



## Personal Enrichment and Wellness

### **FITNESS & WELLNESS**

#### **Energy Fusion (C/S601)**

**Join us to HIIT it with a fun, motivating exercise session. Don't want to leave home? Zoom this cardio/strength/core class & improve your fitness!**

It's counterintuitive right? Expend energy to increase your energy? Join us and see for yourself!

Exhilarating and invigorating cardio intervals use body weight and dumbbells to increase body metabolism, strength and improve mood. Get your mind set on High Intensity but Low Impact Intervals and join an amazing community of fun, energized and like-minded individuals who want to live their best life. Recent research shows that building muscle and developing strength is one of the most beneficial things you can do for your health and wellness, regardless of your fitness goals or age. Class includes warm up, intervals, resistance training, cool down and flexibility work. This class is designed to complement Thursday's Fusion Pilates class but can be taken separately. The instructor can suggest modifications for physical limitations. You will need a yoga mat, water, and 2-5 lb. Dumbbells. **This class will be offered in person or online.**

9/29-12/15, Monday (12 sessions)

4:45 PM - 5:45 PM

ACM: Online or In person-Western Region Correctional Training Bldg., Room 102

Instructor: Phyllis Washington, AFPA Personal Trainer, Pilates Level 3

Instructor, Group Fitness and Aqua Fitness Certifications

Course Cost: \$60

Maryland Senior Course Cost: \$60

#### **Fusion Pilates (C/S604)**

Accelerate your metabolism and build essential muscle for balance, strength and flexibility. Small group resistance training with a focus on Strength, Core Work and Stretching utilizing dumbbells (light and medium), stability ball, bands and bodyweight. Join an energetic group that puts in the effort to realize the significant rewards of feeling strong, flexible and capable. Muscle strength is essential for safely navigating daily life and remaining independent as we age. If you are interested in increasing your metabolism, strength, core strength and flexibility and developing a more positive body image and mood, we will be happy to add you to the class!

This class is designed to complement Monday's ENERGY FUSION class but can be taken separately. The instructor can suggest modifications for physical limitations. You will need a yoga mat, yoga strap, water, stability ball, dumbbells and a resistance band. **This class will be offered in person or online.**

9/25-12/18, Thursday (12 sessions)

No class 11/27

4:45 PM - 5:45 PM

ACM: Online or In person -Western Region Correctional Training Bldg., Room 102

Instructor: Phyllis Washington, AFPA Personal Trainer, Pilates Level 3

Instructor, Group Fitness and Aqua Fitness Certifications

Course Cost: \$60

Maryland Senior Course Cost: \$60

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### Beginner Flow Yoga (CHE807)

Slow-paced class using a variety of gentle stretching, strengthening, and balancing poses, along with a focus on breathing to increase circulation and reduce stress. Most classes will have a combination of meditation, breath work, and reclined/seated/standing positions.

9/15-12/8, Monday (12 sessions)

No class 11/24

9:30 AM - 10:30 AM

Or

9/16-12/9, Tuesday (12 sessions)

No class 11/25

5:30 PM - 6:30 PM

ACM: CC Loft

Instructor: Katy Smith

Course Cost: \$85

Maryland Senior Course Cost: \$85

### Yin and Restore (CHE230)

This class is perfect for someone new to yoga or someone looking for a way to experience a relaxing yoga class with benefits! Yin yoga incorporates traditional yoga poses that are held for longer than in most yoga classes. These poses are mostly done seated or lying down. The result is a more relaxed style of yoga that focuses on the connective tissues of the body, promoting long term joint health. Restorative yoga poses are supported by props and held for an extended period of time. These poses will help melt your stress away at the end of the day!

9/4-11/20, Thursday (10 sessions)

No class 10/23 & 11/13

5:30 PM - 6:30 PM

ACM: CC Loft

Instructor: Cindy Zumbrun

Course Cost: \$75

Maryland Senior Course Cost: \$75

## ARTS & CRAFTS

### Eye Candy (C/S605)

This workshop, which grew out of close study of the watercolors of Bill Vrscaj, encourages participants to simplify portions of a painting design into silhouettes and large washes, which are made more magical by adding "eye candy." Eye candy is a strategy of modulating the hue in some wash areas while wet. Adding these bits of "extra" color to otherwise simplified shapes more than makes up for the simplification of the subject and adds value and interest to paintings. As part of the workshop, participants will also practice simplifying painting designs by using markers to make 3- to 4-value thumbnail sketches.

NEW



Comfort with basic drawing. Students will be expected to draw thumbnail compositions and redraw/scale up the thumbnail design onto watercolor paper. Comfort with watercolor (ability to get paint out of wells and mix with water to create working puddles that can be adjusted with more/less water, more/less

## Personal Enrichment and Wellness

pigment, and ability to get enough water/pigment into brush and onto paper in large washes), knowledge of watercolor terminology (flat wash, graded or graduated wash, wet-into-wet, wet-over-dry, dry brush, etc.), basic understanding of value (light areas, middle gray areas, dark areas), basic understanding of the color wheel (can identify primary colors and knows how secondary colors – orange, green, purple – are mixed from primary colors).

### Materials List:

- Some snapshots of landscapes. They don't need to be great photos (the best paintings come from not-so-great references). Keep them pretty simple, so avoid busy streetscapes or highly detailed subjects that would be a challenge to draw in a limited time. If you can, bring them as print-outs rather than looking at them on your smartphone or tablet, and if you can also print them in black and white, that would be great.
- Pencil
- Soft eraser (I prefer kneaded erasers to minimize damage to watercolor paper)
- One black plus one or two gray markers of differing values (one lighter and one darker). The markers will be used to create 3- or 4-value studies. The markers don't need to be waterproof.
- Sketch book or scrap paper for drawing (and if using a sketch book, have some scrap paper available that we'll use to keep marker from bleeding through onto the next page in the sketchbook)
- Paper towels
- Water container
- Watercolor paper – try to bring professional 140# cotton papers like Arches, Fabriano Artistico, American Journey, etc. in Cold Press or Rough finishes. Two "quarter-size" or 9x12 sheets should be plenty. I will bring quarter sheets of cotton paper for participants to purchase if they don't have access to professional cotton paper.
- Board (for attaching watercolor paper)
- Your preferred tape for taping down paper
- Watercolor palette with mixing areas
- Professional Watercolors (brands like W&N, Holbein, Maimeri Blu, Daniel Smith, QoR, M. Graham, Schminke, Sennelier, etc.) – Bring your usual colors with the caveat that I encourage color mixing from a limited palette (usually a warm and cool of each of the primaries), so I hope you might try using just

## Personal Enrichment and Wellness

a few paints for this workshop. If you don't have professional watercolors, we can work around it, but please use high-quality student watercolors like W&N's Cotman brand, or Grumbacher's Academy (look for brands that offer tubes individually). Don't bring paints from Artist's Loft, Arteeza, The Master's Touch, Royal and Langnickel Essentials, etc.

- o A good six-color example set would include these types of colors:
  - ▶ Cadmium Red
  - ▶ Permanent Alizarin Crimson or Quin Red
  - ▶ Ultramarine Blue
  - ▶ Winsor Blue - Green Shade (W&N) or Peacock Blue (Holbein)
  - ▶ Cadmium Yellow
  - ▶ Lemon Yellow (I love Maimeri Blu's Permanent Yellow Lemon)
- Brushes – small and large rounds (size 6 and size 12 are good size targets), a 3/4 inch to 1-inch flat, a large rigger/liner (size 4 is a good target), and a small soft scrubber brush or worn-out round synthetic that you don't mind ruining further.
- I suggest buying one special brush, which is a size 6 or 8 pointed filbert from the Princeton Select Series 3750 line of multi-media brushes. However, a very sharp pointed round can suffice if you would rather not purchase a new brush.

**To register, email the Western Maryland Watercolor Society:  
westernmdwatercolorsociety@gmail.com and they will provide additional  
instructions for you to complete your registration.**

9/27, Saturday (1 session)

10:00 AM - 5:00 PM

ACM: CE Bldg.

Instructor: Kristen Colebank, Waites Run Studios

Course Cost: \$65 (boxed lunch included)

Maryland Senior Course Cost: \$65

## Personal Enrichment and Wellness

### Colored Pencil Exploration: An Adventure in a New Media (C/S144)

Explore the art of colored pencils with Instructor Donna Housel. Beginners will learn the basics of creating colored pencil art, such as shading through layering, how to use pressure of the pencil to achieve certain results, using solvents, and blenders including cheap toilet tissue. Demonstrations and guidance on how to create art with colored pencil art will be the focus. Students are required to provide their own supplies and bring them starting with the first class. Supplies include: a set of **Prismacolor Colored pencils minimum set of 24 pencils** (with an estimated cost of \$17, the optional larger set is also available, and contains up to 150 pencils), **Stonehenge white paper** (estimated cost \$17), (I use this paper as it takes many layers of colored pencil and holds up well.) **a good pencil sharpener** (recommend Rapesco 64 DeskTop estimated cost \$20), this sharpener gives you an excellent point for fine colored pencil works.

Advanced students who have previously completed beginning-level studies may choose to participate in independent studies and will be responsible for their own supplies, projects/references. Advanced students will receive individualized feedback and critique from the instructor but will work primarily independently.

9/9-11/4, Tuesday (9 sessions)

6:00 PM - 8:00 PM

ACM: Humanities Bldg.

Instructor: Donna Housel

Course Cost: \$45

Maryland Senior Course Cost: \$25

### Creative Coir: Paint Your Own Custom Doormat (C/S664)

Transform a coir doormat into a personalized work of art in this hands-on course that introduces students to the tools, techniques, and materials needed to design and paint durable, weather-resistant coir doormats.



No prior painting experience is necessary—just bring your creativity and a willingness to get a little messy! By the end of the class, each student will leave with a custom-painted doormat ready to welcome guests in style.

How to choose your design: A link will be sent to the email provided at registration.

9/17, Wednesday (1 session)

6:00 PM - 8:30 PM

ACM: CE Bldg.

Instructor: Candy Ness and Allissa Tomlinson

Course Cost: \$49 (materials included)

Maryland Senior Course Cost: \$49

**Registration closes on 9/5**

## Personal Enrichment and Wellness

### Creative Painting – Independent Study (C/S396)

This studio-style art class is designed to provide participants the opportunity to practice the fine art of Creative Painting in a social setting. Participants join other creative painters to work on new projects, old projects and already started projects with a goal to finish at least one project upon completion of the class. The general theme of this course is contemporary creative painting using both patterns and free hand designs applied to wood, metal, glass, fabric, canvas or other surfaces of your choice. Participants may paint using oil, watercolor, acrylics or medium of your choice. Participants will need to bring their own supplies for this course. There is no instructor for this class, participants can work at their own skill level.

8/27-11/12, Wednesday (12 sessions)

9:00 AM - 12:00 PM

ACM: WM Works

Course Cost: \$49

Maryland Senior Course Cost: \$49

### Crocheting – Special Project: (C/S520)

Whether you're new to crocheting or looking to sharpen your skills, this class will work on a fun project (to be announced) while learning or reviewing essential stitches, techniques, and tips. Knowledge of basic stitches is required. Class dates and project details will be shared soon – stay tuned! Please call or email Allissa Tomlinson at 301-784-5340 or [atomlinson@allegany.edu](mailto:atomlinson@allegany.edu) to receive the details!

Date and Time: TBD

ACM: CE Bldg.

Instructor: Rachel Ritchey

Course Cost: \$34

Maryland Senior Course Cost: \$34

**NEW**





## Personal Enrichment and Wellness

### Exploring Pastels (C/S089)

Calling all Artists! Soft Pastels give a vivid, luminous appearance. Instructor will demonstrate how to apply the soft pastel to the paper, how to change elements in the painting and how to remove small sections of unwanted pigment. Avoiding dust by finding papers to fit the pastel that you are using, and how to apply the pastel to limit dust. Beginning students will receive basic instruction on learning to draw and paint with artist-grade pastels and gain skills and confidence. Composition will be an important aspect. Master your fear of painting in soft pastels with demonstrations of the many pastel brands, papers, and techniques. starting with warm-up exercises and using the samples provided. The instructor will provide hands-on instruction and individualized feedback. Students are required to provide their own supplies beginning with the first class. Supplies include a 24-count Prismacolor NuPastel Firm Pastel set, NO OIL PASTEL THAT ARE A COMPLETELY DIFFERENT MEDIUM, ACMI AP approved compliant to ASTM D-4236 Nontoxic standards, and Uart sanded Pastel paper, 9x12, 400 grade, 10-sheet pack. There are many brands of pastel papers available but this course requires a Sanded paper. The estimated cost of supplies is \$50.

Advanced students who have previously completed beginning-level studies may choose to participate in independent studies and will be responsible for their own supplies, projects/references. Advanced students will receive individualized feedback and critique from the instructor but will work primarily independently.

Donna Housel is the instructor. She is a juried member of the Pastel Society of America. She teaches pastels throughout the region.

9/9-11/4, Tuesday (9 sessions)

3:30 PM - 5:30 PM

ACM: Humanities Bldg.

Instructor: Donna Housel

Course Cost: \$45

Maryland Senior Course Cost: \$25

### Knitting for Beginners (C/S171)

Learn to knit or refresh your skills!

The class project will be a series of dishcloths utilizing a number of stitch patterns. Students will learn the basic stitches and how to read a pattern, and by the end of the course will be ready to launch into more complex work. Supply list: Size 7 or 8 knitting needles and cotton yarn in worsted weight, four or five balls, in your choice of colors. Patterns will be provided by the instructor. Register early; class size limited to 8 students.

9/8-10/13, Monday (6 sessions)

5:30 PM - 7:30 PM

ACM: CE Bldg.

Instructor: Minou Shelton

Course Cost: \$50

Maryland Senior Course Cost: \$25



## Personal Enrichment and Wellness

### Intermediate Knitting – Socks (C/S387)

Why knit socks? Hand knit socks are warm, cozy, customizable and unique. You can make socks using some of the wonderful colorful yarns and will have footwear that is truly one of a kind! And best of all, they are not as hard as you may think! If you can knit, purl, cast on and bind off, you can learn to make socks, too! We will talk about working socks from the top down and from the toe up. You will need about 4 ounces of worsted weight wool or acrylic yarn, and size 7 needles (either a set of double point needles or two circular needles or one 40-inch-long circular needle), or whatever size will give you a gauge of 5 stitches to the inch with your yarn. Don't know what that is? We'll talk about it during the first session. The sock knitting techniques we will talk about can also be used in many different types of knitting projects. Instructor will provide the patterns.

10/27-11/24, Monday (5 sessions)

5:30 PM - 7:30 PM

ACM: CE Bldg.

Instructor: Minou Shelton

Course Cost: \$50

Maryland Senior Course Cost: \$25

### Introduction to Macrame (C/S663)

Ready to dive into the wonderfully knotty world of macrame and create a gorgeous boho table runner that will instantly add a touch of handmade charm to your space? In this fun, hands-on class, you'll learn the foundational knots of macrame – the very building blocks of this timeless fiber art. No prior experience is needed, just bring your enthusiasm and a willingness to knot! We'll guide you step-by-step as you transform simple cotton cord into a beautifully textured table runner that reflects your own unique style. Get ready to unleash your creativity and discover the relaxing and rewarding art of macrame!



11/5, Wednesday

6:00 PM - 8:30 PM

ACM: CE Bldg.

Instructors: Candy Ness and Allissa Tomlinson

Course Cost: \$36 (materials included)

Maryland Senior Course Cost: \$36

**Registration closes on 10/20**



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## Personal Enrichment and Wellness

### Making Pop-Up Books (C/S608)

Dive into the delightful world of paper engineering! This engaging class offers a hands-on introduction to the fundamental principles behind pop-up structures. You'll begin by mastering basic folds and cuts that bring paper to life, exploring a variety of simple mechanisms. We'll then delve into the art of creating unique folded book formats, learning how to integrate text and imagery within these sculptural forms. Finally, you'll apply your newfound skills to design and construct your own pop-up book, taking home a tangible expression of your paper artistry. No prior experience is necessary – just bring your curiosity and a willingness to experiment!

**NEW**

Cumberland based artist Pam Buchanan, of GypsyArtist Bookworks, offers unique insights into playing with paper to create magical movement when opening a book. As a teaching working artist for over two decades with a varied career from graphic arts production to bookselling, she brings a wealth of knowledge and a passion for books and pop-ups to the classroom.



Required supplies are a pencil, bone folder, 12" metal ruler, double sided tape (1/4" or 1/2"), an X-acto knife with extra blades or a 9mm retractable knife with extra blades and a glue stick and a sharp pair of scissors. A scoring tool and glue are optional.

**A materials fee of \$20.00 will be collected on the first night of class for paper, cover boards and book cloth.**

9/23-11/18, Tuesday (9 sessions)

4:00 PM - 6:00 PM

ACM: CE Bldg.

Instructor: Pam Buchanan

Course Cost: \$55

Maryland Senior Course Cost: \$55

## Personal Enrichment and Wellness

### Oil Pastel (C/S397)

All levels of expertise are welcome. We work and learn in an easy-going, positive atmosphere. Starting with the basics, we will visit different strokes, learn the differences in various pastels, learn why the levels of hardness and pigment percentages are important, to blend or not to blend. We will visit color theory and composition. Going from very simple to more complicated paintings as the 9 weeks' progress.

Instructor Donna L. Godlove is an active member of the Arts Councils in the following counties: Garrett and Washington, MD, and Berkeley, WV. She is the owner-operator of Mountain Heather Studios, a member of the Maryland Pastel Society, PPAL, CPPS and the Maryland Art Council. She is a multi-award winning artist and has had solo exhibitions at the Washington County Arts Council, Allegany County Arts Council, the

Fairfax Coffee House Gallery, and the Culinaire Cafe.

Needed supplies: Brand of choice Oil pastels- at least 24 colors.

**(Recommended:** Mungyo soft oil pastels for artists (black box only), or Van Gogh or any semi soft brand of oil pastels. **I do not recommend** Sennelier or Holbein professional: they are much too soft for beginners); Arches oil paper – at least 9x12 tablet; other papers will be made available at cost, Solid Paper Stumps (not the hollow ones); baby wipes/ paper towels; two sheets of sandpaper 300/400grit; D'Arny spray fixative designed for Oil Pastels.

8/22-10/17, Friday (9 sessions)

6:00 PM - 8:00 PM

ACM: CE Bldg.

Instructor: Donna Godlove

Course Cost: \$34

Maryland Senior Course Cost: \$34



## Personal Enrichment and Wellness

### **CULTURAL DEVELOPMENT**

#### **Painted Canyons of the West**

**April 19 – April 27, 2026**

**9 Days • 11 Meals**

Colorado National Monument, Moab, Arches National Park, Canyonlands National Park, Dead Horse Point State Park, Utah's Scenic Byway 24, Capitol Reef National Park, Grand Staircase-Escalante National Monument, Bryce Canyon National Park, Zion National Park, Las Vegas



Pricing if booked by 10/19/25:

Double \$4,029pp

Single \$5,029pp

Final payment due: 1/19/26

*Included in Price: Round Trip Air from Washington Dulles Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers, Pick up to and from Allegany College of Maryland, Not Included in Price: Cancellation Waiver and Insurance of \$429 per person*

Join us for an information session about the upcoming trip on  
**Wednesday, September 3 at 2:00 PM** in the Continuing Education Building.  
Learn all the exciting details and get your questions answered!

**Please RSVP to Allissa Tomlinson at [atomlinson@allegany.edu](mailto:atomlinson@allegany.edu) or call 301-784-5340.**

For more information visit: <https://gateway.gocollette.com/link/1353150>

***Interested in  
traveling abroad?***

**Discover Reflections of Italy**

**October 12-21, 2026**

## Personal Enrichment and Wellness



# RECREATIONAL Culinary Courses

**CENTER FOR CONTINUING EDUCATION  
ALLEGANY COLLEGE OF MARYLAND**

IN PARTNERSHIP WITH  
THE SCHOOL OF HOSPITALITY, TOURISM AND CULINARY ARTS

*is pleased to offer another delicious series of educational  
and entertaining recreational cooking classes.*

Each class will be taught in a single evening by a professional local chef or culinary expert. The courses will feature specialties of the guest chef and will focus on learning proper cooking techniques in a relaxed atmosphere. All courses will offer hands-on experience in the Culinaire's state-of-the-art professional teaching facility at the **Gateway Center, 112 Baltimore Street, Cumberland**. At the end of each class, you will not only have acquired valuable new cooking skills, but you'll also have time to enjoy the fruits, appetizers, entrees, desserts...and beverages of your labor!

In select courses, alcohol will be served during the cuisine preparation. *To register for these select classes, you must be 21.* For most courses, class size is limited, early registration is recommended. **These courses appear in date order.**



## Personal Enrichment and Wellness

### **Winner, Winner, Chicken Dinner! – Poultry Cuts & Cooking Techniques (C/S655)**

Get ready to ruffle some feathers—in the kitchen! In this hands-on, flavor-packed class, you'll explore the art of poultry preparation with a focus on chicken. Learn how to confidently handle and cook different chicken cuts, from whole birds to boneless breasts. You'll master trussing a whole chicken for even roasting, spatchcocking for quick grilling, and breaking a bird down into eight classic pieces. We'll cover the best cooking techniques for each cut, including baking, roasting, grilling, frying, sautéing, stir-frying, and even braising.

Along the way, we'll sprinkle in essential tips on sanitation and kitchen safety to keep your cooking clean and your flavors bold. Whether you're a home cook or a budding chef, this class will leave you clucking with confidence!

#### **What You'll Learn:**

- How to truss, spatchcock, and break down a whole chicken
- When and how to use different cooking techniques for each cut
- Flavor tips for maximizing juiciness and crispiness
- Sanitation and food safety basics every cook should know

Bring your apron and appetite—this class is poultry in motion!

9/17, Wednesday (1 session)

5:00 PM - 7:00 PM

Instructor: Fred Huber, Executive Chef

Course Cost: \$59

Maryland Senior Course Cost: \$59

**Registration closes on 9/10**

### **Beginner Buttercream – Frosting Basics (C/S656)**

New to cake decorating? This beginner-friendly class is the perfect place to start! Learn how to work with buttercream to create smooth, clean finishes on cakes. You'll master basic frosting techniques, how to level and crumb-coat a cake, and tips for getting those sharp(ish!) edges and even layers.

#### **What You'll Learn:**

- How to make and tint buttercream
- Tools and tricks for smooth frosting
- How to level, fill, and frost a cake
- Piping basic textures like swirls and stripes

No experience needed—just bring your sweet tooth and creativity!

9/24, Wednesday (1 session)

5:00 PM - 7:00 PM

Instructor: Allison Wolfe

Course Cost: \$59

Maryland Senior Course Cost: \$59

**Registration closes on 9/17**

## Personal Enrichment and Wellness

### Pumpkin Spice & Everything Iced: Fall Cookie Decorating (C/S542)

Get into the autumn spirit with this warm and welcoming cookie decorating class! Whether you love **pumpkin spice** or classic **sugar cookies**, you'll decorate a delightful assortment of fall-themed treats shaped like **pumpkins, cozy coffee mugs, and more**. Perfect for gifting, sharing, or keeping all to yourself with a cup of cider!

In this hands-on workshop, you'll work with royal icing to flood, pipe, and detail your cookies like a pro—no experience needed. We'll go over icing consistency, outlining, flooding techniques, and simple embellishments that bring your cookies to life.

#### What You'll Learn:

- Royal icing basics and color mixing
- How to outline, flood, and detail cookies
- Tips for working with fall flavors like pumpkin spice
- Creating cozy, Instagram-worthy cookie designs

All supplies included—just bring your creativity and love for all things autumn!

9/29, Monday (1 session)

5:00 PM - 7:00 PM

Instructor: Debra Imler

Course Cost: \$59

Maryland Senior Course Cost: \$59

**Registration closes on 9/22**

### Edible Art: Vegetable Flowers & Fancy Garnishes (C/S659)

Transform everyday fruits and vegetables into edible works of art! In this hands-on class, you'll learn the secrets behind eye-catching garnishes that bring color, texture, and wow-factor to your plates. From delicate **carrot flowers** to elegant **tomato and citrus roses**, you'll create stunning, restaurant-worthy decorations using simple tools and a bit of finesse.

We'll sculpt **green onion brushes**, carve **daikon butterflies and blooms**, and shape playful **apple birds** and **citrus baskets** that are perfect for parties, catering, or impressing guests at home. This class is a must for anyone who loves culinary creativity and wants to elevate their presentation game.

#### What You'll Learn:

- Basic knife skills for carving and shaping garnishes
- Step-by-step techniques for making popular edible decorations
- How to safely handle tools and preserve the freshness of your creations
- Tips for using garnishes to enhance any dish or buffet display

No artistic experience needed—just bring your creativity and a willingness to play with your food!

10/8, Wednesday (1 session)

5:00 PM - 7:00 PM

Instructor: Fred Huber, Executive Chef

Course Cost: \$59

Maryland Senior Course Cost: \$59

**Registration closes on 10/1**



## Personal Enrichment and Wellness

### Intermediate Buttercream – Borders & Blossoms

(C/S657)

Ready to level up your buttercream game? In this intermediate class, you'll learn how to pipe **simple borders, rosettes**, and even **basic flowers** using classic tips and trendy **Russian piping tips**. We'll focus on control, consistency, and style to take your cake designs from plain to polished.

#### What You'll Learn:

- Piping borders (shells, beads, ruffles)
- Creating rosettes and basic flowers
- Intro to Russian tips for dramatic floral effects
- Color blending and decorative layout tips

Some piping experience is helpful but not required!

10/14, Tuesday (1 session)

5:00 PM - 7:00 PM

Instructor: Allison Wolfe

Course Cost: \$59

Maryland Senior Course Cost: \$59

**Registration closes on 10/7**

### Couples' Night Pizza Making & Wine Pairing (C/S662)

Ready to create the perfect pizza together? This hands-on class is all about bringing you and your partner closer in the kitchen (and maybe over a glass of wine, too!). We'll guide you through making your own personalized pizzas from scratch, starting with dough and ending with a delicious pie topped with your favorite ingredients.

As you bake, you'll learn how to pair the perfect wines with your creations – whether you're making a classic Margherita or a gourmet combination. We'll talk about **flavors, wine pairings, and tips for baking the perfect pizza**, all while you work together to craft your ideal dinner.

#### What You'll Learn:

- How to make pizza dough from scratch
- Crafting personalized pizzas with a variety of toppings
- Tips for pairing different wines with your pizza flavors
- Pizza-baking tricks (perfect crust, even heat, etc.)

10/23, Thursday (1 session)

5:00 PM - 7:00 PM

Instructor: Debra Swope &  
Deb Buchanan

Course Cost: \$69 per couple  
(Alcohol included)

Maryland Senior Course Cost:  
\$69 per couple

**Registration closes on 10/16**

## Personal Enrichment and Wellness

### German Dinner: An Oktoberfest Feast! (C/S353)

Prost! Celebrate the flavors of Germany in this cozy, hands-on class inspired by the hearty dishes of **Oktoberfest**. You'll learn to create a delicious and authentic German dinner from scratch, perfect for sharing with friends, family, or your next fall gathering.

Start with a savory **Onion Tart** (Zwiebelkuchen), then master the golden, crispy classic: **Wiener Schnitzel**. We'll serve it up with sweet and tangy **Braised Red Cabbage with Apples**, pillowy homemade **Spaetzle**, and juicy **Bratwurst simmered in beer**—a true taste of Bavarian comfort food.

#### What You'll Learn:

- Traditional German cooking techniques and flavor profiles
- How to make schnitzel crispy and tender every time
- Crafting homemade spaetzle noodles from scratch
- Tips for cooking with beer and balancing sweet-savory sides

10/29, Wednesday (1 session)

5:00 PM - 7:00 PM

Instructor: Fred Huber, Executive Chef

Course Cost: \$59

Maryland Senior Course Cost: \$59

**Registration closes on 10/22**

### Advanced Sushi & Japanese-Inspired Rolls (C/S646)

Take your sushi skills to the next level in this colorful, hands-on class focused on advanced techniques and beautiful presentations. Whether you're a home cook looking to impress or a culinary enthusiast ready to refine your skills, this class will have you rolling like a pro.

Learn to craft **Norimaki sushi** (classic seaweed-wrapped rolls) with precision and flair, and master the delicate balance of **Nigiri sushi**, with fresh sashimi layered on seasoned rice. You'll also explore the art of making **Dashi maki**—a savory rolled egg omelet filled with vegetables, a Japanese favorite often seen in bento boxes. And for a refreshing twist, we'll roll up **summer rolls** packed with crisp, vibrant vegetables—perfect for warmer weather and lighter fare.

#### What You'll Learn:

- Advanced sushi rolling techniques and proper knife skills
- How to prepare sushi rice and handle raw ingredients safely
- How to create elegant and flavorful Dashi maki omelets
- Wrapping and presenting fresh summer rolls with style

Bring your appetite and attention to detail—this class blends technique, tradition, and a touch of edible art.

11/5, Wednesday (1 session)

5:00 PM - 7:00 PM

Instructor: Fred Huber, Executive Chef

Course Cost: \$59

Maryland Senior Course Cost: \$59

**Registration closes on 10/29**

## Personal Enrichment and Wellness

### Sourdough Starter 101: Begin Your Bread Journey

(C/S660)

Curious about sourdough? It all begins with the **starter** – a bubbly, living mixture that brings homemade bread to life. In this hands-on class, you'll learn how to **create, feed, and care for your own sourdough starter** from scratch. We'll demystify the process and explain the science behind wild yeast and fermentation, so you can confidently begin your sourdough journey at home.

You'll leave with your very own starter, tips for keeping it healthy, and the knowledge you need to bake naturally leavened bread full of flavor, texture, and character.

#### What You'll Learn:

- How to make and maintain a sourdough starter
- Understanding fermentation and natural leavening
- Signs of a healthy (or struggling) starter
- Feeding schedules, storage, and troubleshooting
- What to do next: baking basics and discard recipes

Perfect for beginner bakers or anyone who wants to bring the magic of sourdough into their kitchen!

11/5, Wednesday (1 session)

5:00 PM - 7:00 PM

Instructor: Tina Bell

Course Cost: \$59

Maryland Senior Course Cost: \$59

**Registration closes on 10/29**

### Advanced Buttercream – Writing & Floral Detailing

(C/S658)

For decorations who have the basics down, this advanced buttercream class dives into the finer details – literally! Learn how to **pipe elegant script and messages** onto cakes and create more refined buttercream **flowers and foliage**. We'll explore layering petals, writing with precision, and building beautiful floral arrangements.

#### What You'll Learn:

- Writing messages and names with buttercream
- Advanced flower piping techniques (roses, peonies, leaves)
- Using multiple piping tips for layered designs
- Composition tips for floral cake tops and sides

A steady hand and some prior piping practice recommended!

11/12, Wednesday (1 session)

5:00 PM - 7:00 PM

Instructor: Allison Wolfe

Course Cost: \$59

Maryland Senior Course Cost: \$59

**Registration closes on 11/5**



## Personal Enrichment and Wellness

### Girls' Night Out – Wine Pairing & Italian Appetizers (C/S224)

Grab your best friends and get ready for a night of fun, food, and wine with a **taste of Italy!** In this lively and hands-on class, you'll explore the art of pairing **Italian wines** with delicious, easy-to-make appetizers that will transport your taste buds straight to the heart of Italy.

We'll guide you through making classic, crowd-pleasing dishes like **bruschetta, caprese skewers, and crostini with a variety of toppings.** You'll learn the basics of pairing these mouthwatering bites with Italian wines, from refreshing **Pinot Grigio** to the rich and bold **Chianti**, and sparkling **Prosecco**.

This is the perfect evening to gather with friends, enjoy delicious food and drink, and pick up some simple tips on creating your own Italian-inspired appetizer spread at home.

#### What You'll Learn:

- How to pair Italian wines with appetizers based on flavor profiles
- How to make and present classic Italian appetizers like bruschetta and caprese skewers
- Simple wine and food pairing tricks to impress at your next gathering
- Fun facts about Italian wines and culinary traditions

Bring your friends, your appetite, and your love for Italian cuisine. This is an evening of flavor, laughter, and learning you won't want to miss!

11/18, Tuesday (1 session)

5:00 PM - 7:00 PM

Instructors: Debbie Swope,

Deb Buchanan, Jenna Burkett

Course Cost: \$69 (Alcohol included)

Maryland Senior Course Cost: \$69

**Registration closes on 11/11**

### Bake Like a Pro: Mastering Advanced Techniques (C/S661)

Ready to elevate your baking skills to the next level? In this class, we'll take your baking from home-baker to **pro-level** with advanced techniques and insider tips used by professional pastry chefs. Whether you're looking to perfect your pastries, create flawless cakes, or master artisan bread, this class covers it all.

You'll learn the secrets behind beautifully decorated cakes, flaky pastries, perfectly risen bread, and precision techniques like laminating dough, tempering chocolate, and making delicate desserts. Walk away with the confidence to bake like a pro and the knowledge to impress your friends and family with your culinary creations.

#### What You'll Learn:

- The art of pastry: Danishes, and tarts
- How to temper chocolate, make delicate chocolates
- Troubleshooting common baking issues

Bring your apron, and get ready to bake with the precision, skill, and creativity of a pastry chef!

12/4, Thursday (1 session)

5:00 PM - 7:00 PM

Instructor: Debra Swope

Course Cost: \$59

Maryland Senior Course Cost: \$59

**Registration closes on 11/26**

## Personal Enrichment and Wellness

### HISTORY

#### **Allegany County Civil War 101** (C/S623)

Join us for a look at Allegany County during the Civil War as we cover the events of 1861-1865.

The first week will feature the events of 1861-1862 focusing on the 11th Indiana (Wallace's Zouaves), the camp at Rose Hill, and the establishment of Civil War hospitals in Cumberland.

Week two picks up covering the events of 1863; the Jones-Imboden Raid, followed by Cumberland's surrender in June.

The third lecture covers the events of 1864-1865 detailing the Battles of the Folck's Mill, Alum Hill, and the Capture

of two Union Generals by McNeill's Rangers.

The course will feature some original documents, a few small artifacts, and reproductions of the equipment, uniforms of the time. If you enjoy history and want to learn more about that chapter of our local history. These lectures are for you!

10/15-10/29, Wednesday (3 sessions)  
7:00 PM - 8:00 PM  
ACM: CE Bldg.  
Instructor: Steve Hall  
Course Cost: \$29  
Maryland Senior Course Cost: \$29

### LIFELONG LEARNING

Join Allegany Center of Lifelong Learning (ALLCOLL) and enjoy access to 25 or more events held at Allegany College of Maryland, as well as weekly roundtable discussions, happy hour, and more! For an annual membership fee of \$30.00, you will enjoy diverse education opportunities with other Allegany County adults. Membership covers classes and events from July 1st through June 30th.



**Allegany Center of  
Lifelong Learning**

The following classes will be held on Thursdays in the Continuing Education building at 10:00AM in room 14, unless otherwise indicated.

For more information, visit [www.allegany.edu/ce/lifelong-learning](http://www.allegany.edu/ce/lifelong-learning).

Like us on Facebook! Search Allcoll

The Allegany Center of Lifelong Learning is pleased to partner with the Allegany College of Maryland Foundation. Together, we aim to support our community of friends and partners by offering a wide range of education and learning opportunities.

## Personal Enrichment and Wellness

### September 4 – Rob Adams and Matthew Scarpelli

**Subject:** Funeral Planning

**Description:** How do you prepare for your funeral, what decisions do you need to make, and with whom should you be speaking?

*\*Lunch will be provided in partnership with Lunch & Learn*

### September 11– Katie Ross

**Subject:** Jane Frasier, One of Cumberland's Original Settlers

**Description:** Jane Frasier's story depicts how this frontier woman survived a terrifying ordeal.

### September 18 – Shawn O'Rourke

**Subject:** Western Maryland Works

Western Maryland Works Training Center and Makerspace is a new satellite Allegany College of Maryland campus facility in LaVale, Maryland containing state-of-the-art equipment including 3D printers, welding equipment, UV printers, a state-of-the-art wood shop, robotics trainers and a full CNC shop. In addition to the high-tech training equipment, the space includes instructional labs, classrooms, and collaborative areas.

### September 25 – Laura Thornburg

**Subject:** Introduction to Film Preservation and Restoration

**Description:** This session covers the major aspects of Film Preservation: film element research/identification/inspection, scanning/assembly, cleanup/color correction, and delivery. A case study of the 4K Restoration of THE GODFATHER (1972), which was restored for its 50th anniversary, will be presented as an illustration of the process.

### October 2 – Dr. Todd Pierce

**Subject:** Knee and Hip Pain – Why it Happens and What To Do

**Description:** Dr Pierce will instruct people on the causes of hip and knee pain and how it can be treated both nonoperatively and operatively. He will also discuss what to expect post-surgery.

### October 9 – Dave Bolton

**Subject:** Geology

**Description:** This presentation will explore the geology of our local region.

### October 16 – Glenn Burns and Margaret Gacki

**Subject:** Family Life on the Chesapeake and Ohio Canal

**Description:** This C&O Canal is a National Historical Park that flows through parts of Allegany County as well as others. Glenn and Margie will present a detailed family tree and timeline of Glenn's ancestral family, the Higgins-Donagan's, and their contributions to the C& CO Canal.

### October 23 – Harold Kelley

**Subject:** Cumberland Airport

**Description:** This talk will cover a history of the airport, how the airport is funded, an update on the rehabilitation of the main runway, how that is financed and how the work is progressing.



## Personal Enrichment and Wellness

### **October 30 – Jesse Ketterman**

**Subject:** Impacting Your Community, University of Maryland Extension

**Description:** University of Maryland Extension provides educational programming in the local community. Local efforts include supporting agriculture to include gardening, youth leadership development, health and nutrition, and personal finance. This session will provide an overview of the programs and services provided to our local community.

### **November 6 – Carl Miltenberger**

**Subject:** Elder Law

**Description:** What legal documents do we need to prepare us for our aging years? The discussion will include wills, trusts, power of attorney, and more.

### **November 13 – Dave Williams**

**Subject:** Battle of Folk's Mill

**Description:** In the late summer of 1864, the Confederate cavalry embarked on the Valley Campaigns to create havoc and ransack in towns near the Potomac, burning Chambersburg PA on July 30th and then turning west toward the important rail hubs in Cumberland. This talk will tell the story of how Cumberland was saved by Union troops and a local veteran of the Mexican War.

### **November 20 – Melinda Kelleher**

**Subject:** Downtown Cumberland is Thriving

**Description:** The grand reopening of Baltimore Street took place one year ago and our downtown is thriving!

Come hear an update on all the new businesses and our plans for the future!

### **November 27 – No Session, Thanksgiving**

### **December 4 – Cliff Puffinberger**

**Subject:** Rocky Gap and Wills Mountain State Parks

**Description:** Find out all that is happening at Rocky Gap State Park and an update on the progress of Wills Mountain State Park.

## LUNCH & LEARN

We are pleased to announce that the ACM Foundation's Lunch and Learn series has now merged with the Allegany Center of Lifelong Learning. We invite our community to join us in continuing to enjoy a variety of education and learning opportunities.

# LUNCH & LEARN

## Personal Enrichment and Wellness

### PERSONAL IMPROVEMENT

#### **An Introduction to Voiceovers** (C/S536)

"Wow, you have a great voice!" How many times have you heard that? Or maybe you listen to your favorite audiobooks, commercials, or cartoon characters and think, "I could do that!" Want to earn income using your talents from the comfort of your home? Explore the growing remote voiceover industry with your instructor, a professional, working voice actor from Voices For All. Discover the current trends in the industry and how easy and affordable it can be to learn, set up and work from home. You'll learn about different types of voiceovers and the tools you'll need to find success. You'll get a comprehensive introduction into the voice over industry. You'll learn through real life accounts of jobs your instructor has booked and get an inside look at their experience. Then it's time to read a script and receive some coaching and performance ideas. You'll receive a professional voiceover evaluation later in a follow up call. One-time, 90-minute, introductory class. Learn more at <http://www.voicesforall.com/ooo>. 18 and over. You owe it to yourself to finally explore the possibilities of this fun and rewarding field! Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience.

*Students must have Internet Access and Video Chatting capabilities using a method such as: Zoom, Skype (Win/Mac/Mobile) or iChat/FaceTime (Mac/iOS).*

Offered in partnership with Voices For All, LLC  
Course Cost: \$49  
Maryland Senior Course Cost: \$49

### RECREATION & PASTIMES

#### **Beekeeping, Intro to** (C/S450)

What's all the buzz? Join us for an educational, informative and exciting new course as skilled beekeeper Ben Cooper leads participants into the exciting world of beginner beekeeping. The class will focus on the history and types of Honey Bees, colony structure, bee biology and development, and keeping a healthy hive. Participants will also learn about proper protective gear, tools of the trade and hive location. As the class progresses, other discussion topics will include trapping methods, packages, swarms, establishing colonies, invasive extractions, transporting hives and avoiding threats from humans and animals. A field trip to an active bee yard will be part of the class. The required textbook for this course is "Beekeeping Basics" distributed by the MAAREC: Delaware, Maryland, New Jersey, Pennsylvania, West Virginia and the USDA and is included in the course materials. A "Certificate of Completion" will be awarded at the end of this course.

9/15-10/20, Monday (6 sessions)

6:00 PM - 8:30 PM

ACM: CE Bldg.

Instructor: Ben Cooper

Course Cost: \$84 (includes the price of the textbook "Beekeeping Basics")

Maryland Senior Course Cost: \$59

## Personal Enrichment and Wellness

### Discover Digital Photography

(ONL157)

Discover Digital Photography is designed for the novice photographer with no previous experience with digital cameras. This course will teach you all about digital cameras, from DSLRs to smart phone cameras and what different equipment is used for. You will learn about different display methods for your camera, including sizing, print options, online storage, and how social media factors into digital photography. If you have old slides, negatives, or prints, this course will also teach you how to scan those "old school" photo assets. After completing the course, you will understand how the process of composing photos has changed with the evolving capabilities of digital photography.



Start Dates: 8/13, 9/17, 10/15, 11/12, 12/17  
6 weeks in length; 24 hours

Online

Instructor: Beverly Richards Schulz

Course Cost: \$120

Maryland Senior Course Cost: \$110

Call (301)784-5340 or visit  
[www.ed2go.com/allegany](http://www.ed2go.com/allegany)

### Garden Basics: A Hands-On Guide for Beginners (C/S383)

Learn the basics of gardening in this hands-on class designed for beginners and hobbyists alike. From soil preparation and plant selection to watering, pruning, and pest control, you'll gain practical skills to grow a healthy and beautiful garden at home. No prior experience needed—just a love for plants and a willingness to dig in!

**NEW**

10/3-10/24, Friday (4 sessions)

1:00 PM - 2:30 PM

ACM: CE Bldg.

Instructor: Sarah Llewellyn

Course Cost: \$44

Maryland Senior Course Cost: \$44

### Instant Guitar for Hopelessly Busy People (C/S571)

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture/demonstration. For students ages 13 and older.

10/18, Saturday (1 session)

1:00 PM - 3:30 PM

Online

Instructor: Craig Coffman

Course Cost: \$64

Maryland Senior Course Cost: \$64

## Personal Enrichment and Wellness

### **Instant Piano for Hopelessly Busy People (C/S572)**

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture demonstration. For students ages 13 and older.

10/18, Saturday (1 session)

9:00 AM - 12:00 PM

Online

Instructor: Craig Coffman

Course Cost: \$64

Maryland Senior Course Cost: \$64

### **Introduction to Paranormal Investigating (C/S200)**

Ever wonder what it was like to hunt spirits in the dead of night? To talk to those who have passed on? Join local paranormal investigators who actively research and investigate evidence of paranormal phenomenon in the Tri-State Area and beyond. Participants in this class will learn the terms and methods used for “ghost hunting,” including Electronic Voice Phenomenon, Spirit Photography and Electromagnetic Fields. The course will include classroom instruction as well as known “haunted” local sites and will culminate with a real “field investigation” outside the classroom. Whether you’re already a believer or a skeptic, this course could open your eyes to a new and growing area of interest.

10/2-10/30, Thursday (5 sessions)

7:00 PM - 9:00 PM

ACM: CE Bldg.

Instructor: Steve Hall

Course Cost: \$46

Maryland Senior Course Cost: \$46

## **SAFETY**

### **Maryland Firearm Wear & Carry Training and Renewal Course**

Classes taught by John Sagal.

Please call or email Allissa Tomlinson at 301-784-5340 or [atomlinson@allegany.edu](mailto:atomlinson@allegany.edu) for upcoming class dates and registration information.

## Personal Enrichment and Wellness

### WORLD LANGUAGES

#### **Beginning Conversational French** (ONL248)

Think you need multiple classes to understand beginner French? Discover how easy learning simple words and phrases for leisure and business can be. The Beginning Conversational French course makes pronunciation simple, with phonetic spellings for every word and phrase you need to learn French. This online course even includes audio so that you can hear and practice the language with little more than a click of your mouse! You will also learn cultural tips in each lesson that will make you more comfortable in a foreign setting. The skills you obtain will not only allow you to carry on a French conversation with ease but become prepared to speak French in a wide variety of settings and situations. Upon successful course completion, you will know useful basic French that you can confidently use when traveling. You will also understand important tips to help you blend in with and relate to foreign cultures. You will be amazed at how easy it is to speak a new language!



Start Dates: 8/13, 9/17, 10/15, 11/12, 12/17  
6 weeks in length; 24 hours  
Online

Instructor: Sara Hardin

Course Cost: \$120

Maryland Senior Course Cost: \$110

Call (301)784-5340 or visit  
[www.ed2go.com/allegany](http://www.ed2go.com/allegany)

#### **Sign Language, Beginning** **(Signed English)** (C/S525)

This Signed English class is an introductory Sign Language class in the principles of manual communication where sentence structure is emphasized and a sign is executed for every word in a sentence. The goal of this course is to make students comfortable communicating and practicing with deaf persons; including the workplace, social gatherings, and emergencies. In addition, the overall objective is to further integrate the deaf into general society by helping to increase the number of hearing persons who know Signed English. This course will also familiarize students with what deafness means to the deaf person, the family, and the community. Deborah Dilbon, the instructor, has a profound hearing loss and is legally deaf. Deborah has a BS in Criminal Justice and has studied Signed English for many years.

9/24-11/12, Wednesday (8 sessions)

4:00 PM - 5:30 PM

ACM: CE Bldg.

Instructor: Deborah Dilbon

Course Cost: \$45 (includes material fee)

Maryland Senior Course Cost: \$30

## Personal Enrichment and Wellness

### Sign Language, Intermediate (C/S526)

This is an intermediate course in the principles and practices of manual communication. Beginning Sign Language is a pre-requisite for taking this course. Students will need to purchase the book *"Talking with your Hands, Listening with your Eyes"* by Gabriel Grayson and bring it to the first night of class. This book can be purchased online and at your local bookstore.

9/24-11/12, Wednesday (8 sessions)

5:30 PM - 7:00 PM

ACM: CE Bldg.

Instructor: Deborah Dilbon

Course Cost: \$35

Maryland Senior Course Cost: \$20



### Speed Spanish (ONL184)

In this online Spanish course, you will learn to converse in Spanish using common words and phrases and demonstrate the proper forms of common Spanish nouns and verbs. You will also have the opportunity to discuss Spanish culture and differences in Spanish-speaking countries while learning how to use numbers in Spanish to discuss dates, times, and money. By completing this course, you will gain confidence in your ability to converse with others in Spanish, be prepared to travel to a Spanish-speaking country and communicate effectively, and build in-demand skills that can increase your career opportunities.



Start Dates: 8/13, 9/17, 10/15, 11/12, 12/17

6 weeks in length; 24 hours

Online

Instructor: Dan Mikels

Course Cost: \$120

Maryland Senior Course Cost: \$110

Call (301)784-5340 or visit

[www.ed2go.com/allegany](http://www.ed2go.com/allegany)



## Personal Enrichment and Wellness

### DRIVER EDUCATION AND MOTORCYCLE

ALLEGANY COLLEGE OF MARYLAND

## DRIVER'S EDUCATION

WITH ALLEGANY DRIVING SCHOOL

### To Register for Driver's Education

**Please call Allegany Driving School 301-724-2224**

(If no answer, leave a message and your call will be returned.)

#### **Driver's Education (C/S600)**

Driving a motor vehicle safely and responsibly is essential if one is to operate vehicles and participate in the work world and in educational opportunities. This 2-part course will provide those who are learning to drive with information on the interaction of people, vehicles, and the roadway.

The first part (10 sessions) of the course is online-based and will cover effects of alcohol and other drugs, protective systems, natural forces, road hazards, responding to emergencies, personal transportation needs, route planning, motor vehicle systems, and interactions with other highway users. The second part (2 sessions) of the course is individually scheduled and conducted in-car. In addition to the above-listed topics, city and expressway driving and emergency situations will be covered in this segment of the course. Due to increased fuel costs, additional fees may be applied. Please contact Allegany Driving School for registration and course details at 301-724-2224.

Monday-Thursday 6:00 - 9:00 PM

Note: +6 hours are individually scheduled in vehicle

Course Cost: \$389 (additional fees may be applied)

For class dates visit <https://www.alleganydriving.us/>



## Personal Enrichment and Wellness

### MOTORCYCLE SAFETY

#### Motorcycle Safety Independent Training Center

Under contract with



Motorcycle  
Safety  
Program



#### *\*Please Note\**

Because each State may have differing licensing requirements, if your driver's license was issued in a State other than Maryland it is **your responsibility** to verify that our Maryland State Approved Courses meet your state's requirements to receive your motorcycle license.

#### **Basic Rider Course (BRC) (MVA275)**

This 17-hour course is designed for the true beginning rider who has little or no riding experience. It includes classroom and riding instruction on the basic riding skills and strategies necessary for an individual to begin to practice street riding. Our training program is approved by the Motor Vehicle Administration and our courses are taught by Motor Vehicle Administration and Motorcycle Safety Foundation certified instructors. You must be able to ride a bicycle to participate in this course. Riding a motorcycle requires physical strength, excellent balance, flexibility, coordination, and concentration. Make sure you are prepared and ready to ride safely!

Students are required to complete a five-hour eCourse online prior to their course start date. This online training covers the content in the Rider Handbook and prepares you for the first riding session. Detailed online course information will be given to each student upon registration. During the classroom activities, you will discuss topics that include responsible riding, defensive riding strategies and how to handle a variety of riding situations. You will receive approximately 10 hours of riding on a training motorcycle practicing clutch-throttle control, stopping, turning, shifting and basic crash avoidance skills. You are to provide your own riding gear, which includes a DOT certified  $\frac{3}{4}$  helmet, eye protection, jacket, full-fingered gloves, long pants and sturdy over-the-ankle footwear.

Throughout the course the instructors evaluate and coach each rider's performance. To complete the course, you must pass a knowledge and skill test administered at the end of the course. Participants who meet the testing standards for licensing will be eligible to receive their Class M license. Participants who do not achieve the minimum performance standards will not be allowed to continue in the course. Riders who pass will also receive a Maryland Motorcycle Safety Program Completion Card.

This course is approved by the Maryland Motor Vehicle Administration for the Class M licensing waiver. A Class M license will not be issued to anyone under 16 years and 6 months of age, and the M license can only be added to a valid license of another class. A motorcycle learners permit is NOT required to take the course. There is no guarantee that an individual enrolling in this course will pass, or get their license.

Two Sessions held on Saturday & Sunday 8:00 AM-4:00 PM on the following dates:

8/23 & 8/24

9/6 & 9/7

9/20 & 9/21

**Total Course Cost: \$299.00 (all fees included)  
Fee Discounts or Waivers Do Not Apply**

*\*This is a 17-hour training class. The extra hours built into the published schedule accommodate for uncontrollable events such as weather, mechanical failure, and emergencies. Please reserve all the listed time on your schedule. You may not leave during any class activities.\**