

Continuing Education & Workforce Development

Career, Business Training and Leisure Learning

Summer 2025

Registration opens April 28



Ages 11-18
**Summer
Camps**
pg. 12



**Crochet
Basics**

Your first stitches
pg. 6



**Grand
Lodges**

Yosemite's
Ahwahnee
pg. 10



COCHISE COLLEGE
Workforce Development

2600 EAST WILCOX, SIERRA VISTA AZ 85635
WWW.COCHISE.EDU/CLL • (520) 515-5492



COCHISE COLLEGE
Center for Lifelong Learning

Our Summer Classes

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Classes at the Cochise College Center for Lifelong Learning are designed to be your connection to learning at any age or skill level. We are excited to bring you the schedule for Summer 2025 classes.

Cochise College Center for Lifelong Learning encourages success in a learning community that promotes intellectual growth through educational resources and programs tailored to changing social, economic and technological needs.

The Center for Lifelong Learning is a place where students, learning, and teaching are our first priority. Registration is easy! Visit our website, search and register for your courses, use our interactive class schedule and simply click on the course titles, give us a call, or stop by our office. It's that simple!

Our courses are informative, affordable, fun, and geared for you. All of our courses include expert, professional instructors. Browse our Summer 2025 Schedule to find that class that will be your pathway to summer learning.

Cochise College Mission Statement

Cochise College provides inclusive and accessible educational opportunities that support social responsibility, community engagement, meaningful careers, and lifelong learning.

For more information, contact one of our staff at (520) 515-5492.

Center for Lifelong Learning Staff

Ana Smith, Director

Elizabeth Dagnino, Coordinator

Brandy De Leon, Enrollment Management Specialist/Division Assistant

Physical Address

**2600 East Wilcox Drive, Room G101
Sierra Vista AZ 85635**

Mailing Address

**Cochise College
Attn: Center for Lifelong Learning
901 N Colombo Ave
Sierra Vista AZ 85635**

Refund Policy:

Cancellation and Refund Policy: The Cochise College Center for Lifelong Learning reserves the right to cancel course offerings with a full refund.

- More than 14 calendar days before the start = Full Refund
- 8 - 13 calendar days before course start = 50% Refund
- 7 calendar days or less = No Refund
- After course start date = No Refund

Safety guidelines:

- Stay home if you are feeling sick.
- To help protect you and your instructors, we encourage you to be considerate and to take responsibility for your health and safety.

Photo of Ahwahnee on cover courtesy of Gary H. via Flickr

Don't Miss a Thing!



**Cochise College Center
for Lifelong Learning**



@cochisecollegecll

Summer Camps

pg. 12

Grand Lodges of the Parks

pg. 10



Arts & Crafts

Mosaics

with Paula Keith

Paula is an expert in creating stunning artwork with mosaics and crash glass that can enhance any space. She will teach you the techniques and tips to design your own unique pieces with mosaics and crash glass. Her attention to detail and excellent instruction will guide you through the learning and creative processes.

Beginner Mosaics Class

Mosaics with Paula is required for all Advanced Mosaics classes.

Mosaics with Paula

Step into a new art craft with a stained-glass mosaic stepping stone! You will create your custom garden stepping stone in this all-day class. We will discuss basic mosaics and how to add ceramic pieces, beads, baubles, and personal findings to a project that will start you on your path to mosaic creations. You will use a direct application method in your mosaic creation, although other methods will also be discussed. At the end of the class, you will go home with your custom-created garden stone! Completing this class prepares you for the advanced Mosaics classes. The morning session is cutting, shaping, grinding, and setting. The afternoon session is grouting and finishing the stepping stone. *Requirements: This class requires you to stand for extended periods and have strong fine motor skills and hand-eye coordination to cut glass safely. All supplies are provided. Safety goggles/eye protection and closed-toed shoes are required.*

Sat, May 31

8 a.m. - 4 p.m.

Downtown Center, A111

\$79



Advanced Mosaics Class

with Paula Keith

The prerequisite for Advanced Mosaics classes is the Mosaics with Paula class and practice at home.

Garden Art: Mosaic Tree Earrings



Tree Earrings!? T'rings? Think of your mosaic stepping stones as stud earrings for your house; then these are the dangly earrings for the yard! Advanced mosaic participants will get an 18"x 4" Go Board substrate prepped and ready to go to create beautiful garden art. No patterns are required, but they can be supplied. Bring your precuts, opaque, painted-back, small tile, doodads, charms, mirror pieces, and all the solid things that sparkle. You will receive mirror tile strips that are cut ready to go for your edges, the hardest part. This is a great use of opaque glass scraps. On day two, you will grout and create beaded tails from the supplies provided. Bring your wheeled nippers and regular glass tools. A short list of required and suggested supplies will be sent to you upon enrollment. *Requirement: Mosaics with Paula and practice at home. Safety goggles/eye protection and closed-toed shoes are required.*

Sat, Jun 28 &

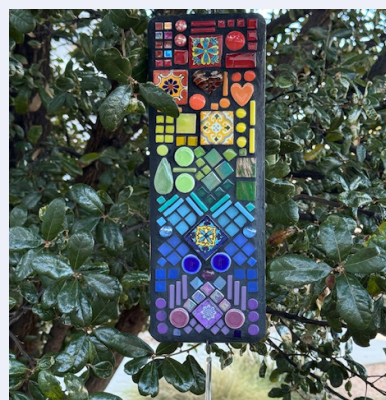
9:30 a.m. - 4 p.m.

Sun, Jun 29

1:30 - 4 p.m.

Downtown Center, A111

\$95



Mosaic Blue Glass Block Lamp

It does not have to be a blue Christmas; it could be a blue summer cocktail! But it will be blue! Advanced mosaic participants will create blue glass block mosaic lamps that will sparkle and glow. Participants will receive a 7.5" x 7.5" BLUE glass block, twinkle lights, glass tile trim, and crash glass as background filler to create a winter holiday lamp. You will have twelve patterns to select two designs for stained glass on both sides of the lamp. Choose a pattern for your skill level. There will be ample scraps available in the class, or bring your choice of transparent or opaque glass to create two designs. *Requirement: Mosaics with Paula and practice at home. Bring your regular cutting tools along with an old soft towel; no other supplies are required if using glass on hand. On the easy-to-hard scale: hard, G-o-G is slippery.*

Sat, Aug 23 &

9 a.m. - 4:30 p.m.

Sun, Aug 24

12:30 - 4:30 p.m.

Downtown Center, A111

\$119

Gourd Art

with Lollie Yancey

Gourd Art is an art form that uses hard-shell gourds as the medium. They can be carved, painted, burned, dyed, and polished, making them a versatile art form. This art form allows you to channel your imagination and talent to create beautiful, practical, and decorative pieces such as birdhouses, ornaments, bowls, rainsticks, vases, decorative pieces, and wall art such as masks. Explore this medium under the guidance of expert gourd artist and instructor Lollie Yancey, and get ready to have fun!

Gourd Nightlight

NEW

Join us for a fun and creative nightlight-making workshop where you will transform a craft-ready miniature gourd into a charming light that brightens both your space and your day! With all materials and tools provided, you will let your imagination run free to craft a unique, one-of-a-kind piece. Not only will it light up your room, but it is also a beautiful work of art you will love showing off during the day! Perfect for adding a cozy glow to your home or gifting to someone special. Come create, craft, and have fun!

Sun, Jul 20

Downtown Center, A111

9 a.m. - 2 p.m.

\$69



Gourd Bowl

NEW

Unleash your creativity and transform a craft-ready gourd into a stunning work of art! Using pyrography tools, vibrant inks, and sealer, you will design your very own decorative object, serving piece, or planter that is as unique as you are. Whether you are crafting a statement piece for your home or a thoughtful gift, this hands-on class lets your imagination shine. *All materials are provided—just bring your ideas and fun energy! Come join us and create something beautiful you will enjoy every day!*

Sat, Jul 12

Downtown Center, A111

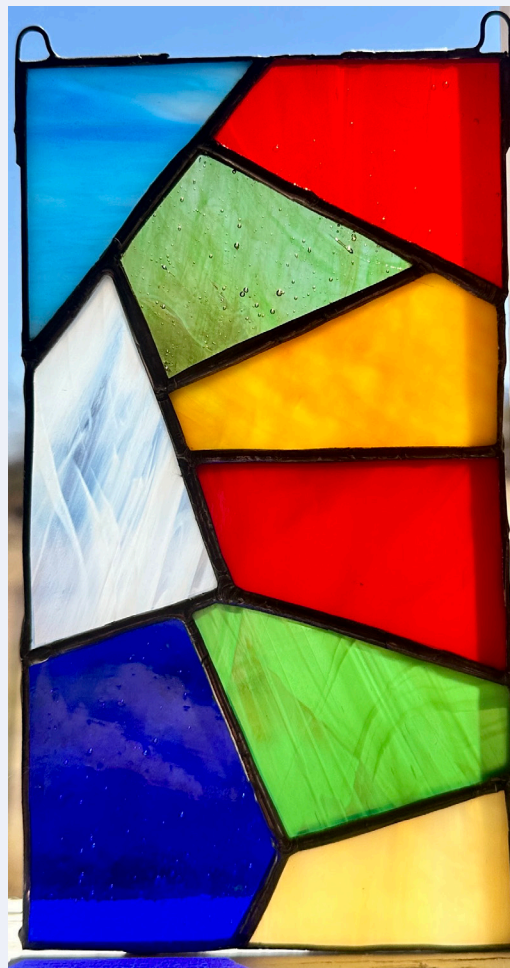
9 a.m. - 4 p.m.

\$95

Discover the Art of Stained Glass

with Don Watkins

Join Don Watkins, a skilled artist of many mediums and teacher, in this introductory stained-glass series and get ready to explore the vibrant world of stained-glass art. These workshops are designed for beginners. We provide all the materials; all you have to do is bring your desire to learn and have fun.



Beginner Stained Glass

In this fun-filled class, you will dive into the world of stained glass by creating your own suncatcher! You will be guided through each step as you learn all the essential skills you need to bring your colorful creations to life. By the end of class, you will have the basic skills to tackle the intermediate class. Grab your creative spirit, and let's make some magic with glass! *All supplies are provided. Safety goggles/eye protection and closed-toed shoes are required.*

Fri, Jul 25 &

Sat, Jul 26

Downtown Center, A111

5 - 7:30 p.m.

2 - 4:30 p.m.

\$89

Fri, Aug 1 &

Sat, Aug 2

Downtown Center, A111

5 - 7:30 p.m.

2 - 4:30 p.m.

\$89

Arts & Crafts

Intermediate Stained Glass

Get ready to take your stained-glass game to the next level! In this exciting class, you will build on everything you learned in the beginner class and dive into a more complex project. You will have a selection of patterns to choose from, allowing you to create a one-of-a-kind masterpiece that showcases your unique style! In this class, you will use the copper foil method. *Prerequisite: Must have completed Beginner Stained Glass. All supplies are provided. Safety goggles/eye protection and closed-toed shoes are required.*

Fri, Aug 8 &

5 - 7:30 p.m.

Sat, Aug 9

2 - 4:30 p.m.

Downtown Center, A111

\$89

Advanced Stained Glass



Are you ready to delve into the world of "leaded" stained glass? In this class you will build a frameable piece that will incorporate some bevels in a classical pattern from an assortment provided. Many new skills will be used in this class using a different construction method than before. For this class you will need to have taken the beginner and intermediate stained glass classes or have outside experience with laying out a pattern, cutting, and shaping glass. **** Prerequisite: Must have completed Intermediate Stained Glass. All supplies are provided. Safety goggles/eye protection and closed-toed shoes are required.*

Fri, Aug 15 &

5 - 7:30 p.m.

Sat, Aug 16

2 - 4:30 p.m.

Downtown Center, A111

\$99

I Have a Guitar - Now What?



with Richard Kettner

Join our beginner guitar class and kickstart your musical journey. Learn to read music notation, master basic chords, and strumming patterns. No prior musical knowledge is needed; just bring an acoustic guitar and the method book "Guitar Method, Book 1" by Hal Leonard. After registration, you will receive all the details to prepare for class. We cannot wait to start this musical journey with you! This is an eight-week class.

Wed, May 14 - Jul 2

6 - 7 p.m.

Downtown Center, A111

\$99

Crochet Basics Workshop: Your First Stitches



with Morgan Simniok

Unleash your creativity and join our Crochet Basics class! Dive into the world of crochet and learn the basics, from selecting the right yarn and hooks, to mastering essential stitches. Our friendly and experienced instructor will guide you step-by-step, ensuring you gain confidence and have fun along the way. By the end of the class, you will have created your very own handmade granny square to take home and cherish. Sign up today and start your crochet journey! *Yarn will be provided. Requirements: Bring your own 5mm hook.*

Sat, Jun 14

9 a.m. - 12 p.m.

Downtown Center, E105

\$29



Computing

Microsoft Word 365/2019 Series

with George Self

Microsoft Word is the leading word processing program businesses use and a must-have skill in today's job market. This course, taught by a top-rated instructor, will guide you in mastering this valuable, sought-after professional skill. Register for the entire three-class series and save \$45! That is a free class!

Microsoft Word Fundamental teaches you basic Word 365/2019 skills. The class includes hands-on activities and step-by-step instructions that show how to create, modify, and save documents. By the end of the course, you will feel comfortable using skills like changing fonts, adjusting paragraphs, spell-checking, finding/replacing text, and inserting lists. This class is an excellent introduction to Microsoft Word. Note: This class covers Microsoft Word 2019; students using Word 365 will notice a slight difference.

Tue, Jul 1 **5:30 - 8:30 p.m.**
Downtown Center, G104 **\$45**

Microsoft Word Intermediate teaches you intermediate Word 365/2019 skills. The class includes hands-on activities and step-by-step instructions that show how to create complex and beautiful documents. By the end of the course, you will feel comfortable using skills like modifying page layout, creating columns, using text boxes, inserting and formatting tables, inserting and formatting images, and inserting hyperlinks. This class is an excellent extension of fundamental Microsoft Word skills. Note: this class covers Microsoft Word 2019, students using Word 365 will notice a slight difference.

Tue, Jul 8 **5:30 - 8:30 p.m.**
Downtown Center, G104 **\$45**

Microsoft Word Advanced teaches you higher-level Word 365/2019 skills. The class includes hands-on activities and step-by-step instructions that show how to apply advanced document techniques. By the end of the course, you will feel comfortable using skills like using templates, applying text effects, inserting watermarks and icons, using citations, generating mail merge, linking other Microsoft Office documents, and using the Internet with Word. This class is the ultimate Microsoft Word experience. Note: this class covers Microsoft Word 2019, students using Word 365 will notice a slight difference.

Tue, Jul 15 **5:30 - 8:30 p.m.**
Downtown Center, G104 **\$45**

Excel 2019 Suite

with George Self

This series focuses on the fundamentals of Excel 2019. This course teaches you how to use this industry-standard software. At the end of this course, you will be able to immediately put the newly gained Excel skills to practice at work or home. Register for the entire three-class series and save \$45! That is a free class!

Microsoft Excel: Fundamentals

Are you ready to embark on a journey into the world of spreadsheets? Join our Fundamentals Excel Class, the perfect starting point for those with limited tech backgrounds. In this engaging three-hour session, you will master the fundamentals of Excel with ease. Learn to navigate the Excel interface, enter data, and perform basic calculations. Discover the magic of cell formatting and how to organize your work in multiple sheets. By the end of this class, you will be creating your own Excel workbooks like a pro.

Tue, Jul 22 **5:30 - 8:30 p.m.**
Downtown Center, G104 **\$45**

Microsoft Excel: Intermediate

Ready to take your Excel skills to the next level? Our Intermediate Excel Class is designed to build on the foundation laid in the Fundamentals class. In this three-hour session, you will dive deeper into data management, chart creation, and intermediate functions. Explore sorting, filtering, and the art of visualizing data with charts and graphs. Uncover the power of IF statements and VLOOKUP. By the end of this class, you will be equipped to tackle more complex Excel tasks with confidence.

Tue, Jul 29 **5:30 - 8:30 p.m.**
Downtown Center, G104 **\$45**

Microsoft Excel: Advanced

Ready to become an Excel expert? Our Advanced Excel Class is the final piece of the puzzle. Building on the knowledge gained in the Fundamentals and Intermediate classes, you will delve into PivotTables, advanced data analysis, and data protection. Learn to analyze data like a pro, perform complex calculations, and secure your workbooks. By the end of this three-hour session, you will have the skills to impress with your Excel powers.

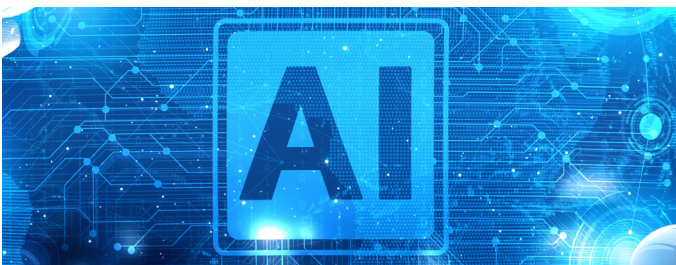
Tue, Aug 5 **5:30 - 8:30 p.m.**
Downtown Center, G104 **\$45**

Introduction to Artificial Intelligence (AI)

with George Self

This class explores the evolution of artificial intelligence (AI), its impact on society, and its current applications across various industries. As AI continues to advance, the course is regularly updated to stay current with the latest developments and trends. Students will gain hands-on experience with AI platforms for text and image generation, providing a practical understanding of its capabilities. By the end of the course, participants will have a deeper understanding of AI's potential benefits and risks in fields such as healthcare, academia, government, and more.

Tue, Aug 12 **6:30 - 8:30 p.m.**
Downtown Center, G104 **\$25**



Workforce Development

As a leader in workforce development, Cochise College understands the importance of meeting the emerging training needs of the community. The world is moving at lightning speed, and the industry needs highly skilled employees who can complete training quickly to keep up with productivity and variable growth rates. To learn more about our upcoming training and certificate programs that can be completed in one year or less, visit <https://www.cochise.edu/skills> or contact Cullen Scarborough at scarboroughc@cochise.edu or (520) 515-3631.

CompTIA® Security +

with Dr. Rodney Alexander

This CompTIA® Security+ Course is intended to equip learners with the knowledge and skills needed to be information security IT professionals. Yet, it is more than an “exam prep” course. While teaching the fundamentals of information security by using the CompTIA® Security+ exam objectives as its framework, the course takes a comprehensive view of security by examining in depth today’s attacks against networks and endpoints and what is needed to defend against these attacks. This course is a valuable tool for those who want to learn about information

security and enter the field. It also provides the foundation that will help prepare for the CompTIA® Security+ certification exam. *Requirements: Students must purchase the MindTap for Ciampa’s CompTIA® Security+ Guide to Network Security Fundamentals by Mark Ciampa, 1 term Instant Access | 8th Edition, ISBN: 979-82-14-00066-4, prior to the first day of class. A link to purchase the book online will be provided upon registration. This course meets twice a week for eight weeks.*

Mon & Wed, Jun 2 - Jul 23
Downtown Center, G104

5:30 - 8:30 p.m.
\$1,995

Corporate Training

The Center for Lifelong Learning is your answer for workforce training needs. We can provide your organization with customized training delivered in various formats, such as in-person at one of our campuses or your site, blended, or online. We can adapt our programs to meet the needs of your business. Whether your goals are to develop and improve employee skills, performance, or leadership, our training solutions will deliver practical workplace skills that meet your business needs and foster continuous improvement. Bring your team to the next level and invest in your most valuable asset today! For more information, contact Ana Smith at smitha@cochise.edu or (520) 515-3636.

- OSHA 10 & OSHA 30
- Microsoft Applications
 - Excel
 - Word
- Supervisory & Leadership Training
- Time Management
- Leading Organizational Change
- CompTIA® Security +
- Stop the Bleed
- American Heart Association
 - CPR, First Aid & AED
 - Basic Life Support
- Customer Service
- Grant Writing
- Conflict Resolution
- Organizational Change

Firearms Training

With the opening of the Firearms Training Complex (FTC) on the Sierra Vista Campus of Cochise College, we are proud to begin offering National Rifle Association (NRA) firearms-related classes through the Center for Lifelong Learning. These classes will offer a gradual progression from basic pistol through advanced shooting. *Students must be at least 18 years old in order to register for shooting-related classes. Students must also be able to legally possess a firearm in Arizona.* NRA certifications are optional for NRA-approved courses. Take advantage of the new, local, state-of-the-art facility in your community. To learn more about our upcoming training and questions, contact Dr. Eric Brooks at brookse@cochise.edu or (520) 417-4060.

NRA Personal Protection in the Home

with Dr. Eric Brooks

The NRA Personal Protection in the Home Course will expose you to several schools of thought regarding defensive shooting techniques. Although the course is designed to avoid giving you too much information too fast or giving you too many choices, the course is not confined to a rigid or dogmatic system. The instructor will guide students in making their own choices. *Prerequisites and Gear Requirements – Prior shooting experience is required to take this course. Students must have a firearm, at*

least two magazines, a carrying case or bag, 150 rounds of training ammunition, eye and ear protection, and a front-brimmed hat (e.g., baseball cap). Note-taking material and a willingness to learn are also strongly recommended. This course includes four hours of supervised range time to be scheduled at the time of class.

Sat, May 17
Sierra Vista Campus, LEB602

8 a.m. - 4:30 p.m.
\$199

Firearms Training

NRA Basic Pistol Fundamentals

with Dr. Eric Brooks

In this class, you will learn about types of handguns, along with their features and functions. This course will also cover safe gun handling, loading, and unloading, the fundamentals of marksmanship, as well as safe cleaning practices, and gun storage. *Prerequisites and Gear Requirements - Students must have a firearm, at least two magazines, a carrying case or bag,*

150 rounds of training ammunition, eye and ear protection, and a front-brimmed hat (e.g., baseball cap). Note-taking material and a willingness to learn are also strongly recommended. This course includes four hours of supervised range time to be scheduled at the time of class.

Sun, Jun 22
Sierra Vista Campus, LEB602

8 a.m. - 4:30 p.m.
\$199

Cooking

Taste of Thailand

NEW

with Chef Mark Gravett

Having such a long history that can be traced back to the Kingdom of Sukhothai, Thai food is a blend of flavors and techniques from many cultures including China, India and Vietnam. This also included a diet of rice, fish and vegetables which was introduced to Thailand from the settlers from Southern China. Come and join Chef Mark as he takes you on a journey to Thailand with these amazing dishes: Thai Red Curry with Chicken accompanied by a Thai Crunch Salad with Peanut Dressing and Thai Coconut Soup.

Thu, Jun 26
Downtown Center, J115

3:30 - 6:30 p.m.
\$69



Nature

Hummingbirds Across the Americas

NEW

with Jeff Babson

You are invited to an exciting journey from Alaska to South America to discover the splendid diversity of the hummingbird family! We will travel across the Americas, spotlighting these incredible, colorful creatures who have a wide range of sizes, colors, and behaviors in their natural habitats.

Tue, May 27
Benson Center, B113

6 - 8 p.m.
\$19

Feathered Family Portrait: Flycatchers

NEW

with Jeff Babson

The New World flycatchers are one of the largest bird families, with over 400 species spanning from Canada's boreal forests to the tropical jungles and windy shores of Patagonia. This diverse group of birds can be found in a wide variety of habitats, and Arizona is home to many of them. Whether you are an avid birder or just curious, you will not want to miss learning about these lively and colorful flycatchers!

Wed, Jun 11
Downtown Center, G106 & Zoom

6 - 8 p.m.
\$19

Arizona's Bees

NEW

with Jeff Babson

Bees are essential to agriculture and ecosystems, and Arizona is home to one of the richest bee populations on Earth! From the buzzing desert to lush riparian zones, this class will dive into the diverse and fascinating world of Arizona's bees uncovering their critical roles as pollinators. Whether you are a bee enthusiast or just curious about nature's unsung heroes, this class will open your eyes to the incredible world of Arizona's bees.

Wed, Jul 9
Downtown Center, G106 & Zoom

6 - 8 p.m.
\$19

Ancient Survivors

NEW

with Jeff Babson

Ferns have been around for over 345 million years, making them some of the earliest plants to shape our planet's landscapes. From the Sonoran Desert, ferns have adapted to thrive in diverse habitats. Join us as we dive into the fascinating world of ferns, exploring their incredible diversity and unique biology. Whether you are a plant lover or simply curious, this class will reveal the secrets of these ancient, resilient plants and their incredible journey through time.

Wed, Aug 20
Downtown Center, G106 & Zoom

6 - 8 p.m.
\$19

Special Interest

Hybrid & Electric Car Technology

with Alan Anderson

Curious about high-voltage hybrid and electric cars? Join our exciting class to learn all about their operation and ownership benefits and address any concerns you might have. We will cover the basics and provide in-shop demonstrations on how to safely work around these vehicles. Whether you are a car enthusiast or simply interested in the latest automotive technology, this class is perfect for you. Sign up now and power up your knowledge of hybrid and electric cars!

Mon, May 19

Sierra Vista Campus, Room 1602

9 a.m. - 12 p.m.

\$45



San Pedro Valley's "Mountain Man"

with Glenn Minuth

Plunge into the life and times of James Ohio Pattie, the consummate mountain man. His name often surfaces in local ecology discussions surrounding the early history of the San Pedro River. You may know his name and what he did here, but do you know the rest of his story? Pattie's travels and accomplishments resonated far beyond the San Pedro Valley. Go beyond common knowledge and ascertain Pattie's contributions to the historical legacy of the western United States.

Tue, Jul 8

Downtown Center, G106

6 - 8 p.m.

\$19



Grand Lodges of the Parks Series: Yosemite's Ahwahnee

with Glenn Minuth

Over a century ago, some of the nation's most stunning architectural treasures were crafted in our national parks, blending nature with luxury. Visionary architects and railroad partners worked together to elevate the "National Park Service (NPS) rustic design style," creating iconic lodges that still offer unforgettable experiences today. These grand properties mark the early connection between extravagance and nature. First on the list is the Ahwahnee Hotel, considered the flagship of NPS lodges. Designed by Gilbert Stanley Underwood, its "Parkitecture" captures the essence of blending elegance with the natural world, setting a high standard for future park lodges. Join us as we explore the timeless beauty of these architectural masterpieces, where history, design, and nature converge to create an enduring legacy of unforgettable experiences!

Tue, Jun 10

Downtown Center, G106

6 - 8 p.m.

\$19



Paid to Talk: Introduction to Voice Over

with Voice Coaches

From audio books to advertisements and beyond, we encounter recorded voices everywhere! In this one-night, live online class, your instructor will take you behind-the-scenes in the voice over field for a fun and realistic look at how the voice over field really works. You will gain inside perspective on developing skills, and how to leverage your voice's strengths and interests, and more. Because this class is live, you will have the opportunity to ask questions! Additionally, there will be a chance for a one-on-one script read with the instructor. For more information, visit <https://voicecoaches.com/about>.

Wed, Jul 23

Zoom

6:30 - 8 p.m.

\$29

Wellness

Stretchcize

with Julia Jones

Stretchcize is a cooperative exercise class focused on women 55 and older. Emphasis is placed on stretching, balancing, and strengthening - laughter and talk are added bonuses. Check us out and see if this exercise group is right for you. Bring your mat or modify your practice by using a chair. You can join this 15-week course at any time. *No class Mon, May 26 - Memorial Day, Thu, Jun 19 - Juneteenth, Thu, Jul 3 - Independence Day, Mon, Aug 11 - College Convocation.

***Mon, Wed & Thu, May 5 - Aug 28**
Downtown Center, A111

8:30 - 9:30 a.m.
\$15

Yoga with Macaela

with Macaela Cashman

Reap benefits, reduce stress, and experience gentle and meditative yoga while still toning and strengthening for those wanting a little extra challenge. You have heard "no pain, no gain?" Macaela's mantra is "No pain - no pain is our aim!" You can learn to listen to your body for better health and overall awareness. A yoga mat, strap, and two four-inch blocks are required for class. Most session meets four times.

Thu, May 8, 15, 22 & 29
Thu, Jun 5, 12, & 26*
Thu, Jul 10, 17, 24 & 31
Thu, Aug 7, 14, 21 & 28
Downtown Center, G106

5 - 6 p.m.
5 - 6 p.m.
5 - 6 p.m.
5 - 6 p.m.
\$45 per session
\$35 Jun session*

Pilates

with Macaela Cashman

Mat Pilates has much in common with hatha yoga as a method of developing mental and physical balance, awareness, flexibility, and strength. See how Pilates can help you enhance your coordination, lung capacity, and, of course, your core! Contrary to what you might think, Pilates does not require exotic machines or equipment. All you need for class is a mat (a yoga mat or thicker), a Magic Circle Pilates ring that you can find on Amazon, and a stretchy exercise band. Each session meets four times.

Fri, May 9, 16, 23 & 30
Fri, Jun 6, 13, 20 & 27
Fri, Jul 11, 18, 25 & Aug 1
Fri, Aug 8, 15, 22 & 29
Downtown Center, G106

9 - 10 a.m.
9 - 10 a.m.
9 - 10 a.m.
9 - 10 a.m.
\$45 per session

Mindful Living: Meditation for Embracing Yourself and Your World

with Macaela Cashman



Join us for three Sunday mornings focused on helping you feel more at ease with yourself and the world. In this class, we will explore the art of noticing all of life's moments, both good and challenging. Through meditation and discussion, you will learn to sit with your feelings, embrace the present, and shift your perspective with curiosity and acceptance. Discover a grounded, compassionate practice that helps you show up for life with openness and ease.

Sun, Jul 13, 20 & 27
Downtown Center, G106

9 - 10:30 a.m.
\$35 per session

American Heart Association

AHA-Heartsaver First Aid, CPR, and AED

with Neil Gago

Learn to manage illness and injuries within the first few minutes until professional help arrives. This class is for anyone who wants to acquire important life-saving skills or has a duty to respond to a first aid or cardiac emergency because of job responsibilities or regulatory requirements. Course content includes general principles of CPR/ Automated External Defibrillator (AED) and first aid for medical and injury emergencies. Those who successfully complete this course will qualify for a two-year American Heart Association (AHA) certification.

Sat, Jun 7 or
Sat, Jul 19
Downtown Center, G106

9 a.m. - 3 p.m.
9 a.m. - 3 p.m.
\$79

AHA-Basic Life Support for Healthcare Providers

with Neil Gago

Basic Life Support covers CPR for adult, infant, and child as well as the use of an AED in accordance with American Heart Association (AHA) guidelines. Core material covered will be adult, child, and infant CPR, ventilations with a barrier device, 1 and 2 rescuer techniques, use of the bag-valve mask, AED, and aid for choking victims. Those who successfully complete this course will qualify for a two-year AHA certification.

Sat, Jul 26 or
Sat, Aug 9 or
Sat, Aug 16 or
Sat, Aug 23
Downtown Center, G106

9 a.m. - 1 p.m.
9 a.m. - 1 p.m.
9 a.m. - 1 p.m.
9 a.m. - 1 p.m.
\$65

SUMMER CAMPS

COCHISE COLLEGE

Summer will be here before you know it. Cochise College Early College Programs hosts Youth Summer Camp for students aged 11 to 18 centered on learning in a fun environment while making new friends! This year's camps will introduce your child to adventures in Career and Technical Education (CTE), art, music, and science. This program provides campers with hands-on experiences highlighting many programs offered here at Cochise College. So much fun!

Culinary Exploration: Passport to Flavor



with Monica Medina and Sharla Fagan

Ages: 11 - 18

Embark on a flavorful journey around the world in this hands-on culinary camp! Designed for budding chefs, this camp will teach participants to create delicious meals and desserts inspired by global cuisines. From crafting Spam fried rice and chocolate dumplings with strawberry dipping sauce on Day 1 to mastering homemade tortillas, pico de gallo, guacamole, and conchas on Taco Tuesday, each day brings new techniques and flavors. On the final day, campers will learn to make Italian ravioli from scratch, paired with a zesty lemon almond cake for dessert. With a focus on teamwork, creativity, and skill-building, this camp is perfect for young food enthusiasts ready to explore the art of cooking. This camp will utilize tools such as knives and is designed for students interested in culinary arts ages 11-18.

Mon - Wed, Jun 2 - 4
Downtown Center, J105

8 a.m. - 12 p.m.
\$85

Mon - Wed, Jun 9 - 11
Downtown Center, J105

8 a.m. - 12 p.m.
\$85

Mon - Wed, Jun 16 - 18
Downtown Center, J105

8 a.m. - 12 p.m.
\$85

Mon - Wed, Jun 23 - 25
Downtown Center, J105

8 a.m. - 12 p.m.
\$85

Ecology of the San Pedro

with Steve Merkley

Ages: 12 - 18

The San Pedro River is an important resource to biological communities. In this course, you will collect aquatic insects from the river and use dissecting microscopes to count and identify them in the lab. You will learn to record ecological data, collect and process biological samples, and make scientific conclusions. Since freshwater insects and other invertebrates fulfill important roles in riparian food webs, the data collected by camp participants can provide information on food availability for both aquatic and terrestrial consumers, such as fish, birds, mammals, amphibians, and reptiles. Many of these consumers rely on food resources coming from the river in the form of emerging aquatic insects. Invertebrate composition can also correlate with water quality and can be an important tool in the rapid bioassessment of the health of a river. Part of this camp is a field trip to the San Pedro River for insect collection..

Mon - Thu, Jun 2 - 5
Sierra Vista Campus, 1109

8 a.m. - 12 p.m.
\$85

Genetic Adventures: Extracting DNA Together



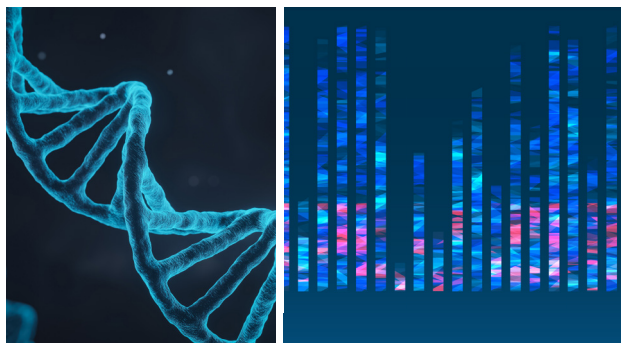
with Frank Emanuele

Ages: 13 - 18

Dive into the fascinating world of genetics and artificial intelligence in this innovative summer camp! Participants will extract deoxyribonucleic acid (DNA) from their own cheek cells and black flies, amplify specific genes using polymerase chain reaction (PCR), and conduct control experiments to deepen their understanding of genetic analysis. Through hands-on activities and cutting-edge tools, campers will use AI and specialized software to identify species and analyze environmental data. A field trip to the San Pedro River will include birdwatching with binoculars and using the BirdNET AI program to collect and compare bird data. Join us for an unforgettable experience blending biology, technology, and the natural world! This camp is open to students aged 13-18.

Mon - Thu, Jun 9 - 12
Sierra Vista Campus, 1103

8 a.m. - 12 p.m.
\$85



Music Exploration: Intro to Classical Guitar

with Alfredo Vazquez

Ages: 11 - 14

Have you ever wanted to learn to play a classical guitar? Now is your chance to learn from the best! Whether you have zero experience with guitar and music, or you have played a little bit, this camp is for you. In this camp, you will work on posture, left/right-hand technique, music reading development, playing as an ensemble, and learning different music from other cultures. You will have fun learning by looking at pieces by famous composers like Beethoven, Mozart, and Bach. This camp is where you will learn in a nurturing and encouraging environment whether you are new to playing music or want to improve your skills. Grab your classical guitar and join us for an unforgettable musical adventure! A limited number of guitars will be available on a first-come, first-serve basis. If you or someone in your family owns a classical guitar, you are encouraged to bring it for this camp.

Mon - Thu, Jun 9 - 12
Sierra Vista Campus, 709

8 a.m. - 12 p.m.
\$85

Adventures in Game Design

with Brian Scarbrough

Ages: 11 - 16

Dive into the world of game creation! Over the course of the week, you will learn the basics of coding and game design, building your very own side-scroller or scrolling shooter game from start to finish. You will work in teams to brainstorm, design characters, and solve challenges, all while mastering essential skills like time management, research, and following instructions. You will even compete for fun prizes! At the end of camp, you will have a unique game to showcase and take home on a thumb drive. Do not miss out on this exciting opportunity to unleash your creativity! This camp is designed for students aged 11 - 16 of all ability levels.

Mon - Thu, Jun 9 - 12
Sierra Vista Campus, LCC1205

8 a.m. - 12 p.m.
\$85



Fun with Ceramics

with Virginia Thompson

Ages: 11 - 18

Unleash your creativity with the art of hand-built ceramics! In this hands-on summer camp, participants will explore the fundamentals of clay hand-building techniques, including pinch pots, slab construction, and sculpting. With live demonstrations and plenty of opportunities for personalization, campers will craft unique projects while learning to add texture through stamping and carving. The final touch comes with vibrant underglaze and glaze colors, bringing each piece to life. Completed projects will be fired in the college kilns and ready for pick-up one week after the camp session. Join us for an unforgettable journey into the world of clay! This camp is designed for ceramics beginners ages 11-18.

Mon - Thu, Jun 9 - 12
Sierra Vista Campus, 408

8 a.m. - 12 p.m.
\$85

Creative Writing: Using AI in the Writing Process

with Erica Reed

Ages: 11 - 18

Dive into the exciting world of Artificial Intelligence (AI) assisted creative writing in this innovative four-day summer course! You will explore how AI can enhance your storytelling skills and spark your imagination. You will be introduced to AI tools for writing, brainstorming ideas generated with AI, practicing character development and world-building techniques, working collaboratively with AI assistants, and learning to use AI feedback to edit and refine your work. You will emerge with a toolkit of AI-powered writing strategies, a portfolio of creative pieces, and a fresh perspective on the future of storytelling. This course blends traditional creative writing skills with cutting-edge technology, preparing young writers for the evolving landscape of digital creativity. This camp is suitable for aspiring authors ages 11-18; no prior AI experience is necessary!

Mon - Wed, Jun 16 - 18
Sierra Vista Campus, 1210

8 a.m. - 12 p.m.
\$85

Summer Camps

Music Exploration: Elevate Classical Guitar Skills

with Alfredo Vazquez

Ages: 11 - 16

Do you want to strengthen your classical guitar skills? This camp is for you! This camp is designed for students who have taken Intro to Classical Guitar, or who can read music and have some experience with playing guitar. In this camp, you will work on strengthening your music skills by playing more challenging pieces. You will have fun learning by looking at pieces by famous composers like Elizabeth Cotton, Robert Johnson, and Isaac Albeniz. This camp will strengthen your practice in a nurturing and encouraging environment. Grab your classical guitar and join us for an unforgettable musical adventure! A limited number of guitars will be available on a first-come, first-serve basis. If you or someone in your family owns a classical guitar, you are encouraged to bring it for this camp.

Mon - Thu, Jun 23 - 26
Sierra Vista Campus, 709

8 a.m. - 12 p.m.
\$85



Get to Know Your Car

with James Krause

Ages: 14 - 18

You have your license, now what? Come spend a week at Cochise College to learn the basics of car maintenance in a new, state-of-the-art facility. Instructor James Krause has a long history in the automotive industry and will share his wealth of knowledge in a fun and engaging way. You will walk through auto shop safety and learn what every driver should know about their car: how to change a tire, how to change the oil, how to check the fluids, and so much more! You will walk away from camp knowing how to best take care of your cars.

Mon - Thu, Jun 23 - 26
Sierra Vista Campus, 1602

8 a.m. - 12 p.m.
\$85



Health and Fire Science Exploration

with Dr. Melesa Ashline

Ages: 11 - 18

You do not want to miss this amazing opportunity to explore the world of healthcare and emergency services at Cochise College! This summer, we are offering a fun and interactive camp for students ages 11 - 18 who are interested in learning more about the roles and skills of emergency responders, nurses, medical assistants, and certified nursing assistants. You will get to learn CPR, first aid, wound care, and fire science using our advanced equipment and facilities. You will learn about fire safety gear and participate in simulated activities. Plus, you will earn a CPR two-year certification card from the American Heart Association (AHA) if you are in high school, or a college participation certificate if you are in middle school. Do not miss this chance to have fun and learn lifesaving skills!

Mon - Wed, Jun 23 - 25
Downtown Center, TBD

8 a.m. - 12 p.m.
\$85



Online Business & Professional Development

All of our online courses are taught by expert instructors and are designed to be affordable, fast, and convenient. Please note that these courses are non-credit and cannot be transferred to Cochise College degree programs. Visit www.cochise.edu/ccl, and visit the Online Courses page to directly register for the courses you want. For more information, contact us at 520-515-5492. For any software/hardware requirements, please check each individual course.



UGotClass Career Training

Management

Certificate in Project Management



In today's business environment, there is a need for good project management. Project management provides visibility of project health to the business and the customer. Through continuous monitoring, early detection of variations to plan, schedule, and budget can be communicated to stakeholders for quick resolution, including project cancellation. Project management is one of the fastest paths to promotion by increasing your network through greater exposure.

Introduction to Project Management	Jun 2 - 27, 2025
Project Management Processes	Jul 7 - Aug 1, 2025
Project Management Knowledge Areas	Aug 4 - 29, 2025
Enrollment Fee	\$495

Business Communication



Certificate in Customer Service

Customer service is now essential for business and all work organizations. With the increase of technology, human interaction with customers becomes all the more important. Whether it relates to retaining customers, serving your audience, or turning inquiries from potential customers into sales, good customer service is now one of the central factors in organizational success. Learn to improve your customer service skills to enhance your career skill set, improve productivity, and increase your organization's success. You will also take away some extraordinary customer service techniques you won't find anywhere else.

Extraordinary Customer Service	May 5 - 30, 2025
Keys to Customer Service	Jun 2 - 27, 2025
Enrollment Fee	\$245



Online Business & Professional Development



ed2go Career Training

Legal

Legal Terminology

This course will introduce you to basic legal terms and provide insight into court processes, comparative legal systems, legal traditions, root words, and government structures. You will also learn legal terminology related to key legal proceedings such as contract law, property law, conveyancing, corporate, international law and more.

6 months

\$995

Code: GES2051

Information Technology

CompTIA Certification Training: A+, Network+, Security+ (Vouchers Included)

NEW

Begin your journey as an IT professional by preparing for the CompTIA A+ certification exams (220-1101 & 220-1102), the Network+ certification exam (N10-009), and the Security+ certification exam (SY0-701). This bundle will give you all the tools you need to succeed in the ever-growing field of IT and stand out to future employers.

12 months

\$3,995

Code: GES327



ed2go Short Courses

Computer Science

Introduction to Python 3 Programming

Create foundational programming structures with Python. This course will provide the fundamentals of computer programming in Python 3 with topics that include basic decisions and loops, advanced data structures, object-oriented programming, and graphical user interfaces.

Self-Paced

3 Months Access

No Instructor, Start Anytime

Instructor-Led

6 weeks

Start Dates

May 15 or Jun 11, 2025

\$129

Health & Fitness

Certificate in Holistic and Integrative Health: Foundations 1

Gain insights into a unique, person-centered approach to health care. This course focuses on foundational concepts in holistic and integrative health, including stress management, physical activity, and movement, nutrition, and healing environments.

Self-Paced

3 Months Access

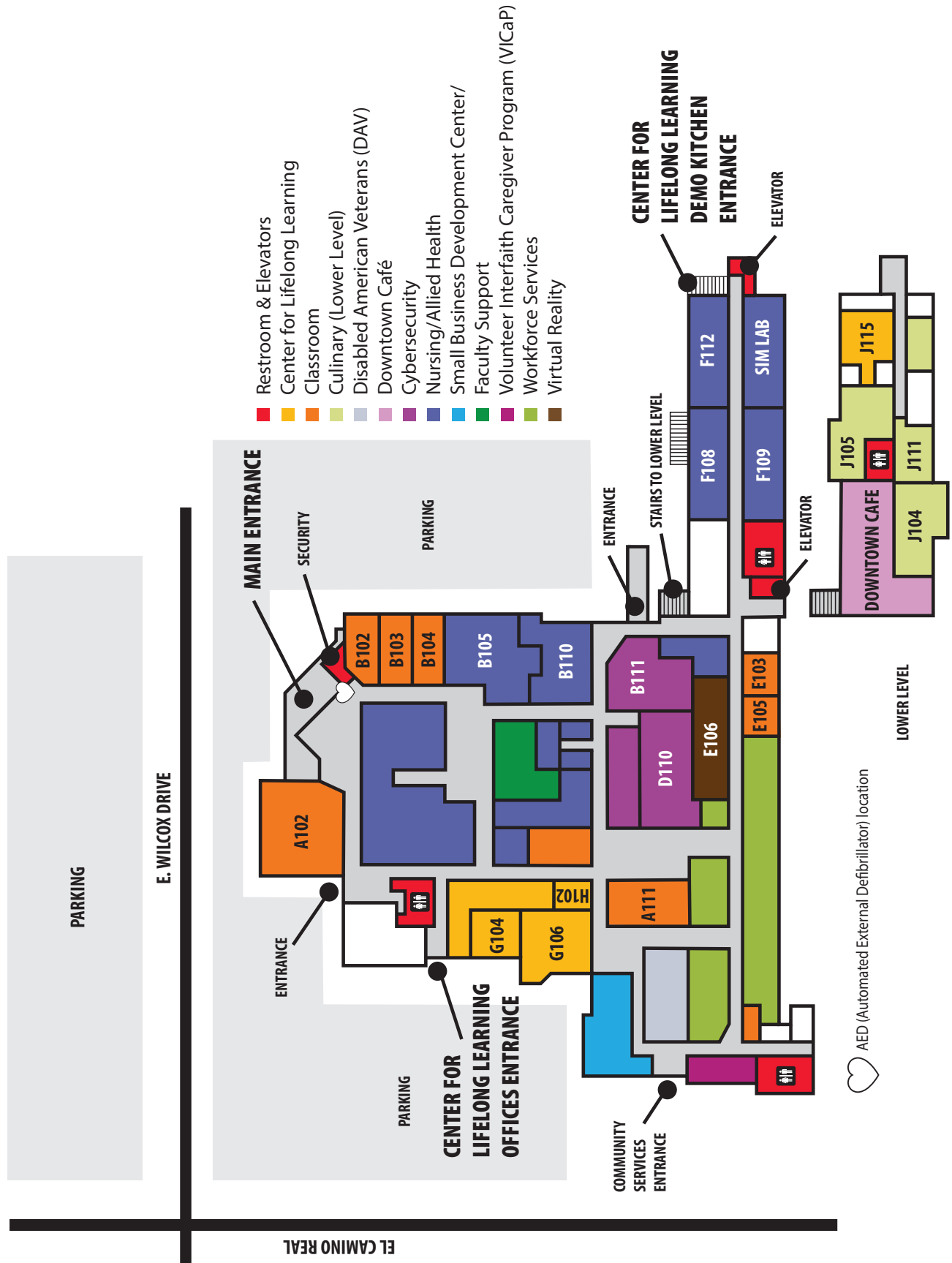
No Instructor, Start Anytime

\$99



Downtown Center Map

2600 East Wilcox Drive, Sierra Vista, AZ 85635



Four Easy Ways to Register for classes

1. Online

Register anytime, day or night, online. Visit www.cochise.edu/cll, click on the Register for Classes (website) link, then click on the current schedule link to browse and register for classes.

2. Phone

Call (520) 515-5492 to register by phone using your credit card.

3. Walk-In

Drop by our office and register in person with one of our friendly staff members. We are located in the Downtown Center, 2600 East Wilcox Drive, Room G101.

4. Mail

Fill out the registration form (right), and make the check payable to Cochise College. Please ensure you mail your registration form and payment to the address below at least two weeks before the first day of class so we can process your registration.

Cochise College

Attn: Center for Lifelong Learning
901 N. Colombo Avenue
Sierra Vista, AZ 85635

Accessibility Accommodations

Cochise College values inclusive learning environments and strives to make all aspects of the College accessible to our students. If you have an accessibility and believe you need an accommodation to improve access to learning and campus services, you may begin the welcome process and review the Accessibility Student Guide at cochise.edu/accessibility. Community members, Center for Lifelong Learning students, and visitors may contact the Office of Accessibility Services to determine eligibility at (520) 515-5337.

Groups/Organizations

We will be glad to prepare a class tailored to your needs—held at your location or at Cochise College. For more information call (520) 515-5492, (800) 966-7943, ext. 5492 or email training@cochise.edu.

Center for Lifelong Learning Registration Form

Name _____ Date _____

Mailing address _____

City _____ State _____ Zip _____

Home phone _____ Cell _____

Work Phone _____ Other _____

Email _____

Please acknowledge the best mode to confirm enrollment and reach you for additional class information:

☐ Email ☐ Home phone ☐ Cell phone
☐ Work phone ☐ Other: _____

Class name _____

Date _____ Fee _____

Class name _____

Date _____ Fee _____

Class name _____

Date _____ Fee _____

Class name _____

Date _____ Fee _____

Payment information

☐ Visa ☐ MasterCard ☐ American Express ☐ Discover

Card # _____

Expiration Date _____ Sec. Code _____

Billing Address _____

Signature _____

Register online... Anytime, Anywhere!

Online registration is fast, easy
and convenient.

Go to
www.cochise.edu/cll
to browse class offerings.
On the left, click on
“Register for Classes (website)”

Your connection is live now!



Four Easy Steps:

1. Find Your Courses

Browse courses to find the ones
that are right for you.

2. Create Account

Before you can register for a
course, you must click on Your
Account to create a profile.

3. Add to Cart

You may add multiple items to
your basket.

4. Proceed to Checkout

Enter your payment information
to complete your registration and
guarantee your access to the
courses you desire.

Once your registration is
approved, we will send you a
receipt for your records.

Liability: Cochise College assumes no liability for accidents that occur while participating in Lifelong Learning classes and provides no funds to cover medical costs. Participation in any class is entirely voluntary. Participants are strongly urged to have their own health insurance. Cochise College is not responsible for injuries or accidents and all liability against them is waived.

Registration Deadline: Payment for any class is expected at the time of registration. Certain classes have individual fees and registration deadlines. See each class for those requirements and refund policies. Instructors will not accept registration payment at any time. Exact cash amount or check only for in-class purchases or kit fees.

Classes that do not meet the minimum student requirement will be cancelled before the actual class date.

Please enroll early. Classes will be cancelled one to two weeks prior to start date if enrollment is too low.

Cancellation and Refund Policy: The Cochise College Center for Lifelong Learning reserves the right to cancel course offerings with a full refund.

Refund Policy:

- More than 14 calendar days before course start = Full Refund.
- 8 - 13 calendar days before course start = 50% Refund.
- 7 calendar days = No Refund.
- After course start date = No Refund.



COCHISE COLLEGE

Center for Lifelong Learning

901 N Colombo Ave
Sierra Vista, AZ 85635

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Sierra Vista Campus | Willcox Center

Register Today!
www.cochise.edu/cll

Registration
for Summer
Classes Opens
APRIL 28

