



Shasta College

Spring/Summer 2026  
Issue: 20

# Community Education

## & Business Training Center

Step up  
your swing!  
Check out our  
Pickleball classes  
on page 5



### What's inside...

Activities | Dance | Day Trips | Fitness & Wellness  
Finance | Professional Development | Tech Skills  
Trips & Travel and much more...

# FIND *more* INSPIRATION

I faced significant challenges in high school and nearly didn't graduate. After years of unfulfilling jobs, I needed a change. With support from my family and help from a Shasta College counselor, I was able to register.

At Shasta College, I discovered what education could be when it's rooted in community and support. I found spaces that embraced neurodivergent, queer, and first-gen students like me. Through programs like MESA, TRIO, EOPS, and PACE, I didn't just survive—I thrived. I became involved not only as a student, but as a peer mentor and employee, helping others find their own sense of belonging. I'm especially grateful to educators and mentors such as Mr. Vanek, Tim Shelton, Professor Grondahl, Jen McCandless, Matt Evans, Jessie Knight, Megan McQueen, Nikki Raymond, and many more who have been invaluable in my growth.

Through Shasta College, I discovered AvenueM, the UC Davis specific branch of the California Medicine Scholars Program, and was thrilled to be accepted into their competitive cohort. This initiative provides a structured pathway to medical school for non-traditional students. I've enjoyed connecting with medical students, UC Davis faculty, and practicing physicians

from various specialties. The AvenueM mentorship program is also an amazing benefit that will help me on my path by providing me with a tailored mentor that will accompany me the entire way.

Looking ahead, I plan to transfer to one of AvenueM's partner universities to complete my bachelor's degree in biochemistry. From there, I will prepare for medical school with a special focus on clinical pathology.

My favorite piece of advice is, "If you can't beat fear, just do it scared." Fear was always part of my academic journey, but if I had let it stop me, I wouldn't be where I am today!

**Benjamin Pringle**  
Shasta College Knight



## GENERAL INFORMATION

# Welcome to Spring/Summer 2026! Invest in yourself!

Explore the opportunities with Shasta College's Community Education classes!



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The Shasta-Tehama-Trinity Joint Community College District ("Shasta College") does not discriminate against any person on the basis of race, color, national origin, sex, religious preference, age, disability (physical and mental), pregnancy (including pregnancy, childbirth, and medical conditions related to pregnancy or childbirth), gender identity, sexual orientation, genetics, military or veteran status or any other characteristic protected by applicable law in admission and access to, or treatment in employment, educational programs or activities at any of its campuses. Shasta College also prohibits harassment on any of these bases, including sexual harassment, as well as sexual assault, domestic violence, dating violence, and stalking.

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**BUILD YOUR**

**Extended Ed Ad— highlight classes in In-Termountain, Tehama, and Trinity**

**Free Tuition**

**APPLY NOW:** Shasta College

\*15+ units = \$4000/semester (\$8,000 per year), must be Cal Grant-eligible

## GENERAL INFORMATION

# Questions? and Answers!

### What is Community Education?

Community Education classes are offered as a complement to Shasta College's instructional programs and provide opportunities for personal growth and lifelong learning. These non-credit courses have no grades and are open to all. The Community Education program is a self-supporting branch of Shasta College and operates without the use of taxpayer funds. This free publication is brought to you by the Shasta College Community Education program and is released twice a year.

### How do I register?

Visit <https://shastacollege.coursesform.com> or use the QR codes found throughout this catalog to register for a class. In the Community Education online catalog, click the links to view courses in each category. To register for a class, click the "Register" link. Please note: if this is your first time using our online registration system, you will need to create a new account. You will be prompted through the registration process. In the future, you will not need to re-enter your information.

### How do I pay for a class?

Payments for classes are due at registration. We accept most major credit cards. Pre-registration for a class is incredibly important. **Please note:** Class schedules are subject to change. Check the online registration portal for the most up to date class information.

### Are there minimum enrollments for these courses?

We do not like to cancel classes; however, sometimes it is necessary to cancel before the first meeting when enrollments do not reach a minimum. If we do not have enough students registered for a class prior to its start date, it will be canceled. Every effort is made to notify registered students of the cancellation, by phone and/or by email. For this reason, we must have a current daytime phone number and email address on file. Your registration might be the one that enables the class to be held so **REGISTER EARLY!**

### Can I get a refund?

Refunds will only be granted if your request is received by the Community Education office at least ten (10) days or more before the first class meeting. **PLEASE NOTE:** a 10% administrative fee per class will be retained on all student-initiated cancellations. If your registration was paid by credit card or debit card, the refund will go back on to the same card that was used in the transaction. **Important:** If a refund request is submitted less than the required ten (10) day minimum, refunds will not be granted—no exceptions. Refunds will not be granted once a scheduled class has begun. There are no refunds or prorated fees issued for missed classes or absences—no exceptions. Any classes or day trips that include a materials fee or ticket of admission that has been purchased on behalf of the customer will also be deducted from the refund amount.

### How do I access the course once I register?

All courses are listed as either:

- **In-Person** – In which you arrive at each class at the day, time and location listed in the course description.
- **Hybrid** – You can choose to attend In-Person or engage with the class virtually.
- **Online** – These courses are mostly live classes that are accessed via Zoom or another online learning platform.

Read the specific course descriptions and take note of instructor communication before the start of class for detailed instructions regarding access to that class.

### Do I have to pay for parking?

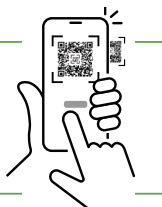
It depends! Parking regulations vary between the locations that the classes are held. Because we host classes at various locations, days, and times, parking fees may differ. Please visit our Important Information page for details.

## Coordinator's Corner

### LET'S MEET THE TEAM

#### HOW DO I USE A QR CODE?

Open your phone's camera and click on the link that appears on the scanner.



## ACTIVITIES

The "Activities" category of community education represents opportunities for people to learn, grow, or develop through DOING! This could be a summer camp, art class, fitness experience, or something else. But if you are creating a product or engaged in a stimulating activity, it will be listed in the course list below!



## Cooking

### Chef's Kitchen LIVE! with Pam Buono

**In-Person: Sizzle's Kitchen**

**Facilitator: Pam Buono**

**Fee: \$50**

In this demonstration-style cooking class, students will have an amazing, live, culinary learning experience without any of the hassle of cooking a meal! Join Chef Pam for amazing Italian cooking classes that include dinner, cooking demonstrations, and a recipe for you to replicate at home. (Check online for full menus and description)

**Session 1 – March 27, 2026**

**Session 2 – May 29, 2026**

1 Friday, 6:00pm – 7:30pm



## Fitness & Wellness

### Beginner Pickleball Morning and Evening

**In-Person: Riverview Country Club**

**Facilitators: Amy Brown & Damon Magana**

**\$80 per session (Morning or Evening)**

This class is the perfect place to start, where you'll learn the rules, basic strokes, court layout, and how to keep score in a relaxed and welcoming environment. No experience is needed, just come ready to move and have fun!

**Session 1: March 4 – March 25, 2026**

Mornings: 4 – Wednesdays 10:00am – 11:00am

Evenings: 4 – Wednesdays 5:00pm – 6:00pm

**Session 2: May 6 – May 27, 2026**

Mornings: 4 – Wednesdays 10:00am – 11:00am

Evenings: 4 – Wednesdays 5:00pm – 6:00pm

**Level Up Your Leadership!**  
Don't miss our new Leading with Purpose class on page 15

## Intermediate Pickleball

**In-Person: Riverview Country Club**

**Facilitators: Amy Brown & Damon Magana**

**\$80 per session**

This class is the perfect place to start, where you'll learn the rules, basic strokes, court layout, and how to keep score in a relaxed and welcoming environment. No experience is needed, just come ready to move and have fun!

**Session 1: March 5 – March 26, 2026**

**Session 2: May 7 – May 28, 2026**

4 – Thursdays, 5:00pm – 6:00pm

## Weighted Flag Flow

**In Person: Shasta College Main Campus**

**Facilitator: Angel Inokon**

**Fee: \$75.00**

Stop wasting time on boring gym classes: In just 6 weeks, you will master the complete 12-skill weighted flag system (flag poi) to gain the coordination and playful creativity of an experienced dancer. We eliminate the initial equipment barrier by providing premium Joya Flow flags and gifting you a FREE set of practice poi (\$20 value), so you can simply show up, flow, and leave with a skill set that lasts a lifetime.

**March 15 – April 26, 2026 (no class April 05)**

6 – Sundays, 9:00am – 10:30am

## Aqua Aerobics

**In-Person: Shasta College Shallow Water Pool**

**Facilitator: L. McKinney (Faithe)**

**Fee: \$65**

This is a shallow water aqua aerobics program working aerobically building strength, range of motion as well as balance and coordination with fun and uplifting music. No previous experience required. All skill levels are welcome.

**Summer 2026**

6 – Wednesdays, Time: TBD

\*Check back in February 2026 for dates and times posted online\*

## ACTIVITIES

### Aqua Aerobics Deep Water

**In-Person:** Shasta College Pool  
**Facilitator:** L. McKinney (Faithe)  
**Fee:** \$65

Aqua jogging or deep-water aerobic training is a cross training and rehabilitation method using an aqua jogging belt to enjoy low impact resistance training which can produce aerobic results, improve full range of motion, increase strength, all without impacting joints while suspended in the deep water.

#### Summer 2026

6 – Wednesdays, Time: TBD

\*Check back in February 2026 for dates and times posted online\*

### Aqua Core Strengthening

**In-Person:** Shasta College Pool  
**Facilitator:** L. McKinney (Faithe)  
**Fee:** \$65

This program is designed to build core strength in the water through the use of water noodles while working with fun and uplifting motivational music. No previous experience required. All skill levels are welcome.

#### Summer 2026

6 – Wednesdays, Time: TBD

\*Check back in February 2026 for dates and times posted online\*

### Introduction to Traditional Kung Fu

**In-Person:** Shasta College Main Campus  
**Facilitator:** Raphael Smith  
**Fee:** \$100.00 Per Session

In this course students will develop the body method, structure, and internal engine behind one of the most efficient internal martial arts. Based on the ancient principles of the Five Elements, Xingyiquan is a martial art deeply rooted in health, philosophy, and combat.

**Session 1:** April 1 – April 29, 2026

**Session 2:** June 1 – June 30, 2026

9 – Mondays & Wednesdays, 6:30pm – 8:00pm



Ready to join the fun? Scan the QR code to register!

### Fusion Yoga

**In-Person:** Shasta County Arts Council  
**Facilitator:** Rhonda Nelson  
**Fee:** \$50

Fusion Yoga is a blend of light cardio, strength training, Pilates and traditional yoga for a refreshing workout both in-person and/or at home to video links.

**March 24 – May 19, 2026 (no class on April 07)**

8 – Tuesdays, 5:30pm – 6:30pm

### Gentle Yoga

**In-Person:** Shasta County Arts Council  
**Facilitator:** Rhonda Nelson  
**Fee:** \$50

Gentle yoga uses nurturing movements, deep stretches, and mindful breathing to promote relaxation and well-being. The class includes in-person sessions plus weekly video links for at-home practice.

**January 26 – March 23, 2026**

**(no class on February 16)**

8 – Mondays, 5:30pm – 6:30pm

### Get Fit!

**In-Person:** Shasta County Arts Council  
**Facilitator:** Rhonda Nelson  
**Fee:** \$50

Get fit classes combine simple cardio, strength training, and yoga/Pilates for a complete body workout. Come to the in-person classes and/or workout at home with videos sent every week.

**Session 1:** January 21 – March 18, 2026

**(no class March 04)**

**Session 2:** March 25 – May 20, 2026

**(no class April 08)**

8 – Wednesdays, 5:30pm – 6:30pm

### Sensory Innovations: EveryBody Aquatics- Ages 7+

**In-Person:** Sun Oaks  
**Facilitator:** Sensory Innovations  
**Fee:** \$200

An inclusive water workout led by PTs and OTs, using water's resistance and buoyancy to improve fitness and support sensory regulation. Sensory breaks are provided as needed.

**June 05 – July 31, 2026**

8 – Fridays, 12:30pm – 2:30pm

## ACTIVITIES

### BAM™ LEGO Labs: Ages 6-12

**In-Person:** Cobblestone Shopping Center  
**Facilitator:** Bricks & Minifigs Redding  
**Fee:** \$35 per session

90 Minutes of pure LEGO fun! LEGO Derby Racing, Creative Individual & Team LEGO Challenges, Souvenir Minifigure, Small LEGO set included, and MORE!

**Session 1:** February 24, 2026

**Session 2:** April 28, 2026

**Session 3:** June 23, 2026

1 – Tuesday, 4:30pm – 6:00pm

### BAM™ LEGO Labs: Ages 13-17

**In-Person:** Cobblestone Shopping Center  
**Facilitator:** Bricks & Minifigs Redding  
**Fee:** \$35 per session

90 Minutes of pure LEGO fun! LEGO Derby Racing, Creative Individual & Team LEGO Challenges, Souvenir Minifigure, Small LEGO set included, and MORE!

**Session 1:** March 12, 2026

**Session 2:** May 14, 2026

**Session 3:** July 16, 2026

1 – Thursday, 5:00pm – 6:30pm

### BAM™ LEGO Labs: Homeschool Ages 6-17

**In-Person:** Cobblestone Shopping Center  
**Facilitator:** Bricks & Minifigs Redding  
**Fee:** \$35.00 per session

90 Minutes of pure LEGO fun! LEGO Derby Racing, Creative Individual & Team LEGO Challenges, Souvenir Minifigure, Small LEGO set included, and MORE!

**Session 1:** March 09, 2026

**Session 2:** May 11, 2026

**Session 3:** July 13, 2026

1 – Monday, 1:00pm – 2:30pm

Craving an adventure abroad? Check out our International Trips on page 22

## Performing Arts

### Acting Workshop

**In-Person:** Shasta College Community Leadership Center  
**Facilitator:** Dr. Amy Leigh Wicks  
**Fee:** \$225.00 per session

This 6-week Acting Workshop gets you on your feet and performing with confidence. Using core techniques and connection exercises, it helps actors of all levels take truthful actions in imaginary circumstances.

**Session 1:** February 03 – March 10, 2026

**Session 2:** March 24 – April 28, 2026

6 – Tuesdays, 6:30pm – 8:00pm

### Country Swing

**In-Person:** Lit From Within  
**Facilitator:** Bobby Milhouse  
**Fee:** \$85.00

Kick up your boots for this fun, high-energy Country Swing class! Learn basics, smooth turns, and partner connection. Bring a partner or friend and get ready to dance, laugh, and move to great country music—no experience needed!

**April 02 – April 23, 2026**

4 – Thursdays, 7:00pm – 8:30pm

### East Coast Swing

**In-Person:** Lit From Within  
**Facilitator:** Bobby Milhouse  
**Fee:** \$85

Bring a partner or a friend and learn the essential steps, turns, and timing that make this dance so joyful and easy to pick up!

**February 26 – March 19, 2026**

4 – Thursdays, 7:00pm – 8:30pm

### Salsa!

**In-Person:** Lit From Within  
**Facilitator:** Bobby Milhouse  
**Fee:** \$85

Feel the rhythm and move your feet! A fun, high-energy class for all salsa lovers — learn the foundational salsa steps, timing, explore new rhythm patterns, musicality, and Cuban motion.

**January 22 – February 12, 2026**

4 – Thursdays, 7:00pm – 8:30pm

## ACTIVITIES

### Improv

**In-Person:** Lit From Within  
**Facilitator:** Bobby Milhouse  
**Fee:** \$85

Step out of your comfort zone and into the spotlight with this fun, laughter-filled Improv class! All are welcome — no experience needed — just bring your curiosity, creativity, and willingness to play!

**May 07 – May 28, 2026**  
4 – Thursdays, 7:00pm – 8:30pm

### Rhythm & Roots: Beginner's West African Dance

**In-Person:** Shasta County Arts Council  
**Facilitator:** Damilola Afolabi  
**Fee:** \$75

Experience the rhythm and joy of West African dance through Rhythm & Roots! Learn traditional and contemporary movements that celebrate culture, connection, and community in this uplifting 4-week series.

**February 04 – February 25, 2026**  
4 – Wednesdays, 6:30pm – 7:55pm

### Rhythm & Roots: Beginner's South African Dance

**In-Person:** Shasta County Arts Council  
**Facilitator:** Damilola Afolabi  
**Fee:** \$75.00

Move to the beats of Amapiano, Pantsula, and Gumbboot-inspired rhythms in this beginner-friendly exploration of South African dance. Discover how modern and traditional styles unite joy, energy, and cultural storytelling.

**April 01 – April 22, 2026**  
4 – Wednesdays, 6:30pm – 7:55pm

### Intro to Salsa

**In-Person:** Shasta Arts Council  
**Facilitator:** Bobby Milhouse  
**Fee:** \$85

Get ready to move, groove, and feel the rhythm in this fun, high-energy intro to salsa class, perfect for dancers of all levels! No partner or experience needed — just bring your enthusiasm and get ready to light up the dance floor!

**Aug 12 – Sept 2**  
4 – Tuesdays, 7:15pm – 8:30pm

### Comedy Uncorked

**In-Person:** Westside Tap & Cork  
**Facilitator:** Dan McGowan  
**Fee:** \$85

This is part comedy show, and part comedy class! Join us for a night of stand-up comedy, with an overview of the craft of writing and performing stand-up. Each night features local working comedians and a beverage is included!

**Session 1: March 02, 2026**  
**Session 2: March 09, 2026**  
1 – Monday, 7:00pm – 9:00pm

### Stand-Up Comedy 101

**In-Person:** Shasta College Community Leadership Center  
**Facilitator:** Dan McGowan  
**Fee:** \$60.00

Learn how to bring your natural bent towards comedy to the stage! This 6-week course teaches you all the basics of stand-up comedy!

**March 10 – April 14, 2026**  
6 – Tuesdays, 6:30pm – 8:30pm

## Visual Arts

### Advanced Digital Photography

**In-Person:** Shasta College Community Leadership Center  
**Facilitator:** Avery Rosenthal  
**Fee:** \$115.00 per session

An in-person, one-day advanced photography workshop for creatives ready to move beyond auto mode and take full control of their digital camera. The day includes coffee, a clear breakdown of manual settings, hands-on practice, a guided shoot, and a supportive photo review and Q&A to build confidence.

**Session 1: February 21, 2026**  
**Session 2: March 14, 2026**  
**Session 3: April 18, 2026**  
1 – Saturday, 1:30pm – 5:30pm

## ACTIVITIES

### Photography Basics with Your Smartphone

**In-Person:** Shasta College Community Leadership Center  
**Facilitator:** Avery Rosenthal  
**Fee:** \$85.00 per session

Transform the way you take photos with your phone in one immersive day. Discover how to unlock your phone's full potential and learn core photography skills like composition, lighting, and visual storytelling - then practice them immediately on a guided photo walk.

**Session 1: February 21, 2026**  
**Session 2: March 14, 2026**  
**Session 3: April 18, 2026**  
1 – Saturday, 9:30am – 12:30pm

### The Art of Memory Keeping: Creating Your Own Mini Album

**In-Person:** Shasta County Arts Council  
**Facilitator:** Cassie McEachen  
**Fee:** \$150.00

In this workshop, you'll learn to preserve memories through scrapbooking as you create a personalized Mini Album. Suitable for all skill levels, it covers layout design, photo placement, and embellishing. You'll leave with a finished album and the skills to continue crafting at home.

**March 08, 2026**  
1 – Saturday, 10:00am – 2:00pm

### Beginning Floristry: Spring Wooden Box Arrangement

**In-Person:** Shasta College Main Campus or Tehama Floral Company  
**Facilitator:** Haley Ray  
**Fee:** \$50.00 per session

Create a vibrant spring centerpiece in a rustic wooden box while learning beginner floristry tips in a fun, supportive class. Includes an exclusive 20-minute Intro to Floristry pre-class.

**Session 1: March 20, 2026 – Shasta College Main Campus**  
1 – Friday, 5:00pm – 6:30pm  
**Session 2: March 26, 2026 – Tehama Floral Company**  
1 – Thursday, 3:00pm – 4:30pm

### Beginning Wreath Making: Eucalyptus Wreath

**In-Person:** Shasta College Main Campus or Tehama Floral Company  
**Facilitator:** Haley Ray  
**Fee:** \$70.00 per session

Craft a full eucalyptus wreath that dries in place and customize it with premium accents. All materials and premium add-ons included.

**Session 1: May 14, 2026 – Shasta College Main Campus**  
1 – Thursday, 3:00pm – 5:30pm  
**Session 2: June 17, 2026 – Tehama Floral Company**  
1 – Wednesday, 5:00pm – 7:30pm

## Youth Sports

### High School Volleyball Camp

**In-Person:** Shasta College Main Campus Gym  
**Facilitator:** Pablo Lana  
**Fee:** \$180.00

Learn Advance Volleyball skills including passing, setting, hitting and game strategies that will help you make your high school team.

**Summer 2026**  
Time: TBD

### Junior High School Volleyball Camp

**In-Person:** Shasta College Main Campus Gym  
**Facilitator:** Pablo Lana  
**Fee:** \$120.00 per session

Learn essential Volleyball skills including passing, setting, hitting and game strategies that will help you make your junior high school team.

**Summer 2026**  
Time: TBD

**Unleash Your Potential!**  
**Check out our Personal Growth Classes on page 10**

## PERSONAL GROWTH

The “Personal Growth” category offers interdisciplinary classes designed to inspire lifelong learning. From practical topics like personal finance to enriching subjects like history and literature, these courses aim to rekindle your love for learning and provide valuable insights for daily life.



### Garden & Landscape Design

#### Introduction to Landscape Design

**In-Person:** Plantable  
**Facilitator:** Kirkwood Hale  
**Fee:** \$40.00

Whether you're improving your yard or exploring a new career path, this beginner-friendly class covers the basics of landscape planning, plant selection, and design. Learn to create beautiful, functional, and sustainable outdoor spaces.

**March 07, 2026**  
1 – Saturday, 9:00am – 11:00am

#### Gardening Basics: Growing Your Greenthumb

**In-Person:** Plantable  
**Facilitator:** Leilani Henderson  
**Fee:** \$40.00

Designed for beginners, this hands-on class covers everything you need to know to start and maintain a healthy garden. Whether you have a backyard, balcony, or just a few pots on a windowsill, you'll gain the skills and confidence to grow your own flowers, herbs, and vegetables.

**April 04, 2026**  
1 – Saturday, 9:00am – 11:00am

#### Propagation Techniques: Unlock the Magic of Multiplying Plants!

**In-Person:** Plantable  
**Facilitator:** Colin Lynch  
**Fee:** \$40.00

This hands-on class teaches you how to grow new plants from seeds, cuttings, divisions, and more. Whether you're a beginner or looking to sharpen your skills, you'll learn practical methods to successfully propagate a wide variety of plants.

**April 25, 2026**  
1 – Saturday, 9:00am – 11:00am

#### Introduction to Soils: Unlocking Secrets Beneath Your Feet!

**In-Person:** Plantable  
**Facilitator:** Leilani Henderson  
**Fee:** \$40.00

Whether you're a gardener, landscaper, or simply curious, this class builds a solid foundation in soil science. Learn how soil type, structure, pH, and nutrients affect plant health—and how to improve your soil for better growth.

**March 14, 2026**  
1 – Saturday, 9:00am – 11:00am

#### Container Gardening Workshop: Growing Hope in Every Pot

**In-Person:** Plantable  
**Facilitator:** Nicki Thieme  
**Fee:** \$85.00

Create your own container garden at Plantable! Learn to mix plants for color, texture, and function using water-wise, pollinator-friendly varieties for Redding's climate. Price includes container, plants, and soil (\$65 value).

**April 11, 2026**  
1 – Saturday, 9:00am – 11:00pm

### Finance

#### How Tax Planning Changes through Four Stages of Retirement

**In-Person:** Shasta College Community Leadership Center  
**Facilitator:** Ric Komarek  
**Fee:** \$45.00

Know your after-tax retirement picture before you retire—and avoid Social Security and Medicare tax traps. Learn a tax-smart strategy for managing assets and optimizing withdrawals.

**February 24, 2026**  
1 – Tuesday, 6:00pm – 8:00pm

## PERSONAL GROWTH

### Investments, Annuities and Income in Retirement – Putting it All Together

**In-Person:** Shasta College Community Leadership Center  
**Facilitator:** Ric Komarek  
**Fee:** \$45.00

Learn how to better manage your investments, avoid costly mistakes and develop an income plan that can provide income security for life.

**March 10, 2026**  
1 – Tuesday, 6:00pm – 8:00pm

### Making Government Benefits Work for You

**In-Person:** Shasta College Community Leadership Center  
**Facilitator:** Ric Komarek  
**Fee:** \$45.00

As you approach retirement, it's crucial to understand the role Social Security should play in your overall income plan. This class also explains Medicare in simple, practical terms, including today's health plan choices like original Medicare and Medicare Advantage.

**March 03, 2026**  
1 – Tuesday, 6:00pm – 8:00pm

### Historical Studies

#### Pint Sized History

**In-Person:** Westside Tap & Cork  
**Facilitator:** Tim Orr  
**Fee:** \$85.00 per session

This course will consist of a flight of beers and an historical lecture regarding the significant events around the origination of the particular style of beer for that week. Rather than looking just at the history of beer, this class connects beer to history more broadly and gives you a taste of the past at the same time.

**Session 1: February 03 – February 24, 2026**  
4 – Tuesdays, 7:00pm – 8:30pm

**Session 2: June 01 – June 22, 2026**  
4 – Mondays, 7:00pm – 8:30pm

## Language and Writing

### Poetry Workshop

**Hybrid:** Shasta College Community Leadership Center & Online Via Zoom  
**Facilitator:** Amy Leigh Wicks  
**Fee:** \$115.00 per session

A 6-week poetry workshop that will include writing exercises, check-ins, poetry discussions, and the creation of poetry with guided prompts. Participants will have opportunities to share their work and learn new poetic forms.

**Session 1: February 02 – March 16, 2026**  
**Session 2: March 30 – May 04, 2026**  
6 – Mondays, 8:30am – 9:30am

### Basic Introduction to Americal Sign Language

**In-Person:** Shasta College Health Sciences  
**Facilitator:** Tami Lucé  
**Fee:** \$65.00

Discover the benefits of learning American Sign Language (ASL) and connect with the Deaf Community in meaningful new ways! Join our Introduction to ASL class to learn essential signs, practice expressive communication and build inclusive connections right in your community.

**March 17 – May 12, 2026**  
8 – Tuesdays, 6:00pm – 7:00pm

### Practical Insights

#### Midlife Metabolism and Hormone Reset Course

**Online:** Zoom Class  
**Facilitator:** Erika Bishop  
**Fee:** \$125.00 per session

This 4-week class guides women 40–65 through the real shifts of perimenopause and menopause using a nurturing blend of anti-inflammatory nutrition, hormone education, and habit coaching. You'll learn simple, realistic strategies to boost energy, improve sleep, and feel more like yourself again.

**Session 1: March 03– March 24, 2026**  
4 – Tuesdays, 12:05pm – 12:50pm

**Session 2: May 05– May 26, 2026**  
4 – Tuesdays, 12:05pm – 12:50pm

## PERSONAL GROWTH

### Prediabetes Action Plan: Simple Steps for Lasting Change

In-Person: Shasta College Community Leadership Center  
Facilitator: Erika Bishop  
Fee: \$140.00

Have you been told you're at risk for Diabetes by a doctor or a family member? You're not alone — and there is something you can do.

**February 26 – April 02, 2026**  
6 – Thursdays, 5:30pm – 7:00pm

### Create Your Website for Fun, Profit & Business!

Online: Zoom Class  
Facilitator: Kevin Boyd  
Fee: \$65.00

Explore the best drag-and-drop website builders for creating a dynamic small-business site, including a comparison of website and e-commerce platforms. Covers SEO and social media marketing basics.

**February 03, 2026**  
1 – Tuesday, 6:00pm – 9:00pm

### Don't Throw It Away – Sell It Online!

Online: Zoom Class  
Facilitator: Kevin Boyd  
Fee: \$65.00

Explore top apps for selling used items, along with photography tips, dos and don'ts, and strategies for choosing the best platform.

**February 12, 2026**  
1 – Thursday, 6:00pm – 9:00pm

### Sell It On eBay!

Online: Zoom Class  
Facilitator: Kevin Boyd  
Fee: \$100.00

Learn how to create a seller account, upload photos, accept online payments and create a listing. Includes insider tips, tricks and traps, what to sell, photography, plus the best strategies for selling antiques and collectibles.

**February 02 – February 04, 2026**  
2 – Monday & Wednesday, 6:00pm – 9:00pm

### Natural Skincare: Face Polish & Body Scrubs-Interactive Workshop

In-Person: Shasta College Main Campus  
Facilitator: TracyAnn Sanfilippo  
Fee: \$50.00 per session

In this hands-on workshop, you'll learn to make your own natural face polish and sea salt body scrub using simple, skin-loving ingredients. Leave with beautifully handcrafted products made by you—ready to use or gift.

**Session 1: March 14, 2026**  
1 – Saturday, 10:00am – 12:00pm

**Session 2: April 18, 2026**  
1 – Saturday, 10:00am – 12:00pm

### Probiotics and Gut Health-Interactive Workshop

In-Person: Shasta College Main Campus  
Facilitator: TracyAnn Sanfilippo  
Fee: \$35.00 per session

This in-person interactive workshop introduces beginners to the basics of gut health and fermentation. Participants will learn to make water kefir, ferment foods, and craft kombucha while tasting and sampling a variety of probiotic creations.

**Session 1: March 07, 2026**  
1 – Saturday, 10:00am – 12:00pm

**Session 2: April 11, 2026**  
1 – Saturday, 10:00am – 12:00pm

### The Clean Home Project-Interactive Workshop

In-Person: Shasta College Main Campus  
Facilitator: TracyAnn Sanfilippo  
Fee: \$35.00 per session

In this workshop, you'll make your own all-natural products and leave with safe, effective cleaners you can feel good about using. We will be creating a Palo Santo floor cleaner, a sanitizing stainless steel polish and a grapefruit tea-tree antimicrobial spray.

**Session 1: March 21, 2026**  
1 – Saturday, 10:00am – 12:00pm

**Session 2: April 25, 2026**  
1 – Saturday, 10:00am – 12:00pm

## PROFESSIONAL DEVELOPMENT

“Professional Development” is brought to you by our Business Training Center (BTC). The BTC has a laser focus on training, upskilling, and developing the work-force of the North State. These trainings are of benefit to our local businesses as well as job seekers that are looking to add additional skills to their skillset.



## Business Skills

### Negotiating For Success

In-Person: Shasta College Community Leadership Center  
Facilitator: Karl Burch  
Fee: \$75.00 per session

Everyone negotiates—often without realizing it—so strong negotiation skills benefit people in any role or organization, especially those working with employees, customers, suppliers, partners, competitors, unions, or landlords.

**Session 1: February 25, 2026**  
**Session 2: March 18, 2026**  
**Session 3: April 15, 2026**  
1 – Wednesday, 9:00am – 1:00pm

### Leading With Purpose

In-Person: Shasta College Community Leadership Center  
Facilitator: Dr. Stephen Campbell  
Fee: \$195.00 per session

Leading with Purpose cuts through the noise to help you build a solid leadership foundation. Through interactive work with fellow leaders, you'll explore six key components that strengthen and grow you as a lifelong leader.

**Session 1: February 06 – February 13, 2026**  
2 – Fridays, 8:00am – 12:30pm  
**Session 2: March 20, 2026**  
1 – Friday, 8:00am – 5:00pm (1 hour lunch break)

**Get your kids active and energized! Check out Youth Sports on page 9**

## Nonprofit Management

### A Nonprofit IS A Business And Needs To Be Operated That Way

Online: Zoom Class  
Facilitator: Bob Reich  
Fee: \$45.00

A nonprofit MUST be run in a business-like manner to ensure success and survival. This workshop will discuss how nonprofits are a business, and the variations from a for-profit business.

**March 31, 2026**  
1 – Tuesday, 6:30pm – 8:00pm

### Are You Thinking About Starting A Nonprofit Organization?

Online: Zoom Class  
Facilitator: Bob Reich  
Fee: \$45.00

Do you want an overview of the processes, requirements, and planning for creating, incorporating, and applying for nonprofit status with the IRS and state for a nonprofit organization? This workshop will provide information to understand what lies ahead.

**February 10, 2026**  
1 – Tuesday, 6:30pm – 8:00pm

### Effective Nonprofit Fundraising and Grant Writing

Online: Zoom Class  
Facilitator: Bob Reich  
Fee: \$110.00

Whether you are seeking organizational contributions, writing grants, selling school fundraising items, putting on an event, or other requests, is asking for and bringing in funds to support your organization a challenge? In this course you will learn basic fundraising and grant techniques for your project or organization.

**April 22– May 06, 2026**  
2 – Wednesdays, 6:30pm – 8:30pm

## PROFESSIONAL DEVELOPMENT

### Strengthen The Effectiveness of Your Nonprofit Board

Online: Zoom Class  
Facilitator: Bob Reich  
Fee: \$60.00

The board is legally and functionally responsible for everything in the organization, yet many board members do not know or understand their roles and responsibilities. This class will cover the basic information to improve your board.

**March 24, 2026**  
1 – Tuesday, 6:30pm – 8:30pm

### Techniques Of Managing A Nonprofit Organization

Online: Zoom Class  
Facilitator: Bob Reich  
Fee: \$110.00

Do you want an overview to learn, understand or review the techniques and functions of operating and managing a nonprofit organization? This class can be valuable for staff, volunteers, Board members, and those considering starting a nonprofit organization.

**February 25– March 11, 2026**  
3 – Wednesdays, 6:30pm – 8:30pm

**SBDC**



### Developing Your Business Plan

In-Person: Shasta College Community Leadership Center  
Facilitator: Bryan Rheem  
Fee: \$30.00

A business plan validates your idea, analyzes the market and competitors, and outlines financial forecasts to guide your strategy. This class covers its key components and helps students start drafting plans for their own businesses.

**March 25– April 08, 2026**  
3 – Wednesdays, 5:00pm – 7:00pm



Ready to unlock new skills? Scan the QR code to register!

### Launching Cottage Food Business in Northern California

In-Person: Shasta College Community Leadership Center  
Facilitator: Quintin Gaddy, Director:  
Shasta-Cascade Small Business Development Center (SBDC)  
Fee: \$30.00

This two-part course is structured to support entrepreneurs in Northern California who want to learn how to start and grow a cottage food business.

**May 21– May 28, 2026**  
2 – Thursdays, 5:00pm – 7:00pm

### QuickBooks Series

In-Person: Shasta College Community Leadership Center  
Facilitator: Rebecca Lehman  
Fee: \$60.00 per session

These 2-hour classes cover everything you need to get going with QuickBooks Online. Each class covers a unique topic and allows you to register for the knowledge that you need!

**Session 1 – January 21, 2026 – Bookkeeping Basics & Getting Started with QuickBooks Online 1/4**

1 – Wednesday, 6:00pm – 8:00pm

**Session 2 – January 28, 2026 – Setting Up QuickBooks and Creating Customized Forms 2/4**

1 – Wednesday, 6:00pm – 8:00pm

**Session 3 – February 4, 2026 – Accounts Receivable in QuickBooks Online 3/4**

1 – Wednesday, 6:00pm – 8:00pm

**Session 4 – February 11, 2026 – Accounts Payable, Reconciliations, Reports in QuickBooks Online 4/4**

1 – Wednesday, 6:00pm – 8:00pm

**Got questions?**

Check out our Questions and Answers on page 4

## PROFESSIONAL DEVELOPMENT

### Soft Skills

#### Presence: A Workshop on Entering, Looking, and Speaking Your Best

Hybrid: Shasta College Community Leadership Center & Zoom  
Facilitator: Dr. Amy Leigh Wicks  
Fee: \$250.00 per session

Whether you host a podcast and want to level up or are looking to feel more comfortable in your skin at social gatherings, this workshop will help you to get grounded and confident in who you are in person, online, and on camera.

**Session 1: February 04 – March 11, 2026**

**Session 2: March 25 – April 29, 2026**  
6 – Wednesdays, 6:30pm – 8:00pm

#### YOU - University: Turn Your Passion into an Online School of Influence and Income

In-Person: Shasta College Health Sciences  
Facilitator: Mark Putnam  
Fee: \$75.00 per session

This is a practical, step-by-step course that helps anyone turn their passions, skills, and expertise into a compelling online learning experience. Learn how to design, brand, launch, and monetize your own digital course or platform using simple, effective tools and strategies.

**Session 1: February 12 – February 26, 2026**

**Session 2: March 12 – March 26, 2026**  
3 – Thursdays, 5:00pm – 7:00pm

#### From Stuck to Unstoppable: Discover the Mindset That Moves You Forward

In-Person: Shasta College Health Sciences  
Facilitator: Mark Putnam  
Fee: \$75.00 per session

This transformative mindset course helps people break free from limiting beliefs, unproductive thought patterns, and build lasting emotional resilience. Learn how to activate a growth mindset, regain momentum, and move confidently toward your goals.

**Session 1: February 17 – March 03, 2026**

**Session 2: March 17 – March 31, 2026**  
3 – Tuesdays, 5:00pm – 7:00pm

### Technology Skills

#### Ask Better Questions, Get Better Results

In-Person: Shasta College Community Leadership Center  
Facilitator: Jenn Snider  
Fee: \$75.00 per session

This beginner class teaches how to craft survey questions that yield meaningful, actionable insights.

**Session 1: April 16, 2026**

1 – Thursday, 9:00am – 11:00am

**Session 2: April 22, 2026**

1 – Wednesday, 5:30pm – 7:30pm

**Session 3: June 04, 2026**

1 – Thursday, 5:30pm – 7:30pm

**Session 4: June 10, 2026**

1 – Wednesday, 9:00am – 11:00am

#### Introduction to Microsoft Excel

In-Person: Shasta College Health Sciences Campus & Tehama Campus  
Facilitator: Rio Miner  
Fee: \$115.00 per session

Enhance your skills with MS Excel by mastering data organization, analysis, and interpretation with formulas, tables, and graphs.

**Session 1: March 11 – March 25, 2026 – Health Sciences**

3 – Wednesdays, 5:30pm – 7:00pm

**Session 2: May 13 – May 27, 2026 – Tehama Campus**

3 – Wednesdays, 10:00am – 11:30am

#### Quick Tips for Microsoft Excel

In-Person: Shasta College Health Sciences & Tehama Campus  
Facilitator: Rio Miner  
Fee: \$50.00 per session

Boost your MS Excel skills with a refresher on formulas, tables, graphs, and data analysis techniques.

**Session 1: April 16, 2026– Health Sciences**

1 – Wednesday, 5:30pm – 7:00pm

**Session 2: June 11, 2026– Tehama Campus**

1 – Wednesday, 10:00am – 11:30am

## PROFESSIONAL DEVELOPMENT

### How to Start Using A.I.- Practical Tips

In-Person: Shasta College Health Sciences  
Facilitator: Rio Miner  
Fee: \$50.00 per session

This course is a practical introduction to Artificial Intelligence (AI). Learn what newly available AI tools can do, what they do not do very well, how to use them, and how to keep personal information secure.

**Session 1: May 28, 2026**  
1 – Thursday, 5:30pm – 7:00pm

**Session 2: June 24, 2026**  
1 – Wednesday, 5:30pm – 7:00pm

### Workforce Development Skills

#### Mass Casualty Incidents, Management, and Triage

Online: Asynchronous  
Facilitator: Frank Friend III  
Fee: \$60.00

Gain practical skills for managing mass casualty incidents, including triage, incident command, and hands-on scenarios.

**March 22 – April 03, 2026**  
\*24/7 access during the dates presented\*

#### Incident Safety Awareness for Hired Vendors

In-Person: Shasta College Main Campus  
Facilitator: Greg McFadden  
Fee: \$225.00 per session

Learn the essentials of fireline and incident safety for wildland fire vendors, including hazards, entrapment avoidance, risk mitigation, safe practices, fire shelter use, and incident organization.

**Session 1: March 21, 2026**  
**Session 2: April 11, 2026**  
**Session 3: May 23, 2026**  
**Session 4: June 20, 2026**  
**Session 5: July 18, 2026**  
1 – Saturday, 8:00am – 5:00pm

### American Heart, CPR, First Aid, AED

In-Person: Shasta College Main Campus  
Facilitator: Korey Conry  
Fee: \$125.00

CPR is required at most companies as a part of employment and needs to be renewed every two years. This Certification is good for 2 years.

**March 13, 2026**  
1 – Friday, 1:00pm – 5:00pm

### Certified Flagger Training

In-Person: Shasta College Main Campus  
Facilitator: Korey Conry  
Fee: \$125.00

Most major contracts will require a flagging group on site while any type of road work is being performed to keep liability to a minimum. Certification is good for 4 years.

**March 13, 2026**  
1 – Friday, 8:00am – 12:00pm

### OSHA 10

In-Person: Shasta College Main Campus  
Facilitator: Korey Conry  
Fee: \$250.00

An OSHA 10 General Industry card is for entry-level non-construction workers, promoting workplace safety and informing them of their safety rights.

**February 27– February 28, 2026**  
2 – Friday & Saturday, 8:00am – 1:00pm

### Notary Public Certification

In-Person: Shasta College Community Leadership Center  
Facilitator: Tracy Boyum  
Fee: \$150.00 per session

This course is designed to provide students with the knowledge and professional skills necessary to become a proficient California notary public and prepare for the State's examination.

**Session 1: April 10, 2026**  
1 – Friday, 8:30am – 3:30pm  
(State exam at 4:00pm)

**Session 1: July 10, 2026**  
1 – Friday, 8:30am – 3:30pm  
(State exam at 4:00pm)

## TRIPS AND TRAVEL

The “Trips and Travel” category is probably one of our favorites. This is a chance to learn through experience. We offer both regional Day Trips, as well as Domestic and International Travel through our partners at Collette! These adventures provide unique opportunities to explore, connect, and create lasting memories.



### Day Trips

#### Alcatraz Island Tour

In-Person: San Francisco, Pier 33, CA  
Facilitator: Darlene Montgomery & Shannon Mantor  
Fee: \$180.00

Discover the legendary stories of Alcatraz Island as you wander its historic cellblocks. Take in breathtaking Bay views and immerse yourself in one of San Francisco's most unforgettable attractions.

Saturday | July 11

#### Shakespeare - “Henry IV - Part One”

In-Person: Ashland, OR  
Facilitator: Darlene Montgomery & Shannon Mantor  
Fee: \$150.00

Enjoy an unforgettable evening at the Oregon Shakespeare Festival with a dynamic performance of Henry IV, Part One. Watch Shakespeare's epic tale of honor, rebellion, and Prince Hal's journey come to life on stage in the charming town of Ashland.

Saturday | June 13

#### San Francisco Flower Mart & de Young Museum

In-Person: San Francisco, CA  
Facilitator: Darlene Montgomery & Shannon Mantor  
Fee: \$180.00

Visit the vibrant San Francisco Flower Mart to explore a stunning array of fresh blooms and bustling local vendors. Continue your day at the de Young Museum, where world-class art and immersive exhibitions await in the heart of Golden Gate Park.

Saturday | March 07

#### Woodland Opera House - “The Crucible”

In-Person: Woodland, CA  
Facilitator: Darlene Montgomery & Shannon Mantor  
Fee: \$150.00

Experience Arthur Miller's powerful drama The Crucible brought to life on stage at the historic Woodland Opera House. This gripping production immerses you in the tension, emotion, and timeless themes of the Salem witch trials.

Sunday | March 29

#### Golden Gate Park

In-Person: San Francisco, CA  
Facilitator: Shannon Mantor  
Fee: \$120.00

Explore the natural beauty of Golden Gate Park with its lush gardens, peaceful trails, and iconic landmarks. Enjoy a perfect blend of relaxation and adventure in one of San Francisco's most beloved urban escapes.

Saturday | May 02

#### Mushroom Festival

In-Person: McCloud, CA  
Facilitator: Shannon Mantor  
Fee: \$55.00

Discover the charm of McCloud's Mushroom Festival, where foragers, food lovers, and artisans come together to celebrate all things fungi. Enjoy tastings, live music, and local vendors in a vibrant mountain-town setting.

Sunday | Dec 07

Turn your passion into an Online school! Check out YOU-University on page 17

## TRIPS AND TRAVEL

### Old Town Sacramento with Underground Tour

**In-Person:** Old Town Sacramento Waterfront, CA  
**Facilitator:** Shannon Mantor  
**Fee:** \$125.00

Explore the historic charm of Old Town Sacramento Waterfront with its lively shops, museums, and river views. Discover Gold Rush history on the Underground Tour, offered at 11:00am or 12:30pm.

Saturday | **June 27**

### Rumble Over the Redwoods

**In-Person:** McKinleyville, CA  
**Facilitator:** Shannon Mantor  
**Fee:** \$140.00

Experience the thrill of Rumble Over the Redwoods in McKinleyville, an exciting off-road adventure through towering forests and scenic trails. Enjoy adrenaline-pumping action and breathtaking natural beauty in this unforgettable outdoor event.

Saturday | **August 08**

### Free Travel Presentation

**In-Person:** Shasta College Community Leadership Center  
**Facilitator:** Jay Fehan  
**FREE**

Please RSVP. Seating is limited, please sign up for this free presentation to reserve your seat.

If you would like to learn more about these trips before making the commitment, join us for an entertaining, colorful, and informative trip preview. Our Collette Travel representative will be present to provide all the information about the travel arrangement, travel destinations, accommodation, prices, what is included, and much more.

**Session 1: February 16, 2026**

**Session 2: June 15, 2026**

1 – Monday, 5:00pm – 6:00pm

## TRIPS AND TRAVEL

Collette Travel and Shasta College Community Education have partnered to bring amazing travel opportunities to the North State. Each of these trips includes: airfare, round-trip transportation to the airport, lodging, and an amazing hosted experience. For more information make sure to visit our website!

### Domestic-International Travel

#### The Plains of Africa

Collette Travel



Enjoy Kenya's scenic vistas and magnificent wildlife as you traverse the African plains on an intimate safari adventure. These are the plains of Africa, where unparalleled experiences greet you at every turn.

**Oct 1 – 14, 2026 • 14 days • 33 Meals**

For best rates, please sign up before March 02

#### Discover Exploring Britain and Ireland

Collette Travel



Travel to fascinating cities and through the magical countryside of England, Ireland, Scotland and Wales, exploring historic places, iconic sights, and rich heritages. This is an unforgettable journey for the books through Britain and Ireland.

**Jan Nov 1 – 15, 2026 • 15 Days • 20 Meals**

For best rates, please sign up before May 02

### Journey Through the Heart of Japan

Collette Travel



Discover the heart of Japan's urban landscapes and natural wonders, from Tokyo's electric energy to Kyoto's Zen serenity. Along the way, discover the art, flavors, and spirit that make Japan unforgettable.

**Apr Mar 5 – 16, 2027 • 12 Days • 15 Meals**

For best rates, please sign up before August 06

### Colors of Morocco

Collette Travel



Discover the vibrant culture and colorful backdrops that are distinctively Morocco. Immerse yourself in Morocco's deep history and unique atmosphere and encounter welcoming people on an unforgettable journey.

**April May 6 – 20, 2027 • 15 Days • 27 Meals**

For best rates, please sign up before October 07

Half page Ad

# NatureBridge in Yosemite

**March 29 – April 3, 2026**

The NatureBridge in Yosemite program serves over 80+ high school sophomores and juniors each year.

Now managed by Shasta College's North State Together, the program remains fully funded by The McConnell Foundation, covering tuition, lodging, and transportation. Nominated students complete eight hours of environmental community service to participate. Open to public high schools in Shasta, Tehama, Trinity, Modoc, and Siskiyou Counties, as well as Hoopa Valley Jr/Sr High School in Humboldt County and Big Valley Jr/Sr High School in Lassen County.



**Scan the QR code  
for more information**

**Or contact:**

Program Director Onica Mello  
omello@shastacollege.edu | (530) 395-8532



This program is funded by The McConnell Foundation, Redding, California. Foundation a private, nonprofit organization whose mission help build better communities through philanthropy.

Digital Literacy Ad

SIMPSON AD

# CLASS A COMMERCIAL DRIVER'S LICENSE (CDL) TRAINING

Get on the Road to a New Career



### Program Highlights

- FMCSA-compliant ELDT training
- Hands-on driving in modern trucks
- Pre-trip inspections, backing, highway driving & DMV prep
- Complete in 2-4 weeks

### Requirements (Before Registering):

- Must be 18+
- Commercial Learner's Permit
- ELDT Theory Course (unit course offered at Shasta College)
- DOT Physical
- Drug testing (through our third-party testing partner)

### Cost: \$3,500\*

Includes truck use & instructor for DMV test day  
(\*An additional fee will apply for each retest)

### Start Your CDL Journey Today

Build skills.  
Earn your Class A license.  
Launch a career.



Scan the QR  
code to join the  
Interest List



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## Looking for Talented Presenters!

**Have a skill you can share? A new course idea you're interested in?** Let us know! Pass on what you've learned and earn some extra cash—all in a fun, interactive teaching environment! We value your feedback and are always looking for qualified, passionate instructors. Drop us a quick email at: [Comm-Ed@shastacollege.edu](mailto:Comm-Ed@shastacollege.edu) and one of our coordinators will personally reach out to schedule a meeting!



**Shasta College**

[www.shastacollege.edu](http://www.shastacollege.edu)

1401 California Street  
Redding, CA 96001

(530) 395-8563

[Comm-Ed@ShastaCollege.edu](mailto:Comm-Ed@ShastaCollege.edu)

[www.ShastaCollege.edu/CommunityEducation](http://www.ShastaCollege.edu/CommunityEducation)