The weather outside might be frightful, but NCE classes are in cozy classrooms across the city - including our new Antioch Middle School location!

Our spring session is usually our longest with classes starting in mid-January and lasting through the first week of May. That also means it’s usually our biggest and this session is no exception with around 190 classes!

We have favorites like Spanish, yoga, sewing, cooking and more! In addition, we have over 40 new classes including lots of music options, writing classes, arts and crafts, and a brand new cooking series.

Make sure to register early to get a spot in the class(es) you really want - many fill within 24 hours of registration opening.

Don’t forget - costs should never get in the way of enrichment. We offer scholarships year round with a very simple application process. Email or call us to learn more!
**Gift Certificates**

Give your loved ones knowledge they can use for a lifetime and experiences they will always remember! Gift Certificates can be purchased online in set amounts (find the Gift Certificates tab at the bottom left) or over-the-phone or in-person for any amount.

**Deadlines for holiday delivery:**
- **December 18** for a physical copy
- **December 23** for an emailed PDF

**Purchase online at**
nce.asapconnected.com
or call (615) 298-8050

---

<table>
<thead>
<tr>
<th>INFORMATION</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>index by date/location</td>
<td>22</td>
</tr>
<tr>
<td>how to register</td>
<td>26</td>
</tr>
<tr>
<td>refund/withdrawal policy</td>
<td>26</td>
</tr>
<tr>
<td>location/contact info</td>
<td>26</td>
</tr>
<tr>
<td>registration form</td>
<td>27</td>
</tr>
</tbody>
</table>

Looking for fitness classes? They’re now listed under wellness. Categories are alphabetical!
Beginning Guitar $89
Students will learn the basics of playing guitar chords and reading notes in a variety of musical styles in a group environment. Learn how to care for and tune the guitar properly. Students will learn some basic music theory, with discussion of intervals, chord structure, and scales. Students need their own instrument, 3-ring binder, and a pencil.
Jan 27 – Apr 13
Cohn School
Mon 6:00pm – 7:00pm
Richard Moore

Intermediate Guitar $89
Do you already know your basic chords and note reading? Students continue developing on their prior knowledge of guitar by playing more challenging musical selections. Learn the basics of finger-style posture, playing in harmonics, and using a capo. Students will analyze vocal and piano music to determine chords to be played. Students must bring their own instrument.
Jan 27 – Apr 13
Cohn School
Mon 7:00pm – 8:00pm
Richard Moore

Intermediate Rhythm-Guitar Styles $45
Do you already know some chords and want to jam with friends? Upskill your current rhythm-guitar playing with four strums for your toolkit: easy-pop, Island, Waltz Bo-Diddley. Students must bring an acoustic guitar, picks, and a capo.
Note: Must play chords: A, A7, Am, B7, Bm, C, C7, D,D7, E, E7, Em, F, G, G7. Students should purchase *8 Easy Right-Hand Guitar Styles, Vol. 1* at the first meeting.
Mar 24 – Apr 07
Cohn School
Tue 6:00pm – 8:00pm
Allison Kerr

Beginning Ukulele $45
Bring your ukulele and join the “ukegroup”. Students will explore ukulele history, tuning, chords and strum patterns. Learn new tunes and note reading in a group setting. Students need an instrument, 3-ring binder, and a pencil.
Jan 21 – Feb 18
Cohn School
Tue 6:00pm – 7:00pm
Richard Moore

Beginning Singing $70
Learn how the vocal instrument works! Class focuses on the technical details of the singing voice, the exercises needed to grow and improve, and how to use your ear to identify singing problems with understanding and confidence. No music skills are required. Course will end with an optional in-class recital.
Jan 29 – Mar 04
Wed 6:30pm – 7:30pm
Wright Middle School
James Westerfield

Singing With Vocal Technique $70
Learn to sing with proper vocal technique using breath, body posture, pitch, vocal anatomy, and diction. We will use exercises and group songs in each class. It is recommended to have some group or solo performance experience. Students are required to purchase *Folk Songs for Two (w/ CD)* by Jay Althouse. Supplemental material will also be provided.
Mar 26 – Apr 30
Thu 6:30pm – 7:30pm
Cohn School
Mandy Moon

Instant Piano $70
Learn secrets of the trade to make piano playing a part of your life. You will learn all the chords needed to play any pop song, any style, any key. Topics covered will include; musicians’ shortcuts; how to derive all major, minor, and 7th chords, time signatures; simple techniques for counting; and how to substitute for 12,000 complex chords. Fee includes workbook, but no keyboard. Students may bring their own.
Note: Students must be able to find middle C and know the meaning of “Every Good Boy Does Fine” before class.
Apr 20
Mon 5:30pm – 8:30pm
Cohn School
Michael McMillan

Violin Refresher $60
Do you remember the anxiousness, excitement and pride of playing the violin, but it’s been a while since you opened that case? Take the first step of picking it back up and experience the feelings the violin brings. Instruction will take into account previous knowledge, music style, and personal goals.
Jan 28 – Feb 25
Tue 6:30pm – 7:30pm
Wright Middle School
Alison Brazil
**Music City Songwriters $99**

Music City is known for its world class musicians and songwriters. Students will learn about the songwriting process as they collectively write songs and experience the ‘Nashville way’ of co-writing. Class will end by sharing songs in a Nashville Style Writers’ Round.

Mar 03 – Apr 28
Wright Middle School
Alison Brazil

**Creative Personal Journaling $25**

Studies have shown that keeping a private journal can help improve mental health and creativity, but finding the time to journal in today’s hectic society is tough. Students will get the space time to slow down and write while clearing their minds and releasing anxiety. Through a series of prompts and discussions, students will learn how to create their own unique journaling style and set goals. Bring a journal and pen.

Apr 08 – Apr 29
Cohn School
Lakeithea Anderson

**Creative Writing $40**

Discover creative writing abilities through imaginative and innovative activities. Exercises will include icebreakers, team building, power writing, progressive stories, writing prompts, peer review sessions, read aloud, and group discussion. Students will produce several types of writing; sharing with the group is encouraged.

Jan 21 – Mar 03
Cohn School
The Carnegie Writers

**Introduction to SoulCollage® $40**

Join us for an intuitive art experience that invites participants to work with images that speak to them without concern for artistic skill or confidence. This is not a “religious” undertaking but one that can serve people in meditation, mindfulness, and other holistic activities.

Note: Students should pay instructor $10 for materials.

Feb 11
Cohn School
Amy Lyles Wilson

**The Artist’s Way $50**

Delving into Julia Cameron’s classic *The Artist’s Way*, participants will be encouraged to embrace their creative lives and learn skills to make progress with whatever artistic genre interests them. Each week we’ll cover two chapters from the book. Participants will leave with a plan for next steps in their creative life. Students should purchase their book prior to class.

Mar 26 – Apr 30
Cohn School
Amy Lyles Wilson

**Food as Memoir $40**

Explore how food sensations can jumpstart your memoir, spice up your journal, or offer a new way to dedicate your writing time. We’ll sample a variety of personal narratives, and try framing our own stories with the cooking, kitchen, and taste bud memories that make them special. Be prepared to draft, workshop, polish, and share; just bring your appetite for story, a favorite writing utensil, notebook, and/or laptop.

Feb 12 – Mar 04
Cohn School
Sheri Malman

**Women of Nashville’s Public Art Free**

Women have led the way in the creation of sculptures, murals, and other local public artworks. As we celebrate the 100th anniversary of the 19th Amendment guaranteeing women’s right to vote, Metro Arts focuses on the women who created, commissioned, and are the subjects of public art in Nashville. While you may have seen many of these artworks before, you may not know about the fascinating women behind them. Learn from Metro Arts staff about the city’s public art collection and other notable artworks in public places with a focus on the women who shaped them.

Feb 18 – Mar 10
Cohn School
Anne-Leslie Owens

---

**register early!**

(some classes fill within 24 hours of opening)

nashville.gov/ce
Land the Job Series

Are you looking for a change in careers? Applying for new jobs, but can't seem to land one? This series of classes will help you create a strong resume, cover letter and prepare for interviews to make you a top tier candidate.

Register for the series of 3 classes and save $25 OR register for each section individually.

Mar 24 – Apr 07  Tue 6:00pm – 7:30pm
Inglewood Elementary  Kayla Smith

NEW! Resume Writing Workshop  $40

Apply for your next job with a custom resume that showcases your accomplishments and highlights your strengths. Students will learn how to create a resume that stands out! Students will learn the objective of a resume, the correct format to use, and how to create unique job descriptions. Additionally, students will participate in a practical writing workshop to revise or create a resume that is ready for submission.

Mar 24  Tue 6:00pm – 7:30p

NEW! Cover Letter Creation  $40

When applying for a job, you need a cover letter! Whether you are changing career paths or have been in the same industry for years, your cover letter should compliment your resume and help land you an interview. You will learn how to craft a cover letter that is specific to your skillsets and industry and have it proof read by a professional career expert.

Mar 31  Tue 6:00pm – 7:30pm

NEW! Interview Preparation  $40

Make a great first impression! Interview with confidence by knowing how to respond to behavioral, motivation, skill, and position specific interview questions. Additionally, you’ll learn how your body language, tone, and attire play a vital role in landing you your next job. This class includes demonstrations and opportunities to practice.

Apr 07  Tue 6:00pm – 7:30pm

NEW! Building & Strengthening Confidence  $25

Understanding oneself is necessary for self-actualization and and developing self-confidence. We are wired to understand the whys of our surroundings and build upon what we learn in our own lives. The goal of this course is to explore, discover, understand, and appropriately utilize our environment and experiences to enhance and improve our confidence level.

Feb 24 - Mar 09  Mon 6:00pm – 8:00pm
Cohn School  Merna ElSols

Create The Life You Want  $40

Still waiting for the life you want? You have the ability to design your own lifestyle. Learn the five tools to get clarity on what you want, create opportunities to attract more of what you choose, and create your lifestyle design plan.

Mar 05 - Mar 12  Thu 6:00pm – 7:30pm
Cohn School  Anna Walker

Fundraising Basics  $30

Fundraising is a necessary, but often frustrating, aspect of working in nonprofits. This class will focus on diversifying your fundraising/development strategy, involving board members in giving, donor psychology, moves management, the donor pyramid, and managing donor CRMs.

Mar 03 - Mar 10  Tue 6:00pm – 7:30pm
Wright Middle School  Allison Plattsmier

Grant Writing Basics  $30

Participants will get hands-on guidance in presenting an internal case for their organization to apply for grant funding, including the process of researching and applying for grants from private foundations, with some discussion of sources of state and federal funding.

Jan 29  Wed 6:30pm – 8:30pm
Wright Middle School  Allison Plattsmier

NEW! Explore the Enneagram  $40

The enneagram tool is valuable for personal growth and development as you discover your unique traits, strengths, motivators, and barriers. We will explore each of the 9 distinct personality types of the enneagram tool, diving into the history of the enneagram and an overview of each type. You’ll leave knowing your type and start to understand how to use this information in your life and relationships.

Feb 05 - Feb 19  Wed 6:30pm – 7:30pm
Wright Middle School  Alyssa Bernhardt

NEW! Creating Equitable & Inclusive Workplaces  $30

Participants will learn about Diversity, Equity, and Inclusion (DEI), unconscious bias, and how we can dismantle barriers within the workplace for all.

Mar 04  Wed 6:30pm – 8:30pm
Wright Middle School  Allison Plattsmier
Find Your Career with Passion & Purpose $45
Identify the career you are most enthusiastic about by learning how to specialize your passion and take action in your profession. The first section of class ensures you are on the right track in your career with your passion, and the second section gives you career development skills to move forward into an occupation you love.
Mar 25 – Apr 15 Wed 6:30pm – 8:00pm
Wright Middle School Jazzmin Rodgers

Finding Part-Time Work After Retirement $25
The growth of the economy in Nashville has resulted in many new part-time employment opportunities in fields from hospitality to logistics. These jobs are an excellent way to supplement retirement income while providing social engagement. Assess the skills you have and determine which job posting sites have matching opportunities. Learn about application forms, short resumes and get hands-on experience applying for jobs.
Mar 23 Mon 10:00am – 12:00pm
Cohn School Bonita Kolb

How to Maximize Your Time $15
We could all be more productive and efficient during the course of the workday. Instruction will cover a tried and true system for managing your time. Use it and you’ll end each day feeling relaxed and start the following one with a sense of renewed focus, Fee includes course book.
Feb 27 Thu 6:30pm – 8:00pm
Antioch Middle Paris Love

Start Your Own Business $30
Learn key strategies for turning your idea into a profitable and sustainable business. You’ll learn how to create an entrepreneurial mindset that sets you apart from your competition, provides outside-the-box strategies for marketing, leadership and team building and develop goals.
Mar 05 Thu 6:30pm – 8:00pm
Antioch Middle Paris Love

Unconscious Bias and Your Relationships $35
Learn some psychology basics and how our perceptions affect how and what we communicate. We will learn others’ unique stories and recognize our own unique perceptions with self-reflection exercises, written activities and group coaching facilitated by the instructor.
Mar 25 – Apr 08 Wed 6:30pm – 8:00pm
Wright Middle School Megan Johnson

Metro Business Assistance FREE

Understanding the Equal Business Opportunity Program
The Equal Business Opportunity Program (EBO) was implemented by Metro Government in 2019. Since that time, solicitations issued are subject to race and gender conscious goals. What does that mean for you? Find out everything you need to know about EBO and how your company can be successful doing business with Metro Government.
Feb 18 Tue 9:00am – 11:00am
Cohn School

Metro’s Small Business Reserve (SBR)
Have you ever felt like there no opportunity for you as a small business owner to compete for Metro Government contracts? Metro government has a new program designed to help small firms succeed by setting aside certain contracts just for them. The small business reserve program allows small firms to compete against one another, not big businesses.
Mar 12 Thu 6:30pm – 8:00pm
Antioch Middle

Leveraging the Business Resource Organization
You are not alone! Metro Nashville has a thriving small business ecosystem designed to help you succeed. Learn about the multitude of resources available to you as a business owner, as well as how relationships with these organizations can benefit your company.
Apr 01 Wed 9:00am – 11:00am
Cohn School

Salary Negotiation: Closing the Wage Gap $30
By negotiating fair and equitable salaries, you’ll be better able to pay off loans, buy the things you want and need, and even save for retirement. Gain confidence in your negotiation style through facilitated discussion and role-playing. Learn to articulate your personal value, develop an arsenal of persuasive responses, and conduct objective market research to benchmark a target salary and benefits.
Feb 04 Tue 6:00pm – 8:00pm
Wright Middle School Allison Plattsmier

Understanding Your Leadership Style $30
Through various assessments, participants will learn about their leadership style, their strengths and weaknesses, how to navigate conflict, and how to manage and work within teams.
Feb 13 Thu 6:30pm – 8:30pm
Antioch Middle Allison Plattsmier
Altered Books $50
Learn how to alter books into works of mixed media art. Students use paints, pictures, post cards or special papers and trinkets to create unique embellishments. Book themes can range from holidays to love, courage or gardens. Students are required to purchase their own materials - a list will be provided the first night.
Mar 23 – Apr 13 Mon 6:30pm – 8:30pm
Cohn School Terry Kornman

Handmade Books: Coptic Stitch Binding $30
Coptic binding is an ancient bookbinding method used from as early as the second century. The term is also used to describe modern bindings sewn in the same style. Students will create a book using the coptic stitch.
Note: Students should pay instructor $5 for materials.
Feb 24 – Mar 02 Mon 6:30pm – 8:30pm
Cohn School Terry Kornman

Handmade Books: Long Stitch Binding $30
Appearing as early as the thirteenth century, long stitch binding has had a long and decorative history. This binding has exposed sewing on the spine. Students will design a book with some simple sewing variations and embellishments.
Jan 27 – Feb 03 Mon 6:30pm – 8:30pm
Cohn School Terry Kornman

Handmade Paper $45
Learn to make paper pulp and produce sheets of paper that can be used for note cards, journals, jewelry, paintings and more. Cotton and recycled pulp will be used.
Note: Students must pay a $7 supply fee to the instructor. Students should wear an apron and bring a towel.
Mar 23 – Mar 30 Mon 10:00am – 12:30pm
Cohn School Susan Vandyke

NEW! Basketry: Woven Bracelet $25
Weave a bangle bracelet custom fitted to your wrist. Learn simple weaving techniques with basketry reed and suede.
Note: Students must pay instructor $5 for materials.
Mar 24 Tue 6:00pm – 8:30pm
Cohn School Susan Vandyke

NEW! Garlic Hanging Basket $25
Make an open weave hanging basket suitable for garlic or other small items. Learn the ancient technique of twining. Great for beginning basket makers.
Note: Students must pay a $5 supply fee to the instructor.
Mar 26 Thu 6:00pm – 8:30pm
Cohn School Susan Vandyke

NEW! Beginning Machine Knitting $89
Learn to knit by using a vintage home hobby knitting machine, specifically the Brother KX 350, a lightweight, plastic bed machine with many capabilities. Students will become familiar with the machine and skills by completing four simple, but wearable, projects. Knitting machines and practice yarns will be provided for use in class.
Feb 05 – Mar 11 Wed 6:00pm – 8:30pm
Cohn School Anna Haferman

NEW! Create a Rug from Old T-Shirts $40
In the past, all clothing was upcycled into something else useful such as a rag rug. You’ll learn how to cut t-shirts into strips of continuous yarn which will be used to crochet an oval rug. Once you can make a rug out of old t-shirts, you can make rugs out of any fabric! Beginners welcome. Bring clean t-shirts and a 12.0mm crochet hook, which can be purchased from the instructor.
Feb 05 – Feb 12 Wed 6:00pm – 8:00pm
Cohn School Cindy Kershner

Crochet Basics $45
Crochet can be used to make articles of clothing, housewares and works of art. Students will learn basic stitches and terminology as well as how to read a crochet pattern. Projects will include a basic scarf and making and joining granny squares. Materials for first project are included in the class fee. Students must provide their own yarn after the first project.
Mar 26 – Apr 23 Thu 6:00pm – 7:30pm
Cohn School Mary Elder

Weaving: Tiny Tapestry Necklace $25
Learn to weave on a miniature wooden loom, then use your weaving for a pendant necklace. Several weaving techniques and several jewelry making skills will be covered. Keep your loom to make more projects later.
Note: Students must pay a $8 supply fee to the instructor.
Mar 25 Wed 6:00pm – 8:30pm
Cohn School Susan Vandyke
**Beginning Leather Craft**  
$10  
The art of leather working is a craft that has been passed down for generations. Members of the South Central Leathercrafter’s Guild will guide students through the basics of leather carving and tooling including how to transfer a pattern to leather and how to use carving tools including a swivel knife. All materials will be provided.  
Feb 05 – Feb 12  
Wed 6:00pm – 8:00pm  
Cohn School  
Michael Roe

**Easy Quilting**  
$30  
Learn the tradition of quilting in a class suitable for all levels of quilting experience. Those new to quilting will learn how to create a quilt from start to finish as well as providing tips and techniques for those with some previous quilting background. A supply list will be sent out before the first class. Students are encouraged to bring their own machine.  
Jan 24 – Mar 06  
Fri 10:00am – 12:00pm  
Cohn School  
Mary Moore

**Handmade Leather Bags**  
$75  
There’s nothing more classic or stylish than a simple leather bag. Students will be introduced to leather craft through the creation of a bag. Instruction includes how to stitch the leather, cut straps, edge and burnish, and set rivets. Students will leave class with a completed bag, all materials provided.  
Jan 23 – Feb 13  
Thu 6:00pm – 8:00pm  
Cohn School  
Olivier & Nathalie Boutaud

**Secrets of Shibori: Stitches & Knots**  
$60  
Shibori is a Japanese based technique of knotting, stitching, tying, folding, and wrapping to create patterns and images in fabric. Indigo dye works harmoniously with shibori to show off these designs. Create samples of various stitches and knots in cotton fabric and design a silk scarf based on these samples. Learn how to build and maintain an indigo vat.  
Note: Students should pay instructor $10 for materials.  
Feb 20 – Mar 12  
Thu 6:00pm – 8:00pm  
Cohn School  
David Heustess

**Beginning Sewing**  
$50  
Do you want to learn the basics of sewing? This class is geared toward complete beginners and is not suitable for returning students. Students are encouraged to bring their own machines. Students must purchase their own basic supplies and materials dependent upon projects.  
Jan 27 – Mar 09  
Mon 6:00pm – 8:30pm  
Cohn School  
MJ Richards  
Jan 27 – Mar 09  
Mon 6:00pm – 8:00pm  
Inglewood Elementary  
Repalma Bernard  
Mar 23 – Apr 27  
Mon 6:00pm – 8:30pm  
Cohn School  
MJ Richards

**Intermediate Sewing**  
$40  
This class is meant for students who have completed our Beginning Sewing course and are ready to move forward with their sewing skills. Students are encouraged to bring their own machines. Students must purchase their own basic supplies and materials, including fabric, dependent upon projects throughout the class.  
Jan 22 – Apr 01  
Wed 5:30pm – 8:30pm  
Cohn School  
Stephanie Dauenhauer  
Jan 27 – Apr 13  
Mon 5:30pm – 8:00pm  
Inglewood Elementary  
Stephanie Dauenhauer

**Tapestry Weaving & Design**  
$35  
Learn the steps to create your own unique and colorful designs on a tapestry frame loom. Instruction will cover how to warp a loom, learn weave structures, explore the use of color through hatching and blending, create geometric shapes as well as patterns, and how to take weaving off the loom and finish it for hanging on the wall. Suitable for beginners.  
Mar 26 – Apr 16  
Thu 6:00pm – 8:00pm  
Cohn School  
David Heustess

**Suminagashi Marbling**  
$20  
Suminagashi or Japanese Water Marbling is a colorful printing technique that makes use of special inks, a tray of water, and paper. Finished products can be used for stationary, book covers, gift wrapping and more. Students will explore different approaches to marbling and how this technique works on different types of paper and fabrics.  
Note: Students should pay instructor $10 for materials.  
Apr 15  
Wed 6:00pm – 8:00pm  
Cohn School  
David Heustess

(615) 298-8050  |  nashville.gov/ce
create

**NEW! Making Mini Zines** $40
Zines bring the power of print to a personal level! These tiny DIY magazines are an inclusive medium for art, writing, and stories; if you have a pen and paper and an idea, you can make a zine! This class gives an overview of zine history, techniques, and examples, and shows how you can add your story to the mix with your own handmade zine.

**Picture Framing** $25
Never pay for this customized piece of art again. Students will learn how to create their own custom frames including materials selection, mat cutting, and framing methods for decor and gifts. Students should bring artwork to be framed (photos, paintings, needlework, etc.) to their first class. Additional materials will be purchased throughout class.

**Mixed Media Art** $50
Students will explore uses of mixed media and collage techniques using various materials, including paper, photos, scraps, paint, pencil, recycled materials, etc. to create unique works of art. Most materials included in the course fee.

**Mixed Media Travel Journals** $50
Keeping a journal can be therapeutic and is a fun way to reflect on memories. Produce a Mixed Media Travel Journal for places we have been and have yet to go. Using keepsakes from old trips, we will create, in scrapbook form, small mixed media pieces of art. We will also engage in writing exercises based on our greatest traveling memories.

**Relief Printing Basics** $40
Explore the basics of relief printmaking! Using hand tools to carve your own soft blocks, participants will learn a simple and satisfying process to create and print their own one-color designs, along with basic registration practices, ink techniques, and ways to continue exploring printmaking. Leave with cards and your own printmaking block!

**Oil Painting** $25
Are you new to painting? Do you want to develop new techniques to bring to your canvas? Students will explore and experiment with new oils for landscapes, still life, and much more. A list of supplies will be provided before class.

**Ceramics** $25
Learn hand-building techniques and how to pour, prep, decorate, and glaze a choice of hundreds of ceramic molds. Students will decorate their own designs, then fire them to use as beautiful everyday objects.

**Pottery by Hand and Wheel** $89
Have you ever wanted to master the art of pottery? Use your hands to mold and manipulate wet clay. Instruction will cover sculpting, technique, and a variety of shapes and tools. You will leave with a bowl, cup, or vessel that you can be proud of.

**Upholstery** $129
Participants will receive hands on instruction focusing on one project: a small chair or small ottoman. Each student will leave with techniques to safely use tools and skills to complete their very own DIY project. Tools will be provided. Please bring your furniture (no tufted pieces) and purchase your own fabric and staples after measurements are taken. Please send photos of your piece for approval after registration.
Buyer’s Path to Purchasing a Home $10
With the real estate market changing so much over the past 5 years, this course will help you learn an updated step-by-step procedure for purchasing a home. Learn everything you need to know to buy a home from time of contract to the day you close and move in. Learn why you need a realtor and the advantages to buying a home instead of renting.

Mar 23
Cohn School
Mon 6:00pm – 8:00pm
Darren DeMartino

Apr 21
Inglewood Elementary
Tue 6:00pm – 8:00pm
Darren DeMartino

Salary Negotiation: Closing the Wage Gap $30
Women who negotiate increase their potential to earn higher salaries and better benefits packages. By negotiating fair and equitable salaries, you’ll be better able to pay off loans, buy the things you want and need, and even save for retirement. Gain confidence in your negotiation style through facilitated discussion and role-playing. Learn to articulate your personal value, develop an arsenal of persuasive responses, and conduct objective market research to benchmark a target salary and benefits.

Feb 04
Wright Middle School
Tue 6:00pm – 8:00pm
Allison Plattsmier

Understanding Medicare $20
Students will learn basic information regarding Medicare including eligibility, contact information, the four parts of Medicare, patient’s cost share, understanding the summary notice, common terminology and next steps.

Jan 30
Thu 6:00pm – 7:00pm
Cohn School
Loretta Jarrett-McDonald

Financial Success $15
Are you wondering where your money goes every month? Interested in investing, but don’t understand your options? This two-part workshop offers a practical financial framework for budgeting, investing, insurance, credit, student debt, and more. You will receive a notebook filled with valuable information and a step-by-step plan for your financial security.

Feb 20 - Feb 27
Cohn School
Thu 6:00pm – 8:00pm
Cindy Stone

Understanding Debt Collection Free
This class will help consumers become aware of their rights in regards to debt collection. Students will leave the class with the confidence to deal with debt collectors in the future.

Apr 07
Wright Middle School
Tue 6:00pm – 8:30pm
Terry Baugh

Fundraising Basics $30
Fundraising is a necessary, but often frustrating, aspect of working in nonprofits. This class will focus on diversifying your fundraising/development strategy, involving board members in giving, donor psychology, moves management, the donor pyramid, and managing donor CRMs.

Mar 03 - Mar 10
Wright Middle School
Tue 6:00pm – 7:30pm
Allison Plattsmier

Couponing Basics $35
Learn the basics of using coupons and saving money at groceries and other retailers. Learn how to save at least 50% or more on your grocery, household, and personal care expenses that can otherwise be placed in your savings.

Feb 24 - Mar 09
Cohn School
Mon 6:00pm – 7:00pm
Jamie McAfee

Protecting Your Healthcare Identity $20
With healthcare identity theft on the rise, we will look at how healthcare theft occurs, how thieves can use your identity and ways to protect your information from theft.

Jan 23
Cohn School
Thu 6:00pm – 7:00pm
Loretta Jarrett-McDonald

register early!
(Classes can be canceled for low enrollment.)
nashville.gov/ce
American Sign Language I  $75
An introduction to American Sign Language grammar and vocabulary including fingerspelling to construct simple sentences. Each student will also participate in visual and receptive skill-building along with the information on Deaf Culture and Awareness.
Jan 27 – Mar 09  Mon 6:00pm – 7:15pm
Inglewood Elementary  Bridges
Students must purchase The American Sign Language Phrase Book, 3rd Edition for this section.
Jan 28 – Mar 03  Tue 6:30pm – 7:45pm
Wright Middle School  Tracey Miree

American Sign Language II  $75
Students will continue learning and practicing American Sign Language. Classes include visual and receptive skill-building along with the information on Deaf Culture and Awareness. Students must purchase The American Sign Language Phrase Book, 3rd Edition.
Mar 23 – Apr 27  Mon 6:00pm – 7:15pm
Inglewood Elementary  Bridges

French I  $50
Designed for adults encountering French for the first time or for those reviving basic French language skills. Instruction focuses on pronunciation, conversation, and culture, with an end goal of being able to successfully communicate with native speakers in travel-themed conversations. Students should purchase Living Language French, Complete Edition.
Jan 29 – Mar 04  Wed 6:00pm – 8:00pm
Cohn School  Robert Pilling

French II  $50
This course is a continuation of the French language series. This class focuses on pronunciation, conversation, and culture, with an end goal of communicating more complex travel needs with native speakers. Students are required to purchase the Living Language French, Complete Edition set.
Mar 18 – Apr 29  Wed 6:00pm – 8:00pm
Cohn School  Robert Pilling

Intermediate Conversational French  $50
An emphasis on communication and interaction using spoken French in a fun, relaxing atmosphere. Designed for more advanced students who would like to refresh or improve on their basic French. Focus will be placed on dialogues between students and instructor, some French culture, increasing vocabulary as well as idioms and explanations of grammar.
Mar 24 – Apr 28  Tue 6:00pm – 8:00pm
Cohn School  Robert Pilling

German I  $50
Students will learn key skills for personal and professional travel in Germany. Learn to ask the most important questions to navigate around a foreign country. Students should purchase a copy of German Made Simple by Arnold Leitner.
Jan 22 – Feb 26  Wed 6:00pm – 8:30pm
Cohn School  Bert Knupp

Mandarin Chinese I  $50
Learn the first steps in speaking, writing, and communicating in Mandarin Chinese. Participants will focus on pronunciation and learning the needed skills for recreation or business. Included activities will promote grammar, vocabulary, and dialogues. Students are required to purchase a copy of Far East Everyday Chinese set.
Jan 23 – Feb 27  Thu 6:00pm – 7:30pm
Cohn School  Winnie Pang

Mandarin Chinese II  $50
Students will continue to learn the language and culture in speaking, writing, and communicating in Mandarin Chinese. Included activities will promote grammar, vocabulary, and dialogues. Students must purchase a copy of Far East Everyday Chinese set.
Mar 05 – Apr 23  Thu 6:00pm – 7:30pm
Cohn School  Winnie Pang

register early!
(some classes fill within 24 hours of opening)
nashville.gov/ce
Spanish I

This class provides an introduction to the Spanish language, culture, and food. Learn the first steps in speaking Spanish: pronunciation, vocabulary, and present tense grammar. Vocabulary will cover greetings, time, numbers, and more. Students should purchase *Living Languages Spanish Complete Edition.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 22 – Feb 26</td>
<td>Wed 12:00pm – 2:00pm</td>
<td>Cohn School</td>
<td>Lindsay Richardson</td>
</tr>
<tr>
<td>Jan 27 – Mar 09</td>
<td>Mon 6:00pm – 8:00pm</td>
<td>Cohn School</td>
<td>Rossy Urbina-King</td>
</tr>
<tr>
<td>Jan 28 – Mar 03</td>
<td>Tue 6:30pm – 8:30pm</td>
<td>Wright Middle School</td>
<td>Maria Benham</td>
</tr>
<tr>
<td>Jan 29 – Mar 04</td>
<td>Wed 6:00pm – 8:00pm</td>
<td>Wright Middle School</td>
<td>Alison Brazil</td>
</tr>
<tr>
<td>Jan 30 – Mar 05</td>
<td>Thu 6:00pm – 8:00pm</td>
<td>Wright Middle School</td>
<td>Rossy Urbina-King</td>
</tr>
<tr>
<td>Mar 23 – Apr 27</td>
<td>Mon 6:00pm – 8:00pm</td>
<td>Inglewood Elementary</td>
<td>Maria Benham</td>
</tr>
</tbody>
</table>

Spanish II

Students will continue learning the language and culture of Spanish-speaking countries. Increase vocabulary, understanding of verb forms, grammar and general comprehension. Students should purchase *Living Languages Spanish Complete Edition.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar 23 – Apr 27</td>
<td>Mon 6:00pm – 8:00pm</td>
<td>Cohn School</td>
<td>Rossy Urbina-King</td>
</tr>
<tr>
<td>Mar 24 – Apr 28</td>
<td>Tue 6:30pm – 8:30pm</td>
<td>Wright Middle School</td>
<td>Maria Benham</td>
</tr>
<tr>
<td>Mar 25 – Apr 29</td>
<td>Wed 6:00pm – 8:00pm</td>
<td>Wright Middle School</td>
<td>Alison Brazil</td>
</tr>
<tr>
<td>Mar 26 – Apr 30</td>
<td>Thu 6:00pm – 8:00pm</td>
<td>Wright Middle School</td>
<td>Rossy Urbina-King</td>
</tr>
</tbody>
</table>

Spanish III

This course will focus on conversational skills and functional dialogue. Students will learn and practice the following verbs: ser y estar, gustar, interesar, y tener. This class will also cover the imperative tense, prepositions por and para, and vocabulary for everyday situations. Students should purchase *Living Languages Spanish Complete Edition.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 28 – Mar 03</td>
<td>Tue 6:00pm – 8:00pm</td>
<td>Cohn School</td>
<td>Rossy Urbina-King</td>
</tr>
<tr>
<td>Jan 29 – Mar 04</td>
<td>Wed 6:30pm – 8:30pm</td>
<td>Wright Middle School</td>
<td>Maria Benham</td>
</tr>
</tbody>
</table>

Spanish IV

Students will deepen their understanding of common verbs, the preterite tense and adjective agreements. Dialogue will focus on describing places and planning events. Students should purchase *Living Languages Spanish Complete Edition.*

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mar 24 – Apr 28</td>
<td>Tue 6:00pm – 8:00pm</td>
<td>Cohn School</td>
<td>Rossy Urbina-King</td>
</tr>
<tr>
<td>Mar 25 – Apr 29</td>
<td>Wed 6:30pm – 8:30pm</td>
<td>Wright Middle School</td>
<td>Maria Benham</td>
</tr>
</tbody>
</table>

Intermediate Conversational Spanish

The emphasis of this course is on communication and interaction using spoken Spanish. The instructor will speak Spanish at all times in the classroom. Emphasis will be placed on dialogue between students with the instructor available to correct mistakes, explain grammar and usage whenever necessary. Students will practice telephone calls, travel directives, describing personal interests, and conveying thoughts in the past and future. Students will continue to build communication skills including listening, reading and speech, understanding of current Spanish culture all in a fun environment with a native Spanish-speaking instructor!

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jan 27 – Mar 09</td>
<td>Mon 6:00pm – 8:00pm</td>
<td>Inglewood Elementary</td>
<td>Maria Benham</td>
</tr>
<tr>
<td>Mar 25 – Apr 29</td>
<td>Wed 6:00pm – 8:00pm</td>
<td>Cohn School</td>
<td>Rossy Urbina-King</td>
</tr>
</tbody>
</table>

placement tests

not sure what level is right for you? Take self-scored placements tests on our online registration page or email us at cecinfo@nashville.gov.

cce.asapconnected.com

enrollment is open all term! register anytime online!  (615) 298-8050 | nashville.gov/ce  13
Family Law  
Free  
An introduction to the most pressing matters of family law including marriage, divorce, custody, parenting plans, child support, establishing of paternity and enforcement of court orders. Whether you are currently involved in a family law matter or supporting a loved one through a trying time, this course will equip you with the basic information you need.

Apr 06  
Cohn School  
Mon 6:00pm – 7:30pm  
Roland Hairston

Individual Income Tax  
$40  
Learn about the basic principles of individual income taxation. Instruction will include updates to the tax law based on the Tax Cuts and Jobs Act of 2018. Other topics covered include filing status and dependents, taxable income, and deductions.

Jan 23 – Feb 13  
Cohn School  
Thu 6:00pm – 8:00pm  
Jessica Jones

Key Instruments of Estate Planning  
Free  
Don’t wait to get your estate planning in order! Estate planning is not just about planning for what happens to one’s property after death. It’s also about planning for what happens if a person becomes ill or incapacitated. Students will learn about key instruments of estate planning (Living Wills, HIPAA Authorizations, Powers of Attorney for Health Care, Powers of Attorney for Finances, and Wills), why they are important, and how they can bring you and your family peace of mind.

Mar 24  
Inglewood Elementary  
Tue 6:00pm – 7:30pm  
Lea Johnson

Apr 08  
Cohn School  
Wed 6:00pm – 7:30pm  
Lea Johnson

Protecting Your Healthcare Identity  
$20  
With healthcare identity theft on the rise, we will look at how healthcare theft occurs, how thieves can use your identity and ways to protect your information from theft.

Jan 23  
Cohn School  
Thu 6:00pm – 7:00pm  
Loretta Jarrett-McDonald

Understanding Debt Collection  
Free  
This class will help consumers become aware of their rights in regards to debt collection. Students will leave the class with the confidence to deal with debt collectors in the future.

Apr 07  
Wright Middle School  
Tue 6:00pm – 8:30pm  
Terry Baugh

Know Your Rights  
Free  
The US Constitution provides certain rights for everyone, regardless of immigration status. Students will learn their rights with police, Immigration and Customs Enforcement (ICE), and how to prepare in the event that a loved one is placed in removal (deportation) proceedings. Bilingual instruction provided.

Feb 06  
TIRRC  
Thu 6:30pm – 8:00pm

Feb 26  
Wright Middle School  
Wed 6:30pm – 8:00pm  
TIRRC

Your Rights & Duties as a Renter  
Free  
Join Legal Aid Society attorneys and paralegals as we discuss relevant housing laws and equip you with the necessary tools for a positive landlord/tenant experience. We will cover the entire rental process from move-in to move-out and focus on common problem areas such as getting repairs done, fighting illegal housing discrimination, and facing the eviction process. Learn what to expect from your landlord, what they expect from you, and tips for what to do if things go wrong.

Feb 05  
Cohn School  
Wed 6:00pm – 7:30pm  
Kerry Dietz

Apr 14  
Inglewood Elementary  
Tue 6:00pm – 7:30pm  
Kerry Dietz

Understanding Medicare  
$20  
Students will learn basic information regarding Medicare including eligibility, contact information, the four parts of Medicare, patient’s cost share, understanding the summary notice, common terminology and next steps.

Jan 30  
Cohn School  
Thu 6:00pm – 7:00pm  
Loretta Jarrett-McDonald

NCE does not offer individualized legal advice. Classes are intended for general information only.
Intermediate Birding $30
Build on basic birding skills by traveling to various Davidson County birding hotspots, selected to highlight diverse habitats. Learn how to use a spotting scope, determine locations based on season/weather, utilize data and differentiate similar species. Students will come away with a great beginning “life list” of birds, as well as knowing some of the best local places to go birding on their own.

Prerequisites: Completion of NCE’s Beginning Birding or a working understanding of bird identification, using field guides, eBird, and binocular usage.

Apr 08 – May 13 Wed 5:45pm – 7:15pm
Cohn School
Andy Lantz

Understanding Sleep Free
Learn about the biology of sleep. Understand some of the dangers of sleep deprivation and review some of the most common sleep disorders. Students will learn tips to get better sleep and receive other important sleep information.

Jan 21 Tue 6:00pm – 7:00pm
Cohn School
Thomas Dowd

A Cosmic Journey Free
Embark on a cosmic journey through the galaxy and our solar system from its formation. Travel at the speed of light as we gaze into the past and catch a glimpse of the future. Students will learn about the planets, how stars are born, how they die, and the supernovae corpses they leave behind.

Jan 21 – Feb 11 Tue 6:00pm – 8:00pm
Cohn School
Duncan Davis

NEW! Exploring Geologic Deep Time Free
Explore the concept of deep time and how it was developed. During this time the crust of the Earth formed and reformed several times according to the theory of plate tectonics; creating new continents, mountain ranges, and oceans. Review Earth’s changing climate and examine the complex history of life including it’s origins and mass extinctions.

Apr 14 – Apr 28 Tue 6:00pm – 8:00pm
Cohn School
Jim Cunliffe

Insect Basics Free
Learn about the history and biology of insects. Look at profiles of common insects, flies, wasp, roaches, bees, dragon flies, and mosquitoes as well as view an insect collection.

Jan 28 Tue 6:00pm – 7:00pm
Cohn School
Thomas Dowd

NEW! The Art of Communication: Love Languages $20
We often find ourselves frustrated with our partners perceived lack of understanding of our needs. “Why won’t he take me on the date I’ve been hinting at all month?” Or “Why doesn’t she watch football with me? It’s my favorite sport?” Students will explore, discover, understand, and appropriately utilize our own and our partner’s love language through discussion and various intentional forms of communication. Students should purchase The 5 Love Languages prior to class.

Jan 23 – Feb 27 Thu 6:00pm – 8:00pm
Cohn School
Merna ElSols

NEW! Emotional Intelligence $30
Emotional intelligence is the ability to recognize your emotions, understand what they’re telling you, and realize how you affect people around you. When you understand how others feel, you manage relationships more effectively. People with high emotional intelligence are usually successful in most things they do because they’re the ones that others want on their team. Learn how to build this important skill!

Feb 20 Thu 6:30pm – 8:30pm
Antioch Middle
Allison Plattsmier

Mental Health Caregiver Support Primer Free
This seminar informs and supports people who have loved ones with mental health issues that may include co-occurring substance abuse. Participants receive an overview on mental health issues, treatment, recovery, communication strategies, crisis preparation and NAMI (National Alliance on Mental Illness) Davidson County resources. Session is peer-led by trained persons with mental health conditions in their families.

Feb 08 Sat 3:00pm – 5:00pm
Middle Tennessee Mental Health Institute
Mar 14 Sat 3:00pm – 5:00pm
MTMHI
Apr 11 Sat 3:00pm – 5:00pm
MTMHI
May 09 Sat 3:00pm – 5:00pm
MTMHI
**Emergency & Disaster Preparedness** $25
Learn about resources and guidance regarding emergency and disaster occurrences. This information will help you and your family be prepared to respond in case of any emergency.
Feb 06 – Feb 27 Thu 6:00pm – 7:30pm
Cohn School Candice Carey

**Couponing Basics** $35
Learn the basics of using coupons and saving money at groceries and other retailers. Learn how save at least 50% or more on your grocery, household, and personal care expenses that can otherwise be placed in your savings.
Feb 24 – Mar 09 Mon 6:00pm – 7:00pm
Cohn School Jamie McAfee

**Be College Ready** $30
Do you know someone preparing for college in the fall? Help them prepare for a successful college admissions and financial aid season with this comprehensive college readiness course. Receive a personal guide to complete applications, tips and resources to help with decision-making. Students will explore: their college list; heart factors; and finances as they navigate this arduous process of college applications and participation.
Mar 24 – Apr 07 Tue 6:00pm – 7:30pm
Cohn School Brandi Smith

**College Knowledge for Adult Learners** $15
More than 40% of college students are adult learners who may enroll in school to fulfill dreams, change careers, or advance their current career. Identify the main motivators for why you want to go back to school and receive guides, tips, and resources to help with decision-making. Explore: colleges that support adult learners; logistical hurdles adults face; how to overcome anxieties around returning to school; and navigate student life.
Feb 11 – Feb 18 Tue 6:30pm – 8:00pm
Wright Middle School Nancy Damron-Litchford

**Discover Your Learning Style** $15
People learn in different ways. Identifying learning styles can increase student and employee performance, improve work and interpersonal relationships, acknowledge and respect diversity. Participants will discover how to utilize learning styles to help develop strategies for becoming more confident, increase productivity, and communicate more effectively.
Mar 24 – Mar 31 Tue 6:30pm – 8:00pm
Wright Middle School Nancy Damron-Litchford

**Collect & Identify Vintage Costume Jewelry** $35
Those rhinestone pins from grandma, the ’70s hippie earrings you spy at a yard sale, or your favorite 1980s necklaces are all examples of vintage costume jewelry. Collecting such jewelry is a fun and potentially profitable hobby. Discover the history, innovative styles, and wonderful materials used by designers. Learn about the most collectable pieces, determine the value and authenticity of pieces, and tips on where to buy jewelry.
Feb 26 – Mar 11 Wed 6:00pm – 7:30pm
Cohn School Carol Beth Solow

**Become a Vintage Jewelry Detective** $35
Vintage jewelry is collectible, fun to wear, and often an important part of family history. It can be challenging to determine the era, designer and authenticity of such pieces. Students will learn how to become “jewelry detectives” by examining the materials, styles and construction of vintage pieces. Students will learn the differences between vintage and modern jewelry and how to spot fake reproductions. Students are encouraged to bring their own jewelry pieces.
Mar 25 – Apr 08 Wed 6:00pm – 7:30pm
Cohn School Carol Beth Solow

**Discovering Your Personal Style** $15
Studies show that women spend about 2.5 hours a week deciding what to wear. We can all think of better ways to spend those hours! Students have the opportunity to learn how to define their style type, determine body type and find confidence. Students will take home sheets with tips for shopping and styling so they can spend less time in their closets and more time enjoying the world.
Jan 27 – Feb 03 Mon 6:00pm – 7:30pm
Cohn School Shana Berkeley

**register early!**
(some classes fill within 24 hours of opening)
nashville.gov/ce
Eat Smart at Home

Hands-on nutrition education for adults, especially parents and caregivers of children. Through a series of meetings, families learn to make healthy food choices within a limited budget and how to choose physically active lifestyles. Provided by UT/TSU Extension.

Feb 13 – Mar 12 Thu 6:30pm – 8:00pm
Antioch Middle Charley Guilyot

Eating for a Better Night’s Sleep

$60
Registered Dietitian and author of the book, Eat to Sleep: What to Eat When to Eat It for a Good Night’s Sleep, discusses what foods we should be eating more of, and which ones we should avoid, for a better night’s sleep—every night! Learn how to incorporate sleep-benefiting foods into your diet with easy, practical tips and delicious recipes. You’ll get hands-on in this class to prepare a recipe that will promote better ZZZ’s.

Mar 12 Thu 6:00pm – 8:00pm
Cohn School Karman Meyer

From Seed to Table Gardening

$25
Join the UT/TSU Extension to learn how to start your own vegetable garden - from seed to table! Students will learn how to build a raised bed, pick the right soil, care for growing plants and more. Hands-on canning, food safety, and preserving techniques will also be covered. The series will culminate in a cooking demonstration using seasonal ingredients. Dress for mess. All supplies, including take home items, will be provided.

Apr 09 – Apr 30 Thu 6:00pm – 8:00pm
Cohn School Dan Harrell

Table for Two Series

$90
Discover new recipes for preparing meals for one or two portions in a hands-on setting. Safe meal preparation and storage techniques will also be discussed. Each participant will take home multiple single serving meals to eat that week or freeze for a later date.

Feb 13 – Mar 12 Thu 6:30pm – 8:00pm
Antioch Middle Charley Guilyot

New! Table for Two Individual Classes, $30 Each

Jan 30 – Apr 30
Cohn School

Jan 30 Thu 6:00pm – 8:00pm
Elizabeth Sanders
Feb 27 Thu 6:00pm – 8:00pm
Apr 02 Thu 6:00pm – 8:00pm
Apr 30 Thu 6:00pm – 8:00pm

Pioneer Cast Iron Cooking

$35
Students will learn how pioneers cooked breads, full meals, and desserts on the hearth. Use of cast iron cookware, utensils and cooking techniques will be demonstrated. Over the course of three weeks, students will cook cornbread, cakes, and main dishes outside in the school courtyard. Students are required to bring a folding camp chair to the outdoor classroom.

Apr 16 – Apr 23 Thu 6:00pm – 8:00pm
Cohn School Richard Moore

Vietnamese Spring Rolls

$45
A hands-on lesson on the Vietnamese spring roll or summer roll. Though a popular appetizer, it is a full meal usually dedicated for family gatherings and other festive occasions. The traditional spring roll consists of pork, shrimp, vegetables, and vermicelli wrapped in rice paper, but we will be creating vegetarian rolls. You’ll learn all the tips and tricks of wrapping and rolling spring rolls and their accompanying sauces.

Mar 23 Mon 6:00pm – 8:00pm
Cohn School Alexa Little

Nashville Farmers’ Market Series

$75
There is no source better than the Nashville Farmers’ Market to make the most of fresh, regionally grown produce. Receive tips about cooking seasonally while a chef demonstrates easily re-created recipes using produce from local farmers. Classes meet the first Wednesday of every month. Check the date and choose which month you’ll be free, or register for the series and save $25!

Feb 05 – May 06 Wed 6:00pm – 7:15pm
Nashville Farmers’ Market Elizabeth Sanders

NFM: Seasonal Cooking Classes, $25 Each

Feb 05 Wed 6:00pm – 7:15pm
Mar 04 Wed 6:00pm – 7:15pm
Apr 01 Wed 6:00pm – 7:15pm
May 06 Wed 6:00pm – 7:15pm

(615) 298-8050 | nashville.gov/ce 17
**NEW! Basic Drone Piloting**  $20

With almost 900,000 drones registered in the US, the popularity of drones is evident, but, what are the rules for flying? Class covers everything from the history of drones to what to do if you’re interested in using your drone to fly commercially. Class is taught by a licensed FAA UAS Pilot and UAS Flight Instructor.

Apr 21 - Apr 28  Tue 6:00pm - 8:00pm  Cohn School  David Williams

**Digital Books**  Free

Discover how to find and read books in their various formats along with digital magazines. Gain hands-on experience downloading and reading on tablets. Instruction provided by the Nashville Public Library.

Note: Must have a library card and PIN. Tablets provided.

Feb 20  Thu 6:00pm - 7:00pm  Cohn School  Ben English

**Digital Entertainment**  Free

Explore free downloadable music and movies brought to you by the Nashville Public Library. Gain hands-on experience downloading media onto a tablet.

Note: Must have a library card and PIN. Tablets provided.

Feb 6  Thu 6:00pm - 7:00pm  Cohn School  Ben English

**Graphic Design Using Canva**  $50

In today’s society, people need skills to communicate their ideas in clear, concise, and eye-catching ways. You don’t always need to hire designers or buy expensive software to create visually appealing materials and content. Participants will learn the basic skills and techniques to create stunning content using Canva, a free online software application that can help anyone design like a pro.

Feb 10  Mon 5:30pm - 8:30pm  Cohn School  ReChard Peel

**Podcasting Basics**  $49

Are you interested in starting a podcast, but don’t know where to begin? Students will discuss why they want to podcast and learn about the necessary tools to turn their plan into a reality. Writing, production and platforms will also be covered along with in-class practice performing.

Mar 24 - Apr 21  Tue 6:30pm - 7:30pm  Cohn School  Christopher Taylor

**Podcasting Basics: Online Only**  $25

We’re trying something new! This is a recorded version of our Podcasting Basics class. Once you register we will email you a link to the recorded classes. You can watch them at any time from any computer. You will not meet in person.

Online Access Any Time  Christopher Taylor

**Secure Internet Use for Home Users**  Free

Learn how to keep you and your family safe from internet threats. Instruction will cover basic terms, personal security, device security, safe internet use, public and home wireless network security.

Feb 10  Mon 5:30pm - 8:30pm  Cohn School  Daryl Heim

**SmartPhone Training for Seniors**  $25

Evolving technology can be hard to learn and difficult to grasp. We understand the frustration that comes from not getting enough out of these expensive, powerful devices. And we know how hard it can be to find the patient, understanding help that you need. Leave class knowing how to navigate many settings and apps to efficiently use your smartphone!

Feb 24 - Mar 02  Mon 10:00am - 12:00pm  Cohn School  John Lewis

**register early!**

(Classes can be canceled for low enrollment.)

nashville.gov/ce
**Beginning Fencing**  
$75  
Looking for a safe, fun, and exciting sport? Students will learn footwork, attacks, parry and riposte, and more as they work up to active sparring with partners. Students should wear comfortable workout clothes with long pants and shoes suitable for a gym. All fencing equipment is provided.  
Jan 27 – Apr 13  
Mon 5:30pm – 6:30pm  
Cohn School  
Donovan Grimwood

**Intermediate Fencing**  
$40  
For fencers looking to continue to improve and practice their skills, focus is on developing techniques and skills through open sparring. All three weapons are fenced. Students are encouraged to bring their own equipment.  
Jan 27 – Apr 27  
Mon 5:30pm – 7:30pm  
Cohn School  
Donovan Grimwood

**Advanced Fencing**  
$40  
For fencers looking to continue to improve and practice their skills with prior experience. Focus on preparation for tournament competition. All three weapons are fenced. Students are encouraged to bring their own equipment, but it is not a requirement.  
Jan 22 – Apr 29  
Wed 5:30pm – 7:30pm  
Cohn School  
Donovan Grimwood

**Badminton**  
$40  
Badminton is a fun and welcoming team exercise that is practiced around the world. It requires coordination, timing, agility and balance. Meet regularly with a group of experienced players to practice badminton techniques and strategies to build skills. Beginners are welcome, but should note that this is less of a formal, instructional class, and more of an open practice.  
Jan 21 – Apr 14  
Cohn School  
Tue 6:00pm – 8:30pm  
Michael Simon  
Jan 27 – Apr 27  
Cohn School  
Mon 9:30am – 11:30am  
Terry Jenkins

**Basic First Aid**  
$55  
Training in basic first aid techniques will be administered by Nashville Save a Life professionals. Includes materials and certification card.  
Apr 14  
Cohn School  
Tue 6:00pm – 8:00pm  
Nashville Save a Life

**CPR For Adults**  
$55  
Learn basic CPR and how to use an AED on adults in emergency situations. Students will receive hands-on, up-to-date training and certification in class. Includes materials and certification card.  
Mar 31  
Tue 6:00pm – 8:00pm  
Cohn School  
Nashville Save a Life

**Beginning HEMA: German Longsword**  
$80  
This course will introduce students to HEMA (Historical European Martial Arts) with learning the knightly art of the German Longsword. The first half of the course will focus largely on learning the fundamentals of medieval fencing: footwork, body mechanics, and controlling the sword. Through solo and paired drills, students will learn a variety of guard positions, attacks, defenses and basic fencing theory before moving on to more advanced techniques and concepts. All equipment provided.  
Jan 21 – Apr 28  
Tue 6:00pm – 8:00pm  
Cohn School  
Alexander Brindley

**Intermediate HEMA: German Longsword**  
$80  
Continue learning the knightly art of the German Longsword. Students will continue to develop their fundamentals with an increased focus on theory, application and advanced techniques from the historical 14th and 15th century sources. All equipment provided.  
Jan 21 – Apr 28  
Tue 6:00pm – 8:00pm  
Cohn School  
Alexander Brindley

**Biking in Nashville**  
$25  
Prepare yourself for a worry-free bicycle ride by learning basic maintenance and repair skills as well as how to ride with confidence. We will discuss local road law, where to ride, how to ride, and have the opportunity to learn how to clean a drivetrain and change a flat tire.  
Mar 31  
Tue 6:00pm – 8:00pm  
Inglewood Elementary  
KJ Garner  
Apr 21  
Tue 6:00pm – 8:00pm  
Wright Middle School  
KJ Garner
**Beginning Pilates**  
$60
Learn the five basic principles of Pilates and essential mat exercises. Course will focus on building an individual's body awareness, application of basic principles in all movements, as well as building endurance, stability, and mobility.

Mar 26 – Apr 30  
Cohn School  
Melissa Croushorn

**Intermediate Pilates**  
$65
Geared towards individuals with an active lifestyle and some experience. Class will focus on building endurance and strength for enhanced athletic performance. Great for runners, golfers, tennis players, or anyone wanting to build strength and mobility without additional impact on joints. Students should bring their own mat.

Mar 26 – Apr 30  
Cohn School  
Melissa Croushorn

**Chair Yoga**  
Free
Practiced sitting on a chair, standing using a chair for support, or lying on the ground. While this class is ideal for seniors, people with disabilities, and people recovering from illness or injuries, it is also appropriate for all levels as it deepens flexibility and strengthens personal body awareness. Other props will be used as needed - expect lots of modifications!

Jan 22 – Mar 11  
Cohn School  
Mary Beth Harding

**Curvy Yoga**  
$40
Learn pose options that are accessible for all through prop usage, perfect for those looking to start a yoga practice. Completion of this series will give you the physical and emotional tools for a continuous and empowering practice. Open to all levels, but especially great for beginners.

Mar 30 – Apr 27  
Cohn School  
Yandla Harris

**Yoga for the Soul**  
$30
A yoga class that uses meditation and music to soothe your soul. If you have a moderate amount of yoga experience, you will benefit from this class. Yoga props will be used.

Feb 18 – Mar 10  
Cohn School  
Yandla Harris

**Gentle Yoga**  
Free
Class includes a combination of slow, gentle movements, long holds and a focus on the breath. Props are often used throughout class. Asana (poses) will focus on improving flexibility, balance and strength in all bodies. Perfect for students with physical limitations or no experience.

Jan 21 – Mar 10  
Cohn School  
Ellen Hobbs
Jan 23 – Mar 12  
Cohn School  
Mary Beth Harding
Feb 24 – Apr 20  
Cohn School  
Jodie Bell

**Hatha Yoga I**  
$45
Join us to relax, strengthen and soften. Students will build through categories of poses, sound breath work and simple meditation tools to provide them with the foundation for a soothing and stabilizing home practice or entry into a studio. Instructions are given for modifications and adjustments to meet you where you are.

Jan 27 – Mar 09  
Cohn School  
Winnie Pang

**Hatha Yoga II**  
$45
This class provides students a space to move into a deeper yoga practice in asana (postures), pranayama (control of life force), mantra (chants) and meditation. This class is recommended for students who have participated in *Hatha Yoga I* or any beginning yoga experience.

Jan 27 – Mar 09  
Cohn School  
Winnie Pang

**Stretch and Restore Yoga**  
$40
Each week, students will explore postures that promote a mind to body connection. Students will find deep stretches and improve flexibility while learning techniques to calm the mind and listen to the body. Classes will include gentle and supported long holds that are accessible and appropriate for all ages and body types. Please bring your own yoga mat.

Mar 24 – Apr 28  
Inglewood Elementary  
Betsy Nenni
Empowering Weightloss for Women $40
Women will go on an empowering journey in understanding themselves. Often when women who struggle with their weight assess their lives, many realize that weight issues are intertwined with past trauma. Gain support while you discover the roots of your weight issues and develop a plan to embark on a healthier lifestyle for weight loss.
Mar 23 – Apr 13     Mon 6:00pm – 7:30pm
Cohn School          Jamie McAfee

Mindful Weight Loss $30
Have you tried and failed to lose weight? Are you frustrated with diet and exercise plans? Being more mindful about the food you eat may be your answer. The first step to changing a pattern of behavior is awareness. The next step is to take action and that’s what Mindful Weight Loss is all about. The instructor will provide a thorough introduction to mindful eating and guide participants through practical techniques to eat with more awareness.
Mar 25             Wed 6:00pm – 7:30pm
Cohn School          John Holley
Apr 21             Tue 6:00pm – 7:30pm
Inglewood Elementary John Holley

Fitness and Nutrition for Women $60
Experience a wholistic approach to living a healthy lifestyle! Each class will cover nutritional habits, goal setting, and self-actualization lessons. Students will go through a workout that incorporates strength training and metabolic work. All instruction will be given by staff from The New Beginnings Center, a non-profit that seeks to create an environment where women can workout and learn to live a healthier life regardless of age, background, and shape. Open to all levels.
Feb 05 – Mar 11     Wed 9:30am – 10:30am
Cohn School   The New Beginnings Center

Tai Chi Basics $50
Tai Chi is a gentle, ancient Chinese form of exercise that contains numerous health benefits. Students will focus on basic Tai Chi movements that emphasize improving balance, strength, and relaxation. These forms can help increase overall quality of life, health and wellness. Great for beginners and experienced practitioners.
Feb 03 – Mar 09  Mon 6:00pm – 7:00pm
Inglewood Elementary Chris Whitsett

Reset Your Body $40
Do you regularly experience pain and stiffness? Or miss fun activities simply because your body no longer wants to cooperate? Do you want to restore your mobility and reclaim your balance? By combining elements of Original Strength™, Yoga, and Myofascial Release using therapy balls, we will spend class on the floor learning how to “press reset” and unlock your body! Explore simple ways to release tension and stress to incorporate into your everyday life! When your body feels good, YOU feel good!
Apr 07 – Apr 28     Tue 6:30pm – 7:30pm
Cohn School          PJ Olsen

Qigong Movement $30
Qigong (chee-gong) is an ancient Chinese technique used for health and well-being. This class will focus on healing and revitalizing body, mind and spirit through exercises that involve gentle, flowing movements, mental focus, and breathing techniques. Regular qigong practice can help to improve balance, mental focus, digestion, healthy sleep patterns and mental wellness.
Mar 24 – Apr 28     Tue 6:00pm – 7:00pm
Cohn School          Cynthia Clark
Feb 5 – Mar 11       Wed 12:00pm – 1:00pm
Inglewood Elementary Cynthia Clark

Self-Healing Arts $20
In order to help others, we must first help ourselves. Reiki, meditation and Qigong have long been used as a tools to center the mind, lift the spirit and heal the body. These techniques have been shown in recent studies to be effective in helping to reduce stress, pain management, soothing emotional turmoil and improving mood. Taking the time to heal and care for ourselves is so important, yet we often put it last on our list of priorities, which over time costs us in so many ways. Come learn a little about each of these Eastern wellness practices and join a dynamic discussion about using energy healing to effect positive changes in your life.
Mar 4 – Mar 11       Wed 1:30pm – 3:00pm
Cohn School          Cynthia Clark
### Jan 21
- **Pottery by Hand and Wheel** 10:00am $89 10
- **Gentle Yoga** 3:00pm Free 20
- **Beginning Ukulele** 6:00pm $45 4
- **Creative Writing** 6:00pm $40 5
- **A Cosmic Journey** 6:00pm Free 15
- **Understanding Sleep** 6:00pm Free 15
- **Badminton** 6:00pm $40 19
- **Beginning HEMA: German Longsword** 6:00pm $80 19
- **Intermediate HEMA: German Longsword** 6:00pm $80 19

### Jan 22
- **Ceramics** 9:00am $25 10
- **Spanish I** 12:00pm $50 13
- **Chair Yoga** 2:00pm Free 20
- **Intermediate Sewing** 5:30pm $40 9
- **Advanced Fencing** 5:30pm $40 19
- **Pottery by Hand and Wheel** 5:45pm $89 10
- **German I** 6:00pm $50 12

### Jan 23
- **Gentle Yoga** 11:00am Free 20
- **Handmade Leather Bags** 6:00pm $75 9
- **Individual Income Tax** 6:00pm $40 14
- **Mandarin Chinese I** 6:00pm $50 12
- **Protecting Your Healthcare Identity** 6:00pm $20 11
- **The Art of Communication** 6:00pm $20 15

### Jan 24
- **Easy Quilting** 10:00am $30 9

### Jan 27
- **Oil Painting** 9:00am $25 10
- **Picture Framing** 9:00am $25 10
- **Badminton** 9:30am $40 19
- **Beginning Fencing** 5:30pm $75 19
- **Intermediate Fencing** 5:30pm $40 19
- **Beginning Sewing** 6:00pm $50 9
- **Beginning Sewing*”** 6:00pm $50 9
- **Intermediate Sewing*”** 5:30pm $40 9
- **Pottery by Hand and Wheel** 6:00pm $89 10
- **American Sign Language I*”** 6:00pm $75 12
- **Intermediate Sign Language I*”** 6:00pm $50 13
- **Spanish I** 6:00pm $50 13
- **Discovering Your Personal Style** 6:00pm $15 16
- **Hatha Yoga I** 6:00pm $45 20
- **Beginning Guitar** 6:00pm $89 4
- **Handmade Books: Long Stitch Binding** 6:30pm $30 8
- **Intermediate Guitar** 7:00pm $89 4
- **Hatha Yoga II** 7:15pm $45 20

### Jan 28
- **Oil Painting** 6:00pm $25 10
- **Picture Framing** 6:00pm $25 10
- **Spanish III** 6:00pm $50 13
- **Insect Basics** 6:00pm Free 15
- **Violin Refresher ^”** 6:30pm $60 4
- **American Sign Language I ^”** 6:30pm $75 12
- **Spanish I ^”** 6:30pm $50 13

### Jan 29
- **French I** 6:00pm $50 12
- **Spanish I ^”** 6:00pm $50 13
- **Beginning Singing ^”** 6:30pm $70 4
- **Grant Writing Basics ^”** 6:30pm $30 6
- **Spanish III ^”** 6:30pm $50 13

### Jan 30
- **Spanish I** 6:00pm $50 13
- **Understanding Medicare** 6:00pm $20 11
- **Table for Two Series** 6:00pm $90 17

---

**Location Key:**
- * = Inglewood Elementary
- P = Platetone
- ^ = Wright Middle School
- NFM = Nashville Farmers' Market
- A = Antioch Middle School
- # = Middle TN Mental Health Institute
- All other classes located at the Cohn School
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Title</th>
<th>Time</th>
<th>Fee</th>
<th>Capacity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feb 03</td>
<td>Tai Chi Basics*</td>
<td>6:00pm</td>
<td>$50</td>
<td>21</td>
</tr>
<tr>
<td>Feb 04</td>
<td>Salary Negotiation: Closing the Wage Gap*</td>
<td>6:00pm</td>
<td>$30</td>
<td>7</td>
</tr>
<tr>
<td>Feb 05</td>
<td>Fitness and Nutrition for Women</td>
<td>9:30am</td>
<td>$60</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td>Qigong Movement</td>
<td>12:00pm</td>
<td>$30</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td>Beginning Leather Craft</td>
<td>6:00pm</td>
<td>$10</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>Beginning Machine Knitting</td>
<td>6:00pm</td>
<td>$89</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>Create a Rug from Old T-Shirts</td>
<td>6:00pm</td>
<td>$40</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>Your Rights &amp; Duties as a Renter</td>
<td>6:00pm</td>
<td>Free</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td>Nashville Farmers’ Market Series*NFM</td>
<td>6:00pm</td>
<td>$75</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td>Explore the Enneagram*</td>
<td>6:30pm</td>
<td>$40</td>
<td>6</td>
</tr>
<tr>
<td>Feb 06</td>
<td>Emergency &amp; Disaster Preparedness Training</td>
<td>6:00pm</td>
<td>$25</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td>Digital Entertainment</td>
<td>6:00pm</td>
<td>Free</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td>Mixed Media Art*</td>
<td>6:30pm</td>
<td>$50</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Know Your Rights*</td>
<td>6:30pm</td>
<td>Free</td>
<td>14</td>
</tr>
<tr>
<td>Feb 08</td>
<td>Mental Health Caregiver Support Primer*</td>
<td>3:00pm</td>
<td>Free</td>
<td>15</td>
</tr>
<tr>
<td>Feb 10</td>
<td>Graphic Design Using Canva</td>
<td>5:30pm</td>
<td>$50</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td>Secure Internet Use for Home Users</td>
<td>5:30pm</td>
<td>Free</td>
<td>18</td>
</tr>
<tr>
<td>Feb 11</td>
<td>Introduction to SoulCollage*</td>
<td>10:00am</td>
<td>$40</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>College Knowledge for Adult Learners*</td>
<td>6:30pm</td>
<td>$15</td>
<td>16</td>
</tr>
<tr>
<td>Feb 12</td>
<td>Food as Memoir</td>
<td>6:00pm</td>
<td>$40</td>
<td>5</td>
</tr>
<tr>
<td>Feb 13</td>
<td>Relief Printing Basics*</td>
<td>6:00pm</td>
<td>$40</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>Understanding Your Leadership Style*</td>
<td>6:30pm</td>
<td>$30</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>Eat Smart at Home*</td>
<td>6:30pm</td>
<td>Free</td>
<td>17</td>
</tr>
<tr>
<td>Feb 18</td>
<td>Understanding the EBO Program</td>
<td>9:00am</td>
<td>Free</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>Women of Nashville’s Public Art</td>
<td>6:00pm</td>
<td>Free</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Yoga for the Soul</td>
<td>6:00pm</td>
<td>$30</td>
<td>20</td>
</tr>
<tr>
<td>Feb 19</td>
<td>Mixed Media Travel Journals</td>
<td>6:00pm</td>
<td>$50</td>
<td>10</td>
</tr>
<tr>
<td>Feb 20</td>
<td>Secrets of Shibori: Stitches &amp; Knots</td>
<td>6:00pm</td>
<td>$60</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>Financial Success</td>
<td>6:00pm</td>
<td>$15</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td>Digital Books</td>
<td>6:00pm</td>
<td>Free</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td>Emotional Intelligence*</td>
<td>6:30pm</td>
<td>$30</td>
<td>15</td>
</tr>
<tr>
<td>Feb 24</td>
<td>Smartphone Training for Seniors</td>
<td>10:00am</td>
<td>$25</td>
<td>18</td>
</tr>
<tr>
<td></td>
<td>Gentle Yoga</td>
<td>3:00pm</td>
<td>Free</td>
<td>20</td>
</tr>
<tr>
<td></td>
<td>Building &amp; Strengthening Confidence</td>
<td>6:00pm</td>
<td>$25</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Couponing Basics</td>
<td>6:00pm</td>
<td>$35</td>
<td>11</td>
</tr>
<tr>
<td></td>
<td>Handmade Books: Coptic Stitch Binding</td>
<td>6:30pm</td>
<td>$30</td>
<td>8</td>
</tr>
<tr>
<td>Feb 25</td>
<td>¿Cómo Comprar Una Casa?*</td>
<td>6:00pm</td>
<td>Free</td>
<td>11</td>
</tr>
<tr>
<td>Feb 26</td>
<td>Collect &amp; Identify Vintage Costume Jewelry</td>
<td>6:00pm</td>
<td>$35</td>
<td>16</td>
</tr>
<tr>
<td></td>
<td>Know Your Rights*</td>
<td>6:30pm</td>
<td>Free</td>
<td>14</td>
</tr>
<tr>
<td>Feb 27</td>
<td>Table for Two Individual Class</td>
<td>6:00pm</td>
<td>$30</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td>How to Maximize Your Time</td>
<td>6:30pm</td>
<td>$15</td>
<td>7</td>
</tr>
<tr>
<td>Mar 03</td>
<td>Fundraising Basics*</td>
<td>6:00pm</td>
<td>$30</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Music City Songwriters*</td>
<td>6:30pm</td>
<td>$99</td>
<td>5</td>
</tr>
<tr>
<td>Mar 04</td>
<td>Self-Healing Arts</td>
<td>1:30pm</td>
<td>$20</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td>NFM: Seasonal Cooking Classes*NFM</td>
<td>6:00pm</td>
<td>$25</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td>Creating Equitable &amp; Inclusive Workplaces*</td>
<td>6:30pm</td>
<td>$30</td>
<td>6</td>
</tr>
<tr>
<td>Mar 05</td>
<td>Create The Life You Want</td>
<td>6:00pm</td>
<td>$40</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Mandarin Chinese II</td>
<td>6:00pm</td>
<td>$50</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>Start Your Own Business*</td>
<td>6:30pm</td>
<td>$30</td>
<td>7</td>
</tr>
<tr>
<td>Mar 12</td>
<td>Eating for a Better Night’s Sleep</td>
<td>6:00pm</td>
<td>$60</td>
<td>17</td>
</tr>
<tr>
<td></td>
<td>Metro’s Small Business Reserve Program*</td>
<td>6:30pm</td>
<td>Free</td>
<td>7</td>
</tr>
<tr>
<td>Date</td>
<td>Class</td>
<td>Time</td>
<td>Fee</td>
<td>Location Key</td>
</tr>
<tr>
<td>----------</td>
<td>--------------------------------------------</td>
<td>--------</td>
<td>------</td>
<td>-------------------------------------</td>
</tr>
<tr>
<td>Mar 14</td>
<td>Mental Health Caregiver Support Primer*</td>
<td>3:00pm</td>
<td>Free</td>
<td>Middle TN Mental Health Institue</td>
</tr>
<tr>
<td>Mar 18</td>
<td>French II</td>
<td>6:00pm</td>
<td>$50</td>
<td>Inglewood Elementary</td>
</tr>
<tr>
<td>Mar 23</td>
<td>Picture Framing</td>
<td>9:00am</td>
<td>$25</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Finding Part-Time Work After Retirement</td>
<td>10:00am</td>
<td>$25</td>
<td>Farmers' Market</td>
</tr>
<tr>
<td></td>
<td>Handmade Paper</td>
<td>10:00am</td>
<td>$45</td>
<td>Antioch Middle School</td>
</tr>
<tr>
<td></td>
<td>Beginning Sewing</td>
<td>6:00pm</td>
<td>$50</td>
<td>Farmers' Market</td>
</tr>
<tr>
<td></td>
<td>Buyer's Path to Purchasing a Home</td>
<td>6:00pm</td>
<td>$10</td>
<td>Inglewood Elementary</td>
</tr>
<tr>
<td></td>
<td>American Sign Language II*</td>
<td>6:00pm</td>
<td>$75</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Spanish I*</td>
<td>6:00pm</td>
<td>$50</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Spanish II</td>
<td>6:00pm</td>
<td>$50</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Vietnamese Spring Rolls</td>
<td>6:00pm</td>
<td>$45</td>
<td>Farmers' Market</td>
</tr>
<tr>
<td></td>
<td>Empowering Weightloss for Women</td>
<td>6:00pm</td>
<td>$40</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Altered Books</td>
<td>6:30pm</td>
<td>$50</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td>Mar 24</td>
<td>Intermediate Rhythm-Guitar Styles</td>
<td>6:00pm</td>
<td>$45</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Be College Ready</td>
<td>6:00pm</td>
<td>$30</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Resume Writing Workshop*</td>
<td>6:00pm</td>
<td>$40</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Basketry: Woven Bracelet</td>
<td>6:00pm</td>
<td>$25</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Picture Framing</td>
<td>6:00pm</td>
<td>$25</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Intermediate Conversational French</td>
<td>6:00pm</td>
<td>$50</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Spanish IV</td>
<td>6:00pm</td>
<td>$50</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Key Instruments of Estate Planning*</td>
<td>6:00pm</td>
<td>Free</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Qigong Movement*</td>
<td>6:00pm</td>
<td>$30</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Stretch and Restore Yoga*</td>
<td>6:00pm</td>
<td>$40</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Spanish II ^</td>
<td>6:30pm</td>
<td>$50</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Discover Your Learning Style ^</td>
<td>6:30pm</td>
<td>$15</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Podcasting Basics</td>
<td>6:30pm</td>
<td>$49</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td>Mar 25</td>
<td>Upholstery</td>
<td>6:00pm</td>
<td>$129</td>
<td>Inglewood Elementary</td>
</tr>
<tr>
<td></td>
<td>Weaving: Tiny Tapestry Necklace</td>
<td>6:00pm</td>
<td>$25</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Intermediate Conversational Spanish</td>
<td>6:00pm</td>
<td>$50</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Become A Vintage Jewelry Detective</td>
<td>6:00pm</td>
<td>$35</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Mindful Weight Loss</td>
<td>6:00pm</td>
<td>$30</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Find Your Career with Passion &amp; Purpose ^</td>
<td>6:30pm</td>
<td>$45</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Unconscious Bias &amp; Your Relationships ^</td>
<td>6:30pm</td>
<td>$35</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Spanish II ^</td>
<td>6:30pm</td>
<td>$50</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Spanish IV ^</td>
<td>6:30pm</td>
<td>$50</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td>Mar 26</td>
<td>The Artist's Way</td>
<td>6:00pm</td>
<td>$50</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Crochet Basics</td>
<td>6:00pm</td>
<td>$45</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Garlic Hanging Basket</td>
<td>6:00pm</td>
<td>$25</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Tapestry Weaving &amp; Design</td>
<td>6:00pm</td>
<td>$35</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Spanish II</td>
<td>6:00pm</td>
<td>$50</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Beginning Pilates</td>
<td>6:00pm</td>
<td>$60</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Singing With Vocal Technique</td>
<td>6:30pm</td>
<td>$70</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Intermediate Pilates</td>
<td>7:15pm</td>
<td>$65</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td>Mar 30</td>
<td>Curvy Yoga</td>
<td>6:00pm</td>
<td>$40</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td>Mar 31</td>
<td>Cover Letter Creation*</td>
<td>6:00pm</td>
<td>$40</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Biking in Nashville*</td>
<td>6:00pm</td>
<td>$25</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>CPR For Adults</td>
<td>6:00pm</td>
<td>$55</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td>Apr 01</td>
<td>Leveraging Business Resource Organization</td>
<td>9:00am</td>
<td>Free</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>NFM: Seasonal Cooking Classes^</td>
<td>6:00pm</td>
<td>$25</td>
<td>Farmers' Market</td>
</tr>
<tr>
<td>Apr 02</td>
<td>Making Mini Zines^</td>
<td>6:00pm</td>
<td>$40</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Table for Two Individual Class</td>
<td>6:00pm</td>
<td>$30</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td>Apr 06</td>
<td>Family Law</td>
<td>6:00pm</td>
<td>Free</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td>Apr 07</td>
<td>Interview Preparation*</td>
<td>6:00pm</td>
<td>$40</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Understanding Debt Collection ^</td>
<td>6:00pm</td>
<td>Free</td>
<td>Wright Middle School</td>
</tr>
<tr>
<td></td>
<td>Reset Your Body</td>
<td>6:30pm</td>
<td>$40</td>
<td>Wright Middle School</td>
</tr>
</tbody>
</table>

**Location Key:**
- * = Inglewood Elementary
- ^ = Wright Middle School
- A = Antioch Middle School
- P = Platetone
- NFM = Nashville Farmers' Market
- # = Middle TN Mental Health Institute

*All other classes located at the Cohn School*
Share your skills and passion with the Nashville community! To find out more about becoming an instructor email:

Imelda Alamilla, Program Coordinator
imelda.alamilla@nashville.gov

Or fill out a Course Proposal Form online under the "Teach" tab at nashville.gov/ce

Scholarships

If you are interested in applying for a scholarship to cover the cost of up to two classes per session please send the following information to cecinfo@nashville.gov or mail to our address at 4805 Park Avenue:

- a document showing financial need (previous year’s W2s, receipt of government assistance, etc...)
- a 250 word essay on why you want to take the class and why you are seeking financial aid (can be typed or handwritten)
- a completed registration form (pg. 27)
Register early! Classes that do not meet the minimum enrollment prior to the start of class will be canceled. All classes require a registration — regardless of fee. It is important that NCE has the correct contact information for all students. Our primary mode of communication is email. Please check your email for class confirmation, cancellations, schedule changes, and important information.

how to register:

online at www.nashville.gov/ce

NEW STUDENTS: To register online, new students must create a secure personal account by following the directions. Don't forget your login and password! After that, login whenever you wish to register for a class online.

RETURNING STUDENTS: If you registered online last semester, login to your account. If you have taken a class before, but are not registered online, an online login has been created for you. Click “forgot password” on the login page to get started.

• You may browse without creating an account.
• Only credit card payment is accepted online. All transactions include an additional 2.3% processing fee.
• If you have trouble registering online, call (615) 298-8050.

in person

You may register only at the NCE Main Office, located at The Cohn School, 4805 Park Ave, Suite 123, Nashville. The office is open Mon-Thurs, 10am-6pm.
You may pay with cash, check, money order, or credit card. All credit card transactions include a 2.3% processing fee.

by mail

Mail registration form with check or credit card information to:

Nashville Community Education
4805 Park Ave, Suite 123
Nashville, TN 37209

Please provide an email address on the registration form in order to receive payment processing confirmation.

DO NOT mail registration forms to our satellite locations.

Registration opens on Monday, December 2 and stays open all session!

student withdrawal: Students must withdraw from a class no less than 3 days before the first class meeting.

refund policy: A refund is issued if a class is canceled by Nashville Community Education, or if a student withdraws from class a minimum of 3 days prior to the first class.

if you paid by cash, check, or money order: Our refund process requires that students who paid by cash, check, or money order complete a refund form. After this refund form has been returned to staff, students should expect a check in the mail from Metro Government of Nashville and Davidson County within three to four weeks.

If you paid by credit card: Our refund process requires that students who pay by credit card complete a refund form. After this form has been returned to staff, credit card refunds can be processed immediately, and should be reflected in the student’s credit card balance within 2-3 days after staff process the refund.

class credit option: Students can elect to receive a class credit instead of a refund for a class cancellation or student withdrawal. Credits must be used within the same fiscal year (July 1 - June 30). Credits not used by June 30 will be forfeited.

class cancellations / inclement weather

NCE will cancel all classes that do not meet the minimum enrollment 48 hours prior to the start of class. Please check your email for notification of any class cancellation or for scheduling information.
NCE does not hold classes when Metro Nashville Public Schools (MNPS) are closed for school breaks or due to inclement weather. We attempt to reschedule classes, but cannot guarantee that classes will be made up.

• Nashville Community Education is an adult program.
• Children cannot accompany students to classes.
• NCE does not provide childcare during class time.
student information

Full Name ____________________________ Email ____________________________
Address ______________________________ Phone ____________________________
City ____________________________ Zip ____________________________

class information

Course Name ____________________________ Fee ____________________________
Date/Time ____________________________ Location:  □ Cohn  □ Other Location

Course Name ____________________________ Fee ____________________________
Date/Time ____________________________ Location:  □ Cohn  □ Other Location

Course Name ____________________________ Fee ____________________________
Date/Time ____________________________ Location:  □ Cohn  □ Other Location

payment information

☐ I am including check(s) payable to Nashville Community Education.
☐ Charge to my credit card*:  □ VISA  □ Mastercard

Card No. ___ ___ ___ ___ - ___ ___ ___ ___ - ___ ___ ___ ___ - ___ ___ ___ ___
CVV Code ____________________________ Exp Date ___ ___ | ___ ___  

*NOTE: All credit card transactions will include an additional 2.3% processing fee

DISCLAIMER / RELEASE FROM LIABILITY: • I understand that refunds of course fees are not granted to any student who withdraws after the start of the course. • I understand and grant permission for my image to be used in photographs, videos, websites, and/or publications authorized by the Metropolitan Government of Nashville and Nashville Community Education. • I recognize that this activity of NCE is at my own risk. If injuries or accidents occur as a result of my or my child’s participation in this activity, I will not hold the Metropolitan Government of Nashville and Davidson County, Nashville Community Education, or Metropolitan Nashville Public Schools responsible for any injury that may occur.

Signature ____________________________ Date ____________________________

FOR OFFICE USE ONLY

Check No. _______ Receipt No. _______ Semester _______  □ Mail  □ Fax  □ In-Person
Registration opens December 2 and is ongoing through the session.

Gift Certificates
Give your loved ones knowledge and experiences! Order by Dec. 18 for physical copies; Dec. 23 for a PDF. Purchase online at nce.asapconnected.com