BUSINESS

BUSINESS SKILLS AND EMPLOYEE DEVELOPMENT
Eat Your Way to a Healthier Brain and Better Performance $49
Most of us take better care of our hair than we do of our brains. Gain insight into how food impacts the brain's abilities to learn, focus attention, problem-solve and remember, so you can make more informed choices about what you eat - and even when. Then enjoy better performance from your brain.
T Tipton Center Rm. KTS-1 6:00PM-8:00PM

ENTREPRENEURSHIP/BUSINESS DEVELOPMENT
How to Really Start Your Own Business $59
This course informs prospective business owners of legal structure options, sources of capital, basic business records, business taxes, regulations, permits, business insurance, marketing and advertising. Co-sponsored by Kirkwood and SCORE.
CBEN-135-TB109 - Begins May 19, 3 Wks.
T Tipton Center Rm. 305 6:30PM-9:30PM

COMPUTERS

COMPUTERS FOR 50+
Internet and E-Mail for Seniors $95
This course is for seniors wanting to start using the Internet. Learn more about surfing the World Wide Web, searching the Internet to find information, sending and receive e-mails, contacting other Internet users and downloading free software from the Internet.
CCCS-560-CED01 - Inst. Wilson Begins April 9. 4 Wks.
TH Tipton Center Rm. 303 6:00PM-8:00PM

HEALTH

NURSING CONTINUING EDUCATION
Child Abuse and Mandatory Reporting $29
What are 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.
T Tipton Center Rm. 305 6:30PM-8:45PM

Dependent Adult Abuse and Mandatory Reporting $29
Are you aware of your obligations as a mandatory reporter of adult abuse? Diana 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.
T Tipton Center Rm. 305 6:30PM-8:45PM

RECREATION

Turbo Kick $39
This class combines non-contact kickboxing with great music to burn a ton of calories and strengthen your core. Come and 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.
MTH Tipton Elementary Gym 2 6:30PM-7:30PM

FAMILY/HOME/FINANCE

PERSONAL & FAMILY DEVELOPMENT
How to Improve Children's Behavior $19
How can using rewards and consequences improve children's behavior? Explore practical ideas on getting children to cooperate and follow the rules and routines in their environment. What works with kids? What doesn't! This course meets requirements for child care providers and is approved for foster parents.
T Tipton Center Rm. 305 6:30PM-8:30PM

EQ for Children: Build Social/Emotional Skills $19
Learn activities and games for kids to help them improve social skills, get along better in a group and gain social situations practice all while having fun. This course meets requirements for child care providers and is approved for foster parents.
T Tipton Center Rm. 305 6:30PM-8:30PM

Attachment Issues: Birth to Age 3 $19
Learn what you can do to motivate a baby's brain to be strong and smart. What can you do to motivate a baby to feel confident and secure? What should you expect developmentally? Fun and play strategies for children ages 0-3 years will be discussed. This course meets requirements for child care providers and is approved for foster parents.
T Tipton Center Rm. 305 6:30PM-8:30PM

CRAFTS

A True Beginner-Knitting $29
This popular hobby appeals to all ages! You will learn to cast-on, cast-off, increase and decrease. We will make two projects. Call 563/886-3101 for a list of materials needed.
CGAC-262-CED02 - Inst. Gilbert Begins April 6. 2 Wks.
M Tipton Elementary Rm Gym 2 6:30PM-8:30PM

LANGUAGE AND CULTURE

Basic Sign Language for Kids $19
Learn the fundamentals of American Sign along with signs of everyday items. Research shows using sign language with children enhances their development. This class is for children preschool to elementary age.
CGLC-112-CED02 Begins May 16. 2 Wks.
S Tipton Center Rm. 303 10:00AM-11:30AM

Customer Service Spanish $69
If you work in an environment where great customer service is your mission, then this course is for you. With the growing Spanish speaking population in our community, the ability to deliver high quality customer service can be difficult. Don't let language become the barrier that prevents you from delivering first rate customer service. This course covers basic Spanish and phrases essential for the customer service professional. This course is delivered over the KTS (TTS) system.
CGCL-395-TST07 - Begins Apr 6. 6 Wks.
MW Tipton Center Rm. KTS-3 7:00PM-9:00PM

Baby Sitting Basics for 3rd Grade and Up $39
This class is geared for the beginning babysitter. Students must be at least 9-years-old to register. Class limited to 10 students. Please register one week in advance.
CYGI-112-CED19 - Inst. Bruns Begins June 6. 1 Wk
S Tipton Center Rm. 303 9:00AM-12:00PM
YOUTH PROGRAMS

Recreation

**Tipton Community Ed Third/Fourth Grade Softball**
Sign your child up for a wonderful summer activity, softball! They will play one or two games a week depending on the schedule. Games will last approximately an hour and a half. Games will be played at West Branch, Wilton, Tipton or West Liberty. Register at the Aquatic Center March 2-27. For more information about this league please call Adam Spangler at 563-886-2271.

CYRE-106-CED05.  Inst. Spangler.  Begins Apr 13.  12 Wks.  $35
MW  Tipton City Park Rm. DIAMOND  6:00PM-7:30PM

**Tipton Community Ed Third/Fourth Grade Baseball**
Sign your child up for a wonderful summer activity, baseball! They will play one or two games a week depending on the schedule. Games will last approximately an hour and a half. Register at the Aquatic Center March 2-27. Games will be played at Tipton, West Branch, Wilton or West Liberty. For more information about this league please call Adam Spangler at 563-886-2271.

CYRE-107-CED05.  Inst. Spangler.  Begins Apr 13.  12 Wks.  $35
MW  Tipton City Park Rm. DIAMOND  6:00PM-7:30PM

**Tipton Community Ed Fifth/Sixth Grade Softball**
Sign your child up for a wonderful summer activity, softball! They will play one or two games a week depending on the schedule. Games will last approximately an hour and a half. Register at the Aquatic Center March 3-28. Games will be played at West Branch, Wilton, Tipton, or West Liberty. For more information about this league please call Adam Spangler at 563-886-2271.

TTH  Tipton City Park Rm. DIAMOND  6:00PM-7:30PM

**Tipton Comm. Ed. 5th/6th Grade Baseball**
Sign your child up for a wonderful summer activity, Baseball! They will play one or two games a week depending on the schedule. Games will last approximately an hour and a half. Register at the Aquatic Center March 3-28. Games will be played at West Branch, Wilton, Tipton, or West Liberty. For more information about this league please call Adam Spangler at 563-886-2271.

TTH  Tipton City Park Rm. DIAMOND  6:00PM-7:30PM