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Experimental college offers fun short classes

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The University of
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NEWS RELEASE

Feb. 21, 2002

Contact: Katie Jensen, student coordinator, Experimental College, 243-5082.

EXPERIMENTAL COLLEGE OFFERS FUN SHORT CLASSES

MISSOULA-

From banjo to guitar, scrapbooking to printmaking, tango to belly dance, meditation to massage, astrology to the I Ching, there are plenty of fun things to learn from The University of Montana's spring semester Experimental College offerings.

Short, inexpensive evening classes on a variety of topics begin Feb. 25 on campus. The classes are open to all. A discount is offered for early registration five or more days before the class begins. To register, visit or call the University Center Box Office at 243-4999 or print out a registration form online at www.umt.edu/uc/college.

Classes are:

- **Funk Dancing** -- 6:30 to 7:30 p.m. Mondays, Feb. 25 through April 1, instructor Laura Nelson. Learn to shake it with style on the dance floor. Students will practice warm-ups, dance posture and basic jazz and funk steps that will lead to hip-hop combinations. All skill levels are welcome. The cost is \$42.50 with a Griz Card and \$45 without.
- **Advanced Funk** -- 8 to 9 p.m. Mondays, Feb. 25 through April 1, instructor Laura Nelson. This course is for those who have taken any previous funk-dancing class. Students will sweat more and delve more deeply into jazz and funk

-more-

combinations. Cost is \$42.50 with a Griz Card and \$45 without.

- **Meditation** -- 6 to 8 p.m. Wednesdays, Feb. 27 through April 1, instructor Jan Newman. Learn meditation techniques and practical ways in which they can lead to a more joyful, focused life. Participants from any religion or spiritual path are welcome. Cost is \$17 with a Griz Card and \$20 without.
- **Swedish Massage** -- 6 to 8 p.m. Mondays, March 4 and 11, instructor Jen Moffat. Help others relax by learning the basics of Swedish massage. The class will cover the basic strokes: effleurage, petrissage and friction, as well as tips on how to give a safe, painless massage. No partner is necessary, but you'll need sheets, pillowcases and massage oil or lotion. Cost is \$30 with a Griz Card or \$35 without.
- **Introduction to Fencing** -- 6 to 9 p.m. Tuesdays, March 5 through April 16, instructor Nathaniel Cerf. On guard! The medieval art of fencing is making a comeback in the modern world. This class will cover the fundamentals of Olympic swordplay, including safety, sparring, types of attacks and defense. Cost is \$42.50 with a Griz Card or \$45 without.
- **Basic Swing Dancing** -- 7 to 9 p.m. Tuesdays, March 5 through April 9, instructor Christopher Gawelko. Swing is in, and this is the class that will teach you how to do it with finesse. Students are encouraged to sign up in pairs, with one to "lead" and one to "follow." Cost for singles is \$35 with a Griz Card or \$39 without; pairs pay \$59 with a Griz Card and \$69 without.

- **Introduction to Belly Dancing** -- 7 to 8 p.m. Tuesdays, March 5 through April 2, instructor Ann Higgins, aka Aniyisa. Students will be introduced to the stretches, isolations and movements that make up this ancient Middle Eastern dance. Gauzy harem pants and jingly jewelry are optional -- just wear comfortable clothes and be ready to move your hips. The cost is \$27 with a Griz Card and \$29 without.
- **Introduction to Banjo** -- 7:30 to 9 p.m. Tuesdays, March 5 through April 9, instructor Michael Bennett. Learn to pick 'n' grin with the best of 'em in this class. Aspiring pickers will learn banjo basics and several traditional songs. (Note: Instructor has a few banjos available for rent; for details, call the Experimental College at 243-6187.) Cost is \$32.50 with a Griz Card and \$35 without.
- **Basic Tango Dancing** -- 7 to 9 p.m. Wednesdays, March 6 through April 10, instructor Christopher Gawelko. Learn the basics of this popular dance, including fans, crote dips and pivots. Moves specific to "leads" and "follows" will be taught. Students are encouraged to sign up in pairs. Cost for singles is \$35 with a Griz Card or \$39 for the general public; pairs pay \$59 with a Griz Card, \$69 without.
- **Introduction to I Ching** -- 7 to 8:30 p.m. Thursdays, March 7-28, instructor Jerry Swanson. Learn to read your fortune in the I Ching, an ancient Chinese method of divination and meditation that involves tossing coins. Students will need to purchase or borrow a library copy of "The Book of Changes." Cost is \$19 with a Griz Card and \$25 without.
- **Basic Guitar** -- 7 to 9 p.m. Mondays, March 25 through April 8, instructor James

Wallace. This crash course for novices moves swiftly from technique fundamentals to chords and accompaniment styles. Students also will learn several popular tunes. Cost is \$29 with a Griz Card or \$34 without.

- **Principles of Self-Defense** -- 7 to 9 p.m. Thursdays, March 28 and April 4, instructor Alain Burrese. This class will teach the principles of self-defense with a focus on awareness and avoiding crime. Physical elements of self-defense also will be covered, emphasizing escape and fleeing. Cost is \$26 with a Griz Card, \$35 without.
- **Introduction to Latin Dancing** -- 7 to 9 p.m. Mondays, April 8 through May 6, instructor Christopher Gawelko. Master the rumba, the samba, the cha-cha and the mambo in this class for beginners. No partner needed. Cost for singles is \$35 with a Griz Card or \$39 for the general public; pairs pay \$59 with a Griz Card, \$69 without.
- **Advanced Guitar** -- 7 to 8:30 p.m. Tuesdays, April 9-30, instructor Eric Keeling. Continuing guitarists will experiment with styles ranging from jazz to folk to blues while learning general tools and applying them to live playing situations. Bass players welcome. Cost is \$32.50 with a Griz Card or \$35 without.
- **Printmaking** -- 7 to 9 p.m. Wednesdays, April 10-24, instructor Bev Glueckert. Play with ink and explore relief printmaking techniques that do not require a press. Students will learn a mix of traditional and experimental printing processes to make editions, monoprints and monotype prints. Cost is \$31 with a Griz Card or

\$35 without; plus an \$8 materials fee.

- **Astrology** -- 7 to 9 p.m. Thursdays, April 11-25, instructor Jessica Simkovic. Students will learn to construct their own planetary charts, the corresponding personality traits and how to use the information in daily life. Cost is \$19 with a Griz Card or \$25 without.
- **Publish Your Book!** -- 7 to 9 p.m. Thursdays, April 11-25, instructor Printer Bowler. Learn the step-by-step process of publishing a book -- from dream to finished product. Bring a book you're working on or just your idea and let this published author and UM alum help you see your work in print. Cost is \$19 with a Griz Card or \$25 without.
- **Scrapbooking** -- 6 to 9 p.m. Mondays, April 15-22, instructor Susannah Murphy. This class is for anyone who wants to turn their pile of random photos into a beautifully decorated story of their lives. Students will learn creative ways to present pictures using tools such as die-cut machines and a Coduzzle. Bring pictures to the first class. Cost is \$32.50 with a Griz Card or \$37.50 without.

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