BUSINESS

Business Skills and Employee Development

MAGNIFICENT MEMORY: RETAIN OR REGAIN IT
You can maintain and even regain some of your ability to remember. Explore four different memory pathways, practice strategies for actively encoding information for easier recall and learn the impact of some lifestyle choices on your memory.

$49 CBEM-417-TSL07 | Inst. Hoffner
Begins Nov. 25 | 1 Wk. | T
Tipton Center Room 305
6 PM-8:30 PM

Overcome Your Emotional Eating with EFT
Do you eat when you are upset or not hungry? Has food become a tranquilizer for your emotions and stress? Unresolved emotions are often the reason why diets don’t work. Feeling unloved, lonely or guilty are typical emotions that can drive you to overeat. Understanding and releasing the emotions that drive you to gain weight is a key to long-lasting weight reduction. In this class we will use EFT (Emotional Freedom Techniques) to stop your cravings within minutes and help you to identify and eliminate the triggers that cause overeating.

$19 CPFH-035-TSL07 | Inst. Schafer
Begins Jan. 6 | 1 Wk. | T
Tipton Center Room 305
5:30 PM-7:30 PM

Overcome Emotional Eating with EFT
Do you eat when you are upset or not hungry? Has food become a tranquilizer for your emotions and stress? Unresolved emotions are often the reason why diets don’t work. Feeling unloved, lonely or guilty are typical emotions that can drive you to overeat. Understanding and releasing the emotions that drive you to gain weight is a key to long-lasting weight reduction. In this class we will use EFT (Emotional Freedom Techniques) to stop your cravings within minutes and help you to identify and eliminate the triggers that cause overeating.

$19 CPFH-035-TSL07 | Inst. Hoffner
Begins Nov. 13 | 1 Wk. | T
Tipton Center Room 305
6 PM-8:30 PM

How to Really Start Your Own Business
Informs prospective business owners of regulations, permits, business insurance, and follow the rules and routines in their environment. What works with kids? What doesn’t? Approved for foster parents. Meets requirements for child care providers.

$19 CPFH-475-TSL17 | Inst. Andersen-Heller
Begins Dec. 2 | 1 Wk. | T
Tipton Center Room 305
6 PM-8 PM

Child Abuse and Mandatory Reporting
Are you aware of your obligations as a mandatory reporter? Are you interested in learning about the investigation, identification and legalities of child abuse? This program is approved by the Iowa Department of Public Health, #25.

$29 CHNC-032-03A7 | Inst. Caron
Begins Nov. 11 | 1 Wk. | T
Tipton Center Room 305
6:45 PM-9 PM

Dependent Adult Abuse & Mandatory Reporting
Are you aware of your obligations as a mandatory reporter of adult abuse? Diane Nicholls-Blomme will share the latest updates on mandatory reporters of suspected adult abuse and/or neglect, of their roles and responsibilities, as well as recognition of abuse. This program is approved by the Iowa Department of Public Health, #163.

$29 CHNC-032-07A27 | Inst. Nicholls-Blomme
Begins Nov. 11 | 1 Wk. | T
Tipton Center Room 305
6:45 PM-9 PM

How to Improve Children’s Behavior
How can using rewards and consequences improve children’s behavior? Explore practical ideas to get children to cooperate and follow the rules and routines in their environment. What works with kids? What doesn’t? Approved for foster parents. Meets requirements for child care providers.

$19 CPFH-475-TSL17 | Inst. Andersen-Heller
Begins Dec. 2 | 1 Wk. | T
Tipton Center Room 305
6 PM-8 PM

Personal & Family Development

Overcome Your Emotional Eating with EFT
Do you eat when you are upset or not hungry? Has food become a tranquilizer for your emotions and stress? Unresolved emotions are often the reason why diets don’t work. Feeling unloved, lonely or guilty are typical emotions that can drive you to overeat. Understanding and releasing the emotions that drive you to gain weight is a key to long-lasting weight reduction. In this class we will use EFT (Emotional Freedom Techniques) to stop your cravings within minutes and help you to identify and eliminate the triggers that cause overeating.

$19 CPFH-035-TSL07 | Inst. Schafer
Begins Jan. 6 | 1 Wk. | T
Tipton Center Room 305
5:30 PM-7:30 PM

FAMILY/HOME/FINANCE

CRaFTS

Beginning Crochet
Learn basic crochet stitches and complete two projects. Bring a medium-sized crochet hook (E,G), and two skeins of a four-ply worsted yarn (Red Heart) any color.

$39 CGCP-0316-TSL01 | Inst. Wilson
Begins Nov. 10 | 3 Wks. | M
Tipton Center Room 303
6 PM-8:30 PM

Beginning Crochet
Learn basic crochet stitches and complete two projects. Bring a medium-sized crochet hook (E,G), and two skeins of a four-ply worsted yarn (Red Heart) any color.

$39 CGCP-0316-TSL01 | Inst. Wilson
Begins Nov. 10 | 3 Wks. | M
Tipton Center Room 303
6 PM-8:30 PM

How to Improve Children’s Behavior
How can using rewards and consequences improve children’s behavior? Explore practical ideas to get children to cooperate and follow the rules and routines in their environment. What works with kids? What doesn’t? Approved for foster parents. Meets requirements for child care providers.

$19 CPFH-475-TSL17 | Inst. Andersen-Heller
Begins Dec. 2 | 1 Wk. | T
Tipton Center Room 305
6 PM-8 PM

Early Literacy and Language Development
How do you help children learn expressive language through day-to-day activities? We will discuss what works best to build expressive language and children’s vocabulary. Learn to expand children’s language skills during daily routines and activities.

$19 CPFH-992-TSL07 | Inst. Andersen-Heller
Begins Nov. 18 | 1 Wk. | T
Tipton Center Room 305
6 PM-8 PM

HEALTH

NURSING CONtinuing EDUCATION

Child Abuse and Mandatory Reporting
Are you interested in learning about the investigation, identification and legalities of child abuse? This program is approved by the Iowa Department of Public Health, #25.

$29 CHNC-022-03A7 | Inst. Caron
Begins Nov. 11 | 1 Wk. | T
Tipton Center Room 305
6:45 PM-9 PM

Dependent Adult Abuse & Mandatory Reporting
Are you aware of your obligations as a mandatory reporter of adult abuse? Diane Nicholls-Blomme will share the latest updates on mandatory reporters of suspected adult abuse and/or neglect, of their roles and responsibilities, as well as recognition of abuse. This program is approved by the Iowa Department of Public Health, #163.

$29 CHNC-032-07A27 | Inst. Nicholls-Blomme
Begins Nov. 11 | 1 Wk. | T
Tipton Center Room 305
6:45 PM-9 PM

Management of High Caries in Chronic Meth Users
If you care for patients who have utilized meth, you will be interested in this program. Dr. Guzman-Armstrong will inform health care providers of the oral manifestations of chronic meth users and its implications.

$29 CHNC-125-03A71 | Inst. Guzman-Armstrong
Begins Nov. 4 | 1 Wk. | T
Tipton Center Room 305
6 PM-8:30 PM

RECREATION

AEROBICS/EXERCISE

Turbo Kick
This class combines non-contact kickboxing with great music to burn a ton of calories and strengthen your core. Shake, punch and kick yourself into a new body. You will have so much fun you will forget you’re working out. Suitable for ages teen-adult.

$39 CRAE-118-03A12 | Inst. Ehlers
Begins Dec. 1 | 6 Wks. | MW
Tipton Elementary School Gym 2
6:30 PM-7:30 PM

Children’s Health:

Meth Users
If you care for patients who have utilized meth, you will be interested in this program. Dr. Guzman-Armstrong will inform health care providers of the oral manifestations of chronic meth users and its implications.

$29 CHNC-125-03A71 | Inst. Guzman-Armstrong
Begins Nov. 4 | 1 Wk. | T
Tipton Center Room 305
6 PM-8:30 PM

Parent-Tot Swim Lessons
This is a fun class for children at least six months old with a parent or caregiver. Any child who needs the safety and comfort of an adult with them while in the water may attend, including disabled children and children who are not yet ready for group swim lessons. The class uses songs, games and toys to introduce children to the water in a fun way, and help them overcome their fears. This class is a wonderful opportunity for the children to have special one-to-one time with their parents or caregivers. For more information, call Adam at 563-886-2271.

$15 CYR-095-03A10 | Inst. Spangler
Begins Nov. 8 | 1 Wk. | S
Tipton High School Old Gym
9 AM-12 PM

Gen. INTEREST

Babysitting Basics for Third Grade & Up
This class is geared for the beginning babysitter. Students must be at least nine to register. Class limited to 10 students. Please register one week in advance.

$19 CYGI-112-03A12 | Inst. Brooks
Begins Nov. 22 | 1 Wk. | S
Tipton Center Room 303
9 AM-12 PM

RECREATION

Dodge Ball Tournament (9th-12th Grade)
NEW! Register between Sept. 25-Oct. 26, at the Tipton Aquatic Center. Each team’s captain will be phoned prior to the first match. For more information, call Adam at 563-886-2271.

$15 CYRE-095-03A10 | Inst. Spangler
Begins Nov. 8 | 1 Wk. | S
Tipton High School Old Gym
9 AM-12 PM

Parent-Tot Swim Lessons
This is a fun class for children at least six months old with a parent or caregiver. Any child who needs the safety and comfort of an adult with them while in the water may attend, including disabled children and children who are not yet ready for group swim lessons. The class uses songs, games and toys to introduce children to the water in a fun way, and help them overcome their fears. This class is a wonderful opportunity for the children to have special one-to-one time with their parents or caregivers. For more information, call Adam at 563-886-2271.

$25 CYRE-128-03A10 | Inst. Spangler
Begins Nov. 4 | 2 Wks. | T
Tipton Aquatic Center Pool
6:30 PM-7 PM

Kirkwood Community College | Tipton Center
Register at www.kirkwood.edu/ce or call 563-886-3101 | Tipton Center
YOUTH PROGRAMS

RECREATION (continued)

Preschool Swimming Lessons (ages 3-5)
This is a fun class for children three to five years old. Children two years or younger may be in the preschool class with consent of the swimming instructor. Your child will learn the basics of swimming on his or her own with a little guidance. This is a great opportunity for your child to learn to swim at an early age. For more information, call Adam Spangler at 563-886-2271. Class will meet Monday, Nov. 19 due to Thanksgiving.

$25
CYRE-130-CED03 | Inst. Spangler
Begins Nov. 6 | 7 Wks. | TH
Tipton Aquatic Center Pool
6:30 PM-7 PM

Basic Elementary Tumbling
Have fun learning basic tumbling techniques that are safe and fun for young children. We will start with summersaults and work our way up to handstands and cartwheels. Ages three to six. Register at least one week in advance.

$19
CYRE-350-CED01 | Inst. Heil
Begins Jan. 3 | 6 Wks. | S
Tipton High School Wrestling Room
9 AM-9:45 AM

FITNESS FUN FOR EVERYONE!

Our instructor-facilitated online courses are informative, fun and convenient. Quality learning facilitators using highly interactive learning methodologies to facilitate Kirkwood’s online program courses.

Courses are project oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links and more. All ed2go courses begin on either the second or third Wednesday of each month and run for six weeks, totaling 12 lessons.

1. To see all of the courses offered, visit our online instruction center at www.ed2go.com/kirkwood.
2. Click the Orientation link and follow the instructions to enroll in your class. During orientation, you will learn important information about your course and choose the name and password you will use to access your course. When asked about payment option, click “Already Paid” and make sure to go to the next step below for payment.
3. Register online at www.kirkwood.edu/ce or by calling 319-398-1022. Your course number and payment information will be necessary to process your registration.
4. When your course starts, return to our online instruction center and click the Classroom link. Log in with the name and password you provided during orientation.

Ed2Go Courseware Library
- Accounting
- Art, History, Psychology & Literature
- Basic Computer Literacy
- Business Administration
- Certification Prep
- Child Care & Parenting
- Computer Applications
- Database Management & Programming
- Digital Photography & Digital Video
- Entertainment Industry
- Grant Writing & Nonprofit Management
- Graphic Design
- Health Care, Nutrition & Fitness
- Information Technology
- Management
- Marketing
- Mathematics
- Music
- Office Systems
- Personal Development
- Professional Development
- Science
- Social Science
- Special Education
- Teacher Certification
- Teaching
- Travel
- Writing and Communications