 Arapeen Dr | \$175 + \$85 special fee

new **SKETCHBOOK AND MINDFUL
DRAWING WORKSHOP**

Jessika Jeppson Hoffman

Embark on a transformative artistic journey with our Sketchbook and Mindful Drawing course. This unique experience combines the tactile joy of creating your sketchbook with accessible materials and the meditative practice of mindful drawing. Through personalized prompts, reflective writing, and mindful drawing activities, participants will develop a deeper connection to their creative process and the world around them. Whether you are a novice or an experienced artist, this course offers a space for self-discovery, creative exploration, and the joy of mindful expression.

LLART 428-001 | M, Jun 24-Jul 1 | 6:00 PM-8:00 PM
540 Arapeen Dr | \$59 + \$30 special fee

new **WATERCOLOR EN PLEIN AIR:
MILLCREEK AND LITTLE DELL**

Kimberly Roush

“En plein air” is the French term for outside. Join us to paint in the beauty of the outdoors at Millcreek Canyon then Little Dell Reservoir. This class focuses on understanding and interpreting the light. You’ll start with small value studies which prepare your senses to capture the mood of the day and cause you to consider the strength of your composition. You’ll learn to simplify your

landscapes into background, middleground, and foreground to convey the natural splendor you see around you. Find materials list and further details online.

LLART 394-001 | S, Jun 22-Jun 29 | 9:00 AM-2:00 PM
SLC | \$149 + \$5 special fee

new **WATERCOLOR LANDSCAPES**

Cindy Briggs

Discover how to simplify a landscape and capture the natural movement of colors with watercolor. We’ll start with simple quick-sketch landscapes and then move on to drawing with a pencil and adding mingling watercolors. You’ll learn how to mix a variety of greens, create colorful skies, and use brushwork to capture your own unique point of view. Find materials list online.

LLART 433-001 | T, Jun 11 | 6:00 PM-9:00 PM AND W, Jun 12 |
6:00 PM-9:00 PM
Online | \$99



WATERCOLOR: BIRDS AT TRACY AVIARY

Kimberly Roush

Did you know that James Henry Audubon often worked from birds he’d shot in the field? Instead, inspired by contemporary wildlife artists, we will work from life without harming our subjects. A direct connection and observation of your subject allows you to know the bird intimately — their gestures and their personalities — so you can translate it to your art. Find materials list and further details online.

LLART 393-001 | S, Jun 15 | 9:00 AM-4:00 PM
SLC | \$99 + \$5 special fee



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BEGINNING KNITTING

Amy Hargreaves-Judzis

Love the idea of knitting but don't know where to start? Join us for an introductory class that will teach you where to begin with this beloved art form.

You'll learn concepts and vocabulary, yarn basics, how to cast on and bind off, knit and purl stitches, basic pattern reading, and how to sew simple seams.

You'll leave the class with two easy but impressive projects: a Bitty Bunny and a pair of fingerless mitts. Students should expect to do 1-3 hours of knitting per week at home to keep up with coursework.

LLCFT 362-001 | T, May 28-Jun 25 |
6:00 PM-8:00 PM

540 Arapeen Dr | \$175 + \$20 special fee

BEGINNING SEWING I

Andrea McCausland

You bought the sewing machine, you watched all of the YouTube videos, but now you just need someone who can answer your questions and give personal guidance. This class is for you! Join us and gain confidence in sewing while you become acquainted with

your machine. You'll learn about a variety of fabrics and construction techniques, how fabrics are used in various projects, different seam techniques, the use of notions, and how to read a pattern. This class is intended for people who are brand new to their sewing machines. MAKE members receive a 10% tuition discount. Materials list is located online.

LLCFT 267-001 | M, Jun 3-Jul 1 | 6:00 PM-9:00 PM | No class Jun 17
MAKE | \$149 + \$120 special fee

BEGINNING SEWING II: BASIC GARMENT CONSTRUCTION

Andrea McCausland

If you know the basics of your sewing machine, but are looking to build on your knowledge by exploring clothing construction, then this class is for you! You'll learn how fabrics are used in various projects, common seam techniques and notions, installing pockets, and how to read a pattern. Students should already know how to use their sewing machine. MAKE members receive a 10% tuition discount. Materials list is located online. Beginning Sewing I is an excellent precursor to this class.

LLCFT 387-001 | M, Jul 15-Aug 5 | 6:00 PM-9:00 PM | No class Jul 29
MAKE | \$125 + \$80 special fee

BEGINNING WOODWORKING

Jonathan Harman or Kasey Mitchell

Join us to learn the basic skills of woodworking through two in-class building projects. This class starts at the very beginning, making it perfect for people who are brand new to woodworking. You'll learn about common hand tools such as a hammer, measuring tape, and level; power tools such as an impact driver, drill press, jointer, router, and four kinds of saw, the best tool to use for your desired outcome, and how to operate it all safely. You'll walk away from class with a hand-built charcuterie board and self-made step-stool, as well as the knowledge you need to continue making projects on your own! Co-sponsored with MAKE Salt Lake. MAKE members receive a 10% tuition discount. See further details online.

LLCFT 359-001 | T, May 14-Jun 3 | 6:00 PM-9:00 PM

LLCFT 359-002 | W, May 15-Jun 4 | 6:00 PM-9:00 PM

LLCFT 359-003 | Th, Jul 11 - Aug 1 | 6:00 PM-9:00 PM

LLCFT 359-004 | W, Jun 19-Jul 17 | 6:00 PM-9:00 PM

MAKE | \$225 + \$180 special fee



BEGINNING WOODWORKING II

Jonathan Harman

Elevate your woodworking expertise in our next-level class! Building on the fundamentals you learned in Woodworking I, we'll focus on the art of joinery--mastering techniques to securely connect wood. With a strong emphasis on safety and the introduction of a wider array of hand tools, you'll refine your skills and create stunning, durable pieces. Don't miss this opportunity to take your woodworking craftsmanship to the next level! See further details online.

LLCFT 395-001 | T, Jul 9-Jul 30 | 6:00 PM-9:00 PM

Community Woodshop SLC | \$199 + \$180 special fee

BLACKSMITHING: AN INTRODUCTION

Matthew Danielson

Blacksmithing in the modern world is rooted in creating art and tools with fire and force. This is a beginner class designed to give you a taste of what being a blacksmith is all about as you use both contemporary and antique equipment to learn the ancient skill of forging steel with hammer and anvil. You'll learn hammer control, the different parts and ways to strike an anvil, and how to use them to maximize your effort. All class projects are designed to use the skills you develop to enhance your capabilities. See further details online.

LLCFT 274-001 | T, May 14-Jun 18 | 6:00 PM-9:00 PM

Wasatch Forge | \$299 + \$80 special fee

BLACKSMITHING: INTERMEDIATE

Matthew Danielson

Focus on the skills you learned in your first level blacksmithing class and grow your knowledge of higher carbon steel and heat treatment. You'll create a hammer head, forge-welded bit tomahawk, a simple draw knife, and a steel for traditional fire starting in this bushcraft project-focused course. See further details online.

LLCFT 296-001 | T, Jun 25-Aug 6 | 6:00 PM-9:00 PM

Wasatch Forge | \$275 + \$90 special fee

BLACKSMITHING: LAMINATED STEEL WORKSHOP

Matthew Danielson

Laminated steel--also known as Damascus steel--is created by combining strips of steel and iron through hammer-welding, repeated heating, and forging. The process creates distinctive layered patterns that are intrinsic to the steel. Join local blacksmiths to create two three-pound "billets" of laminated steel that you'll use to create a handled herb chopper and a wearable item of your choice (such as a cuff bracelet, pendant, or belt buckle). See further details online.

LLCFT 323-001 | Th, May 16-Jun 20 | 6:00 PM-9:00 PM | No class Apr 2

Wasatch Forge | \$275 + \$135 special fee

BOOKBINDING

Janiece Murray

Join a local Salt Lake artist and learn how to create your own unique journal and sketchbook. You'll explore the artistic qualities of the "sweet" bookbinding technique. You'll learn how to make a text block, create your own book covers, and sew a flat-lying spine as you build a one-of-a-kind book. You'll walk away from this class with one or more new books and the skills you need to make more on your own! Find materials list online.

LLCFT 374-001 | T, Jul 9-Aug 6 | 6:00 PM-8:00 PM | No class Jul 23
540 Arapeen Dr | \$125 + \$25 special fee

CONTEMPORARY CROSS STITCHING

Ford Neville

Have you been looking for a fun and relaxing hobby to embellish your life? Join us to learn the ins and outs of counted cross stitch. You'll discover everything from deciphering a pattern, selecting supplies, preparing the material and tools, and how to get started stitching. We'll learn a wide variety of stitches you might encounter on a counted cross stitch pattern and how to make them, as well as how to choose patterns from the confusing online marketplaces.

LLCFT 378-001 | T, May 21-Jun 4 | 6:30 PM-8:00 PM
540 Arapeen Dr | \$69 + \$20 special fee



ENAMELING: AN INTRODUCTION

Marianne Goodell

Enameling is the ancient art of melting glass onto metal to create beautiful colors and designs. Join us to learn about the tool you'll need to start, the metals used, and how to use sifters to create base layers and designs. You'll grow to feel comfortable sifting and firing enamel, adding layers and design, and firing enamel using an acetylene torch then walk away with your own unique enameled works of art; no experience needed!

LLCFT 399-001 | S, Jun 1-Jun 8 | 9:00 AM-1:00 PM
Salt City Smithery | \$149 + \$100 special fee



FUSED GLASS BAS RELIEF

Sarinda Jones

Join us to explore three different methods of bas-relief in glass designs. The best way to understand "bas-relief" is to see one – take a look at a penny, nickel, or other coin and examine the raised images on it; they're all bas-reliefs. English adopted the word from French (bas meaning "low" and relief meaning "raised work"). You will learn how to score and cut glass into strips, including the chemistry of glass, firing temperatures, and how glass behaves under heat. Think outside the box to create your own textures using the studio's "treasure box" of mark-making tools: tree branches, screen, utensils, ribbons, sea shells or start your own treasure box right now! You will create one small plate or bowl with texture. This is a one day class with pick up of projects at a later date due to firing the glass in

the kiln takes 50 hours total. This is a beginner class, no experience necessary. See further details online.

LLCFT 402-001 | T, Jul 16 | 6:00 PM-9:00 PM
Reflective Arts Studio | \$49 + \$35 special fee



FUSED GLASS ORGANIC BOWL

Sarinda Jones

Create your own piece of art glass, perfect for display or use. You'll use "frit" – bits of sheet glass – to add transparent and opal colors to a bowl form. Explore the chemistry of glass, how to place frit to create depth and texture, and how glass behaves under heat. By the end of this single-day class, your piece will be ready to spend 50 hours in the kiln, emerging as a 5" art glass bowl. Best of all, there's no glass-cutting required! This is a beginner class, no experience necessary. See further details online.

LLCFT 401-001 | Th, May 23 | 6:00 PM-9:00 PM
Reflective Arts Studio | \$49 + \$35 special fee



FUSED GLASS STRINGER PLATE

Sarinda Jones

Create a stunning work of glass art using linear patterns and beautiful colors. You will start by exploring the chemistry of glass, how to cut glass into stringers and rods, and how glass behaves under heat. By the end of this single-day class, your design will be ready to spend 50 hours in the kiln becoming a finished plate that you can show off to

friends and family. This is a beginner class, no experience necessary! See further details online.

LLCFT 400-001 | T, May 14 | 6:00 PM-9:00 PM
Reflective Arts Studio | \$49 + \$35 special fee



FUSED GLASS YARD ART

Sarinda Jones

Glass in the garden sunshine is stunning to say the least. Join us and explore several variations of how to create your own garden stake. You'll learn how to score and cut glass into strips, the chemistry of glass, firing temperatures, and how glass behaves under heat. Get creative and use any technique you wish to enjoy your outdoor spaces with more color! This is a one-day class; students will pick up projects at a later date after the piece has spent 25 hours total in the kiln. See further details online.

LLCFT 403-001 | Th, Aug 1 | 6:00 PM-9:00 PM
Reflective Arts Studio | \$49 + \$70 special fee

HAND EMBROIDERY: FROM STITCHES TO DESIGN

Allyson Rocks

Embroidery is a fun and meditative craft that offers you the chance to step away from the stress of life while creating magical works of art. You'll start by learning basic outline and decorative stitches with a stitch sampler. Gain knowledge of hoops, floss, tools, and fabric then see your work blossom as you utilize these tools to make your

patterns into a finished work of art. Your creativity will soar as you learn to embrace mistakes, snags, and knots. All levels of student are welcome, from beginners to those with more practice. There will be plenty of opportunities to learn new stitches, refine skills, and play within this relaxing yet productive art form. Find materials list online.

LLCFT 372-001 | Th, Jun 13-Jun 27 | 6:30 PM-8:30 PM
540 Arapeen Dr | \$99 + \$25 special fee

INTRO TO BAG-MAKING: SEW A CROSS-BODY PURSE

Tracey Harty

Embark on a creative journey into the world of sewing and fashion as we guide you through the process of creating your very own cross-body purse. The focus here is on grace and simplicity with a touch of your personal flair. You'll learn the art of incorporating zippers and hardware seamlessly, giving your creation that professional touch. Choose between brand-new materials or bring along your favorite

upcycled fabrics to give your purse a unique and eco-friendly twist. Find materials list online.

LLCFT 405-001 | M, Jul 15-Jul 22 | 6:00 PM-8:30 PM
540 Arapeen Dr | \$75 + \$15 special fee

INTRO TO QUILTING: PATCHWORK PILLOWCASE

Tracey Harty

In this journey of straight-line quilting, you'll master the creation of a traditional 9-patch block while refining crucial quilting skills such as precise seam allowances, chain stitching, and effective pressing methods. Explore the concept of the "quilt sandwich" and experiment with various quilt basting methods. You'll walk a way with an impressive envelope-style pillow and the skills to independently pursue your quilting endeavors. Your caring instructor will help you gain confidence as you dip your toes into this historically important skillset. Find materials list online.

LLCFT 360-001 | T, Jun 4-Jun 18 | 6:00 PM-8:30 PM
540 Arapeen Dr | \$109 + \$50 special fee



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JEWELRY MAKE AND TAKE: COWBOY TOOTHPICK

Amy Schmidt

What IS a cowboy toothpick? Cowboys have had a long tradition of keeping a “toothpick” in their hats. They were used to clean their teeth and even to whittle away at pieces of wood. Join us to create your unique take on this traditional decoration. So how will you use it? Pin it in your hat? Wear it to hold up your hair? However you choose to use it, your friends will be in awe of your skills to set a cabochon (chosen from a myriad of beautiful stones in class), solder, twist wire, file, polish, and create your own jewelry piece in one day.

LLCFT 397-001 | S, Jun 1 | 10:00 AM-2:00 PM

Salt City Smithery | \$69 + \$10 special fee



JEWELRY MAKE AND TAKE: LAYERED STERLING SILVER PENDANT

Amy Schmidt

Transform your understanding of metalsmithing through this hands-on experience that starts with raw materials and ends with a wearable work of art. You’ll create a uniquely layered silver pendant while learning the techniques of sawing, filing, soldering, and finishing. No experience necessary!

LLCFT 398-001 | S, Jun 8 | 10:00 AM-2:00 PM

Salt City Smithery | \$69 + \$50 special fee

JEWELRY MAKE AND TAKE: STERLING SILVER EARRINGS

Amy Schmidt

Adorn your ears with elegance in our Sterling Silver Earrings Workshop. Join us for a dynamic and hands-on experience where you’ll create unique and stylish sterling silver earrings from scratch. There will be a large selection of small stones to choose from, or you can opt to texturing the silver with the plethora of tools we have for use in the studio. No experience necessary.

LLCFT 394-001 | S, May 18 | 10:00 AM-2:00 PM

Salt City Smithery | \$69 + \$40 special fee

KINTSUGI: THE JAPANESE ART OF REPAIRING WITH GOLD

Haruko Sadler

Immerse yourself in the ancient art of Kintsugi, the Japanese technique of repairing broken ceramics. In this transformative course, you’ll learn to embrace the philosophy that flaws and imperfections are integral to beauty. Discover the delicate art of mending broken pottery with gold, silver, or other precious metals, transforming them into stunning works of art. Join us on this journey of restoration, where you’ll not only repair ceramics but also uncover a deeper appreciation for the beauty found within imperfections. Find materials list online.

LLCFT 379-001 | S, Jun 1-Jun 8 | 1:00 PM-3:00 PM

LLCFT 379-002 | S, Jul 20-Aug 3 | 1:00 PM-3:00 PM | No class Jul 27
540 Arapeen Dr | \$59 + \$45 special fee



KNITTING TECHNIQUES: SWEATER CONSTRUCTION

Amber Adams

Improve your knitting practice by learning sweater skills! You'll study the specific techniques commonly used in sweater patterns including increases/decreases, raglan and other necklines, shaping and shortrows, and finishing techniques. We'll also share high-level knowledge about sweater construction to add personal touches and improve the fit of your creations. You'll be working with swatches we make in class, but bring your current work-in-progress; for the last half hour you'll get individual attention to trouble-shoot your current project! Find materials list online.

LLCFT 396-001 | W, Jun 5-Jun 26 | 6:30 PM-8:00 PM
540 Arapeen Dr | \$99

LAPIDARY: CUTTING AND POLISHING STONES FOR JEWELRY

Jan Harris-Smith

Come learn how to turn a slab of rock into a beautiful, polished cabochon using a trim saw and lapidary machine. You'll explore how to mount your rough trimmed piece on wood dowels or nails to make them easier to polish and how to use progressive diamond wheels and polishing powder to finish the stones. You'll discover basic rock types and knowledge, tumbling rocks, and we'll even share some of

the best areas to rockhound in Utah! Students are welcome but not required to bring their own slabs to cut. Please bring eye protection and be aware that you will get wet.

LLCFT 385-001 | S, Jun 1-Jun 8 | 10:00 AM-1:00 PM
LLCFT 385-002 | T, Jun 18-Jun 25 | 6:00 PM-9:00 PM
Salt City Smithery | \$125 + \$50 special fee

LOST WAX CASTING FOR JEWELRY

Jan Harris-Smith

Sculpt and carve intricate designs using wax, then transform them into stunning metal jewelry. Learn the art of casting, resulting in unique and wearable pieces. Build your skills so you can set stones in wax and cast them. Let your imagination run wild as you craft jewelry that will captivate for years to come. This unique process creates some of the most magnificent jewelry out there.

LLCFT 367-001 | Th, Jun 20-Jul 18 | 6:00 PM-9:00 PM | No class Jul 4
Salt City Smithery | \$249 + \$80 special fee



METALSMITHING I

Amy Schmidt

Explore the fundamentals of metalsmithing and become familiar with the basic tools used in this craft. You'll learn the properties of different metals while experiencing annealing and basic sawing, soldering, and finishing skills. You'll leave this class with a simple ring or pendant from the metal of your choice. All levels are welcome and no prior experience is required. Special fee is for tool rental and some supplies; students will purchase more supplies in class or order online with assistance from the instructor.

LLCFT 229-001 | T, May 14-Jun 11 | 6:00 PM-9:00 PM
LLCFT 229-002 | Th, May 16-Jun 13 | 6:00 PM-9:00 PM
Salt City Smithery | \$225 + \$55 special fee

METALSMITHING II

Jan Harris-Smith

Build on the skills you learned in Metalsmithing I and create a ring or pendant with a set stone. You'll use hand tools, a flex shaft, and a soldering torch to create decorative embellishments, a bezel stone setting, and a bail for your pendant. Finally, you'll learn more advanced finishing techniques to take your jewelry to the next level. Special fee is for tool rental and some supplies; students will purchase more supplies in class or order online with assistance from the instructor. Prior experience required. Find materials list online.

LLCFT 353-001 | T, Jul 9-Aug 6 | 6:00 PM-9:00 PM
Salt City Smithery | \$199 + \$55 special fee

PYSANKY: UKRAINIAN ART EGGS

Rynna Poulson

Learn the beautiful Slavic folk art of pysanky by decorating eggshells with dyes and wax-resist. You'll explore this tradition from start to finish, including emptying the eggs, basic divisions for laying out designs, dyeing in traditional folk designs, and finishing with varnish. You'll walk away from this class with three pysanky and the knowledge and skills you need to create these stunning eggs independently!

LLCFT 375-001 | Th, Jun 6-Jun 20 | 6:00 PM-9:00 PM
540 Arapeen Dr | \$125 + \$20 special fee



SEWING MAKE AND TAKE: ZIPPER POUCH

Tracey Harty

Surprise yourself with what you can achieve in just one evening! Discover the joy of creating something useful as you sew your own stylish zipper pouch. Express yourself by customizing your pouch with colors, patterns, and textures that resonate with your personal taste—bring new or upcycled fabric! You'll learn the art of installing a zipper and lining a bag. This hands-on workshop ensures that you'll not only learn the techniques, but also leave with a completed zipper pouch ready to show off to friends. Find materials list online.

LLCFT 404-001 | M, Jun 24 | 6:00 PM-9:00 PM
540 Arapeen Dr | \$49 + \$5 special fee

WELDING: AN INTRODUCTION

Richard Cobbley

Have you ever wanted to work with metal for an art project but didn't know where to begin? This class will teach you the basic skills necessary for cutting and welding metals for small projects in a fully functioning welding studio. Under the guidance of a welding expert, you'll get hands-on experience working with the equipment, metal, and different designs. Build your basic knowledge of welding while completing a project of your choice!

LLCFT 234-001 | T, May 14-Jun 18 | 6:00 PM-9:00 PM
LLCFT 234-002 | W, May 15-Jun 19 | 6:00 PM-9:00 PM
Cobbley's Studio | \$299 + \$210 special fee

WHEEL-THROWN CERAMICS: AN INTRODUCTION

Workshop SLC

Discover the art of ceramics as we guide you through each step of working with a throwing wheel. You'll master essential techniques from wedging clay to centering a piece, pulling walls, trimming, shaping, adding feet, and making handles. Dive into surface decorations as you practice waxing, glazing, and firing processes. By the end, you'll proudly take home small treasures like bowls and mugs, a larger bowl, and the skills to continue crafting more masterpieces. Unleash your inner potter today! Co-sponsored with Workshop SLC.

LLCFT 375-001 | Th, Jun 6-Jun 20 | 6:00 PM-9:00 PM
540 Arapeen Dr | \$249 + \$50 special fee



WHEEL-THROWN CERAMICS: BEAUTIFUL BOWLS

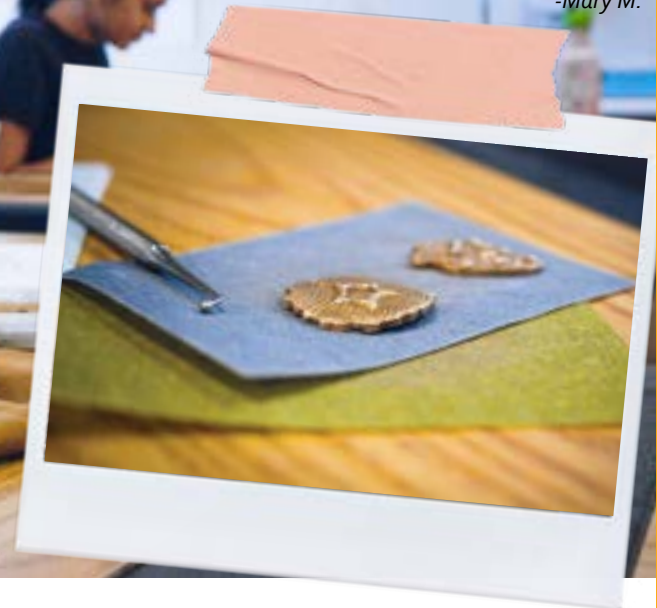
Workshop SLC

Join us for an introduction to pottery class where you'll learn how to make a set of nesting bowls. You'll learn basic throwing techniques like centering clay, shaping a bowl, and how to throw varying sizes of clay. As well as decorating your pieces and learning how to create a matching set. By the end of this class you'll have a set of four hand-made nesting bowls to take home. Please wear comfortable clothes you don't mind getting clay on. Co-sponsored with Workshop SLC.

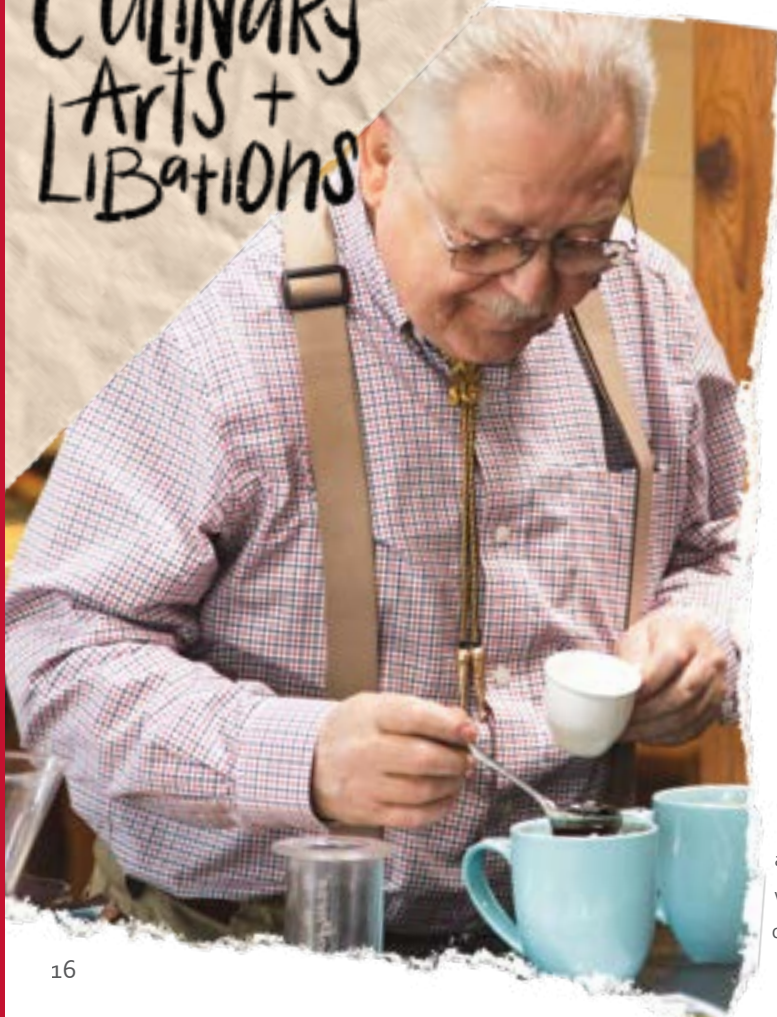
LLCFT 371-003 | T, Jul 9-Jul 30 | 4:00 PM-6:00 PM
Workshop SLC | \$189 + \$50 special fee



Richard (Cobbler) is a FANTASTIC instructor/teacher. He makes you feel relaxed around something that can be quite frightening and overwhelming... He is really patient with us unskilled students and has great stories to share.
-Mary M.



CULINARY ARTS + LIBATIONS



BASICS OF HOME GRAPE GROWING AND WINEMAKING

Tom Parks

Have you ever wondered what it takes to make your own wine? Join us to study the entire process, from vineyard to finished bottle. You'll gain the knowledge to plan, install, and maintain a small vineyard of wine grapes in our Utah climate. You'll learn how to train and prune your vines while protecting them from pests, the right time to harvest, how to crush, press, and ferment. Finally, you'll learn how to clarify, age, and bottle for a finished wine that you can truly call homegrown!

LLFW 627-001 | Th, Jun 6-Jun 20 | 6:00 PM-8:00 PM
AND S, Jun 22 | 10:00 AM-12:00 PM
540 Arapeen Dr/SLC | \$119

CAMP COOKING

Jeffrey Steadman

Camp cooking can present unique challenges (dish duty, anyone?), but with the right tools, techniques, and ingredients you can turn any campout into a five-star dining experience. We'll go over a few popular techniques for car-camping cuisine, including camp stove, zipper bag, campfire, and Dutch Oven cooking. Learn to make breakfast burritos without dirtying a dish, easily packed lunches, drool-worthy dinners, and desserts like cobbler that will be the envy of the

campground. We'll also discuss lightweight backpacking food and go over ideas for bringing your own food into backcountry. The special fee includes tastes of everything we make in class.

LLFW 523-001 | W, Jun 12 | 5:30 PM-8:30 PM
Outdoors | \$45 + \$10 special fee

CIDERS OF THE WORLD: FRENCH CIDRE

Matthew Ostrander

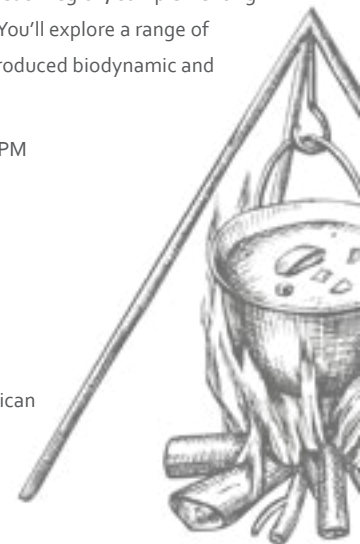
France is well-known for its rich wine culture, but traditional French Cidre has also been a staple of agricultural regions in Normandy and Bretagne for hundreds of years. Heirloom apple varieties, climate, terroir, production techniques, and resulting end products contribute to unique styles endemic to each region, complementing the rich food culture and local palates. You'll explore a range of ciders from French estates that have produced biodynamic and organic ciders for centuries.

LLFW 645-001 | T, Jul 16 | 6:30 PM-8:30 PM
Scion Cider | \$39 + \$45 special fee

CIDERS OF THE WORLD: US AND CANADIAN CIDERS

Matthew Ostrander

Explore the captivating history of American cider dating back to its revolutionary roots from European settlers, growth



across the continent, and the major apple growing regions in North America. Students will learn about the shift away from cider during the lead-up to Prohibition to its recent resurgence within the modern beverage market, and explore its place among wine and beer through a series of guided tastings.

LLFW 644-001 | T, Jun 25 | 6:30 PM-8:30 PM

Scion Cider | \$39 + \$45 special fee



COASTAL WINES ALONG THE MEDITERRANEAN SEA

Sheral Schowe

Savor the taste of wines cultivated along the sun-drenched shores of the Mediterranean Sea. You'll discover the unique character of the seaside vineyards of Greece, Sicilia, Sardegna, Provence, Languedoc Roussillon, and Catalonia in this coastal wine escape right here in the mountains. See further details online.

LLFW 607-001 | Th, Aug 1 | 6:30 PM-8:30 PM

Carmines | \$39 + \$35 special fee

COFFEE: FROM CROP TO CUP

John Bolton

Join us for an afternoon of delicious coffee comparisons with the owner of Salt Lake Roasting Co. We'll start with an overview of where coffee comes from geographically and the culture behind it—including the people who grow

it. Then you'll cup coffees together, comparing both degrees of roast and varietal characteristics of coffee from around the world. We'll discuss different brewing methods and enjoy coffee-related sweet and savory food snacks to accompany our brews.

LLFW 578-001 | Sun, May 19 | 1:00 PM-3:00 PM

Salt Lake Roasting | \$39 + \$50 special fee



COOKING BASICS: THE 5 MOTHER SAUCES

Tena Pate

Up your cooking game with an experienced culinary artist and educator to guide you. You'll learn all about the five mother sauces and why they are the basis for all classic sauces. Follow along from the comfort of your own home as you learn the steps to complete each sauce, then learn how to cook a variety of meals using them. Each day of class, you'll complete a recipe that utilizes at least two of the mother sauces. Find materials list online.

LLFW 657-001 | Th, May 16-May 23 | 6:00 PM-9:00 PM

Online | \$99 + \$25 special fee

DELIGHT IN AUTHENTIC FRENCH CREPES

Charlotte Durif

From mastering the art of creating a flawless batter to discovering traditional fillings, you'll learn the essentials of crafting delectable French crepes. You'll also learn the technique of flawlessly flipping

them in the air, adding a touch of showmanship to your culinary prowess. Best of all, you'll get to savor the fruits of your labor by taking home the crepes you create during the class. Join us and embrace the magic of French crepe-making, where you'll gain both skills and delicious memories. Students should bring a 10-inch non-stick pan, a non-metal flat spatula, a ladle, a whisk, and a mixing bowl.

LLFW 632-001 | Th, May 23 | 6:00 PM-8:00 PM

540 Arapeen Dr | \$49 + \$35 special fee



FRESH SUMMER RECIPES TO PLEASE YOUR PALATE

Tena Pate

Summer is the perfect time to experiment with crisp new ingredients, and what better way to learn than at the feet of an experienced culinary artist and educator? Join us from the comfort of your own home as you learn proper knife skills, a variety of cuts, and how to properly cook different kinds of protein to their proper internal temperature. You'll interact with your instructor as you cook along to complete delicious fresh recipes using a variety of beautiful ingredients. Find materials list online.

LLFW 658-001 | T, Jul 23-Jul 30 | 6:00 PM-9:00 PM

Online | \$99 + \$15 special fee



FRUIT TART FROM SCRATCH

Charlotte Durif

Welcome summer with us by celebrating the best season to make fresh fruit tarts! This class will teach you three fundamentals: making a pie crust from scratch and blind-baking it, whisking up a perfect custard, and building a raspberry-pistachio pie that's so beautiful, you'll be torn between admiring it and immediately devouring it. Please bring a rolling pin, a pie pan (9 in or more), a small pot, a whisk, and a baking spatula.

LLFW 654-001 | Th, Jun 13 | 6:00 PM-8:30 PM
Park City Culinary Institute | \$59 + \$75 special fee

GINS AROUND THE WORLD

James Santangelo

Join us for a journey around the world as you assess gins neat and compare them in your favorite cocktail. Taking its name from the Dutch word for juniper (genever), gin was first referenced as early as the 13th century, and its popularity shows no signs of slowing. The craftsmanship of individual distillers makes each gin a flavorful and unique adventure for the palate. You'll try Japanese, English, and domestic gins, including one local to Utah.

LLFW 656-001 | M, Jun 3 | 7:00 PM-9:00 PM
Beehive | \$39 + \$30 special fee



JAPANESE TEA CEREMONY: AN INTRODUCTION

Haruko Sadler

Step into another culture and time as you participate in the ancient ritual of the Japanese Tea Ceremony. The Tea Ceremony began in seventh-century China and plays a significant role in Japanese culture today. Your tea master will explain the history and philosophy of the ceremony, its relationship to Zen Buddhism, demonstrate the rules and use of utensils, and have you practice some steps of the ceremony. Then she will conduct the ceremony, serving you a steaming bowl of tea and Japanese sweets to savor. You'll leave class with a new perspective and your own Japanese tea kit to practice what you've learned.

LLFW 617-001 | S, Jul 13 | 1:00 PM-4:00 PM
540 Arapeen Dr | \$49 + \$50 special fee

JIAOZI: TRADITIONAL CHINESE DUMPLINGS

Qin Li

China has a rich food culture with different regions that specialize in their own unique cuisine. Jiaozi, however, is a signature dish that is found across the entire country. These traditional Chinese dumplings are made to celebrate special occasions, such as Lunar Chinese New Year, Lantern Festival, or other holidays or family reunion times. Jiaozi takes time and work to make, but in China people see it as a fun

and meaningful activity to enjoy the company of loved ones. Join us and explore this unique way to express and share love to your family and friends through the activity of cooking Chinese dumplings. Find materials list online. Vegetarian option available upon request.

LLFW 603-001 | S, May 18 | 9:00 AM-1:00 PM
540 Arapeen Dr | \$75 + \$20 special fee

LOOSE LEAF TEA: AN INTRODUCTION

Brad Heller

Singular in species and near infinite in varieties, tea is one of the world's most cherished beverages. Join us for a hands-on workshop while you discover the taste and subtleties of some of China's finest teas. You will start with the purest white tea, exploring a full spectrum of oxidation to end with entirely oxidized blacks and fermented tea (pu-erh). You will leave class with a greater understanding of tea so you can continue to explore and enjoy this healthy and refreshing beverage.

LLFW 611-001 | S, Jun 22 | 12:00 PM-2:00 PM
Tea Grotto | \$39 + \$5 special fee



PICKLE PERFECTION: VINEGAR PICKLING

Charlotte Durif

Pickles are a great asset to our lives: not only are they good for us, they can both bring the perfect acidity and flavor to a dish and also

are delectable on their own! Dive into the simple art of vinegar-based pickling by crafting pickled green beans, a fundamental staple that elevates any meal. Additionally, master the swift technique of preparing instant pickled red onions, a valuable last-minute recipe to add to your culinary repertoire. Let's uncover the secrets of pickle perfection. Students should bring a small cutting board and a good knife.

LLFW 655-001 | Th, May 30 | 6:00 PM-8:00 PM
540 Arapeen Dr | \$39 + \$20 special fee

new **REFRESHING SUMMER WINES FROM NORTHERN EUROPE**

Sheral Schowe

Embark on a refreshing journey through the cool climates of Northern Europe. Explore the crisp and vibrant wines of France, Italy, Germany, Austria, Slovenia, and the Basque region of Spain that capture the essence of the season. This tasting of "Summer Breezes in a Bottle" will transport you to mountain vineyards from the Alps to the Pyrenees through the mouth-watering wines from high elevations. See further details online.

LLFW 628-001 | Th, Jul 18 | 6:30 PM-8:30 PM
Carmines | \$39 + \$35 special fee



RUM AND CHOCOLATE

James Santangelo

Few things are better than chocolate, except chocolate and rum! Explore the various styles of the delicious spirit of rum, ranging from the fruit-forward clear styles to the richer dark styles. Each rum will be paired with the perfect nibble of chocolate. You'll walk away with a greater appreciation for both chocolate and rum.

LLFW 630-001 | M, Jul 22 | 7:00 PM-9:00 PM
Beehive | \$39 + \$30 special fee

new **SIP AND SIZZLE! PERFECT PAIRINGS FOR YOUR SUMMER BARBEQUE**

Sheral Schowe

Elevate your barbecue experience and discover the perfect pairings for meat, poultry, seafood, and plant-based cuisine. We will unravel the art of harmonizing flavors, making your barbecue gatherings truly exceptional. Cheers to a symphony of tastes for your next summer party! See further details online.

LLFW 637-001 | Th, Jun 20 | 6:30 PM-8:30 PM
Fratelli | \$39 + \$35 special fee



SWEET CREATIONS: BEGINNING PIPING TECHNIQUES*Muyly Miller*

Did you know that a single piping tip can offer several different styles of design by changing pressure, positioning, and release? Join us for a casual, fun class in which you'll learn these techniques with piping and frosting. We'll cover proper ways to attach piping tips, fill piping bags, and how to hold your filled bags. You'll get hands-on experience with cupcakes so that by the end of class, you'll have a dozen uniquely decorated cupcakes using three different popular piping tips. Find materials list online.

LLFW 267-001 | S, May 18 | 1:00 PM-3:00 PM
540 Arapeen Dr | \$49 + \$30 special fee

SWEET CREATIONS: FROSTING AND DECORATING A CAKE*Muyly Miller*

Join us for a casual and fun cake-decorating class! Create an eye-popping cake while learning basic techniques such as stacking, applying the buttercream crumb coat, and getting smooth sides on the final buttercream layer. You'll learn alongside like-minded friends, decorating already-baked cakes with live instruction to help along the way. We'll also discuss transporting and freezing your cake (if needed), and how to best slice and serve your unique creation!

LLFW 241-001 | S, May 18 | 9:30 AM-11:30 AM
540 Arapeen Dr | \$49 + \$55 special fee

**TEQUILAS AND MEZCAL***James Santangelo*

Join us for this delicious Agave spirits tasting featuring Tequila and Mezcal. You'll try different styles, starting with a salty and crisp Blanco, a soft wood and vanilla Reposado Tequila, to the roasted Piña of Mezcal. This tasting is accompanied with small bites of citrus fruit and various seasoned salts. It's a tasting not to be missed!

LLFW 625-001 | M, Jul 8 | 7:00 PM-9:00 PM
Beehive | \$39 + \$30 special fee

WHISKIES OF THE WORLD*James Santangelo*

Did you know that whisky is one of the most popular--and fastest-growing--spirits? Learn about how the broad range of whiskies being made worldwide has made this drink even more popular. We will discuss four distinct styles of whisky, learn how to describe the aromatic and flavor profile of each, and understand drink development with each style. Join us for this fun and interactive class that will make you a whisky expert in no time!

LLFW 489-001 | M, Jun 10 | 7:00 PM-9:00 PM
Beehive | \$39 + \$30 special fee

WINE AND GOURMET POPCORN PAIRING*James Santangelo*

You read that right! This class combines two of your favorite things: wine and popcorn. Your instructor, a local wine expert, will guide you on this fun and flavorful adventure as you learn more about the ultimate comfort food pairing. You'll sample three wines paired with different popcorns by a local SLC gourmet popcorn shop. Come learn all the secrets in this unique pairing class!

LLFW 604-001 | M,
Aug 5 |
7:00 PM-9:00 PM
Beehive | \$39 + \$30
special fee





Current
EVENTS +
CONTEXT



A GUIDE TO HIGH SCHOOL MATH FOR ADULTS

Anna Bessesen

We live in a world where math anxiety is widespread, yet our students need to have a foundation in these skills in order to make it to graduation. The time has come to tackle any fear you might have so that you can best support your student on their math journey! This course, taught by a public-school math teacher with over ten years of experience, covers the broad strokes of the mathematics your student will navigate in grades 9-11. By addressing the overarching themes in the core standards, you can not only help your student complete their math homework, but also seamlessly connect the mathematical themes and concepts from different grade levels. Your instructor will provide information and counsel on how to help your student prepare their math requirements for graduation and which courses might best serve your student as they progress through their learning pathway. Please note that grade 12 content is excluded from this course by design, but your instructor will provide insight and recommendations about your student's specific situation in the last session.

LLPOT 989-001 | Th, May 30-Jun 20 | 6:30 PM-8:30 PM
540 Arapeen Dr | \$119 + \$5 special fee



A GUIDE TO MIDDLE SCHOOL MATH FOR ADULTS

Anna Bessesen

We live in a world where math anxiety is widespread, but our students need to have a foundation in these skills. The time has come to tackle fear so that you can best support your student on their math journey! This course, taught by a public-school math teacher with over ten years of experience, covers the broad strokes of the mathematics your student will be navigating in grades 6-8. By addressing the overarching themes in the core standards, you'll not only be able to help your student complete their math homework but also seamlessly connect the mathematical themes and concepts from different grade levels. You'll also receive information and advice on how to help your student prepare for high school and which courses might best serve your student as they progress through their learning.

LLPOT 988-001 | M, Jun 3-Jul 1 | 6:30 PM-8:30 PM | No class Jun 17
540 Arapeen Dr | \$99 + \$5 special fee

To learn more and register for classes, visit our website at lifelong.utah.edu

AI UNLEASHED: EMPOWERING EVERYDAY LIFE WITH ARTIFICIAL INTELLIGENCE

Darby Bailey

Discover how artificial intelligence (AI) is shaping our world, from entertainment to ethics, and learn how to harness AI for personal empowerment. You'll start with a history of, and introduction to, machine learning and how AI affects our lives today. You'll look at the current state of AI and examine what the future might hold. Finally, you'll learn about media literacy and the ethics of this powerful tool. Join us and empower yourself with knowledge to explore practical uses of AI and how it can work for you. See further details online.

LLPOT 974-001 | W, Jun 5-Jun 26 | 6:00 PM-8:00 PM
540 Arapeen Dr | \$119

DISCOVERING WORLD RELIGIONS IN SLC

Jeremy Innis

Religion is a complex, global phenomenon that is intertwined with almost every other aspect of society. Join us to explore some of the major world religious traditions, and see their representation in your local community. Further develop understanding by considering their images, stories, texts, and rituals. Your studies will include Hinduism, Buddhism, Judaism, Christianity, and Islam. Optional weekend visits to local religious communities.

LLPOT 970-001 | Th, Jun 6-Jun 27 | 6:30 PM-8:30 PM
540 Arapeen Dr | \$109

FINANCIAL PLANNING 101

Mark Pyper

Join us for a course that aims to improve your financial literacy. You'll learn the key components of wealth management and feel more in control of your financial life to achieve your monetary goals. Because financial planning is a lifelong endeavor, this class is appropriate for both retirees AND those still working toward it. You'll learn a variety of skills including how to set realistic goals, budgeting and eliminating unnecessary expenses, building an emergency fund, good debt vs. bad debt, investments and compounding interest, saving for major life events, establishing the right insurance, tax-friendly financial strategies, Social Security and Medicare strategies, and legacy planning.

LLPOT 975-001 | T, May 14-May 28 | 6:30 PM-8:00 PM
540 Arapeen Dr | \$59



HOW TO RECOGNIZE AND RESPOND TO IMPLICIT BIAS AND MICROAGGRESSIONS

Irene Ota

Join us for an engaging workshop in which you'll be asked to recognize, confront, and address implicit bias and microaggressions. You'll learn how to notice when these things occur, how they are perpetuated, how they are used, and what impact they have on the people around you. Finally, you'll join in a discussion of strategies to respond to implicit bias and microaggressions in ways that bring awareness and attention without falling into a "savior mentality."

LLPOT 990-001 | S, Jun 15 | 11:00 AM-2:00 PM
540 Arapeen Dr | \$49

MARVELING AT THE MARRIOTT LIBRARY

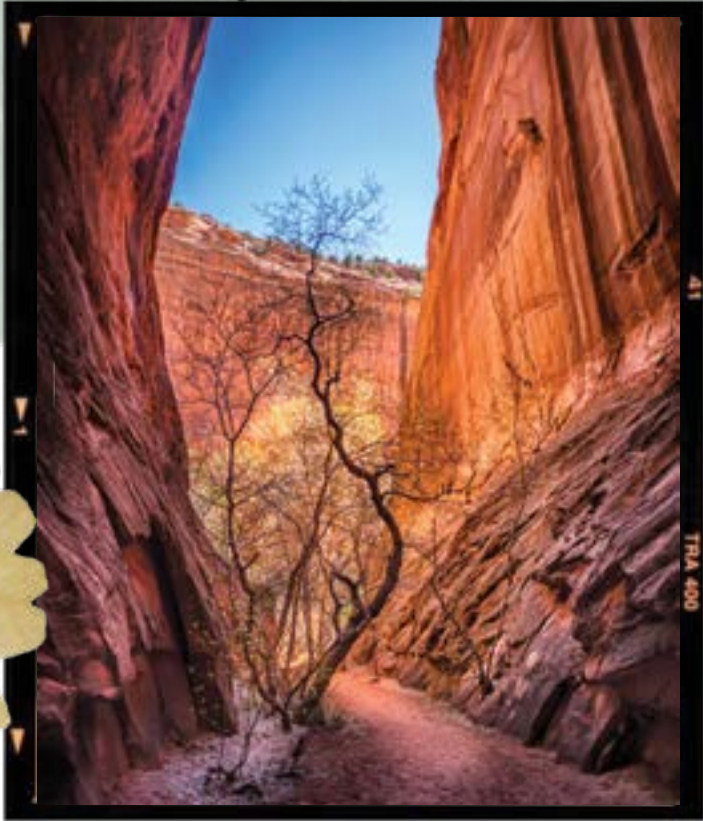
Tallie Casucci

The library is more than just books, and the Marriott Library is open to more than just students! Did you know that many people residing in Utah are eligible for a free borrowing permit at the University of Utah's J. Willard Marriott Library? As the flagship institution of Utah, the Marriott Library is for everyone and can be utilized to help you research, find your next good read, or connect with your community. We'll begin with a walking library tour, then an overview of library resources and services, and wrap-up with personal research time. See further details online.

LLPOT 979-001 | W, May 22 | 5:30 PM-8:00 PM
Marriott Library | \$49



EXPLORE UTAH



new **A WORLD OUTSIDE THE ORDINARY: INTRODUCTION TO GULLAH GEECHEE CULTURE**

Robert Burch

Journey through time to discover the rich heritage of a unique African American community that influences every aspect of Utah life today--the origins and history of the Gullah Geechee culture. Uncover the historical background and geographical context that shaped the people, tracing their origins from Africa through the transatlantic slave trade to the Lowcountry of South Carolina and Georgia. Discover the Gullah language and dialect, a linguistic treasure enduring through generations. Discover the distinctive foodways and savor the flavors of Gullah Geechee cuisine. Join us for this journey into the heart of the culture where history, language, art, music, and cuisine converge to create a unique and enduring legacy.

LLPOT 992-001 | Th, May 30-Jun 13 | 6:00 PM-8:00 PM
540 Arapeen Dr | \$99 + \$10 special fee

BACK ROADS UTAH

Tom Wharton

Ever heard of Utah's oldest hotel, in Marysvale, where Zane Gray wrote some of his Western classics? Want to buy honey, socks, pajamas, or cheese straight from their Logan factories? Did you know that Utah's West Desert is home to a pet cemetery? How about golfing on a five-hole course in Milford known as the Windy Five--for \$3 a round? Learn about these and other out-of-the-way Utah sights and adventures in this celebration of the quirky--and bring your own to share! Students suggested to bring a road map or atlas of Utah.

LLPOT 732-001 | M, May 13 | 6:30 PM-8:30 PM
540 Arapeen Dr | \$49

HOVENWEEP: VILLAGES OF THE ANCIENTS

Ray Cannefax

Explore one of Utah's great mysteries: the ancient Anasazi (Ancestral Puebloan) villages of Hovenweep. Located in the Four Corners region of southeastern Utah, these villages were built and occupied between 500 AD and 1320 AD, at which time they seem to have been abruptly abandoned. Join a local enthusiast to discuss the culture of the ancient people who called this area home, and explore via photographs the architectural remains of the incredible stone structures--most with multiple levels!--of the Hovenweep villages.

LLPOT 968-001 | S, Jun 1 | 10:00 AM-1:00 PM

540 Arapeen Dr | \$49

MURALS BUILD COMMUNITY: A WALKING TOUR OF MURAL FEST

Lesly Allen

Thanks in large part to South Salt Lake's Mural Fest, our city has blossomed into an outdoor gallery of exciting murals by local and international artists. What better way to experience this creative explosion than a walking tour to visit the murals of the Creative Industries Zone? You'll join one of the organizers of Mural Fest to learn about the mural process, including how artists are selected, the techniques they use to paint large-scale works, and fun facts about key muralists. Then chat with the artists themselves and watch as they create their own murals. There's so much more to it than just painting walls! See further details online.

LLPOT 959-001 | T, Apr 30 | 6:00 PM-8:00 PM

SLC | \$39

PROTECTED OR PULVERIZED: A WALKING TOUR OF SLC'S HISTORIC ARCHITECTURE

Adrienne White

Downtown Salt Lake City has been continuously transforming since the pioneers settled in the valley in 1847. Join us for a walk through time while you learn about the historical buildings that are still standing and the many buildings we have lost to demolition over the years. After this tour, you will see and experience the downtown area in a completely different way! See further details online.

LLPOT 982-001 | S, May 18 | 1:00 PM-3:00 PM

LLPOT 982-002 | S, Jun 15 | 1:00 PM-3:00 PM

SLC | \$39

ROCK ART HOT SPOTS

Troy Scotter

Utah is home to some of the nation's most spectacular archaeological sites--from the famed rock art galleries of Nine Mile Canyon to the spectacular ruins of Cedar Mesa. But there are hundreds of other localities where the public can experience the remnants of thousands of years of human occupation. Participants will receive a handout describing the location of over twenty fantastic public rock art sites in Utah that can be reached by car. You'll walk away knowing what and where to look for fascinating sites; a must-know for all Utah road trips.

LLPOT 687-001 | S, Jun 1 | 10:00 AM-12:00 PM

540 Arapeen Dr | \$39

TOUR THE AVENUES CEMETERY

Michelle Nelson

Visit the largest municipal cemetery in the United States: The Salt Lake City Cemetery. The cemetery is 250 acres of beauty with historically and visually interesting headstones. We'll wander



among the graves of the famous and infamous as we discuss the development of the land, the challenges it has faced over the years, who died when and how, headstone symbols, burial customs, and more. Please come prepared to walk up and down inclines and move over uneven ground. Dress in layers and bring a water bottle.

LLPOT 693-001 | W, Jun 5 | 6:00 PM-8:00 PM

LLPOT 693-002 | W, Jul 10 | 6:00 PM-8:00 PM

SLC | \$49

UTAH'S ONAQUI WILD HORSE HERD

Samantha Couper

View Utah's wild horses in their natural habitat with the Onaqui Catalogue Foundation. You'll learn about Utah's most iconic wild horse herd and how community-based citizen science is being used to document and share information about individual horses, behavior, social structures, foal births, and herd management. We'll start with a two-hour classroom session then, on Saturday, we'll meet at the entrance of the Onaqui Herd Management Area (HMA) located near Dugway on a quest to observe and catalogue the horses in the wild. The following session we'll meet online to share photos and video and discuss what we saw in the field. See further details online.

LLPOT 957-001 | Th, May 16-May 23 | 6:00 PM-8:00 PM AND S, May 18 | 10:00 AM-2:00 PM
540 Arapeen Dr/Outdoors/Online | \$149

WALKING TOUR OF SLC'S UNSEEN HISTORY

Rachel Quist

The history of Salt Lake City can be weird, heartbreaking, and surprising. Join us to learn about the unseen history of our beautiful city by exploring the places and lives of everyday people at the turn of the last century. In this course, we'll focus on two neighborhoods that illustrate the economic and racial diversity of our city's past. See further details online.

LLPOT 961-001 | S, Jun 1-Jun 8 | 10:00 AM-12:00 PM
LLPOT 961-002 | S, Jun 1-Jun 8 | 1:00 PM-3:00 PM
SLC | \$59

WASATCH FRONT STAYCATIONS

Tom Wharton

Discover the hidden gems in your own backyard! Whether you're planning a weekend escape to Logan, Brigham City, Ogden, Salt Lake, or Provo, there's an abundance of exciting activities waiting for you. From factory shopping and opera in Logan, to Golden Spike and hot springs in Brigham City, the options are endless. Ogden boasts 25th Street's kid-friendly attractions and unique dining experiences, while Salt Lake offers cultural delights like museums and the aviary. In the Provo area, explore BYU's museums, enjoy outdoor music, and visit the Springville Art Museum. Say goodbye to the hassles of travel and high airfare costs, and embrace the adventures right at your doorstep.

LLPOT 986-001 | M, May 20 | 6:30 PM-8:30 PM
540 Arapeen Dr | \$39

To learn more and register for classes, visit our website at lifelong.utah.edu



Home + Garden

A TASTY GARDEN: HOW TO GROW, HARVEST, AND USE HERBS

Stephanie Duer

Herbs are a wonderful addition to your garden: they attract pollinators, smell pleasant, and many fit right into a water-wise landscape. Luckily, there are many varieties of herb available at your local garden center--thyme, oregano, basil, and more! But are you ever at a loss as to which to choose and how to use them? Join us and you'll learn how to grow herbs, as well as tips and techniques for harvesting and using them in the kitchen!

LLHG 937-001 | Th, Jul 11-Jul 18 | 6:00 PM-8:30 PM
540 Arapeen Dr | \$69



COOPS DE VILLE: HOW TO RAISE BACKYARD CHICKENS

Celia Bell

There is a world of difference between a farm-fresh, right-from-the-hen egg and those that come from the store. Sounds good, but where there are eggs, there are chickens; and where there are chickens, there is responsibility. In this class you'll find out how to do it right from start to finish. We'll cover preparation, breed selection, housing, food, and water, chickens and your garden, legalities and your neighborhood, hazards and health management, raising chicks, and collecting and storing eggs. We'll also review the age-old question: Which came first?

LLHG 558-001 | T, May 14-May 28 | 6:30 PM-8:30 PM
540 Arapeen Dr | \$75 + \$5 special fee

DRIP IRRIGATION AND MULCH

John Trimble

Learn everything you need to know to install drip irrigation for vegetables and fruit trees, from converting and retrofitting existing irrigation systems to simple hose connection. You'll discover best practices for conserving water while growing high quality food, including timing and using a variety of mulches.

LLHG 941-001 | T, May 21 | 7:30 PM-9:00 PM
540 Arapeen Dr | \$39

FLORAL DESIGN: CREATING ARRANGEMENTS WITH FRESH-CUT LOCAL FARM FLOWERS

Pamela Olson

Learn the fundamentals of floral design and create your own beautiful arrangements in this hands-on workshop. Students will learn the techniques and mechanics of basic flower arranging as well as composition, color, and balance. You'll practice with seasonal flowers sourced from local Utah farms during monthly class sessions throughout the summer. Students will get an informative demonstration each class, then design your own arrangement to take home. All flowers and vessels provided. Students must bring their own set of tools: scissors or shears, pruners, and a paring knife. Students must bring their own scissors or shears, pruners and a paring knife.

LLHG 592-001 | T, Jun 18, Jul 16, & W, Aug 7 | 6:00 PM-7:30 PM
Native Flower Co. | \$59 + \$180 special fee

FRUIT TREES AND GRAPES

John Trimble

Delve into the essential principles and factors that contribute to successful cultivation of fruit bearing plants. You'll discover a diverse range of fruit tree varieties suited for our climate and gain insights into expert pruning techniques and effective pest management strategies. Join us and acquire the knowledge and skills needed to produce high-quality tree fruit, fostering a fruitful and rewarding orchard.

LLHG 940-001 | T, May 21 | 5:30 PM-7:00 PM
540 Arapeen Dr | \$39

GROWING VEGETABLES

John Trimble

Discover the keys to successful vegetable gardening in this exciting class. Gain expertise in transforming available areas, prepping soil, efficient irrigation methods, strategic planning, optimal timing, and effective troubleshooting. Explore a range of topics including space utilization, soil enrichment, water conservation, and pest control. With practical insights and expert guidance, you'll cultivate a flourishing vegetable garden and overcome common challenges. Join us to cultivate your green thumb and reap bountiful harvests.

LLHG 938-001 | T, May 14 | 5:30 PM-7:00 PM
540 Arapeen Dr | \$39

IKEBANA: JAPANESE FLOWER ARRANGING

Haruko Sadler

Practice the art of Ikebana--the simple yet rich Japanese style of plant arranging. Translated as "bringing flowers to life," creating Ikebana can quiet the mind, provide clarity and energy, and become its own spiritual experience. Working with fresh materials in special containers, you'll learn the balance, design, and form used by historic and contemporary masters to create floral works of art. See further details online.

LLHG 518-001 | S, Jun 29 | 1:00 PM-4:00 PM
540 Arapeen Dr | \$59 + \$80 special fee

INTRO TO FOODSCAPING: PRINCIPALS AND DESIGN

John Trimble

Dive into the art of foodscaping, a groundbreaking landscape design technique that combines aesthetics and functionality. Discover how to harness the beauty of edible plants to enhance your surroundings. This course teaches you to maximize your landscape's potential, save water, and embrace sustainable living through food production. Unleash the potential of your outdoor space while creating a harmonious and rewarding environment.

LLHG 939-001 | T, May 14 | 7:30 PM-9:00 PM
540 Arapeen Dr | \$39



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RESIDENTIAL LANDSCAPE DESIGN I: CONCEPT AND PLANNING

Stephanie Duer

Take your landscape from average to fabulous by learning the techniques and tricks of professional designers! We'll show you how to draw a plan, analyze your site, and use landscape design principles for laying out paths, patios, and garden beds. You'll have the opportunity to work on your landscape plan with the help of a landscape designer who will teach you design concepts, assessment, and project phasing. We'll focus on all areas of the landscape (including front, back, and side yards) to create inspired and functional spaces.

LLHG 512-001 | T, May 21-Jun 25 | 6:00 PM-8:30 PM
540 Arapeen Dr | \$199 + \$25 special fee

UNEXPECTED GUESTS: HOW TO LANDSCAPE FOR WILDLIFE

Stephanie Duer

One of the things that makes Utah such a beautiful place to live is our proximity to the nature of the Wasatch Mountains. But that proximity can also pose unique challenges when nature comes to visit your garden. It can seem like a battle to keep deer, rabbits, and other wildlife out, so join us to explore strategies to manage those charming uninvited guests, and maybe even enjoy inviting them in!

LLHG 936-001 | Th, Aug 1 | 6:00 PM-8:30 PM
540 Arapeen Dr | \$49

VEGETABLE GARDENING: EXTENDING THE HARVEST

Celia Bell

Did you know that you can continue to grow vegetables in your garden well into the fall and even winter seasons? Learn how to extend your vegetable harvest using methods such as continual plantings, garden protection, and even heat and light supplementation. You'll create a planting plan and map to determine winter sun angles and planting times for your veggies. We'll cover succession planting and tips for germinating and transplanting in the heat of the summer for cold-weather gardens. You'll leave knowing how to maintain your beautiful vegetable garden well into the chilly months.

LLHG 589-001 | W, Jun 26 | 6:30 PM-8:30 PM
AND S, Jun 29 | 10:00 AM-12:00 PM
540 Arapeen Dr | \$59





Language

BEGINNING GERMAN

Joachim Dreier

Have fun while learning a language spoken by more than 150 million people worldwide: German! Learn the basic conversational skills you need to work, travel, or even live in Germany. You'll focus on pronunciation, vocabulary, reading, and writing. Taught by a native German-speaking instructor, this class will be filled to the brim with examples of contemporary conversation and culture. Students are encouraged to purchase their own copy of "The Everything Learning German Book" by Edward Swick.

LLLAN 433-001 | W, May 29-Jun 26 | 6:00 PM-9:00 PM
540 Arapeen Dr | \$199



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PERFORMING ARTS



BEGINNING GUITAR I

Randin Graves

Whether you're a total beginner or a lifelong dabbler, here's a chance to get a solid foundation with the guitar, particularly for fans of folk, rock, blues, or pop music. Learn basic exercises, scales, chords, fingerpicking, and music notation. Students must have their own acoustic or electric guitar. Students must bring their own instrument.

LLMT 382-001 | M, Jun 3-Jul 1 | 6:00 PM-8:30 PM | No class Jun 17
540 Arapeen Dr | \$119

BEGINNING SINGING SKILLS AND TECHNIQUES

Megan Blue

Singing is an expressive act that anyone can enjoy, but what does it take to sing so that people want to listen? Join a local performing artist and teacher to explore the basic anatomy of your throat, breath connection, and how to control your voice with air pressure. We'll work toward singing without tension and discover how singing is different from speaking. Finally, you'll learn what makes a good performer and the difference between various styles of singing. You'll leave this class with basic exercises for improvement and individualized feedback to make your singing voice the best it can be!

LLMT 485-001 | W, May 15-Jun 5 | 6:30 PM-8:00 PM
540 Arapeen Dr | \$125 + \$10 special fee

FLAMENCO APPRECIATION WORKSHOP

Katie Sheen-Abbott

Flamenco is a complicated art form characterized by intricate hand, foot, and body movements. Listen to flamenco music and rhythms while you learn the difference between various flamenco styles (palos). You'll study the history of flamenco and the evolution of the guitar, singing, and dance. You'll engage in conversation about modern flamenco versus traditional flamenco and talk about the Tablao setting, which is the small club setting where a language is spoken between the musicians and the dancers and where improvisation is key.

LLMT 484-001 | S, Jul 20 | 11:00 AM-1:00 PM
Studio Zamarad | \$39 + \$4 special fee

IMPROV COMEDY WORKSHOP I

Clint Erikson

Ready for some fun and games after work? Improvisational comedy is theatrical humor made up on the spot using your imagination. Discover how to bring your creative ideas to life in real-time through brain teasers, games, and other forms of play, learn the rules of improvisation, develop your own unique characters, and most importantly, emotionally invest in your work. In this improv series, you'll get to be the writer, performer, and audience! This is an excellent class for anyone interested in trying improv comedy for the first time, as well as for seasoned performers who want to expand their skills.

LLMT 396-001 | M, May 13-Jun 10 | 6:00 PM-8:00 PM | No class May 27
540 Arapeen Dr | \$125

PUBLIC SPEAKING WORKSHOP

Elizabeth Wolfer

Though most of us will have to do it at some point, public speaking is a major fear and can be debilitating for some. Join your instructor—whose years of experience and coaching include work for TEDx Salt Lake City—to address that fear and learn how to build confidence, focus your content, and polish your delivery technique. The best way to improve your skills is to use them, so you'll be invited take part in exercises that give you a safe space to practice. In session one, we'll cover talk structure, nerves, body language, and common mistakes. In session two, you'll present a three-minute talk on a topic of your choosing and receive personalized feedback from the instructor in an atmosphere of encouragement and positivity.

LLMT 487-001 | S, Jun 15-Jun 22 | 9:00 AM-12:00 PM
540 Arapeen Dr | \$99 + \$5 special fee

VOICE ACTING: AN INTRODUCTION

Michelle Ortega

As the voice over industry continues to grow, more people are becoming curious about it. Reading out loud for a living does sound easy and fun, but how exactly do you break into this ever-growing industry? We'll be starting with the basics--reading and interpreting scripts, setting up a home studio, joining talent agencies, and

auditioning for roles. Then you'll go to a professional recording studio on campus where you'll have the opportunity to get behind the mic! You'll leave class with a wealth of knowledge and a clear guide to your path in the fascinating world of voice overs.

LLMT 459-001 | Th, Jul 11-Aug 1 | 6:30 PM-8:00 PM
AND Th, Aug 8 | 6:00 PM-8:00 PM | No class Jul 25
540 Arapeen Dr/Marriott Library | \$149 + \$5 special fee



BASIC ROBOTICS FOR ADULTS

Jay Jayaseelan

Want to help your child develop and build on the coding skills they are learning in robotics? Join the U of U Youth Education instructor to learn the basic concepts of robotics and STEM, help them program and build designs for assignments and individual projects! This is a beginner-level class for adults with little to no robotics experience. You'll learn how to use a micro-controller, a hub, sensors, motors, gears, and interfaces with a programming language (pictorial, easy-to-understand program) for elementary students.

LLART 427-001 | S, Jun 1-Jun 8 | 9:00 AM-12:00 PM

LLART 427-002 | S, Jun 1-Jun 8 | 1:00 PM-4:00 PM

LLART 427-003 | S, Jul 13-Jul 20 | 9:00 AM-12:00 PM

540 Arapeen Dr | \$99 + \$50 special fee

CAD SOLID MODEL DESIGN: AN INTRODUCTION

Andrew Miller

Learn everything you need to know to start modeling your own functional parts in a Computer Aided Design (CAD) program. You'll learn types of CAD files, viewport navigation, importance of order of operations, making and constraining a sketch, extruding your sketch (adding and removing material), modifying an existing solid model with your own customizations, pattern/mirror features for efficient modeling, fillet/chamfer features for finishing parts, assembly

feature (multiple parts coming together) and exporting your part for 3D printing. Students should have a working knowledge of how to use computers.

LLART 432-001 | T, May 14-Jun 18 | 6:30 PM-8:30 PM

540 Arapeen Dr | \$199 + \$5 special fee



CRAFTING DIGITAL STORIES: SMARTPHONE VIDEOGRAPHY

Charlotte Durif

This class will teach you the fundamentals of pre-producing, producing, filming and directing the creation of the video. From framing your ideas to creating a scenario and a shot-list, to filming it in an autonomous and fun way, you'll end up with the best shots to tell the story you're looking for, whether it's showcasing a hike with your dog, or presenting the story of a recent accomplishment (and everything in between)! Over two sessions, you'll learn the basics in a classroom, and then put it into practice in an outdoor environment. Although we'll be focusing on using a smartphone, it totally works if you want to bring your camera too. Please bring a smartphone and a notebook.

LLART 417-001 | T, May 14-May 21 | 6:30 PM-8:30 PM
540 Arapeen Dr | \$99

DEVELOP YOUR PHOTOGRAPHIC EYE

David Argyle

With today's digital cameras, just about anyone can take a snapshot. But it takes more than the casual click of a button to create a compelling and artistic photographic image. While most photography classes focus on the technical aspects of photography, this class is all about the art of photography. Learn fundamental concepts of image design and composition, explore photographic styles, master your optics, develop better positioning and timing

skills, and improve your post-processing. Move beyond the technical hassles and learn to think and see like a photographer. Please be prepared to use your own camera for simple homework assignments.

LLART 245-001 | Th, Jun 6-Jun 27 | 6:00 PM-8:30 PM
540 Arapeen Dr | \$125

DIGITAL PHOTOGRAPHY: AN INTRODUCTION

Neil Eschenfelder

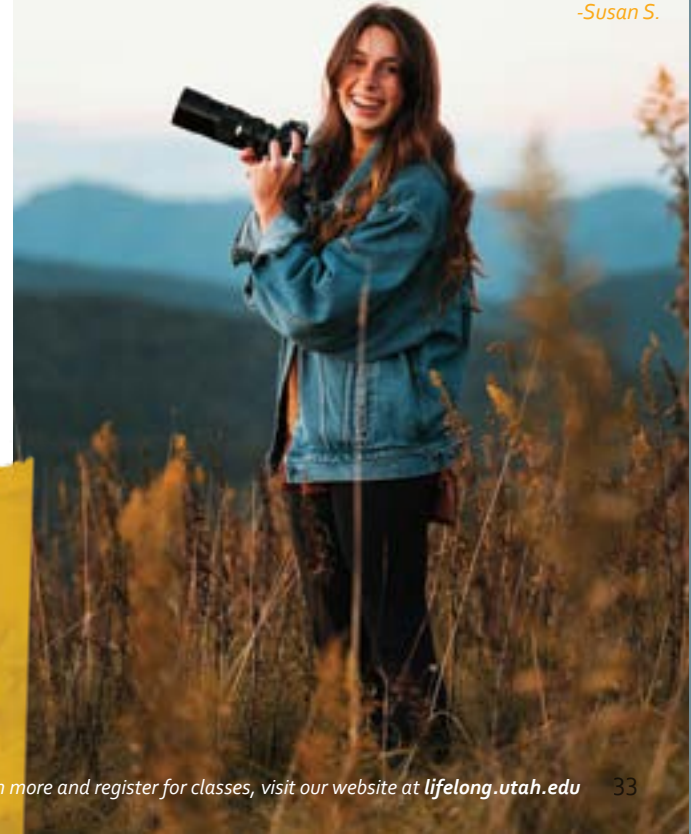
Take an in-depth look at megapixel counts, white balance, shutter speed, lens opening, and other digital camera functions while learning how to use them to your advantage. We'll cover traditional photographic imaging skills such as use of shutter speeds and lens openings, composition, and portraiture so you can spend more time making great images and less time editing them on your computer. You'll get the most out of this class if your camera features manual as well as automatic controls. Please bring your camera and manual to the first class. Please come to the first class prepared with a Gmail address.

LLART 115-001 | T, May 21-Jun 25 | 6:30 PM-9:00 PM
AND S, Jun 15 | 10:00 AM-12:00 PM
540 Arapeen Dr/Outdoors | \$199 + \$5 special fee



Ali was passionate about video editing and he showed it by being generous with his time to make sure students understood the capabilities of Premiere Pro before moving on to other features. He gave one on one help with our projects. He made it less intimidating to work with such a sophisticated program.

-Susan S.



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OUTDOOR PHOTOGRAPHY: BOOT AND SHOOT*Neil Eschenfelder*

Nothing improves your photography faster than practice, and shooting in the company of an instructor will put you ahead by leaps and bounds. Join us as we enjoy moderate hikes to a variety of scenic locations where we'll focus on landscape photography, wildlife, plants, and other subject matter. The first and last classes will be in the classroom; be prepared to share your work during the final class. Meetings 2, 3, and 4 are field trips; times are shooting times and do not include travel. Locations will be discussed at the first class; you're responsible for any location entrance fees. Please be prepared for potentially strenuous vertical hikes during the field trip meetings. Please be familiar with the workings of your camera. Please come to the first class prepared with a Gmail address.

LLART 180-001 | Th, Jul 11 & Aug 1 | 6:30-8:30pm |
S, Jul 13 | 3:00 PM-10:00 PM AND T, Jul 16 | 7:00 PM-9:00 PM |
Th, Jul 18 | 7:00 PM-9:00 PM
540 Arapeen Dr/Outdoors | \$199 + \$5 special fee

PHOTOGRAPHING HELPER: WHERE UTAH'S HISTORY AND ART CONVERGE*Neil Eschenfelder*

Did you know that Helper, Utah is considered one of only two art colonies in Utah? Not only is this unique area known for a rich history that goes all the way back to prehistoric times, it is also a magnet


for Utah's painters, ceramicists, and sculptors. Accelerate your development as a photographer with the help of your instructor, an expert with more than five decades' experience in photography and twenty years of teaching for Lifelong Learning. From classic western building facades, antique vehicles, and mining equipment, to contemporary public art and artist studios, there's something for every photographer in this exciting half-day field trip. Class times are shooting times and do not include travel. Please come to the first class prepared with a Gmail address.

LLART 395-001 | W, May 15 | 6:45 PM-7:15 PM | S, May 18 |
10:30 AM-2:30 PM AND W, May 22 | 6:30 PM-8:00 PM
540 Arapeen Dr/Online/Outdoors | \$99 + \$17 special fee

VIDEO EDITING: AN INTRODUCTION*Ali Akbari*

Have you ever wondered how to transform your raw clips into captivating videos? Look no further! Learn the art of crafting polished visuals using Adobe Premiere Pro, a powerful editing software. From mastering file management to cutting, trimming, and resizing, you'll gain essential skills for transforming your footage into professional-quality content. Join a local filmmaker and U alumnus to embark on a hands-on journey, practicing the art of visual storytelling with sophisticated tools. Students are eligible to install, activate, and use Adobe Premiere Pro while attending the class.

LLART 310-001 | M, Jun 3-Jul 1 | 6:00 PM-7:30 PM
540 Arapeen Dr | \$119



Jeff Steadman is so knowledgeable about his topic. He shared so many insights in an entertaining and humorous way. He covered a lot of ground in the two hour class and I'll definitely be using the information he imparted.

-Janis P.



Recreation

BACKCOUNTRY CAR CAMPING

Jeffrey Steadman

Want the solitude of backpacking but with fresh food, luxury items, and a lot less effort? Would you like to explore remote areas far from services, but don't know where to spend the night? Utah and many areas of the West are full of scenic back roads with serene sites perfect for car camping. In this class, you'll learn how to find a campsite, how to protect the environment where you're camping, essential gear for comfortable car camping (think bathrooms), safety considerations, where to find detailed maps, and how to prepare for emergencies. While most of our time will be spent on how to plan and prepare, we'll also give up a few secrets about areas that are particularly rich in car camping opportunities and provide access to wilderness hiking, easy getaways, and ruins of ancient communities.

LLREC 800-001 | W, May 15 | 6:00 PM-8:00 PM
540 Arapeen Dr | \$39



BACKPACKING: AN INTRODUCTION

Jeffrey Steadman

Get off the beaten path and into the backcountry with nothing but the pack on your back. Some of the best scenery and most serene camping you can have is only accessible by trail, but how do you plan a backpacking adventure? In this course, we'll go over everything you need to get started--or refreshed, if it's been a while--including all the basic gear you'll need, how to pack a backpack, meal preparation, course mapping, rules and permits, and safety concerns. We'll also share some specific trails that offer stunning scenery and are perfect for beginners.

LLREC 916-001 | W, May 22 | 6:00 PM-8:00 PM
540 Arapeen Dr | \$39

BEAR RIVER KAYAK TOUR

Michael Fagerstrom

The Bear River springs to life in the upper reaches of the Uinta Mountains and takes a circuitous route for 350 miles before emptying into the Great Salt Lake. Join your instructor—a seasoned long-distance paddler—for a kayak adventure along the Bear, the longest river in North America whose waters never reach the ocean. Paddlers will get a chance to witness an incredible riparian landscape consisting of old-growth cottonwood, plentiful historic sites, and a litany of birds and animals that call the Bear River Valley home. Paddlers should be comfortable on Class I moving water and should have already taken a beginning kayaking course. See further details online.

LLREC 925-001 | S, Jun 8 | 9:00 AM-5:00 PM
Outdoors | \$149 + \$5 special fee

BEGINNING BICYCLE MAINTENANCE I

Jake Smith

This course is designed with the beginning hobbyist or mechanic in mind and will cover basic maintenance, from repairing a flat tire to tightening your headset. We'll discuss using tubes versus going tubeless, the correct tire pressure to run on your bike, and how to set up your bike to make riding as safe and comfortable as possible. We'll also cover derailleur indexing and tips to keep your bike shifting perfectly. Finally, we will discuss emergency trailside maintenance, the best tools to carry for trailside repairs, and different strategies

to get your bike home if something breaks on the trail. This class will have demonstrations, please do not bring your own bike.

LLREC 915-001 | Th, May 16-May 23 | 6:00 PM-8:00 PM
LLREC 915-002 | M, Jun 3-Jun 10 | 6:00 PM-8:00 PM
540 Arapeen Dr | \$75

BEGINNING FLY FISHING

Erik Ostrander & John Vetterli

Immerse yourself in the outdoors and join us for a basic introduction to fly fishing. You'll start with an evening of in-class discussion about gear, techniques, knots, and fly selection with a local fishing expert and guide. On Saturday, join your guide for a day on the river to be taught by the true experts of fly fishing--the trout. Not sure you're ready to invest in fly fishing gear? Don't worry, your instructor will have rental equipment available for an extra fee. For the day on the river, you'll be responsible for providing your fishing license, sack lunch, polarized sunglasses (essential for eye protection), and either waders and boots or clothes and shoes that can get wet. The day on the river is physical and requires wading with slippery rocks and strong currents. See further details online.

LLREC 671-001 | Th, May 16 | 6:00 PM-9:00 PM
AND S, May 18 | 9:00 AM-5:00 PM
LLREC 671-002 | Th, May 23 | 6:00 PM-9:00 PM
AND S, May 25 | 9:00 AM-5:00 PM
LLREC 671-003 | Th, Jul 11 | 6:00 PM-9:00 PM
AND S, Jul 13 | 9:00 AM-5:00 PM

LLREC 671-004 | Th, Jul 18 | 6:00 PM-9:00 PM
AND S, Jul 20 | 9:00 AM-5:00 PM
LLREC 671-005 | Th, Aug 1 | 6:00 PM-9:00 PM
AND S, Aug 3 | 9:00 AM-5:00 PM
540 Arapeen Dr/Outdoors | \$175 + \$35 special fee

DISC GOLF: AN INTRODUCTION

Michael Fagerstrom

Salt Lake has an incredible variety of disc golf courses! Take advantage of this local asset and learn a new sport with a unique combination of mental and physical challenges—it's a great way to keep your body and mind in shape. Join your instructor, a championship course designer and veteran player, and learn the different styles of discs, popular throws, and rules of the game. You'll start by learning the basics and finish up trying your hand at a local course. Class will take place outdoors; please dress appropriately for weather conditions and bring water and snacks. See further details online.

LLREC 924-001 | S, Jun 22 | 10:00 AM-2:00 PM
SLC | \$59

DUNGEONS & DRAGONS: AN INTRODUCTION

Andrea Uehling

Come join the role-playing craze that's sweeping the nation and take your first steps into the world of Dungeons & Dragons (D&D). This class is built to help you learn the math behind the game, create your

character, adventure with game masters, and take your first steps in the D&D tabletop roleplay game. Walk away from this class with tips, tricks, and practice to help make your next game exceptional.

LLREC 932-001 | T, Jun 11-Jun 25 | 6:00 PM-8:30 PM
AND Th, Jun 27 | 6:00 PM-8:00 PM
540 Arapeen Dr/SLC | \$149 + \$15 special fee

OUTDOOR SURVIVAL SKILLS: AN INTRODUCTION

Michael Fagerstrom

We all love to watch outdoor survival shows, but would you know what to do if you were left alone in the wilderness? Join us to learn what it takes to survive in the outdoors, including how to build



various shelters using just a tarp and twine, starting a fire without matches, and various methods of water filtration. Your instructor—a wilderness first responder who has logged 10,000+ miles of backpacking and 400+ field days as a wilderness guide—will answer all your questions and share the essential items you should always keep handy. With your newfound skills, you can venture outdoors with the confidence of knowing you are fully prepared! We will meet rain or shine; please dress accordingly.

LLREC 928-001 | S, Jun 1 | 10:00 AM-2:00 PM
Outdoors | \$75 + \$25 special fee



PILATES ON THE PADDLEBOARD

Rachel Krahenbuhl

Come flow on the water at a local Utah reservoir and explore movement on a stand-up paddle board. Whether you are newer to paddle boarding or a seasoned paddler, this class will test your balance and core connection in new ways. Our first class will be a meet and greet Pilates class on land to learn the basics. The following class will be on the water trying the moves out on your craft. No Pilates experience necessary, but you must be a confident swimmer and be comfortable standing on a paddleboard. See further details online.

LLREC 941-001 | W, Jul 31 | 6:00 PM-7:30 PM
AND S, Aug 3 | 10:00 AM-1:00 PM
540 Arapeen Dr/Outdoors | \$99

The instructor was very attentive, informative, and organized. Great first time whitewater kayaking experience!

-Jordan R.



ROCK CLIMBING: TRANSITIONING TO THE OUTDOORS

Taber Tang

Tired of being stuck inside climbing plastic? Then join us and learn the fundamental concepts of how to safely make the transition to climbing outdoors! You'll learn how to make basic outdoor anchors and knots, assess rock quality, and the fundamental of multi-pitch. You'll even get some tips on self-rescue techniques in case you get in a bind. Armed with this knowledge, you'll be better equipped to explore Utah's world-class outdoor routes in no time! See further details online.

LLREC 942-001 | W, May 22-Jun 12 | 6:30 PM-8:30 PM

540 Arapeen Dr | \$125 + \$40 special fee

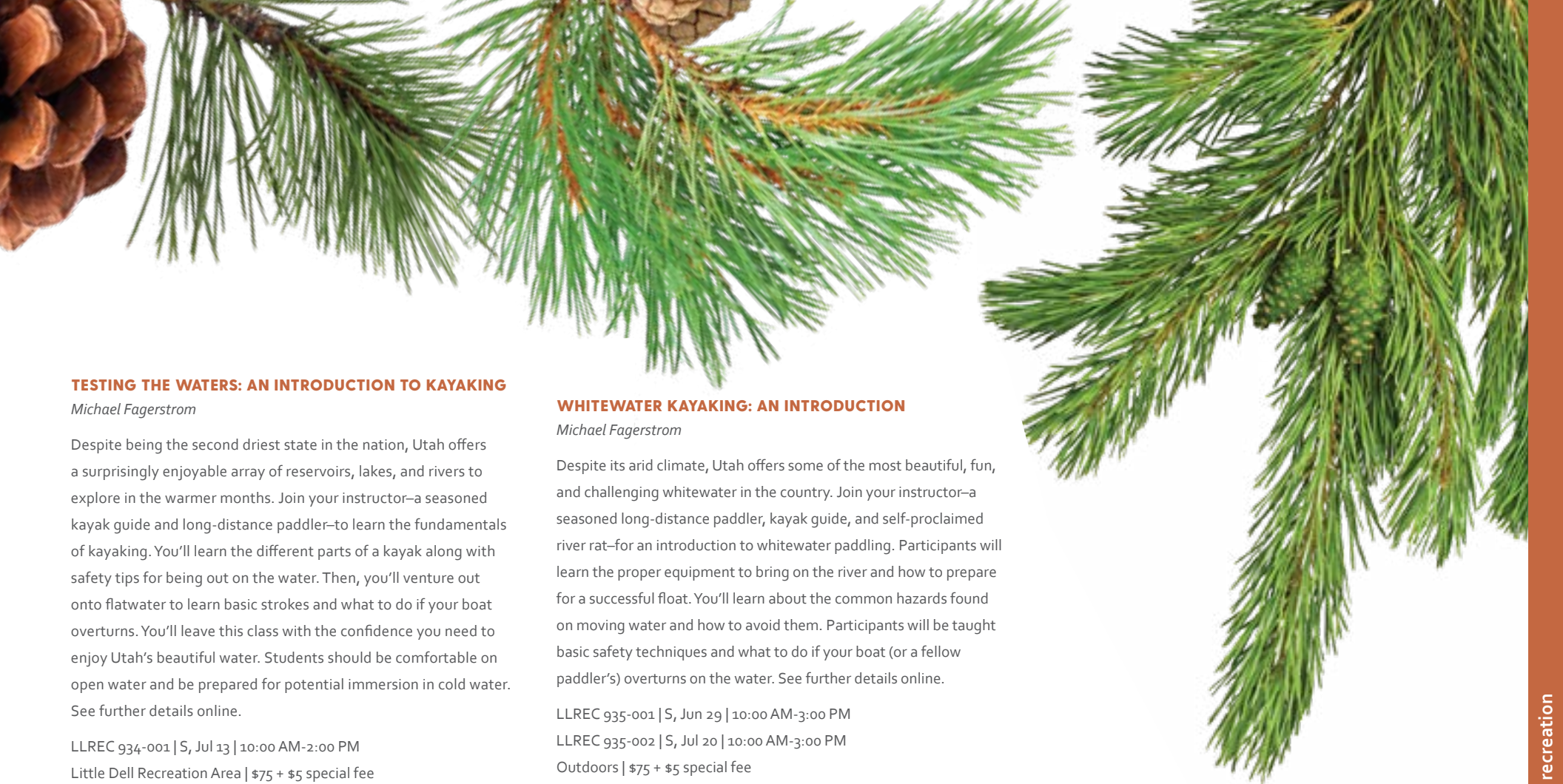
SKATEBOARDING: AN INTRODUCTION

SJ Johnson

Skateboarding can be intimidating to get into, but at All Together Skatepark we focus on the beginner mindset. Our class will teach you the basics of pushing, turning, and stopping like a boss in no time. Maybe most importantly, you'll learn how to safely take a fall to avoid injury. You'll be with other like-minded individuals, so the name of the game is no shame. Along with learning to skate, our knowledgeable and experienced instructors will teach you the basic anatomy and components of skateboards, help you set goals, and provide the stoke to keep you progressing. Come face your fears and join us to learn sick moves and be the envy of all your friends!

LLREC 930-001 | T, Jul 9-Jul 16 | 6:00 PM-7:00 PM

All Together Skate Park | \$59 + \$10 special fee



TESTING THE WATERS: AN INTRODUCTION TO KAYAKING

Michael Fagerstrom

Despite being the second driest state in the nation, Utah offers a surprisingly enjoyable array of reservoirs, lakes, and rivers to explore in the warmer months. Join your instructor—a seasoned kayak guide and long-distance paddler—to learn the fundamentals of kayaking. You'll learn the different parts of a kayak along with safety tips for being out on the water. Then, you'll venture out onto flatwater to learn basic strokes and what to do if your boat overturns. You'll leave this class with the confidence you need to enjoy Utah's beautiful water. Students should be comfortable on open water and be prepared for potential immersion in cold water. See further details online.

LLREC 934-001 | S, Jul 13 | 10:00 AM-2:00 PM
Little Dell Recreation Area | \$75 + \$5 special fee

WHITEWATER KAYAKING: AN INTRODUCTION

Michael Fagerstrom

Despite its arid climate, Utah offers some of the most beautiful, fun, and challenging whitewater in the country. Join your instructor—a seasoned long-distance paddler, kayak guide, and self-proclaimed river rat—for an introduction to whitewater paddling. Participants will learn the proper equipment to bring on the river and how to prepare for a successful float. You'll learn about the common hazards found on moving water and how to avoid them. Participants will be taught basic safety techniques and what to do if your boat (or a fellow paddler's) overturns on the water. See further details online.

LLREC 935-001 | S, Jun 29 | 10:00 AM-3:00 PM
LLREC 935-002 | S, Jul 20 | 10:00 AM-3:00 PM
Outdoors | \$75 + \$5 special fee



6 STEPS TO STARTING YOUR INTUITIVE EATING AND MINDFULNESS JOURNEY

Lo Segal

Have you heard of intuitive eating but aren't sure how to actually get started? Curious about mindfulness practices but feel overwhelmed with how to incorporate them into your life, let alone your intuitive eating practice? This workshop will provide six practical steps that will help get you started on your intuitive eating and mindfulness journey. This class will also include a gentle yoga practice, meditation, and breathwork practice for hands-on experience of what you learned. No yoga experience required.

LLHL 263-001 | S, May 18 | 10:00 AM-12:00 PM

540 Arapeen Dr | \$39

BOTANICAL BEAUTY: NATURAL PERFUME

Rachael Bush

Do you want to smell nice without using synthetic fragrances? Learn natural perfumery basics in this fun, hands-on class! You'll find out what top, middle, and base notes are, the difference between absolutes, CO₂ extracts, steam distillation, cold-pressed methods, and why fixatives are so important. In this class, you'll make a personalized perfume with natural, easy-to-find ingredients (vegan options available upon request).

LLHL 243-001 | S, Jul 13 | 12:00 PM-4:00 PM

540 Arapeen Dr | \$59 + \$15 special fee

BOTANICAL REMEDIES FOR EVERY BODY

Rachael Bush

Damaged skin is something we all have issues with from time to time. Learn how to make natural balms to treat bruises and rashes, and sunblock to help keep you at your best. These healing recipes are formulated for all types of skin and use natural ingredients with vegan options available upon request. You'll be infusing oil with herbs, making a colloidal solution, and learning the skills and techniques to continue production at home.

LLHL 106-001 | S, Jun 22 | 1:00 PM-4:00 PM

540 Arapeen Dr | \$49 + \$15 special fee



FENG SHUI: TRANSFORM YOUR HOME AND LIFE

Jen Boyd

Your home is a reflection of your life, and its energy can profoundly impact your well-being. Discover the power of feng shui to harmonize your living space and manifest abundance, prosperity, and joy. You'll explore how aligning your intentions with the five elements (wood, fire, earth, metal, and water) can positively impact your life. Whether you're looking to revitalize the energy in your home or moving into a new home, this course is designed for you, so get ready to infuse your living space with positive energy, balance, and intention.

LLHL 265-001 | S, Jun 15-Jun 22 | 12:00 PM-2:00 PM

540 Arapeen Dr | \$59 + \$15 special fee



HOMEMADE BATH BOMBS AND SHOWER STEAMERS

Carrie Roberts

Do your bath bombs fizz up on you when you try to make them? Come learn the secret to making bath bombs and shower steamers that wait until the bath to start to fizz. Learn to use natural ingredients that can enrich your bath or add aromatherapy to your shower. Bath bombs and shower steamers are very inexpensive and easy to make. Quit paying the high prices of store-bought steamers, and join us for a fun and aromatic class. Bring an apron.

LLHL 264-001 | M, Aug 5 | 6:00 PM-8:00 PM
540 Arapeen Dr | \$39 + \$15 special fee

HOMEMADE LOTIONS AND CREAMS

Carrie Roberts

Learn tips and tricks for combining natural oils and emulsifying wax to make your own silky-smooth lotion! Explore the benefits of homemade lotion compared to commercial products, and discover which oils help with different skin types. You'll also learn how lotions compare to body butters and the differences between preservatives and antioxidants. Please bring an apron and your favorite essential oil.

LLHL 223-001 | M, Jul 22 | 6:00 PM-9:00 PM
540 Arapeen Dr | \$49 + \$35 special fee

HORSES AND WELLNESS: THE HEALING POWER OF HORSES

Giuliana Marple

Slow down and improve how you connect with yourself and others through the power of horses. Come experience a day of meditation with these generous and brave animals. Through breathing exercises and mindfulness practice with the horses, you'll learn the importance of self-awareness and living in the present moment. No horse experience is necessary, just an open heart! This is not a horseback riding class. Please allow time for travel, drive will be about 45min from SLC.

LLHL 138-001 | S, Jun 15 | 10:00 AM-2:00 PM
Outdoors | \$69 + \$45 special fee

SO YOU'RE ELIGIBLE FOR MEDICARE. NOW WHAT?

Nancy Taylor

Does the thought of Medicare and all its moving parts intimidate you? Are you frustrated trying to find answers on the website? Fear not! Our instructor will guide you through the basics to give you understanding and empowerment with your Medicare choices. You'll learn types of Medicare available as well as the advantages and disadvantages of each type. We'll cover important dates and combining Medicare with employment insurance. Finally, we'll address common pitfalls that you can avoid.

LLHL 257-001 | S, May 18 | 11:00 AM-12:30 PM
540 Arapeen Dr | \$39

SOAP MAKING

Carrie Roberts

Have you read the ingredients on a bar of soap and found you didn't know what most of them are? Homemade soap is natural, customizable to your skin's specific needs, and good for your wallet. Learn how to safely handle lye, identify the tools and types of oils used in basic cold process soap making, and leave with 8-10 bars of long-lasting soap (approximately 1 liquid pound). You'll also learn how to elevate future soap bars into specialty gifts with recommendations on molds, essential oils, and exfoliants for future batches. Please bring a pair of safety glasses or goggles.

LLHL 184-001 | M, Jul 15 | 6:00 PM-9:00 PM
540 Arapeen Dr | \$49 + \$25 special fee

**SOMATIC MOVEMENT FOR CHRONIC HIP AND BACK PAIN***Jodi Christensen*

Somatic movement is the use of gentle, safe movements to aid in managing chronic pain, improve flexibility and posture, relieve day-to-day stress, increase athletic performance, decrease risk of injury, and shorten recovery time. Without stretching or force, you'll focus on movement for the back and hips that can increase your pain-free range of motion, restore comfort and flexibility, and keep muscles functioning optimally. You'll walk away from class with a simple self-care routine of slow, natural movements. This class is accessible for all ages and abilities.

LLHL 267-001 | S, Jun 1 | 2:00 PM-5:00 PM

540 Arapeen Dr | \$49

**SOMATIC MOVEMENT FOR CHRONIC NECK AND SHOULDER PAIN***Jodi Christensen*

Somatic movement is the use of gentle, safe movements to aid in managing chronic pain, improve flexibility and posture, relieve day-to-day stress, increase athletic performance, decrease risk of injury, and shorten recovery time. Without stretching or force, you'll focus on movement for the neck and shoulders that can increase your pain-free range of motion, restore comfort and flexibility, and keep muscles functioning optimally. You'll walk away from class with a simple self-care routine of slow, natural movements. This class is accessible for all ages and abilities.

LLHL 266-001 | S, Jun 1 | 10:00 AM-1:00 PM

540 Arapeen Dr | \$49

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**THE FOUR NOBLE TRUTHS: BUDDHIST PRINCIPLES FOR A HAPPY LIFE***Joseph Evans*

Learn practical methods for increasing happiness and well-being through The Four Noble Truths--the foundational principles of Buddhism. Taught by Buddha Shakyamuni nearly 3,000 years ago, these universal, non-sectarian principles are still relevant to the challenges and stresses of our modern world. In this class, we'll look at approaches to happiness and suffering, thinking and karma, and how to apply these principles for a happier and more beneficial life. No prior experience needed.

LLHL 232-001 | T, May 14 | 6:30 PM-8:30 PM

540 Arapeen Dr | \$39

**THE TAROT: AN INTRODUCTION***Michael Ingleby*

Cartomancy has been a popular method of divination and invaluable tool for personal development for centuries. This introductory class will help students connect to the archetypal influences of the Tarot by providing information on history, cultural significance, and a deeper understanding of its esoteric symbolism. Students will receive a

personal Rider-Waite-Smith tarot deck to assist learning. Please bring something to take notes and a desire to learn.

LLHL 268-001 | W, Jun 5-Jun 12 | 6:00 PM-8:00 PM
540 Arapeen Dr | \$59 + \$15 special fee

UNDERSTANDING SOCIAL SECURITY RETIREMENT BENEFITS

Tyler Petersen

The economic landscape is constantly fluctuating, and planning for retirement means navigating those changes. With the help of a financial expert, you'll learn when and how to access your Social Security, and the strengths and weaknesses of the current program. Explore your benefits and options, such as taking benefits early/late, working and reduced benefits, and taxation of benefits. You'll have a chance to ask questions regarding your specific situation and leave with a workbook to help you make the most of your Social Security trust funds.

LLHL 260-001 | Th, Jul 11 | 6:00 PM-8:00 PM
540 Arapeen Dr | \$39





WRITING + literature



BEATING WRITER'S BLOCK

Bryan Young

There is nothing more frustrating than getting stopped up in the middle of creativity, or not even being able to start! Writer's block is something every writer deals with, even to a small degree. What strategies are there for getting past it and beating it once and for all? Join a local best-selling author to learn strategies that will help keep your creative life productive.

LLWRC 914-001 | T, Jul 30 | 6:00 PM-8:00 PM
540 Arapeen Dr | \$39

CHOOSING THE RIGHT POINT OF VIEW

Bryan Young

The single biggest choice for any story is choosing through whose eyes the story will be told. It can change everything, and the wrong point of view is as detrimental to your writing as just about anything else you can do. Your award-winning instructor will take you through a series of exercises to show you how versatile points of view can be and how to wield them, leaving you with a better understanding of the best way to tell a story.

LLWRC 880-001 | T, Jun 11 | 6:00 PM-9:00 PM
540 Arapeen Dr | \$49

CREATIVE WRITING

Johnny Worthen

How do we tell stories? What do we include in writing, and what remains unsaid? Build your voice as we focus on a group of specific techniques for shaping and informing your creative skills including character, plot, point of view, description, dialogue, and setting. You'll read short selections of writing to see what techniques to borrow or steal. You'll experiment with writing exercises and read and discuss each other's work. Writing can be inventive, illogical, chaotic, unexpected, strange, and wonderful. In this class, you'll practice seeing the world in new ways and then recreate that experience on the page. This class explores adult themes, language, and content.

LLWRC 780-001 | T, May 14-Jun 18 | 6:30 PM-9:00 PM
540 Arapeen Dr | \$225 + \$5 special fee

CREATIVE WRITING BOOTCAMP

Johnny Worthen

In Creative Writing Bootcamp, we'll launch into a series of generative exercises designed to give you plenty of material for your own stories. In between exercises, we'll share our work in an open and joyous environment, discuss craft, and explore how to incorporate writing into daily life. You'll leave

class with a series of flash fictions ready to be polished or expanded in your writing practice. This class explores adult themes, language, and content.

LLWRC 842-001 | S, Jun 8-Jun 15 | 10:00 AM-2:00 PM
540 Arapeen Dr | \$125 + \$5 special fee

I WANT TO WRITE; WHERE DO I START?

Kim Eldridge

Have you ever said, “I’d love to write, but I don’t know where to begin”? If so, you’ve found the right place! This workshop introduces you to ways you can get started on your writing adventure. You’ll learn to find the space and time for writing, warm-up exercises you can use to jump-start your ideas, and local and national resources to keep you on your path. Whether you’re looking for personal fulfillment or want to write the next great American classic, you’ll find valuable insights and tools to get you going.

LLWRC 872-001 | S, Jun 1 | 10:00 AM-2:00 PM
540 Arapeen Dr | \$75



LITERARY CLASSICS: SYLVIA TOWNSEND WARNER

Scott Black

While not as well-known as some of her contemporaries, Sylvia Townsend Warner is one of the great British writers of the 20th century. She has a devoted cult following (your instructor is one of them) and her works have recently been reprinted by both Penguin

Modern Classics and New York Review of Books, allowing new audiences to get to know her. Each of her novels is distinct from the others, but all are fascinating—and sharply written—explorations of unexpected lives at the margins of history. In this class, we’ll read three of her novels, *Lolly Willowes* (1926), a surprising and belated coming of age story of an unusual woman; *Summer Will Show* (1936), a story of love and politics in 1848 revolutionary Europe; and *The Corner That Held Them* (1948), a story of a community of medieval nuns. Students are responsible to procure and read their own copies of each book before designated discussion date.

LLWRC 915-001 | W, May 29, Jun 12, & Jun 26 | 6:00 PM-7:30 PM
540 Arapeen Dr | \$69

RELEASING THE SOUL: A POETRY EXPRESSION COURSE

Kim Eldridge

Delve into the rich tapestry of poetic forms, exploring the works of renowned poets who utilized them. From the lyrical beauty of sonnets to the contemplative elegance of haikus, we’ll unravel the secrets behind various poetic forms. Engage in lively discussions, analyze poetic techniques, and gain inspiration from the masters. But that’s not all--prepare to unleash your own poetic voice through writing exercises and creative prompts. Share your verses with the class, fostering a supportive and vibrant learning environment. Join us on this transformative journey of poetic exploration.

LLWRC 906-001 | W, Jun 5-Jun 26 | 6:30 PM-8:30 PM
540 Arapeen Dr | \$99

SCI-FI AND FANTASY WORKSHOP

Bryan Young

Sci-fi and fantasy are having a huge moment in popular culture. How do you approach the genres and sub-genres as a writer? What makes them tick? How can you blend them? Join us to discuss great examples found in short stories, novels, and films and what you can learn from them to improve your own writing.

LLWRC 782-001 | T, Jun 25 | 6:00 PM-9:00 PM
540 Arapeen Dr | \$49

WRITING GREAT DIALOGUE

Bryan Young

Have you ever found yourself transported out of a story because of clunky dialogue? The art of writing speech is a difficult skill to master. Work on your skills as you join a local bestselling author to read examples of great dialogue and learn the principles of how to use it. You’ll improve your writing as you learn how to reveal characters and exposition through speech.

LLWRC 901-001 | T, Jul 16 | 6:00 PM-8:00 PM
540 Arapeen Dr | \$39

Registration + Student Info

Everyone 18 & over is welcome to register for Lifelong Learning classes. Many classes fill early—avoid disappointment by registering now!

Online: lifelong.utah.edu **Phone:** 801-587-LIFE (5433)

Students can expect a confirmation email 24-72 business hours after enrolling. Lifelong Learning will also reach out 48-72 business hours before your class begins with details about your course. If your class is canceled, we will send an email notice at least 48 hours before it is scheduled to start and issue a full refund. Please keep this in mind as you purchase any supplies. Email our office at lifelong@continue.utah.edu to inquire about the status of a class.

To request a reasonable accommodation for a disability, please contact the Center for Disability Services at 801-581-5020 or online at disability.utah.edu. 3 weeks notice required before course start date.

Parking at 540 Arapeen Drive is free and no permit is needed after 5pm. Special fee designation is no longer listed, please visit our website for description of what your special fee pays for. Course enrollment will close at midnight the day before the course begins, so enroll early!

Drop Policy: Students will receive a full refund if a class is dropped 7 days before the class start date. Students requesting to drop less than 7 days before the class start date, but before 50% of the class is over, will receive a 50% tuition refund but no special fee. Please note: there are certain classes with exceptions to this policy due to materials purchasing, please review the class note online to see if this is the case.



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