



Northwest Iowa  
Community College

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Sheldon, Iowa 51201

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January 12, 2011

## NEWS RELEASE

*May be published  
when received.*

### GENERAL INTEREST CLASSES OFFERED BY NORTHWEST IOWA COMMUNITY COLLEGE CONTINUING EDUCATION

Northwest Iowa Community College (NCC), Sheldon, Iowa, will be offering four continuing education courses: *Cookie Bouquet*, *Beginning Dance*, *Introduction to Kettlebell Training*, and *Guitar Instruction*. For more information or to register for any of the following classes, contact the Continuing Education Division at Northwest Iowa Community College at 712-324-5061, or toll free at 1-800-352-4907.

***Cookie Bouquet*** – A two-session “Cookie Bouquets-Easy & Fun 101” class runs Tuesdays, February 3 and 10, 2011 from 6:30 -9 p.m. in the Foods Lab of the Sheldon High School. Cookie bouquets have become very popular and make perfect gifts, centerpieces and party favors. On the first night, the class will make, bake and decorate the cookies on sticks. The class will assemble the bouquets during the second class session. Cookie dough, frosting and decorating tools will be provided. Students will be asked to bring a container to the second session along with items they want to use to personalize their cookie bouquet. Get ready for Valentine’s Day by learning how to make a Cookie Bouquet. The cost of the class is \$28.

***Beginning Dance*** – A six-session “Beginning Dance Class” begins on Thursday, February 3, 2011 and ends on March 10. The class will meet from 7-9 p.m. in the East Elementary School Gym. Learn basic dance steps such as the fox trot, waltz, swing and a touch of polka in this beginning dance class. If you have a wedding dance or special occasion coming up and would like to have knowledge of basic dance steps, this is your opportunity to learn. The cost of the class is \$60.00 per couple.

***Introduction to Kettlebell Training*** - A four-session “Introductory Kettlebell Training” class begins on Wednesday, February 2, 2011. The class will meet weekly from 6:30 to 7:30 p.m. in the Wrestling Room of the George-Little Rock High School in George. Kettlebells are the best-kept strength and conditioning tool available today. The kettlebell is a cast iron weight that looks like a cannonball with a handle. Learn how to perform basic kettlebell drills and put them together for a training session that will burn calories and build strength at the same time. Amy Jurrens, RKC, is a certified Russian Kettlebell trainer who will ensure you perform the drills safely while having fun. It is recommended that participants purchase a kettlebell to bring to class. Men should choose a 25, 30, or 35 lb. bell while women should choose a 15 or 20 lb. bell, depending on strength. The cost of the class is \$30.00.

***Guitar Instruction*** - An eight-session “Guitar Instruction” class runs Monday, January 31, 2011 through March 21, 2011. The class will meet from 6:30 to 7:30 p.m. in Room 222 of Building B. Learn to play guitar in this class! This class will provide instruction in tuning and setting up your instrument, learning to read a blend of tablature and notation including note for note rhythm and lead guitar songs. The goal will be to have fun while learning to read music, playing and performing on stage and working on many different varieties of songs ranging in the styles of pop, blues, classics, rock, heavy metal, etc. The cost of the class is \$119.00.

An “Intermediate Guitar Instruction” will be held for eight sessions beginning on January 31 from 7:30 to 8:30 p.m. in Room 222 of Building B. This class will cover the study of lead guitar, including scales,

chord formation, solos, and improvising new solos over chord progressions. This class is for players that have already been playing for a while and want more specialized classes. Also, for players looking to perform at shows, in bands, or just interested in expanding their guitar playing. The classes will be taught by Brandon Dale Guitar Instruction. The cost of the class is \$119.00.