



NICOLET
COLLEGE

CONTINUING EDUCATION

SUMMER 2019
MAY - AUGUST

NORTHWOODS
BICYCLE TOUR 4

WILD GAME
COOKING 11

ONLINE GED STUDIES 21

MAXIMIZE SOCIAL
SECURITY 22

BASIC
MOTORCYCLE
RIDER 28

REGISTER TODAY



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HOW TO READ A COURSE LISTING

Summer Fruits and Berries

Taking advantage of the bounty of fresh fruit and berries of the summer, we'll create blackberry anise coffee cake, white peach floats, a summer berry trifle, and strawberry pavlova.

		DAY(S) OF WEEK		REGULAR FEE	INSTRUCTOR	
Eagle River	3255	7/25	Th	10:30 AM - 1 PM	\$32	Reeder
Sonny Bees Honey Farm	1X				62+ \$28	
	SECTION #	NUMBER OF SESSIONS		SENIOR FEE IF OVER 62		

PROJECT NORTH

CREATE + SUSTAIN

MUSIC, ARTS, SUSTAINABILITY FEST September 26-29 in Rhinelander

Join us for a long weekend of fantastic music, engaging art workshops, and a sustainable natural vibe which will all be in the spotlight Sept. 26 to 29 with the launch of the Project North Festival in downtown Rhinelander.

More than a dozen bands will perform a mix of music ranging from indie and folk rock to fusion dance, funk, bluegrass, roots, and American standards.

On the arts front, you'll have the chance to advance your own artistic talents through numerous workshops offered through Art Start's School of the Arts. Painting, poetry, drawing, printmaking and songwriting along with many more will be offered. Numerous artists will also have works on display during the Art Walk through Rhinelander's historic downtown.

And did we mention food and drinks? Rest assured, plenty will be available to tickle your culinary taste buds and quench just about any thirst during your visit.

All of this will take place with environmentally-conscious practices and educational displays that will put the Project North Festival on the cutting edge of sustainable festivals.

**For more information, and to purchase your tickets,
visit projectnorth.org.**

This project is supported by grant funding from The Wisconsin Arts Board, Wisconsin Department of Tourism, and The Northern Arts Council.



Stop by the Nicolet College Art Gallery to view the Northern National Art Competition exhibit.

OUTDOOR ADVENTURE

CANOE & KAYAK

Introduction to Dragon Boat Paddling

Dragon boating is one of the fastest growing watersports in the world with more festivals being held internationally, nationally, and even locally. If you've ever wondered what it feels like to be in a 45-foot boat powered by 10 to 21 people, this is your opportunity. We'll enjoy learning basic paddling skills, commands, and about the history of dragon boating on land before we take the dragon boat out for an evening paddle on Lake Minocqua. International competitor and coach Mike Mondrall will lead the class. Paddles will be provided. Bring a personal flotation device if possible; a limited number will be available to use. Participants must be age 15 or older.

Mike Mondrall
5 to 7 pm
Mondays, June 17 or July 15
Torpy Park, Minocqua
\$20 per session
Max: 19
Strenuousness rating: 2

Loon Paddle – Iconic Birds of the North

Not only is the Turtle-Flambeau Flowage one of the most scenic bodies of water in Wisconsin, it's also home to the most pairs of nesting loons in the state! Join biologist and loon expert Terry Dalton as we paddle the flowage and learn about these birds from a researcher's perspective. During the journey she'll share interesting facts about loon behavior patterns and habitat, all the while instilling a greater understanding and appreciation for this iconic bird of the north. At 14,000 acres complete with 195 islands, the Turtle-Flambeau also has rich populations of bald eagles and osprey and is home to terns, merlins, great blue herons, and a diversity of waterfowl and songbirds.

Terry Dalton & Dan Clausen
9 am to 4 pm
Tuesday, June 25
Turtle-Flambeau Flowage, Lac du Flambeau Area
\$70 | \$85 with canoe rental
Strenuousness rating: 3



Date Night by Kayak, Canoe

“With the coming hot summer months countless thousands will be turning their attention to The North where silvery lakes, sparkling streams, and towering pines call to those who seek the great outdoors for recreation and enjoyment.” That’s from a 1927 tourism brochure for the Tomahawk area. More than 80 years later, this gateway to the Northwoods remains a destination for many seeking nature’s backdrop. A unique feature of the area is the confluence of the Big Somo, Little Somo, Tomahawk, and Wisconsin rivers. We’ll paddle these island-studded waters and reminisce about what life must have been like when the city was founded so long ago. We will end at one of the local hotspots for our dinner date night. Fee includes dinner, but not beverages and tip.

Martha Schouweiler & Rae Grosman

5 to 9 pm

Thursday, July 11

Tomahawk Area/Sara Park

\$45 (includes dinner) | \$60 with canoe or kayak rental

Max: 10

Strenuousness rating: 3

Beginning Stand Up Paddleboarding

Up the fun factor with this Stand Up Paddleboarding class designed to impart all the skills necessary to get the most out of this fun and enjoyable activity. Class will take place on the sparkling waters of Crystal Lake just south of Sayner. Expert entry-level instruction will include how to get on a board (they’re much more stable than many think), proper stance for optimum balance, essential paddle strokes and turning techniques, and how to get back on your board if you happen to fall off (or jump off, which is great fun particularly on a hot day!) We’ll start on the scenic sand beach with a basic overview of techniques and equipment and then set off on the water for a tour of Crystal Lake. Along with being a lot of fun, over time you’ll experience the added benefit of improving core strength and balance skills with this lifetime sport.

Andrew Warner

10 am to noon

Saturday, August 3

Crystal Lake and Beach, Sayner

\$25 | \$65 with board rental

Max: 8

Strenuousness rating: 2



OUTDOOR RECREATION

Disc Golf for Beginners

The resort that's home to the Wisconsin Disc Golf Hall of Fame will be the outdoor classroom for this offering that will introduce you to all aspects of this fun sport that offers highly-accessible exercise in the great outdoors. Instruction will include an overview of the equipment and rules, proper technique for a variety of different throws, and even the proper footwork to get the most out of every throw. This four-session offering will include individual and group instruction as disc golfers make their way through Sandy Point Resort's world-class, 27-hole course known for its quintessential Northwoods natural aesthetic. Participants will have the opportunity to participate in a recreational-level competition the last day of class, if they desire.

Note that you will need your own discs for this class. If you do not have any, you can purchase a three-disc set from Sandy Point Resort at the discounted price of \$30. The set includes a driver, midrange, and putter.

Mike Cozzens

5 to 8 pm

Select one four-week session. All on Wednesdays.

1st Session – May 15, 22, 29, June 5

2nd Session – June 19, 26, July 3, 10

3rd Session – July 24, 31, Aug. 7, 14

Sandy Point Resort and Disc Golf Ranch

\$75 for four sessions of instruction and play.

\$30 for set of three discs (driver, midrange, putter), if needed.

Max: 12

Strenuousness rating: 2-3

Northwoods Bicycle Tour

A whole new world opens up when one sees the countryside from the seat of a bicycle. Experience that enlightening perspective in this beginning-level class that culminates in a 110-mile roundtrip, overnight bicycle adventure from Rhinelander to a campground in the Northern Highland American Legion State Forest near Boulder Junction. In preparation for the ride, students will meet for an hour on two Saturdays prior to learn bicycle touring basics. This will include bicycle and camping equipment for touring, navigation and mapping safe travel routes, nutrition, safety, how to load a touring bicycle, setting up a good campsite, and bicycle maintenance. Participants should be prepared to handle weather conditions typical of being in the outdoors for a weekend bike tour. Riders will procure their own food.

Dave Daniels

1 to 2 pm

Saturdays May 18 and 25 – Touring Basics (classroom)

Nicolet Campus - Fieldside Center 102

Saturday – Sunday, June 1-2

Overnight bicycle trip from Rhinelander to near Boulder Junction

\$90 | \$20 per person camping fee paid at campsite.

Max: 6

Strenuousness rating: 4



Primitive Fire Starting

By learning the ancient bushcraft skill of primitive fire starting, you'll be able to quickly and effectively make a fire in any weather conditions. We'll cover various materials for preparing the best tinder and the proper technique and equipment used for ferrocerium rod flint and steel fire starting. After this course, you'll have all the means to get a blaze going wherever and whenever needed. Everyone will receive a ferrocerium rod flint with striker to keep. If you have your own rod flint, or survival knife, you are encouraged to bring that as well.

Andrew Warner
6 to 8 pm
Wednesday, June 12
Nicolet College Campus - The Point
\$30
Max: 10
Strenuousness rating: 1

Island Yoga

The serenity of time on an island combined with the invigorating practice of gentle yoga will join forces for this unique Northwoods experience. We'll start with a 20-minute guided paddle out to Big Island in scenic Lake Julia for a one-of-a-kind yoga session that will leave you refreshed and energized. After the class we'll have a light, healthy snack on the island before we paddle back to the Nicolet College Campus. No yoga experience is required but it is recommended that participants have paddled a boat before. A canoe/kayak instructor will join us to provide basic paddling instruction, if needed, and to guide us to and from the island.

Jane Banning & Terry Rutlin
Noon to 3 pm
Saturday, June 22
Rain Date: Saturday, June 29
Nicolet College Campus - Lake Julia Terrace to Big Island
\$20 | \$35 with kayak or canoe rental
Max: 12
Strenuousness rating: 2-3

Intro to Slacklining

A keen sense of balance is vital to many recreational and daily activities. Without it, we tip over. You can hone and sharpen your balance skills – and have a great deal of fun along the way – with this introductory Slacklining class on the shores of picturesque Buck Lake. Similar at first glance to walking a tightrope, slacklining is accomplished by stretching and tensioning a one-inch to two-inch wide length of nylon webbing between two anchor points, most often trees. Originating within the rock climbing community as a way of passing time, it also has many benefits including maintaining concentration, fitness, core strength, and balance skills. This introductory course will cover all the information, tips and advice you'll need to learn how to slackline quickly and easily, one step at a time.

Andrew Warner
5 to 7 pm
Friday, August 23
Almon Park, Buck Lake Beach Area, just south of Rhinelander
\$20
Max: 10
Strenuousness rating: 3

HIKING UNIQUE LANDSCAPES

Unique Landscapes: Hiking Pat Shay State Natural Area, Franklin and Butternut Lakes State Natural Area, and Hidden Lakes Trail

The super-canopy white pine and old-growth hemlock surrounding majestic Pat Shay Lake are just a few of the highlights of this eight-mile hike in the Nicolet National Forest just east of Eagle River. The hilly trail passes through the Pat Shay Lake State Natural Area and bisects the Franklin and Butternut Lakes State Natural Area which is also well-known for its virgin pines and hemlock. Significant hiking stamina and strength are a necessity. Still, we've built in time to stop and talk about the unique ecology of the areas and to simply enjoy the views.

John Bates & Mary Burns

9 am to 3 pm

Monday, Aug. 5

Meet at a small parking lot along Knapp Rd. Directions will be sent to registrants.

\$55

Max: 15

Strenuousness rating: 4

Unique Landscapes: Hiking Plum Lake Hemlocks State Natural Area and the Trampers Trail

Established as a State Natural Area in 1953, the 747-acre Plum Lake Hemlock Forest stretches between Star Lake and Plum Lake and comprises one of the best old-growth stands remaining in Wisconsin. With approximately 240 acres of old-growth hemlock-hardwoods, the stand is thought to primarily have originated from a fire that occurred around 1810, though there are hemlocks significantly older than this within the stand (280 years-old!) The absence of nearly all white pine and the presence of scattered stumps suggests that a selective cut of the super-canopy white pine occurred in the 1880s. We will hike a narrow trail along Star Lake for a total of around five miles and stopping for lunch along the lake. We'll take our time, enjoying and discussing the unique natural features of the site as well as its exceptional beauty.

John Bates & Mary Burns

9 am to 3 pm

Tuesday, Aug. 20

Meet at the Plum Lake State Natural Area. Directions will be sent to registrants.

\$50

Max: 15

Strenuousness rating: 4

HUNTING & FISHING

Fishing from a Pedal Kayak

Fishing from a kayak offers a degree of quiet stealth other boats can't match. Now rig that kayak specifically for fishing and make it pedal powered to free up your hands and you have all the makings for loads of piscatorial entertainment. Individuals in this class will take to fish-rich Brandy Lake in Arbor Vitae to learn the finer points of maneuvering a pedal kayak and about the modern rigging involved to enhance the experience. Other elements of this increasingly popular style of fishing will include casting technique and how to use the craft to troll for game fish. Both single and tandem boats are available. The price of this class includes the use of a pedal kayak. No need to rent a boat if you do not own one. Students will need to provide their own fishing gear.

Tim Lindquist

1 to 4 pm

Friday, June 7

Brandy Lake Boat Landing, Arbor Vitae

\$30

Max: 8

Strenuousness rating: 2

Shooting Trap and Sporting Clays

Dial in your aim and improve your shotgun skills before the start of bird hunting season with this class geared toward refining technique for more success in the field. Top-notch instructors will share their proven tips, working with participants one-on-one and in small groups. Class will start with a safety briefing and then on to the Trap Range with each individual shooting 25 clays which will fly straight away. Next we'll move to the more challenging Sporting Clays Course. Here, instructors will take small groups of three to four through the 10-station, 50-clay course where the clays fly all different directions and at varying speeds. Students must have a semi-automatic, double-barrel, or pump shotgun and have at least 75 shells at the start of class. Youth age 12 and older are encouraged to enroll. Youth must be accompanied by a parent or guardian and have passed the Wisconsin Hunter Education course, which can be completed online at hunter-ed.com/Wisconsin.

Harshaw Sport Club Members

9 am to noon

Saturday, June 8

Harshaw Sport Club

10047 Rocky Run Road, Harshaw

\$50 (includes at least 75 clay targets)

Max: 12

Strenuousness rating: 2



On the Hunt for Wild Mushrooms

Dig into the secretive world of wild mushrooms as we take to the field to hunt for the broad array of native mycelium that grow in the Northwoods. The focus will be on which mushrooms are absolutely scrumptious in culinary dishes and which ones need to be avoided. Along with venturing into the woods to collect wild mushrooms, the day will also include some indoor lab time to learn a little about mushroom biology, what habitat they like, and also what many parts look like under a microscope. Participants may want to bring a basket to carry their bounty.

Emilymae King

9 am to 1 pm

Saturday, August 10

Nicolet College Trails and Red Oak Center Science Lab

\$25

Max: 20

Strenuousness Rating: 2



Fly Fishing for Various Species

Learn how to 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 to 1 pm

Saturday, May 11

Nicolet College - Fieldside Center 102

\$40

Strenuousness rating: 1

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 to 5 pm

Sunday, May 12 and May 19

The Gentleperson's Sport

N9415 Wilderness Drive

Tomahawk

\$55 includes both sessions

Strenuousness rating: 1



Introduction to Fly Fishing

This is a great beginner course. You'll learn about fly fishing terminology, equipment for different species and situations, flies and how to fish them, plus different fly fishing techniques and casts. We'll practice the basic forward cast, sidearm cast, wiggle cast, and roll cast. All equipment will be provided, but you can bring your own if you like.

Robert Paine
 9 am to 1 pm
 Saturday, June 1
 Fieldside Center 102
 \$35
 Max: 10
 Strenuousity rating: S2

Advanced Fly Fishing

Take your fly casting skills to the next level with this advanced class designed for those with experience and can consistently cast at least 30 feet. Topics will include a variety rod, reel, and line setups, selecting the right equipment for different conditions, and how to cast using a variety of techniques. One-on-one instruction will teach you how to deliver flies using the pile, reach, steeple, tuck, and curve casts, as well as the double-haul.

Robert Paine
 2 to 5 pm
 Saturday, June 8
 Fieldside Center 102
 \$32
 Max: 10
 Strenuousity rating: S2

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.

Spend the day with us to learn the finer points of grouse hunting in the morning and then, in the afternoon, take to Nicolet's Culinary Arts Kitchen for specialty tips on how to cook a wide variety of mouth-watering wild game!

How to Find and Hunt Ruffed Grouse

As one of the most challenging game birds to hunt in the Northwoods, you can stack the odds in your favor with the field-tested tips and techniques presented in this two-hour session. Topics will cover the best places to find grouse, what to look for in grouse habitat, hunting with and without a dog, and staying safe in the woods. Gun handling; gun, shot, and choke selection; and shooting techniques will also be covered as we prepare to hunt of these birds that can literally go from 0 to 25 mph in the blink of an eye.

Scott Biscobing & Terry Rutlin
Saturday, Sept. 7
9 to 11 am
Nicolet College - Fieldside Center 102
\$20
Max: 25
Strenuousness rating: 1

Wild Game Cooking

Savor in the delights of learning exquisite wild game cooking techniques from two gentleman who excel in this culinary arena almost as much as they do out hunting in the field. See what it takes to make outstanding dishes with everything from grouse to dove and pheasant to venison. Duck tacos anyone? How about grilled dove in remoulade? Maybe bacon-wrapped marinated venison backstrap is more your taste. If you are looking to up your culinary game, this class is for you!

Todd Berg & Joe Hein
Noon to 3 pm
Saturday, Sept. 7
Nicolet College Campus - Culinary Arts Kitchen, Northwoods Center
\$40 (includes food tasting)
Max: 12
Strenuousness rating: 1



PERSONAL ENRICHMENT

ARTS & CRAFTS

Painting

Moonlit Cabin Painting

Picture warm light coming from a cabin, a flowing stream nearby, and tall mountains in the distance. This oil painting project utilizes a 14" x 18" canvas and is open to students of all levels. You will need oil painting brushes, along with paper towels, brush cleaner, and graphite paper. Contact instructor at 715.453.8190 for a complete supply list. Bring your lunch.

Tomahawk	3240	6/11 - 6/18	T	9 AM - 3 PM	\$60	Luzenski
Bradley Town Hall		2X			62+ \$48	

Red and Black Rooster Painting

Meet the Barn Yard Dandy – he's very impressive with his rich red and black colors. This is an oil painting project on a 12" x 12" surface that we will prepare in class. Open to students of all levels. You will need a 2, 4, and 6 bright brush and a 0 liner, along with paper towels, brush cleaner, and graphite paper. Contact instructor at 715.453.8190 for a complete supply list. Bring your lunch.

Tomahawk	3242	7/23	T	9 AM - 3 PM	\$45	Luzenski
Bradley Town Hall		1X			62+ \$39	

Painting Nature's Best

Perfect for any kitchen, this warm painting features a buff cochin bantam chicken perched on an old apple crate. This is an 11" x 14" oil painting project and is open to students of all levels. You will need a 2, 4, and 6 bright brush and a 0 liner, along with paper towels, brush cleaner, and graphite paper. Contact instructor at 715.453.8190 for a complete supply list. Bring your lunch.

Tomahawk	3241	8/6 - 8/20	T	9 AM - 2:30 PM	\$55	Luzenski
Bradley Town Hall		2X			62+ \$43	

Class will not meet 8/13.

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	3263	6/6 - 8/1	Th	6 PM - 9 PM	\$108	Schnell
Minocqua Public Library - Torpy Room		8X			62+ \$84	

Class will not meet 7/4.

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.

Presque Isle	3250	6/14	F	10 AM - 2 PM	\$65	Reeder
Presque Isle Library		1X			62+ \$61	

Sewing

Self Paced Sewing

This class is for quilting, garment sewing, and machine embroidery help. Create your own personal class and get individual instruction and assistance at your own pace. Create that special piece or just finish that project that was started all those years ago. All aspects of the sewing world can be addressed. Beginners to the advanced all welcome. Please provide your own sewing machine and basic supplies.

Minocqua	3220	6/7 - 6/28	F	9:30 AM - 3 PM	\$76	Robinson
Ascension Lutheran Church		4X			62+ \$60	
Minocqua	3219	7/12 - 8/2	F	9:30 AM - 3 PM	\$76	Robinson
Ascension Lutheran Church		4X			62+ \$60	
Minocqua	3218	8/9 - 8/30	F	9:30 AM - 3 PM	\$76	Robinson
Ascension Lutheran Church		4X			62+ \$60	

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

Section # 3217	6/7
Section # 3216	6/14
Section # 3227	6/21
Section # 3238	6/28
Section # 3224	7/12
Section # 3214	7/19
Section # 3223	7/2
Section # 3222	8/2
Section # 3215	8/9
Section # 3225	8/16
Section # 3221	8/23
Section # 3226	8/30

FOOD & COOKING

Homemade Bread is Best!

There's nothing quite like fresh bread, hot from the oven. Learn the secrets of working with yeast, mixing, proofing, and kneading in this hands-on-class. We'll prepare delicious cinnamon rolls, light wheat bread, and an easy and tasty pizza crust.

Eagle River	3251	6/6	Th	11 AM - 2 PM	\$30.50	Reeder
Sonny Bees Honey Farm		1X			62+	\$26.50

A Celebration of Herbs

Herbs and spices are not just for “foodies” or culinary experts, and summer is a great time to experiment with the availability of fresh herbs from local growers or your own garden. Whether you want to add additional flavor to meals or reduce added salt, fat, or sugar, herbs and spices can enhance a variety of foods. This hands-on cooking class includes preparation of simple, healthy seasonal dishes that incorporate the flavors of herbs and spices.

Presque Isle	3256	6/7	F	10 AM - 12:30 PM	\$30	Reeder
Presque Isle Library		1X			62+	\$26

Taking the Mystery Out of Sourdough

All you really need to make real sourdough bread is an understanding of the process, along with flour, water, and time for the wild yeasts to develop. This hands-on course is a must for anyone wishing to confidently produce sourdough breads, and you'll learn all about mixing, proofing, and baking. All supplies are included, and you'll leave with your own starter and a loaf of bread to bake at home.

Eagle River	3260	6/13	Th	12:30 PM - 4:30 PM	\$32	Reeder
Sonny Bees Honey Farm		1X			62+	\$28



Mexican Fiesta

Grab your apron and join us for a delicious celebration of Mexican cuisine. We'll make spicy guacamole, a tasty Mexican soup, Mexican fried rice, and coconut flan.

Eagle River	3257	6/20	Th	11 AM - 1:30 PM	\$30	Reeder
Sonny Bees Honey Farm		1X			62+ \$26	

Summer Fruits and Berries

Taking advantage of the bounty of fresh fruit and berries of the summer, we'll create some luscious desserts such as blackberry anise coffee cake, white peach floats, a summer berry trifle, and strawberry pavlova.

Eagle River	3255	7/25	Th	10:30 AM - 1 PM	\$32	Reeder
Sonny Bees Honey Farm		1X			62+ \$28	

Celebrating the Great British Cook Show

If you missed the winter class, here's your chance to bake with us in summer. Lots of fun and always delicious, try your hand at an interesting technical bake as well as a decadent show-stopper bake (think pavlova)!

Eagle River	3252	8/1	Th	11 AM - 1 PM	\$30.50	Reeder
Sonny Bees Honey Farm		1X			62+ \$26.50	

Classic Sauces and Salad Dressings

Mother sauces got their name because each one is like the head of its own unique family. Explore classic mother sauces and homemade salad dressings in this hands-on class. You'll discover that with just a few simple ingredients, you can make a variety of classic savory and sweet sauces that you can use as is or as the starting point for plenty of other exciting dishes (such as using your béchamel to make macaroni and cheese).

Eagle River	3253	8/8	Th	12 AM - 3 PM	\$30	Reeder
Sonny Bees Honey Farm		1X			62+ \$26	

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 **3254** 6/10 - 8/21 MW 9 AM - 10 AM \$99 Reeder
First Congregational Church 18X 62+ \$81
Class will not meet 7/8, 7/10, 7/15, 7/17.

QiGong and Balance

This ancient practice is easy to learn and enjoyable at any age. QiGong, pronounced “Chi Gong” 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 **3258** 6/10 - 8/21 MW 10:15 AM - 11:15 AM \$99 Reeder
First Congregational Church 18X 62+ \$81
Class will not meet 7/8, 7/10, 7/15, 7/17.

Rhineland **3259** 6/11 - 8/20 T 9 AM - 10 AM \$49.50 Reeder
Nicolet - Northwoods Center 202 9X 62+ \$39.50
Class will not meet 7/9, 7/16.

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 **3229** 6/4 - 8/8 TTh 9:30 AM - 10:30 AM \$94 Cihla
Reiter Center 17X 62+ \$76
Class will not meet 6/18, 6/20, 7/4.



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 **3230** 6/4 - 8/8 TTh 10:30 AM - 11:30 AM \$94 Cihla
Reiter Center 17X 62+ \$76

Class will not meet 6/18, 6/20, 7/4.

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.

Three Lakes **3231** 6/4 - 8/8 TTh 11:30 AM - 12:30 PM \$94 Cihla
Reiter Center 17X 62+ \$76

Class will not meet 6/18, 6/20, 7/4.

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.

Lake Tomahawk **3234** 6/4 - 8/8 TTh 3:30 PM - 4:30 PM \$94 Cihla
Lake Tomahawk 17X 62+ \$76

Community Building

Class will not meet 6/18, 6/20, 7/4.

Tai Chi for Health

Tai Chi is a martial art exercise with origins in ancient China. You will learn a gentle and safe way to stretch and strengthen your muscles, improve your mobility and balance, and destress your mind. All are welcome to this beginner class.

Lake Tomahawk **3233** 6/4 - 8/8 TTh 5:30 PM - 6:30 PM \$94 Cihla
Lake Tomahawk 17X 62+ \$76

Community Building

Class will not meet 6/18, 6/20, 7/4.

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.

Lake Tomahawk **3232** 6/4 - 8/8 TTh 4:30 PM - 5:30 PM \$94 Cihla
Lake Tomahawk 17X 62+ \$76

Community Building

Class will not meet 6/18, 6/20, 7/4.



Functional Conditioning TRX

Condition your body utilizing a suspended balance trainer, a portable easy-to-use training system that makes your body weight work for you. Learn exercises to improve strength, core stability, balance, and flexibility. Exercises can be done almost anywhere, indoors or outdoors, and beginning to very advanced strength levels can benefit from this class. A TRX will be provided for use in class. Students should bring a floor mat and water to each class session.

Rhinelanders	3235	6/5 - 8/7	W	8 AM - 9 AM	\$50	Cihla
Groundwork Grappling		9X			62+ \$40	

Class will not meet 6/19.

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 kettle bells 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	3237	6/5 - 8/7	W	9 AM - 10 AM	\$50	Cihla
Groundwork Grappling		9X			62+ \$40	

Class will not meet 6/19.

Water Exercise

Water Exercise Shallow

Enhance your fitness through this aquatic exercise program 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 are done in the shallow end of the pool.

Wabeno	3228	6/11 - 8/20	TTh	9:30 AM - 10:30 AM	\$108	Booth
Potawatomi Carter Casino Pool		18X			62+ \$90	

Class will not meet 7/4, 7/16, 7/18.

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 **3265** 6/6 - 8/22 Th 3:45 PM - 5:15 PM \$85 Schussler
Northwoods Unitarian 12X 62+ \$69
Universalist Fellowship
Class will not meet 7/4, 8/8.

Woodruff **3264** 6/10 - 8/19 M 4 PM - 5:30 PM \$85 Schussler
Northwoods Unitarian 10X 62+ \$69
Universalist Fellowship
Class will not meet 8/12.

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 to class.

Rhineland **3267** 6/11 - 8/20 T 4:30 PM - 6 PM \$85 Schussler
Nicolet - Northwoods Center 202 10X 62+ \$69
Class will not meet 8/6.

Woodruff **3266** 6/12 - 8/21 W 5:15 PM - 7 PM \$88 Schussler
Northwoods Unitarian 9X 62+ \$72
Universalist Fellowship
Class will not meet 7/3, 8/7.

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 **3236** 6/5 - 6/19 WTh 10 AM - 11:30 AM \$50 Baldwin
Pinewood Country Club 5X 62+ \$42

Harshaw **3239** 7/10 - 7/24 WTh 1 PM - 2:30 PM \$50 Baldwin
Pinewood Country Club 5X 62+ \$42

COMPUTERS & TECHNOLOGY AT HOME

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

Up and Running with Google Photos

Google Photos has become the favorite app for backing up and storing the thousands of flower or dog photos we've taken over the years. Not only does it have free unlimited storage, built in tagging tools, and 'Rediscover This Day', it also automatically groups your photos and videos creating animations, collages, movies, and stories. Become familiar with the app on all devices. We'll start by setting up the app, making sure the app is logged into your Google account, and syncing properly. Learn how to work with all your photos on the Google website using fantastic built-in tools. We'll talk about how to view and organize your photos and search for that photo you want and look at the built-in editing tools and sharing options, so you can send photos to your friends and family.

Rhineland	3248	6/10 - 6/12	MW	9 AM - 12 PM	\$31	Ley
Nicolet - Northwoods Center	110	2X			62+	\$25

Computer and Device Questions Answered

Are you trying to send a photo or document via email? Do you know how to add contacts to your email, smartphone, or tablet? Do you think your computer is infected? We'll answer your quick questions and verify the status of your computer. Note: Computer repair is not a part of this class. However, your instructor will be able to make recommendations if your computer has issues.

Rhineland	3246	6/10 - 6/12	MW	1 PM - 4 PM	\$31	Ley
Nicolet - Northwoods Center	110	2X			62+	\$25

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.

Rhineland	3247	8/5 - 8/7	MW	9 AM - 12 PM	\$31	Ley
Nicolet - Northwoods Center	110	2X			62+	\$25

Making Most of Smartphones

Did you know your smartphone can be your personal assistant for fitness, finances, calendar, emails, and travel? It's a source of information and entertainment. It can serve as a flashlight, camera, and more. We will share information on how to sync your phone and apps with your computer or other devices. Learn about smartphone programs, utilities, free apps, and more. Note: This class will be taught using an iPhone. However, tutorials and information will be provided and applicable to Android smartphones.

Rhinelanders	3249	8/5 - 8/7	MW	1 PM - 4 PM	\$31	Ley
Nicolet - Northwoods Center 110					2X	62+ \$25

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, the 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. Computers are provided or bring your own.

Rhinelanders	4002	6/12 - 6/26	W	1 PM - 3 PM	\$4.50
Nicolet - Tamarack Center 102E					3X

Rhinelanders	4003	7/17 - 7/31	W	1 PM - 3 PM	\$4.50
Nicolet - Tamarack Center 102E					3X

Rhinelanders	4004	8/7 - 8/21	W	12 PM - 2 PM	\$4.50
Nicolet - Tamarack Center 102E					3X

How to be an Online Learner

Attend on-campus or virtually. 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. If you can't come to class, you can virtually attend. For more information call 715.365.4922.

Rhinelanders	4005	9/5	Th	9 AM - 11 AM	\$4.50
Nicolet - Northwoods Center 121					1X

Rhinelanders	4006	9/6	F	12 PM - 2 PM	\$4.50
Nicolet - Northwoods Center 121					1X

Rhinelanders	4007	9/10	T	1 PM - 3 PM	\$4.50
Nicolet - Lakeside Center 222					1X

STUDY FOR YOUR GED/HSED ONLINE

IS IT TIME TO EARN YOUR HIGH SCHOOL CREDENTIAL?

Increase your earning potential. With the help of a local instructor, you can work at your own pace from the comfort of your home. Must be 18 years or older to qualify.

For more details, please contact Academic Success at 715.365.4455 or email academicsuccess@nicoletcollege.edu.

Section #4001 6/6 - 8/2

PERSONAL INTEREST

Finance

Understanding the Financial Impacts of Divorce

Whether you are in process of divorce, contemplating a divorce, or seeking information to support a family member or friend, this class will discuss important financial issues to consider. You'll learn about division of marital assets, benefits that may be impacted by divorce including Social Security and health insurance, and additional considerations such as life insurance, legal documents, and taxation.

Rhineland	3261	6/20	Th	6:30 PM - 8 PM	\$30	Schmitz
Nicolet - Fieldside Center 102		7X			62+ \$28	

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 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	3262	8/6	T	6:30 PM - 8 PM	\$30	Schmitz
Nicolet - Fieldside Center 102		1X			62+ \$28	

Literacy

Introductory Literacy Training

The Literacy Task Force of Northern Wisconsin and Nicolet College are partnering to offer a five-day introductory literacy training course for teachers and volunteer tutors. This thorough and engaging program builds on the fundamentals of the Orton-Gillingham multisensory structured language approach. Filled with practical strategies based on documented best practices, this hands-on workshop is essential for anyone who works with students who are learning to read, write, and spell. Participants will observe demonstration lessons, and prepare and implement sample lesson plans.

Rhinelanders **3200** 7/8 - 7/12 MTWThF 8:30 AM - 4:30 PM \$150 Tillotson
Nicolet - Fieldside Center 102 5X 62+ \$47.62

Self Improvement

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 with a little inside info, we can get those little gray cells working for us instead of tripping us up. In this engaging course, we explore surprisingly easy ways to get your brain on your side. This is not a course in "brain games." Instead, 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. We touch on willpower, habit, negative self-talk (and how to talk back), and how happiness, sleep, exercise and generosity affect your cognitive abilities... and more. There is no required reading, but the instructor will offer suggestions for relevant books, and you will receive comprehensive notes to keep.

Rhinelanders **3268** 6/12 - 8/7 W 3 PM - 4:30 PM \$65 Teuke
Nicolet - Fieldside Center 108 8X 62+ \$53
Class will not meet 7/10.



BUSINESS & PROFESSIONAL DEVELOPMENT

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	3290	6/18	T	8:30 AM - 6 PM	\$65	Mellinger
Nicolet - Fieldside Center 102		1X			62+ \$30.87	
Rhinelanders	3292	8/19	M	8:30 AM - 6 PM	\$65	Mellinger
Nicolet - Fieldside Center 102		1X			62+ \$30.87	

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	3291	6/18	T	4 PM - 6 PM	\$35	Mellinger
Nicolet - Fieldside Center 102		1X			62+ \$28.17	
Rhinelanders	3293	8/19	M	4 PM - 6 PM	\$35	Mellinger
Nicolet - Fieldside Center 102		1X			62+ \$28.17	



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. ISBN number 978-0-134-76421-4 or 0-134-7642-1-8. 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 Rhinelander Nicolet Fieldside Center or you may request that they be mailed to you via payment by credit card.

715.365.4544 or 800.544.3039 ext 4544

OSHA Compliance & Workplace Safety

PIT Operator Safety Classroom Course

This course is designed for personnel who will work with powered industrial trucks (PIT) (i.e. forklift) used to carry, push, pull, lift, stack, or tier materials. It will better familiarize the worker with the potential health and safety concerns associated with powered industrial trucks. The content in this course is designed to comply with the intent of the applicable regulatory requirements. Learner objectives for this course are to: specify the purpose of the Powered Industrial Truck standard (OSHA 29 CFR 1910.178), define the operator training requirements for powered industrial trucks, distinguish several types of powered industrial trucks, recognize some general engineering principles associated with powered industrial truck safety, distinguish potential occupational health and safety concerns associated with the use and maintenance of powered industrial trucks, describe safe loading and unloading methods, identify general inspection and maintenance procedures.

Rhinelanders	3287	6/19	W	8 AM - 2:30 PM	\$75	England
Nicolet - Birchwoods Center 103		1X			62+ \$54.52	
Rhinelanders	3288	8/14	W	8 AM - 2:30 PM	\$75	England
Nicolet - Birchwoods Center 103		1X			62+ \$54.52	

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	3285	6/17 - 6/18	MT	8 AM - 2 PM	\$200	England
Nicolet - Birchwoods Center 103		2x			62+ \$165.87	
Rhinelanders	3286	8/12 - 8/13	MT	8 AM - 2 PM	\$200	England
Nicolet - Birchwoods Center 103		2x			62+ \$165.87	



This summer... Learn to Ride a Motorcycle

We provide the bikes and helmets, all you need to do is register and attend the class.

Daytime, evening, and weekend courses run weekly June through October.

For the schedule of classes see pages 28-29.

Questions? Contact Vicki:
715.365.4641 or 800.544.3039 ext 4641
vnelson@nicoletcollege.edu

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 Rhinelander 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 #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
OSHA #7105	Evacuation and Emergency Planning	7/30	7/30	8 am - 12 pm	\$155	0.4
OSHA #510	Occupational Safety and Health Standards for the Construction Industry	8/5	8/8	7:30 am - 4 pm	\$850	2.6
OSHA #511	Occupational Safety and Health Standards for General Industry	8/26	8/29	8 am - 5 pm	\$850	2.6
OSHA #500	Trainer Course in Occupational Safety and Health Standards for Construction Industry	9/9	9/12	8 am - 5 pm	\$850	2.6
OSHA #501	Trainer Course in Occupational Safety and Health Standards for General Industry	9/23	9/26	8 am - 5 pm	\$850	2.6
OSHA #502	Update for Construction Industry Outreach Trainers	10/7	10/9	7:30 am - 4 pm	\$700	1.8
OSHA #7115	Lockout/Tagout	11/4	11/4	8 am - 5 pm	\$225	0.75
OSHA #7205	Health Hazard Awareness	11/5	11/5	7:30 am - 4 pm	\$225	0.6
OSHA #7100	Introduction to Machinery and Machine Safeguarding	12/4	12/4	8 am - 1 pm	\$155	0.4
OSHA #2015	Hazardous Materials	12/9	12/12	7:30 am - 4 pm	\$850	2.6

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

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

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 prior to the class start date. Information regarding the eCourse will be sent with your class confirmation.

Rhineland Nicolet - White Pine Center 206	3271 2X	6/8 - 6/9	SSu	8:30 AM - 4:30 PM	\$277.35	Murray/ Bowers
Rhineland Nicolet - White Pine Center 206	3272 4X	6/10 - 6/13	MTWTh	5 PM - 9 PM	\$277.35	Knapp/Heller
Rhineland Nicolet - White Pine Center 206	3273 2X	6/22 - 6/23	SSu	8:30 AM - 4:30 PM	\$277.35	Knapp/Millard
Rhineland Nicolet - White Pine Center 206	3274 4X	7/8 - 7/11	MTWTh	5 PM - 9 PM	\$277.35	Heller/Bowers
Rhineland Nicolet - White Pine Center 206	3275 2X	7/13 - 7/14	SSu	8:30 AM - 4:30 PM	\$277.35	Heller/Bowers
Rhineland Nicolet - White Pine Center 206	3276 3X	7/23 - 7/25	TWTh	8:30 AM - 2PM	\$277.35	Knapp/Heller
Rhineland Nicolet - White Pine Center 206	3277 2X	7/27 - 7/28	SSu	8:30 AM - 4:30 PM	\$277.35	Heller/Murray
Rhineland Nicolet - White Pine Center 206	3278 4X	8/5 - 8/8	MTWTh	5 PM - 9 PM	\$277.35	Bowers/ Millard
Rhineland Nicolet - White Pine Center 206	3279 2X	8/10 - 8/11	SSu	8:30 AM - 4:30 PM	\$277.35	Heller/Murray
Rhineland Nicolet - White Pine Center 206	3245 4X	8/19 - 8/22	MTWTh	5 PM - 9 PM	\$277.35	Knapp/ Bowers
Rhineland Nicolet - White Pine Center 206	3280 2X	8/24 - 8/25	SSu	8:30 AM - 4:30 PM	\$277.35	Bowers/ Millard
Rhineland Nicolet - White Pine Center 206	5305 2X	9/7 - 9/8	SSu	8:30 AM - 4:30 PM	\$277.35	Murray/ Bowers
Rhineland Nicolet - White Pine Center 206	5303 2X	9/21 - 9/22	SSu	8:30 AM - 4:30 PM	\$277.35	Bowers/ Murray
Rhineland Nicolet - White Pine Center 206	5304 2X	10/5 - 10/6	SSu	8:30 AM - 4:30 PM	\$277.35	Knapp/Heller

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.

Rhinelanders Nicolet - White Pine Center 206	3282 2X	6/17 - 6/19	MW	5 PM - 9 PM	\$123.13	Murray/Heller
Rhinelanders Nicolet - White Pine Center 206	3283 1X	6/29	S	8:30 AM - 4:30 PM	\$123.13	Murray/Heller
Rhinelanders Nicolet - White Pine Center 206	3284 1X	7/19	F	8:30 AM - 4:30 PM	\$123.13	Knapp/Murray
Rhinelanders Nicolet - White Pine Center 206	3281 1X	8/17	S	8:30 AM - 4:30 PM	\$123.13	Murray
Rhinelanders Nicolet - White Pine Center 206	5306 1X	9/28	S	8:30 AM - 4:30 PM	\$123.13	Murray



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 AMERICAN HEART ASSOCIATION 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 Nicolet - Birchwoods Center 105	3211 1X	7/16	T	6 PM - 9:30 PM	\$40.15 62+ \$26.50	Hazelquist
Rhinelanders Nicolet - Birchwoods Center 105	3212 1X	8/19	M	6 PM - 9:30 PM	\$40.15 62+ \$26.50	Guzman

American Heart Association Heartsaver 1st Aid CPR/AED _____

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 Nicolet - Birchwoods Center 105	3208 1X	6/15	S	8 AM - 3:30 PM	\$53.80 62+ \$26.50	Jennejohn
Rhinelanders Nicolet - Birchwoods Center 105	3209 2X	7/16 - 7/18	TTh	6 PM - 9:30 PM	\$53.80 62+ \$26.50	Hazelquist
Rhinelanders Nicolet - Birchwoods Center 105	3210 2X	8/19 - 8/21	MW	6 PM - 9:30 PM	\$53.80 62+ \$26.50	Hazelquist



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.

Rhineland Nicolet - Birchwoods Center 105	3204 2X	6/10 - 6/12	MW	6 PM - 9 PM	\$43.25 62+ \$22.77	Hazelquist
Rhineland Nicolet - Birchwoods Center 105	3205 1X	7/19	F	8 AM - 2:30 PM	\$43.25 62+ \$22.77	Guzman
Rhineland Nicolet - Birchwoods Center 105	3206 2X	8/12 - 8/14	MW	6 PM - 9 PM	\$43.25 62+ \$22.77	Jennejohn
Rhineland Nicolet - Birchwoods Center 105	3207 1X	8/23	F	8 AM - 2:30 PM	\$43.25 62+ \$22.77	Hazelquist

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.

Rhineland Nicolet - Birchwoods Center 105	3201 1X	6/6	Th	6 PM - 10 PM	\$36.42 62+ \$22.77	Guzman
Rhineland Nicolet - Birchwoods Center 105	3202 1X	7/12	F	8 AM - 12 PM	\$36.42 62+ \$22.77	Jennejohn
Rhineland Nicolet - Birchwoods Center 105	3203 1X	8/6	T	6 PM - 10 PM	\$36.42 62+ \$22.77	Jesse

ONLINE COURSES

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



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- Convenient six-week format
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- Instructors lead each course
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- Business
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- Health Care and Medical
- Language and Arts
- Law and Legal
- Personal Development
- Teaching and Education
- 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

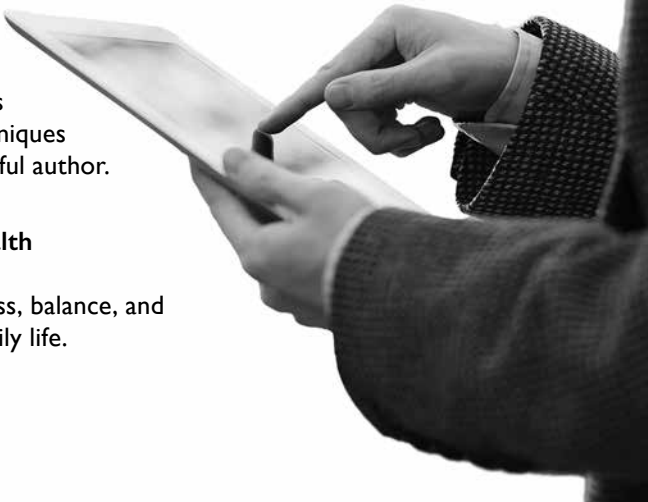
Using vivid examples from bestselling mystery novels, this course will teach you the techniques you need to become a successful author.

\$79

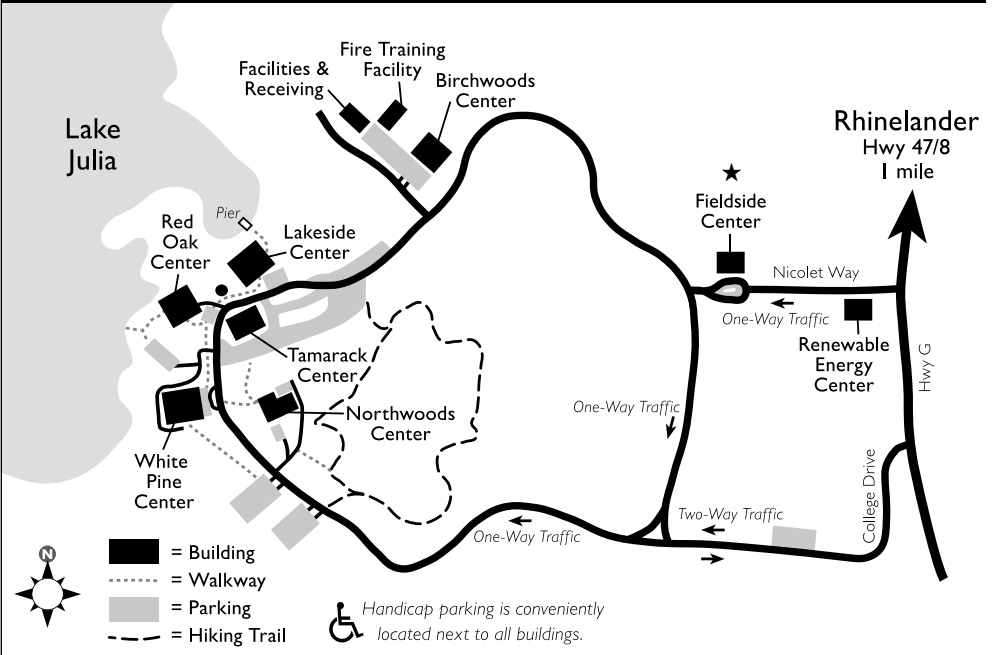
Introduction to Natural Health and Healing

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

ce@nicoletcollege.edu
nicoletcollege.edu

For your convenience we accept:



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.

715.365.4544 or 800.544.3039 ext 4544



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 _____ Cell Work County of Residence _____ Municipality of Residence _____ 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 Black or African American White Associate Degree Associate Degree + Additional Credential Baccalaureate More than Baccalaureate
 Highest Credential Earned: No Credential GED HSED HS Diploma
 Some College Short-Term Diploma 1-Year Diploma 2-Year Diploma

Class Title	Section Number	Dates	Location	Fee/Sr. Fee
TOTAL FEES:				

FEES ARE DUE WITH REGISTRATION

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: _____ (from signature line on back of credit card)
 Cardholder Signature: _____

Small text at the bottom of the page: Social Security number is required if claiming a deduction for tax purposes (does not apply to Community Education classes).

Fill out form, cut out, and mail in an envelope to: Nicolet College, ATTN: CE Registration, PO Box 518, Rhinelander, WI 54501



**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.

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Continuing Education**

715.365.4544

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TTY: 800.947.3529 or 711

FAX: 715.365.4596

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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