

Continuing Education & Workforce Development

Career, Business Training and Leisure Learning

Summer 2026

Registration opens April 27



**Mediterranean
Eating
Made Simple**
pg. 7



**Reverse
Coloring:**
Meditative Art
pg. 4

Ages 11-18
**Summer
Camps**
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 2026 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 2026 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 McIndoe, 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.

Don't Miss a Thing!



**Cochise College Center
for Lifelong Learning**



@cochisecollegecll

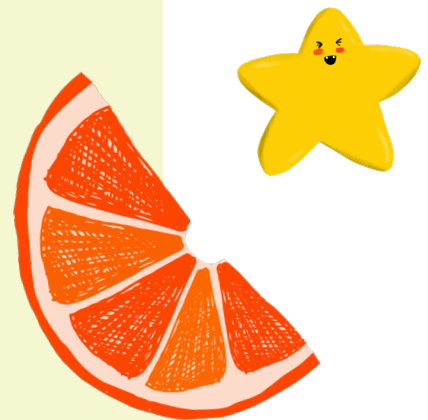
Summer Camps

pg. 10

Mediterranean Eating

made simple

pg. 7



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! In this class, you will learn the basics of mosaic design and discover how to add ceramics, beads, baubles, and personal treasures to make your piece truly unique. At the end of the class, you will go home with your custom-created garden stone and the skills for the advanced Mosaics classes. **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, Jun 27

Downtown Center, A111

8 a.m. - 4 p.m.

\$79

Advanced Mosaics Classes

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

Garden Heart Stake

NEW

Let your creativity bloom with a mosaic Garden Heart Stake! In this class, you will transform a charming, pre-prepped 7" x 7" x 3" puffy heart into a dazzling mosaic masterpiece. Adorn both sides of your heart with your pre-cut tiles, flat beads, charms, ball chain, and other small embellishments. Leave with a garden treasure that shines with your creativity and heart! A list of required and suggested materials and tools will be sent to you upon enrollment. *Requirement: Mosaics with Paula. Safety goggles/eye protection and closed-toed shoes are required.*

Sat, Jul 18 &

Sun, Jul 19

Downtown Center, A111

9 a.m. - 4 p.m.

2 - 4 p.m.

\$95



Heart Garden Stone

NEW

Put your heart into it and create a mosaic Heart Garden Stone that truly rocks! In this hands-on class, you will begin with a pre-loved, heart-shaped garden stone, ready to be upcycled

into a stunning piece of outdoor art. You will design a 15" x 15" x 3" mosaic heart that reflects your unique style, using colorful materials, creative techniques, and a selection of suggested patterns to help guide and inspire your design. Join Paula for a joyful journey of creativity and leave with a gorgeous mosaic heart that will brighten your garden for years to come. A list of required and suggested materials and tools will be sent to you upon enrollment. *Requirement: Mosaics with Paula. Safety goggles/eye protection and closed-toed shoes are required.*

Sat, Aug 1 &

Sun, Aug 2

Downtown Center, A111

9 a.m. - 4 p.m.

2 - 4 p.m.

\$95

Mosaic Garden Peace Post

Find peace in your garden with this lovely custom-created mosaic garden peace post! What will your design be? Four seasons? Maybe an homage to your favorite garden crop? In this class, you will craft a smaller version of your peace post, so you can later create a full-size one at home. A list of required class materials will be sent to you upon enrollment. *Requirement: Mosaics with Paula. Safety goggles/eye protection and closed-toed shoes are required.*

Sat, Aug 22 &

Sun, Aug 23

Downtown Center, A111

8:30 a.m. - 4:30 p.m.

12:30 - 4 p.m.

\$129

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!

Introduction to Gourd Art: Birdhouse

In this hands-on class, you will build your gourd birdhouse from a craft-ready gourd while learning the tricks and tips of the fun art form. No two gourd birdhouses will be the same. You will choose from various sizes and shapes to make your birdhouse. You will learn about gourd painting, embellishing, and finishing techniques to create a beautiful, unique birdhouse. Lollie will provide an overview of the types of gourds, the cleaning and prepping processes, and the many gourd uses. All supplies are provided!

Sat, Aug 8

Downtown Center, A111

10 a.m. - 3 p.m.

\$69

Reverse Coloring: Meditative Art

NEW

with Lisa Kindle

Discover a new way to unwind and reconnect with your creative spirit through Reverse Coloring - a relaxing, no-pressure art technique where the colors come first, and you bring them to life with your own lines and imagination. In this class, you will learn simple techniques for relaxation, intuitive drawing, and personal expression as you transform pre-painted watercolor pages into one-of-a-kind artwork. Walk away with artwork you love and a renewed sense of calm you can return to anytime. A short list of supplies will be sent to you upon enrollment.

Sat, Jul 25 or

Sat, Aug 15

Downtown Center, A111

12 - 2 p.m.

12 - 2 p.m.

\$29

Computing

Explore Artificial Intelligence (AI)

with *George Self*

Artificial intelligence is transforming every corner of modern life, from how we work and learn to how global economies grow. Join George Self in these hands-on courses that will guide you from foundational concepts to practical applications, ways to explore smart tools, and more! Whether you are curious about how artificial intelligence works or eager to integrate it into real-world projects, these courses will empower you to explore, create, and thrive in an AI-driven world.

Introduction to Artificial Intelligence (AI)

Discover AI through hands-on exploration of real tools like ChatGPT, image generators, and chatbots. You will learn effective prompting techniques, explore creative applications, and understand AI's capabilities and limitations. Perfect for beginners wanting practical experience with current AI technology. No technical background required. Course content is continuously updated as AI advances.

Tue, Jul 14
Downtown Center, G104

6:30 - 8:30 p.m.
\$25

AI Power Prompting

What if you could write faster, save time, and generate great ideas, just by typing a few well-chosen words? In this class, you will learn how to use ChatGPT to support your professional and personal productivity. We will cover how to create prompts that help you enhance creativity, improve efficiency, enhance communication, make better use of your time, and more! Designed for non-technical users, this class is perfect for business owners, entrepreneurs, and professionals who want to put AI to work, without the jargon.

Tue, Jul 21
Downtown Center, G104

6:30 - 8:30 p.m.
\$25

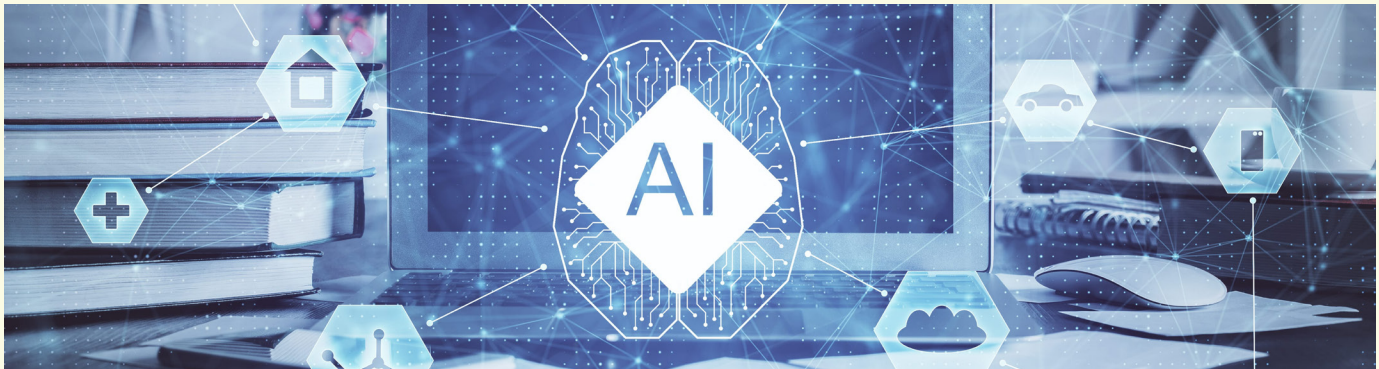
Boost Your Business with AI



Unlock the power of AI to streamline your business and boost productivity. In this hands-on course, you will learn practical prompting techniques for creating content, analyzing customers, improving marketing, and supporting smart decision-making. Explore how to design effective prompts, build task-specific GPT tools, and apply AI to real business scenarios. Course content is continuously updated as AI advances.

Tue, Aug 25
Downtown Center, G104

6:30 - 8:30 p.m.
\$25



Canva Basics

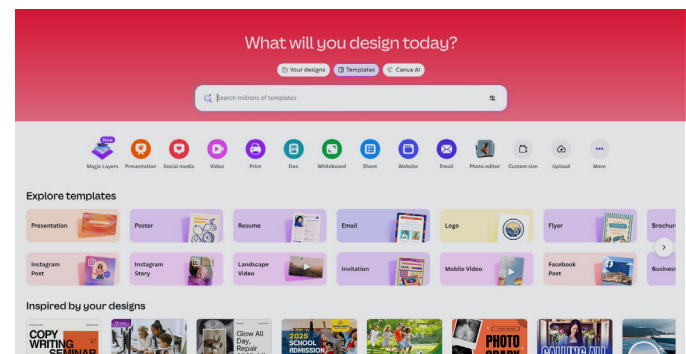


with *Tina Durham*

Start your design journey with this hands-on introduction to Canva, perfect for true beginners! In this class, you will learn the essentials of using Canva to create a simple marketing flyer, a clean newsletter, and eye-catching social media posts. Get step-by-step instructions on easy tools, templates, and beginner-friendly AI features that help you design with confidence. Whether you are exploring design for the first time or just want to feel more comfortable using Canva, this class is the perfect place to start! *Requirements: basic computer skills and a free Canva account.*

Sat, Aug 1
Downtown Center, G104

10 a.m. - 12 p.m.
\$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.

Commercial Driver License - Certificate

The Commercial Driver License (CDL) program is designed to prepare the student to become an entry-level commercial truck driver. It provides the basic foundation of Arizona state CDL law, safe operating practices, vehicle control, and general driving. For program information, contact Kory Yager from HDS Trucking at (520) 237-0198. You may also contact our office directly by phone at (520) 515-5492, email at training@cochise.edu, or visit <https://phoenixtruckdrivingschool.com/douglas-cdl-training>.

Mon - Thu, Jun 22 - Aug 13 **11 a.m. - 4 p.m.**
Sierra Vista Campus

Mon - Thu, Jun 22 - Aug 13 **4:30 - 9:30 p.m.**
Sierra Vista Campus

\$5,496

Classes are scheduled flexibly and may be offered at any time based on student interest.



Firearms Training

With the opening of the Firearms Training Complex (FTC) on the Sierra Vista Campus of Cochise College, we are proud to offer 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 FTC, the state-of-the-art firearms facility in your community.

Basic Pistol Shooting

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, 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 five hours of supervised range time and requires that a waiver be signed after registration.*

Sat, Jun 13 or **8 a.m. - 5:30 p.m.**
Sun, Aug 16 **8 a.m. - 5:30 p.m.**
Sierra Vista Campus, LEB602 **\$199**



Cooking

Louisiana's Flavors

with Chef Mark Gravett

Travel with Chef Mark as he takes you to the Bayous of Southern Louisiana with a mixture of French, Caribbean, and Spanish influences. Come and "Laissez Les Bon Temps Rouler!" (A Cajun-French saying meaning "Let the Good Times Roll"). You will learn how to prepare classic Cajun chicken and sausage gumbo, crispy andouille hush puppies, Creole tomato and cucumber salad with feta dressing, and peach cobbler.

Thu, Jun 11

Downtown Center, J115

3:30 - 6:30 p.m.

\$69

Type 2 Diabetes: Eat Well, Spend Smart

with Cynthia Aspengren

Learn how to manage type 2 diabetes with confidence, flavor, and financial ease. In this class, you will learn how to support steady blood sugar levels while making cost-conscious food choices. Using affordable, accessible ingredients, you will discover how to build balanced meals with high fiber foods, seasonal or frozen produce, lean proteins, healthy fats, and smart carbohydrate pairing. This two-day class focuses on meal planning, intentional shopping, label reading, and reducing food waste, while staying flexible. Rather than restrictive dieting, you will learn sustainable habits that fit your lifestyle. By the end, you will be able to plan nutritious, budget-friendly menus, shop with confidence, prepare simple, satisfying meals, and stretch your food dollars without sacrificing your health. Managing type 2 diabetes becomes not only achievable, but enjoyable and empowering. Each day includes a lecture, recipe demonstrations, and food tastings.

Sat, Jun 6 &

Sat, Jun 13

Downtown Center, J115

9 a.m. - 12 p.m.

9 a.m. - 12 p.m.

\$115

Mediterranean Eating Made Simple

with Cynthia Aspengren

Discover how delicious, vibrant, and budget-friendly healthy eating can be! In this two-day class, you will be introduced to the Mediterranean way of eating, one of the most trusted approaches for supporting heart health, preventing diabetes, and boosting overall well-being. Rooted in the traditional cuisines of Mediterranean countries, this program highlights abundant fruits and vegetables, whole grains, legumes, nuts, seeds, olive oil, and moderate fish intake, while limiting red meat and highly processed foods. You will learn practical skills to build balanced, nutrient-dense meals without restrictive dieting. This class will explore mindful eating, label reading, meal planning, cooking confidence, and plant-forward strategies that support long-term metabolic health. Whether you are managing a chronic condition or simply wanting to eat better, you will leave empowered with tools to make Mediterranean-style eating enjoyable, sustainable, and truly satisfying. Each day includes a lecture, recipe demonstrations, and food tastings.

Sat, Jul 11 &

Sat, Jul 18

Downtown Center, J115

9 a.m. - 12 p.m.

9 a.m. - 12 p.m.

\$115

Mexican Taquiza

with Chef Karla Gomez

Ready to host your own Mexican taco celebration? Join Chef Karla as she kicks off the party by teaching you how to make mouthwatering al pastor, carne asada, and tacos dorados. Then, spice things up with traditional salsas bursting with flavor, and learn to craft an authentic Mexican beverage that perfectly complements your feast. It is everything you need to turn your kitchen into a vibrant taquiza, fun, flavorful, and fiesta-ready!

Sat, Aug 15

Downtown Center, J115

9 a.m. - 12 p.m.

\$69

WE ARE HIRING

INSPIRE. CHALLENGE. HELP OTHERS GROW.

Do you have a hobby, talent, skill, or area of expertise that you would like to teach others? We are looking for instructors with ideas and knowledge to share! The Cochise College Center for Lifelong Learning offers a variety of non-credit classes for personal and professional development.

CONTACT US TODAY!

Ana McIndoe, Director
mcindoea@cochise.edu
(520) 515-3636

WEBSITE: www.cochise.edu/cll | **OFFICE PHONE:** (520) 515-5492



COCHISE COLLEGE
Center for Lifelong Learning

Nature

Explore Nature

with Amie Esteves

These nature focused courses introduce the basics of gardening, from understanding plants and soil to working with the insects and ecosystems that support healthy growth. These courses feature hands-on learning and behind-the-scenes experiences in a local, state-of-the-art greenhouse, giving you a closer look at modern growing techniques and sustainable gardening practices.

Native Plants and Garden Tour

NEW

Unlock the secrets of Southwest landscaping with a hands-on journey into the world of native plants. In this class, you will be introduced to common native plants suitable for landscaping in southwestern gardens. Walk away with a greater understanding of plant families, their common characteristics, how to identify common native landscaping plants, and the basics of native plant propagation. Enjoy a tour of the Douglas Campus to identify various native landscaping plants and take cuttings. You will go home with your cuttings, a couple of native plants, and seeds for your own home garden. Bring your own garden snippers, wear weather-appropriate clothing, comfortable walking shoes, a hat, sunscreen, and a water bottle.

Sat, May 16

9 a.m. - 12 p.m.

Douglas Campus, DSCI 2100

\$55



Southwest Garden Pests and Pals

NEW

Think all bugs are bad? Think again—your garden's tiniest residents may surprise you! In this class, you will get to know the insects that call your garden home, from common pests and the telltale signs of their damage to the beneficial bugs that keep garden ecosystems in balance. Learn how to identify helpful and harmful insects, understand their roles in your garden, and gain confidence in observing what is really happening among your plants. You will go home with a small hand-lens to scout for insects at home, a plant to attract beneficial insects, and your very own live predatory insect (mantis or assassin bug) to help protect your plants! Wear weather-appropriate clothing, comfortable walking shoes, a hat, sunscreen, and a water bottle.

Fri, May 29

9 a.m. - 12 p.m.

Douglas Campus, DSCI 2100

\$55

Butterflies of Arizona

NEW

with Jeff Babson

Butterflies captivate us with their beauty, color, and graceful flight, and Arizona is home to an incredible variety. Take a closer look at the vibrant butterfly species found in southeastern Arizona, one of the richest butterfly regions in the country. In this class, you will learn how to identify common species, understand their life cycles, and discover why this area is such a hotspot for butterfly diversity. You will also explore practical, easy-to-apply tips for creating a butterfly-friendly yard, so you can enjoy these remarkable insects right at home. Come see butterflies in a whole new way!

Wed, Jun 17

Downtown Center, G106 & Zoom

6 - 8 p.m.

\$19

Discovering Arizona's Dragonflies

NEW

with Jeff Babson

Dragonflies and their close relatives, the damselflies, are among the most fascinating insects found near wetlands around the globe. In this course, you will dive into the world of the order Odonata, exploring what makes these ancient insects such skilled hunters and graceful fliers. Learn about their remarkable life cycle, the habitats they depend on, what they eat, and the incredible diversity of species. Whether you have watched dragonflies skim a pond or are seeing them with new curiosity, this class offers a deeper appreciation of these captivating creatures.

Wed, Aug 19

Downtown Center, G106 & Zoom

6 - 8 p.m.

\$19



Photo by Doug Danforth via Flickr.com

Special Interest

Apache Style Guerilla Warfare

with Glenn Minuth

Take a closer look at the guerilla techniques used on local terrain in Cochise County and nearby New Mexico. From 1879 - 1881, during the midst of the country's western expansion, the U.S. Army committed a substantial amount of assets attempting to counter the Apache threat. The Apaches employed extremely successful tactics in their raids and ambushes. This class will answer why the Apaches attacked horses and mules first and how they reacted to new technologies of the U.S. Army.

Wed, May 20

Downtown Center, G106

6 - 8 p.m.

\$19

Paid to Talk: Introduction to Voice Over

with Voice Coaches

From audiobooks 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. Additionally, there will be a chance for a one-on-one script read. Voice Coaches provides independent professional communication services. Participation in professional programs with Voice Coaches requires a speech and voice evaluation. For more information, visit <https://voicecoaches.com/about>.

Wed, Jul 22

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 17-week course at any time. *No class on Mon, May 25 - Memorial Day, Thu, Jun 18 - Juneteenth, Thu, Jul 2 - Independence Day, and Mon, Aug 10 - Convocation.

Mon, Wed & Thu, May 4 - Aug 27

Downtown Center, A111

8:30 - 9:30 a.m.

\$15

Centered: A Meditation Experience

with Macaela Cashman

In a world of constant change, cultivating inner stability is not a luxury, it is a necessity! This meditation workshop explores how we can navigate uncertainty with grace by deepening our connection to wellness, self-knowledge, and equanimity. Through guided practices, reflective inquiry, and gentle movement, you will learn to anchor yourself in presence, build resilience, and embrace change as a pathway to growth. Whether you are new to meditation or deepening your practice, this experience offers tools to restore balance and clarity in turbulent times. This class meets three times.

Sun, Jul 12 - 26

Downtown Center, G106

10 - 11:30 a.m.

\$35

American Heart Association

AHA-Heartsaver First Aid, CPR, and AED

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, Jul 11

Downtown Center, G106

9 a.m. - 3 p.m.

\$79

AHA-Basic Life Support for Healthcare Providers

Basic Life Support covers CPR for adult, infant, and child as well as the use of an Automated External Defibrillator (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 25 or

Sat, Aug 1 or

Sat, Aug 8 or

Sat, Aug 15

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.

\$69

SUMMER CAMPS

COCHISE COLLEGE



Summer will be here before you know it. Cochise College Early College Programs hosts Youth Summer Camp for students ages 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. With support from a newly awarded grant, we are thrilled to offer this year's camps at a lower fee, making it the perfect time to jump in!

Culinary Exploration: College Food Extravaganza ★ NEW

with Monica Medina and Sharla Fagan

Ages: 11 - 18

This is a hands-on, three-day cooking camp for ages 11 - 18 that puts a fun twist on classic foods college students love. Campers will learn basic kitchen skills while transforming everyday favorites into epic eats—making sausage breakfast hot pockets with fluffy puff pastry and homemade donuts, smash beef burger sliders with toppings and vanilla or chocolate whoopie pies, and “fancy” packet ramen (option to add egg) with creative add-ins alongside homemade Pop-Tarts™ with their choice of fillings. This camp is all about creativity, confidence in the kitchen, and having a great time cooking (and eating!) with friends. It’s all about fun, not nutrition! *Due to camp constraints, substitutions to the menu will be minimal. Therefore, if there are any concerns regarding allergies, please contact us prior to registration.*

Mon - Wed, Jun 1 - 3
Downtown Center, J105

8 a.m. - 12 p.m.
\$20

Mon - Wed, Jun 8 - 10
Downtown Center, J105

8 a.m. - 12 p.m.
\$20

Mon - Wed, Jun 15 - 17
Downtown Center, J105

8 a.m. - 12 p.m.
\$20



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 8 - 11
Sierra Vista Campus, 1109

8 a.m. - 12 p.m.
\$20

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 8 - 11
Sierra Vista Campus, 408

8 a.m. - 12 p.m.
\$20

The Universe Within: Creating New Worlds



with Paula Schaper

Ages: 11 - 15

Students will create their own planets and place them in the Solar System. They design unique planetary features and tinker with different-sized gears to explore how forces, objects, and motion are connected. They will learn about matter, energy, time, space, rotation, revolution, perimeter, shadows and light, simple and complex machines, forces, and motion. Working with wood, gears, batteries, electrical wires and motors, students make motor-powered time-space machines with a mini solar system that includes their planets, planetary clocks and sundials. The Laws of Motion and rotational mechanical energy are the foundation for this unit. In this track, students build motion machines with motors and rotational gears.

Mon - Thu, Jun 8 - 11

Sierra Vista Campus, 1308

8 a.m. - 12 p.m.

\$20



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 Carr House 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 ages 13-18.

Mon - Wed, Jun 15 - 17

Sierra Vista Campus, 1104

8 a.m. - 12 p.m.

\$20



Health and Fire Science Exploration

with 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 15 - 17

Downtown Center, Café

8 a.m. - 12 p.m.

\$20

Music Exploration: Intro to Classical Guitar

with Jose Luis Puerta

Ages: 11 - 17

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 music from other cultures. 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 - Wed, Jun 15 - 17

Sierra Vista Campus, 709

8 a.m. - 12 p.m.

\$20

Summer Camps

Adventures in Game Design

With Dan Guilmette

Ages: 11 - 15

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 ages 11 - 15 of all ability levels.

Mon - Thu, Jun 22 - 25
Sierra Vista Campus, 1305

8 a.m. - 12 p.m.
\$20

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 22 - 25
Sierra Vista Campus, 1602

8 a.m. - 12 p.m.
\$20



The Universe Within: Power Up Communities



with Paula Schaper

Ages: 11 - 15

Students will create a grid of city elements that light up, move, and make sound on an invented planet. They plan streets, signs, vehicles and simple powered features for their communities located somewhere in the Solar System. They learn about atoms, current, voltage, resistance, batteries, electro-magnets, motors, insulators, conductors, switches, circuits and harnessing nature to create electricity, our most common form of energy. Working with wood, rack and pinions, batteries, electrical wires, motors, lights, buzzers and switches, students make sustainable electricities with circuits and build out their electric grids with buildings, parks, power generation plants, transportation routes, moving vehicles, city lights and a lit-up sign displaying their city names. Electricity and magnetism are the concepts for this unit. In this track, students build interactive cityscapes wired with circuits and Arduino-powered motion.

Mon - Thu, Jun 22 - 25
Sierra Vista Campus, 1308

8 a.m. - 12 p.m.
\$20



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

Data Science

Certificate in Data Analysis



Data Analysis is quickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data, but it is rare to have someone with the ability to analyze that data to see trends and make predictions. Add a whole new skill set to your portfolio, and make a big difference in the success of your organization by acquiring data analysis skills.

Introduction to Data Analysis

Jun 1 - 26

Intermediate Data Analysis

Jul 6 - 31

Advanced Data Analysis

Aug 3 - 28

Enrollment Fee

\$495

SQL Certificate

Structured Query Language (SQL) is the industry standard database programming language. It is one of the most in demand skills in occupations that require interaction with data and analyzing data. Through your knowledge of Structured Query Language, you will become more marketable in computer related career fields that pertain to database administration. Learning SQL can also lead to a job that is specific to analyzing data such as a data analyst, a quality assurance analyst, or a business analyst.

Introduction to SQL

Jun 1 - 26

Intermediate SQL

Jul 6 - 31

Advanced SQL

Aug 3 - 28

Enrollment Fee

\$595

Artificial Intelligence (AI)

AI Certificate



Give your organization a competitive advantage with Artificial Intelligence (AI). And position yourself in an emerging knowledge specialty and growth area. Explore what AI can do to reduce costs, gather more and better business data, automate time-consuming tasks, improve efficiency, lower human error, reallocate staff time for higher priority functions, and more. Then master the concepts and fundamental techniques of implementing AI. Finally, develop an AI plan and strategy to deliver results for your workplace. Walk away with the knowledge and confidence to help lead your organization into this exciting new area of business expertise.

Introduction to ChatGPT

Jun 1 - 26

Intermediate AI

Jul 6 - 31

AI Planning and Strategies

Aug 3 - 28

Enrollment Fee

\$495



Online Business & Professional Development

Advanced Career Training

Legal

Certified Paralegal (Voucher Included)

The Paralegal course will help you gain the skills you need to enter the paralegal workforce. You will learn how to conduct legal research and legal interviews, how to perform legal analyses, and more. As you prepare for your paralegal career, you will also receive soft skills training to increase workplace effectiveness. The course concludes with a capstone project. You will first create a complete litigation file that includes: a legal analysis brief, an investigative report, client interview checklist, intake memo, complaint, legal research, and interoffice memorandum of law. Then, you will learn how to create a strong resume that encompasses your specialized skill set and showcases the impact you would make for your next employer. In this online course, you will train for a career as a paralegal. You will learn how to fulfill the standard duties associated with this vital role. After completing this course, you will be prepared to sit for and pass the Certified Paralegal (CP) exam.

12 months **\$3,150** **Code: GES2034**

Operations

Freight Broker/Agent Training

Start your career as a freight broker or agent with our online freight agent and freight broker training! The course provides you with the comprehensive skills needed to build a successful freight brokerage or begin working for a broker. Learn the foundational aspects of brokering shipments—from laws and terminology to valuable tools and software. You will also learn how to set up your freight brokerage business and manage contracts and forms, as well as how to find shippers and do ratings.

This combined freight broker and freight agent training will help you gain the knowledge, insight, and direction to stand out in this growing industry. You will learn the differences between a freight broker and an agent, their various duties and responsibilities, and the laws and legal requirements for both.

6 months **\$2,085** **Code: GES703**



Medical

Sterile Processing Technician (Voucher Included)

In this online sterile processing course, you will learn all the necessary steps to perform the duties and tasks of Sterile Processing Technicians (SPT), also known as Central Service Technicians or Certified Sterilization Technicians. With the support of an instructor, you will gain proficiency in the steps and techniques of the sterilization process, including inventory management and infection control. You will also cover essential topics of medical terminology, including vital systems like the musculoskeletal and cardiovascular systems, as well as the lymphatic and immune systems, respiratory systems, digestive systems, urinary systems, and nervous systems. The course also includes an opportunity to participate in a clinical experience.

12 months **\$2,995** **Code: GES1028**

Fundamental Courses

Writing

Fundamentals of Technical Writing

Do you have a knack for explaining complex subjects in a way that makes them easy to understand? If so, you should consider entering the well-paying field of technical writing. This course will teach you the fundamental techniques that all successful technical writers use. You will learn how to translate complex information into easily understood language, and how to become a wizard at marrying the art of publishing with the science of technology. You will also learn the secrets of successful technical writers, including technical writing conventions, interviewing skills, desktop publishing and formatting techniques, key tips for developing graphics and templates, documentation management, and how to publish documents both on paper and electronically.

Self-Paced **3 Months Access**
No Instructor, Start Anytime **\$153**
Course Code: T9273

Business

Stocks, Bonds, and Investing: Oh, My!

Looking for a good solid class in the basics of stocks, bonds, finance, and investing? Haven't the slightest clue how to prepare for retirement, pay for college, or even manage your personal finances? Do you wish you could do it all without having to pay a broker or a financial advisor? Well, look no further. The class you need is right here. Stocks, Bonds, and Investing: Oh My! is an enjoyable class that walks you through the fundamentals of investing. The course will not only teach you about the stock markets, 401k plans, and retirement, but it will also address personal financial issues that are often ignored, but absolutely essential, to your success as an investor. Each lesson explains these concepts in detail, so you understand how and why things work in the investment world. Provide yourself with the independence and confidence you will need to make your own investment decisions.

Self-Paced **3 Months Access**
No Instructor, Start Anytime **\$153**
Course Code: T9273

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 McIndoe at mcindoea@cochise.edu or (520) 515-3636.

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 - Word
- Supervisory & Leadership Training
- Time Management
- Leading Organizational Change
- CompTIA® Security +
- Project Management Professional (PMP®)
- Stop the Bleed
- American Heart Association
 - CPR, First Aid & AED
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- Commercial Driver License (CDL A & B)



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COURSE FEATURES:

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- Digital Game Artist Certificate
- Financial and Career Coach (Exam Included)
- Hotel Management
- Hotel Management with Executive Housekeeper
- NASM Certified Personal Trainer + Corrective Exercise (Vouchers Included)
- NASM Corrective Exercise Specialist (CES) (Exam Included)
- Plan de Estudios del Curso de Certificación de Organización de Bodas y Eventos
- Professional Interpreter
- Professional Recovery Coach
- Social Service Assistant
- Sterile Process Technician
- Web Design Professional

COURSE CATEGORIES:

- Arts and Design
- Business
- Computer Science
- Health and Fitness
- Hospitality
- Language

To learn more and enroll, visit:

careertraining.cochise.edu

Featured Instructors



Cynthia Aspengren is a nutrition educator with extensive experience teaching practical approaches to healthy eating, with a focus on diabetes education and Mediterranean-style eating patterns. With over 8,000 hours of nutrition coaching and more than a decade of experience in community nutrition programs, she helps individuals understand how balanced meals that include vegetables, legumes, whole grains, healthy fats, and lean proteins can support blood sugar management and overall health. Cynthia combines nutrition science with hands-on cooking education to help people confidently prepare flavorful, approachable Mediterranean-inspired meals that fit into everyday life while supporting long-term wellness.

Amie Esteves is an agriculture instructor with Cochise College, teaching a variety of classes from soil science to landscape plants of the southwest. Originally from Connecticut, she received her bachelor's in agricultural science from Florida International University in Miami. She has lived in Cochise County for the last 7 years, during which time she has worked for UA Cooperative Extension, The Bisbee Science Lab, and now Cochise College as an educator. One of the founders of the Cochise County & Borderlands Master Naturalist course, Amie has a profound love for the ecology of the desert southwest and a special interest in insects.



Lisa M. Kindle is an artist, speaker, and community advocate whose work centers on creativity, connection, communication, and community. She is the founder of the Color Affirmation Method™, an art-based approach that blends creativity and wellness to support authenticity, emotional intelligence, and personal growth. A former graphic designer with her own studio in the Twin Cities, Lisa holds a B.A. from Augsburg University and a Wellness Counseling Certification from Cornell University. Since moving to southern Arizona in 2022, she has shared her passion for creative wellness through community workshops and through Solquest Retreat in Hereford, where she and her husband built a public 40-foot labyrinth. Lisa is dedicated to helping others reach their goals through creativity, mindfulness, and accountability. Whether mentoring or facilitating workshops, she brings compassion and clarity to her work, empowering others to live artfully and with intention.

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.



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for Summer
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