



NICOLET
COLLEGE

CONTINUING EDUCATION

WINTER-SPRING 2019

JANUARY - MAY



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Folded Fabric or Paper Greeting Cards

Spend a little time with us and learn how to create beautiful and unique artwork using the iris folding technique. Iris folding is a paper or fabric folding technique that uses patterns and scraps of paper or fabric to create one-of-a-kind greeting cards or lovely framed wall hangings.

	SECTION #	NUMBER OF SESSIONS	DAY(S) OF WEEK		REGULAR FEE	INSTRUCTOR
Presque Isle	9130	5/3	F	10 AM - 12 PM	\$25	Reeder
Presque Isle Library		1x			62+ \$23	

SECTION #

NUMBER OF SESSIONS

SENIOR FEE IF OVER 62



2019 HireUp Series: A CLEARER FOCUS ON ATTRACTION AND RETENTION

Through HireUp, Nicolet College has worked with area employers to determine local needs for recruitment, retention, and recognition of employees. Our next step is to hone our focus to improve quality of life within our communities by changing how we think about employee needs.

In our beautiful Northwoods, we offer many employment opportunities. Now it's time to find out how to attract and retain the new wave of talent who will become our newest permanent residents. This year, working with Grow North and other economic and social development organizations, Nicolet will offer several HireUp seminars designed to inspire forward movement in these important areas.

In 2019, the word 'talent' is no longer limited to doctors and lawyers - it encompasses all types of employees in a wide variety of work environments. When seeking out employees, you're looking at people with families. These people and their families have very specific needs: they require an employer whose community can provide robust incentivization plans, including affordable housing, childcare, and opportunities for cultural enrichment.

This spring, we'll focus on what we can do. We'll bring in speakers who have proven records of making significant forward movement in the areas of cultural enrichment, housing, and childcare. In the fall, our focus will evolve to learn how we can make these necessary changes in our own communities. We'll offer you the chance to work with experts who are available and waiting to help us create these transformations within our own communities.

Join the movement! Keep an eye out for HireUp 2019.

ARTS & CRAFTS

Ceramics

Advanced Studio Ceramics

Expanding on the beginning class, personal growth and creativity are celebrated in this independent working environment of intermediate ceramists. Students are encouraged to be creative and are invited to explore and expand areas of individual interest. You will have a hands-on experience working with clay and designing your own pottery. The cost includes 150 pounds of clay or 25 items, firing, glazing, and use of available tools.

Rhinelanders	9075	1/21 - 2/25	M	6 PM - 8 PM	\$165	Groat
Nicolet - Tamarack Center 211		6x			62+ \$145	
Rhinelanders	9080	3/25 - 4/29	M	6 PM - 8 PM	\$165	Groat
Nicolet - Tamarack Center 211		6x			62+ \$145	

Beginning Wheel Throwing

Beginning students will learn how to shape clay by throwing on the wheel. Each session will start with a short demonstration of a project. You will then have the rest of the class to perfect that project. Students will make 20 to 25 items. Cost includes clay, firing, glazing, and use of available tools.

Rhinelanders	9079	1/23 - 3/6	W	6 PM - 8 PM	\$145	Groat
Nicolet - Tamarack Center 211		6x			62+ \$125	
Class will not meet 2/20.						
Rhinelanders	9077	3/27 - 5/1	W	6 PM - 8 PM	\$145	Groat
Nicolet - Tamarack Center 211		6x			62+ \$125	

Studio Ceramics

Be creative in a relaxed, open ceramics studio with guidance designed to give you a hands-on experience working with clay and designing your own pottery. Beginners will learn how to shape clay in a variety of ways including hand building techniques and wheel throwing. Returning students will expand their abilities and take on new independent projects. Functional and sculptural aspects of clay will be explored along with firing, decorating, and glazing processes.

Minocqua	9176	1/9 - 2/13	W	5:30 PM - 8:30 PM	\$165	Trojan
Lakeland High School 119		6x			62+ \$153	
Ceramics Lab						
Minocqua	9177	3/20 - 4/24	W	5:30 PM - 8:30 PM	\$165	Trojan
Lakeland High School 119		6x			62+ \$153	
Ceramics Lab						

Drawing & Painting

An Indian Basket and Corn

This is an oil painting of an old Indian basket along with corn and gourds. It is a great opportunity to brush up on a study in texture and detail. Painting on 11" x 14" background will be prepared in class.

Tomahawk	9083	1/8 - 1/22	T	9 AM - 2 PM	\$77	Luzenski
Bradley Town Hall		3x			62+ \$59	

The Old Homestead

This painting is a piece of the instructor's original art works. An abandoned barn that has so much charm and is a step back into the days of a bygone era. The painting features three old buildings and is a large scale piece on an 18" x 24" canvas. This is an oil painting and open to students of all levels. Students will need an 18" x 24" canvas along with larger bristle brushes.

Tomahawk	9081	2/5 - 2/26	T	9 AM - 2:30 PM	\$93	Luzenski
Bradley Town Hall		4x			62+ \$71	

Textured Poppies

Texture adds depth, interest, and dimension to a painting. This is a large scale project on canvas using water mixable oil paint. Other mediums and tools will be used to create a textured background for the lovely poppies. Water mixable oils and other mediums can be purchased from the instructor at class time.

Tomahawk	9073	3/5 - 3/26	T	9 AM - 2:30 PM	\$77	Luzenski
Bradley Town Hall		3x			62+ \$59	
Class will not meet 3/12.						

Covered Bridge

Welcome summer with a wonderful painting of spring's lush green trees over a path way to a covered bridge. A step back in time to a quiet era. This is an oil painting project that is open to students of all levels. You will need a #2, 4, and 6 bright brush along with a 0 liner, a mop brush, paper towels, and brush cleaner.

Tomahawk	9082	4/2 - 4/23	T	9 AM - 2:30 PM	\$93	Luzenski
Bradley Town Hall		4x			62+ \$71	

Summer Geraniums

A summer favorite – geraniums are a prevalent flower in many of our home gardens. In this project we will be using slightly different values to add depth to each geranium cluster which can be painted on the edge of a large wood plate for display in your home or another surface of your choice. This is an oil painting project that is open to students of all levels. You will need a #2, 4, and 6 bright brush along with a 0 liner, a mop brush, paper towels, and brush cleaner.

Tomahawk	9076	5/7 - 5/28	T	9 AM - 2:30 PM	\$93	Luzenski
Bradley Town Hall		4x			62+ \$71	

Getting Acquainted with Watercolor

Experience a relaxed introduction to a unique medium that is both a challenge and a delight. Learn the basics and the right tools essential for your painting experience. Watercolor has a reputation for being a difficult medium, but like all painting, it only requires practice and a willingness to experiment. Enthusiastic beginners welcome.

Minocqua Torpy Room	9141	1/24 - 3/14 8x	Th	6 PM - 9 PM	\$110 62+ \$86	Schnell
Minocqua Torpy Room	9142	4/4 - 5/23 8x	Th	6 PM - 9 PM	\$110 62+ \$86	Schnell

Mixed Media Painting

Whether you are an experienced artist or just beginning to paint, explore the different mediums available including acrylic, watercolor, and oils. After choosing the medium you want to use, you'll be guided through painting/brush techniques, paper/canvas selection and preparation, and picture composition.

Minocqua Torpy Room	9048	1/8 - 2/5 5x	T	9 AM - 12 PM	\$69 62+ \$53	Olsen
Minocqua Torpy Room	9046	2/12 - 3/12 5x	T	9 AM - 12 PM	\$69 62+ \$53	Olsen
Minocqua Torpy Room	9047	3/19 - 4/16 5x	T	9 AM - 12 PM	\$69 62+ \$53	Olsen
Minocqua Torpy Room	9049	4/23 - 5/21 5x	T	9 AM - 12 PM	\$69 62+ \$53	Olsen

Asian Watercolor: Birds of the Northwoods

Learn the basics of Asian watercolor. In these classes, the focus will be on painting birds of the Northwoods: eagles, owls, cranes, and loons. The instructor will demonstrate both the "free-style" and "bone-style" methods. Students can contact the instructor to see examples in advance. Supplies will be available for use and also for purchase in class. Basic supplies provided include: sumi ink and sumi stick, various size Asian brushes and watercolor papers, suzuri ink stone, felt mat, and paperweights. Students should bring MULTIPLE water containers for rinse water, a protective sheet of plastic to cover the work surface (which goes under the felt mat), paper towels, any watercolor paints they already have, and palettes. The instructor has extra supplies for use during the class and also supplies for purchase.

Woodruff Northwoods Unitarian Universalist Fellowship	9137	1/19 - 2/9 4x	S	1 PM - 4 PM	\$65 62+ \$53	Reilly
Woodruff Northwoods Unitarian Universalist Fellowship	9138	3/2 - 3/23 4x	S	1 PM - 4 PM	\$65 62+ \$53	Reilly

The Art of Sketching Birds

Learning to sketch birds leads us to an even greater appreciation for the variety, beauty, strength, and resilience of our feathered neighbors of the Northwoods. In this workshop, a brief overview of bird anatomy will be covered to avoid common mistakes in sketching birds. The focus of the workshop is to learn basic techniques of sketching birds using simple exercises to understand the importance of position, posture, proportion, and angles. Learning to draw birds also opens one's eyes to seeing more detail which will also help in identifying birds in the field. Participants will leave with more confidence in sketching birds and better identification skills.

Woodruff	9139	2/23	S	9 AM - 12 PM	\$29	Reilly
Northwoods Unitarian		1x			62+ \$25	
Universalist Fellowship						

Woodruff	9140	3/30	S	9 AM - 12 PM	\$29	Reilly
Northwoods Unitarian		1x			62+ \$25	
Universalist Fellowship						

Unique Art

Folded Fabric or Paper Greeting Cards

Spend a little time with us and learn how to create beautiful and unique artwork using the iris folding technique. Iris folding is a paper or fabric folding technique that uses patterns and scraps of paper or fabric to create one-of-a-kind greeting cards or lovely framed wall hangings.

Presque Isle	9130	5/3	F	10 AM - 12 PM	\$25	Reeder
Presque Isle Library		1x			62+ \$23	

Gourd Art Workshop

Do you have a little imagination? Get ready to have fun and learn about gourds as you create a work of art you can be proud of. Students will paint, stain, cut, and sculpt using proper tools and materials provided by the instructor. Please wear clothes that can get dirty and bring a lunch. The instructor has many years of art education and working with gourds. You will be amazed at the beautiful art pieces that can be created from gourds.

Rhinelanders	9074	5/4	S	9 AM - 2 PM	\$65	Ferguson
Nicolet - Fieldside Center 102		1x			62+ \$59	

Barn Quilt Painting

After years of providing shelter for livestock, many old barns are being given a new purpose – providing a background for an outdoor art project. Barn quilts are bright and bold public art pieces that celebrate the color and design of quilts. They may be found across the country, gracing barns, sheds, fences, and mailboxes. Learn the basics and create a 24" x 24" barn quilt, plus leave with patterns and the knowledge to create more barn quilts in a variety of sizes. While supplies and pattern options will be provided, please feel free to bring pattern ideas, paints, and brushes if you prefer, as well as a bag lunch.

Rhinelanders	9131	3/23	S	10 AM - 2 PM	\$65	Reeder
Nicolet - Tamarack Center 213		1x			62+ \$61	

Sewing

Self Paced Sewing

Work on a sewing project of your choice and receive individual assistance and instruction. Open to sewing enthusiasts of all experience levels.

Tomahawk Bradley Town Hall	9150	1/10 - 2/7 5x	Th	12 PM - 4 PM	\$85 62+ \$65	Smith
Tomahawk Bradley Town Hall	9151	2/21 - 3/14 4x	Th	12 PM - 4 PM	\$69 62+ \$53	Smith
Tomahawk Bradley Town Hall	9152	3/28 - 4/18 4x	Th	12 PM - 4 PM	\$69 62+ \$53	Smith
Minocqua Ascension Lutheran Church	9034	1/11 - 1/25 3x	F	9:30 AM - 3 PM	\$61 62+ \$47	Robinson
Minocqua Ascension Lutheran Church	9033	2/1 - 2/22 4x	F	9:30 AM - 3 PM	\$77 62+ \$59	Robinson
Minocqua Ascension Lutheran Church	9037	3/1 - 3/29 5x	F	9 AM - 3 PM	\$97 62+ \$75	Robinson
Minocqua Ascension Lutheran Church	9170	4/5 - 4/26 3x Class will not meet 4/19.	F	9:30 AM - 3 PM	\$61 62+ \$47	Reeder
Minocqua Ascension Lutheran Church	9035	5/3 - 5/24 4x	F	9 AM - 3 PM	\$77 62+ \$59	Robinson

Single session options available for Minocqua from 9:30 AM - 3 PM for \$21 or 62+ \$17:

9039	1/1
9038	1/18
9042	1/25
9040	2/1
9043	2/8
9041	2/15
9044	2/22
9036	3/1
9062	3/8
9061	3/15
9064	3/22
9065	3/29
9066	4/5
9069	4/12
9063	4/26
9071	5/3
9067	5/10
9070	5/17
9068	5/24

FOOD & COOKING

Light and Rustic Dinner Party_____

A light and rustic dinner party menu is just what you need when hosting a casual get together. These dishes are tasty, easy, and perfect for casual dining. This menu consists of a cheese board starter, Nicoise salad, and rustic pasta with sausage. Round it out with a delicious carrot cake, made in advance, and your party is already a huge success.

Eagle River	9135	1/24	Th	12:30 PM - 3 PM	\$29	Reeder
Sonny Bees Honey Farm		1x			62+ \$25	

Cooking Soups and Savory Breads_____

Fresh bread and soup is everyone’s winter favorite meal. Satisfy your comfort food cravings with this delicious menu: Vietnamese Pho soup accompanied by jalapeño stuffed rolls, sausage and kale soup with crusty beer bread, and roasted vegetable soup with garlic rosemary focaccia. This is a hands-on class.

Eagle River	9045	1/31	Th	11 AM - 1:30 PM	\$29	Reeder
Sonny Bees Honey Farm		1x			62+ \$25	

Celebrating the Great British Baking Show_____

Ready, set, bake! If you are a fan of The Great British Baking Show, this hands-on class is for you. We’ll prepare some fluffy, tender scones, Cornish pasties and a classic Victoria sponge cake. Join us and discover how simple and fun it can be to recreate traditional British flavors in your own kitchen.

Eagle River	9133	2/7	Th	11 AM - 1:30 PM	\$29	Reeder
Sonny Bees Honey Farm		1x			62+ \$25	

Chinese New Year’s Ceremony_____

Celebrate the Chinese New Year and the upcoming Year of the Pig with a fun workshop featuring some favorite little Chinese snack dishes (dim sum) and a traditional Chinese tea ceremony. Dim sum and the tea ceremony are interactive and time honored traditions in the Chinese community, and we will share with you some of the artistry of the culture along with simple, delicious recipes. Good fortune and fun for everyone who attends is a guarantee.

Presque Isle	9134	2/1	F	10 AM - 12 PM	\$25	Reeder
Presque Isle Library		1x			62+ \$23	

Sushi Made Simple

Learn the basic techniques for making sushi at home. This class will NOT be using raw fish, but instead we will use common vegetables, cooked foods like eggs, cooked fish and other seafood, and other prepared foods. In each session you will learn how to cook and prepare sweet Japanese rice, slice your items to go inside the sushi, pair foods by taste, make a variety of sauces, and how to roll and then slice into pieces. This is a very basic class to introduce sushi as a healthy and easy-to-prepare cuisine. Menu includes: California roll (maki and uramaki style) – cucumber, avocado and crabmeat (artificial crabmeat); spicy tuna roll - from tuna salad and cucumber; teriyaki chicken roll with vegetables (variety for students to try); smoked salmon Midwest roll – salmon, cucumber, and Philly cheese; and other unique rolls from gingered yams and carrots, beets, and shrimp.

Woodruff	9144	2/23	S	3 PM - 6 PM	\$29	Reilly
Northwoods Unitarian		1x			62+ \$25	
Universalist Fellowship						
Woodruff	9145	3/30	S	3 PM - 6 PM	\$29	Reilly
Northwoods Unitarian		1x			62+ \$25	
Universalist Fellowship						

Hearts and Flowers Painted Cookies

Join us for this fun class working with sugar cookies and royal icing to create beautiful, tasty treats. You'll learn techniques to create a variety of artistic cookies. Creativity is encouraged, and everything is provided. Take home 6 - 8 beautifully decorated cookies, as well as the knowledge to make your own cookie art. Cookies are baked in advance.

Presque Isle	9136	3/15	F	10 AM - 12 PM	\$26	Reeder
Presque Isle Library		1x			62+ \$24	

Cooking for the Plant Paradox Program

Thinking of trying this program, or already working it into your diet? If so, this class is for you. We'll discuss the basics of the program and prepare some of the dishes from the cookbook. We'll create tortilla lime soup, a shrimp poke bowl, superfood salad, and pistachio ice cream.

Eagle River	9132	4/24	W	11 AM - 1:30 PM	\$26	Reeder
Sonny Bees Honey Farm		1x			62+ \$22	

HEALTH & FITNESS

Before beginning an exercise class, Nicolet College recommends participants check with their doctor.

Easy Pace Aerobics

Energizing and self-paced, this program increases your overall fitness without excessive stress on your joints. The class includes stretching, cardiovascular fitness, light strength training, and muscle toning in a comfortable atmosphere. Bring handheld weights to use on Mondays and a stretch band for Wednesdays.

Eagle River	9124	1/21 - 2/27	MW	9 AM - 10 AM	\$72	Reeder
First Congregational Church		12x			62+ \$60	
Eagle River	9125	3/18 - 5/22	MW	9 AM - 10 AM	\$96	Reeder
First Congregational Church		16x			62+ \$80	
Class will not meet 4/1, 4/3, 4/8 & 4/10.						

Aerobics

Strengthen your cardiovascular system by performing exercises to music. Floor aerobics and stretching will also be included at the end of each session. Wear comfortable clothes, bring a floor mat, and be prepared to get moving.

Three Lakes	9097	1/8 - 2/28	TTh	9:30 AM - 10:30 AM	\$94	Cihla
Reiter Center		15x			62+ \$78	
Class will not meet 1/15.						
Three Lakes	9098	3/5 - 5/16	TTh	9:30 AM - 10:30 AM	\$107	Cihla
Reiter Center		17x			62+ \$89	
Class will not meet 4/23, 4/25, 4/30, 5/2 & 5/14.						

Stretch and Tone Physio Balls

The physio ball offers a unique opportunity to work on dynamic and static stability, which is important for back health and injury prevention. Toning, flexibility, and stretching will be the focus of this workout. This is a great course for the beginner or for anyone looking to add variety to their present exercise program. Participants must provide their own ball.

Three Lakes	9099	1/8 - 2/28	TTh	10:30 AM - 11:30 AM	\$94	Cihla
Reiter Center		15x			62+ \$78	
Class will not meet 1/15.						
Three Lakes	9100	3/5 - 5/16	TTh	10:30 AM - 11:30 AM	\$107	Cihla
Reiter Center		17x			62+ \$89	
Class will not meet 4/23, 4/25, 4/30, 5/2 & 5/14.						

Stretching Effectively

Stretching demands good technique and practice. Using the wrong technique during stretching can waste time and increase your risk of injury. Consistent stretching increases strength and decreases pain while improving flexibility. You'll learn the four main principles of stretching as you apply them in a relaxed comfortable setting. Wear comfortable clothing and bring a floor mat to each class.

Three Lakes	9101	1/8 - 2/28	TTh	11:30 AM - 12:30 PM	\$94	Cihla
Reiter Center		15x			62+ \$78	
Class will not meet 1/15						

Rhinelanders	9103	1/8 - 2/28	TTh	6:30 PM - 7:30 PM	\$100	Cihla
Nicolet - Northwoods Center 209		16x			62+ \$84	

Three Lakes	9102	3/5 - 5/16	TTh	11:30 AM - 12:30 PM	\$107	Cihla
Reiter Center		17x			62+ \$89	
Class will not meet 4/23, 4/25, 4/30, 5/2 & 5/14.						

Rhinelanders	9104	3/5 - 5/16	TTh	6:30 PM - 7:30 PM	\$112	Cihla
Nicolet - Northwoods Center 209		18x			62+ \$94	
Class will not meet 4/23, 4/25, 4/30 & 5/2.						

Strength Training Pilates and BOSU®

The unique design of the BOSU, flat on one side and domed on the other, offers a three-dimensional challenge to your workout. This makes it an ideal tool for developing balance and support while increasing control and stability. Exercises will combine Pilates and varied traditional strength movements using the BOSU. The BOSU will be provided for use in the class. Designed for intermediate or advanced students.

Rhinelanders	9110	1/8 - 2/28	TTh	4:30 PM - 5:30 PM	\$100	Cihla
Nicolet - Northwoods Center 209		16x			62+ \$84	

Rhinelanders	9111	3/5 - 5/16	TTh	4:30 PM - 5:30 PM	\$112	Cihla
Nicolet - Northwoods Center 209		18x			62+ \$94	
Class will not meet 4/23, 4/25, 4/30 & 5/2.						

The Power of Kettlebells

Are you ready to boost endurance, put power in your activities, become more flexible, and have a leaner appearance? If so, the kettlebell, or "gym in a hand" is for you. This traditional Russian cast-iron weight looks like a cannonball with a handle and is used by anyone wanting results in fitness and strength training. No experience is needed, as you will work at your own strength and fitness level. Kettlebells are available for use.

Rhinelanders	9109	1/7 - 4/29	M	6 PM - 7 PM	\$107	Cihla
Groundwork Grappling		17x			62+ \$89	

Strength Training for 40 Plus

Strength training is an essential part of your fitness health, especially if you are over 40. With increasing age, muscle fibers shrink in size and bone density decreases. These declines can be slowed, or even reversed, by lifting weights. This workout class is geared for beginners with an emphasis on safety and technique.

Woodruff	9105	1/11 - 4/12	F	9:30 AM - 10:30 AM	\$87	Cihla
Northwoods Unitarian		14x			62+ \$73	
Universalist Fellowship						

Pilates on a Roll

Pilates on a roll is all about core stability. The increasingly popular and versatile foam roller, traditionally a therapeutic tool, adds a new dimension to the Pilates mat workout. This class is designed to improve strength, flexibility, and overall balance. Bring your own foam roller to the class.

Woodruff	9106	1/11 - 4/12	F	10:30 AM - 11:30 AM	\$87	Cihla
Northwoods Unitarian		14x			62+ \$73	
Universalist Fellowship						

Striptease Workout

Are you ready for a challenging workout especially designed for a woman’s body? As a personal trainer, the instructor recommends this type of fitness for any woman who wants to become and stay fit. All fitness levels welcome.

Woodruff	9107	1/11 - 4/12	F	11:30 AM - 12:30 PM	\$87	Cihla
Northwoods Unitarian		14x			62+ \$73	
Universalist Fellowship						

Interval Training

Energizing and self-paced, this program increases your overall fitness without excessive stress on your joints. Activities include stretching, cardiovascular fitness, light strength training, and muscle toning in a comfortable atmosphere.

Rhinelanders	9112	1/8 - 2/28	TTh	5:30 PM - 6:30 PM	\$100	Cihla
Nicolet - Northwoods Center 209		16x			62+ \$84	
Rhinelanders	9113	3/5 - 5/16	TTh	5:30 PM - 6:30 PM	\$112	Cihla
Nicolet - Northwoods Center 209		18x			62+ \$94	
Class will not meet 4/23, 4/25, 4/30 & 5/2.						

High-Intensity Interval Training

HIIT refers to the basic technique of alternating periods of extremely high-intensity exercises with short rest periods for a specific number of sets. With the use of the TRX Suspension Trainer and Russian kettlebells, you will mix a variety strength and balance exercises with cardiovascular training for unbeatable results. Everyone works at their own pace with a weight appropriate for their fitness level. Each class will end with a stretching segment.

Rhinelanders	9108	1/7 - 4/29	M	5 PM - 6 PM	\$107	Cihla
Groundwork Grappling		17x			62+ \$89	

Shallow Water Exercise

Enhance your fitness through a program of aquatic exercise in a low-stress, low-impact environment. Personal water safety and cardiovascular health including target heart rate calculation and maintenance will be discussed. You do not have to know how to swim, as all exercises will be done in the shallow end of the pool.

Wabeno	9051	1/8 - 3/7	TTh	9:30 AM - 10:30 AM	\$99	Booth
Potawatomi Carter Casino Pool		18x			62+ \$81	
Wabeno	9052	3/19 - 5/16	TTh	9:30 AM - 10:30 AM	\$99	Booth
Potawatomi Carter Casino Pool		18x			62+ \$81	

Low-Impact Shallow Water Aerobics

Exercise in an environment that is low stress to your joints and allows you to work at your own pace. With more than 25 years of experience in physical therapy, your instructor will guide you through a variety of low-impact aerobic exercises, upper and lower body strengthening, as well as core stability work. Equipment such as buoys, noodles, and kickboards are utilized for added resistance and support. You do not need to know how to swim, as all exercises can be performed in the shallow end of the pool. Appropriate for all fitness levels.

Minocqua	9153	1/15 - 3/7	TTh	7 AM - 8 AM	\$104	Wipperfurth
Lakeland High School Pool		16x			62+ \$88	
Minocqua	9155	3/26 - 5/16	TTh	7 AM - 8 AM	\$104	Wipperfurth
Lakeland High School Pool		16x			62+ \$88	

Golf

Golf: Beginning to Intermediate

Whether you have little to no golfing experience or want to brush up on your skills, this course is designed for you. We'll cover the fundamentals of golf including rules, equipment, and etiquette, and will address basic techniques such as stance, swing, grip, and putting. Then we'll move on to more intermediate skills to help you improve your golf game. If you have golf clubs, please bring them; if not, clubs will be provided.

Harshaw	9050	5/8 - 5/22	WTh	10 AM - 11:30 AM	\$50	Baldwin
Pinewood Country Club		5x			62+ \$42	



Yoga & Meditation

Gentle Hatha Yoga

“Still your wandering mind, and be here now,” is a suitable invitation for those beginning and continuing a yoga practice. With present-moment mindfulness, we recognize our essential elements of health and well-being through a combination of physical postures (asanas) and breath awareness (pranayama) which constitute Hatha Yoga. Balance, resilience, and strength are accomplished without strain, honoring our physical challenges and opportunities. Bring a mat, strap, and small blanket/pillow/cushion to class.

Woodruff	9053	1/7 - 2/25	M	4 PM - 5:30 PM	\$70	Schussler
Northwoods Unitarian		8x			62+ \$58	
Universalist Fellowship						
Woodruff	9056	1/10 - 2/28	Th	3:45 PM - 5:15 PM	\$70	Schussler
Northwoods Unitarian		8x			62+ \$58	
Universalist Fellowship						
Woodruff	9054	4/1 - 5/20	M	4 PM - 5:30 PM	\$70	Schussler
Northwoods Unitarian		8x			62+ \$58	
Universalist Fellowship						
Woodruff	9058	4/4 - 5/23	Th	3:45 PM - 5:15 PM	\$70	Schussler
Northwoods Unitarian		8x			62+ \$58	
Universalist Fellowship						

Hatha Yoga

Hatha Yoga combines physical postures (asanas) with breath awareness (pranayama) to create a foundation for developing insight into the nature of our energetic world. This lifelong, dynamic practice, informed by present-moment mindfulness, teaches us awareness (observation without judgment), as we take time to look deeply. Bring a mat, strap, and small blanket/pillow/cushion.

Rhinelanders	9055	1/8 - 2/26	T	4:30 PM - 6 PM	\$70	Schussler
Nicolet - Tamarack Center 110		8x			62+ \$58	
Woodruff	9059	1/9 - 2/27	W	5:15 PM - 7 PM	\$76	Schussler
Northwoods Unitarian		8x			62+ \$62	
Universalist Fellowship						
Rhinelanders	9060	4/2 - 5/21	T	4:30 PM - 6 PM	\$70	Schussler
Nicolet - Tamarack Center 110		8x			62+ \$58	
Woodruff	9057	4/3 - 5/22	W	5:15 PM - 7 PM	\$67	Schussler
Northwoods Unitarian		7x			62+ \$55	
Universalist Fellowship						
Class will not meet 4/24.						

QiGong and Balance

This ancient practice is easy to learn and enjoyable at any age. QiGong may help you feel better, think more clearly, and increase energy. Learn simple moves and practices to improve your balance and provide muscle flexibility and strength.

Eagle River First Congregational Church	9127 12x	1/21 - 2/27 MW	10:15 AM - 11:15 AM	\$72 62+ \$60	Reeder
Rhineland Nicolet - Tamarack Center 110	9128 6x	1/22 - 2/26 T	9 AM - 10 AM	\$36 62+ \$30	Reeder
Eagle River First Congregational Church	9129 16x	3/18 - 5/22 MW	9 AM - 10 AM	\$96 62+ \$80	Reeder
Class will not meet 4/1, 4/3, 4/8 & 4/10.					
Rhineland Nicolet - Tamarack Center 110	9126 8x	3/19 - 5/21 T	9 AM - 10 AM	\$48 62+ \$40	Reeder
Class will not meet 4/2 & 4/9.					

Getting Your Brain on Your Side

Wouldn't it be nice if we got an owner's manual with our brains? We don't, but if we pay attention to what neuroscience is revealing about how our brain's function, we can get those little gray cells working for us instead of against us. We'll explore surprisingly easy ways to get your brain on your side. You'll get a grounding in the brain's fundamental operating principles and learn how to make the most of neuroplasticity – our brain's ability to grow and change throughout our lives. You'll learn why we all experience negative self-talk and how to talk back. You'll learn how to increase your willpower and how to use the power of habit to improve your life. You'll also learn how to have more insights, how sleep, exercise, happiness, and generosity affect your cognitive abilities, and more. Each 90-minute class contains information presented in a lively fashion with workshop exercises and discussion. There is no required reading, but the instructor will offer suggestions for relevant books.

Rhineland Nicolet - Fieldside Center 108	9156 7x	1/9 - 2/20 W	10 AM - 11:30 AM	\$60 62+ \$52	Teuke
Rhineland Nicolet - Fieldside Center 108	9154 7x	4/2 - 5/14 T	2:30 PM - 4 PM	\$60 62+ \$52	Teuke
Class will meet in Fieldside Center 106 on 4/9.					

OUTDOOR ADVENTURE

Introduction to Fat Biking _____ S2-3

Cycling on the snow might sound crazy, but with the right kind of bike, it's a great workout that will have you soaking up the season. The same trails used for summer rides become a whole new playground when they're groomed in the winter for fat bike riding. The bike looks and moves like a mountain bike, but a fat bike has thicker tires, deeper grooves, and lower air pressure. The extra width gives you better traction, deeper grooves increase surface area for better ground grab, and less pressure lets you glide on top of the snow rather than sink into it. Dress like you would for XC skiing. Layering is the key.

Andrew Teichmiller
1 pm - 3 pm
Sunday, Jan. 13
Minocqua Zipline Trails
\$25 \$70 - With Fat Bike Rental
Max: 10

Fat Biking the Scenic Seeley Hills _____ S4

Ready for a pump? Seeley Hills is the most technical trail being groomed by the Chequamegon Area Mountain Bike Association, featuring lots of hills and some off-camber sections. Join us for a 6- to 10-mile high-energy ride on some of the most spectacular trails in the Midwest. Trail is rated intermediate to difficult with 99% groomed singletrack and 1% ski trail. Bring a small back pack, lunch, and money for an after-ride meal and refreshments.

Andrew Teichmiller
11 am - 2 pm
Sunday, Feb. 3
Meet at Seeley Ski Trail Trailhead, Old Hwy. OO, Seeley, WI
\$35 \$80 - With Fat Bike Rental
Max: 10



Sign up for your next
Outdoor Adventure online!
Please register for all
Outdoor Adventure classes
at **NicoletOA.tix.com**

Alpine Ski Racing

S3-4

Expand your downhill skiing skills and enjoyment on the slopes with this Alpine Ski Racing class designed to teach beginning racers the basics of this exciting sport and take experienced racers to the next level. After an hour of classroom instruction, skiers will hit the slopes to refine technique. Topics will include how to shave seconds with a fast start, gracefully carve turns around the gates, determine the fastest line from gate to gate, and when and how to enter the tuck position for optimal speed crossing the finish line. On-the-snow instruction will include two hours of actual racing on the recreational-level NASTAR course with medals awarded, depending on race times. Skiers will be grouped by ability in order to deliver the appropriate level of instruction. Prerequisites: Beginning racers must have some experience downhill skiing, good directional control on skis, and have the ability to stop.

Jed Owen, Tracy Swedlund, Terry Rutlin

10 am - 2 pm

Sunday, Jan. 13

Big Powderhorn Mt. Resort, Bessemer, MI

\$100 - Includes instruction, lift ticket, NASTAR race fee

\$125 - With ski rental

Max. 12



Introduction to Downhill Skiing_____ S3

If you’ve always wanted to learn how to downhill ski, but didn’t know where to start, you’ve come to the right place. Nicolet’s Outdoor Adventure program has partnered with Big Powderhorn Mountain Resort to offer a highly affordable class to introduce people to this exciting winter sport. Starting on gentle terrain, expert instructors will teach you the skills to make turns, control your speed, and how to stop. Once accomplished, skiers will progress to the chairlift to hone these skills on beginning green runs. The day will start with an instruction session, then free time to practice skills, and end with a second instruction session to fine tune technique. Class will be offered on three different days. Students can sign up for one or all three.

Big Powderhorn Ski Instructors
11 am - 3 pm
Sundays, Jan. 6, Feb. 3, Mar. 3
Big Powderhorn Mt. Resort, Bessemer, MI
\$60 - Includes instruction and lift ticket
\$75 - Cost with ski rental
Max: 12

Winter Ecology Snowshoe Hike and Lunch – Mercer_____ S2

We will snowshoe 1.4 miles through a variety of habitats on this lovely trail. We go slow, sometimes take exploratory meanders, and stop frequently to talk. This is an easygoing outing, but you should have moderate hiking stamina. Once the hike is over, we’ll provide homemade soup and bread at the MECCA ski cabin.

John Bates and Mary Burns
10 am - 1:30 pm
Friday, Jan. 18
Mecca Snowshoe Trail, Mercer
\$40
Max: 12

**Winter Ecology Snowshoe
Hike and Lunch – Minocqua Winter Park_____ S2**

Minocqua Winter Park has two dedicated trails exclusively for snowshoers: a 7 km loop and a 4 km loop. We’ll snowshoe the shorter route, stop at the Tea House to have a warm cup of tea, and then take our time getting back to the Chalet where we’ll order lunch or bring your own. We’ll go slow along the way and stop occasionally to discuss the unique stories of wintering species in the Northwoods.

John Bates and Mary Burns
10 am - 1:30 pm
Friday, Feb. 1
Minocqua Winter Park
\$35 and \$7 (\$6 senior) snowshoe pass; lunch not included
Max: 12



Intermediate Cross Country Skiing _____ S3

Designed for students with previous skiing experience, the emphasis in this class will be to improve and refine classic Nordic technique on trail outings led by the instructor.

Dan Clausen

9 am - noon

Five Thursdays, Jan 10 to Feb. 14 (No class Jan. 31)

Minocqua Winter Park

\$85

Beginning Cross Country Skiing _____ S2

Despite what some think, people are not born knowing correct cross country skiing technique. Those new to the sport will get much more enjoyment and fun out of this lifetime sport after this class which teaches the basic skills to travel cross country on skis over groomed trails. This course is designed for first-time skiers.

Dan Clausen

9 am - noon

Two Fridays, Jan. 11 and 18

Minocqua Winter Park

\$50

Beginning Cross Country Skate Skiing _____ S3

It's almost impossible to learn skate techniques without lessons. This course is a must for beginners wanting to learn "out of the track" techniques. Learn the basics of weight transfer and body alignment for skating, as well as the basics of balance, poling, and pushing off. You'll also learn some of the basic skate maneuvers and turns.

Dan Clausen

6:30 - 8:30 pm

Two Thursdays, Feb. 14 and 21

Minocqua Winter Park

\$50

Intermediate/Advanced Cross County Skate Skiing_____ S3

If you have previous skating experience, explore more techniques during supervised outings. Refine your rhythm, flow, and energy efficiency while refining the V-1, V-2, and V-2 alternate skate techniques.

Dan Clausen
6:30 - 8 pm
Two Mondays, Feb. 4 and 11
Minocqua Winter Park
\$40

Yeti Snowshoe Project_____

Grab a pair of snowshoes and join us for the Yeti Snowshoe Project as we snowshoe the outline of a giant Yeti the size of a football field out in Nicolet’s wide open Field. Working from a drawing on a sheet of paper and a few markers laid out in the snow, intrepid snowshoers will travel in single file to create the outline of the 300-foot-tall monster. And to see the beast from above, a drone will capture images of all the fun which will later be made into a video. Participants are encouraged to bring their own snowshoes. A limited supply of Nicolet snowshoes will be available.

The Yeti Snowshoe Project is free and open to the public. It’s one event in Nicolet’s day-long Yeti Fest winter festival, which will feature human sled dog races, a sledding hill, wagon rides around campus, indoor video and board game competitions, a free movie, live music by Boat patrol, a fire on the Lakeside Center Patio, and food and drinks. See page 39 for additional info.

Terry Rutlin
1 pm
Saturday, Feb. 23
The Field - Fieldside Center, Nicolet Campus
Meet in the Fieldside Center Parking Lot

CANCELLATION & REFUND POLICY

IF YOU ARE UNABLE TO ATTEND A CONFIRMED CLASS, for any reason, please notify Nicolet at 715.365.4544 or 800.544.3039 ext 4544 or email ce@nicoletcollege.edu as soon as possible.

CANCELLATIONS MADE LESS THAN TEN DAYS PRIOR TO DEPARTURE OR NO-SHOWS MAY NOT RECEIVE A REFUND. Policy is effective for all trips unless otherwise noted. All Outdoor Adventure classes will be held rain or shine. Only in cases of severe weather will a class be cancelled or postponed. Travel expenses will not be refunded for classes that may have to be cancelled or rescheduled. Nicolet College reserves the right to cancel, reschedule, substitute instructors, or reroute all classes and trips if necessary.

STRENUOSITY RATING

Which course is right for you?

- S1 = Not strenuous at all. Most likely a stationary experience.
- S2 = Slightly strenuous, does not require prior physical conditioning.
- S3 = Some physically demanding aspects, requires some endurance.
- S4 = Challenging and requires a good physical condition.

Fishing

2019 Nicolet Musky Seminar

Join Musky Hunter Editor Steve Heiting and a team of top flight guides and anglers for the 2019 Nicolet Musky Seminar March 22-23 and April 6 on the Nicolet College Campus. Over the course of the event top anglers will cover 10 different topics – ranging from beginner- to expert-level – on how to catch these highly-prized game fish. “When you can understand and then master the fundamentals, you can go out and hit the water and expect to catch fish, not simply hope that you catch fish,” Heiting explained.

Friday, March 22	Saturday, March 23	Saturday, April 6
5 pm - 8 pm	10 am - 4 pm	10 am - 4 pm

Lakeside Center Commons, Nicolet College, Rhinelander

\$100 all three days, \$85 for two days, \$50 for one day

Friday dinner and Saturday lunches included

Register at NicoletOA.tix.com

SCHEDULE

Friday March 22 (*Friday's schedule is geared for the beginning musky angler*)

5 pm Become a musky angler – how to get started
 6 pm Catered dinner
 6:30 pm Lure-building seminar – Build your own musky lure

Saturday, March 23

10 am Find muskies in your lake
 11 am Top area musky waters
 12 noon Catered lunch
 12:30 pm Musky lures: pick the right tool for the job
 1:30 pm Get the most from your electronics for muskies
 2:30 pm Door prize giveaway
 3 pm End of Day Q&A – Open forum for attendees to ask musky fishing questions of the day's speakers

Saturday, April 6

10 am How to make muskies bite
 11 am Take advantage of feeding “windows”
 12 noon Catered lunch
 12:30 pm How to catch muskies from rivers and flowages
 1:30 pm Livebait tactics for muskies
 2:30 pm Door prize giveaway
 3 pm End of Day Q&A – Open forum for attendees to ask musky fishing questions of the day's speakers



Fly Fishing for Various Fish Species

Learn how fly fish for numerous different species, including trout, salmon, bass, pike, musky, crappie, yellow perch, bluegill, and other sunfishes. Instruction covers optimal equipment for each species for different size bodies of water and stream characteristics; top trout dry, wet, nymphs, and streamer flies for the local area; top salmon flies; top floaters, divers, suspenders, and streamers for warm water species; top dry, wet, and nymph flies for bass and panfish; strategies for choosing flies and matching the hatch; reading water and identifying the best fish locations; presentation positions and strategies; casting and retrieval techniques; how to identify and interpret rise forms and how to fish them. Note that there is no casting practice in this course.

Robert Paine
9 am - 1 pm
Saturday, May 11
Nicolet - Fieldside Center 102
Rhineland
\$40

Introduction to Fly Tying

This course covers the basic equipment, materials, and techniques needed to tie your own flies. Along with tying at least four different, common kinds of flies, each using different tying techniques, you will be given many other tips and suggested resources that will expand your tying skills. Materials and most tools will be provided. The instructor has a limited number of vises, so if you are interested in the course, contact the instructor and let him know whether you have your own you can bring, need to borrow one, or would like to purchase one. Prices range from between \$15 and \$25 for less expensive ones. This eight-hour course is spread over two four-hour days.

Robert Paine
1 pm - 5 pm
Sunday, May 12 and May 19
The Gentleperson's Sport, N9415 Wilderness Drive
Tomahawk
\$55

SPECIAL INTEREST

Financial Planning

Maximizing Social Security

Social Security is one of the most valuable and least understood benefits available to retirees today. Advance planning is essential, and the decisions you make now can have a tremendous impact on the total amount of benefits you stand to receive over your lifetime. This educational workshop will provide you with much needed information to help you understand the system, coordinate spousal and survivor benefits, minimize taxes, and maximize your personal benefits. Whether you're single, married, divorced, or widowed, there may be ways to maximize the lifetime Social Security benefits you receive. It's important to have a good understanding of these issues:

- How married couples can coordinate benefits to help enhance spousal and survivor benefits
- Claiming a spousal benefit while earning delayed retirement credits
- How the “file and suspend,” “do over,” and “start, stop, restart” strategies work
- How working could affect your benefits, and the taxability of Social Security benefits
- How claiming worker benefits early could lower your spousal benefit at your full retirement age
- The effect of remarriage on survivor benefits for widowed and divorced spouses

One of the most important decisions you need to make before you retire is when and how to claim Social Security benefits. About half of retirees apply for Social Security as soon as they become eligible at age 62, but by doing so, they may significantly and permanently impact their income and benefits for the rest of their lives. The difference between the best and worst possible decision of when to start Social Security can be well over \$100,000.

Learn important rules that affect the amount of retirement benefits you collect, as well as strategies for coordinating Social Security with other sources of retirement income!

Rhineland	9146	3/12	T	6:30 PM - 8:30 PM	\$35	Schmitz
Nicolet - Fieldside Center 108		1x			62+ \$33	

Women and Retirement

Women can learn how to create guaranteed income for life, created in partnership with Holly Buchanan, an acclaimed author, speaker, and consultant specializing in empowering women to make sound financial decisions. This course addresses the unique challenges and concerns women face in retirement. Women everywhere are asking:

- “How can I make sure I don’t run out of money?”
- “How can I maintain my lifestyle after retirement?”
- “What happens if the market crashes?”

The good news is, no matter what their situation is, there’s something they can do right now to protect themselves, avoid common mistakes, and create a paycheck for life, no matter how long they live.

Topics include:

- The three biggest mistakes in retirement planning
- Why women need to make their money work harder
- Multiple ways to create guaranteed income for life
- Money personality types
- Long-term care
- How to talk to family about money
- And much more!

Minocqua	9149	2/19	T	6:30 PM - 8:30 PM	\$35	Schmitz
Lakeland Union High School		1x			62+ \$33	

Your Dream Retirement

Your Dream Retirement is for those facing or already in retirement who are concerned about the issues of funding the quality of life they want in their post working years. Through colorful, real life stories and illustrations, this course will give you an easy understanding of how to strategically plan and tactically managing your retirement assets. People save their entire lives trying to fund a unique quality of life for the last third of their life. It’s an awesome task. Climb on board; this is a one-way ticket to funding the quality of life in your dream retirement!

This course provides a fundamental working knowledge of the principles of conservative investing through strategic allocation of assets and tactical money management with a view toward developing retirement income. The materials cover varied aspects of conservative investing, such as risk management issues, tactical management theory and models, impact of bear markets on retirement income, aspects of financial decisions, and more, while highlighting the ABC Investing Model. Students will increase their awareness of the overall risk in the markets as well as possible asset allocation and tactical management models to help mitigate exposure to risk. You will also explore issues in income planning, how to find appropriate financial professional help, and principals of sound financial decisions. This course is not designed to give specific solutions to individual needs.

Minocqua	9148	3/23	S	9:30 AM - 12 PM	\$43	Schmitz
Lakeland Union High School		1x			62+ \$39	
Rhinelanders	9147	4/30 - 5/7	T	6:30 PM - 8 PM	\$45	Schmitz
Nicolet - Fieldside Center 108		2x			62+ \$41	



Photography

Birding and Digiscope Photography

In mid-May, thousands of migratory birds return to the Northwoods. There are many wonderful places to view and photograph birds, and Powell Marsh near Manitowish Waters is one of the best locations in the area. What is Digiscoping? Digiscoping is a relatively new wildlife photography technique that utilizes the power of a spotting scope combined with a digital camera to take beautiful close up images of wildlife. Join a local expert bird biologist and digiscope photographer who will demonstrate the technique, provide a variety of optics for participants to use during class. Capture stunning images of our returning birds. With this technique you can observe and photography wildlife from a distance without disturbing them. Bring binoculars, camera, a notebook, protective gear for rain or sun, and bug repellent of your choice. Check with the instructor prior about the camera you plan to bring to the class and also to discuss weather conditions and a possible alternate location if necessary.

Manitowish Waters	9143	5/25	S	9 AM - 12 PM	\$35	Reilly
Manitowish Waters Library		1x			62+ \$31	

Sign Language

American Sign Language II

As a continuation of skills gained in American Sign Language I, you will increase your sign language vocabulary as well as build upon your knowledge of grammatical structure. In-class activities will reinforce vocabulary and fluency of the language. Prerequisite: American Sign Language I or equivalent skill level.

Rhinelanders	9162	4/15 - 5/15	MW	5 PM - 7 PM	\$85	Klaas
Nicolet - Fieldside Center 108		10x			62+ \$65	

COMPUTERS & TECHNOLOGY AT HOME

Students should bring their own personal devices specific to the class such as iPads, Chromebooks, Android tablets, smartphones, and laptops.

Clearing up Computer Confusion

Are you technology challenged? Do you just want to check your email, look at photos, and do some online shopping, but somehow things always manage to go wrong? If you're still wondering "what is the cloud, anyway?", this is your class. Content is based on "how do I" questions from previous class participants, and should clear up confusion on operating systems, updates, browsers, email, and web apps. No matter who set up your device, you'll better understand password use, safety, and security. This class is appropriate for all Internet devices such as smartphones, tablets, iPads, and computers.

Manitowish Waters	9164	2/4 - 2/6	MW	5:30 PM - 8:30 PM	\$30	Ley
North Lakeland		2x			62+ \$24	
Elementary School						

Manitowish Waters	9165	4/8 - 4/10	MW	5:30 PM - 8:30 PM	\$30	Ley
North Lakeland		2x			62+ \$24	
Elementary School						

What is the Cloud?

Is it possible to access your electronic files from anywhere the Internet is available? Learn what the cloud is, and how you can use cloud-based services to organize and protect your digital files.

Manitowish Waters	9163	5/6 - 5/8	MW	5:30 PM - 8:30 PM	\$30	Ley
North Lakeland		2x			62+ \$24	
Elementary School						

Tips To Protect Data and Avoid Identity Theft

Can you recognize a scam or if you are being trolled on social media? How safe is Wi-Fi internet access? How do bad guys get inside your smartphone? How do you know if those strange warning messages you receive are legitimate? Personal computers, laptops, tablets, and smartphones can be targets for online criminals. Be smart and don't give thieves and predators an opportunity to gain access to your personal and financial information. This class will cover numerous ways you can protect your devices and data, including tips for protecting yourself on home or public Wi-Fi, social media, safeguarding your smartphone, identifying safe emails and text messages to avoid phishing, using/updating strong passwords, apps to protect you, protection of your credit/debit cards, and what to do when you think a scammer has contacted you.

Rhinelanders	9166	2/25 - 2/27	MW	5:30 PM - 8:30 PM	\$30	Ley
Nicolet - Northwoods Center 110		2x			62+ \$24	

Manitowish Waters	9167	3/25 - 3/27	MW	5:30 PM - 8:30 PM	\$30	Ley
North Lakeland		2x			62+ \$24	
Elementary School						

Nicolet College Academic Success

How to be an Online Learner

Learn how to become a successful online learner. This is an interactive short course to help you navigate the learning process from a distance. Bring the device you plan to use for your course or borrow one of our laptops.

Rhineland	8001	1/18 - 1/25	F	9 AM - 12 PM	\$4.50	Vickers
Nicolet - Tamarack Center 108		2x			62+ \$4.50	

Professional and Academic Basic Computer Skills

IMPROVE YOUR COMPUTER KNOWLEDGE AND SKILLS

Based on your skill level, you will progress at your own pace through the basics of using a computer, internet, keyboarding, Microsoft Word, Excel, and PowerPoint, to name a few. You will receive hands-on guidance from the instructor as you move through this course.

Rhineland	8003	2/8 - 2/22	F	9 AM - 12 PM	\$4.50	Kummer
Nicolet - Tamarack Center 102E		3x			62+ \$4.50	



BUSINESS & PROFESSIONAL DEVELOPMENT

The Center for Innovative Change (CIC) has partnered with Nicolet College to present the following business and professional development classes. CIC provides training, facilitation, and consulting services that support leadership development and enhance organizational capacity.

Small Business and Entrepreneurship

Crime Prevention for Small Business

There are many things property owners can do to enhance security and reduce vulnerabilities. This course presents ways to evaluate a business property to safeguard from criminal activity. Participants will be provided with assessment tools and forms that suggest ways to improve property safety and security. Course participants will learn to:

- define and apply basic crime prevention concepts
- explain the concept of target hardening
- develop strategies to increase safety and reduce victimization
- recognize opportunities to partner with neighbors, businesses, and law enforcement to reduce crime

Rhineland	9158	2/25 - 2/26	MT	6 PM - 9 PM	\$75
Nicolet - Northwoods Center 208	2x				62+ \$54.87

Leadership and Supervision

Transition to Management

Making the transition from line level to supervisory positions provides personal and professional growth opportunities, but also comes with some often-unanticipated challenges. Participants will learn about management styles, employee coaching, and ethical decision-making. Through classroom discussion, case studies, and role-plays, this one-day course helps those who are newly promoted as well as those who are preparing for supervisory positions to make a smooth transition. Course participants will learn:

- characteristics of a good supervisor
- the emotional impact to self and others
- interpersonal coworker relationships: distinguish between personal and professional relationships
- ways to develop and maintain positive self-confidence
- seven major steps for the transition to supervising others
- four keys to self-evaluation

Rhineland	9159	4/18	Th	9 AM - 4:30 PM	\$135
Nicolet - Fieldside Center 102	1x				62+ \$108.16

Influencing the Performance of Others

Participants in this one-day course will identify key factors that affect employee behavior, ways a supervisor can effectively correct employees, and techniques to enhance employee performance. The course focuses on applied leadership techniques to improve supervisory skills, including:

- four keys that define how to influence others
- five key principles of a self-fulfilling prophecy and how it correlates to leadership
- five keys to effective communication
- factors that contribute to the personalities of those being supervised

Rhineland	9157	4/19	F	9 AM - 4:30 PM	\$135
Nicolet - Fieldside Center 102		1x			62+ \$108.16

Women in the Workforce

This course is uniquely tailored for women in today's workforce. Regardless of title or position, every woman can and should be a positive leader. Attend this training to learn how to apply the following topics to professional and personal development:

Emotional Intelligence:

- What it is and why it is important for personal and professional development
- Key skills that comprise emotional intelligence

Be a Leader:

- Analyze different leadership styles
- List leadership competencies

Working with Others:

- Differentiate between disagreements and disagreeable people
- Ways to approach discussions with disagreeable people

Rhineland	9161	5/21	T	9 AM - 4:30 PM	\$135
Nicolet - Fieldside Center 102		1x			62+ \$108.16



PUBLIC SAFETY

CPR & First Aid

The American Heart Association strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the AHA.

American Heart Association Heartsaver CPR/AED

This course includes adult, child, and infant CPR, use of an Automated External Defibrillator (AED), and how to care for someone who is choking. It is intended for public education and may not be recognized for professional rescuer certification. American Heart Association Heartsaver CPR/AED certification will be awarded upon successful completion of the course. *Textbooks included with tuition and will be distributed at the start of class. Each student must have a valid email address to receive AHA recognition card.

Rhinelanders	9027	1/26	S	8 AM - 12 PM	\$39.92	Guzman
Nicolet - Birchwoods Center 105		1x			62+ \$26.50	
Rhinelanders	9028	2/12	T	6 PM - 10 PM	\$39.92	Jennejohn
Nicolet - Birchwoods Center 116		1x			62+ \$26.50	
Rhinelanders	9029	4/2	T	6 PM - 10 PM	\$39.92	Jennejohn
Nicolet - Birchwoods Center 116		1x			62+ \$26.50	
Rhinelanders	9030	5/21	T	6 PM - 10 PM	\$39.92	Jennejohn
Nicolet - Birchwoods Center 105		1x			62+ \$26.50	

American Heart Association Heartsaver First Aid/CPR/AED – Adult, Child, and Infant

This course teaches the first aid skills needed to assist a person who is suffering a medical emergency or traumatic injury. Course includes adult, child, and infant CPR, use of an Automated External Defibrillator (AED), and how to care for someone who is choking. Participants will learn how to recognize the signs of four major emergencies: heart attack, stroke, cardiac arrest, and foreign-body airway obstruction. American Heart Association Heartsaver First Aid/CPR/AED certification will be awarded upon successful completion of the course. Textbooks included with tuition and will be distributed at the start of class. Each student must have a valid email address to receive AHA recognition card.

Rhinelanders	9024	2/4 - 2/6	MW	6 PM - 9:30 PM	\$53.34	Jennejohn
Nicolet - Birchwoods Center 103		2x			62+ \$26.50	
Rhinelanders	9025	3/22	F	8 AM - 3:30 PM	\$53.34	Guzman
Nicolet - Birchwoods Center 105		1x			62+ \$26.50	
Rhinelanders	9026	4/16 - 4/18	TTh	6 PM - 9:30 PM	\$53.34	Jennejohn
Nicolet - Birchwoods Center 116		2x			62+ \$26.50	



American Heart Association Basic Life Support (BLS) _____

The AHA's new BLS Course has been updated to include science and education from the 2015 Guidelines Update for CPR and ECC. Many healthcare industries and professionals are required to have this level of CPR training. This course teaches both single-rescuer and team basic life support skills for application in both prehospital and in-facility environments, with a focus on high-quality CPR and team dynamics. This course includes adult, child, and infant CPR and AED use in addition to bag-valve mask ventilation and how to care for someone who is choking. American Heart Association BLS certification will be awarded upon successful completion of the course. Textbooks included with tuition and will be distributed at the start of class. Each student must have a valid email address to receive AHA recognition card.

Rhinelanders Nicolet - Birchwoods Center 105	9014 1x	1/18 F	8 AM - 2:30 PM	\$42.90 62+ \$22.77	Guzman
Rhinelanders Nicolet - Birchwoods Center 116	9015 2x	1/29 - 1/31 TTh	6 PM - 9 PM	\$42.90 62+ \$22.77	Hazelquist
Rhinelanders Nicolet - Fieldside Center 106	9016 2x	2/19 - 2/21 TTh	6 PM - 9 PM	\$42.90 62+ \$22.77	Jennejohn
Rhinelanders Nicolet - Birchwoods Center 105	9017 1x	3/29 F	8 AM - 2:30 PM	\$42.90 62+ \$22.77	Guzman
Rhinelanders Nicolet - Birchwoods Center 105	9018 2x	4/22 - 4/24 MW	6 PM - 9 PM	\$42.90 62+ \$22.77	Jennejohn

American Heart Association

Basic Life Support (BLS) Renewal

This is a renewal course for healthcare providers. Students must have a current BLS card to be eligible for this class. Many healthcare industries and professionals are required to have this level of CPR training. The AHA's new BLS Course has been updated to include science and education from the 2015 Guidelines Update for CPR and ECC. This course teaches both single-rescuer and team basic life support skills for application in both prehospital and in-facility environments, with a focus on high-quality CPR and team dynamics. This course includes adult, child, and infant CPR and AED use in addition to bag-valve mask ventilation and how to care for someone who is choking. American Heart Association BLS certification will be awarded upon successful completion of the course. Textbooks included with tuition and will be distributed at the start of class. Each student must have a valid email address to receive AHA recognition card.

Crandon	9175	1/8	T	6 PM - 10 PM	\$36.19	Jennejohn
Crandon Rescue Squad		1x			62+ \$22.77	
Tomahawk	9085	1/11	F	8 AM - 12 PM	\$36.19	Jennejohn
Sacred Heart Hospital		1x			62+ \$22.77	
Class will be in the Spruce Room at Sacred Heart Hospital, Tomahawk.						
Presque Isle	9011	1/15	T	6 PM - 10 PM	\$36.19	Guzman
Presque Isle Fire Department		1x			62+ \$22.77	
Rhineland	9019	1/17	Th	6 PM - 10 PM	\$36.19	Guzman
Nicolet - Birchwoods Center 105		1x			62+ \$22.77	
Rhineland	9020	2/22	F	8 AM - 12 PM	\$36.19	Jennejohn
Nicolet - Birchwoods Center 105		1x			62+ \$22.77	
Rhineland	9021	3/26	T	6 PM - 10 PM	\$36.19	Jennejohn
Nicolet - Birchwoods Center 116		1x			62+ \$22.77	
Rhineland	9022	4/29	M	6 PM - 10 PM	\$36.19	Hazelquist
Nicolet - Birchwoods Center 116		1x			62+ \$22.77	
Rhineland	9023	5/17	F	8 AM - 12 PM	\$36.19	Guzman
Nicolet - Birchwoods Center 105		1x			62+ \$22.77	

Emergency Medical Services

Emergency Medical Technician (EMT) Refresher

This 30-hour course meets the required content for the Wisconsin DHS/EMS license renewal at the EMT level. Course completion will also fulfill 30 hours of traditional EMT refresher training toward NREMT renewal at the EMT level. Course topics will include: preparatory, airway, obstetrics, pediatrics, patient assessment and care, medical and behavioral emergencies, trauma assessment and care, and other selected appropriate topics.

Lac du Flambeau	9008	2/16 - 2/24	SSu	8 AM - 4 PM	\$127.15	
Lac du Flambeau		4x			62+ \$26.50	
Fire Department						
EMT Refresher Dates 2/16, 2/17, 2/23, and 2/24/19.						
Boulder Junction	9009	3/2 - 3/10	SSu	8 AM - 4 PM	\$127.15	Hazelquist
Boulder Junction Fire Department		4x			62+ \$26.50	
EMT Refresher Dates 3/2, 3/3, 3/9, 3/10.						

Firefighter Training

Firefighter 1 Cert Part C

This 36-hour course prepares participants to be able to perform firefighting functions at a minimum nationally recognized level under direct supervision. The targeted audience is individuals whom have completed the minimum firefighting training requirements as specified in SPS 330.08, Employment Standards, Wisconsin Department of Safety and Professional Services, Chapter SPS 330, Fire Department Safety and Health Standards, and desire, or are required, to increase their knowledge and skills-base to the next level.

This course, when taken in conjunction with the Entry Level Firefighter Part A (30 hours) and Part B (30 hours) courses, is designed to provide the Firefighter I candidate with the additional information needed to meet the job performance requirements (JPRs) defined in NFPA 1001, Standard for Fire Fighter Professional Qualifications, 2008 Edition, Sections 5.2 through 5.5. The participant must also take the Hazardous Materials Operation level course in order to meet the remainder of the NFPA Fire Fighter I JPRs.

Rhineland **9000** 2/12 - 4/16 T 6 PM - 9 PM \$136.53 Pizl/Wozniak
Nicolet - Birchwoods Center 105 11x S 8 AM - 2:30 PM 62+ \$15.75

Tuition is funded by 2% fire dues for students affiliated with a fire department. Textbooks must be purchased separately before the start of class – *Fundamentals of Fire Fighter Skills Fourth Edition with Navigate Advantage Access* (ISBN# 9781284151336). Online access is required. Tuesday classes on 2/12, 2/19, 2/26, 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/16. Saturday class on 4/13.

Rhineland **9006** 2/27 - 5/8 W 6 PM - 9 PM \$136.53
Nicolet - Birchwoods Center 114 11x S 8 AM - 2:30 PM 62+ \$15.75

Wednesday classes will be held at the Minocqua Fire Department. Tuition is funded by 2% fire dues for students affiliated with a fire department. Textbooks must be purchased separately before the start of class – *Fundamentals of Fire Fighter Skills Fourth Edition with Navigate Advantage Access* (ISBN# 9781284144017). Online access is required. Wednesday classes on 2/27, 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 5/1, 5/8. Saturday class on 5/4.

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Instructor: Kummer
FREE, Section #8002

LEARN ENGLISH

FREE HELP WITH ENGLISH

Are you an English Language Learner? Is your native language something other than English? Come learn the basics of reading, writing, listening, and speaking in the English language. All English skill levels welcome. Must be 18 years or older to qualify. Small group instruction for adult English Language Learners.

Jan 16 - May 15 • Wednesdays 6 - 8 pm
Lakeside Center 207
Instructor: Kummer
FREE, Section #8004

ACADEMIC SUCCESS *How do I Register?*

Phone
715.365.4455

Email
academicsuccess@nicoletcollege.edu

Walk-In
Nicolet College
Lakeside Information Desk, 2nd floor
5364 College Drive
Rhineland, WI 54501

Fire Inspector I _____

This is the WTCS-approved course to meet all objectives of the National Fire Protection Association’s I031 Standard for Professional Qualifications for Fire Inspector, Level I. Upon successful completion of this course, candidates are eligible to seek WTCS Fire Inspector I with IFSAC Accreditation.

Rhinelanders	9010	1/7 - 5/23	M	6 PM - 9 PM	\$205.80	Waydick
Nicolet - Birchwoods Center	107	20x	Th	6 PM - 9 PM	62+ \$4.50	

This is a state-funded course for students affiliated with a Fire Department. Textbooks are not included and must be purchased separately. *Fire Inspector Principles & Practices Revised Enhanced First Edition with Navigate 2 Advantage Access* - ISBN#9781284137743. No class on 4/22.

Hazardous Material Ops _____

Training for those persons who respond to releases or potential releases of hazardous materials as part of the initial response to the incident for the purpose of protecting nearby persons, the environment, or property from the effects of the release. The class will meet the competencies for NFPA 472.

Rhinelanders	9001	1/29 - 2/9	T	6 PM - 10 PM	\$60.68	
Nicolet - Birchwoods Center	105	3x	S	8 AM - 4:30 PM	62+ \$7	

This is a state-funded course for eligible students affiliated with a fire department. Classes will be held on 1/29, 2/5, and 2/9/19 in the Birchwoods Center. Required text reading for class comes from Jones & Bartlett *Fundamentals of Fire Fighter Skills* Fourth Edition.

Minocqua	9007	1/30 - 2/20	W	6 PM - 10 PM	\$60.68	
Minocqua Fire & Rescue		4x			62+ \$7	

This is a state-funded course for eligible students affiliated with a fire department. Required text reading for class comes from Jones & Bartlett *Fundamentals of Fire Fighter Skills* Fourth Edition.

Certified Fire Officer I _____

This course prepares the participant to be able to perform firefighting supervisory functions at a minimum national recognition level. Target audience is individuals who have completed at least the training required to meet the Fire Fighter II JPRs or NFPA 1002.

Rhinelanders	9096	3/6 - 5/8	W	6 PM - 9 PM	\$141.20	Karp
Nicolet - Birchwoods Center	107	11x	S	8 AM - 2:30 PM	62+ \$70	

Wednesday classes on 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 5/1, and 5/8. Saturday classes on 3/23 and 5/4/19. Textbook must be purchased separately before the start of class. Jones & Bartlett *Fire Officer* Third Edition. ISBN# 9781284068368. Tuition is 2% dues funded for affiliated students.



CERTIFICATION & LICENSING

Food & Beverage

Food Manager Sanitation Certification

Managers and employees in the foodservice industry will learn proper food safety procedures. The course fulfills the requirements of the Wisconsin Food Code and is the only option for those taking the examination for the first time or needing to recertify their expiring Food Manager Sanitation certification. A review of changes in the codes and regulations related to food safety and sanitation will be provided. Procedures for food preparation, sanitary work habits, cleaning and sanitizing procedures, and principles of Hazard Analysis and Critical Control Points (HACCP) will be covered. Instruction will be followed by an approved 90-question ServSafe examination. Successful completion of the examination with a score of 75% or greater will enable the student to retrieve and print their Certificate from the ServSafe website at no cost and serves as proof of certification for five years per the Department of Agriculture, Trade & Consumer Protection.

Rhinelanders Nicolet - Fieldside Center 102	9114 1x	1/21	M	8:30 AM - 6 PM	\$65 62+ \$31.45	Mellinger
Rhinelanders Nicolet - Fieldside Center 102	9116 1x	2/18	M	8:30 AM - 6 PM	\$65 62+ \$31.45	Mellinger
Rhinelanders Nicolet - Fieldside Center 102	9118 1x	3/29	F	8:30 AM - 6 PM	\$65 62+ \$31.45	Mellinger
Rhinelanders Nicolet - Fieldside Center 102	9120 1x	4/17	W	8:30 AM - 6 PM	\$65 62+ \$31.45	Mellinger
Rhinelanders Nicolet - Fieldside Center 102	9122 1x	5/20	M	8:30 AM - 6 PM	\$65 62+ \$31.45	Mellinger

Please Note for all Food Manager Classes

Prior to the class date, students must read the required textbook: ServSafe Coursebook, 7th ed., 2017, updated with the 2013 FDA Food Code, published by the National Restaurant. A new book is approximately \$112 and includes a scantron sheet for test purposes. If you already have access to a text book you must purchase the scantron sheet separately prior to class for approximately \$43. Books and scantrons may be purchased at the Rhinelanders Nicolet location or you may request that they be mailed to you via payment by credit card. Contact the following for more details: Nicolet Bookstore 715.365.4443 or Nicolet Continuing Education 715.365.4544.

Food Manager Certification Exam

While it is highly encouraged that students take the certification course prior to the examination, you may choose to take this course that includes the examination portion only. Successful completion of the approved 90-question ServSafe examination with a score of 75% or greater will enable the student to retrieve and print their certificate from the ServSafe website at no cost and serves as proof of certification for five years per the Department of Agriculture, Trade, and Consumer Protection.

Rhinelanders	9115	1/21	M	4 PM - 6 PM	\$35	Mellinger
Nicolet - Fieldside Center 102		1x			62+	\$28.29
Rhinelanders	9117	2/18	M	4 PM - 6 PM	\$35	Mellinger
Nicolet - Fieldside Center 102		1x			62+	\$28.29
Rhinelanders	9119	3/29	F	4 PM - 6 PM	\$35	Mellinger
Nicolet - Fieldside Center 102		1x			62+	\$28.29
Rhinelanders	9121	4/17	W	4 PM - 6 PM	\$35	Mellinger
Nicolet - Fieldside Center 102		1x			62+	\$28.29

Nursing

Nursing Assistant Skills Refresher Training

This course will refresh the participant’s skills that are needed to work as a nursing assistant and prepare them for success passing the WI State Competency Evaluation. Students will review and practice the 21 skills that can be included in the exam. Each skill will be demonstrated and practiced according to the state standards of testing. This course is appropriate for those whose registry may have lapsed or for those who may need to retest and need refreshing. This course is also appropriate for current CNAs/HHAs who just want to review their skills. Participants should wear loose, comfortable clothing and closed-toe, slip-on shoes with non-skid soles. Certification of Completion will be given upon course completion.

Rhinelanders	9171	1/15	T	5 PM - 9 PM	\$50	Wendorf
Nicolet - White Pine Center 223		1x			62+	\$36.58
Rhinelanders	9172	3/19	T	5 PM - 9 PM	\$50	Wendorf
Nicolet - White Pine Center 223		1x			62+	\$36.58

Nurse Assistant ADL Documentation Refresher

This refresher course will refresh the participant’s ADL documentation skills that are needed to work as a nursing assistant and prepare them to document correctly. Students will receive proper ADL documentation skills through classroom discussion relating to bed mobility, elimination, transfers and toileting (BETT). This course is appropriate for those who need a refresher on ADL documentation. Certification of Completion will be given upon course completion.

Rhinelanders	9173	2/7	Th	5 PM - 9 PM	\$50	Wendorf
Nicolet - White Pine Center 223		1x			62+	\$36.58
Rhinelanders	9174	5/21	T	5 PM - 9 PM	\$50	Wendorf
Nicolet - White Pine Center 223		1x			62+	\$36.58

Traffic Safety

Traffic Safety

This course stresses good driving habits and defensive driving tactics. Students completing the course are given a three-point reduction from their driving record.

Rhineland	9086	3/2 - 3/16	S	9 AM - 1 PM	\$71.51	Lifschutz
Nicolet - Birchwoods Center 103		3x			62+ \$31.25	

Motorcycle Safety

Basic Rider Course (BRC)

The best place to start once you've made the decision to ride is this course which covers the basics of operating a motorcycle and safety-oriented mental strategies. Successful completion of this course consists of six hours of formal classroom activities and ten hours of riding instruction. Classes are conducted during day, evening, or weekend sessions. The successful completion of knowledge and skill tests will waive the Wisconsin Department of Transportation skills road test. The course may also earn you an insurance discount. *Motorcycles and helmets provided for use during the course. Personal motorcycles are not allowed.

Prerequisite: The Motorcycle Safety Foundation's eCourse is now required to be completed within 30 days prior to the class start date. Proof of completion is required. Please bring a copy of your eCourse certification to class. To register and pay for the eCourse, go to: elearning.msf-usa.org

Rhineland	9092	4/27 - 4/28	SSu	8:30 AM - 4:30 PM	\$259.40	Knapp/Murray
Nicolet - White Pine Center 206		2x				
Rhineland	9093	5/6 - 5/9	MTWTh	5 PM - 9 PM	\$259.40	Millard/ Bowers
Nicolet - White Pine Center 206		4x				
Rhineland	9094	5/11 - 5/12	SSu	8:30 AM - 4:30 PM	\$259.40	Bowers/Heller
Nicolet - White Pine Center 206		2x				
Rhineland	9095	5/25 - 5/26	SSu	8:30 AM - 4:30 PM	\$259.40	Murray/Heller
Nicolet - White Pine Center 206		2x				

Basic Rider Course 2 License Waiver

This eight-hour course is for riders who already possess basic riding skills and are either returning to riding or are seeking a refresher course to practice and renew basic riding skills. The course includes approximately three hours of classroom and five hours of on-cycle riding exercises. Students must use their own motorcycle. Student must provide proof of insurance and be named on the policy. Motorcycle must pass T-CLOCS inspection and be signed off by a Rider Coach. Successful completion of this course will result in a Skills Test Waiver for the Wisconsin Motorcycle License, if needed.

Rhineland	9089	5/4	S	8:30 AM - 4:30 PM	\$116.55	Heller/Murray
Nicolet - White Pine Center 206		1x				
Rhineland	9090	5/18	S	8:30 AM - 4:30 PM	\$116.55	Murray/Knapp
Nicolet - White Pine Center 206		1x				
Rhineland	9091	5/21 - 5/22	TW	4:30 PM - 8:30 PM	\$116.55	Heller/Knapp
Nicolet - White Pine Center 206		2x				

Auto Repair

Automobile Maintenance: Women Road Warriors

Learn basic automobile maintenance tips to extend your car's life and reduce fuel costs. We will explain the basic systems that make your vehicle work, how to recognize warning signs of failing components, check your oil, safely change a flat tire, and overall preparation for cold weather. After this class, you will be better prepared to maintain your vehicle yourself.

Rhinelanders	9084	4/25	Th	6 PM - 9 PM	\$25	Kolasa
Nicolet - White Pine Center		1x			62+ \$21	

OSHA Compliance & Workplace Safety

OSHA 10-Hour General Industry

The Occupational Safety and Health Administration (OSHA) recommends this training as an orientation to occupational safety and health. Taught by an OSHA-authorized instructor, this course increases awareness of recognizing and preventing hazards commonly found in the common workplace. Topics include common violations, inspections, citations and penalties, walking and working surfaces, means of egress and fire protection, hazardous materials, material handling, electrical safety, and machine guarding. Successful participants will receive a Department of Labor OSHA-certified completion card. Workers can receive additional training on hazards specific to their job. A total of 10 hours of mandatory and optional topics will be covered.

Rhinelanders	9179	MT	3/25	8 AM - 4 PM	\$200	England
Nicolet - Fieldside Center		2x	3/26	8 AM - 11:30 AM		

OSHA 30-Hour General Industry

Designed for workers and employers requiring supplementary comprehensive training in general industry safety and health, this 30-hour course provides complete information on OSHA compliance issues. It is composed of both mandatory and optional topics and is taught by an OSHA authorized instructor. Participants who successfully complete the course will receive a Department of Labor OSHA-certified completion card. Workers can receive additional training on hazards specific to their job.

Rhinelanders	9178	3/25 - 3/28	MTW	8 AM - 4 PM	\$500	England
Nicolet - Fieldside Center		3x				

MSHA Part 46 Refresher Course

Designed for current mine workers who have already completed an 8-hour Part 46 MSHA New Miner training course plus the mandatory 16 hours of employer-specified training, this 8-hour MSHA Refresher Course provides further instruction on MSHA regulations and requirements.

Rhinelanders	9168	5/24	F	8 AM - 5 PM	\$60	Madson
Nicolet - Fieldside Center		1x			62+ \$33.16	

MSHA Part 46 New Miner Course

Designed for new miners who need to satisfy their 8-hour training requirement before beginning mining work under MSHA Part 46 training requirements, this course satisfies 8 of the 24 hours of mandatory new miner training. Because the course is 8 hours in length, students need to satisfy the remaining 16 hours of training requirements with onsite, mine-specific training as specified by their employers.

Rhinelanders	9169	5/17	F	8 AM - 5 PM	\$28.66	Madson
Nicolet - Fieldside Center 106		1x			62+ \$28.66	

OSHA Training Institute Education Centers



Nicolet Area Technical College is not an OTI Education Center, but serves as a host training organization for National Safety Education Center.

To enroll, visit: <https://www.nsec.niu.edu/nsec/Courses/index.shtml>

Select the course number and Rhinelanders site to proceed with registration.

The National Safety Education Center (NSEC) is one of 26 OSHA Training Institute Education Centers (OTIECs) in the nation. These education centers are a national network of non-profit organizations authorized by OSHA to deliver occupational safety and health training to public and private sector workers, supervisors, and employers.

COURSE NUMBER	COURSE NAME	START	END	TIME	COST	CEUs
OSHA #510	Occupational Safety and Health Standards for the Construction Industry	2/11	2/14	7:30 am - 4 pm	\$850	2.6
OSHA #511	Occupational Safety and Health Standards for General Industry	3/4	3/7	8 am - 5 pm	\$850	2.6
OSHA #501	Trainer Course in Occupational Safety and Health Standards for General Industry	4/8	4/11	8 am - 5 pm	\$850	2.6
OSHA #502	Update for Construction Industry Outreach Trainers	4/22	4/24	8 am - 5 pm	\$700	1.8
OSHA #503	Update for General Industry Outreach Trainers	5/6	5/8	8 am - 5 pm	\$700	1.8
OSHA #2264	Permit-Required Confined Space Entry	5/20	5/22	8 am - 5 pm	\$725	2
OSHA #7500	Introduction to Safety and Health Management	6/10	6/10	7:30 am - 4 pm	\$225	0.55
OSHA #7505	Introduction to Incident (Accident) Investigation	6/11	6/11	8 am - 5 pm	\$225	0.75
OSHA #2015	Hazardous Materials	6/24	6/27	8 am - 5 pm	\$850	2.6

*Additional course offerings may be available on the OSHA NSEC website.

*Courses scheduled in Rhinelanders will be held at Nicolet College, 5364 College Drive, Rhinelanders, WI 54501



SATURDAY, FEBRUARY 23

Celebrate all things winter!

Join us at Yeti Fest on Saturday, February 23, at Nicolet College. This free, day-long community festival will offer indoor and outdoor activities for the whole family.

Yeti Fest Activities:

The Yeti Snowshoe Project (see page 19 for more info)

Human Sled Dog Racing

Live music by Boat Patrol

Wagon rides around campus

Sledding hill for kids and adults

Free family movie

Video and board game competitions

Food and drinks, including beer and wine

Evening fire on the Lakeside Center Patio

Yeti mask making, scavenger hunt, snowman decorating & much more!

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NET

Nicolet Entrepreneurial Training

Build the business of your future from idea... to launch... to sustainability!

NET: EXPLORING ENTREPRENEURSHIP

FREE workshop

Do you have an idea for a business but just don't know where to start? Do you want to know how to turn that idea into reality? Have you already started a business and want to improve your chance of success?

No matter what type of business you're considering or where you are in the process, this **FREE** information-packed workshop will help you find answers to your questions and get connected to the people and resources to help you succeed. You'll leave this workshop with an individualized action plan to assess the feasibility of your business idea and determine your entrepreneurial readiness.

NEW! This spring, we're scheduling a NET class designed to support artistic entrepreneurs in the creative industries. Call for more information.



- Call for 800.544.3039 ext. 4905 or 715.365.4905 more information and full NET spring class schedule
- This FREE workshop is the prerequisite for the 7-week NET: Business Blueprint
- Full and partial scholarships are available (separate application required)
- Locations in Eagle River and Rhinelander



Celebrate Administrative Professionals Day with us

Mark your calendar for a day of enjoyment and professional development designed especially for administrative professionals. Whether you're a secretary, receptionist, or executive assistant, this day is for you so we hope you can join us!

Wednesday, April 24, 2019

8:30 am – 2 pm

Nicolet College

- Celebrate your profession
- Network with professional peers
- Enter for a chance to win prizes
- \$15 registration fee includes delicious lunch

Call 715.365.4905 or 800.544.3039 ext. 4905 with questions or for more information.

Subscribe to our monthly newsletter "The Quotable Admin" for advice, tips, and tricks – and access to updated information available to administrative professionals by emailing your request to workforcedevelopment@nicoletcollege.edu.

ONLINE COURSES

Visit **nicoletcollege.edu** and click the menu button at the top of the page for more information.



Our ed2go online courses are affordable, fun, fast, convenient, and geared just for you.

- Sessions start monthly
- Convenient six-week format
- Interactive learning environment
- Instructors lead each course
- Award of completion with passing score

Professional development and personal enrichment in:

- | | |
|----------------------------|--------------------------|
| • Accounting and Finance | • Language and Arts |
| • Business | • Law and Legal |
| • Computers and Technology | • Personal Development |
| • Design and Composition | • Teaching and Education |
| • Health Care and Medical | • Writing and Publishing |

Here are just a few of the classes offered:

Introduction to Microsoft Excel 2016

Become proficient in using Microsoft Excel 2016 (now available through Office 365) and discover how to create worksheets, workbooks, charts, and graphs quickly and efficiently.
\$129

Introduction to Digital Scrapbooking

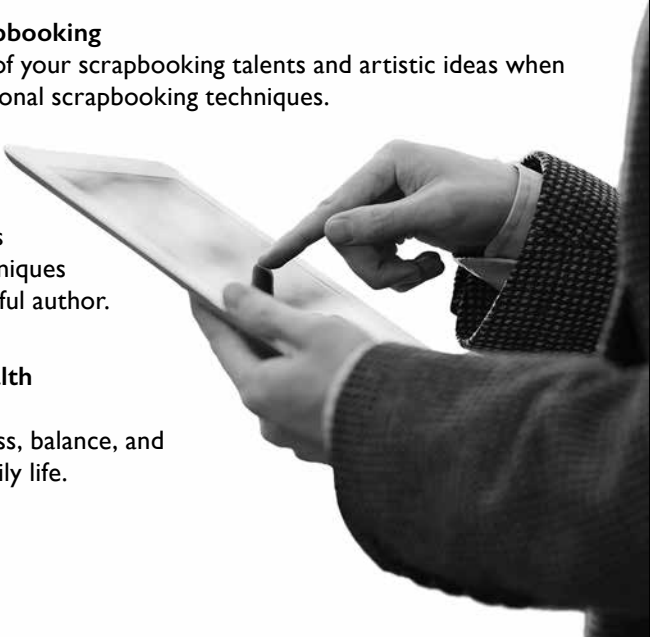
Learn how to make the most of your scrapbooking talents and artistic ideas when you combine digital and traditional scrapbooking techniques.
\$79

Mystery Writing

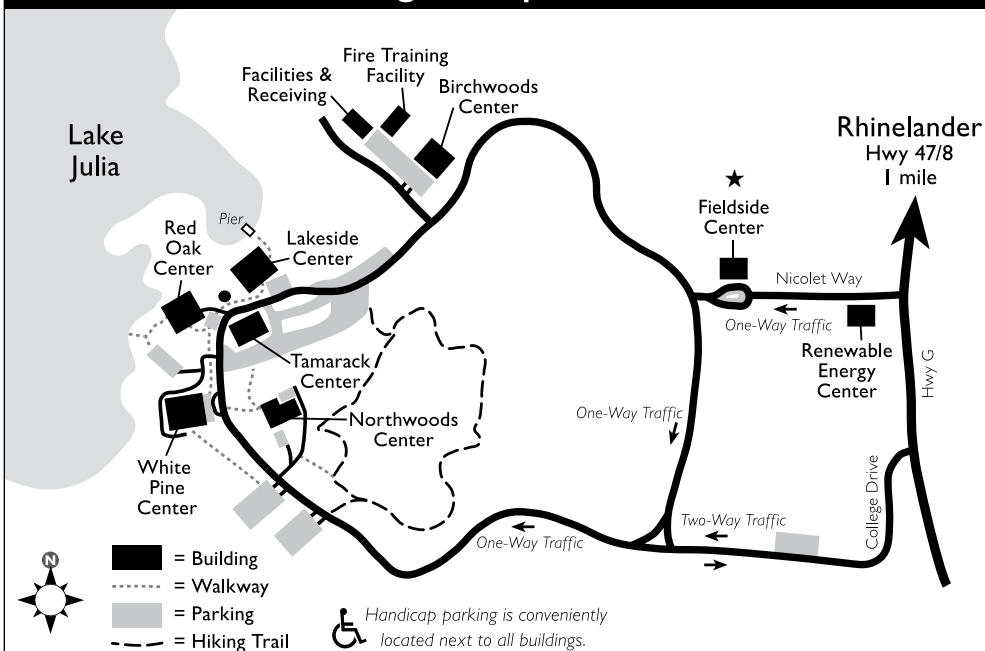
Using vivid examples from bestselling mystery novels, this course will teach you the techniques you need to become a successful author.
\$79

Introduction to Natural Health and Healing

Learn how to promote wellness, balance, and health in all aspects of your daily life.
\$79



Nicolet College Campus – Rhinelander



All registrations for Continuing Education and Outdoor Adventure offerings are now taken at the Fieldside Center on the Rhinelander Campus.

Fieldside Center
5300 Nicolet Way
Box 518
Rhinelander, WI 54501

715.365.4544
800.544.3039 ext 4544
TTY: 800.947.3529 or 711
Fax: 715.365.4596

nicoletcollege.edu

For your convenience we accept:



nicoletcollege.edu

REGISTRATION INFORMATION

Register Today

MAIL-IN

Complete the registration form on the following pages and mail with payment to:

Nicolet College
ATTN: CE Registration
PO Box 518
Rhinelander, WI 54501-0518

PHONE-IN

715.365.4544
800.544.3039 ext 4544
TTY: 800.947.3529 or 711

WALK-IN

Nicolet - Fieldside Center
5300 Nicolet Way
Rhinelander, WI 54501

- Submit your registration form and payment at least five business days before the first day of the class.
- You will receive a confirmation of your registration, including any notes about your class, in the mail after your registration is processed.
- Senior citizen fees (for students age 62 and over) are listed below the standard fee for each class.
- Contact the Continuing Education Registration Office at 715.365.4544, or 800.544.3039 ext 4544, if you want to drop a class. To receive a refund, you must withdraw prior to the start date of the class.
- If a class is cancelled due to insufficient enrollment, you will be notified and your money will be fully refunded.
- Students will be notified if class sessions need to be cancelled due to unforeseen circumstances, such as severe weather or instructor conflicts. Refunds will not be issued unless 25% or more of the course is cancelled. Attempts to schedule makeup dates will be made.
- An email address is required if receiving a certificate of completion. If applicable to the class, Nicolet College issues digital certificates (eCertificates) and will no longer provide printed copies. This new service allows students to have permanent, online access to a secure digital version of their certificate. Students can download their electronic certificate, print it, share it on social media, and/or email it to an employer or others.
- Students who have unpaid financial obligations to the college may be ineligible to register for Continuing Education classes and will not receive certificates of course completion until financial obligations have been satisfied. Please contact the Nicolet Business Office at 715.365.4458 for more information.
- Out-of-state students (except for residents of Minnesota and Michigan where reciprocity agreements apply) may be charged nonresident tuition as required by the Wisconsin Technical College System. Nonresident tuition does not apply to personal interest or hobby courses.
- **Cancellation and Refund Policy for Outdoor Adventure Classes**
If you are unable to attend a confirmed class, for any reason, please notify us at 715.365.4544 or 800.544.3039 ext 4544 as soon as possible. Cancellations made less than ten days prior to departure or no-shows may not receive a refund. This policy is effective for all trips unless otherwise noted.



NICOLET
COLLEGE

Continuing Education Registration Form

PLEASE PRINT

First Name

MI

Last Name

Social Security # or Nicolet Student ID #

Home Mailing Address

City

State

Zip

Phone: Home

Phone: ☐ Cell ☐ Work

County of Residence

Municipality of Residence (Township/Village/City)

Date of Birth

Gender: ☐ Male ☐ Female

Email Address *Required if receiving Certificate of Completion

High School District of Residence

THE FOLLOWING INFORMATION IS FOR STATE REPORTING PURPOSES. INFORMATION PROVIDED WILL NOT INFLUENCE COURSE ADMISSION.

Ethnicity: Are you Hispanic or Latino (regardless of race)? ☐ Yes ☐ No

Highest Educational Grade Completed:

Races: (Check all that apply)

☐ American Indian or Alaska Native ☐ Native Hawaiian or other Pacific Islander ☐ HS Diploma

☐ Asian ☐ Black or African American ☐ White ☐ Some College ☐ Associate Degree ☐ Baccalaureate ☐ 1-Year Diploma ☐ 2-Year Diploma ☐ More than Baccalaureate

Highest Credential Earned:

☐ No Credential ☐ GED ☐ HSED

☐ Short-Term Diploma ☐ Associate Degree + Additional Credential ☐ Baccalaureate

Class Title	Section Number	Dates	Location	Fee/Sr. Fee
FEES ARE DUE WITH REGISTRATION				TOTAL FEES:

FOR MORE INFORMATION:

Call 715.365.4544 or 800.544.3039 ext 4544

MAIL TO:

Nicolet College
Attn: CE Registration
PO Box 518
Rhinelander, WI 54501

PAYMENT METHOD:

☐ Check/Money Order (Payable to Nicolet College) ☐ MasterCard ☐ Visa ☐ Discover

Card Account Number:

Expiration Date:

Verification Code:

Cardholder Signature:

(from signature line on back of credit card)

Social Security number is required if claiming a deduction for tax purposes (does not apply to Community Education classes).



NICOLET
COLLEGE

Continuing Education Registration Form

PLEASE PRINT

First Name	MI	Last Name	Social Security # or Nicolet Student ID #	
Home Mailing Address		City	State	Zip
Phone: Home	Phone: <input type="checkbox"/> Cell <input type="checkbox"/> Work	County of Residence	Municipality of Residence (Township/Village/City)	Date of Birth / /
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	Email Address *Required if receiving Certificate of Completion		High School District of Residence	

THE FOLLOWING INFORMATION IS FOR STATE REPORTING PURPOSES. INFORMATION PROVIDED WILL NOT INFLUENCE COURSE ADMISSION.

Ethnicity: Are you Hispanic or Latino (regardless of race)? ☐ Yes ☐ No Highest Educational Grade Completed: _____

Races: (Check all that apply)

<input type="checkbox"/> American Indian or Alaska Native	<input type="checkbox"/> Native Hawaiian or other Pacific Islander	<input type="checkbox"/> HSED	<input type="checkbox"/> HS Diploma
<input type="checkbox"/> Asian	<input type="checkbox"/> White	<input type="checkbox"/> No Credential	<input type="checkbox"/> 1-Year Diploma
<input type="checkbox"/> Black or African American		<input type="checkbox"/> Some College	<input type="checkbox"/> Baccalaureate
		<input type="checkbox"/> Associate Degree	<input type="checkbox"/> More than Baccalaureate

Class Title	Section Number	Dates	Location	Fee/Sr. Fee
FEES ARE DUE WITH REGISTRATION				TOTAL FEES:

FOR MORE INFORMATION: Call 715.365.4544 or 800.544.3039 ext 4544	MAIL TO: Nicolet College Attn: CE Registration PO Box 518 Rhinelander, WI 54501	PAYMENT METHOD: <input type="checkbox"/> Check/Money Order (Payable to Nicolet College) <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa <input type="checkbox"/> Discover Card Account Number: _____ Expiration Date: ____/____/____ Verification Code: _____ (from signature line on back of credit card) Cardholder Signature: _____
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Social Security number is required if claiming a deduction for tax purposes (does not apply to Community Education classes).

Revised 1/1/18



NICOLET
COLLEGE

Nicolet College
5364 College Drive
PO Box 518
Rhinelander, WI 54501-0518

NICOLET COLLEGE MISSION

In service to the people of Northern Wisconsin, we deliver superior community college education that transforms lives, enriches communities, fosters economic development, and expands employment opportunities.

**Nicolet College
Continuing Education**

715.365.4544
800.544.3039 ext 4544
TTY: 800.947.3529 or 711
FAX: 715.365.4596

nicoletcollege.edu



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facebook.com/nicoletcollege



Find us on Twitter
twitter.com/nicoletcollege

Nicolet College does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. The following person has been designated to manage inquiries regarding the non-discrimination policies:

Director of Human Resources, Nicolet Area Technical College, PO Box 518, Rhinelander, WI 54501-0518

Telephone: 715.365.4449 • TTY: 800.947.3529 or 711