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 Vinton 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-TB107 - Begins May 19, 3 Wks.
T Vinton Center Rm. KTS-1 6:30PM-9:30PM

FAMILY/HOME/FINANCE

LAWN AND GARDEN
Container Gardening NEW $15
Want a great way to bring color to your garden, even if you don't have a lot of space? Use pots to disguise unattractive areas without commitment. You can change the designs year after year. Join master gardener Kris Bicker in teaching you how to choose pots, soil and plants to make your own container garden. This is a lecture class only. No materials are provided or required.
TH Vinton Center Rm. 109 6:30PM-8:30PM

PERSONAL & FAMILY DEVELOPMENT

How to Improve Children's Behavior $19
How can you use rewards and consequences to 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 Vinton Center Rm. KTS-1 6:30PM-8:30PM

EQ for Children: Build Social/Emotional Skills NEW $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 Vinton Center Rm. KTS-1 6:30PM-8:30PM

Attachment Issues: Birth to Age 3 NEW $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 Vinton Center Rm. KTS-1 6:30PM-8:30PM

GENERAL INTEREST

CRAFTS
Gardening Apron NEW $15
Have you ever needed light weight gardening tools at your fingertips? Learn to make your own one-of-a-kind garden apron with a large pocket area for holding your tools. You will need to bring your own sewing machine, simple sewing supplies (scissors and thread) and one yard of cotton fabric.
T Vinton Center Rm. 109 6:30PM-8:00PM

LANGUAGE AND CULTURE
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 (ITTS) system.
CGSC-395-TS106 - Begins Apr 6, 6 Wks.
MW Vinton Center Rm. KTS-1 7:00PM-9:00PM

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 Vinton Center Rm. KTS-1 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 Nicholla-Blimome 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 Vinton Center Rm. KTS-1 6:30PM-8:45PM
T Vinton Center Rm. KTS-1 6:30PM-8:45PM

RECREATION

AEROBICS/EXERCISE
Yoga for the Mind & Body $35
This yoga class is designed to meet the needs of new and returning students. Instructors Pippil McGowan and Pam Andrews will teach you how to relax and relieve stress through the use of yoga exercises. Health benefits include increased flexibility and body strength, enhanced concentration and energy, and a renewed sense of well-being. Requirements include a yoga mat, bath or beach towel. You may benefit from a yoga strap or belt and yoga blocks, but these items are not required.
W Iowa Braille & Sight Saving Sc Rm. GYM 7:15PM-8:30PM
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To register: 111 West Third Street | Vinton, Iowa 52349
319-472-2318 | vinton@kirkwood.edu
COACHING AUTHORIZATION

Coaching Authorization Certification Seminar $299
The seminar format will complete the state required course work, coaching application, waiver and fingerprinting. We will submit state forms and transcripts directly to the Iowa Department of Education. The seminar format is offered in either two consecutive weekends (Friday nights, all day Saturdays and Sundays) or Wednesday through Sunday during the daytime. You will need to bring six rolls of 1 1/2” athletic tape and two rolls of prewrap. Materials fee of $20 will be collected during the first class. Upon class completion, there is an additional application fee of $137 payable to the state of Iowa for certification processing.
CRCA-000-LUT75 - Begins Jun 19, 2 Wks.
F SSU Urbana Community Center 5:00PM-10:30PM
SSU Urbana Community Center 8:00AM-8:00PM

MARTIAL ARTS/SELF DEFENSE

Tae Kwon Do $39
Classic traditional Korean style of martial arts. Great program for practical self defense, discipline and confidence. For all levels of youth, men and women.
CRMA-042-LUT01 - Inst. Defensive Arts. Begins Apr 6, 8 Wks.
MW Atkins Legion Memorial 5:30PM-6:30PM
CRMA-042-LUT02 - Inst. Defensive Arts. Begins Jun 8, 8 Wks.
MW Atkins Legion Memorial 5:30PM-6:30PM

Archipelago Combatives $39
Archipelago Combatives is a multi-discipline art that trains in all ranges of combat with or without a weapon. This training is for self-defense. Students must be 18 or older. Materials fee $12 (for a pair of rattan sticks).
CRMA-400-LUT04 - Inst. Defensive Arts. Begins Apr 6, 8 Wks.
M Atkins Legion Memorial 7:30PM-8:30PM
CRMA-400-LUT05 - Inst. Defensive Arts. Begins Jun 8, 8 Wks.
M Atkins Legion Memorial 7:30PM-8:30PM

YOUTH PROGRAMS

GENERAL INTEREST

Hunter Education $3
If you were born after Jan. 1, 1972, and want an Iowa hunting license, this course is required. Topics include: ethics, responsibilities, state hunting laws, conservation practices and gun handling. Students must be at least 12 years of age to enroll and must attend all sessions to be certified. This class will be held at the Izak Walton Building north of Vinron. Class size is limited so register early. Please bring a lunch for the Saturday class.
CYGI-020-VIN08 - Begins Apr 21, 1 Wk.
T Izak Walton Building 6:30PM-9:00PM
S Izak Walton Building 8:00AM-4:30PM
SU Izak Walton Building 11:00AM-2:30PM