

try something new

CIDER TASTING

SILK PAINTING

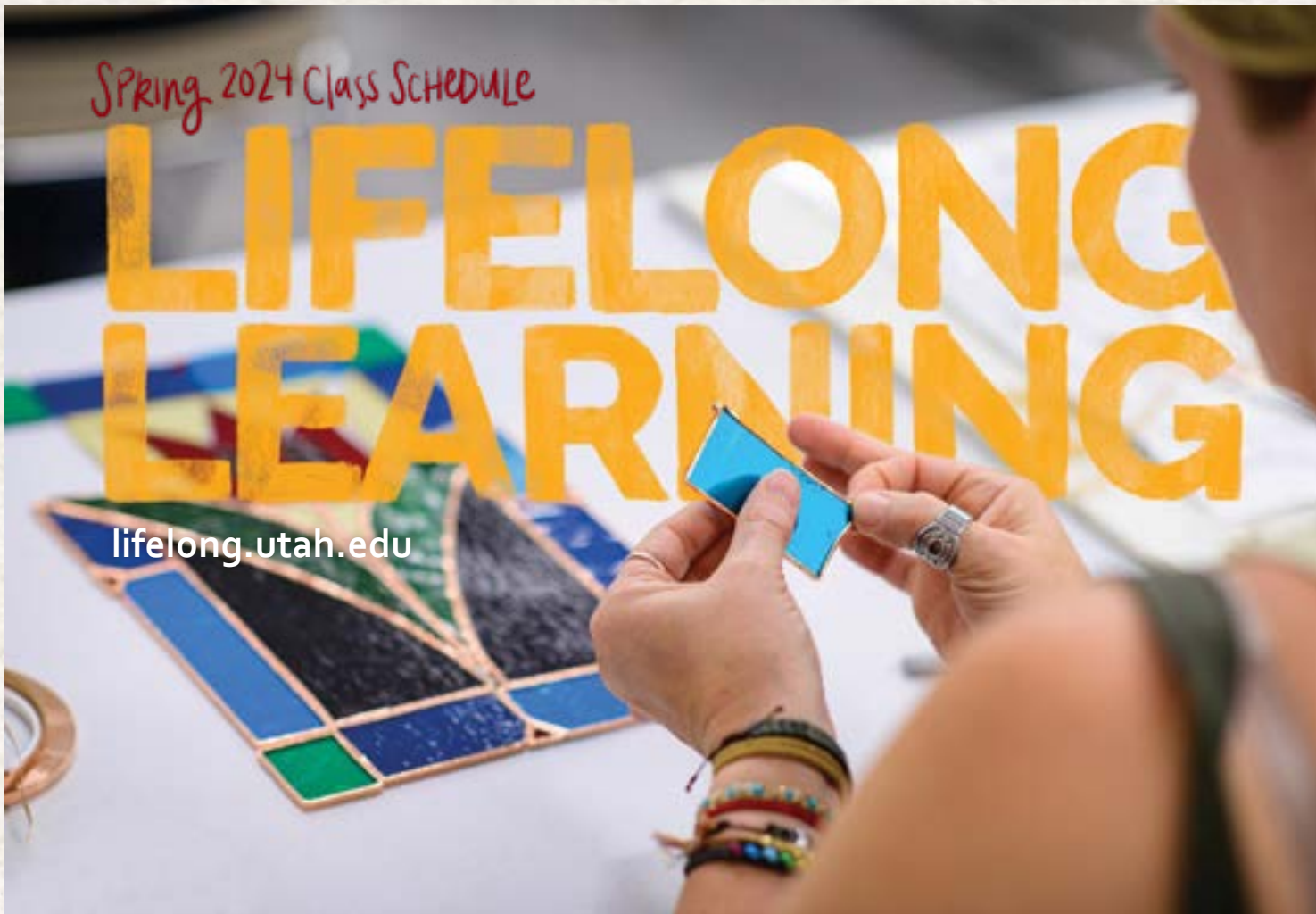
Wasatch Staycations

+ more!

Spring 2024 Class Schedule

LIFELONG LEARNING

lifelong.utah.edu





04



18



11



24



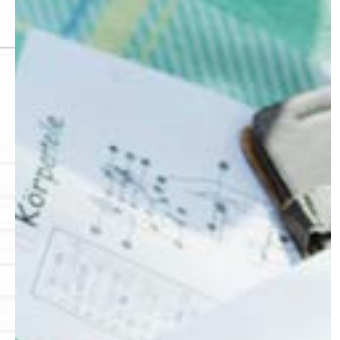
26



30

ART	04
CRAFT	11
CULINARY ARTS + LIBATIONS	18
CURRENT EVENTS + CONTEXT	24
EXPLORE UTAH	26
HOME + GARDEN	30
LANGUAGE	35
PERFORMING ARTS	37
PHOTOGRAPHY + TECHNOLOGY	41
RECREATION	43
WELLNESS + RELATIONSHIPS	46
WRITING + LITERATURE	48
REGISTRATION + STUDENT INFO	53
PARTNERS	54

Table of Contents



35



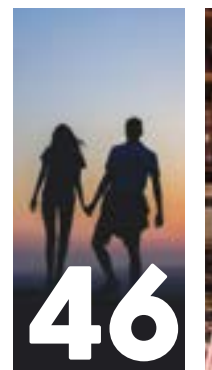
37



41



43



46



48

Gain local knowledge, from local experts, to grow your local community! **Lifelong Learning classes are a great way to explore current and new passions igniting an adventure for your new year.** Our catalog includes personal enrichment opportunities spanning one-day workshops up to eight-week courses. Registration is open to all adults 18 and older, no degrees or matriculation required. New classes start weekly throughout the Salt Lake valley and online.

I stay focused and learn more with people around. Instructors seem to read the class better and in-turn, teach better.
-M. Robins

Being able to interact with peers and learned leaders makes the learning more meaningful and authentic. Attending in person classes also helps me to get outside of my regular routines and expand my understandings of my community and the people who comprise it.
-E. Fraughton

We live in an age where knowledge is abundant and the answer to any question is just a few clicks. Knowing this, we asked students why is it worthwhile to attend an in-person class with fellow students and a local instructor?

Connecting with people who have similar interests!
-S. Phay

When I take a class with Lifelong Learning, half of the reason why is the social aspect, which in turn fuels my creative spirit. It is a beautiful thing to create things in community.
-K. Barnabus

I value in-person classes because it allows me to build new connections with people who come from diverse backgrounds. These relationships can help promote critical thinking and contribute to the goals of Lifelong Learning.
-H. McAtee



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. See further details online.

LLART 68-001 | T, Jan 16-Feb 20 | 6:00 PM-9:00 PM
540 Arapeen Dr, Room 152/120 | \$199 + \$25 special fee

REFLECTIONS IN WATERCOLOR

Cindy Briggs

Painting reflections in watercolor may appear challenging, but you can do it! The process is made easier with help from your instructor's tips and techniques. Painting from one of the provided travel photographs or your own, you will discover how to make a warm up study and a full painting. You'll walk away with a finished piece worthy of framing! Find materials list online.

LLART 419-001 | W, Jan 17 | 6:00 PM-9:00 PM
AND Th, Jan 18 | 6:00 PM-9:00 PM
Online | \$99

INTUITIVE PAINTING: EXPLORATION AND EXPERIMENTATION

Caro Nilsson

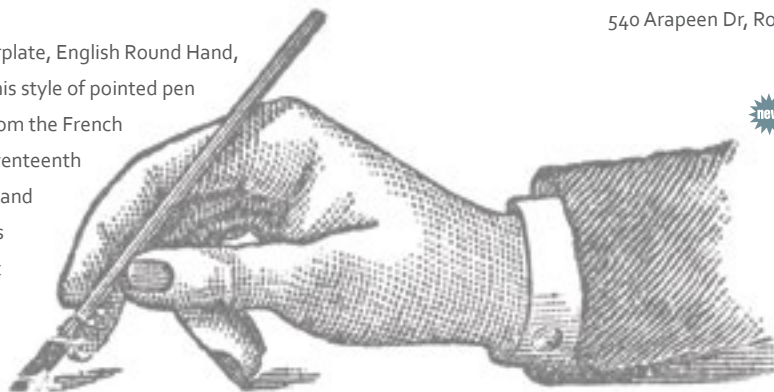
Enjoy a guided journey through the practice of intuitive painting, a method of art creation that centers on connection with self, memory, sensation, and feeling. You will explore how feeling can be prioritized over the fact of how something looks, and how experimentation can be chosen over control. Over time, you will watch your pieces unfold and reveal themselves--a conversation between painter and painting. You will create three or four different pieces while learning tools and processes for creation as well as the relationship between color, form, and perception. Within these processes, endless variation and experimentation will happen.

LLART 372-001 | Th, Jan 18-Feb 22 | 6:30 PM-8:30 PM
540 Arapeen Dr, Room 138 | \$149 + \$35 special fee

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 | M, Jan 22-Mar 4 | 6:00 PM-8:00 PM | No class Feb 29.
540 Arapeen Dr, Room 152 | \$149 + \$40 special fee

PASTEL DRAWING: AN INTRODUCTION

Patty Schafbuch

Soft pastels are a dry, pure pigment that allows you to create colorful, expressive marks with beautiful soft effects. They can be used alone or with other mediums such as water. You'll start by learning value, color layering, and combining pastels with water. You'll also learn how to protect and frame these pieces. Then, in the last 3 classes, you will bring an 8x10 reference photo as your instructor guides you through creating your own unique pastel masterpiece. Find materials list online.

LLART 415-001 | M, Jan 22-Feb 26 | 6:30 PM-8:30 PM
540 Arapeen Dr, Room 138 | \$125

WATERCOLOR: SNOWY LANDSCAPES

Alicia Finlayson

Create luminous watercolor snow landscapes through watercolor pouring techniques. Whether you're a beginner or an experienced watercolorist, you'll benefit from learning

step-by-step to create your own light-filled snowscape. We'll employ informal lectures, demonstrations, and individualized instruction to cover brush technique, edges, and vibrant color. After this class, you'll be able to create your own beautiful landscape paintings with greater confidence and joy. Find materials list online.

LLART 418-001 | W, Jan 24-Feb 7 | 6:00 PM-9:00 PM
540 Arapeen Dr, Room 138 | \$149 + \$45 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, Jan 24-Feb 21 | 6:00 PM-8:00 PM
540 Arapeen Dr, Room 152 | \$149 + \$60 special fee

FOUNTAIN PENS AND INK ART

Janet Faught

Immerse yourself in the world of ink as you learn to match a variety of inks (color and black) and papers while experimenting with both fountain and dip pens. Create your own ink catalog as you learn

testing techniques such as making an ink swab ring, creating ink chromatography samples, and doing small ink paintings. This class is great for everyone, from absolute beginners to advanced "ink geeks" from any artistic background!

LLART 178-001 | Th, Jan 25-Feb 8 | 6:00 PM-8:00 PM
540 Arapeen Dr, Room 152 | \$149 + \$40 special fee

SUMI-E & SHO: JAPANESE BRUSH PAINTING AND CALLIGRAPHY

Haruko Sadler

Explore the captivating world of Japanese culture and visual arts through sumi-e painting and calligraphy. In this immersive course, you'll delve into the expressive power of black ink, learning how to master sumi-e techniques to create stunning paintings with depth and shading reminiscent of watercolor. Additionally, you'll delve into the art of sho calligraphy, using a brush to write Japanese characters with elegance and precision. Embracing the essence of an object or idea, you'll explore the beauty of working loosely and capturing the soul of your subject. Unleash your creativity and embark on a journey into the rich traditions of sumi-e and calligraphy.

LLART 381-001 | S, Jan 27 | 10:00 AM-1:00 PM
540 Arapeen Dr, Room 152 | \$49 + \$45 special fee



BOTANICAL SKETCHING AND RELIEF PRINTING

Anna Bugbee

Combine your love of plants and printmaking! Start by learning techniques for observational drawing using plants and flowers as your subjects. With those skills under your belt, you'll spend the remaining class sessions at Saltgrass Printmakers exploring the basics of relief printing, also known as linocut. You'll transfer your drawing to linoleum, carve it using special gouging tools, and roll out ink with a rubber brayer to print your image on paper. The special fee includes all the printmaking tools you'll need for class, some of which will be yours to keep for your future printmaking adventures! With this skill set, you will be prepared to print designs for stationery, fine art, clothing patterns, and more. See further details online.

LLART 333-002 | T, Jan 30-Feb 13 | 6:00 PM-9:00 PM
540 Arapeen Dr, Room 138/SaltGrass | \$149 + \$45 special fee

QUICK SKETCH WATERCOLORS

Cindy Briggs

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, Feb 3-Feb 10 | 12:00 PM-4:00 PM
Online | \$119

BEGINNING DRAWING FOR WATERCOLOR

Kimberly Roush

Join us for this intense and powerful drawing class. Drawing is the act of defining 3-D forms onto a 2-D surface. Your instructor teaches you all the skills you need to know to draw accurately. Accurate measuring, building forms from basic geometric shapes, depicting perspective and understanding gesture impart you with a lifetime of understanding how to draw. These skills are applicable for any medium and will particularly prepare you for our tonal value watercolor class. This is a short crash course so you'll need to practice

to fully learn and incorporate the techniques into your art-making. Find materials list online.

LLART 337-001 | S, Feb 3-Feb 10 | 10:00 AM-12:30 PM
AND T, Feb 6-Feb 13 | 6:00 PM-7:00 PM
Online | \$99

WATERCOLOR ROSES FOR VALENTINE'S DAY

Cindy Briggs

A symbol of love, roses are gorgeous to paint. You'll learn how to draw and paint roses using your instructor's flowing Quick Sketch method. You'll start by drawing organic shapes and adding mingled color. Then, you can draw or trace a more in-depth version and discover how to layer the soft petals with blended colors. Find materials list online.

LLART 206-001 | T, Feb 6 | 6:00 PM-9:00 PM
Online | \$49

PAINTING VINTAGE FLORA IN OIL OR ACRYLIC

Theresa Otteson

Before photography, botanical illustration was the only way to visually record the world's plant life. Illustrations of plant life were used by physicians, pharmacists, botanical scientists, and gardeners for identification, analysis, and classification. Through the skill of artists, the beauty of botany was shared with the world. While photography has replaced painting as a means of documentation,

these floral paintings are an inspiration for artists and those who enjoy their beauty. You'll learn about materials, paint application, and style through experience and demonstration as you capture the essence of florals. Find materials list online.

LLART 416-001 | S, Feb 17 | 10:00 AM-1:00 PM
540 Arapeen Dr, Room 152 | \$75

WATERCOLOR: SEE AND PAINT TONAL VALUES

Kimberly Roush

Understanding the light striking your motif and how it defines form is the foundation of representing three-dimensions when painting on a two-dimensional surface. This is the sole focus of this class. You'll learn how to determine values--how light or dark any plane or section of your subject is. Then you'll practice painting them in black and white, progressing to painting them in color. The ability to see your values is the key to creating the illusion of form, the effect of atmospheric perspective, and the quality of light on your subject. You'll also learn to use your values to compose your painting. It is recommended that students have previous drawing skills for this class. Find materials list online.

LLART 412-001 | S, Feb 24-Mar 16 | 10:00 AM-1:00 PM
Online | \$149

OIL PAINTING: DYNAMIC LANDSCAPES

Alicia Finlayson

Enhance your oil painting skills by studying and painting landscapes. You'll learn via discussion, demonstration, and personalized instruction as you acquire the skills to create successful works of art. You'll explore composition, color theory, depth, and brushwork while discovering a variety of new techniques. This course is ideally suited for those who have basic oil painting experience. Find materials list online.

LLART 398-001 | M, Mar 4-Mar 25 | 6:00 PM-9:00 PM
540 Arapeen Dr, Room 138 | \$175 + \$15 special fee



art

PORTRAIT DRAWING

Eric Erikson

Demystify the process of depicting a realistic likeness. Through careful observation, we'll focus on the fundamental mechanics of blocking in the head and face, using essential techniques and concepts of the picture plane, measuring, proportion, line, positive and negative space, value, volume, basic anatomy, and composition. You'll work primarily in charcoal, as well as pastel, launching on an adventure that for many is a lifetime pursuit. Find materials list online.

LLART 218-001 | Th, Mar 21-Apr 25 | 6:00 PM-9:00 PM
540 Arapeen Dr, Room 132/138 | \$199

NATURE SKETCHING WITH PEN AND WATERCOLOR

Thomas Dunford

Learn how to capture the world around you with quick, gestural marks in a fun and relaxed atmosphere. You'll overcome your fear of working with permanent media while working from found objects and photographs of nature. Your instructor, a local ink and watercolor artist, will guide you through the foundational principles of sketching with pen then show you how to add color to give your drawings extra life. You'll enjoy a judgment-free zone and leave class with the confidence to sketch and paint nature on your own. No previous art experience required; everyone is welcome! Find materials list online.

LLART 385-002 | Th, Mar 21-Apr 11 | 6:30 PM-8:30 PM
540 Arapeen Dr, Room 152 | \$99 + \$25 special fee

GOTHIC HAND CALLIGRAPHY

Janet Faught

Popular throughout the medieval period, the Gothic alphabet evolved as a method of saving space on a written page, thus making books and manuscripts more affordable. In this uniform script, the design of the word takes precedence over the individuality of the separate letters. Through step-by-step instruction and practice, gain confidence in this ornamental and methodical style of calligraphy, which is perfectly suited to short texts, gorgeously addressed envelopes, and special inscriptions. Wear an apron to protect your clothes.

LLART 78-001 | M, Mar 25-Apr 29 | 6:00 PM-8:00 PM
540 Arapeen Dr, Room 152 | \$149 + \$40 special fee

HAND LETTERING FUN AND FUNDAMENTALS

Kelsey Crnich

Do you want to dive into a creative outlet that explores the endless possibilities of letterforms? Whether you're a graphic designer or just draw stick figures, this is the class for you! Join a local hand-letterer and designer for this uplifting course that will teach you the anatomy of letters, how to draw letters with personality from scratch, different typefaces including faux calligraphy, and ornamentation to punch up your designs. You'll walk away with a new talent that you can do anywhere with just pencil and paper! Find materials list online.

LLART 153-001 | Th, Mar 28-Apr 18 | 6:00 PM-8:00 PM
540 Arapeen Dr, Room 124 | \$119

WATERCOLOR: PAINT BOLD AND LIVELY!

Alicia Finlayson

The magic of watercolor is a balance of control and expressiveness. If you'd like to expand their skills beyond basic watercolor techniques, this is the place for you! With informal lectures, demonstrations, and individualized instruction about brush technique, edges, and vibrant color you'll be able to create your own dynamic paintings with greater confidence and joy. Paintings may include fruit, animals, flowers, and landscapes. Find materials list online.

LLART 397-001 | M, Apr 1-Apr 22 | 6:00 PM-8:30 PM
540 Arapeen Dr, Room 138 | \$149 + \$15 special fee



RISOGRAPH PRINTING: AN INTRODUCTION

Brighton and Derek Ballard

Risograph printing is a printing method that has found new life in the hands of artists and designers in the past decade. Originally invented for a more eco-friendly alternative to photocopying, riso printing creates vibrant prints with a texture unique to the machine, and can reproduce work rapidly for a generally low cost. Riso Geist, Utah's only open risograph studio, will teach students the basics of preparing artwork for riso, the ins and outs of the machine, and open the studio doors to see the printing process in action. You'll leave this class with your own piece of risograph art.

LLART 374-001 | T, Apr 2-Apr 9 | 7:00 PM-8:30 PM
AND Sa, Apr 6-Apr 13 | 11:00 AM-2:00 PM
540 Arapeen Dr. Room 124/RisoGeist | \$149 + \$80 special fee

BEGINNING PAINTING ON SILK

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 | W, Apr 3-Apr 24 | 6:00 PM-9:00 PM
540 Arapeen Dr, Room 152 | \$175 + \$80 special fee

PLAYFUL EXPLORATIONS IN WATERCOLOR: LANDSCAPE

Kimberly Roush

Explore the broad range of expressive marks watercolor is capable of. Inspiration will come from a slideshow of the history of watercolor to observe how master artists apply watercolor, watching your instructor demonstrate techniques, as well as paying attention to

the natural way you apply paint. You submit landscape photographs which the class votes on, narrowing down to one image the entire class paints. Then each of you paint it in your own expressive way. You start with a value and composition study before proceeding to your final painting. The delight will be to see the variation and range of interpretations created by each of you. The lessons learned in LLART 412 Watercolor: See and Paint Tonal Values are a helpful precursor.

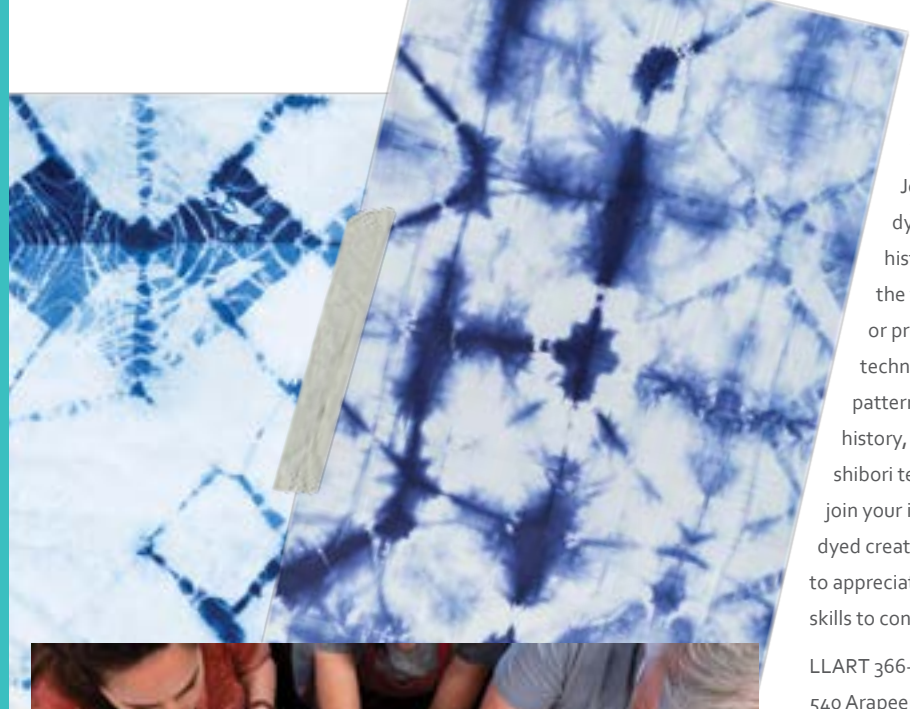
LLART 413-001 | S, Apr 6-Apr 27 | 10:00 AM-1:00 PM
AND T, Apr 9 | 6:00 PM-7:30 PM
Online | \$175

VISUAL JOURNALING: OBSERVATION & ART IN THE GARDEN

Stephanie Duer and Catherine Widner

Enhance your observational skills and envision your personalized garden space through contour-line drawing, visualization, and imaginative exercises. Accompanied by a local artist and a local landscape design expert, you'll gain essential drawing skills, insights into form, color, and texture, and techniques that will empower you to appreciate the beauty around you. The highlight will be a field trip to apply your new-found art skills in real-world settings. Whether you're a seasoned pro or just starting, this course will elevate your design skills and your gardening practice. See further details online.

LLART 424-001 | T, Apr 16-Apr 23 | 6:00 PM-8:30 PM
AND S, Apr 27 | 1:00 PM-3:00 PM
540 Arapeen Dr, Room 138/SLC | \$99 + \$35 special fee



INDIGO DYEING AND SHIBORI BASICS

Anna Bugbee

Join a local artist to make your own shibori-dyed textiles and learn about the fascinating history behind indigo, one of the oldest dyes in the world. Shibori (meaning “to wring, squeeze, or press”) is an ancient Japanese indigo dyeing technique that produces unique and interesting patterns. Your first classroom session will discuss the history, botany, and chemistry of indigo, as well as shibori techniques for wrapping and tying fabric. Then, join your instructor outside to make your own indigo-dyed creations. In two sessions, you’ll gain the context to appreciate the historic value of this craft as well as the skills to continue practicing. See further details online.

LLART 366-001 | Th, Apr 18-Apr 25 | 6:00 PM-8:00 PM
540 Arapeen Dr, Room 148/SLC | \$75 + \$20 special fee



The instructor was funny, thorough, helpful. She provided all the materials you could want and explained each one, why it was used, how it was used, and the quality of products.

-Bethann P.

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, Apr 20 | 10:00 AM-2:00 PM
540 Arapeen Dr, Room 152 | \$75

ALCOHOL INKS: AN INTRODUCTION

Rachael Bush

Learn techniques, tools, and tricks to make beautiful, abstract compositions. Alcohol inks are acid-free, fast-drying, transparent, permanent inks that are available in many exciting, vivid colors. Plus, you are able to ink on plastic surfaces that often repel paint. Join us to experiment with this unique medium while creating bookmarks, frameable art, and a pin. This class is for everyone, no experience is required! Please wear clothes you won’t mind getting ink on as it does not come out. See further details online.

LLART 364-001 | S, Apr 27 | 12:00 PM-4:00 PM
540 Arapeen Dr, Room 152 | \$69 + \$15 special fee

Craft

WELDING: AN INTRODUCTION

Richard Cobbley

Have you ever wanted to work with metal for a garden or 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! Additional materials may be purchased for personal projects.

LLCFT 234-001 | T, Jan 16-Feb 20 | 6:00 PM-9:00 PM
LLCFT 234-002 | W, Jan 17-Feb 21 | 6:00 PM-9:00 PM
LLCFT 234-003 | T, Mar 19-Apr 23 | 6:00 PM-9:00 PM
LLCFT 234-004 | W, Mar 20-Apr 24 | 6:00 PM-9:00 PM
Welding Studio | \$275 + \$210 special fee



BEGINNING WOODWORKING

Jonathan Harman

Join us to learn the basic skills of woodworking through two in-class building projects. Perfect for people who are brand new to woodworking, this class will start at the very beginning. 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! MAKE members receive a 10% tuition discount. See further details online.

LLCFT 359-001 | W, Jan 17-Feb 7 | 6:00 PM-9:00 PM
LLCFT 359-002 | T, Jan 23-Feb 13 | 6:00 PM-9:00 PM
MAKE | \$199 + \$160 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! MAKE members receive a 10% tuition discount. See further details online.

LLCFT 395-001 | Th, Feb 8-Feb 29 | 6:00 PM-9:00 PM
MAKE | \$199 + \$160 special fee

METALSMITHING I

Amy Schmidt /Jan Harris-Smith

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, Jan 23-Feb 27 | 6:00 PM-9:00 PM | No class Feb 6.
LLCFT 229-003 | Th, Jan 18-Feb 15 | 6:00 PM-9:00 PM
Salt City Smithery | \$199 + \$55 special fee

METALSMITHING II

Amy Schmidt /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. See further details online.

LLCFT 353-001 | T, Mar 5-Apr 9 | 6:00 PM-9:00 PM | No class Apr 2.
LLCFT 353-002 | Th, Feb 22-Mar 21 | 6:00 PM-9:00 PM
Salt City Smithery | \$199 + \$55 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 will 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 will not only repair ceramics



but also uncover a deeper appreciation for the beauty found within imperfections. See further details online.

LLCFT 379-001 | S, Jan 20-Jan 27 | 2:00 PM-4:00 PM
LLCFT 379-002 | S, Mar 9-Mar 16 | 2:00 PM-4:00 PM
540 Arapeen Dr, Room 152 | \$59 + \$45 special fee

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, Jan 23-Feb 20 | 6:00 PM-8:00 PM
540 Arapeen Dr, Room 154 | \$149 + \$20 special fee

THANKS, IT HAS POCKETS!

Andrea McCausland

Have a piece of clothing that you wish had pockets? Elevate your sewing skills while you explore the diverse world of pocket styles. You'll make your garment

or bag not only stylish but also incredibly functional. Transform your creations into practical and fashionable masterpieces with ease. Don't miss out on this opportunity to add pockets to your favorite outfit! MAKE members receive a 10% tuition discount. Materials list is located online. LLCFT 267 Beginning Sewing I is an excellent precursor to this class.

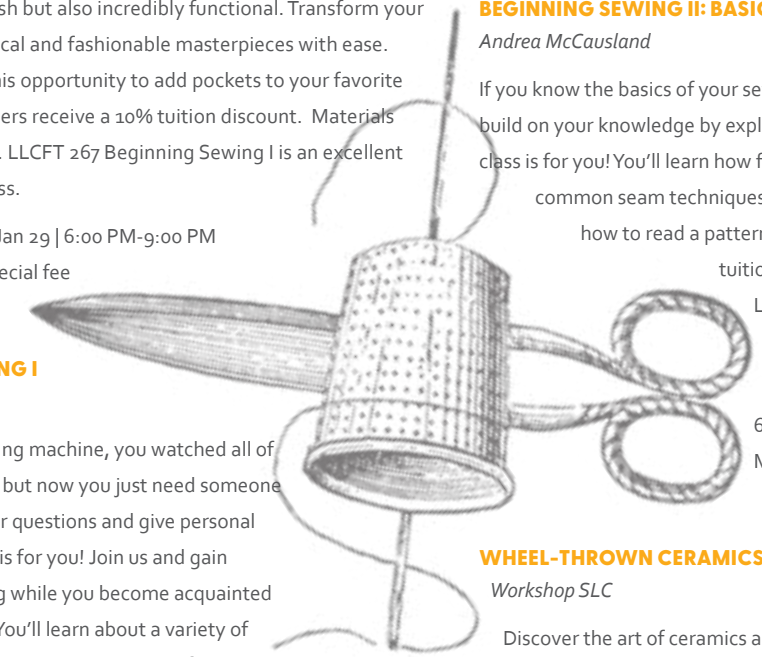
LLCFT 392-001 | M, Jan 29 | 6:00 PM-9:00 PM
MAKE | \$59 + \$35 special fee

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. Find materials list online.

LLCFT 267-001 | M, Feb 5-Mar 4 | 6:00 PM-9:00 PM | No class 2/19.
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. MAKE members receive a 10% tuition discount. Find materials list online.

LLCFT 267 Beginning Sewing I is an excellent precursor to this class.
LLCFT 387-001 | M, Mar 18-Apr 1 | 6:00 PM-9:00 PM
MAKE | \$125 + \$80 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!

LLCFT 383-001 | T, Feb 13-Mar 19 | 3:30 PM-6:00 PM
Workshop SLC | \$275 + \$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.

LLCFT 371-001 | Th, Feb 15-Mar 7 | 3:30 PM-6:00 PM
Workshop SLC | \$219 + \$50 special fee



HAND-EMBROIDERED JEWELRY

Allyson Rocks

Discover the enchanting realm of hand-embroidered jewelry. In this course, you'll delve into the art of crafting intricate jewelry pieces with various embroidery techniques. Your creativity will soar as you learn to embrace mistakes, snags, and knots. All levels of students are welcome, from beginners to those with more practice! You'll have the opportunity to expand your repertoire of stitches, refine skills,

and play as you create cherished earrings, necklaces, pins, and other small gifts. Find materials list online.

LLCFT 388-001 | T, Feb 13-Feb 27 | 6:30 PM-8:30 PM
540 Arapeen Dr, Room 146 | \$75 + \$25 special fee

STAINED GLASS WITH COPPER FOIL: AN INTRODUCTION

Tara Foster

Construct a glass panel from beginning to end using the copper foil method. You'll learn to shape the colored sheets of glass by cutting, grinding, and wrapping each piece with copper foil to prepare for solder. Finally, you'll solder the glass together into a finished stained glass panel that you can hang and enjoy for years to come! See further details and find materials list online.

LLCFT 186-001 | T, Feb 20-Mar 26 | 5:30 PM-9:00 PM
540 Arapeen Dr, Room 152 | \$225 + \$120 special fee

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, Feb 24-Mar 2 | 1:00 PM-4:00 PM
LLCFT 385-002 | T, Apr 2-Apr 9 | 6:00 PM-9:00 PM
Salt City Smithery | \$99 + \$50 special fee



JEWELRY MAKE AND TAKE: STERLING SILVER RING WITH CABOCHON

Amy Schmidt

Unveil the mesmerizing art of silversmithing in our hands-on class! Craft your own exquisite silver ring, adorned with a captivating cabochon stone. Dive into the creative process as you design and shape a one-of-a-kind silver masterpiece, tailored to your exact size and style preferences. Select from a diverse array of semi-precious cabochon stones and silver materials to fashion a ring that reflects your unique personality and aesthetic.

LLCFT 390-001 | S, Mar 2 | 10:00 AM-2:00 PM
Salt City Smithery | \$69 + \$40 special fee

JEWELRY MAKE AND TAKE: STERLING SILVER AND CABOCHON PENDANT

Jan Harris-Smith

Dive into the world of artisanal metalsmithing. Unleash your creativity as you design and craft a bespoke sterling silver pendant featuring a mesmerizing cabochon stone. You'll love this immersive experience where you'll learn to transform raw materials into a wearable work of art. Select from a diverse array of semi-precious cabochon stones and silver materials to fashion a pendant that reflects your unique personality and aesthetic. Best of all, there's no experience required!

LLCFT 393-001 | S, Mar 9 | 1:00 PM-5:00 PM
Salt City Smithery | \$69 + \$50 special fee

JEWELRY MAKE AND TAKE: STERLING SILVER EARRINGS

Jan Harris-Smith

Adorn your ears with elegance as you design, create, and experiment. 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 choose to make your earrings unique by texturing the silver with the plethora of tools we have for use in the studio. Best of all, there's no experience required!

LLCFT 394-001 | S, Mar 23 | 1:00 PM-5:00 PM
Salt City Smithery | \$69 + \$35 special fee

JEWELRY MAKE & TAKE: CUFF BRACELET WITH CABOCHON

Amy Schmidt

Join us for an immersive and hands-on experience where you'll learn the art of crafting a stunning silver cuff bracelet from scratch. Whether you're a complete beginner or have some experience in jewelry making, this workshop is designed to inspire your creativity and provide you with the skills to craft your own wearable masterpiece. Select from a diverse array of semi-precious cabochon stones and silver materials to fashion a cuff that reflects your unique personality and aesthetic. Best of all, there's no experience required!

LLCFT 391-001 | S, Apr 20 | 10:00 AM-2:00 PM
Salt City Smithery | \$69 + \$70 special fee

GUITAR-BUILDING WORKSHOP: STRATOCASTER STYLE

Matheson Harris

Build your own Stratocaster-style guitar in just 5 weeks! In this hands-on workshop, you will learn how to cut and shape the guitar body, perform fretwork, and assemble and solder electronics using a pre-made neck, body blank, and kit containing all necessary components. With expert guidance and a focus on shop safety, you will create your own custom guitar and gain a comprehensive understanding of guitar building. Basic woodworking skills recommended, but not required. Co-sponsored with MAKE Salt Lake.

LLCFT 380-001 | T, Mar 5-Mar 12 | 6:00 PM-9:00 PM
LLCFT 380-002 | T, Mar26-Apr 9 | 6:00 PM-9:00 PM
MAKE | \$249 + \$340 special fee

PYSANKY: UKRAINIAN EASTER 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 continue creating on your own! Please wear an apron or art clothes.

LLCFT 375-001 | W, Mar 6-Mar 20 | 6:00 PM-9:00 PM
540 Arapeen Dr, Room 152 | \$125 + \$20 special fee

QUILT-MAKING WORKSHOP: FOUNDATION PAPER PIECING

Tracey Harty

Ever wonder how quilters get super-pointy points and are able to neatly stitch together tiny triangles, squares, or strips? In this class you'll sew using paper to provide a solid foundation for these irregular fabric pieces, learning with an autumn leaf design that can be incorporated into fun fall projects like table toppers, hot pads, or pillows. Plus, foundation paper piecing is a great way to use your fabric scraps! Find materials list online.

LLCFT 382-001 | M, Mar 11 | 6:00 PM-9:00 PM
540 Arapeen Dr, Room 120 | \$49 + \$10 special fee

ALTERATIONS & REPAIRS: MAKE YOUR CLOSET GO FURTHER

Tracy Graham

Are you tired of throwing out clothes because you don't know how to do a simple repair? Or maybe you want to get creative and make new clothes from the old? This is the class is for you. Come learn how to alter and repair your clothes with an expert in the field. We'll start slow by dusting off the sewing machine to get it working efficiently and smoothly. Then you'll learn how to hem sleeves and pants, change waist size, repair elastics, add darts for better fit, take inside seams, patch holes, repair seams, change necklines, replace zippers, and more. Class is flexible according to your needs, so bring in your projects. You'll learn how to make your wardrobe go further! Find materials list online.

LLCFT 341-001 | T, Mar 12-Apr 2 | 6:00 PM-9:00 PM
Sandy Campus | \$175

COPPER CLAY JEWELRY: AN INTRODUCTION

Carol Avery

Copper metal clay can be formed like ceramic clay, then fired in a small kiln to create durable jewelry. It can be stamped, pressed into silicon molds, or impressed with natural or household objects to create unique patterns and designs. In the first session of this introductory class, you'll learn how to work with copper metal clay by making one or more pendants, earrings, and/or several bracelet charms with the clay we provide. Learn finishing techniques in the second session, completing your wearable creations!

LLCFT 355-001 | S, Mar 16-Mar 23 | 10:30 AM-1:30 PM
540 Arapeen Dr, Room 138 | \$99 + \$15 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. Strive to build your skills where 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. See further details online.

LLCFT 367-001 | Th, Apr 4-Apr 25 | 6:00 PM-9:00 PM
Salt City Smithery | \$249 + \$80 special fee

BEGINNING QUILTING: SEW A MODERN BABY QUILT OR WALL HANGING

Tracey Harty

Want to try your hand at quilting but not sure where to start? Join us and learn how to follow a simple pattern to create a work of art that can be used as a baby gift or as a modern wall hanging. The Pine Falls Quilt is easy for novice sewists and a fast make for more experienced quilters--a great opportunity to experiment with color and fabric combinations. You'll walk away with a beautiful small quilt, new skills, and a community of new quilting friends! Find materials list online.

LLCFT 376-001 | M, Apr 8-Apr 22 | 6:00 PM-9:00 PM
540 Arapeen Dr, Room 124 | \$125 + \$15 special fee



TROUBLESHOOTING FOR METALSMITHS

Amy Schmidt

Join us at the studio and equip yourself with the skills and knowledge to tackle common challenges that arise during the metalsmithing process. From soldering snags to design hiccups, this workshop will empower you to overcome obstacles and transform them into opportunities for growth. Whether you've taken our Metalsmithing I class or are getting back into the smithing game after some time off,

this class will take your skills to the next level. Prerequisite: LLCFT 229 Metalsmithing I or equivalent experience.

LLCFT 389-001 | T, Apr 16-Apr 23 | 6:00 PM-9:00 PM
Salt City Smithery | \$75 + \$40 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 unique 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. 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 | Th, Feb 29-Mar 21 | 6:00 PM-8:00 PM
540 Arapeen Dr, Room 138 | \$125 + \$25 special fee

Amy [Schmidt] was incredible and let students do their own thing while being very helpful still and doing demos that benefit everyone. There was a perfect balance of structure and instruction and also freedom to create and work on what we want.

-Olivia T.





CULINARY Arts + LIBations

NEW DELICIOUS ZERO-PROOF COCKTAILS

Andrea Latimer

Join the founder of Bitters Lab for a fun and informative class on how to make well-balanced and delicious zero-proof cocktails (aka non-alcoholic drinks). You'll make two cocktails using zero-proof "spirits" while learning about these spirits, how they work, and what to look for when shopping. This class includes all the supplies, ingredients, and instruction needed to make two cocktails, a small charcuterie board, and a bottle of bitters to take home.

LLFW 638-001 | W, Jan 17 | 6:00 PM-8:00 PM

Bitters Lab | \$39 + \$90 special fee

NEW THE WINE REGIONS OF FRANCE: AN INTRODUCTION

Sheral Schowe

Unlock the rich and diverse world of French wine regions in this captivating class! You'll be empowered with the knowledge of which grape varieties thrive in each region, allowing you to discern the perfect wine for every occasion. To truly savor the experience, you will sample six exquisite wines, providing you with a sensory journey through the vineyards of France. Don't miss this opportunity to elevate your wine expertise and embark on a flavorful adventure through the captivating landscapes of French viticulture. Students are expected to purchase their own meal.

LLFW 648-001 | Th, Jan 18 | 6:30 PM-8:30 PM

Carmine's | \$39 + \$40 special fee

NEW THE WINE AND HISTORY OF LA RIOJA, SPAIN

Sheral Schowe

Explore the intriguing evolution of La Rioja, Spain, from its ancient roots to its modern-day innovations. Discover the new category of single vineyard classification, known as Rioja Vervadbed, and gain insight into recently authorized grape varieties. Dive deep into the world of wine classifications, where the time spent in the barrel determines the wine's unique status and character. Join us and unlock the fascinating tapestry of La Rioja's wine heritage, blending tradition and innovation into every sip.

LLFW 649-001 | Th, Feb 1 | 6:30 PM-8:30 PM

Online | \$39 + \$10 special fee

NEW DISCOVER THE REGION OF RIOJA, SPAIN

Sheral Schowe

Join our thrilling wine class and explore the latest in Rioja's wine scene! Discover the new single vineyard classification, Rioja Vervadbed, and the authorized grape varieties reshaping the region. Dive into wine classifications based on barrel aging and savor tastings across all levels, including the prestigious Gran Reserve. Don't miss this chance to become a Rioja wine connoisseur! Students are expected to purchase their own meal.

LLFW 650-001 | Th, Feb 15 | 6:30 PM-8:30 PM

Cafe Madrid | \$39 + \$40 special fee

NEW DISCOVER TUSCANY: WINE AND HISTORY

Sheral Schowe

Explore the captivating history of Tuscany and the intriguing origins of the Chianti appellation in our wine class. Discover the stories of a hungry rooster and a knight on horseback that shaped this renowned wine region. Uncover the secrets that make Chianti a true masterpiece, and raise your glass to its rich history and tradition. Don't miss the chance to become a wine storyteller and savor the magic of Chianti!

LLFW 651-001 | Th, Mar 7 | 6:30 PM-8:30 PM

Online | \$39 + \$10 special fee

NEW DISCOVER THE WINES OF TUSCANY

Sheral Schowe

Indulge in a wine class that takes you on a journey through Tuscany's diverse appellations, including the iconic Chianti. Explore the intriguing world of Super Tuscans and their unique creation. Savor an array of white, red, and dessert wines, and elevate your wine knowledge in a single sip. Join us for an unforgettable tasting experience that unlocks the essence of Tuscany's finest offerings! Students are expected to purchase their own meal.

LLFW 652-001 | Th, Mar 21 | 6:30 PM-8:30 PM

Carmine's | \$39 + \$40 special fee

NEW DRY ROSES OF WESTERN EUROPE

Sheral Schowe

Experience a journey through Western Europe in this class that features six exquisite wines from six regions. Taste and compare the flavors of rosés, each with a unique grape variety but a similar color. You'll get to explore the diverse production methods behind these rosés. This tasting adventure will expand your palate and wine knowledge, leaving you with a deeper appreciation for Western European rosé wines! Students are expected to purchase their own meal.

LLFW 653-001 | Th, Apr 4 | 6:30 PM-8:30 PM

Carmine's | \$39 + \$40 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 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 from coast to coast.

LLFW 644-001 | M, Jan 22 | 6:30 PM-8:30 PM
Scion | \$39 + \$45 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. Students will explore a range of ciders from French estates that have produced biodynamic and organic ciders for centuries.

LLFW 645-001 | M, Feb 12 | 6:30 PM-8:30 PM
Scion | \$39 + \$45 special fee

CIDERS OF THE WORLD: ENGLISH CIDERS

Matthew Ostrander

A pint of cider in a pub is often what one thinks of when visiting the UK. With the rural farms of the English countryside, the cider beverage is deeply connected to the culture. With the unique climate and terroir, cider apples from this region have distinct qualities which translate to rich tannins and dry and complex profiles found in farmhouse flavors. Students will be guided through classic English cider varieties and learn about the characteristics that evoke notes of leather, whiskey, and tobacco with lingering, earthy finishes.

LLFW 646-001 | M, Mar 18 | 6:30 PM-8:30 PM
Scion | \$39 + \$45 special fee

CIDERS OF THE WORLD: SPANISH SIDRA

Matthew Ostrander

Northern Spain's Asturias and Basque Country are known for their unique style of cider and wine, with both deeply ingrained in the culture of food and local traditions. Sharp notes, from slightly to boldly sour acetic qualities are indicative of the region's cider traditions. You will learn about the tradition of TXOTX--the region's season of celebration for the year's new sidras aged in large wooden casks--and how the "long pour" affects the immediate consumption of the non-carbonated cider, all while tasting through representative samples of the style.

LLFW 647-001 | M, Apr 22 | 6:30 PM-8:30 PM
Scion | \$39 + \$45 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 | Su, Jan 28 | 1:00 PM-3:00 PM
LLFW 578-002 | Su, Apr 14 | 1:00 PM-3:00 PM
SL Roasting | \$39 + \$50 special fee

JIAOZI: TRADITIONAL CHINESE DUMPLINGS

Qin Li

China has a rich food culture with many different regions that specialize in their own unique cuisine. Jiaozi, however, is a signature dish that is found across the country. These traditional Chinese dumplings are made to celebrate special occasions, such as Lunar Calendar 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.

LLFW 603-001 | S, Feb 3 | 9:00 AM-1:00 PM
Com Com Kitchen | \$69 + \$20 special fee

VALENTINE'S DAY COCKTAILS

Andrea Latimer

Join the founder of Bitters Lab for a fun and informative class about how to make cocktails inspired by Valentine's Day! You'll make two delightful seasonal cocktails to share with your lover, enjoy for yourself, or drink with your bestest-bestie! This class includes all the supplies, ingredients, and instruction needed to make two cocktails, as well as a small charcuterie board, and a bottle of bitters to take home.

LLFW 639-001 | W, Feb 7 | 6:00 PM-8:00 PM
Bitters Lab | \$39 + \$90 special fee



BAKING NAAN: AN INTRODUCTION

Matthew Trone

Naan is a traditional bread from south and central Asia that often comes baked in the form of a teardrop. But you don't need a tandoor oven to create your own delicious naan! Join us from the comfort of your own kitchen to perfect your naan-making skills! Find materials list online.

LLFW 593-001 | Th, Feb 8 | 6:30 PM-8:30 PM
Online | \$39 + \$5 special fee

CAN, DRY, STORE, EAT: METHODS FOR WINTERIZING UTAH'S LOCAL FOOD SUPPLY

Katie Lawson

Join us for an enlightening class where we explore the importance of increasing local food options during winter. Dive into case studies from Utah and beyond, discovering how communities are embracing creative ways to eat local year-round. In our final session, get hands-on experience in the kitchen and learn the art of working with stored and preserved crops. Be part of the movement towards a sustainable and flavorful future! Find materials list online.

LLFW 643-001 | T, Feb 20-Feb 27 | 6:30 PM-8:30 PM
540 Arapeen Dr, Room 160/Com Com Kitchen | \$69 + \$25 special fee

WHISKIES OF THE WORLD

James Santangelo

Did you know that whiskey 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 whiskey, 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 whiskey expert in no time!

LLFW 489-001 | M, Feb 26 | 7:00 PM-9:00 PM
Beehive | \$39 + \$30 special fee

JAPANESE TEA CEREMONY: AN INTRODUCTION

Haruko Sadler

In celebration of Japan's festival month, step into another culture and another time as you participate in the ancient ritual of the Japanese Tea Ceremony. The Tea Ceremony began in seventh-century China and still 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 will leave class with a new perspective and your own Japanese tea kit to practice what you've learned.

LLFW 617-001 | S, Mar 2 | 1:00 PM-4:00 PM
540 Arapeen Dr, Room 138 | \$49 + \$50 special fee



AMARO-BASED COCKTAILS

Andrea Latimer

Join the founder of Bitters Lab and learn how to make Amaro-based cocktails. Amaro is an interesting herbal liqueur that is commonly consumed as an aperitif or post-dinner digestif. Not only are these spirits low in alcohol content but they are perfect for aiding in digestion. Come learn about this incredible spirit as you make two cocktails featuring amaro. We'll provide all the ingredients and

supplies needed to make these drinks, plus a small charcuterie board, and a bottle of bitters to take home.

LLFW 640-001 | W, Mar 6 | 6:00 PM-8:00 PM
Bitters Lab | \$39 + \$90 special fee

BASICS OF HOME GRAPE GROWING & 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 as well as 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 home-grown! See further details online.

LLFW 627-001 | Th, Mar 7-Mar 21 | 6:00 PM-8:00 PM
AND S, Mar 23 | 10:00 AM-12:00 PM
540 Arapeen Dr, Room 120/Instructors Vineyard | \$119

TEQUILAS AND MEZCAL

James Santangelo

Join us for this delicious Agave spirits tasting featuring Tequila and Mezcal. You'll try many different styles, starting with a salty and crisp Blanco to 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 625-002 | M, Mar 11 | 7:00 PM-9:00 PM
Beehive | \$39 + \$30 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, Mar 25 | 7:00 PM-9:00 PM
Beehive | \$39 + \$30 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 crêpes. 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 crêpes you create during the class. Join us and embrace the magic of French crêpe-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, Mar 28 | 6:00 PM-9:00 PM
Com Com Kitchen | \$49 + \$35 special fee



COCKTAIL BASICS

Andrea Latimer

Join the founder of Bitters Lab for this fun and informative class where you'll learn the basics needed to make delicious, well-balanced, and visually appealing drinks at home. You'll make two different cocktails and learn a few different garnishing techniques. You'll learn about must-haves needed for your home bar. You'll leave with a new-found confidence for creating your own cocktails at home PLUS your own take-home cocktail kit with a jigger, bar spoon, cocktail shaker, strainers, a paring knife, cocktail picks, a bottle of Bitters Lab bitters, and some dried citrus for garnishing. Class includes all the ingredients needed to make two cocktails and an individual charcuterie board for snacking.



LLFW 641-001 | W, Apr 3 | 6:00 PM-8:00 PM
Bitters Lab | \$39 + \$135 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, Apr 8 | 7:00 PM-9:00 PM
Beehive | \$39 + \$30 special fee

CURRY FUSION COOKING

Jay Jayaseelan

Join us for a group cooking class and learn how to make two types of chicken curry--one Thai and one Indian. Your instructor, originally from Singapore, will teach you a healthy method of cooking while you participate in food prep, cooking, and cleaning. When the recipes are finished, you can taste some in class and/or take some home to share! Please alert us at least 1 week before class if you have any food allergies.

LLFW 631-001 | Th, Apr 11 | 6:00 PM-9:00 PM
LLFW 631-002 | Th, Apr 18 | 6:00 PM-9:00 PM
Com Com Kitchen | \$49 + \$25 special fee



SINGLE MALTS AROUND THE WORLD

James Santangelo

Calling all Scotch whiskey lovers--join us to compare a flight of Scotch whiskey against various whiskies from around the world produced in the same style. We'll feature a Japanese whiskey, Irish whiskey and American Single Malts, the newest category in the whiskey family. Please alert us at least 1 week before class if you have any food allergies.

LLFW 642-001 | M, Apr 29 | 7:00 PM-9:00 PM
Beehive | \$39 + \$30 special fee



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



**DISCOVERING WORLD RELIGIONS:
“NEW” RELIGIOUS MOVEMENTS**

Jeremy Innis

Dive into the fascinating world of smaller, emerging religious movements both within and beyond the major global traditions of Christianity, Buddhism, Hinduism, and Islam. In this course, we'll delve into the worldviews, stories, and practices of several of these unique traditions that have evolved or emerged over the past 300 years. Our exploration will encompass a diverse range of beliefs, including Baha'i, Rastafarianism, Rajneeshi, Paganism, Scientology, the Orisha diaspora, and the Native American Church. Join us on this enlightening journey to understand the rich tapestry of contemporary religious diversity.

LLPOT 984-001 | W, Jan 17-Feb 7 | 6:30 PM-8:30 PM
540 Arapeen Dr, Room 124 | \$119

HOW TO EVALUATE FACTS IN A SEA OF MISINFORMATION

Tallie Casucci

If you've ever thought "WHAT?!" when reading something on the internet, this class is for you! Alternatively, if you've never questioned any social media or blog posts, this class is for you too! The internet allows us to connect with friends and family, find great recipes, and perform other tasks, but unfortunately there can also be a lot of misinformation. How can you tell the difference? How can you locate accurate, high-quality information online? Join an expert research librarian to learn about evaluation frameworks and use them with hands-on practice. Please come prepared to discuss, search the internet, and practice your new evaluation strategies.

LLPOT 978-001 | T, Feb 6 | 6:00 PM-9:00 PM
540 Arapeen Dr, Room 146 | \$49

TAX-ADVANTAGED INVESTMENTS AND INCOME

Mark Pyper

Join us for an informative experience where you will learn how to identify investments and account types. You will learn about savings plans that offer tax-exempt, tax-deferred, or tax-favorable benefits including tax efficient income streams for retirees, retirement accounts and employee benefits, gifting to charitable organizations and family members, municipal bonds, HAS's, annuities, and both IRA's and Roth 401k's. Expect to leave this class with specific, actionable ideas that will help you save on the taxes you pay over time.

LLPOT 976-001 | T, Mar 12-Mar 19 | 6:30 PM-8:00 PM
540 Arapeen Dr, Room 120 | \$49

WHAT IS GENDER?: BEYOND THE BINARY

Irene Ota and Lauryn C Hansen

Society creates a limited and narrow understanding of gender. Join us to explore the complexities within four areas of identity and the variety within each one: anatomical and biological identity, gender identity, gender expression, and affection and sexuality (what society calls sexual orientation). The goal of this workshop is to inspire you to question your definition and the social construction of gender; move you to become an ally, advocate, and/or accomplice; and create an empathic understanding, nurturing, support, and love of all identities.

LLPOT 963-001 | S, Mar 16 | 10:00 AM-1:00 PM
540 Arapeen Dr, Room 146 | \$39

**AI UNLEASHED: EMPOWERING EVERYDAY LIFE WITH
ARTIFICIAL INTELLIGENCE**

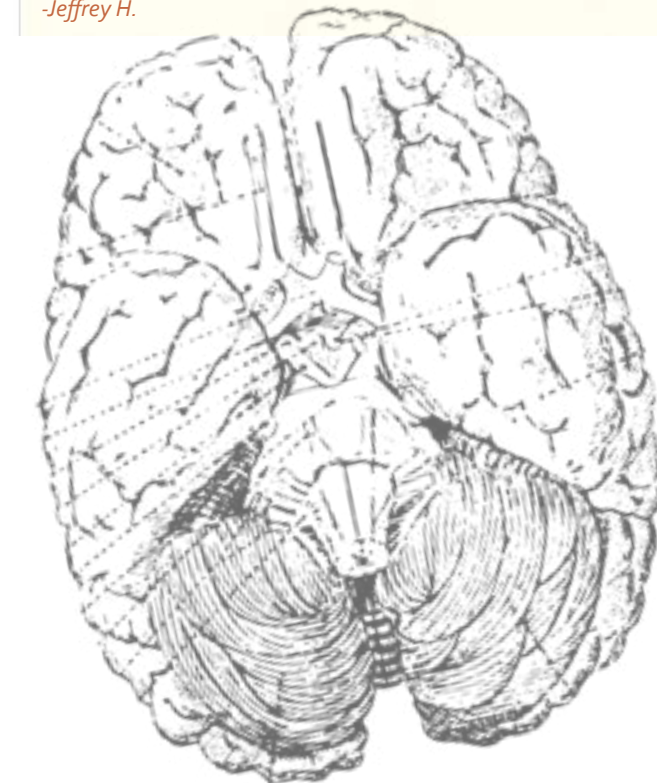
Darby Bailey

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 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 | Th, Mar 21-Apr 11 | 6:00 PM-8:00 PM
540 Arapeen Dr, Room 156 | \$119

Jeremy [Innis] was a great teacher. He was knowledgeable of the subject and respectful of the students as well as the religions discussed in the class.

-Jeffrey H.



BACK ROADS UTAH

Tom Wharton

Ever heard of Utah's oldest hotel, in Marysville, where Zane Gray once 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 | W, Feb 28 | 6:30 PM-8:30 PM

540 Arapeen Dr, Room 146 | \$49

Explore Utah



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, Mar 23 | 10:00 AM-1:00 PM

540 Arapeen Dr, Room 146 | \$49



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 will 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. Students may want to dress in layers and bring a water bottle.

LLPOT 693-001 | Th, Apr 18 | 5:30 PM-7:30 PM

LLPOT 693-002 | Th, Apr 25 | 5:30 PM-7:30 PM

Outdoors | \$49

Very happy to be introduced to the new look of South Salt Lake. Learning about the mural program was very interesting. The quality and number of the murals was impressive. I now have a fun, new district to showcase to visiting family and friends.

-Patti K.



MURALS BUILD COMMUNITY: A BIKING TOUR

Lesly Allen

Over the past few years, Salt Lake 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 biking tour to visit the murals of South Salt Lake's Creative Industries Zone? You'll join one of the brains behind SSL's annual 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. You'll also gain a unique insight into how the property owner plays a role in mural-making and the power of public art to build community. There's so much more to it than just painted walls! Helmet required. Please dress in layers appropriate for the weather conditions.

LLPOT 985-001 | S, Apr 20 | 3:00 PM-5:00 PM

Outdoors | \$39



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 will focus on two neighborhoods that illustrate the economic and racial diversity of our city’s past. See further details online.

LLPOT 961-001 | S, Apr 20-Apr 27 | 10:00 AM-12:00 PM
LLPOT 961-002 | S, Apr 20-Apr 27 | 1:00 PM-3:00 PM
Outdoors | \$59



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, Apr 27 | 1:00 PM-3:00 PM
Outdoors | \$39



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 | W, Apr 24 | 6:30 PM-8:30 PM
540 Arapeen Dr, Room 146 | \$39
28

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, UT on a quest to observe and catalogue the horses in the wild. On Tuesday we will meet online to share photos and video and discuss what we saw in the field on Saturday. See further details online.

LLPOT 957-001 | Th, Apr 25, 6:00 PM-8:00 PM; S, Apr 27, 10:00 AM-2:00 PM AND T, Apr 30, 6:00 PM-8:00 PM
540 Arapeen Dr, Room 132/Outdoors/Online | \$119





DIY BASIC REPAIRS FOR HOMEOWNERS

Thomas Arnold

Don't pay a pricey professional every time you have a leaky faucet or broken sprinkler head. In this class, you'll learn how to be a DIY pro and how maintain your home or property yourself. You'll learn about common problems with easy fixes you can do yourself--leaky faucets and toilets, basic electrical, repairing sheetrock holes and divots, painting tips and tricks, mold remediation, and more. We'll also cover maintenance of major appliances and seasonal systems such as heaters/air conditioners, swamp coolers, and irrigation.

LLHG 450-001 | M, Jan 22-Feb 12 | 6:00 PM-8:30 PM

LLHG 450-002 | T, Apr 2-Apr 23 | 6:00 PM-8:30 PM

540 Arapeen Dr, Room 148 | \$149

30

FUNGAL ECOLOGY: FROM FOREST TO FARM (OR GARDEN!)

Katie Lawson

Have you ever wondered how a forest can sustain itself without fertilizers, pesticides, or tractors? Or how soil can purge itself of toxins? Spoiler alert--it's the fungi! In this class, you'll use forest ecology as a template for exploring methods of fungal-friendly farming for healthy soils and crops. You'll learn common agricultural problems, the shortcomings of current methods for addressing these problems, and then consider the fungal alternatives. You'll also look at common contaminants in urban areas and how fungi might help us remediate our soils.

LLHG 480-001 | T, Jan 23-Jan 30 | 6:30 PM-8:30 PM

540 Arapeen Dr, Room 120 | \$59

FUNDAMENTALS OF FUN BEEKEEPING

Richard Homer and Jim Harris

Come experience the fundamentals of fun beekeeping as you learn the benefits of bees, bee anatomy, bee social structure, common concerns of bees in suburbia, cost estimating, and assembling hive components. You'll learn how and where to get your bees, how to install bees into your hive and how to keep your bees healthy. You'll gain confidence in disease prevention, treatment, and overwintering your bees successfully. You'll leave with knowledge and a hands-on experience with bees and the option to receive month-by-month reminders of key beekeeping activities. Students will meet

outdoors on Saturday, April 20th at a local apiary. Special fee is for a book that will be supplied the first day of class.

LLHG 934-002 | W, Jan 24-Feb 7 | 7:00 PM-9:00 PM

AND S, Apr 20 | 1:00 PM-3:00 PM

540 Arapeen Dr, Room 154/Outdoors | \$119 + \$15 special fee

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.

LLHG 518-001 | S, Feb 3 | 1:00 PM-4:00 PM

540 Arapeen Dr, Room 152 | \$59 + \$80 special fee

VEGETABLE PROPAGATION

Celia Bell

Are you interested in having a wide variety of garden edibles and harvesting them for a longer period of time? Then it's time for you to explore vegetable propagation and seed starting! We'll talk about when, where, and how to start our plants and learn different types so we can nurture them to their fullest potential. The first session will cover basic techniques, with more advanced techniques taught in our Saturday field trip.

LLHG 609-001 | W, Feb 7 | 6:30 PM-8:30 PM

AND S, Apr 27 | 10:00 AM-12:00 PM

540 Arapeen Dr, Room 154 | \$59 + \$5 special fee

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 | W, Feb 21-Mar 6 | 6:30 PM-8:30 PM

540 Arapeen Dr, Room 154 | \$75 + \$5 special fee

RESIDENTIAL LANDSCAPE DESIGN I: CONCEPT & 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 | W, Feb 21-Mar 27 | 6:00 PM-8:30 PM

540 Arapeen Dr, Room 138 | \$199 + \$25 special fee



RESIDENTIAL LANDSCAPE DESIGN II: A DEEPER

LOOK AT PLANTS

Stephanie Duer

Have you ever walked into the garden store only to be overwhelmed by the sheer volume of plants available? How do you know which one is right for you and your landscape? Join us for this deep dive into plants. You'll learn how form, texture, and seasonality impart design characteristics, and how to use them to your advantage. You'll discover that a plant can create a focal point, scale, and perspective. We'll cover plants that are specifically appropriate for Utah. Though focus will be on building on your existing landscape or design, the content will build on your plant knowledge wherever you are in the design phase. LLHG 512 Residential Landscape Design I: Concept and Planning is a recommended precursor to this course.

LLHG 925-001 | W, Apr 3-Apr 24 | 6:00 PM-8:00 PM

540 Arapeen Dr, Room 138 | \$119 + \$25 special fee

RESIDENTIAL LANDSCAPE DESIGN III: LANDSCAPE AND

TOOL MAINTENANCE

Stephanie Duer

Now that you have a landscape plan and you've started planting, what's next? In this class you'll learn to maintain your landscape with basic tasks, timing, and tricks. You'll learn when to plant, prune, divide, dead-head, and when to leave it be. We'll cover uninvited plants and bugs--which ones you want and how to get rid of the ones you don't. You'll also learn how to take care of your gardening tools

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

31

so they will work harder for you. LLHG 512 Residential Landscape Design I: Concept and Planning and LLHG 925 Residential Landscape Design II: A Deeper Look at Plants are recommended precursors to this course.

LLHG 933-001 | T, Feb 6-Feb 27 | 6:00 PM-8:00 PM
540 Arapeen Dr, Room 138 | \$75 + \$15 special fee

DIY MOSS TERRARIUM
Rachael Bush

There's nothing more enjoyable than creating your own little world and watching it thrive. Join us to learn how to build a self-contained terrarium, including what supplies you need and why. Then put that knowledge to use and walk away with your own mason jar starter terrarium! Discover the magic of this miniature world, brimming with life and ready to thrive under your care.

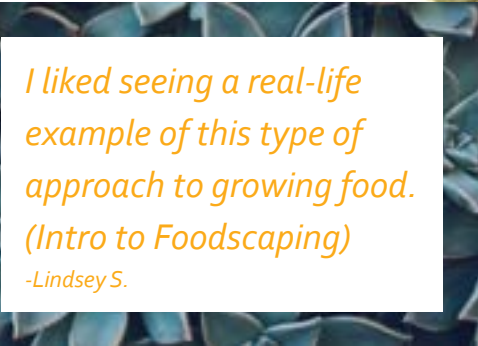
LLHG 932-001 | S, Feb 24 | 1:00 PM-3:00 PM
540 Arapeen Dr, Room 138 | \$39 + \$15 special fee

FUNGI INSIDE AND OUT
Katie Lawson

Once you start to understand fungi, you begin to see them hard at work nearly everywhere. In the first part of this course, you'll take a detailed look at how fungi interact with plants and animals to shape the world around us. In the second half, you'll look at the world within and explore how fungi interact with the human body as food,

and their potential medical benefits. This is not a medical course and should not take the place of any treatments prescribed by your doctor, but it is a good way to understand the nutritional and health benefits of certain mushrooms. This class includes a mushroom medicinals kit and full instructions for how to prepare it. While all are welcome, this course may be best suited for folks with some background information in mycology.

LLHG 484-001 | T, Mar 5-Mar 12 | 6:30 PM-8:30 PM
540 Arapeen Dr, Room 154 | \$59 + \$30 special fee



NEW **HOW TO DESIGN PERENNIAL BORDERS FOR ANY GARDEN**
Stephanie Duer

Immerse yourself in the world of blossoms as we delve into the secrets of legendary garden designers Gertrude Jekyll, Vita Sackville-West, Beatrix Farrand, and others who are celebrated for their

perennial border prowess. Learn the art of crafting exquisite gardens dominated by a symphony of flowers. Discover the magic of bulb layering and the enchantment of sequential flowering. Whether you're a seasoned gardener or just beginning, join us on this creative journey to transform your garden into a perennial masterpiece that blooms throughout the seasons!

LLHG 948-001 | T, Mar 12-Mar 26 | 6:00 PM-8:00 PM
540 Arapeen Dr, Room 138 | \$75 + \$25 special fee

INTRO TO FOODSCAPING: PRINCIPALS & 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. Engage in a virtual tour led by your expert instructor, offering visual demonstrations and an interactive Q&A session. Unleash the potential of your outdoor space while creating a harmonious and rewarding environment.

LLHG 939-001 | S, Mar 16 | 12:30 PM-2:00 PM
AND T, Mar 19 | 5:30 PM-6:00 PM
540 Arapeen Dr, Room 120/Online | \$39

SUCCULENTS: AN INTRODUCTION
Rachael Bush

Succulents are low-maintenance plants that will liven up any home or office. You'll learn how to plant, propagate, and care for a variety of succulents while connecting with like-minded friends. You'll go home with a pot full of beautiful plants that are sure to bring a smile to your face for years to come and, best of all, we bring all the supplies so all you have to do is show up!

LLHG 944-001 | S, Mar 23 | 1:00 PM-3:00 PM
540 Arapeen Dr, Room 152 | \$39 + \$10 special fee

MYCOLOGY FOR BEGINNERS
Katie Lawson

Fungi are all around us, playing critical roles in nearly every terrestrial ecosystem--but how much do you really know about mycology? Explore the world of fungi, including the many ways we can partner with fungi to improve our planet. You'll learn about fungal biology, ethnomycology, and oyster mushroom cultivation in the hot desert climate.

LLHG 477-001 | T, Mar 26-Apr 2 | 6:30 PM-8:30 PM
LLHG 477-002 | T, Apr 9-Apr 16 | 6:30 PM-8:30 PM
540 Arapeen Dr, Room 120 | \$59 + \$30 special fee

VEGETABLE GARDENING BASICS
Celia Bell

Would you like to grow tender lettuce and spinach, juicy tomatoes, flavorful carrots, zucchinis, and more? Learn the tricks to a successful vegetable garden in this informative beginners class. Focusing on a variety of easy-to-grow vegetables, we'll cover soil texture, soil amendments, composting, cool and warm season crops, planting dates, and ways to grow vegetables all year long. You'll also learn about common garden insects and diseases.

LLHG 529-001 | W, Apr 3-Apr 24 | 6:30 PM-8:30 PM
AND S, Apr 27 | 1:00 PM-3:00 PM
540 Arapeen Dr, Room 124 | \$125 + \$5 special fee

WILDSCAPING: GARDENING FOR POLLINATORS, BIRDS, AND WATER-WISE LANDSCAPES
Brianne Dela Cruz

Rewild your garden and landscape in this informative and interactive class. You'll join a master gardener and wild forager to learn sustainable, regenerative gardening practices that can transform a standard suburban plot into a vibrant and wild haven. You'll learn about crops in the veggie garden, lawn-replacement tips, xeriscaping pros and cons, native drought-tolerant planting options, meadowscaping, incorporating apiaries, and low-intervention gardening practices. Then, you'll enjoy a tour of the Water Conservation Gardens to see examples of landscape designs and plant pairings. You'll leave with a wealth of knowledge, a list of native plants, a packet of wildflower seeds, and plenty of inspiration for your wildscaping endeavors.

LLHG 942-001 | W, Apr 10 | 6:30 PM-8:00 PM
AND S, Apr 13 | 10:00 AM-11:30 AM
540 Arapeen Dr, Room 120/Outdoors | \$49 + \$5 special fee

AIR PLANTS: AN INTRODUCTION
Rachael Bush

Air plants are adorable and so easy to care for, if you know what you're doing. In this class you'll learn all about these wonderful plants, how to care for them, and receive hands-on experience planting one to take home! All supplies will be provided.

LLHG 945-001 | S, Apr 13 | 1:00 PM-3:00 PM
540 Arapeen Dr, Room 152 | \$39 + \$10 special fee

MEDICINAL WILD PLANTS: PLANT WALK & WILDCRAFTING

Brianne Dela Cruz

Join us for this foraging class that focuses on local medicinal wild plants with a local master gardener and wild forager. Enjoy a walking tour where you'll learn how to identify, harvest, and wildcraft spring plants, their growing habits, their medicinal value, and tips for how to safely use them at home. Then experience herbal wildcrafting while your instructor teaches you how to make a wild foraged sun tea that you'll get to enjoy that day. This is not a medical course and should not take the place of any treatments prescribed by your doctor, but it is a good way to understand the nutritional and health benefits of certain plants.

LLHG 943-001 | W, Apr 17 | 6:00 PM-8:00 PM
TBA | \$39 + \$15 special fee

So grateful for Stephanie sharing her expertise with us. It felt so generous the amount of one-on-one, the in-depth answers we got for questions, and the creativity she gave in her advice and ideas. I really enjoyed this class and am excited to see how my yard transforms because of what I've learned.

-Shelli A.

NEW FLORAL DESIGN FUNDAMENTALS

Pamela Olson

Learn the basic skills and techniques of selecting, handling, and designing flowers in this hands-on workshop. Each month, your instructor will demonstrate essential floral design principles using gorgeous seasonal flowers and current trends. You'll make their own creations to take home. Students must provide their own floral scissors, bypass pruners, paring knife, an apron and, a clean rag. All other supplies, flowers, organic materials and containers will be provided. Students must bring their own scissors or shears, pruners and a paring knife.

LLHG 947-001 | W, Feb 21, Mar 20, Apr 17 | 6:00 PM-7:30 PM
Native Flower Co | \$69 + \$150 special fee

Language

**JAPANESE FOR TRAVELERS**

Bryan Nalder

Learning the basics of the language and customs of any foreign country is a great start to your vacation abroad. Gain an understanding of essential Japanese words and phrases to make your travels to Japan more pleasurable. We will cover the common greetings, vocabulary, and Kanji necessary for navigating Japan, purchasing a train ticket, and ordering sushi. We will also spend time learning about the unique culture and customs of Japan.

LLLAN 411-001 | W, Jan 17-Feb 21 | 7:00 PM-9:00 PM
540 Arapeen Dr, Room 120 | \$149 + \$5 special fee

CONVERSATIONAL FRENCH I

Catherine Thorpe

This condensed beginning course will teach you conversational French used in travel and everyday situations. French games, group readings of French comic strips, and helpful handouts will quickly familiarize you with the language. The best part: learning the correct accent from a native Parisian! This class is designed to be repeated as often as you wish.

LLLAN 350-001 | W, Jan 17-Feb 21 | 6:00 PM-8:00 PM
540 Arapeen Dr, Room 146 | \$149 + \$5 special fee

CONVERSATIONAL FRENCH II

Catherine Thorpe

Expand the basic conversational skills used in travel and everyday situations as you work with verbs in the present and future tenses. Emphasis is on speaking with a correct accent and syntax. This course is intended as a continuation of our beginner Conversational French I class and is designed to be repeated as often as you wish. Prerequisite: LLLAN 350 Conversational French I or equivalent experience.

LLLAN 351-001 | W, Mar 13-Apr 17 | 6:00 PM-8:00 PM
540 Arapeen Dr, Room 146 | \$149 + \$5 special fee

CONVERSATIONAL SPANISH I

Kelsey Zalac

Have you ever found yourself wishing you could communicate in Spanish? Now is your chance! This is a fun, condensed course that will teach you basic conversational Spanish used for travel and everyday situations. You'll enjoy learning through a natural approach focused on speaking, listening, and reading. You'll be communicating and making new friends in no time!

LLLAN 354-003 | W, Jan 17-Feb 21 | 6:00 PM-8:00 PM
LLLAN 354-004 | Th, Jan 18-Feb 22 | 6:00 PM-8:00 PM
540 Arapeen Dr, Room 148 | \$149 + \$10 special fee



A CRASH COURSE IN SPEAKING SPANISH

César Avila

Embark on an exciting language journey and dip your toes into the world of Spanish! Whether you've got a flight to Spain on the horizon, a desire to connect with your Bolivian neighbor, or simply crave a fresh and enjoyable experience, this course is made for you. You'll acquire essential tools to initiate conversations in Spanish, serving as a stepping stone for your language learning adventure. This fun, judgment-free space will encourage you to embrace the joy of learning. ¡Sí se puede!

LLLAN 434-001 | T, Mar 5-Apr 9 | 6:30 PM-8:30 PM
540 Arapeen Dr, Room 146 | \$149

CONVERSATIONAL ITALIAN I

Jason Cox

Learn the language of warmth and passion. We'll cover the basic conversational skills you'll need to travel to Italy while learning about the people, art, and culture of this fabulous country. This class is designed to be repeated as often as you wish. Students must purchase two texts: "Italian: A Self-Teaching Guide (Second Edition)" by Edoardo A. Lebano and any Italian to English dictionary.

LLLAN 362-001 | T, Jan 23-Feb 27 | 7:00 PM-9:00 PM
540 Arapeen Dr, Room 124 | \$149

CONVERSATIONAL ITALIAN II

Jason Cox

Build upon the skills you've learned in Conversational Italian I or your general background in Italian. Expand the basic conversational skills used in travel and everyday situations as we practice with present and future tense verbs. This class is designed to be repeated as often as you wish. Prerequisite LLLAN 362 Conversational Italian I or equivalent experience. Students must purchase two texts: "Italian: A Self-Teaching Guide (Second Edition)" by Edoardo A. Lebano and any Italian to English dictionary.

LLLAN 363-001 | T, Mar 12-Apr 23 | 7:00 PM-9:00 PM | No class Apr 2.
540 Arapeen Dr, Room 154/132 | \$149

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 required to purchase their own copy of "The Everything Learning German Book" by Edward Swick.

LLLAN 433-001 | W, Feb 21-Mar 27 | 6:00 PM-9:00 PM
540 Arapeen Dr, Room 124 | \$219



BEGINNING BANJO

Rex Flinner

What do Steve Martin, Rhiannon Giddens, and Taylor Swift have in common? They all play the banjo! Thought to have evolved from similar instruments on the African continent, the banjo has become a mainstay of contemporary American music. In this class, you will focus on the basics as you learn a variety of tunes and styles. Strum, pick, and pluck your way through this engaging class. No experience needed. Students must bring their own instrument as well as a banjo strap, finger picks and tuner.

LLMT 429-001 | W, Jan 10-Feb 14 | 6:00 PM-7:30 PM
540 Arapeen Dr, Room 246 | \$8 + \$149 special fee

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, Jan 17-Feb 7 | 6:30 PM-8:00 PM
540 Arapeen Dr, Room 160 | \$99 + \$10 special fee

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, Jan 22-Feb 12 | 7:00 PM-8:30 PM
540 Arapeen Dr, Room 120 | \$119

BEGINNING GUITAR II

Randin Graves

Expand your musical toolbox with advanced scales, chords, and captivating chord progressions. Dive deeper into challenging songs that will push your skills to the next level. Enhance your finger dexterity and cognitive agility through engaging exercises. Unlock your potential and become the guitarist you’ve always aspired to be. Please note that students are required to have their own acoustic or electric guitar for this course. Students must bring their own instrument.

LLMT 383-001 | M, Feb 26-Mar 18 | 7:00 PM-8:30 PM
540 Arapeen Dr, Room 154 | \$119

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, who has years of experience coaching and teaching--including for TEDx Salt Lake City--to address that fear and learn how to build confidence, focus your content, and polish your delivery skills. The best way to improve your skills is to use them, so you’ll take part in exercises that give you a safe space to practice your new-found skills. Students are expected to participate in class exercises.

LLMT 487-001 | S, Feb 3 | 10:00 AM-1:00 PM
540 Arapeen Dr, Room 124 | \$49 + \$5 special fee

BURLESQUE BASICS: REVEAL YOUR FABULOUS SELF

Kirsten Bigelow Caron

Burlesque is a timeless art that combines elements of dance, theatre, and costuming to create a truly a unique experience for all. Come and learn burlesque basics with an award-winning burlesque dancer and producer. You will learn foundational burlesque dance, choreography, musicality, stage presence, and self-compassion as well as insight into the roots and history of burlesque as an expression of empowerment for women and LGBTQIA+ individuals--particularly in Utah. This class is suitable for adults of all skill levels and abilities. No previous dance experience is required. Wear clothing that is comfortable and breathable such as gym, yoga, or dance wear.

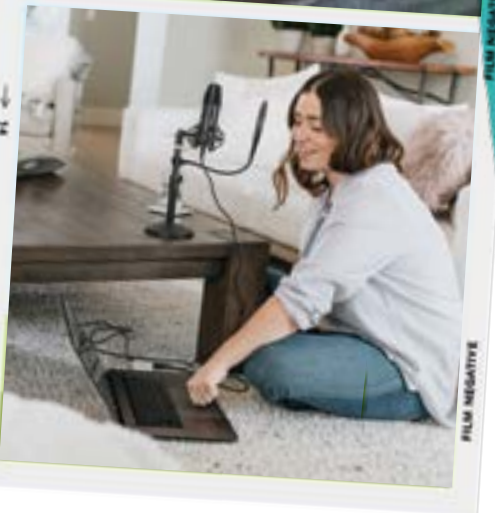
LLMT 488-001 | S, Feb 3-Feb 24 | 10:00 AM-11:30 AM
Studio Zamarad | \$99 + \$25 special fee

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, Feb 5-Mar 4 | 6:00 PM-8:00 PM | No class Feb 19.
540 Arapeen Dr, Room 132 | \$125



IMPROV COMEDY WORKSHOP II

Clint Erikson

Building on the foundation laid in Improv I, delve into the technique that propelled comedic legends like Will Ferrell, Tina Fey, and Steve Carrell. Discover the art of Longform Improv Comedy, where performers create interconnected scenes based on a single suggestion. Explore various Longform structures, mastering the art of extended improvisation that can captivate audiences for 25 minutes or more. Join us for a laughter-filled exploration of comedic storytelling and elevate your improv prowess. Prerequisite: LLMT 396 Improv Comedy Workshop or similar experience.

LLMT 463-001 | M, Mar 18-Apr 8 | 6:00 PM-8:00 PM
540 Arapeen Dr, Room 160 | \$119

FLAMENCO DANCE: AN INTRODUCTION

Katie Sheen-Abbott

Flamenco is a graceful dance of expression characterized by intricate hand, foot, and body movements. This is a fun and insightful class where you’ll gain a broad understanding of this traditional Spanish dance and its music. We’ll focus on flamenco rhythms, the interaction between the guitarist, singer, and dancer, and a brief history of flamenco dance. You’ll also learn about flamenco dance technique, which includes rhythmic footwork (zapateado), arm (braceo) and hand placement, and overall body placement.

LLMT 478-001 | S, Mar 16-Apr 13 | 11:00 AM-12:00 PM. No class Mar 30.
Studio Zamarad | \$69 + \$25 special fee



BEGINNING PODCAST BOOTCAMP

Lori Lee

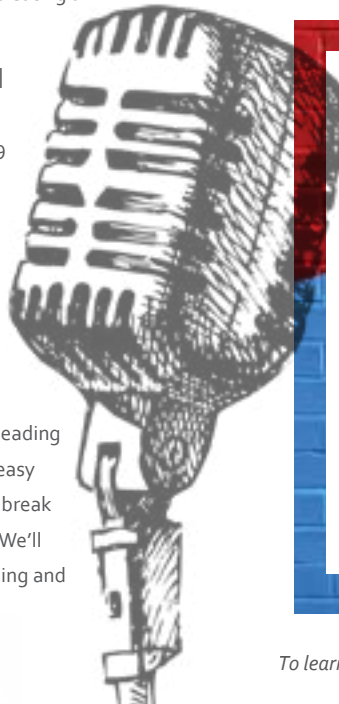
Have you thought of starting a podcast but weren’t sure where to begin? In this course we will start at the beginning to determine why you want to do a podcast and what kind of show will be best for your desired audience. You’ll learn about the equipment you need, how to get cover art and music, and how to go live on various platforms. This class will take you from idea to launch. While we won’t cover the editing process, we will spend time workshoping your ideas and talking about best practices for creating a successful show.

LLMT 491-001 | M, Apr 1-Apr 22 | 7:00 PM-9:00 PM
540 Arapeen Dr, Room 148 | \$119

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 | T, Apr 2-Apr 16 | 6:30 PM-8:00 PM
AND T, Apr 23 | 6:00 PM-8:00 PM
LLMT 459-002 | Th, Apr 4-Apr 18 | 6:30 PM-8:00 PM
AND Th, Apr 25 | 6:00 PM-8:00 PM
540 Arapeen Dr, Room 154/Marriott | \$149 + \$5 special fee

I love that she was willing to personalize the class to our needs and answer any questions we had. The class was also very interactive and pushed me out of my comfort zone, but I felt safe to make mistakes. I learned useful takeaways that will help me throughout my speaking career.

-Abbie T. on Public Speaking Workshop



CLASSIC ROCK RHYTHM GUITAR

Randin Graves

Have you already taken our Beginning Guitar classes and want to learn more? If you're ready to take the next step and learn how to play with other people, here's your chance! By learning a selection of classic rock songs--from folk-rock to hard rock--you will improve basic skills and try more advanced techniques such as fingerpicking and alternate tuning. Students should have knowledge of basic chords, rhythm, tablature reading, and tuning. Students must bring their own instrument.

LLMT 465-001 | M, Apr 8-Apr 29 | 7:00 PM-8:30 PM
540 Arapeen Dr, Room 120 | \$119

THE ART OF THEATRE: PRODUCTION AND PERFORMANCE

David Knoell

Join our theater course designed for all theatre enthusiasts, whether you're a beginner or seasoned aficionado. In your first classroom session, you will delve into the art of theatre production and performance by dissecting reviews of local and national productions. Then, enjoy a night at the theater for a live performance of "Bitter Lemon," a play by local playwright Melissa Leilani Larson, produced by Plan-B Theatre. After meeting the playwright herself, you'll spend your final classroom session crafting your own reviews for feedback from the class. Immerse yourself in the world of theatre and enhance your appreciation for this captivating art form!

LLMT 490-001 | T, Apr 9-Apr 16 | 6:00 PM-8:00 PM
540 Arapeen Dr, Room 246 | \$69 + \$15 special fee



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 and learn how to use them to your advantage. We'll also 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 fixing 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. See further details online.

LLART 115-001 | T, Jan 23-Feb 27 | 6:30 PM-9:00 PM
AND S, Feb 17 | 10:00 AM-12:00 PM
Sandy Campus/Outdoors
LLART 115-002 | Th, Jan 25-Feb 22 | 6:30 PM-9:00 PM
AND S, Feb 17 | 1:00 PM-3:00
540 Arapeen Dr, Room 154/Outdoors | \$175 + \$5 special fee

DIGITAL PHOTOGRAPHY II

Neil Eschenfelder

Have you mastered shutter speed, lens opening, and ISO? Want to explore the unique features of your digital camera such as white balance, contrast, HDR, resolution, RAW shooting, metering modes, and black and white? We'll use a combination of field and classroom sessions to make the most of the immediacy of digital feedback. Learn to understand and benefit from the unique controls your digital camera gives you. Work with an experienced photographer to achieve the goals you have been striving towards. See further details online.

LLART 131-001 | W, Mar 13-Mar 27 | 6:30 PM-8:30 PM
AND S, Mar 16-Mar 23 | 1:00 PM-3:00
540 Arapeen Dr, Room 154/Outdoors | \$125 + \$5 special fee

PHOTOGRAPHY AS ACTIVISM

Jeri Gravlin

Do you want to use your time and photography to make a difference in your community? Join us to explore the photographs and photographers that have created social change and discover how you can incorporate concepts of activism into your own work. You will learn skills and principles to get your photos noticed in the activism space. This course is perfect if you are interested in photo journalism, storytelling through imagery, or just want to make a difference. Please come prepared with your own camera.

LLART 357-001 | T, Jan 23-Feb 6 | 6:00 PM-7:30 PM
540 Arapeen Dr, Room 148 | \$59



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



PHOTO EDITING: AN INTRODUCTION AND SURVEY

David Argyle

Photo editing has a wide scope, from cropping and simple exposure adjustments to localized enhancements, sharpening, noise reduction and color corrections to creating sophisticated effects, combining images, and more. Each week you'll examine a different level of editing software—the free utilities that come with your device, intermediate programs like Adobe Lightroom,

and heavyweights like Adobe Photoshop. Along the way we'll talk about how images are represented and stored, the pros and cons of RAW and JPEG, how to use histograms, and recommended

workflows. You'll walk away from this class knowing the basics of editing and which type of program will work best for you.

LLART 346-001 | W, Jan 24-Feb 7 | 6:00 PM-8:30 PM
540 Arapeen Dr, Room 156 | \$119

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 | W, Feb 28-Mar 20 | 6:00 PM-8:30 PM
540 Arapeen Dr, Room 120 | \$125

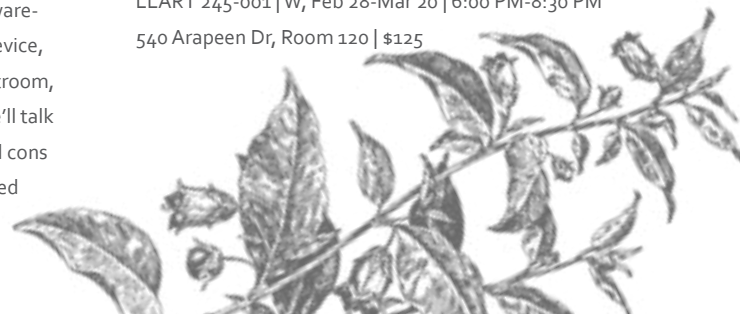


PHOTO EDITING IN ADOBE LIGHTROOM

David Argyle

Adobe Lightroom is a powerful, yet easy-to-use editor that can turn ordinary photographs into eye-catching wall-hangers. You'll learn how to crop and frame, manipulate light and color, reduce noise and enhance details, apply special effects, correct optical deficiencies, and then explore masking to enhance specific portions of your images. You'll also explore Lightroom's different versions to help you decide which is best for you.

LLART 406-001 | W, Apr 3-Apr 24 | 6:30 PM-8:30 PM
540 Arapeen Dr, Room 156 | \$119

PHOTOSHOP: AN INTRODUCTION

John Craigle

Considered the leader in professional photo editing software, Adobe Photoshop allows users to create, manipulate, crop, resize, and correct digital images. Join a local Photoshop expert and familiarize yourself with this exciting and extensive program. Gain knowledge of the tools and settings that will have an immediate impact on your photographic workflow. Become comfortable with user interfaces through lectures, demos, and projects. Please come to class with a working knowledge of photography and its basic terms, and a USB thumb drive for the first class.

LLART 286-001 | S, Apr 6-Apr 27 | 11:00 AM-2:00 PM
Marriott Library | \$149

Recreation

RESISTANCE TRAINING: AN INTRODUCTION TO FITNESS

Bouldering Project

Resistance training--moving your muscles against an external force--has physical and mental benefits including joint protection, ease of everyday movement, bone preservation, hormone regulation, and mental clarity. This six-week course with a certified personal trainer will educate you on various functional movement patterns. We'll spend the first few weeks breaking down foundational exercises in order to perfect your form and technique before moving on to apply these exercises in a group fitness format. After this class, you'll have confidence in both the movements and how to create plans so you can train on your own! See further details online.

LLREC 936-001 | S, Feb 3-Mar 9 | 12:00 PM-1:00 PM
Bouldering Project | \$75 + \$50 special fee

BEGINNING ROLLER-SKATING: AGILITY, STABILITY, & SKILLS

Jenne Parsons

Have you always wanted to learn to skate, but didn't know where to start? Or maybe you skated when you were a kid, then bought skates during the pandemic and found it's not as easy as it used to be to stay upright. Join skaters from Salt Lake Roller Derby and learn how to skate safely and have fun over eight wheels. You'll learn about S.A.S.S.—Skating: Agility, Stability, and Skills—as well

as roller skates and their components, safety equipment and proper fit, and how to gain speed and stop. We'll also give an overview of the different skating styles—including outdoor, park, and jam—and students will have the chance to see a live roller derby bout! See further details online.

LLREC 927-001 | S, Feb 10-Mar 2 | 2:00 PM-4:00 PM
The Derby Depot | \$125 + \$25 special fee

BEGINNER'S GUIDE TO BECOMING A D&D DUNGEON MASTER

Nate Pratt

Do you want to run your own Dungeons & Dragon (D&D) game but feel intimidated? Join us and learn how to lead memorable games that your players will talk about for years to come. Discover how to build engaging adventures and encounters while balancing preparation and adaptation to match your players' needs. Acquire the skills to manage your table during and between sessions. While in class, you'll run mini D&D games with actual players and walk away with a bag of tips and tricks to make your games exceptional. This class will be based on Dungeons & Dragons 5th edition. See further details online.

LLREC 933-001 | M, Mar 11-Apr 1 | 6:00 PM-8:00 PM
AND Th, Apr 4 | 6:00 PM-8:00 PM
540 Arapeen Dr, Room 124/Legendarium | \$149 + \$15 special fee



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

MERMAID SWIMMING AND DIVING

Ani Ferguson

Join one of Utah’s foremost mermaiding experts for a mind-body experience that gives technical skills, an imaginative playground, and physical exercise that is unparalleled! You will start in the classroom and learn the basics of mermaid swimming with a monofin and freediving. You’ll then split into small groups for a pool session where you will practice stretches, self-rescue skills, the basics of safe breath-hold techniques, weighting, surface diving, how to enter and exit the water, and how to float. Mermaiding is for everyone no matter your gender, shape, background, or age--it’s never too late to transform into a mermaid! See further details online.

LLREC 929-001 | W, Mar 13-Mar 20 | 6:30 PM-7:30 PM
AND S, Mar 16-Mar 23 | 4:30 PM-7:30 PM
540 Arapeen Dr, Room 148/Dive Utah | \$175 + \$95 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, Mar 14-Mar 21 | 6:00 PM-8:00 PM
LLREC 915-002 | T, Apr 16-Apr 23 | 6:00 PM-8:00 PM
540 Arapeen Dr, Room 124 | \$75

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. 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 Dungeons & Dragons tabletop roleplay game. Walk away from this class with tips, tricks, and practice to help make your next game exceptional. Students should bring writing materials.

LLREC 932-001 | M, Mar 18-Apr 1 | 6:00 PM-8:30 PM
AND Th, Apr 4 | 6:00 PM-8:00 PM
540 Arapeen Dr, Room 120/Legendarium | \$149 + \$15 special fee

RUNNING YOUR 1ST MARATHON OR HALF MARATHON

Matthew Trone

Embark on an exhilarating journey towards marathon or half-marathon glory with our specially-designed class for 1st or 2nd time runners! Dive headfirst into the fundamentals of long-distance running, covering everything from kickstarting your training to mastering injury prevention. Learn the secrets

of selecting the perfect shoes, effective stretching techniques, and race day preparation strategies that will set you up for success. Join a vibrant community of fellow novice runners, sharing the same drive and determination. Experience the thrill of a group jog on our second session, followed by a Q&A session to address all your burning questions. Your instructor is a 10x marathoner and 2x Boston Marathon qualifier. Get ready to lace up, conquer the distance, and unleash your inner champion!

LLREC 939-001 | T, Mar 26-Apr 2 | 5:30 PM-7:00 PM
540 Arapeen Dr, Room 148/Outdoors | \$49

BEGINNING FLY FISHING

Erik Ostrander

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.



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! Please bring a water bottle, snacks, and a good pair of skate shoes (vans, slip-ons, or other streetwear shoes).

LLREC 930-001 | T, Apr 9-Apr 23 | 6:00 PM-7:00 PM
All Together Skate Park | \$75 + \$10 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 (including a solar still). Your instructor, a certified wilderness first responder who has logged 10,000+ miles of through-hiking and 400+ field days as a wilderness guide, will answer all your questions and share the ten 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 928-002 | S, Apr 20 | 10:00 AM-2:00 PM
Outdoors | \$75 + \$25 special fee



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



Melanie Davis

LLHL 256-001 | Th, Jan 25-Feb 8 | 6:00 PM-7:00 PM
540 Arapeen Dr, Room 132 | \$49

Lo Segal

Have you heard of intuitive eating but aren't sure how to actually get started? Curious about mindfulness practices (ex. gentle yoga, meditation, breathwork, etc.) but feel overwhelmed with how to incorporate it 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, Jan 20 | 10:00 AM-12:00 PM
540 Arapeen Dr, Room 146 | \$39 + \$5 special fee

Jodi Christensen

Somatic movement is the use of gentle, safe movements to aid in managing chronic pain, improving balance, flexibility and posture, relieving day-to-day stress, increasing athletic performance, decreasing risk of injury, and shortening recovery time. Without stretching or force, learn how to restore comfort and flexibility with slow, natural, yawn-like movements that keep muscles functioning optimally. By the time we're done, you'll have a simple self-care routine that will gently release and realign your body. No experience necessary; this class is accessible for all ages and abilities. See further details online.

LLHL 255-001 | S, Jan 27 | 10:00 AM-3:00 PM
540 Arapeen Dr, Room 124 | \$69

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 | S, Feb 24 | 10:00 AM-1:00 PM
540 Arapeen Dr, Room 152 | \$49 + \$25 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 | S, Feb 24 | 2:00 PM-5:00 PM
540 Arapeen Dr, Room 152 | \$49 + \$35 special fee

Hannah Muetzelfeld & Gregory Noel

Hannah Muetzelfeld & Gregory Noel

Do you want to learn how to communicate with your romantic partner(s) in way that leads to discussions rather than arguments? You're in the right place! Join two couple therapists with a wealth of knowledge and experience in creating and sustaining healthy and long-lasting relationships. You'll learn about improving communication, navigating conflict, managing insecurity, building foundational friendship, taking care of yourself in your relationships, and more. Our instructors pair psychoeducation with meaningful dialogue and experiential activities to create a warm and inviting space to learn about creating the relationship that you deserve. This class is open to everyone including individuals, new and established couples, straight and queer couples, and polyamorous couples and polycules.

LLHL 261-001 | S, Mar 2-Mar 9 | 9:00 AM-12:00 PM
Online | \$75

PET FIRST AID AND CPR

Linda Gregersen

Prepare to be your pet's hero with our Pet First Aid and CPR class! You'll gain essential skills such as safe muzzling and proper restraint techniques. Learn how to assess your pet's vital signs including pulse, respiration, and capillary refill time. Discover crucial strategies for addressing various emergencies, from bloat and burns to choking,

diarrhea, and heatstroke. You'll also master rescue breathing and CPR techniques, giving your pet their best chance in critical situations. Join us in this empowering class to become a confident and capable pet caretaker!

LLHL 262-001 | Th, Mar 21-Apr 4 | 6:30 PM-8:00 PM
540 Arapeen Dr, Room 154 | \$69 + \$20 special fee



CREATIVE WRITING I

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 beg, 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 recreating that experience on the page. This class explores adult themes, language, and content.

LLWRC 780-001 | T, Jan 16-Feb 20 | 6:30 PM-9:00 PM
540 Arapeen Dr, Room 132 | \$225 + \$5 special fee

CREATIVE WRITING II

Johnny Worthen

Taught in a workshop format, this course will get your creative juices flowing as we expand on topics covered in Creative Writing I--voice, tone, point of view, and use of tense along with journeying into literary elements such as metaphor and simile, symbolism, structure, and others. This class is a fun way to build and develop the skills in an encouraging and supportive environment. Come prepared to read, write, and talk. This class may explore adult themes, language, and content. Prerequisite LLWRC 780 Creative Writing or instructor invitation.

LLWRC 825-001 | T, Feb 27-Apr 2 | 6:30 PM-9:00 PM
540 Arapeen Dr, Room 132 | \$199

SCREENWRITING

Bryan Young

Join an award-winning screenwriter as he takes you through the steps of writing your own screenplay. Learn the form and structure of screenplays that sell in addition to best practices to help you avoid the pitfalls that often trap new screenwriters.

LLWRC 826-001 | M, Jan 22-Feb 5 | 6:00 PM-9:00 PM
540 Arapeen Dr, Room 146 | \$119

USING SCRIVENER TO OUTLINE, DRAFT, AND EDIT YOUR NOVELS AND SHORT STORIES

Alex Jay Lore

Scrivener is an amazing writing software that can do seemingly everything all in one place! For many, it also has a steep learning curve. Whether you're a total beginner or have dabbled with Scrivener, join us and learn how to make the most out of this extensive tool. We'll go over ways to organize your manuscript, build an outline, gather research, make drafts, and share and edit your work all in one place, free from technological intimidation. Students must come to class prepared with a laptop with Scrivener downloaded and ready to use.

LLWRC 892-001 | M, Jan 22-Feb 5 | 6:30 PM-8:30 PM
540 Arapeen Dr, Room 154 | \$69

CREATIVE NON-FICTION: CAPTURING MOMENTS WITH MEMOIR

Caitlin Erickson

All experiences in life, no matter how small or seemingly inconsequential, are stories waiting to be told. One way a person can tell these stories is through the genre of memoir--taking life experiences and turning them into narratives. Join us to learn about the memoir genre, read and write to explore it, and discover how to create a narrative that represents a time or theme in your life. There will be an opportunity for discussion, reading, practice writing your

own memoir, and sharing your work with your newfound writing community at the end of the course. All writing levels are welcome!

LLWRC 878-001 | Th, Feb 1-Feb 29 | 6:30 PM-8:00 PM
540 Arapeen Dr, Room 120 | \$119

FROM PLATE TO PAGE: WRITING ABOUT FOOD

Alex Springer

Join a seasoned local food writer and critic on a journey to explore the sensory experience of dining and turning it into food criticism, long-form writing, or simply some eye-catching captions for all those food pics piling up for your social media. You'll learn the basics of sensory writing, explore the relationship between food and culture, workshop ideas for longer pieces, and perhaps most importantly, enjoy some tasty local food as research. If you're looking to build your food journalism skills or simply share a deep love of all things culinary, this class will offer plenty for you to sink your teeth into.

LLWRC 900-001 | S, Feb 3 | 10:00 AM-1:00 PM
540 Arapeen Dr, Room 146 | \$49 + \$10 special fee



VONNEGUT'S 8 RULES FOR WRITING

Bryan Young

Step into the dynamic world of storytelling with an accomplished local author ready to unravel the wisdom of Kurt Vonnegut. While Vonnegut's eight rules for crafting short stories remain invaluable,

there's a treasure trove of additional insights waiting to be unearthed. Join us to delve into these foundational rules and discover how to seamlessly integrate them into contemporary storytelling, whether in short stories or novels. Through writing exercises and a close examination of Vonnegut's masterpieces, you'll emerge with a newfound mastery of the craft.

LLWRC 911-001 | S, Feb 3 | 12:00 PM-3:00 PM
540 Arapeen Dr, Room 132 | \$49

JOURNALING: NURTURING A DAILY WRITING PRACTICE

Sky Simons

Journaling has become productivity's new darling. We'll explore beyond the hype and learn how and why journaling can be a fulfilling practice. Take a look at how different types of journals meet different needs, as well as how journaling can help with goal-setting, becoming unblocked, time management, creativity, and searching for inner peace. Let's make a record of the incredible adventures of our lives.

LLWRC 858-001 | T, Feb 13-Feb 27 | 6:30 PM-8:30 PM
540 Arapeen Dr, Room 148 | \$75

FREELANCE WRITING WORKSHOP

Bryan Young

Writing journalistic, informational pieces can be a lucrative path for writers looking to make a living by plying their

art. This class will go over how to pitch stories to editors, how to write them, and how to get them to come back and hire you again. We will also cover industry standards, making contacts, finding a niche, and where to pitch your stories--all taught by a professional freelance writer.

LLWRC 823-001 | S, Feb 24 | 12:00 PM-2:30 PM
540 Arapeen Dr, Room 120 | \$49

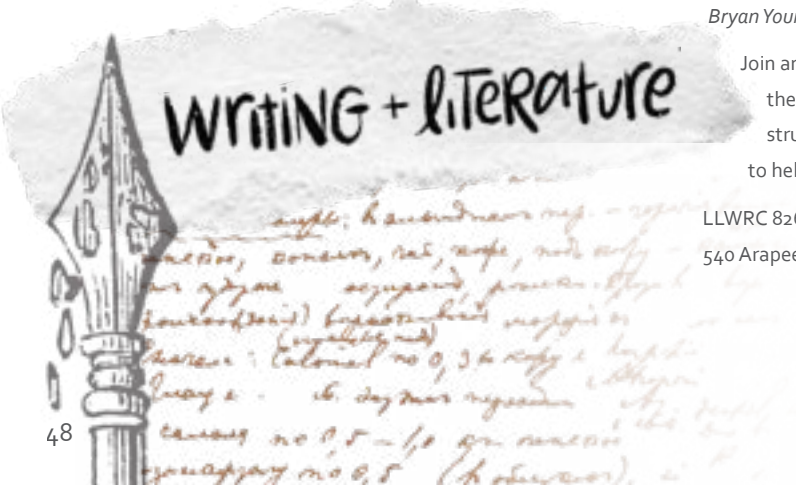
ZEN LESSONS FOR WRITERS

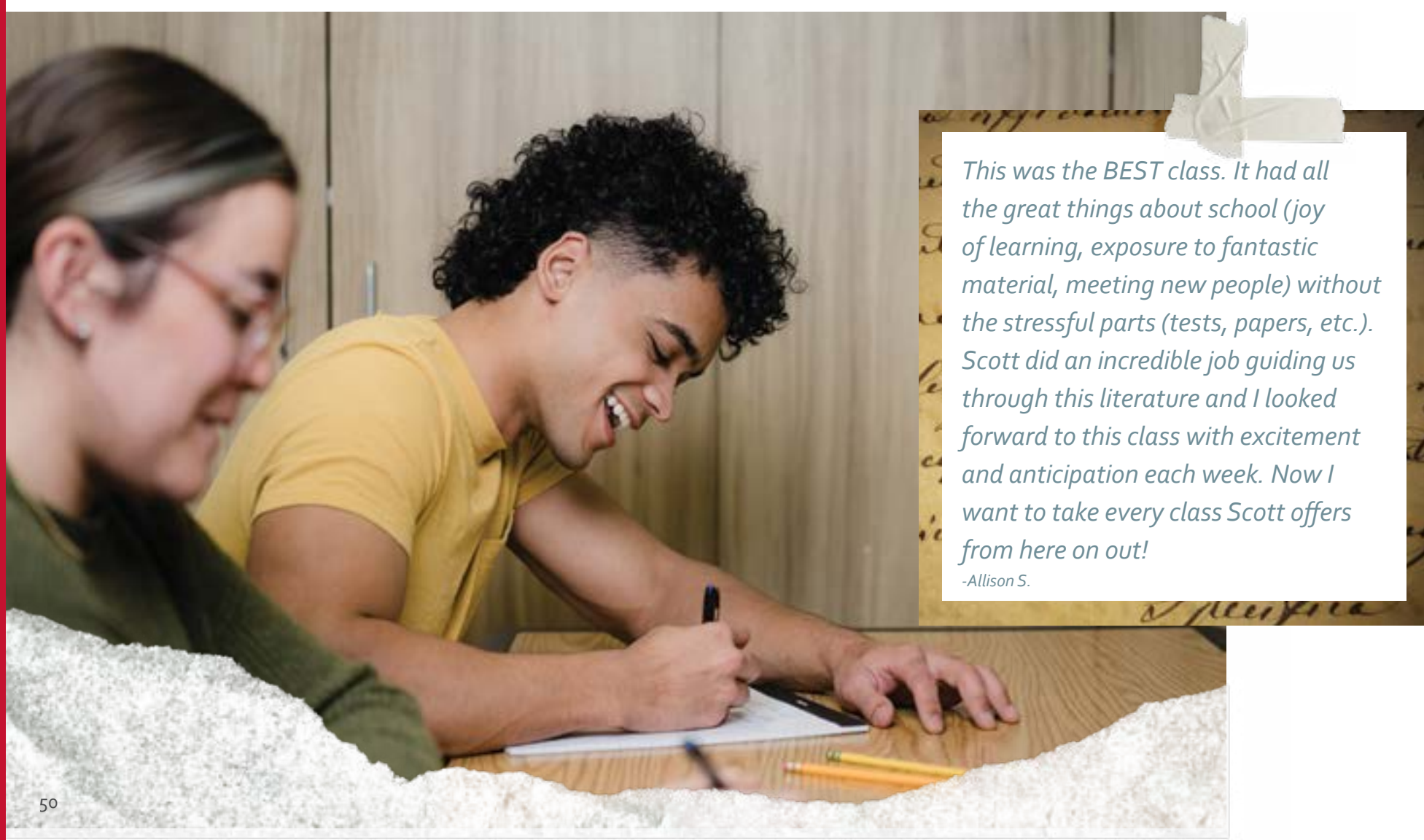
Johnny Worthen

Join a published author as he shares his discoveries in Eastern philosophies and their applications to the life of a writer. We'll focus on overcoming writer's block, the nature of the Muse, and the nature of the work. This is a class about wellness and art, philosophy and creation, work, success, and existence. Sessions include directed mindfulness meditations, lectures on basic Buddhist concepts, and

explorations of how these can be successfully applied to the author's journey. You'll experience creative writing, discussions, homework, and camaraderie.

LLWRC 873-001 | S, Feb 24-Mar 9 | 10:00 AM-1:00 PM
540 Arapeen Dr, Room 132 | \$119 + \$5 special fee





This was the BEST class. It had all the great things about school (joy of learning, exposure to fantastic material, meeting new people) without the stressful parts (tests, papers, etc.). Scott did an incredible job guiding us through this literature and I looked forward to this class with excitement and anticipation each week. Now I want to take every class Scott offers from here on out!

-Allison S.

NOVEL WRITING WORKSHOP

Bryan Young

Join an award-winning author in this intensive, one day workshop. You will learn everything you need to start writing your novel. Expect to leave with a synopsis and outline for a book you'll be able to embark upon after the class is completed.

LLWRC 868-002 | S, Mar 2 | 12:00 PM-4:00 PM

540 Arapeen Dr, Room 120 | \$59

BUILDING YOUR ONLINE PLATFORM FOR WRITERS & ARTISTS

Alex Jay Lore

Whether you're just starting out or have been on the scene for awhile, digital marketing is a necessary part of every writer's and artist's professional life--but tackling it on your own can be overwhelming and may leave you feeling lost and confused. Join us to learn tips and tools that will get you started building your online presence including ways to develop your brand, identify your audience, and use your online platform to add to, rather than detract from, your writing, art, or performances.

LLWRC 897-001 | M, Mar 4-Mar 18 | 6:30 PM-8:30 PM

540 Arapeen Dr, Room 146 | \$69

UNFOLDING YOUR STORY

Kimberly Eldridge

There are as many ways to develop a plot as there are writers trying to develop them. Before a writer can begin spinning a yarn, it helps to understand the purpose and structure of different plot categories. Join us to learn how to build a story road map by layering plots and subplots with tension builders and motivators, increasing your understanding of how a good story is like origami. You will utilize in-class writing activities and worksheets, at-home activities, and peer and instructor critique to build your own compelling storylines.

LLWRC 884-001 | Th, Mar 7-Mar 14 | 6:00 PM-8:00 PM

540 Arapeen Dr, Room 154 | \$59

HEY, LISTEN!: WRITING VOICE

Alex Jay Lore

Voice--the way you or your characters uniquely come through on the page--is one of those things some authors feel they either have or don't have. This hands-on workshop will examine the different types of voice, how to watch out for them, and how to create characters that are as unique and engaging as possible. They say it's hard to teach voice. Turns out, all you really need is practice.

LLWRC 899-001 | S, Mar 9 | 1:00 PM-4:00 PM

540 Arapeen Dr, Room 120 | \$49

SHORT STORY WORKSHOP

Bryan Young

Join an award-winning author in this intensive writing workshop as you're guided through several exercises to generate ideas for your short stories. By the end of class, you'll have a piece of flash fiction ready to submit to publications.

LLWRC 871-001 | S, Mar 16 | 12:00 PM-4:00 PM

540 Arapeen Dr, Room 132 | \$59

LITERARY QUERYING

Johnny Worthen

So you've written a book. Now what? Approaching the publishing world can be a lonely and daunting task. This class will give you a jump start by providing the knowledge and skill required to navigate the world of agents and publishers. It is recommended (but not necessary) to bring a finished piece of work you are trying to publish. This is a workshop-heavy class, where you'll polish your pages and develop a plan to give you the best chance in the great publishing hunt. This class may explore adult themes, language, and content.

LLWRC 844-001 | S, Mar 23-Apr 13 | 10:00 AM-2:00 PM

540 Arapeen Dr, Room 132 | \$175

I WANT TO WRITE; WHERE DO I START?

Kimberly 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 are looking for personal fulfillment or want to write the next great American classic, you’ll find valuable insights and tools to get you going.

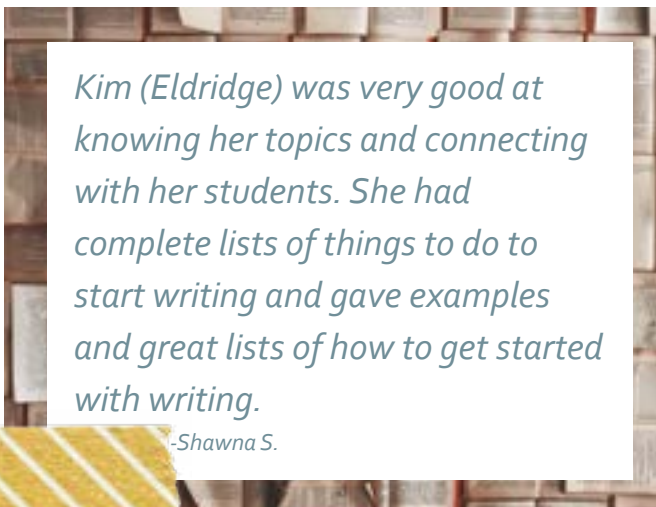
LLWRC 872-001 | S, Mar 23 | 10:00 AM-2:00 PM
540 Arapeen Dr, Room 120 | \$75

RELEASING THE SOUL: A POETRY EXPRESSION COURSE

Kimberly 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 | Th, Apr 4-Apr 25 | 6:30 PM-8:30 PM
540 Arapeen Dr, Room 120 | \$99



Kim (Eldridge) was very good at knowing her topics and connecting with her students. She had complete lists of things to do to start writing and gave examples and great lists of how to get started with writing.

-Shawna S.

LITERARY CLASSICS: JORGE LUIS BORGES'S FICTIONS

Scott Black

Jorge Luis Borges is one of the greatest masters of the twentieth-century short story. His twisting and labyrinthian philosophical fictions are both entertaining to read and endlessly fascinating to think about. Full of puzzles, mirrors, paradoxes of consciousness, the interplay of different realities, and great storytelling, Borges’s fictions have been hugely influential through world literature and yet remain inimitable. We’ll read a generous selection from his Collected Fictions, translated by Andrew Hurley. Students provide their own book, find more information online.

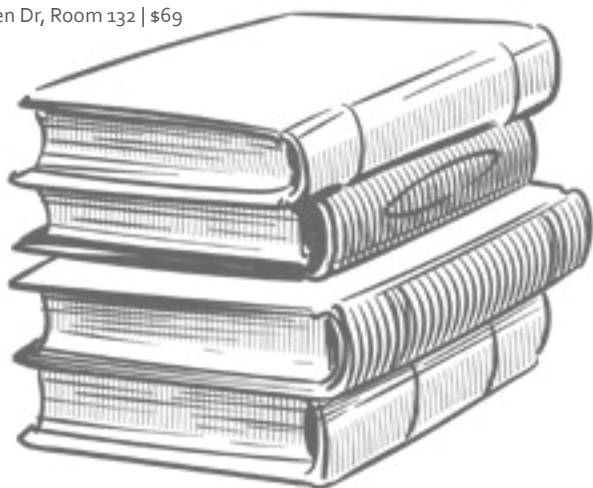
LLWRC 913-001 | W, Jan 24, Feb 7, Feb 21 | 6:00 PM-7:30 PM
540 Arapeen Dr, Room 132 | \$69

AN INFORMAL EXPLORATION OF THE DAODEJING (TAO TE CHING)

Scott Black

Embark on an exhilarating intellectual journey with one of the University’s leading English professors as your guide! Dive headfirst into the profound significance of the Daodejing, a work that’s as strange as it is immensely important. You’ll delve into the depths of this ancient text through three distinct translations and commentaries by Ursula Le Guin, Roger Ames and David Hall, and Red Pine. Each translation offers a unique perspective, providing you with a well-rounded understanding. While your instructor may not be a Daoism expert, his unwavering fascination with the Daodejing ensures a fresh and captivating journey of discovery. Students provide their own books, find more information online.

LLWRC 912-001 | W, Mar 6, Mar 20, Apr 3 | 6:00 PM-7:30 PM
540 Arapeen Dr, Room 132 | \$69



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 a 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 begins. 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.

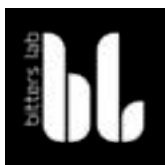


THANK YOU
to all of our
PARTNERS!

 **All Together Skatepark**

BEEHIVE
DISTILLING

THE WINE ACADEMY
OF UTAH
Increasing Wine Knowledge, One Sip At A Time



ComComKitchen

Fleur de Sel



gather
& grow



kuer
kuer.org 90.1
NPR Utah

KRCL
90.9FM • Salt Lake City



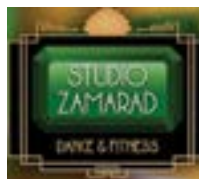
LEGENDARIUM



PLAN-B
THEATRE



Saltgrass
PRINTMAKERS



SLRD
SALT LAKE ROLLER DERBY



Wasatch Academy Of Wine LLC
Utah Wine School

REGISTER TODAY
@lifelong.UTAH.EDU

Meet our STAFF



IZZY SOLVING
Lifelong Learning Director



DESHAE LEE
Course Programmer



ALI AKBARI
Coordinator



TABER TANG
Coordinator



Lifelong Learning
540 Arapleen Drive #210
Salt Lake City, Utah 84108

Nonprofit Organization
U.S. Postage
PAID
Salt Lake City, Utah
Permit Number 1529

REGISTER TODAY
@LIFELONG.UTAH.EDU



New classes starting
every week Jan-April