



# CONTINUING EDUCATION & OUTDOOR ADVENTURE

**SPRING 2020**  
JANUARY - MAY

SKIJOR WITH YOUR DOG 2

BEGINNING TO  
ADVANCED CERAMICS 10

INSIDE LEADERSHIP 26

CPR & FIRST AID 32

**REGISTER TODAY**



## CONTENTS

SPRING 2020

### 2-9 OUTDOOR ADVENTURE PERSONAL ENRICHMENT

- 10-14 ARTS & CRAFTS
- 15-16 FOOD & COOKING
- 16-20 HEALTH & FITNESS
- 20-21 PERSONAL INTEREST
- 22-23 COMPUTERS & TECHNOLOGY

### BUSINESS & PROFESSIONAL DEVELOPMENT

- 24-26 ENTREPRENEURSHIP & LEADERSHIP
- 27-28 CERTIFICATION & LICENSING
- 29 COLLEGE & WORKPLACE SUCCESS
- 30 ONLINE COURSES



### PUBLIC SAFETY

- 32-33 CPR & FIRST AID
- 33-34 EMERGENCY MEDICAL SERVICES
- 35 FIREFIGHTER TRAINING
- 36 MOTORCYCLE SAFETY
- 37 TRAFFIC SAFETY
- 38-39 WORKPLACE SAFETY & OSHA

### 41-43 REGISTRATION INFORMATION & FORMS

## HOW TO READ A COURSE LISTING

### American Pie

Get ready for the season of ripe fruits and berries by honing your pie-baking skills. Starting with our favorite easy pie crust, and adding (who can resist?)... cherry, apple, and peach pie.

|                       | DAY(S) OF WEEK     | REGULAR FEE           | INSTRUCTOR |
|-----------------------|--------------------|-----------------------|------------|
| Eagle River           | 3/26               | \$33                  | Reeder     |
| Sonny Bees Honey Farm | 1X                 | 62+ \$29              |            |
| SECTION #             | NUMBER OF SESSIONS | SENIOR FEE IF OVER 62 |            |





## **2020 HireUp Series: ART?! WHO CARES? YOUR POTENTIAL WORKFORCE!**

*As a business owner, are you wondering how and why creating a strong and cohesive cultural community affects workforce development?*



Plan to attend the next HireUp to hear about the successes of **CREATE Portage County** from their Executive Director **Greg Wright**. He'll share how CREATE worked with area employers and potential employees to determine their needs. Creating a more vibrant and engaged community suited the needs of both.

Through arts and culture advocacy and creative place-making, they developed a more involved and energetic community. Learn how we can bolster creativity, foster connections,

and strengthen collaborations between employers and community members to create a place people want to live, play, work, and invest.

Then listen as ArtStart's Community Cultural Development Director **Melinda Childs** shares upcoming plans to bring the same kind of cultural creativity to our own area through the newly-founded **CREATE Northwoods**.



You won't want to miss this!

**Tuesday, February 25, 2020 • 8 AM - 12 PM**

Nicolet College - Northwoods Center 207-208-209, Rhinelander

# OUTDOOR ADVENTURE

## Skijor with Your Dog!

Dogs rock in the skijoring world and here's an opportunity for you to learn all of the basics necessary to team up with your pup for many a fine day out on the cross country ski trails. Any dog that is energetic and wants to run can skijor. In this demonstration class, Niina Baum, co-captain of the U.S. National Dryland Dog Sled Team, will cover everything you need to get started. You'll learn about the types of gear and equipment needed, how to size equipment properly for both you and your dog, how to train your dog to skijor, what commands to teach the dog, trail technique and etiquette, and where the dog-friendly trails are in the area. Niina loves trial time with her dogs both in winter and summer. This past October she traveled with her dog Molly to Nybro, Sweden, to compete in the 2019 Dryland Dog Sledding World Championships. Note that this is a demonstration class. But depending on conditions, there may be an opportunity for you and your dog to try skijoring after the class.

Instructor Niina Baum

2 to 4 pm

Friday, Feb. 21

Minocqua Winter Park, 7588 Squirrel Hill Road, Minocqua

\$25

Strenuous Rating: 1 for demonstration class. Not strenuous.

Note that if you stay after class to skijor with your dog, you'll need to purchase a Winter Park \$3 "paws" pass and a trail pass for your self. Some skijoring equipment will be available to borrow.







## Old-Growth Pines Snowshoe Exploration and Lunch

Secreted away in a corner of the great Northwoods near Mercer exists an unmarked and rare stand of remnant old-growth pines that few know about. Getting there in summer is difficult, to say the least, due to the thick and lush wetlands that surround the area. But in winter, the snowy and frozen landscape is perfect for a sojourn by snowshoe to the rare and centuries-old pines. Join naturalist, author, and old-growth expert John Bates and his wife Mary Burns on this adventure that will end with participants enjoying bowls of warm homemade soup, fresh bread, and hot cider after the hike.

Instructor/Guides John Bates and Mary Burns

Snowshoe Hike 10 am to noon

Light lunch noon to 1:30 pm

Friday, Jan. 31

Meet at Mercer Public Library

2648 Margaret St., Mercer

\$55

Strenuous Rating: 3 – Some physically demanding aspects, requires some endurance

## Winter Ecology of the Germain Hemlocks – Snowshoe Hike

The majestic natural aesthetic of the Germain Hemlocks State Natural Area will be on full display on this winter snowshoe hike that showcases stands of old-growth eastern hemlocks with supercanopy white and red pines. The site runs between three lakes and contains excellent old-growth attributes like large standing snags, an abundance of coarse woody debris, and some scattered reproduction of hemlock. Perhaps most importantly for this hike, it's simply beautiful in the snow! The natural area, located about a mile west of McNaughton, is named in honor of Clifford E. Germain, the first ecologist and coordinator of Wisconsin's State Natural Areas program.

Instructor/Guides John Bates and Mary Burns

1 to 3 pm

Friday, Feb. 7

Germain Hemlocks State Natural Area near McNaughton

\$45

Strenuous Rating: 3 – Some physically demanding aspects, requires some endurance

## Time to Ski!

*Time outside skiing in the Northwoods is a wonderful winter activity. And this winter the Nicolet College Outdoor Adventure program will hold a wide variety of skiing classes throughout the region geared for people new to the sport and for those looking to take existing skills to the next level.*

*Cross country classes, geared for beginning to intermediate level skiers, will be held in both the Rhinelander and Lakeland areas. For those more drawn to gravity-assisted skiing, a downhill skiing class for beginning/intermediate skiers will be held at Camp 10 just south of Rhinelander. For those looking to try recreational-level downhill racing, a class focused exactly on that will be held at Big Powderhorn Ski Resort in the U.P.*

*We hope to see you on the snow!*

### Classic Skiing Technique – Rhinelander

Classic skiing is the traditional cross-country skiing technique which involves skiing in groomed tracks. From toddler to senior, everybody can pick up this technique quickly and enjoy the beauty of the trails in the Northwoods. Designed for both beginners and those with some skiing experience, topics covered will include the range of equipment available today, how to kick and glide, maintain balance, turn, proper technique for skiing up and down hills, and how to stop. After applying the wax of the day, instructor Brian Hegge, a veteran of 18 American Birkebeiner ski races, we'll lead instruction on the beautifully groomed trails to learn new skills and enjoy the great outdoors. Upon completion of the class free skiing with other participants is encouraged. You'll also have use of the lodge at CAVOC before and after class to change clothes, eat any snacks you bring, socialize, etc. The class runs two consecutive Sundays.

Instructor Brian Hegge

9:30 to 11:30 am

Sundays, Jan. 5 and 12

Ced A. Vig Outdoor Classroom – CAVOC, 4321 S Shore Dr, Rhinelander, WI

\$50

Strenuous Rating: 2 to 3 – Slightly strenuous, requires some endurance





## Free Style/Skate Technique – Rhinelander

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The deceptively effortless glide and grace of skate skiing is only possible when you know proper technique. Starting on flat terrain, we'll cover the essential elements of proper skate skiing form to get both the skis and poles working in sync for that perfect glide. From there we'll head to the masterfully groomed trails at CAVOC to learn how to climb and descend hills and make turns on skate skis. We'll also learn about the different types of wax and the importance of waxing to get the most out of your skate skiing experience. You'll also have use of the lodge at CAVOC before and after class to change clothes, eat any snacks you bring, socialize, etc. The class runs two consecutive Sundays.

Instructor Brian Hegge

1 to 3 pm

Sundays, Jan. 5 and 12

Ced A. Vig Outdoor Classroom – CAVOC, 4321 S Shore Dr, Rhinelander, WI

\$50

Strenuousness Rating: 3 – Some physically demanding aspects, requires some endurance.



## Beginning Cross Country Skiing – Classic Technique – Minocqua

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Up north the woods take on a special serenity when they become snow covered in winter. And one of the best ways to experience this scenic natural quietude is to cruise through the forest on cross country skis. Designed for beginners looking to try the sport for the first time as well as for those who have minimal skiing experience, this class will give you all of the skills necessary to gracefully and confidently ski the many groomed and tracked beginner trails located throughout the Northwoods. Instruction will also include some indoor time to cover the proper equipment and clothing for cross country skiing and some good pre-ski stretches that lend themselves to an enjoyable outdoor experience.

Instructor Dan Clausen

9 am to noon

Fridays, Jan. 10 and 17

Minocqua Winter Park, 7588 Squirrel Hill Road, Minocqua

\$50

\$60 with ski rental

Strenuousity Rating: 2 – Slightly strenuous, does not require prior physical conditioning.

## Intermediate Cross Country Skiing – Classic Technique – Minocqua

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Join Minocqua Winter Park Ski School Founder and Director Dan Clausen for this skills-filled class designed to build on your previous classic-style cross country skiing experience. With the goal of improving ability and gaining the greater sense of confidence that follows, instruction will include proper stance for optimum balance in a variety of conditions, the right rhythm for kicking and poling for satisfying glide, the best techniques for going up and down hills, how to turn, and how to stop. Dan has decades of experience teaching skiing, advancing the skills of literally thousands of skiers. His long list of credentials include 16 years on the elite Professional Ski Instructors of America Demo Team.

Instructor Dan Clausen

9 am to noon

Five Thursdays, Jan. 16, 23, 30, Feb. 6, and 13

Minocqua Winter Park, 7588 Squirrel Hill Road, Minocqua

\$85

Strenuousity rating: 3 – Some physically demanding aspects, requires some endurance.

## Intermediate Cross Country Skiing – Skate Technique – Minocqua

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The grace, style and speed of the skate skiing technique will be the focus of this class geared for those who have some previous skate skiing experience. By poling and pushing with the legs in various sequences and rhythms, you'll refine and perfect your skills with at least three different skate skiing techniques. These include, on the power-speed continuum, the Offset (V1 skate), One Skate (V2 Skate), and the Two Skate, (V2 Alternate). Instruction will also include effective means for navigating downhill. Class will be taught by Dan Clausen, Director of the Minocqua Winter Park Ski School and veteran of 39 American Birkebeiner ski races.

Instructor Dan Clausen

6:30 to 8:30 pm – Under the Lights

Two Thursdays, Jan. 16 and 23

Minocqua Winter Park, 7588 Squirrel Hill Road, Minocqua

\$40

Strenuousity Rating: 3 – Some physically demanding aspects, requires some endurance.





## Introduction to Downhill Skiing

A great day on the slopes carving graceful and confident turns comes down to learning a few basic techniques to make your skis go where you want them to. In this class designed for both beginning skiers and those seeking to sharpen existing skills, you'll learn the tips and tricks needed to ski forward while controlling speed, turn right and left with confidence, and perhaps most importantly, how to stop on a dime. Camp 10 Ski Hill instructors certified by the Professional Ski Instructors Association will customize instruction to each individual's ability so everyone can take their skiing skills to the next level. The day will start with two hours of formal instruction in the morning followed by an optional afternoon of free skiing where instructors will be available to offer follow-up tips. This highly-affordable class features a one-day or a discounted two-day package that includes a lift ticket, instruction, and the use of skis, if needed.

Camp 10 Ski Area Instructors

10 am to noon

Saturday, Jan. 11

Sunday, Feb. 9

Camp 10 Ski Area, 1604 Ski Hill Rd, Rhinelander

\$59 One-day Package

\$79 Two-day Package

Strenuousness Rating: 2 – Slightly strenuous, does not require prior physical conditioning.

### **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](mailto: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.



# Alpine Ski Racing

The excitement of launching from the start gate and onto a Giant Slalom race course is a thrill like no other. Beginning downhill ski racers will learn the basic techniques to click through the gates with style and grace and experienced racers will benefit from tips and tricks to cut time from their race runs. We'll start with about an hour of classroom instruction and then hit the slopes to refine our technique. Topics will include how to shave seconds with a fast start, gracefully carve turns instead of skidding 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.

Instructors Jed Owen, Tracy Swedlund, Terry Rutlin  
 Saturday, Jan. 18, 10 am to 2 pm  
 Big Powderhorn Mt. Resort, 11375 Powderhorn Rd, Bessemer, MI  
 \$100 Includes four hours of instruction, lift ticket, and NASTAR race fee  
 \$125 with ski rental  
 Max. 12  
 Strenuousity Rating: 3 to 4 – Some physically demanding aspects, requires some endurance.

# Fat Biking Riding – Intro

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 atop a fat-tire bike, or "fat bike," as it's commonly called. The bike looks and moves like a mountain bike. But a fat bike has thicker tires with 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 cross country skiing. Layers are key.

Instructor/Guide Andrew Teichmiller  
 Sunday, Jan. 19, 1 to 3 pm  
 Minocqua Zipline Trails, 7849 US-51, Minocqua, WI  
 \$30  
 \$70 with Fat Bike Rental  
 Strenuousity Rating: 2 to 3 – Slightly strenuous, require some endurance.

# Fat Bike Riding – Next Level

So, you've ridden a fat bike a few times, had a great experience, and are now looking to take your skills to the next level. This intermediate-level class will help you do exactly that as we cruise the varied terrain of the well-developed and nicely groomed trails of the WinMan Trail system just north of Manitowish Waters. You'll learn how to use body English to control your bike, cornering techniques at speed, navigating single-track, proper cadence, and bike handling during challenging sections.

Instructor/Guide Andrew Teichmiller  
 Sunday, Feb. 16, 1 to 3 pm  
 WinMan Trails, 6870 County Hwy W, Winchester, WI  
 \$30  
 \$70 with Fat Bike rental  
 Strenuousity Rating: 3 – Some physically demanding aspects, requires some endurance.

# PERSONAL ENRICHMENT

## ARTS & CRAFTS

### Ceramics

#### 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.

|                               |             |            |   |                |           |         |
|-------------------------------|-------------|------------|---|----------------|-----------|---------|
| Rhineland                     | <b>9481</b> | 1/22 - 3/4 | W | 6 PM - 8:30 PM | \$145     | Rustick |
| Nicolet - Tamarack Center 213 |             | 6X         |   |                | 62+ \$129 |         |
| Class will not meet 2/12.     |             |            |   |                |           |         |

|                               |             |             |   |                |           |         |
|-------------------------------|-------------|-------------|---|----------------|-----------|---------|
| Rhineland                     | <b>9482</b> | 3/18 - 4/22 | W | 6 PM - 8:30 PM | \$145     | Rustick |
| Nicolet - Tamarack Center 213 |             | 6X          |   |                | 62+ \$129 |         |

#### Advanced 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.

|                               |             |             |   |                |           |         |
|-------------------------------|-------------|-------------|---|----------------|-----------|---------|
| Rhineland                     | <b>9479</b> | 1/20 - 2/24 | M | 6 PM - 8:30 PM | \$165     | Rustick |
| Nicolet - Tamarack Center 213 |             | 6X          |   |                | 62+ \$149 |         |

|                               |             |             |   |                |           |         |
|-------------------------------|-------------|-------------|---|----------------|-----------|---------|
| Rhineland                     | <b>9480</b> | 3/16 - 4/20 | M | 6 PM - 8:30 PM | \$165     | Rustick |
| Nicolet - Tamarack Center 213 |             | 6X          |   |                | 62+ \$149 |         |

#### Studio Ceramics

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.

|                   |             |            |   |                   |           |        |
|-------------------|-------------|------------|---|-------------------|-----------|--------|
| Minocqua          | <b>9499</b> | 1/29 - 3/4 | W | 5:30 PM - 8:30 PM | \$175     | Trojan |
| Lakeland HS       |             | 6X         |   |                   | 62+ \$135 |        |
| Room 119 Ceramics |             |            |   |                   |           |        |

# Drawing

## 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                | 9477 | 3/1  | Su | 1 PM - 4 PM | \$29     | Reilly |
| Northwoods Unitarian    |      | 1X   |    |             | 62+ \$25 |        |
| Universalist Fellowship |      |      |    |             |          |        |
| Woodruff                | 9478 | 4/26 | Su | 1 PM - 4 PM | \$29     | Reilly |
| Northwoods Unitarian    |      | 1X   |    |             | 62+ \$25 |        |
| Universalist Fellowship |      |      |    |             |          |        |

# Painting

## 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. 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                | 9475 | 1/26 - 2/16 | Su | 12 PM - 3 PM | \$65     | Reilly |
| Northwoods Unitarian    |      | 4X          |    |              | 62+ \$53 |        |
| Universalist Fellowship |      |             |    |              |          |        |
| Woodruff                | 9476 | 3/8 - 3/29  | Su | 1 PM - 4 PM  | \$65     | Reilly |
| Northwoods Unitarian    |      | 4X          |    |              | 62+ \$53 |        |
| Universalist Fellowship |      |             |    |              |          |        |

## 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.

|                               |      |      |   |              |          |        |
|-------------------------------|------|------|---|--------------|----------|--------|
| Rhineland                     | 9463 | 3/28 | S | 10 AM - 2 PM | \$65     | Reeder |
| Nicolet - Tamarack Center 113 |      | 1X   |   |              | 62+ \$61 |        |



## 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<br>Torpy Room | <b>9492</b> | 3/12 - 4/30<br>8X | Th | 1 PM - 4 PM | \$125<br>62+ \$101 | 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<br>Torpy Room | <b>9457</b> | 1/14 - 2/11<br>5X | T | 9 AM - 12 PM | \$81<br>62+ \$65 | Olsen |
| Minocqua<br>Torpy Room | <b>9456</b> | 2/25 - 3/10<br>3X | T | 9 AM - 12 PM | \$81<br>62+ \$65 | Olsen |
| Minocqua<br>Torpy Room | <b>9455</b> | 3/24 - 4/21<br>5X | T | 9 AM - 12 PM | \$81<br>62+ \$65 | Olsen |

## Oil Painting

### End of Season

This is a very tranquil painting of an old row boat at the water's edge with pine trees and fall colors around a small lake. The sunset and mood of the picture make it an interesting project along with a new technique to add to learning. 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, brush cleaner, and graphite.

|                             |             |                   |   |             |                  |          |
|-----------------------------|-------------|-------------------|---|-------------|------------------|----------|
| Rhineland<br>Riverview Hall | <b>9460</b> | 1/14 - 1/21<br>2X | T | 9 AM - 3 PM | \$66<br>62+ \$54 | Luzenski |
|-----------------------------|-------------|-------------------|---|-------------|------------------|----------|

### October Sunrise

Imagine a warm fall day and the sun rising with a vibrant glow on a hay barn with mountains in the background. A painting to warm you up on a winter day, this oil painting project 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, brush cleaner, and graphite.

|                             |             |                   |   |             |                  |          |
|-----------------------------|-------------|-------------------|---|-------------|------------------|----------|
| Rhineland<br>Riverview Hall | <b>9461</b> | 3/17 - 3/24<br>2X | T | 9 AM - 3 PM | \$66<br>62+ \$54 | Luzenski |
|-----------------------------|-------------|-------------------|---|-------------|------------------|----------|

### Wood Thrush

The wood thrush is a lovely small bird with subdued plumage. Painted with magenta colored flowers and blossoms make this a wonderful vibrant oil painting project from Sherry Nelson's book, *Painting Song Birds*. Brighten up your days and learn to paint birds. Open to beginners and beyond.

|                             |             |                  |   |             |                  |          |
|-----------------------------|-------------|------------------|---|-------------|------------------|----------|
| Rhineland<br>Riverview Hall | <b>9458</b> | 2/4 - 2/11<br>2X | T | 9 AM - 3 PM | \$66<br>62+ \$54 | Luzenski |
|-----------------------------|-------------|------------------|---|-------------|------------------|----------|

Vase with Blue Poppies\_\_\_\_\_

A stunning painting project to stretch you skills and bring on the hope of spring and new growth. We'll paint large blue poppies in an amber colored vase. 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, brush cleaner, and graphite. You will have the option of using magic white which will be supplied by the instructor.

|                |      |            |   |             |          |          |
|----------------|------|------------|---|-------------|----------|----------|
| Rhinelanders   | 9459 | 4/7 - 4/14 | T | 9 AM - 3 PM | \$66     | Luzenski |
| Riverview Hall |      | 2X         |   |             | 62+ \$54 |          |

Red Admiral and Geraniums\_\_\_\_\_

This flashy butterfly with its bright red bands along with the red geraniums creates a spectacular oil painting. This project is from Sherry Nelson's book, *Butterflies in My Garden*. Backgrounds will be done in class and this project can be painted on an 8" x 10" masonite board or other surface of your choice such as a wood plate. Open to students of all levels. Students will need a #2, 4, and 6 bright brush along with a 0 liner, paper towels, brush cleaner, and graphite paper.

|                |      |             |   |             |          |          |
|----------------|------|-------------|---|-------------|----------|----------|
| Rhinelanders   | 3407 | 5/12 - 5/19 | T | 9 AM - 3 PM | \$66     | Luzenski |
| Riverview Hall |      | 2X          |   |             | 62+ \$54 |          |

Stained Glass

Stained Glass All Levels\_\_\_\_\_

Here is your opportunity to create your own stained glass panel. Using the foil method, you will learn to design, cut, grind, and solder to finish your chosen project. No experience is necessary, and the class is open to all skill levels. All necessary materials will be provided but additional suggested materials include safety glasses and scissors.

|                               |      |             |    |             |          |       |
|-------------------------------|------|-------------|----|-------------|----------|-------|
| Rhinelanders                  | 9500 | 1/16 - 2/20 | Th | 6 PM - 9 PM | \$95     | Tyler |
| Nicolet - Tamarack Center 213 |      | 6X          |    |             | 62+ \$77 |       |
| Rhinelanders                  | 9501 | 3/19 - 4/23 | Th | 6 PM - 9 PM | \$95     | Tyler |
| Nicolet - Tamarack Center 213 |      | 6X          |    |             | 62+ \$77 |       |



# Sewing

## Self Paced Sewing

Self paced sewing is just what the title says, each person works at their own speed and on their own project. This class is designed for the beginner to the advanced. Learn your new sewing machine, whether it is a basic machine or an embroidery machine; sergers are also welcome. Help is available on projects in all types of sewing from garments to window treatments to piecing quilts and quilting quilts. If you can imagine the project, it could be possible with a little help.

|                                       |             |                   |    |                |                  |          |
|---------------------------------------|-------------|-------------------|----|----------------|------------------|----------|
| Tomahawk<br>Bradley Town Hall         | <b>9494</b> | 1/9 - 1/30<br>4X  | Th | 12 PM - 4 PM   | \$70<br>62+ \$54 | Smith    |
| Tomahawk<br>Bradley Town Hall         | <b>9495</b> | 2/6 - 2/27<br>4X  | Th | 12 PM - 4 PM   | \$70<br>62+ \$54 | Smith    |
| Tomahawk<br>Bradley Town Hall         | <b>9496</b> | 3/5 - 3/26<br>4X  | Th | 12 PM - 4 PM   | \$70<br>62+ \$54 | Smith    |
| Tomahawk<br>Bradley Town Hall         | <b>9497</b> | 4/9 - 4/30<br>4X  | Th | 12 PM - 4 PM   | \$70<br>62+ \$54 | Smith    |
| Minocqua<br>Ascension Lutheran Church | <b>9453</b> | 1/10 - 1/31<br>4X | F  | 9:30 AM - 3 PM | \$76<br>62+ \$60 | Robinson |
| Minocqua<br>Ascension Lutheran Church | <b>9452</b> | 2/7 - 2/28<br>4X  | F  | 9:30 AM - 3 PM | \$76<br>62+ \$60 | Robinson |
| Minocqua<br>Ascension Lutheran Church | <b>9454</b> | 3/6 - 3/27<br>4X  | F  | 9:30 AM - 3 PM | \$76<br>62+ \$60 | Robinson |
| Minocqua<br>Ascension Lutheran Church | <b>9451</b> | 4/3 - 5/8<br>4X   | F  | 9:30 AM - 3 PM | \$76<br>62+ \$60 | Robinson |

Class will not meet 4/10 & 4/24.

Single Session options available for Minocqua from 9:30 AM - 3 PM for \$22 or 62+ \$18

|                  |                  |                  |                  |
|------------------|------------------|------------------|------------------|
| <b>9435</b> 1/10 | <b>9439</b> 2/7  | <b>9443</b> 3/6  | <b>9447</b> 4/3  |
| <b>9436</b> 1/17 | <b>9440</b> 2/14 | <b>9444</b> 3/13 | <b>9448</b> 4/17 |
| <b>9437</b> 1/24 | <b>9441</b> 2/21 | <b>9445</b> 3/20 | <b>3405</b> 5/1  |
| <b>9438</b> 1/31 | <b>9442</b> 2/28 | <b>9446</b> 3/27 | <b>3406</b> 5/8  |

## Learning Never Retires

Learning in Retirement is created for and directed by retired and semi-retired Northwoods residents. The program offers short-term learning experiences in a relaxed, informal, and friendly environment. This is learning for the sheer pleasure of it. There are no grades, no tests, and no required attendance.

### Become a Member

Contact Learning in Retirement to ask questions and learn about becoming a member.

P: 715.365.4491 or 800.544.3039 ext 4491

TTY: 800.947.3529 or 711

E: LIR@nicoletcollege.edu



NICOLET COLLEGE  
learning in retirement

# FOOD & COOKING

## The Flavors of the Mediterranean

The Mediterranean way of eating is considered one of the healthiest diets worldwide and focuses on plant-rich cuisine, with less focus on meats and sweets. In this hands-on cooking class, participants will create an authentic Mediterranean meal including chickpea and tomato salad with lemon scallions and parmesan, oven baked zucchini boats, and Greek chicken with lemon rice.

|                                 |             |     |    |              |          |        |
|---------------------------------|-------------|-----|----|--------------|----------|--------|
| Rhinelanders                    | <b>9470</b> | 1/8 | W  | 5 PM - 8 PM  | \$36     | Reeder |
| Nicolet - Northwoods Center 202 |             | 2X  |    |              | 62+ \$32 |        |
| Eagle River                     | <b>9467</b> | 1/9 | Th | 10 AM - 1 PM | \$36     | Reeder |
| Sonny Bees Honey Farm           |             | 1X  |    |              | 62+ \$32 |        |

## Birthday Cake

For any festive occasion, few treats can match the celebratory spirit of a classic birthday cake – and these easy-to-follow formulas are the only ones you'll ever need. Each of these two birthday cake recipes yield two dense layers of buttery cake wrapped in classically rich buttercream frosting. The recipes are perfect for any of your upcoming special occasions.

|                       |             |      |    |                 |          |        |
|-----------------------|-------------|------|----|-----------------|----------|--------|
| Eagle River           | <b>9464</b> | 1/23 | Th | 10 AM - 1:30 PM | \$36     | Reeder |
| Sonny Bees Honey Farm |             | 1X   |    |                 | 62+ \$32 |        |

## Comforting Italian Classics

This hands-on class offers dinner classics with easy and delicious chicken breasts. Depending on how you cook or sauce it, a seemingly boundless array of Italian-American dishes can be created. We'll test chicken marsala, chicken parmigiana, and chicken piccata.

|                       |             |     |    |              |          |        |
|-----------------------|-------------|-----|----|--------------|----------|--------|
| Eagle River           | <b>9466</b> | 3/5 | Th | 10 AM - 1 PM | \$33     | Reeder |
| Sonny Bees Honey Farm |             | 1X  |    |              | 62+ \$29 |        |

## Exploring the Tastes of Vanilla

Pure vanilla, with its wonderful aromatic flavor, is the most widely used flavoring in pastries, confections, and other desserts. These vanilla recipes are anything but ordinary. We'll try comforting vanilla bean cupcakes, homemade coffee creamer, blueberry bread with vanilla sauce, and vanilla bean fizz in this hands-on class.

|                       |             |      |    |              |          |        |
|-----------------------|-------------|------|----|--------------|----------|--------|
| Eagle River           | <b>9471</b> | 3/19 | Th | 10 AM - 1 PM | \$33     | Reeder |
| Sonny Bees Honey Farm |             | 1X   |    |              | 62+ \$29 |        |

## American Pie

Get ready for the season of ripe fruits and berries by honing your pie-baking skills. We'll start with our favorite easy pie crust and then add (who can resist?)... cherry, apple, and peach filling.

|                       |             |      |    |              |          |        |
|-----------------------|-------------|------|----|--------------|----------|--------|
| Eagle River           | <b>9462</b> | 3/26 | Th | 10 AM - 1 PM | \$33     | Reeder |
| Sonny Bees Honey Farm |             | 1X   |    |              | 62+ \$29 |        |



## Sushi Made Simple

Learn the basic techniques for making sushi at home. This class will NOT be using raw fish, but instead 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 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: maki and uramaki style California rolls with cucumber, avocado, and artificial crabmeat; spicy tuna roll from tuna salad and cucumber; teriyaki chicken roll with vegetables for students to try; smoked salmon Midwest roll with salmon, cucumber, and Philly cheese; and other unique rolls from gingered yams and carrots, beets, and shrimp.

|                                 |             |      |    |             |          |        |
|---------------------------------|-------------|------|----|-------------|----------|--------|
| Woodruff                        | <b>9472</b> | 1/12 | Su | 3 PM - 7 PM | \$36     | Reilly |
| Northwoods Unitarian            |             | 1X   |    |             | 62+ \$32 |        |
| Universalist Fellowship         |             |      |    |             |          |        |
| Woodruff                        | <b>9473</b> | 2/16 | Su | 5 PM - 9 PM | \$36     | Reilly |
| Northwoods Unitarian            |             | 1X   |    |             | 62+ \$32 |        |
| Universalist Fellowship         |             |      |    |             |          |        |
| Rhineland                       | <b>9474</b> | 4/19 | Su | 3 PM - 7 PM | \$36     | Reilly |
| Nicolet - Northwoods Center 202 |             | 1X   |    |             | 62+ \$32 |        |

## 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                                 | <b>9465</b> | 1/13 - 3/25 | MW | 9 AM - 10 AM | \$99     | Reeder |
| First Congregational Church                 |             | 18X         |    |              | 62+ \$81 |        |
| Class will not meet 2/17, 2/19, 2/24, 2/26. |             |             |    |              |          |        |

### 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               | <b>9419</b> | 1/7 - 2/27 | TTh | 9:30 AM - 10:30 AM | \$82.50     | Cihla |
| Reiter Center             |             | 15X        |     |                    | 62+ \$66.50 |       |
| Class will not meet 1/14. |             |            |     |                    |             |       |
| Three Lakes               | <b>9420</b> | 3/3 - 4/30 | TTh | 9:30 AM - 10:30 AM | \$99        | Cihla |
| Reiter Center             |             | 18X        |     |                    | 62+ \$81    |       |
| Rhineland                 | <b>9427</b> | 3/3 - 4/30 | TTh | 5:30 PM - 6:30 PM  | \$99        | Cihla |
| Riverview Hall            |             | 18X        |     |                    | 62+ \$81    |       |

## 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               | <b>9423</b> | 1/7 - 2/27 | TTh | 10:30 AM - 11:30 AM | \$82.50     | Cihla |
| Reiter Center             |             | 15X        |     |                     | 62+ \$66.50 |       |
| Class will not meet 1/14. |             |            |     |                     |             |       |

|               |             |            |     |                     |          |       |
|---------------|-------------|------------|-----|---------------------|----------|-------|
| Three Lakes   | <b>9424</b> | 3/3 - 4/30 | TTh | 10:30 AM - 11:30 AM | \$99     | Cihla |
| Reiter Center |             | 18X        |     |                     | 62+ \$81 |       |

## 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               | <b>9421</b> | 1/7 - 2/27 | TTh | 11:30 AM - 12:30 PM | \$82.50     | Cihla |
| Reiter Center             |             | 15X        |     |                     | 62+ \$66.50 |       |
| Class will not meet 1/14. |             |            |     |                     |             |       |

|                           |             |             |   |                     |             |       |
|---------------------------|-------------|-------------|---|---------------------|-------------|-------|
| Woodruff                  | <b>9432</b> | 1/10 - 4/24 | F | 11:30 AM - 12:30 PM | \$82.50     | Cihla |
| Northwoods Unitarian      |             | 15X         |   |                     | 62+ \$66.50 |       |
| Universalist Fellowship   |             |             |   |                     |             |       |
| Class will not meet 4/10. |             |             |   |                     |             |       |

|               |             |            |     |                     |          |       |
|---------------|-------------|------------|-----|---------------------|----------|-------|
| Three Lakes   | <b>9422</b> | 3/3 - 4/30 | TTh | 11:30 AM - 12:30 PM | \$99     | Cihla |
| Reiter Center |             | 18X        |     |                     | 62+ \$81 |       |

## Strength Training for 40+

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                  | <b>9431</b> | 1/10 - 4/24 | F | 9:30 AM - 10:30 AM | \$82.50     | Cihla |
| Northwoods Unitarian      |             | 15X         |   |                    | 62+ \$66.50 |       |
| Universalist Fellowship   |             |             |   |                    |             |       |
| Class will not meet 4/10. |             |             |   |                    |             |       |

## 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.

|                |             |            |     |                   |          |       |
|----------------|-------------|------------|-----|-------------------|----------|-------|
| Rhineland      | <b>9428</b> | 1/7 - 2/27 | TTh | 4:30 PM - 5:30 PM | \$88     | Cihla |
| Riverview Hall |             | 16X        |     |                   | 62+ \$72 |       |

|                |             |            |     |                   |          |       |
|----------------|-------------|------------|-----|-------------------|----------|-------|
| Rhineland      | <b>9429</b> | 3/3 - 4/30 | TTh | 4:30 PM - 5:30 PM | \$99     | Cihla |
| Riverview Hall |             | 18X        |     |                   | 62+ \$81 |       |

## 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         | <b>9426</b> | 1/6 - 4/27 | M | 6 PM - 7 PM | \$93.50     | Cihla |
| Groundwork Grappling |             | 17X        |   |             | 62+ \$75.50 |       |

## Hooping

Unleash your inner child with this low impact aerobic workout. No experience necessary. This one-hour class consist of a warm up, basic aerobic moves, basic waist hooping, and hand hooping follow by a cool down. Bring an adult-sized hula hoop and smaller hoop for hand use.

|                |             |            |     |                   |          |       |
|----------------|-------------|------------|-----|-------------------|----------|-------|
| Rhinelanders   | <b>9430</b> | 1/7 - 2/27 | TTh | 5:30 PM - 6:30 PM | \$88     | Cihla |
| Riverview Hall |             | 16X        |     |                   | 62+ \$72 |       |

## High Intensity Interval Training (HIIT)

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         | <b>9425</b> | 1/6 - 4/27 | M | 5 PM - 6 PM | \$93.50     | Cihla |
| Groundwork Grappling |             | 17X        |   |             | 62+ \$75.50 |       |

## 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.

|                           |             |             |   |                     |             |       |
|---------------------------|-------------|-------------|---|---------------------|-------------|-------|
| Woodruff                  | <b>9433</b> | 1/10 - 4/24 | F | 10:30 AM - 11:30 AM | \$82.50     | Cihla |
| Northwoods Unitarian      |             | 15X         |   |                     | 62+ \$66.50 |       |
| Universalist Fellowship   |             |             |   |                     |             |       |
| Class will not meet 4/10. |             |             |   |                     |             |       |

## 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                        | <b>9417</b> | 1/7 - 3/5   | TTh | 9:30 AM - 10:30 AM | \$108    | Booth |
| Potawatomi Carter Casino Pool |             | 18X         |     |                    | 62+ \$88 |       |
| Wabeno                        | <b>9418</b> | 3/24 - 5/21 | TTh | 9:30 AM - 10:30 AM | \$108    | Booth |
| Potawatomi Carter Casino Pool |             | 18X         |     |                    | 62+ \$88 |       |

## Low-Impact Water Exercise Shallow

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<br>Lakeland HS Pool | <b>9450</b> | 1/14 - 3/5<br>16X  | TTh | 7 AM - 8 AM | \$96<br>62+ \$80   | Wipperfurth |
| Minocqua<br>Lakeland HS Pool | <b>9449</b> | 3/17 - 5/21<br>20X | TTh | 7 AM - 8 AM | \$120<br>62+ \$100 | Wipperfurth |

## 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<br>First Congregational Church  | <b>9468</b> | 1/13 - 3/25<br>18X | MW | 10:15 AM - 11:15 AM | \$107<br>62+ \$87      | Reeder |
| Class will not meet 2/17, 2/19, 2/24, 2/26. |             |                    |    |                     |                        |        |
| Rhinelanders<br>Trinity Luthern Church      | <b>9469</b> | 1/14 - 3/24<br>9X  | T  | 9 AM - 10 AM        | \$49.50<br>62+ \$39.50 | Reeder |
| Class will not meet 2/18, 2/25              |             |                    |    |                     |                        |        |

## 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 wellbeing 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<br>Northwoods Unitarian<br>Universalist Fellowship | <b>9483</b> | 1/6 - 2/10<br>6X  | M  | 4 PM - 5:30 PM    | \$49.50<br>62+ \$39.50 | Schussler |
| Woodruff<br>Northwoods Unitarian<br>Universalist Fellowship | <b>9487</b> | 1/9 - 2/13<br>6X  | Th | 3:45 PM - 5:15 PM | \$49.50<br>62+ \$39.50 | Schussler |
| Woodruff<br>Northwoods Unitarian<br>Universalist Fellowship | <b>9484</b> | 3/16 - 4/27<br>7X | M  | 4 PM - 5:30 PM    | \$57.75<br>62+ \$45.75 | Schussler |
| Woodruff<br>Northwoods Unitarian<br>Universalist Fellowship | <b>9488</b> | 3/19 - 4/23<br>6X | Th | 3:45 PM - 5:15 PM | \$49.50<br>62+ \$39.50 | Schussler |



## 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.

|   |                   |             |   |                |                        |           |
|---|-------------------|-------------|---|----------------|------------------------|-----------|
| Rhinelanders<br>Nicolet - Northwoods Center 209             | <b>9485</b><br>6X | 1/7 - 2/11  | T | 4:30 PM - 6 PM | \$49.50<br>62+ \$39.50 | Schussler |
| Woodruff<br>Northwoods Unitarian<br>Universalist Fellowship | <b>9489</b><br>6X | 1/8 - 2/12  | W | 5:15 PM - 7 PM | \$57.75<br>62+ \$45.75 | Schussler |
| Rhinelanders<br>Nicolet - Northwoods Center 209             | <b>9486</b><br>6X | 3/17 - 4/21 | T | 4:30 PM - 6 PM | \$49.50<br>62+ \$39.50 | Schussler |
| Woodruff<br>Northwoods Unitarian<br>Universalist Fellowship | <b>9490</b><br>7X | 3/18 - 4/29 | W | 5:15 PM - 7 PM | \$67<br>62+ \$55       | Schussler |

## PERSONAL INTEREST

### Filmmaking 101

Students will learn the process of filmmaking from start to finish. This is an introductory course, so no prior knowledge or experience or knowledge of filmmaking or videography is necessary. The course will cover everything from story structure and lighting to camera settings and post-production tasks.

|   |                   |            |   |                   |                  |          |
|---|-------------------|------------|---|-------------------|------------------|----------|
| Rhinelanders<br>Nicolet - Northwoods Center 110 | <b>9493</b><br>6X | 2/5 - 3/11 | W | 5:30 PM - 7:30 PM | \$60<br>62+ \$48 | Sheppard |
|---|-------------------|------------|---|-------------------|------------------|----------|

### 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 and 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. Instructor will contact you prior to class about the camera you plan to bring to the class and also to discuss weather conditions and a possible alternate location if necessary. Meet at the Manitowish Library.

|  |                   |      |    |                 |                  |        |
|--|-------------------|------|----|-----------------|------------------|--------|
| Manitowish Waters<br>Manitowish Waters Library | <b>3408</b><br>1X | 5/24 | Su | 8:30 AM - 12 PM | \$30<br>62+ \$26 | Reilly |
|--|-------------------|------|----|-----------------|------------------|--------|



## Principles of Retirement Planning

The Quadrant Planning Principle Model was developed for people ages 50 and up who would like to have an alternative strategy, one that they can understand and have confidence in. Whether you are building your retirement plan or are currently retired, this course will help you address your issues and concerns. You will become familiar with:

- Reasons behind market corrections and how to avoid them
- Old Wall Street myths that could bankrupt your retirement
- How the Quadrant Planning Model balances your portfolio
- How to know if your advisor is working for you or his firm
- How to prioritize when investing for retirement
- How to decipher the Wall Street jargon

|                                    |             |     |    |             |          |         |
|------------------------------------|-------------|-----|----|-------------|----------|---------|
| Rhinelanders                       | <b>9491</b> | 4/2 | Th | 6 PM - 8 PM | \$30     | Schmitz |
| Nicolet - Northwoods Center 207 1X |             |     |    |             | 62+ \$28 |         |

## 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                        | <b>9434</b> | 2/3 - 3/4 | MW | 5 PM - 7 PM | \$91     | Klaas |
| Nicolet - Northwoods Center 111 10X |             |           |    |             | 62+ \$71 |       |

## 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 will 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.

|                            |             |             |   |                  |          |       |
|----------------------------|-------------|-------------|---|------------------|----------|-------|
| Minocqua                   | <b>9498</b> | 3/24 - 5/12 | T | 10 AM - 11:30 AM | \$65     | Teuke |
| Minocqua Public Library 8X |             |             |   |                  | 62+ \$53 |       |

# COMPUTERS & TECHNOLOGY AT HOME

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

## A Guide to Google Tools

Whether you're a novice or a seasoned expert, you'll likely find something in this comprehensive class of tips, tricks, and hacks to add to your own productivity toolbox. Google Search, Drive, Keep, Calendar, and Email make up the five most highly-rated Google tools, and there are numerous extras included in these apps that many people aren't aware of. Learn about browser extensions and how to use them, mind maps, forms, voice search, mobile apps, and more. If you're looking to make the most efficient use of these handy apps, this class is for you.

|                             |             |             |    |                   |          |     |
|-----------------------------|-------------|-------------|----|-------------------|----------|-----|
| Rhinelanders                | <b>9508</b> | 1/27 - 1/29 | MW | 4:30 PM - 7:30 PM | \$31     | Ley |
| Nicolet - Northwoods Center |             | 110         | 2X |                   | 62+ \$25 |     |
| Manitowish Waters           | <b>9509</b> | 3/30 - 4/1  | MW | 4:30 PM - 7:30 PM | \$31     | Ley |
| North Lakeland              |             | 2X          |    |                   | 62+ \$25 |     |
| Elementary School           |             |             |    |                   |          |     |

## 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,' feature, 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 and 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, 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.

|                             |             |             |    |                   |          |     |
|-----------------------------|-------------|-------------|----|-------------------|----------|-----|
| Rhinelanders                | <b>9506</b> | 1/20 - 1/22 | MW | 4:30 PM - 7:30 PM | \$31     | Ley |
| Nicolet - Northwoods Center |             | 110         | 2X |                   | 62+ \$25 |     |
| Manitowish Waters           | <b>9507</b> | 3/16 - 3/18 | MW | 4:30 PM - 7:30 PM | \$31     | Ley |
| North Lakeland              |             | 2X          |    |                   | 62+ \$25 |     |
| Elementary School           |             |             |    |                   |          |     |

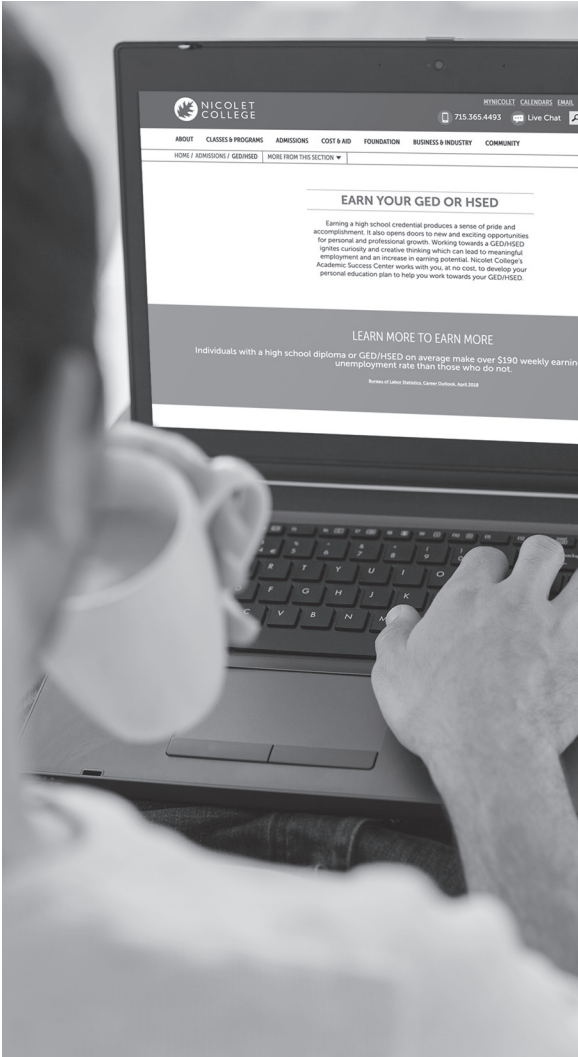


# Basic Computer Skills

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. Computers are provided or bring your own.

To register by phone contact Academic Success at 715.365.4455 or walk-in Nicolet Lakeside Center, second floor Information Counter.

|   |      |                   |   |              |        |        |
|---|------|-------------------|---|--------------|--------|--------|
| Rhinelanders<br>Nicolet College<br>Tamarack Center 102E | 8001 | 1/10 - 1/17<br>2X | F | 9 AM - 12 PM | \$4.50 | Kummer |
| Rhinelanders<br>Nicolet College<br>Tamarack Center 102E | 8002 | 3/13 - 3/20<br>2X | F | 9 AM - 12 PM | \$4.50 | Kummer |
| Rhinelanders<br>Nicolet College<br>Tamarack Center 102E | 8003 | 4/3 - 4/10<br>2X  | F | 9 AM - 12 PM | \$4.50 | Kummer |



## 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 or attend one of our centers for face-to-face instruction. Must be 18 years or older to qualify.

For more details, please contact Academic Success at 715.365.4455 or email [academicsuccess@nicoletcollege.edu](mailto:academicsuccess@nicoletcollege.edu).

Free class. Enroll at anytime.



# BUSINESS & PROFESSIONAL DEVELOPMENT

## ENTREPRENEURSHIP & LEADERSHIP

### The Business Plan

You plan for clients all the time, but how good are you at planning for yourself? If you are running a business without a plan, you may never know if you are succeeding. This Business Planning course will provide you with the tools to prepare an “itinerary” for your business. You will learn how to analyze where you are currently, set goals for the business’s future, and develop plans to achieve those goals. You will also learn how to evaluate new business opportunities and forecast your business’s financial future.

|                             |             |             |   |                   |             |        |
|-----------------------------|-------------|-------------|---|-------------------|-------------|--------|
| Rhinelanders                | <b>9504</b> | 1/29 - 2/5  | W | 5:30 PM - 8:30 PM | \$50        | Fehlen |
| Nicolet - Northwoods Center | 114         | 2X          |   |                   | 62+ \$29.50 |        |
| Rhinelanders                | <b>9505</b> | 2/19 - 2/26 | W | 5:30 PM - 8:30 PM | \$50        | Fehlen |
| Nicolet - Northwoods Center | 114         | 2X          |   |                   | 62+ \$29.50 |        |

## PREPARING FOR ENTREPRENEURIAL SUCCESS

- Have you been thinking about starting your own business?
- Do you have an idea for a new business?
- Are you looking for support and guidance to turn your idea into reality?

Attend a free workshop to get answers to your questions and find out if entrepreneurship is right for you. You’ll complete a comprehensive self-assessment, receive advice and guidance from an experienced business coach, and identify your... **next steps.**

**Thursday, January 9, 2019 | 6 - 8 pm**

Vilas County Incubator  
555 Enterprise Way, Eagle River, WI 54521

**Wednesday, January 15, 2019 | Noon - 1 pm**

Boulder Junction Chamber of Commerce  
5352 Park Street, Boulder Junction, WI 54512

RSVP required to attend 715.365.4905 or  
workforcedevelopment@nicoletcollege.edu

Please submit your entrepreneurial inquiry form online prior to attending at  
nicoletcollege.edu or <https://conta.cc/2Jc7Fc7>

You may also request a paper copy by contacting above.



## NEXT STEPS... 2020 ENTREPRENEURIAL WORKSHOP SERIES

Attend one or more all at no cost.

Prerequisite: Previously attended an entrepreneurial workshop/info sessions or consultation with a business coach. RSVP is required to attend each workshop. All sessions are from 6 - 8 pm at the Vilas County Incubator  
Questions or RSVP to: 715.365.4905 or  
workforcedevelopment@nicoletcollge.edu

### **Business Owner's Insurance Needs**

**February 19, 2020**

This workshop will provide a thorough description of the types of insurance a business owner may need. Presented by two expert agents, risk management and the products available to cover these risks will be explained along with time for questions and answers. Commercial Insurance to include liability, identity, cyber; and property coverage, including building, contents, renters, and vehicle will be explored. Additionally, life, health, and disability insurance coverage will also be discussed and how to determine the amount and kind of coverages you need. A needs assessment will be available so you can determine the answers to questions such as what would happen to your business if you became sick or died and what coverages must you have to protect yourself and your employees?

### **Digital Marketing Strategies**

**March 24, 2020**

Digital marketing can dramatically expand the reach of your business and strengthen your customer base. Practical ideas and tips of how to market your business online sites like Google, Facebook, Twitter, and LinkedIn will be shared. Discover how each social networking site can complement the others and be integrated with traditional media. This class will focus on promotion and how to build a successful advertising campaign.

### **Online Retailing**

**March 10, 2019**

Online shopping is now an everyday activity. Learn where to find great deals or how to make some extra cash by selling your items online. You'll learn the steps and receive general guidance to buying and selling goods online, using sites such as eBay and Etsy.

### **The Business Owner and the Banker**

**April 22, 2020**

Intended for beginning or existing business owners wanting to obtain a loan; an experienced banker will explain how a good relationship between a business owner and the banker can be a big help when you need financial support. Understand the differences between consumer borrowing and business borrowing. Loan amortization, balloon loans, fixed and variable interest rates, lines of credit, collateral, and appraisals will also be covered. Learn the importance of a budget and how good or bad credit can affect your business. Do you know your FICO score and what it means? Do you know how to set up a business credit card and your responsibilities to keep your customer's information safe? How important is it to have a separate business checking account? Get answers to these questions and more.

### **Accounting Fundamentals**

**May 19, 2020**

The person making decisions for a business needs to understand the basics of accounting and what each financial statement means. 40% of business owners say bookkeeping and taxes are the worst part of owning a business. This two-hour workshop will help you understand financial statements, bookkeeping vs accounting, taxes, and the different types of business structures. Maintaining financial records such as receipts, bills, and credit card statements will also be discussed. Records can be kept manually or electronically and examples of how QuickBooks can be used to make life easier will be explored. Proper set up, implementation, and training are crucial.



**BUILDING LEADERS**  
[ inside your business ]

**Inside Leadership** is a practical, common-sense development program that gives both new and experienced leaders essential skills they can immediately apply at work. In a series of monthly sessions, your leaders will take a deeper look inside topics ranging from communication and team skills to time management and interview techniques. Empower the leaders inside your organization to **drive business success**.

**MODULE DETAILS**

Each module is 4 hours in length from 8 am - Noon on Tuesdays. Participant materials and refreshments are included.

**COST**

**Individual Cost per Module:** \$89

**Individual 1 Year Subscription:** \$699 (cost savings over \$100)  
Select any combination or all of the training modules for one seat. The individual attending may be the same or change throughout the year.

**Team 1 Year Subscription:** \$2,199 (cost savings over \$1,000)  
Select any combination or all of the training modules for four seats. The team attending may be the same or change throughout the year.

**Subscriptions expire one year from the order date.**

| 2020 MODULE SCHEDULE   |
|--|
| I HAVE THE TITLE, NOW WHAT DO I DO?<br>January 21, 2020                              |
| IDENTIFY YOUR LEADERSHIP STRENGTHS AND COMMUNICATION PREFERENCES<br>February 4, 2020 |
| WHAT AND HOW TO COMMUNICATE<br>February 18, 2020                                     |
| REV THEM UP<br>March 3, 2020   |
| GETTING THE PERFORMANCE YOU WANT<br>March 17, 2020                                   |
| LEADING THROUGH CHANGE<br>March 31, 2020   |
| WHERE DID THE DAY GO?<br>April 14, 2020  |
| HIRING THE BEST EMPLOYEES<br>April 28, 2020  |
| KEEPING THE GOOD ONES<br>May 12, 2020  |

Contact Chuck Kopp at 715.365.4456 or [ckopp@nicolecollege.edu](mailto:ckopp@nicolecollege.edu) to request information or to register for the Inside Leadership program for your organization.

# 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                    | 9510 | 1/13 - 1/13 | M | 8:30 AM - 6 PM | \$65        | Mellinger |
| Nicolet - Northwoods Center 207 | 1X   |             |   |                | 62+ \$30.87 |           |
| Rhinelanders                    | 9512 | 2/5 - 2/5   | W | 8:30 AM - 6 PM | \$65        | Mellinger |
| Nicolet - Northwoods Center 207 | 1X   |             |   |                | 62+ \$30.87 |           |
| Rhinelanders                    | 9514 | 3/2 - 3/2   | M | 8:30 AM - 6 PM | \$65        | Mellinger |
| Nicolet - Northwoods Center 207 | 1X   |             |   |                | 62+ \$30.87 |           |
| Rhinelanders                    | 9516 | 4/1 - 4/1   | W | 8:30 AM - 6 PM | \$65        | Mellinger |
| Nicolet - Northwoods Center 207 | 1X   |             |   |                | 62+ \$30.87 |           |
| Rhinelanders                    | 9518 | 4/27 - 4/27 | M | 8:30 AM - 6 PM | \$65        | Mellinger |
| Nicolet - Northwoods Center 207 | 1X   |             |   |                | 62+ \$30.87 |           |

**Please Note for all Food Manager Classes**

Prior to class, students are required to read the textbook: ServSafe Coursebook, 7th ed., 2017, updated with the 2017 FDA Food Code, published by the National Restaurant Association. Purchase a textbook which includes a scantron (needed for testing) for approximately \$112 or a separate scantron sheet for approximately \$43 at Nicolet in Rhinelanders or request it to be mailed to you via payment by credit card. For more details, contact Continuing Education at 715.365.4544 or [ce@nicoletcollege.edu](mailto:ce@nicoletcollege.edu).



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 Nicolet - Northwoods Center 207 | 9511 | 1/13 - 1/13 | M | 4 PM - 6 PM | \$35<br>62+ \$28.17 | Mellinger |
| Rhinelanders Nicolet - Northwoods Center 207 | 9513 | 2/5 - 2/5   | W | 4 PM - 6 PM | \$35<br>62+ \$28.17 | Mellinger |
| Rhinelanders Nicolet - Northwoods Center 207 | 9515 | 3/2 - 3/2   | M | 4 PM - 6 PM | \$35<br>62+ \$28.17 | Mellinger |
| Rhinelanders Nicolet - Northwoods Center 207 | 9517 | 4/1 - 4/1   | W | 4 PM - 6 PM | \$35<br>62+ \$28.17 | Mellinger |
| Rhinelanders Nicolet - Northwoods Center 207 | 9519 | 4/27 - 4/27 | M | 4 PM - 6 PM | \$35<br>62+ \$28.17 | Mellinger |



# COLLEGE & WORKPLACE SUCCESS

## Jump! Start

The Jump! Start program is an innovative approach to post-secondary education for adult learners with intellectual disabilities and provides increased opportunities for college experiences, education, employment preparation, and peer interaction. The program is based at Nicolet College in Rhinelander and is a partnership among Nicolet College, Headwaters, Inc., area high schools, state and local organizations, and advocacy groups that support people with disabilities of all ages.

## Jump Start Your Future

Take the next step to live more independently in the community, pursue employment opportunities, and shape your quality of life.

The Jump! Start program will guide you to success with:

- Individual goal setting
- Increased employability and independent living skills
- Job shadowing and internship opportunities
- Access to college coursework
- Networking and social connections within the college community
- Increased self-determination and self-advocacy skills

## Spring Program Courses

### Employability Skills

This course will provide opportunities for students to develop the skills needed for success in the workplace. Topics include workplace basics, organizational culture and norms, developing effective speaking and listening skills, self-advocacy, and self-assessment/reflection.

Rhinelanders      **9533**      1/8 - 4/29    WF      9:30 AM - 10:30 AM    \$350      Smith  
Nicolet - Northwoods Center 111    29X  
Class will not meet 2/21, 3/18, 3/20 & 4/10.

### College and Workplace Success

Learn to reflect the company image, to exceed your employer expectations, to be a team player, and to develop human relations skills.

Rhinelanders      **9534**      1/8 - 4/29    WF      12:30 PM - 2:30 PM    \$350      Smith  
Nicolet - Northwoods Center 111    29X  
Class will not meet 2/21, 3/18, 3/20 & 4/10.

# ONLINE COURSES

Visit **[nicoletcollege.edu](http://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
- Business
- Computers and Technology
- Design and Composition
- 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

# PUBLIC SAFETY

For more than 50 years Nicolet College's Public Safety Department has been providing a wide variety of training to Northwoods residents. That tradition of providing individuals with the skills we depend on to stay safe and to respond in times of an emergency continues to this day.

Current offerings include:

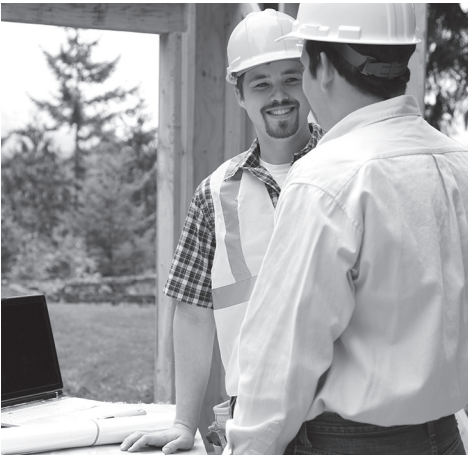
- CPR and First Aid
- Emergency Medical Services Training
- Firefighter Training
- Motorcycle Safety
- Traffic Safety
- Workplace Safety and OSHA Training

**For additional information or to register:**

[nicoletcollege.edu/PublicSafety](http://nicoletcollege.edu/PublicSafety)

715.365.4600

[PublicSafety@nicoletcollege.edu](mailto:PublicSafety@nicoletcollege.edu)



715.365.4600



# CPR & FIRST AID

*The American Heart Association strongly promotes knowledge and proficiency in all American Heart Association 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 are 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                    | <b>9526</b> | 1/28 - 1/28 | T | 6 PM - 10 PM | \$40.15     | Staff |
| Nicolet - Birchwoods Center 105 |             | 1X          |   |              | 62+ \$26.50 |       |
| Rhinelanders                    | <b>9529</b> | 2/11 - 2/11 | T | 6 PM - 10 PM | \$40.15     | Staff |
| Nicolet - Birchwoods Center 105 |             | 1X          |   |              | 62+ \$26.50 |       |

## American Heart Association Heartsaver First 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 are 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                    | <b>9525</b> | 1/21 - 1/22 | TW | 6 PM - 9:30 PM | \$53.80     | Staff |
| Nicolet - Birchwoods Center 105 |             | 2X          |    |                | 62+ \$26.50 |       |
| Rhinelanders                    | <b>9532</b> | 2/25 - 2/26 | TW | 6 PM - 9:30 PM | \$53.80     | Staff |
| Nicolet - Birchwoods Center 105 |             | 2X          |    |                | 62+ \$26.50 |       |

**For other Public Safety class options and dates  
please visit [www.nicoletcollege.edu/PublicSafety](http://www.nicoletcollege.edu/PublicSafety)**



## 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 pre-hospital 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 are 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                    | <b>9523</b> | 1/17 - 1/17 | F  | 8 AM - 2:30 PM | \$44.48  | Staff |
| Nicolet - Birchwoods Center 105 |             | 1X          |    |                | 62+ \$24 |       |
| Rhinelanders                    | <b>9531</b> | 2/18 - 2/19 | TW | 6 PM - 9 PM    | \$44.48  | Staff |
| Nicolet - Birchwoods Center 105 |             | 2X          |    |                | 62+ \$24 |       |

## 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 pre-hospital 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 are 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                         | <b>9522</b> | 1/1 | T | 6 PM - 10 PM | \$37.65  | Staff     |
| Nicolet - Birchwoods Center 105      |             | 1X  |   |              | 62+ \$24 |           |
| Boulder Junction                     | <b>9502</b> | 2/3 | M | 6 PM - 10 PM | \$37.65  | Jennejohn |
| Boulder Junction<br>Community Center |             | 1X  |   |              | 62+ \$24 |           |
| Rhinelanders                         | <b>9528</b> | 2/4 | T | 6 PM - 10 PM | \$37.65  | Staff     |
| Nicolet - Birchwoods Center 105      |             | 1X  |   |              | 62+ \$24 |           |

# 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.

|                                      |             |             |     |             |          |         |
|--------------------------------------|-------------|-------------|-----|-------------|----------|---------|
| Boulder Junction                     | <b>9503</b> | 1/11 - 1/19 | SSu | 8 AM - 4 PM | \$115.38 | Clabots |
| Boulder Junction<br>Community Center |             | 4X          |     |             | 62+ \$13 |         |

**715.365.4600**

# EMT PARAMEDIC

Now Available at Nicolet College



Receive the advanced training you need to help save lives as a first-responder in medical and other life-threatening emergencies. Paramedics are highly trained and skilled medical professionals ready to assist those in need. Paramedics provide advanced life support treatment measures in challenging pre-hospital situations. The EMT Paramedic technical diploma is an entry level education meeting the minimum national educational standards.

Students will attend classes at Nicolet College and clinical sites in the area. This is a shared program with Lakeshore Technical College.

For more information, contact a Career Coach to get started: 888.468.6582 or [career.coach@gotoltc.edu](mailto:career.coach@gotoltc.edu)

**CLASSES START JANUARY 20**



NICOLET  
COLLEGE

# FIREFIGHTER TRAINING

## Firefighter I 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 (WI DSPS 330.14 (2)). The targeted audience is individuals whom have completed the minimum firefighting training requirements as specified in SPS 330.08, Minimum training and education 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 addition to Entry Level Firefighter Part A, Part B, and Hazardous Materials Operations 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, 2019 Edition.

Candidates who successfully complete Entry Level Fire Fighter Parts A, B, C and Hazardous Materials Operations shall have met the requirements defined in NFPA 1001, Standard for Fire Fighter Professional Qualifications, Chapters 5.2 through 5.5 and the job performance requirements defined in Chapter 5, Core Competencies for Operations Level Responders, Chapters 6.2 and 6.6., mission-specific competencies: product control, of NFPA 472, and are eligible to take the Wisconsin Technical College System, International Fire Service Accreditation Congress (IFSAC) Certified Fire Fighter I skills and written exams. *These are state-funded courses for students affiliated with a fire department who successfully complete.*

Elcho Fire Department & **9406** 1/8 - 3/11 W 6 PM - 9 PM \$141.10 Karp/Pizl/  
Rhinelanders Burn Building 11X S 8 AM - 2:30 PM 62+ \$18.25 Wozniak  
\*Wed 1/8/2020 - 3/11/2020 6 PM - 9 PM at Elcho - Elcho Fire Department  
Sat 1/8/2020 - 3/11/2020 8 AM - 2:30 PM at Nicolet Burn Building

Rhinelanders **9404** 1/27 - 3/30 MW 6 PM - 9 PM \$141.10 Carlin  
Nicolet - Birchwoods Center 116 & 11X S 8 AM - 2:30 PM 62+ \$18.25  
Rhinelanders - Burn Building  
\*Mon 1/27/2020 - 3/30/2020 6 PM - 9 PM at Birchwoods Center 116  
Wed 1/27/2020 - 3/30/2020 6 PM - 9 PM at Nicolet Burn Building  
Sat 1/27/2020 - 3/30/2020 8 PM - 2:30 PM at Nicolet Burn Building

Crandon Fire Department & **9402** 1/28 - 3/31 T 6 PM - 9 PM \$141.10 Karp  
Rhinelanders Burn Building 11X S 8 AM - 2:20 PM 62+ \$18.25  
\*Tue 1/28/2020 - 3/31/2020 6 PM - 9 pm at Crandon - Crandon Fire Department  
Sat 1/28/2020 - 3/31/2020 8 AM - 2:30 PM at Nicolet Burn Building

Tomahawk & **9401** 1/29 - 4/1 W 6 PM - 9 PM \$141.10 Carlin  
Rhinelanders 11X S 8 AM - 2:30 PM 62+ \$18.25  
\*Wed 1/29/2020 - 4/1/2020 6 PM - 9 PM at Tomahawk TBD  
Sat 1/29/2020 - 4/1/2020 8 AM - 2:30 PM at Nicolet Burn Building

# MOTORCYCLE SAFETY

## Basic Rider Course

The best place to start once you've made the decision to ride. 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.

|                                 |      |             |      |                   |          |                |
|---------------------------------|------|-------------|------|-------------------|----------|----------------|
| Rhinelanders                    | 9415 | 4/25 - 4/26 | SSu  | 8:30 AM - 4:30 PM | \$277.35 | Heller/Knapp   |
| Nicolet - White Pine Center 206 |      | 2X          |      |                   |          |                |
| Rhinelanders                    | 3401 | 5/2 - 5/3   | SSu  | 8:30 AM - 4:30 PM | \$TBD    | Knapp/Murray   |
| Nicolet - White Pine Center 206 |      | 2X          |      |                   |          |                |
| Rhinelanders                    | 3402 | 5/4 - 5/7   | MTWR | 4 PM - 8 PM       | \$TBD    | Knapp/Murray   |
| Nicolet - White Pine Center 206 |      | 4X          |      |                   |          |                |
| Rhinelanders                    | 3403 | 5/16 - 5/17 | SSu  | 8:30 AM - 4:30 PM | \$TBD    | Heller/Murray  |
| Nicolet - White Pine Center 206 |      | 2X          |      |                   |          |                |
| Rhinelanders                    | 3404 | 5/30 - 5/30 | SSu  | 8:30 AM - 4:30 PM | \$TBD    | Millard/Murray |
| Nicolet - White Pine Center 206 |      | 1X          |      |                   |          |                |

\*State fees for summer courses are to be determined.

## 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                    | 3400 | 5/23 | S | 8 AM - 4:30 PM | \$TBD | Murray |
| Nicolet - White Pine Center 206 |      | 1X   |   |                |       |        |

\*State fees for summer courses are to be determined.



## 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 April through May.

For the schedule of classes see above.

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



# 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.

|  |             |                  |    |             |                        |           |
|--|-------------|------------------|----|-------------|------------------------|-----------|
| Minocqua<br>Lakeside Plaza                     | <b>9411</b> | 3/7 - 3/21<br>3X | S  | 9 AM - 1 PM | \$73.20<br>62+ \$32.25 | Lifschutz |
| Rhinelanders<br>Nicolet - Fieldside Center 106 | <b>9410</b> | 3/9 - 3/18<br>4X | MW | 6 PM - 9 PM | \$73.20<br>62+ \$32.25 | Kirby     |

## Defensive Driving Course

This comprehensive driver improvement program offers practical knowledge and techniques for avoiding crashes, and choosing safe, responsible, and lawful driving behaviors. Participants will learn to recognize the need for and benefits of defensive driving, techniques for maintaining control in adverse driving situations, as well as driving skills to use in avoiding collisions and violations caused by vehicle or driving conditions. Upon successful completion of the course, participants will receive a National Safety Council DDC Certificate of Completion.

|  |             |            |   |              |                        |       |
|--|-------------|------------|---|--------------|------------------------|-------|
| Rhinelanders<br>Nicolet - Fieldside Center 102 | <b>9413</b> | 2/4<br>1X  | T | 5 PM - 9 PM  | \$80.23<br>62+ \$39.28 | Kirby |
| Rhinelanders<br>Nicolet - Fieldside Center 102 | <b>9414</b> | 3/10<br>1X | T | 8 AM - 12 PM | \$80.23<br>62+ \$39.28 | Kirby |





# 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.

|                                 |             |      |   |              |             |         |
|---------------------------------|-------------|------|---|--------------|-------------|---------|
| Rhineland                       | <b>9409</b> | 4/15 | W | 12 PM - 4 PM | \$75        | England |
| Nicolet - Birchwoods Center 103 |             | 1X   |   |              | 62+ \$61.35 |         |

## OSHA 10 Hour General Industry

Workers are provided with general awareness about recognizing and preventing hazards commonly found in the workplace. OSHA recommends this training as an orientation to occupational safety and health. Learn how nine major provisions of the Occupational Safety and Health Act (OSHA) can be implemented in the 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. This course is taught by an OSHA-authorized instructor. Participants who successfully complete the course will receive an OSHA course completion card. Workers can receive additional training on hazards specific to their job. Ten hours of mandatory and optional topics will be covered.

|                                 |             |             |   |              |              |         |
|---------------------------------|-------------|-------------|---|--------------|--------------|---------|
| Rhineland                       | <b>9407</b> | 4/14 - 4/15 | T | 8 AM - 4 PM  | \$200        | England |
| Nicolet - Birchwoods Center 103 |             | 2X          | W | 8 AM - 11 AM | 62+ \$165.87 |         |

## OSHA 10 Hour Construction Industry

Workers are provided with general awareness about recognizing and preventing hazards commonly found in the workplace. OSHA recommends this training as an orientation to occupational safety and health. This course covers construction safety, health principles and OSHA policies, procedures and construction industry standards. Special emphasis is placed on the most hazardous areas using OSHA standards as a guide. This course is taught by an OSHA authorized instructor. Participants who successfully complete the course will receive a card from OSHA certifying completion of the course. Workers can receive additional training on hazards specific to their job. Ten hours of mandatory and optional topics will be covered.

|                                |             |             |   |              |              |         |
|--------------------------------|-------------|-------------|---|--------------|--------------|---------|
| Rhineland                      | <b>9408</b> | 2/18 - 2/19 | T | 8 AM - 4 PM  | \$200        | England |
| Nicolet - Fieldside Center 102 |             | 2X          | W | 8 AM - 11 AM | 62+ \$165.87 |         |

# 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.*

Registration for OSHA NSEC Courses are done through the NSEC website.

To enroll in a course, please go to <https://www.nsec.niu.edu/nsec/course-schedules/osha-courses/index.shtml> and select the course number.

From there you will be able to select the Rhinelander site for registration and continue with their registration process.

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.

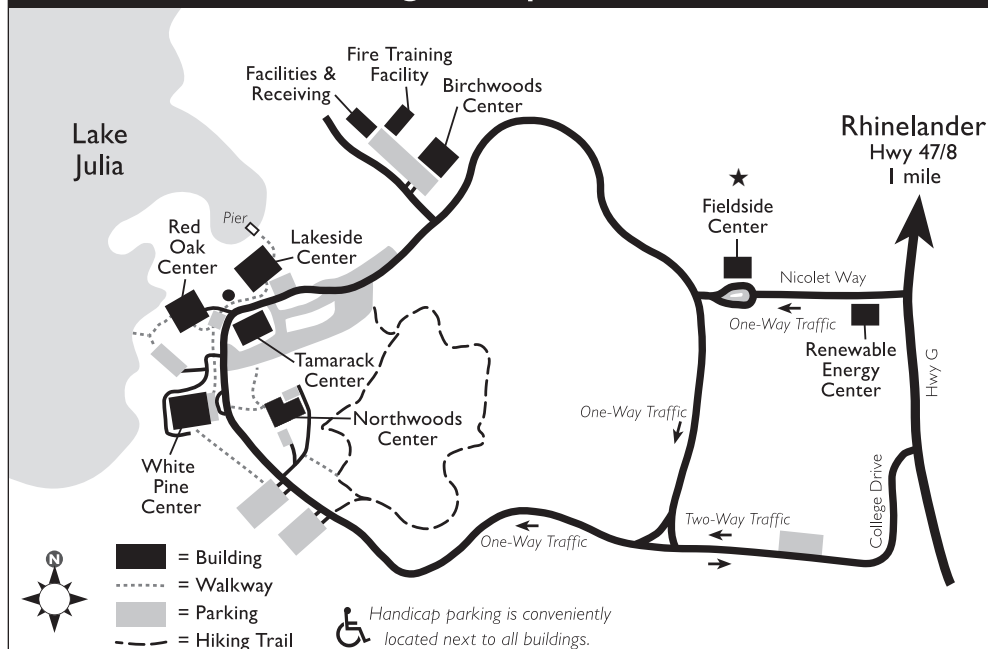
Below is a list of current Spring 2020 courses offerings through the OSHA NSEC. Other offerings throughout the year are available on the OSHA NSEC website.

| COURSE NUMBER | COURSE NAME  | START   | END     | TIME        | COST  | CEUs |
|---------------|--|---------|---------|-------------|-------|------|
| OSHA #510     | Occupational Safety and Health Standards for the Construction Industry               | 2/24/20 | 2/27/20 | 8 am - 5 pm | \$850 | 2.6  |
| OSHA #511     | Occupational Safety and Health Standards for General Industry                        | 3/2/20  | 3/05/20 | 8 am - 5 pm | \$850 | 2.6  |
| OSHA #500     | Trainer Course in Occupational Safety and Health Standards for Construction Industry | 3/16/20 | 3/19/20 | 8 am - 5 pm | \$850 | 2.6  |
| OSHA #501     | Trainer Course in Occupational Safety and Health Standards for General Industry      | 3/30/20 | 4/2/20  | 8 am - 5 pm | \$850 | 2.6  |
| OSHA #2264    | Permit-Required Confined Space Entry   | 4/21/20 | 4/23/20 | 8 am - 5 pm | \$725 | 2    |
| OSHA #2015    | Hazardous Materials  | 5/11/20 | 5/14/20 | 8 am - 5 pm | \$850 | 2.6  |

All courses at the Rhinelander, WI location are held at: Nicolet College, Fieldside Center, 5300 Nicolet Way, Rhinelander, WI 54501



## Nicolet College Campus – Rhinelander



**Registrations for Continuing Education and Outdoor Adventure offerings are now taken at the following locations:**

Northwoods Center  
Lower Level Room 126  
Nicolet Rhinelander campus

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

[ce@nicoletcollege.edu](mailto:ce@nicoletcollege.edu)

**Online registration  
coming soon!**

Visit [nicoletcollege.edu](http://nicoletcollege.edu)  
for more details.

**Registrations for Public Safety are accepted at:**

Birchwoods Center  
Nicolet Rhinelander campus

715.365.4600  
800.544.3039 ext 4600  
TTY: 800.947.3529 or 711  
[PublicSafety@nicoletcollege.edu](mailto:PublicSafety@nicoletcollege.edu)

**[nicoletcollege.edu](http://nicoletcollege.edu)**

For your convenience we accept:



**[nicoletcollege.edu](http://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  
Rhineland, WI 54501-0518

### PHONE-IN

715.365.4544  
800.544.3039 ext 4544  
TTY: 800.947.3529 or 711

**Online registration  
coming soon!**

Visit [nicoletcollege.edu](http://nicoletcollege.edu)  
for more details.

### WALK-IN

Nicolet - Northwoods Center - Lower Level Room 126  
5364 College Dr  
Rhineland, 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 if applicable.
- 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: <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)? <input type="checkbox"/> Yes <input type="checkbox"/> No | Highest Educational Grade Completed: _____   |
| Race: (Check all that apply)   | Highest Credential Earned:   |
| <input type="checkbox"/> American Indian or Alaska Native  | <input type="checkbox"/> No Credential <input type="checkbox"/> GED                      |
| <input type="checkbox"/> Asian   | <input type="checkbox"/> Native Hawaiian or other Pacific Islander                       |
| <input type="checkbox"/> Black or African American   | <input type="checkbox"/> Some College <input type="checkbox"/> Short-Term Diploma        |
|  | <input type="checkbox"/> Associate Degree <input type="checkbox"/> Additional Credential |
|  | <input type="checkbox"/> Baccalaureate <input type="checkbox"/> More than Baccalaureate  |
|  | <input type="checkbox"/> HSED <input type="checkbox"/> HS Diploma                        |
|  | <input type="checkbox"/> 1-Year Diploma <input type="checkbox"/> 2-Year Diploma          |
|  | <input type="checkbox"/> More than Baccalaureate   |

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

|   |  |   |
|---|--|---|
| <b>FOR MORE INFORMATION:</b><br>Call 715.365.4544 or<br>800.544.3039 ext 4544 | <b>MAIL TO:</b><br>Nicolet College<br>Attn: CE Registration<br>PO Box 518<br>Rhinelander, WI 54501 | <b>PAYMENT METHOD:</b><br><input type="checkbox"/> Check/Money Order (Payable to Nicolet College) <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa <input type="checkbox"/> Discover<br>Card Account Number: _____<br>Expiration Date: ____/____/____<br>Verification Code: _____<br>(from signature line on back of credit card)<br>Cardholder Signature: _____ |
|---|--|---|

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

Home Mailing Address

City

Phone: Home

Phone: ☐ Cell ☐ Work

Gender: ☐ Male ☐ Female

Email Address \*Required if receiving Certificate of Completion

Social Security # or Nicolet Student ID #

State

Zip

Municipality of Residence (Township/Village/City)

Date of Birth

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:

Race: (Check all that apply)

☐ American Indian or Alaska Native

☐ Native Hawaiian or other Pacific Islander

☐ Asian

☐ Black or African American

☐ White

Highest Credential Earned:

☐ No Credential ☐ GED

☐ Some College ☐ Short-Term Diploma

☐ Associate Degree ☐ Additional Credential

☐ Baccalaureate ☐ More than Baccalaureate

☐ HSED ☐ HS Diploma

☐ 1-Year Diploma ☐ 2-Year Diploma

☐ Baccalaureate ☐ More than Baccalaureate

| Class Title | Section Number | Dates | Location | Fee/Sr. Fee |
|-------------|----------------|-------|----------|-------------|
|             |                |       |          |             |
|             |                |       |          |             |
|             |                |       |          |             |
|             |                |       |          |             |
|             |                |       |          |             |
|             |                |       |          |             |
| 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  
Rhineland, 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).

Revised 11/18

# NICOLET ARTS

**THE NICOLET ART GALLERY** focuses on integrating arts throughout the college and into the community.

**A NEW NORTHWOODS EXPERIENCE** highlights collaborations with local non-profits, public art on campus, social gatherings, and dynamic conversations.

## GALLERY EXHIBITIONS

- **Family, Genus, Species** by Julie Benda (Monday, February 10 – Friday, April 3)  
Opening Reception Thursday, February 13, 5 – 7 pm
- **Nicolet Student Show** (Thursday, April 23 – Saturday, May 23)  
Opening Reception Thursday, April 23, 5 – 7 pm
- **Wisconsin Regional Arts Program** (Monday, June 1 – Saturday, June 27)  
Opening Reception Thursday, June 4, 5 – 7 pm

## LOUNGE NIGHTS

*Join us as we transform the Northwoods Center into a dynamic space for fun, friendship, and a relaxing night out. View the current art on display, enjoy refreshments, and listen to music from WXPB Celebrity DJs. Everyone welcome!*

- **Breakfast Club 80s Night** (Thursday, January 16, 5 – 7 pm)
- **Summer of Love 60s Night** (Thursday, March 12, 5 – 7 pm)
- **Student's Choice Karaoke Night** (Thursday, April 23, 5 – 7 pm)

## SUMMER POP-UP GALLERIES

*New for summer 2020, Nicolet Art Gallery will offer three distinctive weekend immersive exhibitions to highlight the work of local artists in non-traditional ways. Pop-up endeavors will offer artists a way to be both creative and entrepreneurial in their delivery. Support local artists and enjoy all the creativity the Northwoods offers!*

- **Reflections Photography** by Headwaters Photography Club  
Friday, July 10 – Sunday, July 12
- **Artist-Designed Escape Room** by Nate Sheppard  
Friday, July 31 – Sunday, August 2
- **Northwoods Makers Showcase** featuring local artisans and small producers  
Friday, August 21 – Sunday, August 23

## PUBLIC ART ON CAMPUS

- **Fake Songs for Fake Album Covers** by Nate Sheppard (campus-wide, winter 2019/2020)
- **Reflections Photography** by Headwaters Photography Club (campus-wide, spring 2020)

## GALLERY HOURS

Monday – Thursday, 8 am – 8 pm; Friday, 8 am – 4 pm. Other hours and weekends by appointment. Contact Lisa Sage at 715.365.4533 or [lsage@nicoletcollege.edu](mailto:lsage@nicoletcollege.edu).

# NICOLET *Live!*

## 2020 PERFORMING ARTS SERIES

|  |                       |
|--|-----------------------|
| Magnolia North                                     | Wednesday, January 8  |
| Tonic Sol Fa                                       | Friday, February 1    |
| The Second City                                    | Saturday, February 15 |
| An Evening with<br>Hand Picked Bluegrass           | Tuesday, February 18  |
| Gretchen Peters                                    | Saturday, February 29 |
| Comedian Tim Cavanagh                              | Saturday, March 14    |
| Community Music Festival                           | Sunday, March 22      |
| Darrell Scott                                      | Saturday, March 28    |
| ArtsPower presents:<br>Judy Moody and Stink        | Sunday, March 29      |
| Multi-Instrumentalist Todd Green                   | Friday, April 17      |
| Wingra Wind Quintet                                | Friday, April 24      |
| Foreign Film: Capaernum                            | Tuesday, May 12       |
| Nicolet Players Present:<br>Picnic by William Inge | June 5-7, 11-14       |
| An Evening With Tom Nelson                         | Saturday, June 20     |

For more information and to sign up for  
our newsletter, visit [nicoletlive.com](http://nicoletlive.com)



NICOLET  
COLLEGE

Nicolet College  
5364 College Drive  
PO Box 518  
Rhineland, 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](https://facebook.com/nicoletcollege)



**Find us on Twitter**  
[twitter.com/nicoletcollege](https://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, Rhineland, WI 54501-0518  
Telephone: 715.365.4449 • TTY: 800.947.3529 or 711