



Academic Credit Courses p. 13

GED Preparation Courses p. 17

Workforce Development
Courses p. 20

TBCC Summer 2019 Schedule of Classes

Academic Courses Workforce Training Community Education

IMPORTANT DATES

Summer Term 2019

May 20

Summer Term Registration Begins

May 27

Memorial Day - Campus Closed

June 14

TBCC Commencement Ceremony

June 23

Summer Registration Closes at
Midnight

June 24

Summer Term 2019 Begins

June 28

Deadline to Drop a Course or Audit
Complete Payment or Payment
Arrangements Due

July 4

Independence Day – Campus
Closed

August 12-30

Summer Term Finals

August 17

8 Week Term Ends

August 19

Fall Term Registration Begins

August 31

10 Week Term Ends

August 31

Summer Term Ends

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Cover Photo: (l to r) Angelica Ortiz-Rios, Kym Hamann, Sheryl Vanselow, Ross Tomlin, Joe Boyd.

TBCC Students Angelica Ortiz-Rios, Kym Hamann, and Joe Boyd, all three Phi Theta Kappa Honor Society students, pose with TBCC President Ross Tomlin and Phi Theta Kappa Advisor Sheryl Vanselow after being recognized as TBCC's All-Oregon Community College Academic Team representatives at a luncheon hosted by Governor Kate Brown at the State Capitol on April 26, 2019. The All-Oregon Community College Academic Team is a showcase of student representatives from the 17 Oregon Community Colleges who received a nomination from their college, and demonstrate academic excellence, quality stewardship of their campus, and a dedication to community service.

April 30, 2019 7:45 PM

This publication is intended to inform students and residents about Tillamook Bay Community College's programs and services. It includes a listing of classes for the term and information about how to register. Every effort has been made to insure accuracy at the time of publication; however, the College reserves the right to make changes without prior notice. Tillamook Bay Community College Schedule of Classes (USPS #014-668) Summer 2019, Volume 24, Number 1, is published quarterly by Tillamook Bay Community College, 4301 Third St., Tillamook OR 97141-2525. Periodical Postage Rate is paid at Tillamook OR. POSTMASTER: Send all address changes to Tillamook Bay Community College, 4301 Third St., Tillamook OR 97141-2525.

WELCOME

Summer is in the air. Even though winter term is winding up as I write this, we just had a week of very warm weather after a pretty harsh February, so we are all very much looking forward to spring and summer. Summer term can be a great time to take a couple of classes to make progress on your Career Education Plan (CEP) and keep you on track to graduate when you had planned. We are working to offer more classes in summer than in past years to provide more opportunities for students. Many of those classes will be online to make it even more convenient for students who work during the summer to earn money to come to college the rest of the year. Those of you that might be home from a university for the summer could also possibly find a course that can be taken locally with us for a much lower cost. TBCC tuition rates are below the average for community colleges in Oregon and significantly below the costs of a university. Take a look inside to see what we offer.

This coming year, TBCC will be joining a state-wide initiative called Guided Pathways. It is a program that helps students find the best path for them at college (even starting in high school). Guided Pathways helps students work with an advisor to make course choices that will fully count toward the chosen path so that no courses taken are wasted credit. We will be putting even more of an emphasis on keeping students on track while here at TBCC, and ensuring that if they plan to transfer to a university after TBCC, all credits will transfer seamlessly.

If you have not taken any courses at TBCC yet, but are thinking about starting in summer, please come in and talk with our Student Services staff. They can discuss options that will meet your interests and goals, and can also provide information on how to best fund your education. There are many different ways to cover the costs of college, from financial aid to scholarships, work study positions at the college, and more. We are one of the few colleges that provide First Class Scholar Scholarships for students that have just graduated from High School in Tillamook County, as well as our new Career-to-Career Scholarship that is designed for students who have been out of school for at least five years. These scholarships cover all tuition for up to two years. Please come in and talk to our Student Services staff about these and other opportunities to cover your college costs.

I hope you all have a great summer and do let us know if there is more we can do to help you achieve your educational goals. We love serving and helping people in Tillamook County to find their career passion and then the education to make it a reality.

Sincerely,

Dr. Ross Tomlin
President, TBCC



WHAT'S NEW AT TBCC



TBCC student Zachary Anderson-VonHeeder volunteering at Northwest Oregon Restoration Partnership (NORP) Native Plant Nursery, a program of Tillamook Estuaries Partnership.

TBCC is excited to offer 4 new degree programs and 3 new certificate opportunities beginning in 2019/2020

Here is what is new:

- **Associate of Science in Natural Resources (New)**
- **Associate of Science in Animal Science (New)**
- **Associate of Science in Agricultural Science (New)**
- **Associate of Applied Science in Welding (New)**
- **A certificate in Office Supervision: 47 Credits (New)**
- **A certificate in MSSC CPT: 13-16 Credits (New)**
- **A certificate in Welding Technology (New)**

To learn more about these programs, visit www.tillamookbaycc.edu. You can also meet with a Career Education Advisor to make a plan to get started.

TBCC welcomes Andrea DeLancey!

Andrea is the newest member of our student services team serving in the role of Career Education Advisor. Andrea brings with her eight years of experience assisting students to accomplish their goals through advising and planning. Her most recent experience was at a small private college in Indiana where she worked predominately with students who were returning to their education as adults after gaining experience in the workforce. It is an experience Andrea herself understands well having started college after high school but not completing until returning many years later. Andrea moved to Tillamook with her husband who is also employed locally. She loves being in a small rural farming community like she was in Indiana. She has two grown daughters and two cats. She loves the Indiana Colts and anything football. Stop in to meet her and learn how she can help you to reach your goals.



NEWS YOU CAN USE | SUMMER 2019

JOIN A STUDENT SUCCESS COHORT!



Are you a first-year student? Our **BRIDGES** cohort program can help you get off to a strong start in college during your first term of enrollment.

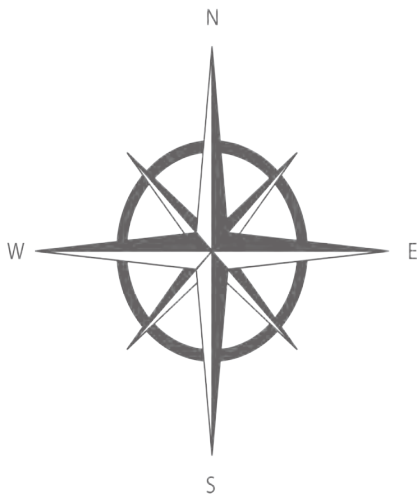
Students who enroll in the **BRIDGES** program will meet twice per term with an advisor and have the chance to:

- meet other first-year students;
- meet a variety of TBCC staff;
- enjoy extra support;
- receive one-on-one mentoring;
- participate in special workshops;
- and qualify to receive tuition reimbursements, book scholarships, and tutoring incentives.



Support when you need it.

NAVIGATORS



Are you a second-year student who needs assistance with what comes after completing your degree?

Join the student cohort program for second-year students called **NAVIGATORS**! Students enrolled in this program can receive:

- additional support from our advisors;
- transfer workshops
- university campus site visits;
- meetings with other second-year students;
- assistance with job searching;
- book scholarships and tuition reimbursement.



Road trip to Western Oregon University!

For more information about **BRIDGES** or **NAVIGATORS**, contact Student Services at (503) 842-8222 ext. 1110 or studentservices@tillamookbaycc.edu.

NEWS YOU CAN USE | SUMMER 2019

Apply Now for FAFSA

Have you applied for financial aid? You may qualify for aid during the summer. Contact our Financial Aid Advisors **BEFORE** you enroll in classes to learn about options to help you pay for college.

Do You Qualify for Disability Services?

If you have a physical, learning, or emotional disability that you fear may impact your learning, make an appointment with Cara Elder (caraelder@tillamookbaycc.edu) as soon as possible before enrolling in your first term.

Campus Closures and Delays – FLASH ALERT

What's the best way to get up to the minute information about campus closures, weather-related delays, and other TBCC facilities related information? Sign up for FlashAlert and receive notifications on the device of your choice. TBCC uses FlashAlert to send out this information to participants as well as to the Portland news networks.

It is quick and easy to sign up, and there is no cost!

To register go to:
<http://flashalert.net/news.html?id=4003>

Our amazing I.T. team is available to assist you in registering for it if needed.

You can find them in Room 126 or call (503) 842-8222 ext. 1610 or 1620.

Extended hours at Student Services until 7 pm on Tuesday and Wednesday every week!



The WAVE and TBCC have made it even easier to get your education!

Obtain a current term sticker from Student Services and present your valid TBCC ID upon boarding for **FREE bus service** from Cannon Beach to Lincoln City, Oceanside to Tillamook Forest Center, and Tillamook Town Loop.

****Excludes all Portland intercity route services.***

For a complete schedule and more information call us at 503.842.8283 or visit us at:
tillamookbus.com

TBCC Stop Times:
7:09 am
8:09 am
9:09 am
10:09 am
11:09 am
12:09 pm
1:09 pm
2:09 pm
3:09 pm
4:09 pm
5:09 pm
6:24 pm

INSTRUCTOR HIGHLIGHT | SUMMER 2019

Paul R. Letersky

Criminal Justice Instructor & Curriculum Coordinator

How does a former secretary to J. Edgar Hoover, FBI Special Agent, Sky Marshall, Head of Security for United Airlines, and Vice President of Pan American World Airways arrive at Tillamook Bay Community College? It is a long story. A long fascinating story.

What inspired you to go into a career with the FBI?

I wasn't inspired. It happened by chance. While a senior in college, I visited the New York State Police barracks, which was located on our campus, to see if they had a program where I could become a State Trooper. Coincidentally, an FBI Agent was also in the barracks and overheard my conversation. He approached and asked, "How would you like to work for the FBI? We can find you a position with the Bureau in Washington, D.C. and while there you could attend law school." I followed that route and while working in the Bureau's public relations department, a secretarial position on J. Edgar Hoover's personal office staff was needed. I was appointed to that position.

There were many exciting adventures in which I was involved as an FBI Special Agent; from being assigned as one of the first Sky Marshalls to study terrorism and prevent aircraft hijackings, to actually being involved in a shoot-out with a skyjacker. I have been involved in several high profile cases that grabbed national headlines to include the Unabomber investigation.

What brought you to Tillamook Bay Community College?

I moved to Bend, OR to be near one of my daughters and met a woman storyteller. Together, we moved to Portland and discovered it was not our town. We really wanted to live near the ocean and decided to move to Nehalem. I was very impressed with the Community College and stopped in where I met Amy Alday-Murray. During our discussion of my previous teaching experience at New Haven University, and my practical real work experience, it seemed that I could bring some benefit to the college's criminal justice program.



Tell me about your teaching approach?

I tell my students, "I am not here just to teach you Criminal Justice, I am here to help you learn to think." In most of my classes I arrange classroom tables in a circle as opposed to the traditional row after row. The circle configuration encourages a student face-to-face debate on our course content. We express different points of view on assigned papers where each student can learn how to frame their opinion and support it with their arguments. I want all my students to succeed and to become critical thinkers. Life has taught me many lessons and now it is time for giving back. When I see a student succeed, it genuinely warms my heart.

What do you love best about teaching at TBCC?

The gratification I get from helping students and seeing them succeed. I have a student in my class that wants to go on to law school and become a district attorney. I also have students who are barely able to keep up due to many life commitments such as being a single parent, the need to work fulltime and attending classes. I know how hard that can be and am able to identify with the demographics in Tillamook. I grew up in a relatively poor, ethnic neighborhood and was the first in my family to graduate college.

ACADEMIC AND TRAINING PROGRAMS | SUMMER 2019

TBCC offers a variety of certificates and degrees that can help lead to family wage jobs and advancement in a variety of fields. Certificates take fewer credit hours to complete and the hours to complete vary depending on the level of training required in the individual program. Associate degrees can be completed in two years in most cases if a student attends college on a full-time basis of 15 credit hours or more per term.

Transfer & General Studies Degrees

Intended for students who want to transfer to a 4-year college or university and earn a bachelor's degree.

- Associate of Arts Oregon Transfer
- Oregon Transfer Module (1 year)
- Associate of Arts Oregon Transfer in Education
- Associate of Science
- Associate of Science Oregon Transfer in Business
- Associate of Science in Forestry
- Associate of Science in Natural Resources (New)
- Associate of Science in Animal Science (New)
- Associate of Science in Agricultural Science (New)
- Associate of General Studies

Associate of Applied Science (AAS) Degrees & Certificates

Intended for students who want to earn a college degree and gain technical skills in a specific area. AAS degrees are offered in the following areas:

- Agriculture and Natural Resources
- Business Administration (online)
- Criminal Justice & Public Safety
- Manufacturing and Industrial Technology
- Welding (New)

Career Technical & Career Pathway Certificates

Certificates are shorter than two-year degrees and help you get skills for jobs that are generally at the entry level. Below is a list of certificates available through TBCC.

Agriculture and Natural Resources

- Forest Technology Certificate: 27 Credits

Business Administration (online)

- Accounting Clerk Certificate: 47 Credits
- Entry-Level Accounting Clerk Certificate: 14 Credits
- Basic Computer Literacy Certificate: 13 Credits
- Office Supervision: 47 Credits (New)



Criminal Justice and Public Safety

- Corrections Technician Certificate: 16 Credits
- Corrections Professional Certificate: 26 Credits
- Emergency Medical Services Certificate: 17 Credits
- Law Enforcement Specialist Certificate: 27 Credits

Manufacturing and Industrial Technology

- Certified Production Technician: 13-16 Credits
- MSSC CPT: 13-16 Credits (New)
- Welding Technology (New)
- Manufacturing Technician (4 certificates) with specialization in:
 - o Welding: 31 Credits
 - o Machining: 29 Credits
 - o Millwright: 33 Credits
 - o Electrical: 29 Credits

WHERE TO FIND ASSISTANCE | SUMMER 2019

CAREER EDUCATION ADVISORS



Cara Elder

Student Success Coordinator/
Disability Services
(503) 842-8222 ext. 1140
caraelder@tillamookbaycc.edu
Yo hablo español



Jenevieve Case

Career Education Advisor
& STEP Advisor
(503) 842-8222 ext. 1160
jenevievecase@tillamookbaycc.edu



Andrea DeLancey

Career Education Advisor
(503) 842-8222 ext. 1150
andreadelancey@tillamookbaycc.edu

FINANCIAL AID ADVISORS



Sally Jackson

Financial Aid Advisor/Veterans
Services
(503) 842-8222, ext. 1130
sallyjackson@tillamookbaycc.edu



Kelsey Jordan

Financial Aid Advisor
(503) 842-8222, ext. 1135
kelseyjordan@tillamookbaycc.edu

Student Services will be open

GETTING STARTED AT TBCC | SUMMER 2019

Whether you are signing up to become a full-time, credit-seeking student, or taking a continuing education or community education class, you apply at www.tillamookbaycc.edu. Follow the steps below to get started. If you have any questions, always feel free to call us at Student Services, (503) 842-8222 ext. 1100, or stop by our central campus at 4301 Third Street, Tillamook.

STEP 1: APPLY

- www.tillamookbaycc.edu
- Click on Admissions and Registration

Sign up for Orientation

Only first-time, credit-seeking students need to complete the orientation prior to registering. Please call Student Services at (503) 842-8222 ext. 1100 to register for one of the following dates. (College Now students do NOT need to attend orientation until after high school graduation.)

1. Tuesday, June 11, from 9:00 am- Noon, Room 107
2. Wednesday, June 19, from 5:30 - 8:30 pm, Room 107

STEP 2: REGISTER

- www.tillamookbaycc.edu
- Click on Admissions and Registration and follow the prompts

Purchase Textbooks

TBCC has an online bookstore available 24/7 through MBS Direct. Books can be purchased online 24 hours a day, 7 days a week. Have a question? Call (800) 325- 3252. The TBCC Store cashier is also available during business hours to assist you with questions. Current term textbooks and pricing are available through the TBCC Store, or at bookstore.mbsdirect.net/tbcc.htm.

STEP 3: PAY FOR COLLEGE

Tuition and Fees

	In-State Per Credit	Out-of-State Per Credit
Tuition	\$100	\$120
Base Course Fee	\$4	\$4
Student Services Fee	\$2	\$2
Technology Fee	\$5	\$5
*Additional Fees		

Tuition and fees paid by students help to pay for the support services offered by the college, such as library, technology, and other activities available for students. Course fees also support the costs of supplies, equipment, facility use, and additional instructional costs for specific courses.

*Any additional fees are listed with the course description in MyTBCC within the course search. Please see the Cashier in the TBCC Store for a complete listing of tuition and fees as well as additional out-of-state tuition costs.

Payment Options

Tuition and fee payments can be made by cash, check, money order, VISA, MasterCard, American Express, or DiscoverCard. Payment arrangements must be made by 4:30 PM on the Friday of the first week of the term, or you will be charged a \$75 late-payment fee.

Online: Log into MyTBCC
 Phone: 503-842-8222 ext. 1240 or 1220
 In Person: TBCC Store/Cashier
 4301 Third St., Tillamook, OR 97141
 By Mail: c/o TBCC Business Office
 4301 Third St., Tillamook, OR 97141

Are you a SNAP recipient?

You may be eligible for **STEP!**

(SNAP Training & Employment Program through Tillamook Bay Community College)

STEP can help you achieve your goals! We provide support with career advising, job search and more!

We have many programs to choose from including:

- * Phlebotomy * EMT
- * Business/Accounting
- * Criminal Justice & Public Safety
- * Agriculture & Natural Resources
- * Commercial Driver's License (CDL)
- * Manufacturing & Industrial Tech (MIT)

Participants may receive financial assistance with tuition & fees, books, transportation, and supplies.

Assistance for GED and ESL students is available!

For information contact **Jenny Case**

at TBCC **503-842-8222 ext.1160**

or email

jeneviececase@tillamookbaycc.edu



Tillamook Bay Community College is an equal opportunity educator and employer.

LEGEND FOR READING THIS SCHEDULE | SUMMER 2019

Day of Week Abbreviations

U = Sunday
M = Monday
T = Tuesday
W = Wednesday
R = Thursday
F = Friday
S = Saturday

Areas of the County

C = Central
N = North
S = South

Class Location Abbreviations

ADVP1	Adventist Professional Building 1, 980 Third St., Tillamook	SDACH	Seventh Day Adventist Church 2610 First St., Tillamook
AHT	Adventist Health Tillamook 1000 Third St., Tillamook	TBA	To Be Arranged
CCC	Clatsop Community College Merts Campus 6550 Liberty Ln, Astoria	TBCC	Tillamook Bay C. C. Central Campus 4301 Third St., Tillamook
DESC	Location in course description	TBCCN	TBCC North (Neah-Kah-Nie High School) 24705 Hwy 101 N., Rockaway Beach
GM	Garibaldi Museum 112 Garibaldi Ave., Garibaldi	TBCCS	TBCC South (Nestucca High School) 34660 Parkway Dr., Cloverdale
KCC	Kiwanda Community Center 34600 Cape Kiwanda Dr. Pacific City	THS	Tillamook High School 2605 Twelfth St., Tillamook
MPSCC	Manzanita Primary & Specialty Care Clinic 1044 Neahkahnle Creek Rd., Manzanita	THS/CCC	Tillamook High School / Career & College Center 2605 Twelfth St., Tillamook
NCRD	North County Recreation District 36155 Ninth St., Nehalem	THS/CCC/AS	Tillamook High School / AG Shop 2605 Twelfth St., Tillamook
NHS	Nestucca High School 34660 Parkway Dr., Cloverdale	THS/CHRS	Tillamook High School Chorus Room 2605 Twelfth St., Tillamook
NRFPD	Nestucca Rural Fire Protection District- Community Room 30710 Hwy 101 S, Hebo	TJHS	Tillamook Junior High School 3906 Alder Ln., Tillamook
NVELEM	Nestucca Valley Elementary 36925 Hwy. 101 S. Cloverdale	TMP	Tillamook Medical Plaza1 100 Third St., Tillamook
NWSDS	NW Senior & Disability Services 5010 E. Third St., Tillamook	WARH	Warrenton Hampton Hill 550 NE Skipanon Dr., Warrenton
PCMED	Bay Shore Medical Clinic 38505 Brooten Rd., Pacific City	WRKSR	WorkSource Oregon 2101 Fifth St., Tillamook
PRI	Partners for Rural Innovation Center 4506 Third St., Tillamook	YMCA	YMCA 610 Stillwell, Tillamook
RCCH	Rockaway Community Church 400 S Third Ave., Rockaway Beach		



Open Educational Resource (OER)



Evening class

CREDIT COURSES | SUMMER 2019

Where to learn more

To see course descriptions, additional course fees, and additional course information go to www.tillamookbaycc.edu and click on MyTBCC in the top right corner.

- Click on the Course Search Icon
- Choose 2019-2020 Summer Term from the dropdown menu
- Choose Undergraduate Credit from the Division dropdown menu
- Click Search at the bottom of the page then select any course for detailed information




Open Educational Resource (OER)



Evening class

What is an OER? (Open Educational Resource) OER = Student Savings!

Many of TBCC's courses utilize OERs - no-cost or low-cost resources used in place of expensive textbooks.

See an OER symbol  next to a course in the schedule? This means your instructor is using these resources to save you money! Don't feel comfortable using an electronic format? Most OERs include the choice to print them out for a small fee if an electronic format is not preferred.

I registered for classes, now what? You Moodle!

All instructors now use Moodle! Be sure to get familiar with this online format before your classes start!

1. Access your email
2. Access Moodle

Email	Moodle
<ul style="list-style-type: none"> • Email accounts are created upon TBCC Registration. • Temporary passwords are sent to your personal email on file with your application. • If you are a previous TBCC student, you can call IT to reset your password. • Important! TBCC email is how TBCC will communicate with you. To check email go to www.tillamookbaycc.edu and click Email in the upper right corner. <p>Still need help? Call IT (503) 842-8222 ext. 1610 or 1620.</p> <div> <p>Free Microsoft Office Suite w/ TBCC Student Email!</p> </div>	<ul style="list-style-type: none"> • Go to www.tillamookbaycc.edu • Click on Moodle (top right) • Click on New Account (if you don't already have an account) • Fill in form and use TBCC email address (this email is where you will find your class enrollment keys. For on-ground classes, you may get them the 1st day of class.) <p>New Users – When checking your TBCC email, open the Moodle message, click on the web link it contains. Your account will be confirmed & you will be logged in.</p> <p>For a complete Moodle Guide: www.tillamookbaycc.edu Click MyTBCC Log-in Click Students Click 'here' under Moodle Navigation</p>

CREDIT COURSES | SUMMER 2019

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Open Educational Resource (OER)



Evening class

Code/Credit	Course Name	Location	Dates	Day	Time	Course/Instructor	Credit
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Business

BA 101 01	Introduction to Business	Online	6/24/2019 - 8/31/2019			Tom Atchison	4 CR
BA 131 01	Introduction to Business Technology	Online	6/24/2019 - 8/31/2019			Tom Atchison	4 CR
BA 205 01	Business Communication	Online	6/24/2019 - 8/31/2019			Tom Atchison	4 CR
BA 206 01	Management Fundamentals	Online	6/24/2019 - 8/31/2019			Tom Atchison	3 CR
BA 277 01	Business Ethics	Online	6/24/2019 - 8/31/2019			Tom Atchison	4 CR
BA 285 01	Human Relations in Organizations	Online	6/24/2019 - 8/31/2019			Tom Atchison	3 CR

Biology

BI 112 01	Cell Biology for Health Occupations	TBCC	6/24/2019 - 8/28/2019			Joseph Meyer	5 CR
			MW	5:00 - 7:00 pm			
BI 112 01L	Biology Lab	TBCC	6/25/2019 - 8/27/2019			Joseph Meyer	
			T	5:00 - 8:00 pm			

Computer Application Systems

CAS 121 01	Beginning Keyboarding	Online	6/24/2019 - 8/31/2019			Tom Atchison	3 CR
CAS 133 01	Basic Computer Skills/Microsoft	Online	6/24/2019 - 8/31/2019			Michael Weissenfluh	4 CR
CAS 170 01	Beginning Excel	Online	6/24/2019 - 8/31/2019			Michael Weissenfluh	3 CR

College Survival

CG 100 01	College Survival and Success	TBCC	6/24/2019 - 8/14/2019			Isa deQuesada	3 CR
			MW	10:00 am - 11:50 pm			
CG 100 02	College Survival and Success	Online	6/24/2019 - 8/17/2019			Colman Joyce	3 CR

CREDIT COURSES | SUMMER 2019

Chemistry

CH 221 01	General Chemistry I	TBCC	6/24/2019 - 8/28/2019 MW 1:00 - 3:00 pm	Joseph Meyer	5 CR
CH 221 01L	General Chemistry I Lab	TBCC	6/27/2019 - 8/29/2019 R 1:00 - 4:00 pm	Joseph Meyer	

Communications

COMM 111 01	Public Speaking	TBCC	6/24/2019 - 8/14/2019 MW 12:00 - 2:30 pm	Steve Dutton	4 CR
COMM 140 01	Introduction to Intercultural Communication	TBCC	6/25/2019 - 8/29/2019 TR 5:30 - 8:00 pm	Richard Jenks	4 CR

Economics

EC 201 01	Principles of Economics: Microeconomics	Online	6/24/2019 - 8/17/2019	Darryl Spitzer	4 CR
EC 202 01	Principles of Economics: Macroeconomics	Online	6/24/2019 - 8/17/2019	Darryl Spitzer	4 CR

Healthcare

HE 110 01	CPR/AED for Professional Rescuers and Health Care Providers	TBCC	7/20/2019 - 7/21/2019 S 8:00 am - 5:00 pm	Jodi Richardson	1 CR
HE 112 01	Standard First Aid and Emergency Care	TBCC	7/13/2019 - 7/14/2019 SU 8:00 am - 5:00 pm	Jodi Richardson	CR
MP 111 01	Medical Terminology	Online	6/24/2019 - 8/17/2019	Kaisa Larson	4 CR

History

HST 203 01	History of the United States from 1914	Online	6/24/2019 - 8/31/2019	John Sandusky	4 CR
HST 246 01	Religion in the United States to 1840	TBCC	6/24/2019 - 8/28/2019 MW 9:00 am - 11:30 am	John Sandusky	4 CR

Manufacturing & Industrial Technology

ELT 111 01	Electricity for Non-Electricians II	THS CCC 44	6/24/2019 - 8/17/2019 T 5:00 pm - 7:50 pm	Clif Perkins	2 CR
IMT 105 01	Industrial Hydraulics I	THS CCC 47	6/24/2019 - 8/17/2019 W 5:00 pm - 8:50 pm	Jerell Reed	3 CR
WLD 201 01	Gas Tungsten Arc Welding	THS CCC AS	6/24/2019 - 8/17/2019 T 5:00 pm - 8:50 pm	Ron Carlborn	3 CR

Math

MTH 099 01	Basic Math (ALEKS MATH)	Online	6/24/2019 - 8/29/2019 TR 12:00 - 2:30 pm	Sarah Miller	4 CR
MTH 099 02	Basic Math (ALEKS MATH)	TBCC	6/24/2019 - 8/28/2019 MW 10:00 am - 2:00 pm	Heidi Coulter	4 CR
MTH 111 01	College Algebra	Online	6/24/2019 - 8/17/2019	Geza Laszlo	5 CR

CREDIT COURSES | SUMMER 2019

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Open Educational Resource (OER)



Evening class

Code/Credit	Course Name	Location	Dates Day Time	Course/Instructor	Credit
Music					
MUS 205 01	Introduction to Jazz History	Online	6/24/2019 - 8/31/2019	Denise Reed	3 CR
Physical Education					
HE 295 01	Health and Fitness for Life	Online	6/24/2019 - 8/17/2019	Kaisa Larson	2 CR
PE 182 A	Beginning Group Fitness	YMCA GYM	6/24/2019 - 8/14/2019 MW 8:30 - 9:30 am	Molly Carlson	1 CR
PE 182 B	Intermediate Group Fitness	YMCA GYM	6/24/2019 - 8/14/2019 MW 8:30 - 9:30 am	Molly Carlson	1 CR
PE 295 01	Health and Fitness for Life Lab	Online	6/24/2019 - 8/16/2019	Kelly Benson	1 CR
Physical Science					
G 201 01	Introduction to Physical Geology	Online	6/24/2019 - 8/17/2019	Genifer Lara	4 CR
GS 207 01	Geology of the Pacific Northwest	Online	6/24/2019 - 8/17/2019	Genifer Lara	3 CR
Reading and Writing					
RDWR 115 01	College Reading and Writing	TBCC	6/25/2019 - 8/15/2019 TR 12:00 - 2:30 pm	Michele DeGraffenreid	5 CR
RDWR 115 02	College Reading and Writing	TBCC	6/25/2019 - 8/15/2019 TR 3:00 - 6:00 pm	Michele DeGraffenreid	5 CR
Sociology					
SOC 206 01	Social Problems  	TBCC	6/24/2019 - 8/14/2019 MW 5:30 - 7:30 pm	Rivenes	4 CR
Writing					
WR 121 01	English Composition I 	TBCC	6/24/2019 - 8/14/2019 MW 5:00 - 7:30 pm	Michele DeGraffenreid	4 CR
WR 121 02	English Composition I	Online	6/24/2019 - 8/31/2019	Heather Clark	4 CR
WR 122 01	English Composition II	Online	6/24/2019 - 8/31/2019	Heather Clark	4 CR

COLLEGE PREPARATION | SUMMER 2019

TBCC cares about all of our students and we want to see each of you succeed. Improving your skills is the key to earning a better paying job or advancing in the job you are in.

College preparation courses are dedicated to preparing students for higher education or employment through the following programs:

- Adult Basic Education Program
- GED Preparation- English and Spanish
- English for Speakers of Other Languages

We offer day and night classes to fit school around the rest of your life, and course materials are available in Spanish and English. You may begin courses at any time.

El colegio de TBCC se preocupa por todo los estudiantes, queremos ver cada uno de ustedes triunfar. Mejorando sus habilidades es la clave para ganar un trabajo mejor pagado, avanzar en el trabajo en el cual ya estas, o para continuar en un programa de colegio. Ofrecemos clases por día y por la noche para adaptar la escuela alrededor del resto de su vida.



TBCC is now offering its GED Preparation classes and Adult Basic Education classes in Spanish.

Learning in all classes can be self-paced and students can benefit from individualized assistance, or small group work.

To find more information about class times, look for the classes marked "SPANISH" on the following pages.

Para obtener más información sobre los horarios de las clases, busque las clases marcadas con "ESPAÑOL" en las siguientes páginas.

ABE/GED

Ask us how to get these classes free!

About the Courses

Adult Basic Education Program (ABE) classes are designed for adult learners who need to learn or re-learn basic skills to meet work, educational, or personal goals.

General Equivalency Diploma (GED) Tillamook Bay Community College can assist you in obtaining the equivalent to a high school diploma, the GED, which will enable you to pursue further education, improve your employment status or fulfill a personal goal. Financial assistance may be available to cover the cost of GED testing fees. If you need help, contact Amy Alday-Murray at (503) 842-8222 ext. 1070

English for Speakers of Other Languages (ESOL) will help students develop their English language skills. Topics will include grammar, writing, reading, vocabulary development, pronunciation, and conversation skills.

New Students Begin Here

We want to help you get started! You may begin these courses at any time during the term. Each term is 11 weeks and the total cost for the term, no matter when you enroll, is only \$15. We currently have a grant, from the United Way, and can offer these courses for free as long as our grant funding holds out. Please ask us, and complete the short application process, to access this assistance. For more information, please contact Student Services at (503) 842-8222 ext. 1100.

What is the GED® test like?

The GED® test has been updated to make sure it measures what graduating high school seniors know and what colleges and employers will expect of you.

Four (4) parts:

- Science (90 minutes)
- Social Studies (90 minutes)
- Reasoning Through Language Arts (150 minutes including a 10-minute break)
- Mathematical Reasoning (155 minutes)

COLLEGE PREPARATION | SUMMER 2019

Adult Basic Education (ABE)

ABE 7602 Adult Basic Education

NC

Provides instruction for adults to improve their mathematic, reading, or writing skills for academic, employment, or personal goals. A fee is charged for this class.

ABE 7602 01 6/24/2019 - 8/15/2019

MTWR 4:00 pm – 6:50 pm TBCC 208 Irvin Jacob

ABE 7605 College Transitions - Math

NC

Use of whole numbers, fractions, and decimals to write, manipulate, interpret and solve application and formula problems. A fee is charged for this class.

ABE 7605 01 6/25/2019 - 8/15/2019

TR 4:00 pm – 5:50 pm TBCC 208 Irvin Jacob

ABE 7606 College Transitions - Reading

NC

Instruction in vocabulary, dictionary use, motor skills, comprehension, some study skills. A fee is charged for this class

ABE 7606 01 6/24/2019 - 8/14/2019

MW 4:00 pm – 4:50 pm TBCC 208 Irvin Jacob

ABE 7607 College Transitions - Writing

NC

Instruction includes basic communication skills, language mechanics, grammar, spelling, sentence structure and paragraph development. A fee is charged for this class.

ABE 7607 01 6/24/2019 - 8/14/2019

MW 4:00 pm – 5:50 pm TBCC 208 Irvin Jacob

ABE/GED

General Equivalency Diploma (GED) Preparation

GED 7500 GED Preparation

NC

Prepare for the GED examination by improving mathematic, reading, writing, social studies and science skills. A fee is charged for this class.

GED 7500 01 6/24/2019 - 8/15/2019

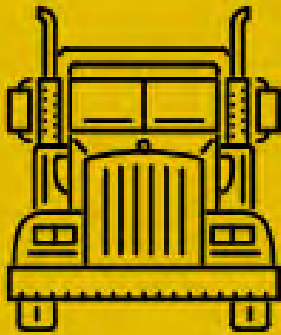
MTWR 4:00 pm - 6:50 pm TBCC 208 Irvin Jacob

GED 7500 GED Preparation (Spanish)

NC

GED 7500 02 6/24/2019 - 7/31/2019

MTWR 5:30 pm - 8:30 pm TBCC 105 Isabel DeQuesada

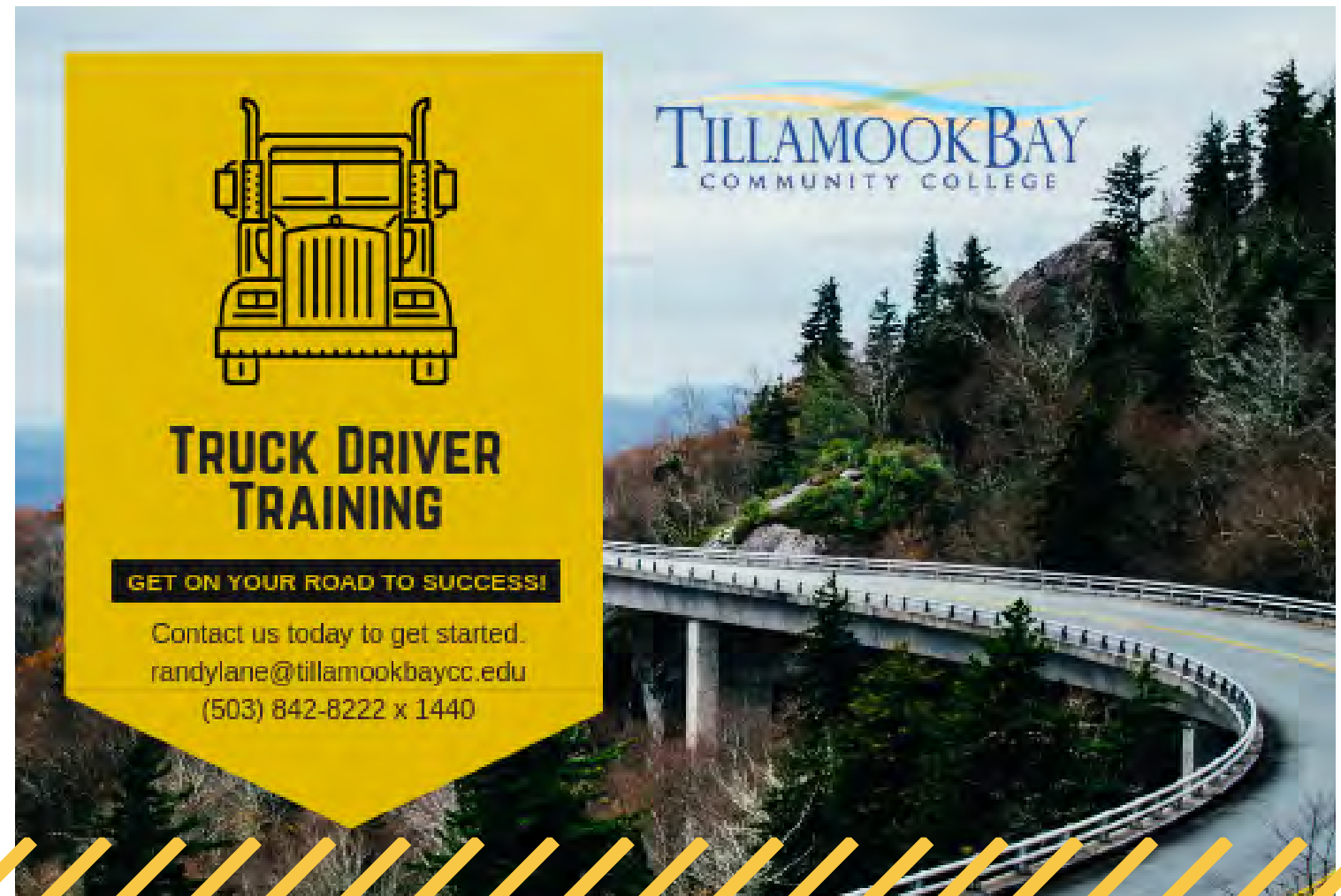


TRUCK DRIVER TRAINING

GET ON YOUR ROAD TO SUCCESS!

Contact us today to get started.
randylane@tillamookbaycc.edu
(503) 842-8222 x 1440

TILLAMOOK BAY
COMMUNITY COLLEGE



“

This program gets you ready to be able to apply for really good paying jobs... \$5000 and four weeks and you are ready to apply for \$50,000 to \$80,000 per year jobs, that's pretty cool.

-Kyle Tuinstra, program graduate

”

Tillamook County employers are looking for qualified Truck Drivers. After taking TBCC's four week Truck Driver Training course, that could be YOU!

Contact us today! Let us help you get started in one of our upcoming classes.

JUN. 3RD - JUN 28TH

JUL. 15TH - AUG. 9TH*

JUL. 22ND - AUG. 16TH

* this class takes place in Astoria

To receive a registration packet,
contact Randy Lane at
(503) 842-8222 ext 1440 or
randylane@tillamookbaycc.edu

WORKFORCE AND CAREER TRAINING | SUMMER 2019

Truck Driver Training

Truck Driver Training: CDL Certification

C

Overview and introduction to the safe operation of a commercial vehicle and the field of logistics. Includes the operation of basic and secondary control systems, coupling and uncoupling a tractor and trailer, cargo handling, and the proper method of conducting a pre-trip inspection. Covers applicable federal regulations including hours of service requirements and Commercial Driver's Licensing (CDL) requirements and distribution channels. Also includes methods of managing speed effectively, responding to road and weather conditions, and accident scene management. Safety is a key component. Course meets for 160 hours, including classroom and practice driving. **PREREQUISITE:** DOT physical, driving record check, drug screen, and background check. Oregon CDL Learner Permit may be obtained during first week or prior to class. Space is limited. Early registration recommended. This program is expanding so more dates/locations may be added. For more information and to register, please contact program coordinator Randy Lane at 503-842-8222 x1440 or randylane@tillamookbaycc.edu.

CED 1180-01 7/15/2019 - 8/09/2019

Fees \$5,000

MTWRF 8:00 am – 5:00 pm

CCC & MERTS

Randy Lane

CED 1180-02 7/22/2019 - 8/16/2019

Fees \$5,000

MTWRF 8:00 am – 5:00 pm

TBCC & Port of
Tillamook Bay

Randy Lane

CED 1180-03 9/09/2019 – 10/04/2019

Fees \$5,000

MTWRF 8:00 am – 5:00 pm

TBCC & Port of
Tillamook Bay

Randy Lane



Continuing Education Units for Educator Recertification

C

TBCC is in partnership with Virtual Education Software Inc. (VESi) to provide continuing education units for educator recertification. The classes are affordable and convenient and may be taken on the go with VESi's new tablet-compatible format. All PDU's are compatible with Oregon Teachers Standards and Practices Commission (TSPC) requirements for recertification. Visit <http://www.virtualeduc.com/tbcc/> for a complete list of course descriptions and syllabi.

New and Popular Courses!

- English Language Learner 45 PDU *NEW
- Behavior is Language: Strategies for Managing Disruptive Behavior 45 PDU
- Harassment, Bullying & Cyber-Intimidation in Schools 30 PDU
- Response to Intervention: Practical Information for the Classroom Teacher 45PDU
- Six Traits of Writing Model: Teaching & Assessing 30PDU
- Teaching Secondary Math Conceptually: Meeting Mathematics Standards 45PDU

Register by contacting JoAnn Critelli at 503-842-8222 x 1320 or joanncritelli@tillamookbaycc.edu.



Ed2Go

C

Ed2Go offers a wide range of highly interactive courses that you can take entirely over the Internet. Over 700 online courses are available! All courses are led by expert instructors, many of whom are nationally known authors. Ed2Go's online courses are affordable, fun, fast, convenient, and geared just for you.

Ed2go registration and payment is done online at: www.ed2go.com/tbcc.

CONTINUING EDUCATION | SUMMER 2019

Small Business Development Center

Ready, Set, Start Your Business!

C

If you are thinking of starting a business, this is a great place to begin! Learn how to evaluate your business idea and business planning basics. What are the different forms of ownership you need to consider? Why do businesses succeed? Why do businesses fail? This course is helpful for anyone who wants to start and sustain a successful small business. For more information, contact 503-842-8222 x1420 or rebeccaphoenix@tillamookbaycc.edu.

CED 1136-01	7/10/2019		Fees \$20	
W	2:00 pm – 4:00 pm	PRI #114		Staff
CED 1136-02	7/29/2019		Fees \$20	
M	5:00 pm – 7:00 pm	PRI #114		Staff
CED 1136-03	8/20/2019		Fees \$20	
T	12:00 pm – 2:00 pm	PRI #114		Staff

What's Your Plan: Writing a Compelling Business Plan

C

Looking for a way to be more effective as a business owner? Trying to finance your business? Want to plan for business expansion? Retirement? Selling your business? Your business plan provides a roadmap to business success, helps in raising capital, and provides a way to communicate a business concept. In this class you will learn:

- What is a business plan
- Why a business plan is so important
- Who will read your business plan
- How to put a business plan together
- Resources and much more

Students who complete this program and finish their business plan within 3 months can apply for \$125 reimbursement of class fees. For more information, contact 503-842-8222 x1420 or rebeccaphoenix@tillamookbaycc.edu.

Class is every other Thursday for eight weeks.

CED 1148-01	7/11/2019, 7/25/2019, 8/8/2019, 8/22/2019		Fees \$175	
R	5:30 pm – 7:30 pm	PRI #114		Arlene Soto

Customized Training-Employee Development

Innovative and cost effective training solutions provided by experienced project managers to create professional employee development opportunities for any business. Qualified experts in the industry design and deliver courses that reflect the unique requirements for all industry sectors. Business management participates in the design of the courses and the expected outcomes of the training. Classes are scheduled at a location and time that's convenient to the individual business. Employee training boosts organizational effectiveness and can lead to greater job satisfaction and retention. Training options include but are not limited to:

- Manufacturing and technical skills
- Lean operations
- Leadership and Supervision
- Office related skills such as accounting, sales and customer service

Learn it today, apply it tomorrow and build business success now and in the future. Contact Suzie Clark at 503-842-822 x1430.

CONTINUING EDUCATION | SUMMER 2019

Safety and Health – Adventist Health-Tillamook

Diabetes Undone

C

If you have diabetes or pre-diabetes, there's hope for change. This is a dynamic course that will empower you to address the root causes of disease through simple lifestyle strategies such as nutrition, activity, stress management and more. Dr. Wes Youngberg, author of Good-bye Diabetes will guide you through a hope-filled journey to undo your disease and reclaim your health. The local program contains a short video-based lecture, cooking demos, taste testing and class discussion by local instructors. Cost is \$75. A spouse or support person is included in the cost.. Many insurance plans will cover Diabetes education often known as Medical Nutrition Therapy and we will help you submit this prior to class starting. Pre-registration recommended., contact Sue Phillips-Meyer at (503) 815-2443.

CED 1187-01

6/3/19 – 6/27/19

MR

6:00 pm – 8:00 pm

SDACH

Ginny Gabe/I Sue Phillips- Meyer

TeamSTEPPS Master Trainer Workshop

C

Team training is an accepted strategy to improve performance, communication and collaboration. This two day workshop will train team members and leadership to design, implement and evaluate teamwork development activities in their organization based on the TeamSTEPPS® 2.0 curriculum, an evidence-based, comprehensive teamwork training rooted more than 30 years of research in high-stress, high-risk industries. Originally developed for healthcare organizations, TeamSTEPPS® focuses on a framework of four teachable-learnable core teamwork skills: communication, leadership, situation monitoring, and mutual support. These tools can be successfully applied to any work setting to improve communication and teamwork.

Participants will:

- 1) Review the TeamSTEPPS® 2.0 curriculum
- 2) Receive guidance on teaching TeamSTEPPS® tools for his/her work setting
- 3) Create an initial or on-going TeamSTEPPS® implementation plan

The course will provide a total of twelve (12) continuing education units (CEUs). Participants must attend both days to receive CEUs and a TeamSTEPPS® Master Trainer certificate. \$150 per Individual or \$400 for a group of three. Continental breakfast at 7:30 am and lunch will be provided each day. Contact LeeAnn McNutt, Education Coordinator, Adventist Health Tillamook, 1000 Third Street, Tillamook, OR 97141, McNuttLL@ah.org, 503 815-2409 for registration and payment information.

CEU 1170-01

6/24/2019 - 6/25/2019

MT

8:00 am - 5:00 pm

SDACH

LeeAnn McNutt

Heartsaver CPR/First Aid/AED Certification and Recertification

C

This online course covers material from Heartsaver CPR, AED, and First Aid. The First Aid section covers how to assess an ill or injured person and provide first aid to control bleeding, immobilize bone, muscle, and joint Injuries and more. A skills check-off must be performed within 60 days of the completion date of the online class. Choose one of the following dates for skills check off session: 6/25, 7/9, 7/23, 8/6, 8/20. All skills check-off sessions are from 9:00 am to 12:00 pm at Adventist Professional Building, 980 Third Street Suite 300. You must bring completion form from the online class. Please register and pay for the online class at the registration desk. \$75 payable to Adventist Health Tillamook. Call (503) 815-2409 to schedule a skills check off time. For questions, email mcnuttll@ah.org.

CED 9018-01

Online coursework; skills check off on one of dates listed above

9:00 am - 12:00 pm

ADVP1

LeeAnn McNutt

Childbirth Class

C

This is an introduction to the last stage of pregnancy and preparation for the new role of parenting. It covers techniques of relaxation, stress reduction and methods of breathing to ease labor, medications, vaginal and cesarean deliveries. We will tour the Birthing Unit and learn about bottle/breastfeeding and basics of newborn care. The last class will offer car seat safety and infant CPR. You should attend between your seventh and eighth month. No charge for mom and one support person. Contact Ginny Gabel at (503) 815-2270 or gabelgl@ah.org.

CED 8715-01

7/10/19 – 7/31/19

W

6:00 pm – 9:00 pm

AHT CONFA

Ginny Gabel

CONTINUING EDUCATION | SUMMER 2019

Healthcare Provider BLS Certification and Recertification

C

This online course is for any healthcare professional. Program is compatible with PC and Macintosh computer systems. Review the topics of adult, child and infant CPR, symptoms of a heart attack, and foreign-body airway obstruction. Includes use of the AED and bag-valve mask. A skills check-off must be performed within 60 days of completion date of online class. Choose one of the following dates for skills check off session 6/25, 7/9, 7/23, 8/6, 8/20. All skills check-off sessions are from 9:00 am to 12:00 pm at Adventist Professional Building, 980 Third Street Suite 300. Please register and pay for the online class at the registration desk. \$75 payable to Adventist Health Tillamook. Call (503) 815-2409 to schedule a skills check off time. For questions, email mcnuttl@ah.org

CED 9019-01

Online coursework; skills check off on one of dates listed above

9:00 am - 12:00 pm

ADVP1

LeeAnn McNutt

Driver Education

Driver Education for High School Students with Permit

C

This ODOT certified class includes 30 hours classroom and 12 hours in the car (6 hours behind-the-wheel instruction and 6 hours in-car observation). Drive times are scheduled during the 2nd class session and are in addition to the classroom time. Course Requirements: Teens must be 15-17 years old and complete the course before their 18th birthday. Attendance at ALL sessions are mandatory. Missed sessions must be made-up at an additional cost. Mandatory parent/teen orientation is held at the first class session; MUST bring Oregon Instruction Permit AND a photocopy of your permit to orientation. Students should have a minimum of 10 hours of driving experience before beginning the class. \$75 scholarship available to students who bring to Student Services proof of Free or Reduced Lunch from their school. Registration and payment is due before class starts. Class includes books.

CED 1120-01

6/25/2019 - 8/29/2019

Tuition \$0 Fees \$230

TR

6:00 pm – 8:00 pm

TBCC 104

David Leach

Driver Education for Adults

C

This class is for anyone with a driver license or for students 18 and up. The course includes 30 hours of classroom instruction and 6 hours in the car. Drive times are scheduled during the 2nd class session and are in addition to the classroom time. Students must have their Oregon permit or a valid Driver License before class starts. Class fee includes books. Registration and payment is due before class starts.

CED 8306-01

6/25/2019 - 8/29/2019

Tuition \$0 Fees \$440

TR

6:00 pm – 8:00 pm

TBCC 104

David Leach

AARP Smart Driver

C

The instructor uses the "Smart Driver Guidebook" and video content to teach current rules of the road and defensive driving techniques. Learn how to operate your vehicle more safely, including adjustments to accommodate common age-related changes in vision, hearing, and reaction time. You may be eligible to receive an insurance discount upon completing the course, so consult your agent for details. **You may register and pay at class.** AARP members \$15, non-members \$20. Bring AARP membership card to class.

CED 8305-01

7/23/2019

T

9:00 am – 4:00 pm

TBCC 103

Sherry Green

CED 8305-02

7/30/2019

T

9:00 am – 4:00 pm

NCRD

Sherry Green

COMMUNITY EDUCATION | SUMMER 2019

Explore the Outdoors this Summer at TBCC!



Cast away your fears! No Fear Fly Fishing

Learn the basics of tying simple artificial flies using bits of steel, feathers and string and how to use a fly rod to cast your fly 25' or more. Enjoy the thrill and rewarding experience of watching a fish rise from the water to catch your fly!

John Putman's 7 week course will equip you with fly fishing knowledge to enjoy all summer!

Free Ranging Watercolor! Put away your camera!

Explore Tillamook County's beautiful locations with paper, pencil and watercolor. Class is open to all levels and to those who may prefer to draw with ink or pencil. Celebrate your skills while challenging your inner artist!

Allison Asbjornsen's course begins July 10, 2019



How many Tillamook County native trees can you identify?

Join professional forester, David Wells, for a three-week course identifying our native trees and learn how trees and forests are integral to the ecology, economy and enjoyment of Tillamook County.

See page 34 for more course information.

Register early! Community Education class offerings are dependent on enrollment, tell others to join you to ensure the class runs!

COMMUNITY EDUCATION | SUMMER 2019

Important Information about Registration

Tillamook Bay Community College (TBCC) is committed to lifelong learning and our Community and Continuing Education program plays an important role. The classes in this program are non-credit and taken for personal enrichment, interest, fitness, or to enhance work skills.

TBCC enjoys its partnership with YMCA, North County Recreational District (NCRD), Adventist Health Tillamook (AHT) for fitness, health, safety and general interest classes and Small Business Development Center (SBDC) for business and employee development and customized training.

How to Read Course Information:

The course title is listed in bold on the top line, along with county locations. Beneath the course description is the course code (listed in bold), the dates and times held, the location and room, the day(s) of the week class is held, and the instructor's name(s).

Registration opens May 20, 2019.

How to Register:

Visit or contact our partners directly for registration, partner course descriptions include registration contact information..

For all other non-credit courses offered through TBCC you may register
Online at: www.tillamookbaycc.edu
In person: visit Student Services at TBCC, 4301 Third Street, Tillamook
By phone: call 503-842-8222 ext.1100

Register early!

Some classes fill quickly and classes not meeting the minimum enrollment may be cancelled. Please see Policies and Information regarding class cancellation refunds.

Have an idea for a class?

TBCC is always interested in exploring new offerings. Ideas and requests for classes are welcome. For more information contact JoAnn Critelli at 503-842-8222 ext. 1320 or joanncritelli@tillamookbaycc.edu.

Fitness and Health – YMCA

The following classes are provided in partnership with YMCA. Register and pay for these courses at the YMCA. "Y" stands for YMCA member. "NY" stands for non-member. Please call (503) 842-9622 for more information. The YMCA reserves the right to make changes without prior notice.

Aquatic Fitness

Aqua Strut (Water Walking)

C

This Class is performed primarily in shallow water and is designed to improve cardiovascular fitness, muscular strength and endurance, flexibility, and body composition. For men and women of all ages. No swimming skills required. \$Y-0 NY-110

CED 8511-01 6/24/2019 - 8/30/2019

MWF 8:00 am - 9:00 am YMCA Therapy Pool Linda Josi

Deep Water Fitness

C

With the aid of the Aqua Jogger, participants are suspended in the water without their feet touching the bottom. Movements involve use of hands, arms, legs and feet, creating a total body workout. \$Y-0 NY-78/110

CED 8513-01 6/24/2019 - 8/30/2019

MWF 9:00 am - 10:00 am YMCA Therapy Pool Susan Urrey

CED 8513-02 6/25/2019 - 8/29/2019

TR 7:30 am - 8:30 am YMCA Therapy Pool Sharon Shreve

CED 8513-03 6/24/2019 - 8/30/2019

MWF 6:30 pm - 7:30 pm YMCA Therapy Pool Susan Urrey

REGISTRATION OPENS MAY 20, 2019

WWW.TILLAMOOKBAYCC.EDU

SUMMER TERM

COMMUNITY EDUCATION | SUMMER 2019

Hydro HIT/Swim HIT

C

Hydro Hit: High intensity anaerobic intervals with attention to muscle balance. Shallow water, no swim skills required. \$Y-0 NY-78

CED 8546-01 6/25/2019 - 8/29/2019

TR 8:30 am - 9:15 am YMCA Competition Pool Sherryl Klingelhofer

Swim Hit: High intensity work such as repetitive diving and treading with weight, mixed with swimming and running with no flotation. Deep and underwater, some swim skills required. \$Y-0 NY-78

CED 8546-02 6/25/2019 - 8/29/2019

TR 9:15 am - 9:45 am YMCA Competition Pool Sherryl Klingelhofer

Joyful Joints

C

Recreational, low intensity, low impact exercise class designed primarily for those with some form of arthritis. A medical consent form is recommended from the participant's health care provider before entering this class. \$Y-0 NY-78

CED 8503-01 6/25/2019 - 8/29/2019

TR 10:00 am - 11:00 am YMCA Therapy Pool Nick Johnson

CED 8503-02 6/25/2019 - 8/29/2019

TR 11:00 am - 12:00 pm YMCA Therapy Pool Lori Kaiser

CED 8503-03 6/29/2019 - 8/31/2019
YMCA Therapy Pool

S 10:00 am - 11:00 am YMCA Therapy Pool Lori Kaiser

Mid-Morning Movers

C

This water fitness class is performed primarily in shallow water and is designed to improve cardiovascular fitness, muscular strength and endurance, flexibility and body composition. For men and women of all ages. No swimming skills required. \$Y-0 NY-110

CED 8509-01 6/24/2019 - 8/30/2019

MWF 10:00 am - 11:00 am YMCA Therapy Pool Jim Jett

Water Dance

C

For those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine, water dance blends dance and water resistance for one pool party you shouldn't miss! \$Y-0 NY-78

CED 2030-01 6/25/2019 - 8/29/2019

TR 6:00 pm - 7:00 pm YMCA Therapy Pool Denise Beeler

Land Fitness

Enhanced Fitness

C

Focus on dynamic cardiovascular exercise, strength training, balance, and flexibility--everything older adults need to maintain health and function as they age. In a typical class, participants will experience: a 5-minute warm up to get the blood flowing to the muscles; a 20-minute aerobic workout that gets participants moving, or a walking workout to lively music the class chooses; a 20-minute strength training workout with weights for each individual's needs; a 5-minute cool down; a 10-minute stretching workout to keep the muscles flexible. Balance exercises throughout the class. \$Y-0 NY-0

CED 8538-01 6/24/2019 - 8/30/2019

MWF 10:00 am - 11:00 am YMCA GYM Kelly Benson

COMMUNITY EDUCATION | SUMMER 2019

Bootcamp

C

Cardio and toning in an athletic-style workout that incorporates one or more of the following: weights, bands, steps, kettles, medicine balls, drills, obstacles, HIIT, and Tabata style formats. Class can be modified to fit your ability. You will love the variety that this class has to offer. \$Y-0 NY-45

CED 8605-01	6/26/2019 - 8/28/2019		
W	5:15 am - 6:15 am	YMCA STUDIO	Molly Carlson

Insanity Live

C

Extreme cardio conditioning for every fitness level. Together, you'll build strength, improve cardiovascular endurance, and develop precision and speed-without lifting a single weight. \$Y-0 NY-45/78/110

CED 1166-01	6/25/2019 - 8/29/2019		
TR	5:30 am - 6:00 am	YMCA STUDIO	Courtney Fortenberry

CED 1166-02	6/25/2019 - 8/27/2019		
T	7:00 pm - 7:30 pm	YMCA STUDIO	Sarah Patterson

CED 1166-03	6/26/2019 - 8/28/2019		
W	9:45 am - 10:15 am	YMCA RB COURT	Galena Flores

CED 1166-04	6/25/2019 - 8/29/2019		
TR	8:30 am - 9:00 am	YMCA RB COURT	Galena Flores

Fit n Fabulous

S

Fit n' Fabulous is a low impact cardio workout to fun music for 35 minutes followed by a total body weight work out for another 30 minutes. There is also a five minute warm up and cool down that includes stretching. All levels welcome! \$Y-0 NY-78

CED 8538-01	6/25/2019 - 8/29/2019		
TR	8:30 am -10:00am	KCC	Susie Wenrick/Kelly Benson

On The Ball

C

This class is designed to improve strength and endurance of your core and back. We will focus on balance and stability while working with the ball and weights. An overall strengthening class. \$Y-0 NY-110

CED 8607-01	6/24/2019 - 8/30/2019		
MWF	7:15 am - 8:15 am	YMCA STUDIO	Darcy Fugate

Strength Train Together

C

This class will blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates and body weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best. \$Y-0 NY-78/110

CED 8519-01	6/24/2019 - 8/30/2019		
MF	5:15 am - 6:15 am	YMCA STUDIO	Courtney Fortenberry

CED 8519-02	6/25/2019-8/28/2019		
TR	9:45 am - 10:45 am	YMCA SOUTH GYM	Galena Flores

CED 8519-03	6/29/2019 - 8/31/2019		
S	10:00 am - 11:00 am	YMCA STUDIO	Galena Flores

CED 8519-04	6/24/2019 - 8/28/2019		
MW	7:00 pm - 8:00 pm	YMCA SOUTH GYM	Sarah Patterson

REGISTRATION OPENS MAY 20, 2019

WWW.TILLAMOOKBAYCC.EDU

SUMMER TERM

COMMUNITY EDUCATION | SUMMER 2019

Step & Sculpt

C

Achieve total body fitness with aerobic and strength training exercises. Class combines floor, step, weights, bands, and balls to increase cardiovascular endurance and overall body conditioning. Modifications given to accommodate all fitness levels. \$Y-0 NY-110

CED 8528-01	6/24/2019 - 8/30/2019		
MWF	8:30 am - 9:30 am	YMCA GYM	Sarah Patterson

Cycling

C

Instructor-guided bike workout takes participants through warm-up, cardio, sprints, climbs, and cool-down. Space is limited, so arrive to class early to get your seat. \$Y-0 NY-78/110

CED 8532-01	6/25/2019 - 8/29/2019		
TR	5:30 am - 6:30 am	YMCA SPIN RM	Eva Manderson
CED 8532-02	6/25/2019 - 8/29/2019		
TR	10:00 am - 11:00 am	YMCA SPIN RM	Lori Kaiser

Zumba

C

Learn basic dance moves while burning stress and calories in this fun, welcoming group fitness class. Low to high intensity. Great for all fitness levels. \$Y-0 NY-78/110

CED 8516-01	6/25/2019 - 8/29/2019		
TR	8:30 am - 9:30 am	YMCA GYM	Ahndrea Sousa
CED 8516-02	6/29/2019 - 8/31/2019		
S	8:30 am - 9:30 am	YMCA STUDIO	Sarah Patterson
CED 8516-03	6/24/2019 - 8/28/2019		
MW	5:45 pm - 6:45 pm	YMCA GYM	Jeannie Christensen
CED 8516-04	6/24/2019 - 8/27/2019		
T	5:45 pm - 6:45 pm	YMCA STUDIO	Neri Perez
CED 8516-05	6/27/2019 - 8/29/2019		
R	6:30 pm - 7:30 pm	YMCA STUDIO	Neri Perez
CED 8516-06	6/28/2019 - 8/30/2019		
F	5:45 pm - 6:45 pm	YMCA STUDIO	Neri Perez

Qigong

C

Stressed? Seeking physical and mental balance? Want to boost your immune function and restore your body to optimal health? Qigong ("chee gong") is an ancient practice of postures and slow movements which has been shown to improve vitality and health, even reducing hypertension and chronic pain. This class focuses on breathing, stance, mind intent and movements to facilitate the flow of energy through the body. Participants can be seated or standing and movements can be performed by virtually anyone. Comfortable clothes and shoes recommended. \$Y-0 NY-0

CED 8601-01	6/25/2019 - 8/29/2019		
TR	8:00 am - 8:30 am	YMCA STUDIO	Michelle Jenck

Group Exercise

C

Circuit style HIIT workout. Circuits will challenge your cardiovascular and muscular endurance in a series of low to high intensity movements that can be easily modified to fit your fitness goals. \$Y-0 NY-110weight, this workout combines squats, lunges, presses and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up, make you sweat and push you to a personal best. \$Y-0 NY-78/110

CED 1190-01	6/24/2019 - 8/30/2019		
MWF	8:30 am - 9:30 am	YMCA RB COURT	Molly Carlson

COMMUNITY EDUCATION | SUMMER 2019

Pilates on the Mat

C

Pilates is a method of exercise that consists of low-impact flexibility, muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance. Pilates is named for its creator, Joseph Pilates, who developed the exercise in the 1920's. \$Y-0 NY-78

CED 8501-01 6/24/2019 - 8/28/2019

MW 11:15 am - 12:00 pm YMCA RB ROOM Kelly Benson

CED 8501-02 6/25/2019 - 8/29/2019

TR 2:30 pm - 3:15 pm YMCA STUDIO Kelly Benson

Tai Chi Moving for Better Balance 8, 10, 16, 24, 48

C

In addition to the recognized physiological and cognitive benefits of the practice of Tai Chi, this class improves strength, balance and coordination. Movements involve weight bearing and non-weight bearing stances, proper body alignment and coordinated movements conducted in a continuous, circular flowing motion. \$Y-0 NY-110

CED 8608-01 6/24/2019 - 8/30/2019

MWF 8:30 am - 9:30 am YMCA STUDIO Beginner's class TBA

CED 8608-02 6/24/2019 - 8/30/2019

MWF 9:00 am - 10:00 am YMCA STUDIO Kelly Benson/Phil Gates

Hatha Yoga Level 1

C

The heart of this practice is to increase strength, flexibility, and balance of body and mind by applying the principles of Hatha Yoga. Mon.: Deep Stretch, Wed.: Hard Work, Fri.: Restorative. \$Y-0 NY-110

CED 8590-01 6/24/2019 - 8/30/2019

MWF 10:30 am - 11:30 am YMCA STUDIO Thea Defeyer

Yoga Flow

C

Improve flexibility, strength, balance and mind/body function. Consider deep core muscle structure for improved posture and mobility. Explore the basic elements of yoga and supported posture. By improving the deep core muscle structure and freeing the shoulders, hips and spine this class provides the possibility for enhanced freedom in movement. \$Y-0 NY-78

CED 8526-01 6/25/2019 - 8/29/2019

TR 9:00 am - 10:00 am YMCA STUDIO Molly Carlson

Sun Salutations Yoga

C

Greeting the sun, celebrate the new day. We will move through variations of Surya Namaskara or Sun Salutation, a set of 12 yoga asanas, which bring your body, breath and mind together. When performed in the morning, it revitalizes your body and refreshes your mind, leaves you feeling energetic throughout the day. Without the Sun, there will be no life on Earth. Sun Salutation is an ancient technique of paying respect or expressing gratitude to the Sun that is the source of all forms of life on the planet. Great for balance, core strength and flexibility. Modifications available for all levels. \$Y-0 NY-78

CED 1140-01 6/24/2019 - 8/30/2019

MWF 6:30 - 7:15 am YMCA STUDIO Tiffany Wildharber

COMMUNITY EDUCATION | SUMMER 2019

Vinyasa Flow Yoga

C

The heart of this practice is to increase strength, flexibility, and balance of body and mind by applying the principles of yoga. The class will focus on freedom in the spine and developing core strength. Breath awareness is considered through movement and attention to develop inner stillness and connection between body and mind for fluid movement in and out of the classroom. \$Y-0 NY-78

CED 8569-01 6/24/2019 - 8/29/2019

MR 5:30 pm - 6:30 pm YMCA STUDIO Tiffany Wildharber

Gentle Yoga

C

For those who want a softer, nurturing, slow paced, well supported and relaxing class. \$Y-0 NY-45

CED 1189-01 6/26/2019 - 8/28/2019

W 5:30 pm - 6:30 pm YMCA STUDIO Tiffany Wildharber

Fitness and Health - North County Recreation District

The following classes are provided in partnership with the North County Recreation District (NCRD). Please contact NCRD for registration. Class fees are payable to NCRD. For more information, call (855) 444-6273.

Aqua Yoga

N

Traditional yoga poses adapted to the water environment. The water's buoyancy aids balance and stability. The water's resistance adds a weight bearing component. The warmth of the water allows soft tissues and muscles to stretch more comfortably, all contributing to a safe and enjoyable practice for all ability levels. \$45 payable to NCRD.

CED 8557-01 6/29/2019 - 8/31/2019

S 9:45 am - 10:45 am NCRD POOL Lucy Brook

Deep Water Aqua-Exercise

N

Class is conducted primarily in deep water. Participants will wear an aqua jogger flotation belt to stabilize the core while working out. No swimming skills are required. Exercises will include stretching, toning, strengthening and cardiovascular. Beneficial for persons of all fitness levels. Participants will use the water's resistance to regulate the intensity of the workout. \$50 payable to NCRD.

CED 8560-01 6/25/2019 - 8/29/2019

TR 7:15 pm - 8:15 pm NCRD POOL Nancy Smith

AM-Aqua-fit Workout

N

Conducted in shallow water, aqua-aerobics combined with strength, balance and core stability exercises to increase mobility, build muscle and improve overall quality of life. Participants regulate the intensity of their workouts by using the resistance of the water making it effective for all fitness levels. \$75 payable to NCRD.

CED 8564-01 6/24/2019 - 8/29/2019

MTWR 8:00 am - 9:00 am NCRD POOL Barbara McCann

Water Therapy Exercise/Arthritis Foundation Program

N

For individuals with arthritis or back, knee, hip or other conditions that make exercise difficult. Participants will establish a regular water exercise routine designed to meet individual needs. This class will increase strength and stamina; build and tone muscles; improve circulatory & cardiovascular systems; and reduce stress and tension. This class is for those who want the benefit of water exercise without the fast-paced aerobic routine. \$60 payable to NCRD.

CED 8570-01 6/27/2019 - 8/29/2019

R 9:15 am - 10:05 am NCRD POOL McCann/Smith

COMMUNITY EDUCATION | SUMMER 2019

Group Strength Training for Seniors

N

This class encourages a total body workout designed for all fitness levels. All movements are adapted for standing or sitting and are safely performed using a variety of modalities, i.e. free weights, bands, rings, balls, and your own body resistance. Benefits will include muscle strength/endurance, aerobic conditioning, increase in balance, joint flexibility, range of motion, decreased loss of bone mass, increased core strength, and elevated mood levels. Friendly and fun for all. Free to Fitness Center Members. Non-members \$70 payable to NCRD.

CED 8550-01 6/25/2019 - 9/5/2019

TR 10:00 am - 10:50 am NCRD 5 Debbie Crosman

Zumba

N

A fun, energizing, Latin-inspired dance class that gets you moving. Easy to follow movements create an invigorating workout that tones your body from head to toe. For all fitness levels. Free to Fitness Center members. Non-members \$80 payable to NCRD.

CED 8553-01 6/25/2019 - 9/5/2019

TR 6:30 pm - 7:30 pm NCRD GYM Rosa Erlebach

PM Boot Camp

N

If you are looking for a challenging workout that will take you to a new level of fitness, then this is the one for you. A mixture of calisthenics, body weight, strength training, core development and intervals will leave you feeling exhausted, yet exhilarated. Free to Fitness Center members. Non-members \$80 payable to NCRD.

CED 8556-01 6/25/2019 - 9/5/2019

TR 5:30 pm - 6:30 pm NCRD GYM Gina Grasseth

Restorative Yoga

N

The restorative yoga practice goes deep into the connective tissue and releases tension throughout the body. Postures are held for extended periods and the use of props help to support and anchor the body. Breathing techniques and relaxation cues are given. The restorative practice ends with savasana (deep relaxation), leaving your body feeling deeply rejuvenated and ready for what comes next. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 8558-01 7/3/2019 - 9/18/2019

W 5:45 pm - 7:15 pm NCRD 5 Ortiz/Carroll

Level I Yoga

N

A nurturing environment provides inspiration, patience, and breath awareness while practicing beginning classical yoga poses. Release tension, strengthen muscles, build core strength, increase balance and flexibility and let your spirit soar! Wear comfortable clothing that allows easy breathing and freedom of movement. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 8562-01 7/1/2019 - 9/16/2019

M 5:15 pm - 6:45 pm NCRD 5 Tom Janac

Very Gentle Yoga

N

Ready to explore yoga? Do you want to build your inner strength throughout your body, including core strength? Starting slowly and gently we'll learn body awareness while focusing on breath. Using classical yoga poses, we will explore the flexibility of the spine and the possibilities that yoga offers to improve/maintain balance. Each class ends with a guided relaxation and short meditation. Wear comfortable clothing that allows easy breathing and freedom of movement. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 8565-01 7/5/2019 - 9/20/2019

F 8:00 am - 9:30 am NCRD 5 Liz Carroll

COMMUNITY EDUCATION | SUMMER 2019

Classical Yoga

N

Start your weekend off right with a yoga practice emphasizing the spirit of yoga, classical postures, pranayama and guided relaxation. Using classical yoga as the context you will build a core of strength throughout the body and improve flexibility and balance. Appropriate for all levels. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 8567-01

7/6/2019 - 9/21/2019

S

8:00 am - 9:30 am

NCRD 5

Lorraine Ortiz

Stretch/Flex/Balance

N

This class is designed to erase the tension brought by everyday stress. Exercises are designed to increase dynamic balance while improving core strength, flexibility, and overall strength. Movements flow gently from one to another with deep breathing as a guide. You will walk out of class feeling relaxed and revitalized. Free to Fitness Center members. Non-members \$90 payable to NCRD.

CED 8571-01

6/25/2019 - 9/6/2019

MWF

10:00 am - 11:00 am

NCRD 5

Erlebach/Knapp

Core Pilates

N

The benefits of Pilates include a strong and toned core, improved flexibility and balance, long and lean muscles, and enhanced relaxation and stress relief. Your own body weight and standing and floor movements are used in class, while incorporating other tools such as bands, stability balls, Pilate rings, and light weights to increase overall strength. All levels of expertise from beginners to advanced are welcome. Free to Fitness Center members. Non-members \$80 payable to NCRD.

CED 8572-01

6/24/2019 - 9/4/2019

MW

9:00 am - 10:00 am

NCRD GYM

Wendy Bakker

Hatha for All

N

Students of all levels are welcome at this traditional Hatha practice that will challenge, invigorate, and renew. We'll explore the various aspects of Hatha-breath control, mind focusing, flexibility, strength, balance, and stamina building; and leave class with a satisfied body, calm and clear frame of mind, improved core strength and an uplifted spirit. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 8580-01

7/4/2019 - 9/17/2019

R

5:45 pm - 7:15 pm

NCRD 5

Carroll, Chick, Janac, Pulitzer

Chair Yoga

N

For those wishing to experience yoga with the support of a chair, this class offers classical yoga postures and breathing to awaken the senses, infuse energy, and expand a feeling of well-being, building strength, core strength, flexibility and balance. Each class ends with a guided relaxation and short meditation. Come ready to feel great! No prior yoga experience necessary, simply a curiosity about the benefits of this ancient practice and the willingness to give it a try. Wear comfortable clothing that allows easy breathing and freedom of movement. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 8581-01

7/4/2019 - 9/17/2019

R

8:00 am - 9:30 am

NCRD 5

Ortiz/Paulson

Feel Good Flow Yoga

Whether to revitalize your practice or satisfy your yoga curiosity, see how your mat could be your magic carpet ride to strength and flexibility. With rooted foundation, safe alignment, focus and breath techniques, discover balance and core strength so you can flow with confidence on and off the mat! All levels welcome. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 1127-01

7/2/2019 - 9/17/2019

T

4:00 pm - 5:30 pm

NCRD 5

Amy Pulitzer

COMMUNITY EDUCATION | SUMMER 2019

Mid-Life Yoga

N

Leading you into your 50's, 60's, 70's and beyond! Approaching practice with steadiness and awareness, move safely into being ready for the day's activities. Creative stretches, classical yoga poses, and simple explanation of anatomy combine to promote flexibility, balance, core strength and increased energy, to encourage further integration of body, breath and mind. Each class ends with a guided relaxation. Wear comfortable clothing that allows easy breathing and freedom of movement. Class is available to all levels of practice, adjusting and modifying poses to suit your experience. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 8582-01

7/3/2019 - 9/16/2019

W

8:00 am - 9:30 am

NCRD 5

Janet Paulson

Tai Chi: Movement for Better Balance

N

A progressive class of twelve traditional Tai Chi movements proven to be effective in increasing balance, core strength and flexibility. Class starts from the beginning series each term. For all levels. Free to Fitness Center Members. Non-members \$80 payable to NCRD.

CED 8585-01

6/24/2019 - 9/4/2019

MW

11:00 am - 12:00 pm

NCRD GYM

Debbie Crosman

AM Boot Camp

N

Cardio and toning in an intense workout that incorporates weights, step drills, obstacles, ropes, Bosu's, medicine balls, sandbags, kettles and other fun workout equipment. Running/walking, HITT, and Tabata style formats. You will love the variety this class has to offer. Free to Fitness Center members. Non-members \$45 payable to NCRD.

CED 8589-01

6/23/2019 - 9/1/2019

U

9:00 am - 10:00 am

NCRD GYM

Gina Grasseth

Group Strength

N

This class utilizes dumbbells, medicine balls, resistance bands and your own body weight for a non-stop, low impact workout targeting the entire body and improving posture. Designed for all fitness levels. Free to Fitness Center members. Non-members \$80 payable to NCRD.

CED 8586-01

6/25/2019 - 9/5/2019

TR

9:00 am - 10:00 am

NCRD GYM

Gina Grasseth

Steady at the Barre

N

Wellness starts with a strong body. Strength can be achieved in many different ways. Steady at the Barre will guide you through a series of exercises that stabilize and strengthen the core, increase flexibility and balance, and define your body, as well as challenge your mind/body connection. Free to Fitness Center members. Non-members \$45 payable to NCRD.

CED 8588-01

6/28/2019 - 9/6/2019

F

9:00 am - 10:00 am

NCRD GYM

Rosa Erlebach

Living Yoga

N

Yoga is the ancient art of living from the wisdom of the heart. Although many seek out yoga mainly for the physical benefits, such as strength and flexibility, there is so much more to discover through a complete practice that also includes dynamic meditation techniques and applied philosophy. Students of all levels are welcome to enjoy this alignment-based asana and meditation practice that will bring the body into balance, develop core strength and focus the mind to express the wisdom of the heart. What happens on the mat can help you live better off the mat. Free to Fitness Center members. Non-members \$65 payable to NCRD.

CED 1128-01

7/5/2019 - 9/18/2019

F

11:30 am - 1:00 pm

NCRD 5

Lynda Chick

COMMUNITY EDUCATION | SUMMER 2019

Personal Development

No Fear Fly Fishing

C

Interested in learning fly fishing? Have no fear! This basic course introduces people of all ages and abilities to the art, craftiness and science of tricking fish into thinking feathers, steel and bits of this-n-that tied to a string are actually food! You will gain an appreciation of: Stream Structure & Ecology, Salmonid Life Cycle & Trout Foods. Students will actually construct 1 or 2 simple artificial flies . . . dry & nymph, learn how to use a fly rod to cast a fly 25' or more, hook and land a fish and understand how and why all this happens. Above all, students will HAVE FUN SAFELY OUTDOORS! There will be classroom instruction & field instruction. Curiosity about nature and the ability to swim or tread water are the only prerequisites. Students with disabilities or special needs please contact 503-842-8222 ext 1101 for additional information.

CED 1101-01

6/25/2019 - 8/06/2019

Tuition \$45 Fees \$20

T

6:00 pm - 7:00 pm

TBCC 103

John Putman

Free Ranging Water Color

C

Celebrate summer, Tillamook county and art! In this class we celebrate our county, our unique environment of forest, estuaries and beaches by visiting various locations to paint or draw. We celebrate our skills and challenge ourselves to mature, evolve and closely observe our environment as artists. Meeting on location allows us to really soak in the local beauty and unique flavor of a given spot- some classic to watercolor (think boat basins) and some really not the usual (think fairgrounds). Class is open to all levels and even to artist who work with ink or pencil. First class will meet at TBCC campus for a brief orientation. Email instructor for course materials and more details: allisonasbjornsen@gmail.com. Students with disabilities or special needs please contact 503-842-8222 ext 1101 for additional information.

CED 1031-01

7/10/2019 - 8/28/2019

Tuition \$79

W

1:00 pm - 4:00 pm

TBCC 102

Allison Asbjornsen

Animal Portraiture in Acrylic Paint

C

Enjoy painting and animals? The dynamic techniques of animal portrait artists are examined and applied by working in acrylic paints to effect pleasing pictures of pets and/or wildlife. Light and shade as it pertains to creating a more life-like personality portrait will be joined to creative composition, design elements, atmospheric perspective, color theory, textures of hides and fur, feathers and scales. Lectures and /or demonstrations as requested. Students will bring their own materials, i.e: acrylic paints, brushes, table easels, water containers, canvases, paper towels, 2B pencils/sharpeners/kneaded & vinyl erasers; and assorted reference materials of individual choice. A materials list is available by either calling (503) 842-5159 or emailing: MarciaV92@gmail.com

CED 1139-01

6/27/2019 - 8/22/2019

Tuition \$79

R

7:00 pm - 9:00pm

TBCC 102

Marcia Wilson

Conversational Spanish for Beginners

C

Would you like to learn Spanish this summer? Explore the new sounds of a language that is within you as a language learner, in an engaging way and in your learning style! Students will be introduced to the fundamentals of Spanish language by building conversational skills through immersion and a natural communication approach, exploring subjects of their interest and situations they might encounter at work, when travelling, teaching, and/or working with clients. Language concepts will be explored in discussions that focus on accuracy, fluency, comprehension, grammar, the acquisition of functional everyday vocabulary, and exploring aspects of the Latin American culture.

CED 6006-01

6/24/2019 - 7/31/2019

Tuition \$79

MW

6:00 - 8:00pm

TBCC 103

Erika Early

Trees of Tillamook

C

Do you know how trees impact your life? Trees and forests are integral to the ecology, economy and enjoyment of Tillamook County. This 3-week class will cover identification of our native tree species, how trees grow, and an overview of the Oregon Forest Practice Act including how to access online information. If you work in the tourism or wood product industry this class will enhance your ability to share and understand a great Oregon story, Tillamook's forests. The course is being taught by a professional forester working in his 40th year in Tillamook's forests. In 2017 he was recognized as a Fellow of the Society of American Foresters for his contributions to the profession. He is a skilled storyteller with television, radio and live audience experience with the ability to not just provide information but also to bring it to life.

CED 1143-01

7/11/2019 - 7/25/2019

Tuition \$35

R

6:00 - 8:00pm

TBCC 103

David Wells

COMMUNITY EDUCATION | SUMMER 2019

UAS Remote Pilot Ground School 14CFR Part 107

C

The Remote Pilot in Command is the FAA license that covers Commercial Drone operations by individuals operating UAV's in the United States. Anyone operating a Drone/UAV for a company, school, or for any commercial endeavor is required to hold the license. This course will cover the material needed to prepare for the test. Fee includes course study materials. The class is 20 hours.

CEU 1199-01

7/15/2019 - 7/19/2019

Tuition \$200 Materials \$25

MTWRF

5:00 pm - 9:00 PM

TBCC 214/215

Darryl Spitzer



FINAL EXAM SCHEDULE | SUMMER 2019

Final exams are scheduled for the last week of each term. All final week classes will be held, but how the time is used is the instructor's prerogative. The final week schedule is subject to change if circumstances such as college closure occur and make-up of class time is necessary. Certain time increments are available to instructors who need to schedule make-up exams.

All night classes (beginning 5:30 PM or later) will take the final exam during finals week. For classes that meet regularly on two evenings (e.g., Tuesday and Thursday), the exam will occur on the last evening during finals week.

1. No student will be required to take more than two back-to-back examinations.
2. No student will be required to take more than three exams in one day.
3. Students may select which course's final exam to reschedule if item number 1 or 2 occurs. Schedule the make-up exam with the instructor.
4. If item number 1 or 2 occurs, it is the student's responsibility to notify the instructor prior to the originally scheduled exam and arrange item number 3.
5. **All make-up exams under item number 3 must be completed** by 5:00 PM August 29, 2019.
6. Finals shall be given during the final week unless otherwise approved by the Chief Academic Officer.

Prerequisites

Many credit classes require prerequisites. Prerequisites are conditions that must be met in order to gain access to a particular class. These conditions are usually the completion of, or enrollment in, other courses, achieving specific placement test scores, or by departmental approval. If a course has a prerequisite, it will be listed with the course description. If you believe that you meet the prerequisite yet are not being allowed to enroll, contact your advisor. If you do not meet the prerequisite but still wish to be considered, contact the instructor. If you have any other questions, contact Student Services at (503) 842-8222, ext. 1100.

Grades

Grades are posted at MyTBCC at www.tillamookbaycc.edu. If you have questions or need additional help, call the Director of Student Services at (503) 842-8222, ext. 1110.

Statement of Nondiscrimination

It is the policy of Tillamook Bay Community College and its Board that there will be no discrimination or harassment on the grounds of race, color, sex, marital status, sexual orientation, religion, national origin, age, disability, height/weight ratio, organizational affiliation, or political affiliation in any educational programs, activities or employment. Lack of English language skills will not be a barrier to admission and participation in career and technical education programs. Persons having questions about nondiscrimination should contact:

- *Title II and Title IX Coordinator, Pat Ryan, Director of Facilities, Human Resources, Safety, 4301 Third Street, Tillamook, Oregon, Room 122, Phone (503) 842-8222, ext. 1020 or TDD (503) 842-2467*
- *Section 504 Coordinator, Rhoda Hanson Director of Student Services, 4301 Third Street, Tillamook, Oregon, Room 116, Phone (503) 842-8222, ext. 1110*

Student Rights/Responsibilities

TBCC provides educational opportunities for a wide variety of individual and community needs. Rules and regulations regarding student conduct assure an atmosphere conducive to pursuing an education. At the same time, students have certain rights guaranteed to them by the Constitution. The Student Rights and Responsibilities information is available in the TBCC Catalog, the TBCC Student Handbook, and on the college web site at www.tillamookbaycc.edu.

Student Disclosure Statement and Consumer Information

The Student Disclosure Statement (as required by the Higher Education Act), including important information on financial assistance opportunities, rules and regulations, institutional programs and policies, graduation and transfer rates, security policies and crime statistics, Campus safety and Security, and student rights under the Family Education Rights & Privacy Act, is available in Student Services and in the TBCC Catalog which is posted on the TBCC website at:
www.tillamookbaycc.edu.

POLICIES & INFORMATION | SUMMER 2019

Golden Age Discount

Individuals 62 years of age and older are eligible for a Golden Age Discount. All students using the Golden Age Discount must meet all the admission and course requirements in order to enroll in the course(s). Credit courses require the completion of the Application for Admissions and may require verification of college level reading, writing, and math skills through testing or previous college credit on a transcript.

Golden Age Discount Option One:

The college will provide a 50 percent discount on credit and continuing education courses. You may register and qualify for the 50 percent tuition discount at any time during the registration period each term. This discount applies to tuition only for credit and continuing education courses offered at TBCC. Students must meet all the prerequisites in order to register for credit courses. The discount does not apply to fees of partnership/agency courses.

Golden Age Discount Option Two: Applies only to Credit Courses

The college will waive all tuition for credit course audits when space is available in the class. The student must register for the course only on or after the first meeting of the course each term. Students who register prior to the first day of the term should use Option One (only fees will need to be paid). These tuition waivers require instructor permission which must be obtained through an instructor signature in the audit section on the TBCC Registration and Change Form. Students must meet all prerequisites in order to register for credit classes. The discount covers only tuition.

Adding or Dropping a Course

Courses may be added or dropped online at www.tillamookbaycc.edu by clicking on the link to MyTBCC during the regular registration period or by filing a Registration & Change Form with Student Services. During the first week of the term, courses can be dropped online or in person at Student Services. The deadline to drop and have charges removed varies by course length and type. The drop deadline for credit courses is published in the quarterly Schedule of Classes. Students receiving financial aid should check with their academic and/or financial aid advisor before dropping a class. Dropping or withdrawing from a class can affect your financial aid eligibility.

Dropping a Course

Prior to the published drop deadline, you may drop any registered course by completing the official drop process. Such action will result in no charges for the course or courses (or reimbursement if the charges have already been paid). The course or courses will not appear on your transcript. If dropping a class changes your level of enrollment it may affect any Federal Financial Aid or veteran's benefits that you are eligible to receive.

Withdrawing from Courses

You may formally withdraw from courses by filing a Withdrawal Form with Student Services. If you have applied for financial aid or veteran's benefits, you must also notify the appropriate office of your intention to withdraw. Withdrawing will result in a grade of "W" appearing for the course or courses on your transcript. There is no refund available on withdrawal from courses after the first week of class. You may withdraw from a course through the end of the 8th week of classes.

Refunds for College Preparation Courses

Students who officially withdraw from an ABE/GED/ESOL course during the first week of the course will receive a refund.

Refunds for Credit Courses

Students who officially drop a credit course during the first week of the term will receive a refund. A student unable to complete a course due to hardship may follow TBCC's petition process as appropriate. If granted, the student will receive a voucher to help defray the cost of retaking the class.

Refunds for Community & Continuing Education Courses

Early registration is encouraged for all courses. A decision to cancel a course, based on enrollment or instructor availability, may be made at least two days prior to the start date. Courses are canceled by the Chief Academic Officer (CAO) or his/her designee. Generally, the criterion for such cancellation is an enrollment of less than ten students or the guarantee set by the College. However, depending upon individual course circumstances, courses may be offered with fewer students. Refunds will be made if the course is cancelled by TBCC. Students must drop a course three days before the start date to receive a refund. Students requesting special consideration for refunds after the refund deadline should submit a Student Account Petition Form to the Business Office. Agencies offering courses in partnership with TBCC have their own refund policies.

Official Withdrawal

You may officially withdraw from college using the same form that is used to withdraw from courses. By doing a complete withdrawal you may put yourself in a position of having to repay certain amounts of your financial aid. Again, it is important that if you are receiving financial aid or veteran's benefits, you contact the appropriate office with your intent to withdraw. The withdrawal date is based on the date that the college is provided with "official" notice of withdrawal. Official notice occurs when the Student Services Office is notified of the intent to withdraw.

POLICIES & INFORMATION | SUMMER 2019

Unofficial Withdrawal

An unofficial withdrawal takes place when a student does not provide the college with official notification. Students who stop attending without formally withdrawing will receive the grades assigned by their instructors and will be responsible for payment of tuition and fees. The date of withdrawal for Title IV purposes will be based on the best available academic record. A withdrawal date will be determined by the college when one of these four instances occurs:

- The date the student begins the college's withdrawal process (described on page 45).
- The date the student officially notified the Registrar of intent to withdraw in writing.
- The midpoint (50%) of the term if the student withdraws without notifying the college.
- The last due date of attendance at an academically-related activity as documented by the college.

Students with Disabilities

Disability Services collaborates with students, staff, faculty, and community members to create inclusive, equitable, diverse, and sustainable learning environments for all. Tillamook Bay Community College provides a wide range of in-class and campus access services to students who experience documented disabilities. The department is a resource for creative problem-solving to enhance access in the areas of admission/registration assistance, advising, and advocacy for course accommodations, including:

- Test accommodations (extended time, reduced distraction, reader, scribe);
- Alternate format (computer text with digital audio, Braille);
- Technology (computer software and hardware and other devices);
- Service Providers (video-remote sign language interpreting); and
- Accessibility information, maps, and basic mobility orientation.

Course Policies

Attendance, auditing courses, course cancellation, course prerequisites, withdrawal from courses and the Course Catalog available at:

Student Services, Central Campus, 1st

Floor Lobby

(503) 842-8222, ext. 1100

8:30 AM - 4:30 PM, Monday - Friday

<http://tillamookbaycc.edu/admissions-registration/register-for-courses/course-catalogschedules/>

Student Complaints

For assistance, support, or help in obtaining information about complaint procedures and resolving problems, please contact the following:

- Disability Services: Rhoda Hanson
(503) 842-8222, ext. 1110.
- Sexual harassment: Rhoda Hanson
(503) 842-8222, ext. 1110.
- Harassment based on race/ethnicity/national origin: Pat Ryan
(503) 842-8222, ext. 1020.
- Students' rights, responsibilities, and conduct: Rhoda Hanson
(503) 842-8222, ext. 1110.
- Academic grievances: Teresa Rivenes, Chief Academic Officer
(503) 842-8222, ext. 1030.
- Other harassment: Rhoda Hanson
(503) 842-8222, ext. 1110.

Students can directly access detailed information about the student grievance procedures in the general catalog on the College website <http://www.tillamookbaycc.edu/catalog>.

Drug Free School and Workplace

TBCC recognizes controlled substance abuse as illegal and interfering with effective teaching, work, and the development of a safe and healthy environment for learning. The college has a fundamental legal and ethical obligation to prevent controlled substance abuse and to maintain an alcohol/drug free work and educational environment.

See the college website, www.tillamookbaycc.edu for detailed information on drugs and their harmful effects, counseling and assistance programs, state and federal laws, and college policies pertaining to the illegal use of drugs.

DIRECTORY | SUMMER 2019

Helpful Telephone Numbers:

Main Phone (503) 842-8222

TDD (503) 842-2467
 Main Fax (503) 842-8334
 Academic Services ext. 1080
 Business Office ext. 1220
 Community & Continuing Education ext. 1320
 Facilities/ Human Resources ext. 1020
 President's Office ext. 1015
 Small Business Development Center ext. 1420

TBCC Store / Cashier

Central Campus, 1st Floor Lobby
 Phone: (503) 842-8222, ext. 1240 or 1220
 Fax: (503) 842-8334
paymentinformation@tillamookbaycc.edu

Current term textbooks and pricing are available through the TBCC Store or at bookstore.mbsdirect.net/tbcc.htm.

Regular Office Hours

Monday - Friday, 8:30 AM to 4:30 PM

Extended Office Hours (1st week of term)

*Monday - Thursday, 7:30 AM to 6:30 PM;
 Friday, 8:30 AM to 4:30 PM*

Student Services

Central Campus, 1st Floor Lobby
 (503) 842- 8222, ext. 1100
 8:30 AM - 4:30 PM, Monday, Thursday, Friday
 8:30 AM - 7:00 PM Tuesday, Wednesday
studentservices@tillamookbaycc.edu

Extended office hours during the first week of the term open 7:30 AM - 6:30 PM, Monday and Thursday.

Career Education Advising

Student Services, Central Campus, 1st Floor Lobby
 (503) 842- 8222, ext. 1140
caraelder@tillamookbaycc.edu
andreaLancey@tillamookbaycc.edu
 8:30 AM - 4:30 PM

Disability Services

Student Services, Central Campus, 1st Floor Lobby
 (503) 842- 8222, ext. 1140
 8:30 AM - 4:30 PM, Monday - Friday
caraelder@tillamookbaycc.edu

Full-time Faculty

Tom Atchison ext. 1815
 Sydney Elliott ext. 1825
 Geza Laszlo ext. 1820
 Bob Pietruszka ext. 1805
 John Sandusky ext. 1875
 Michael Weissenfluh ext. 1810

Veterans' Educational Benefits

Student Services, Central Campus, 1st Floor Lobby
 (503) 842- 8222, ext. 1130
 8:30 AM - 4:30 PM, Monday - Friday
sallyjackson@tillamookbaycc.edu

Financial Aid

Student Services, Central Campus, 1st Floor Lobby
 (503) 842- 8222, ext. 1130
tbccfinancialaid@tillamookbaycc.edu
 8:30 AM - 4:30 PM, Monday - Friday

Grades / Student Records

Student Services, Central Campus, 1st Floor Lobby
 (503) 842- 8222, ext. 1110
 8:30 AM - 4:30 PM, Monday - Friday
jsousa@tillamookbaycc.edu

Library

Central Campus, 2nd Floor near balcony
 (503) 842-8222, ext. 1720
 9:00 AM - 7:00 PM, Monday - Thursday
 9:00 AM - 4:30 PM, Friday
Library hours are subject to change when classes are not in session.

OSU Open Campus

503-842-3433
 TBCC Partners for Rural Innovation Center, Room 113
 4506 Third Street, Tillamook

Change Log-In Password

- Go to www.tillamookbaycc.edu
- Click on MyTBCC
- Log In to MyTBCC by using your User Name (Student ID #) and Password
- Click on Personal Info beside your name
- Choose the Password tab
- Enter your new password
- Set a hint in case you forget your password

SERVE THE COLLEGE COMMUNITY AS A MEMBER OF ASTBCC



The Associated Students of Tillamook Bay Community College (ASTBCC) operate under a constitution designed to promote student activities that stimulate the social, physical, moral, and intellectual growth of students. It provides an important link to other students, college staff, and the public, through a variety of activities. As an enrolled student at TBCC, you are already a member, so get involved and help make a difference in student life on campus!

Join our next
meeting or event!

ASTBCC Advisor, Kelsey Jordan
503-842-8222 ext.1135 or
kelseyjordan@tillamookbaycc.edu



ASTBCC students at the Oregon State Capital

Phi Theta Kappa



International Honor Society for Community Colleges

TBCC's Beta Delta Epsilon Chapter invites current students who have completed 12 college-level credits at TBCC with a GPA of 3.25 or higher to join this active society where members gain experience in leadership, scholarship, and service.

Contact Sheryl Vanselow at 503-842-8222 ext. 1220
sherylvanselow@tillamookbaycc.edu
or

Karey Woodke at 503-842-8222 ext. 1230
kareywoodke@tillamookbaycc.edu, for more information.

Find us on MyTBCC on the Student Organizations tab, or follow us on FacebookL Beta Delta Epsilon Tillamook

Apply for a Summer Start Scholarship!



Get a Jump Start this Summer at TBCC

Start your Pre-Nursing courses

Catch up on Math

Get a jump-start on your classes for fall

Take a course while you are home on break from the University

Offering

CELL BIOLOGY FOR HEALTH OCCUPATIONS

CHEMISTRY * GEOLOGY * HISTORY * MATH

BUSINESS ADMINISTRATION COURSES (ONLINE)

PRINCIPLES OF MICRO AND MACRO ECONOMICS (ONLINE)

COLLEGE READING AND WRITING * WRITING 122 (ONLINE)

AND MUCH MORE!

*For a full list of courses
see page 14-16*

The Summer Start Scholarship can pay tuition, fees, and books to take one class this summer. To apply, visit www.tillamookbaycc.edu on the scholarship page under the paying for college tab.

studentservices@tillamookbaycc.edu, or (503) 842-8222 ext. 1100,
or visit us on campus at 4301 Third Street in Tillamook.