

Fall Fun on the Horizon

Valdosta State University Continuing Education

We'd like to welcome you back for another fun and exciting Fall! Whether it's back to work or to school, VSU Continuing Education wants to let you know the classes we're kicking off this semester with! We also offer online classes, available internationally, to provide more convenient opportunities for learning.



Personal Enrichment—September



Fit & Fabulous—Join us for fun cardio dance and strength training that will get your heart pumping, build endurance, and burn fat! The instructor will also share great recipes to try in conjunction with your new exercise routine.

Tuesdays/Thursdays, September 7—November 3, 6:30—7:30 pm; \$79 until September 17, \$89 after.

Wonderful Watercolors—Explore color mixing, paper preparation, applying wet-in-wet and wet-in-dry washes, dry brush, and other watercolor techniques and painting composition strategies. Learn to apply these methods to complete your own works of art by the end of the course. **Mondays, September 19—October 17, 6—8:30 pm; \$99 until September 14th, \$109 after.**



Crops in Pots—Vegetable container gardening can offer high yields in small spaces. Discover lots of ideas and tips on choosing plants and containers, potting soil, planting and arranging, watering, weeding and feeding your plants, and much more. **Tuesday, September 20, 2—4 pm; \$19 until September 15, \$25 after.**

Creative Container Gardening—Container gardening is the perfect way to create a beautiful garden on your porch, patio, balcony, or anywhere with containers. Gain valuable tips on choosing containers and the plants that grow best in them, and how to arrange them to get the most attractive effect. **Thursday, September 29, 2—4 pm; \$19 until September 19, \$25 after.**



Have a Question? Want to Register?

Call our Office: **229.245.6484**,

Visit our website: **www.valdosta.edu/conted**,

Come by our Office: **903 N Patterson St. Valdosta**



The Joy of Singing—Singing is a learned skill that can be improved. Learn vocal exercises designed to help you practice the basics of healthy voice technique - breathing, mechanics of vocal production, and resonance, all in a non-threatening atmosphere. **Mondays, September 19—October 24, 6:30—8 PM; \$89 until September 13, \$99 after.**

Coming in November...The Joy of Singing II: Beyond the Basics—Take your singing a step further with an emphasis on vocal technique and voice building. Receive a voice plan designed to meet your individual singing goals!

Looking for classes Online?

Genealogy Basics—If you are a newcomer to this hobby or just want to make a small family tree, this course will get you off to a good start. **\$89**

Travel Writing—Pack your sense of adventure, organize your determination and put your keyboard in a comfortable position. If you have a desire to write and a yearn to travel, you're a perfect candidate to become a travel writer. **\$89**

Assisting Your Aging Parents—This compassionate and comprehensive class will give you the tools, techniques, and insights for helping your parents or loved ones through their transition into growing older. **\$89**

Month	Course Begins	Last Lesson Released
Sept 2011	9/21	10/28
Oct 2011	10/19	11/25

We have over 300 **Online Instructor-Paced, Six-Week Courses and Self-Paced, Six-Month Online or CD Rom Courses!**

Go to www.valdosta.edu/conted to see our full list of online classes!

50 years of age or older? Join Learning in Retirement!

**Fall Registration starts August 24.
Classes begin September 12th!
For more information or to become a member, call 229.245.6484 or visit the Continuing Education Office @ 903 N. Patterson St. Valdosta, GA.**

Click here for our Professional Development newsletter and see what fun and exciting classes we're offering this month!

