

◊ SEDONA/VERDE VALLEY ◊

COMMUNITY EDUCATION & EXPERIENTIAL LEARNING

FALL 2026 Schedule

CALL 928-634-6537

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Yavapai
COLLEGE

HANDS-ON LEARNING | SPECIAL INTEREST | TRAVEL & LEISURE

ACTIVE MIND & BODY

Functional Yoga & Meditation

VCE-FA26-101 • Tues/Thurs, 10/6/2026 - 11/19/2026

8:30am - 9:30am

I-137 • Verde

This class blends traditional yoga postures and philosophy with modern functional movement principles to build muscular strength and flexibility, joint mobility and stability, and balance for daily life. Expect mindful sequencing that emphasizes safe alignment and practical range of motion. Each session integrates breath awareness, mindfulness, and meditative moments to cultivate presence on and off the mat. Movements and mindfulness are designed to improve how body and mind work together—whether walking, lifting, enjoying recreational activities, or simply being human with greater ease. Suitable for all levels, with modifications and progressions offered. **Bring your mat and water bottle!*

No class Oct 13, 15, 29 and Nov 3

Lisa Jachowicz • \$133

Yoga at the Southwest Wine Center

VCE-FA26-102 • Sat, 9/26/2026 - 9/26/2026

11:00am - 12:00pm

SW Wine Center Founders Circle • Verde

VCE-FA26-103 • Sat, 10/24/2026 - 10/24/2026

11:00am - 12:00pm

SW Wine Center Founders Circle • Verde

VCE-FA26-104 • Sat, 11/21/2026 - 11/21/2026

11:00am - 12:00pm

SW Wine Center Founders Circle • Verde

Unwind, stretch, and sip your way to serenity in this unique yoga experience at the Southwest Wine Center. Our expert teacher will guide you through a gentle flow of yoga poses designed to release tension, restore alignment, and deepen your breath - all while surrounded by the calming ambiance of our vineyards, stunning mountain and red rock vistas, and subtle notes of fine wine. After a revitalizing yoga session, enjoy a glass of our award-winning wine to complement the calming effects of your practice. Expect a welcoming environment, a focus on mindful movement, and plenty of time to balance your body, mind, and palate. Whether you're a beginner or seasoned yogi, this class offers a perfect blend of relaxation and rejuvenation.

Cheers to health, happiness, and a glass of wine in hand!

Lisa Jachowicz • \$30

Full Body Conditioning

VCE-FA26-105 • Mon/Wed, 11/4/2026 - 12/2/2026

8:30am - 9:30am

I-137 • Verde

Visit www.yc.edu/cevs or call 928-634-6537 to register

This group exercise class will condition your entire body utilizing a large variety of gym equipment (e.g. weights, bands, exercise balls) and body weight. A creative blend of fun, music, and game-style workouts will keep every fitness level engaged and motivated. You'll get the benefits of personal training in a supportive group setting while improving muscle tone, cardio endurance, flexibility and agility. Along the way, you'll track metrics such as heart rate, grip strength, and more. Each session wraps up with a relaxed cool down featuring practical nutrition, fitness, and health insights you can put to practical use.

No class Nov 11 and 25

Alma Rodoni • \$113

Tai Chi Chuan for Relaxation and Health

VCE-FA26-106 • Mon/Wed, 9/21/2026 - 11/4/2026

12:00pm - 1:30pm

I-137 • Verde

Tai Chi Chuan is the ancient practice of bringing body and mind together through slow, gentle movement. Today we practice Tai Chi to promote improved health and well-being. You will learn Sun style Tai Chi, one of the newest, most gentle, and flowing of the five major styles of Tai Chi practiced today. We will focus on the mechanics of the movements, the internal aspects, as well as the principles that are the foundation of all forms of Tai Chi. Students report improved mindfulness, better balance, and more vitality. And we have fun! All you need are loose-fitting clothes and comfortable, non-slip shoes. *The first 30 minutes of class will focus on instruction for newer students. The last hour of class will focus on the practice of Tai Chi Chuan.*

No class Oct 12 and 14

Hamilton Wallace • \$149

Tap Dance 1

VCE-FA26-107 • Mon, 9/21/2026 - 11/16/2026

10:00am - 11:30am

I-137 • Verde

This course introduces the fundamental skills and techniques of both Broadway and Rhythm tap dance styles. Students will learn foundational steps, rhythms, terminology, and tap combinations while developing musicality, clarity of sound, coordination, and gaining confidence. No prior dance experience. *Tap shoes required.

No class Oct 12

Danielle Dodds-Stewart • \$139

Tap Dance 2

VCE-FA26-108 • Wed, 9/23/2026 - 11/18/2026

10:00am - 11:30am

I-137 • Verde

Tap 2 is an intermediate studio course in both Broadway and Rhythm tap styles that emphasizes technique, terminology, musicality, and more complex dance combinations. Students continue developing timing, coordination, and performance quality through progressive

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exercises, center work, across-the-floor combinations, and choreography. **Tap shoes and previous experience required.*

No class Oct 14 and Nov 11

Danielle Dodds-Stewart • \$128

Musical Theatre Dance

VCE-FA26-109 • Tues, 9/22/2026 - 11/17/2026

10:00am - 11:30am

I-137 • Verde

Dance for Musical Theatre introduces students to Musical Theatre movement, technique, characterization, and choreography. Emphasis is placed on musicality, style, coordination, and performance skills used in theatrical productions. **Students should wear soft-soled dance or tennis shoes.* No experience required.

No class Oct 13

Danielle Dodds-Stewart • \$139

Healing Flow Somatic Yoga

ZCE-FA26-110 • Thurs, 9/24/2026 - 11/19/2026

4:15pm - 5:15pm

Zoom

Healing flow somatic yoga is a mat-based, body-based restorative yoga session. You'll enjoy 40 minutes of gentle movement. Each session ends with a body scan meditation inspired by the rotation of consciousness from the yoga nidra tradition. This course is primarily for nervous system health. You won't burn a ton of calories, but you will feel a sense of "aaah." **Although students may invest in yoga bolsters, straps, etc, they are not necessary. The instructor will demonstrate options using no equipment, formal equipment, and household items, such as cushions and blankets.*

No class Oct 15

Jennifer Stefanow • \$118

Mindful Movement & Mobility

ZCE-FA26-111 • Wed, 9/23/2026 - 11/18/2026

4:15pm - 5:15pm

Zoom

Mindful Movement and Mobility combines elements of functional fitness with yoga, meditation and mindfulness. It features the use of a chair and other items you have at home like soup cans to increase your ability to move through daily life safely by gently increasing your strength, flexibility and cardiovascular fitness. The movements are simple, with seated options always available, making this course ideal for anyone who wishes to improve their overall quality of life. Beginners definitely welcome!

No class Oct 14 and Nov 11

Jennifer Stefanow • \$110

Yoga for All Levels

Visit www.yc.edu/cevs or call 928-634-6537 to register

VCE-FA26-112 • Tues, 9/22/2026 - 11/17/2026

12:00pm - 1:00pm

I-137 • Verde

This inclusive, all-levels yoga class welcomes beginners through experienced practitioners. Led by Juliet Frew, each session blends mindful movement, breathwork, strength, and flexibility to support balance in both body and mind. Modifications and progressions are offered so students can practice at their own pace in a supportive, non-competitive environment. Expect a thoughtful flow that builds stability, improves mobility, and leaves you feeling grounded and refreshed. Whether you're new to yoga or deepening an existing practice, this class offers space to grow, restore, and connect. **Students should bring yoga mats.*

No class Oct 13

Juliet Frew • \$118

Beginning Swing Dance

VCE-FA26-113 • Mon, 9/21/2026 - 11/16/2026

5:15pm - 6:15pm

I-137 • Verde

This dance class focuses on the East Coast Swing, and introduces students to the fundamentals of 6-count swing in a welcoming, beginner-friendly environment. Students will learn basic footwork, partner connection, turns, and simple combinations while developing rhythm, coordination, and confidence. No partner or experience is required. Emphasis is placed on musicality, clear lead-and-follow technique, and joyful social dancing. By the end of the session, students will be able to comfortably dance several patterns and participate in a social swing setting. **Please wear soft-soled shoes to class.*

No class Oct 12

Juliet Frew • \$118

Deep Stretch for Mobility

VCE-FA26-114 • Thurs, 10/1/2026 - 11/19/2026

12:00pm - 1:30pm

I-137 • Verde

Deep Stretch is a floor-based mobility class that combines active stretching with principles of anatomy and movement science. Through sustained holds and intentional muscle engagement, students will explore techniques that support flexibility, joint mobility, posture, and overall movement quality. Unlike traditional yoga classes, Deep Stretch focuses specifically on improving range of motion and body awareness through targeted stretching practices. Suitable for most experience levels, this class offers a mindful and accessible approach to moving and feeling better in everyday life.

No class Oct 15

Juliet Frew • \$122

ARTS – VISUAL & PERFORMING

Acrylic Painting 101

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VCE-FA26-115 • Thurs, 9/24/2026 - 11/19/2026

1:00pm - 4:00pm

H-105 • Verde

Begin your painting journey, learning how to create beautiful paintings using acrylics. You will learn how to create a convincing painting using shading and blending. Students will also learn about different brushes and techniques for each brush shape. Students will learn how to mix colors on the palette and on the canvas. Additionally, the class will learn to understand various shapes and textures and how to visually represent them using acrylic paints on canvas. Each week will bring new lessons specifically designed to push your painting further, learning new techniques.

**Student will spend approx \$75 in supplies. A supply list will be provided with the receipt.*

No class Oct 15

Art Gecko • \$189

Watercolor Pencils

VCE-FA26-116 • Tues, 9/22/2026 - 11/3/2026

1:00pm - 3:00pm

I-138 • Verde

In Watercolor Pencils with Art Gecko, students will become familiar with basic materials and equipment, understand basic watercolor pencil techniques, execute key topics into basic designs, and find joy in painting and sharing knowledge with one another. Each week will bring a new lesson, learning increasingly advanced techniques, building on previous lessons, including the use of mixed media, pens, pencils, etc. The class will learn about materials, including brushes, brush care, paper, pencil techniques, color choices, and wet/dry techniques. Students will discuss composition as well as what makes a piece compelling, and what makes a piece boring. The class will do sketching, focusing on composition, and values to create a foundation for a great painting. See why students find classes with Art Gecko fun and informative.

**Students will spend approx \$40 on supplies and should purchase the following: pencils, vine charcoal, brush pen, sharpie marker, white pencil. Drawing paper pad 9" X 12" Toned drawing paper, grey 9" X 12"*

No Class Oct 13

Art Gecko • \$133

Beginner Ukulele

VCE-FA26-117 • Wed, 9/23/2026 - 11/18/2026

3:30pm - 4:30pm

I-138 • Verde

Learn to play the ukulele! This beginner-friendly course covers everything you need to know to start making music. Students will learn basic chords, strumming techniques, rhythm, and simple songs while gaining practical skills through guided practice. Build confidence, develop musicality, and have fun in a supportive environment. Whether you're looking for a creative outlet or hoping to deepen your understanding of music, this course provides a solid foundation for continued learning and enjoyment. No prior musical experience is required.

Visit www.yc.edu/cevs or call 928-634-6537 to register

**Students should bring a ukulele to class. Students will meet in classroom I-118 October 7.*

No class Oct 14 and Nov 11

Juliet Frew • \$110

Introduction to Digital Photography

VCE-FA26-118 • Thurs, 9/24/2026 - 11/5/2026

5:00pm - 7:00pm

I-138 • Verde

This six-session course introduces students to digital photography as a creative practice. Beginning with composition and visual storytelling — the foundation of any strong image — it progresses through light, camera controls, subject approach, and basic editing. Students may use any digital camera: smartphone, DSLR, mirrorless, or point-and-shoot. No prior experience required. Each session combines brief instruction, guided in-class practice, and image discussion. Students are welcome — but never required — to submit photos by email for group review. By the end, each student will have one strong finished image or a 3–5 image mini story.

No class Oct 15

Heather C. Markham-Creasman • \$133

HEALTH & NUTRITION

Self Care & Reiki Practice

VCE-FA26-119 • Mon, 9/28/2026 - 11/23/2026

12:30pm - 1:30pm

I-138 • Verde

This weekly class offers practical tools to support physical, mental, and emotional well-being through Reiki practice and self-care techniques. Participants will explore gentle movement, breath awareness, relaxation methods, self-massage, and energy-based practices while developing a basic understanding of the body-mind connection. The class encourages greater self-awareness, stress reduction, balance, and resilience, providing a supportive space to cultivate healthy habits and deepen your connection with your natural capacity for well-being. Open to all experience levels; no prior Reiki experience is required. **Please wear comfortable clothing and bring your own yoga mat.*

No class Oct 12

Omina (Uma) Shibahara • \$118

HISTORY & CURRENT AFFAIRS

Arizona Mining History

ZCE-FA26-120 • Wed, 10/7/2026 - 11/4/2026

5:30pm - 6:30pm

Zoom

This course will focus on the history of mining throughout Arizona. From minerals mined by Native Americans to the mineral discoveries made by European settlers followed by the United States during its westward expansion. Learn why copper is one of the 5Cs in Arizona. Coverage

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includes some of the individuals who sought to exploit Arizona's vast mineral wealth. Learn about Arizona's Copper Kings and the towns they founded based upon the mineral wealth extracted. Understand the significance of Arizona's vast mineral wealth and its contribution to industry in the United States and the world.

William Ascarza • \$89

Cliff Dwellings of Central Arizona

VCE-FA26-121 • Mon, 10/19/2026 - 11/16/2026

6:00pm - 7:15pm

I-138 • Verde

In this course, students will gain an understanding of cliff dwellings in central Arizona, including their architecture, engineering, cultural context, and environmental settings. By the end of the course, participants will be able to identify key sites, understand recent research and recognize modern preservation challenges.

Matthew Guebard • \$99

NATURE & THE OUTDOORS

Experiential Learning: Fur, Feathers, Fangs, Frons, and Fins

SCE-FA26-122 • Wed, 9/30/2026 - 11/18/2026

10:00am - 12:00pm

40 • Sedona Center

In this engaging lecture series, Janie Agyagos draws on 31 years as a Forest Service wildlife biologist in the Verde Valley to explore the region's rich fauna. Each session explores a different taxa group (mammals, birds, reptiles, amphibians, fish, and invertebrates) and will include hands-on materials like preserved specimens and natural artifacts, the best field guides and apps for our area, and checklists and cheat sheets for participants to keep. These lectures offer an immersive look at the diverse wildlife we're lucky to have as our neighbors.

No class Oct 14 and Nov 11

Janie Agyagos • \$129

LOCAL INTEREST

Meet the Winemaker

VCE-FA26-123 • Wed, 10/21/2026 - 10/21/2026

3:00pm - 4:30pm

Southwest Wine Center • Verde

Get a chance to meet the winemaker at Yavapai College and the Southwest Wine Center - learn how he guides students to create award-winning wines, his winemaking philosophies that drive that guidance, and taste some of the young vines from the recently completed 2026 vintage. Hearty snacks provided.

Jason McCluskey • \$50

OTHER

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What Does the Constitution Really Mean?

VCE-FA26-124 • Wed, 10/21/2026 - 11/4/2026

5:30pm - 7:00pm

G-102 • Verde

Why do Supreme Court justices often disagree over what the Constitution means? Let's look at the reasons for these disagreements, and some of the ways which lawyers and justices try to resolve them.

Andy Herschkowitz • \$76

PROFESSIONAL DEVELOPMENT

Lifeguarding

VCE-FA26-125 • Tues to Thurs, 10/13/2026 - 10/15/2026

8:30am - 5:00pm

Cottonwood Rec Center

The American Red Cross Lifeguard Certification course will train and certify participants to be a lifeguard for swimming pools. The Lifeguard certification course includes the following American Red Cross certifications: Lifeguarding, First Aid and CPR/AED for the professional rescuer, valid for 2 years. Courses are all a blended learning course format with online education, classroom, and in-water components. American Red Cross requires all Lifeguard certification candidates to complete the American Red Cross Lifeguard Certification Online Course prior to the first-class date. Participants must be at least 15 years old at the time of the course. Attendance is required at all class sessions. Course costs: \$47 plus \$150 fee for American Red Cross Certification.

Registration deadline October 5

Julia Root • \$197

SELF-ENRICHMENT & LIFESTYLE

The Principles of Permaculture

VCE-FA26-126 • Mon, 9/28/2026 - 11/23/2026

11:00am - 12:00pm

G-111 • Verde

Discover the principles of permaculture and how to design resilient, sustainable systems that work in harmony with nature. This community education course introduces key concepts such as regenerative agriculture, water harvesting, soil health, companion planting, and ecological design. Whether you're a gardener, homeowner, or aspiring land steward, you'll gain practical tools to create abundance while reducing waste and environmental impact. Learn how to think like a permaculturist and apply these principles in your own backyard or community. No prior experience required—just curiosity and a desire to live more sustainably.

No class Oct 12

Omina (Uma) Shibahara • \$118

WRITING, LITERATURE, & LANGUAGES

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Introduction to Japanese Language and Culture

ZCE-FA26-129 • Tues, 9/22/2026 - 11/17/2026

4:00pm - 5:00pm

Zoom

This is an introductory Japanese language course with cultural learning and activities for enthusiastic learners who want to travel to Japan, to understand anime/shows better, or just to have fun learning new language and culture! You will learn basic Japanese greetings, useful expressions, basic conversations, and written language will also be introduced. You will learn these things through Japanese culture including food, appreciation of nature, holidays, and etc. Teacher, Ikuko sensei was born and raised in Tokyo, Japan.

No class Oct 13

Ikuko Baldwin • \$118

Introduction to Japanese Language and Culture: Beyond the Basics

VCE-FA26-130 • Thurs, 9/24/2026 - 11/19/2026

3:15pm - 4:15pm

I-118 • Verde

Ready to take your Japanese skills to the next level? Designed as a continuation of Introduction to Japanese Language and Culture, this course is ideal for students who have taken the intro class or who have had some exposure to Japanese language before. Through interactive lessons, you will expand your conversational skills, and discover new Kanji characters through their origins. Each session explores fascinating cultural insights to deepen your understanding of the country. Join Tokyo native Ikuko Sensei to build your confidence and connect more deeply with the Japanese language and culture.

No class Oct 15

Ikuko Baldwin • \$145

Intermediate Conversational Italian

ZCE-FA26-127 • Mon, 9/21/2026 - 10/26/2026

4:00pm - 6:00pm

Zoom

Our most popular course for nearly a decade running, Conversational Italian with Sandy Immerso is a showcase for what makes community education so powerful: An excellent teacher, an engaged class-room community, and a fantastic subject. Join one of the most exciting groups of learners west of the Mississippi (but only a hop, skip, and a jump from Italy) today! Please note: This class is intended for individuals with an intermediate-level conversational grasp of the language.

Sandy Immerso • \$135

From Life to Legend: Turning True Adventure into Story

SCE-FA26-128 • Wed, 9/30/2026 - 10/28/2026

10:00am - 12:00pm

39 • Sedona Center

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This four-week class shows how to transform real experiences into compelling stories. Through animal encounters, personal memories, and local history, you'll learn to shape vivid scenes, choose perspective, and balance truth with storytelling craft. We'll explore writing about real people with honesty, using place as a character, and blending fact with legend. Each session includes guided exercises to help you draft and refine your own work, ending with optional sharing and feedback to inspire future projects.

No class Oct 14

Robert Louis DeMayo • \$118