Personal Enrichment

Find balance, pleasure and discovery in life through continuing education courses designed for recreation, leisure and personal enrichment. Offered year-round and throughout Mecklenburg County, these courses do not earn college credit. The continuing education focus is on individual well-being and lifelong learning. Categories and topics are selected based on student interest and vary in length from short seminars of a few hours to 30 hours or more of in-depth instruction. Most of these courses are fee-based, and all are open to the public.

Many personal enrichment courses are introductory and do not require any specific skill level or prerequisites. Some, however, are designed in progressive sequence from beginner to the more advanced. In addition to job and career enhancement, personal enrichment programming spans many areas of interest and all skill levels. Topics include music, fitness, dance, art, gardening, languages, cooking and much more.

A complete Course Schedule (https://www.cpcc.edu/cce/courseschedule/courseschedule) of continuing education courses is available each semester (spring, summer and fall). Registration and payment typically is available until the starting date of classes, unless the course is at maximum enrollment or is canceled with less than minimum enrollment. No enrollment application or transcripts are required. Courses and programs vary each semester, but typically include these topic areas.

Search for courses by topic(s) using a keyword or words in the online tool Schedule Builder (https://schedule.cpcc.edu/myschedule) on the college website home page.

To learn more, contact Customer Service and Registration for Corporate and Continuing Education at 704.330.4223 or visit the Personal Enrichment website (http://www.cpcc.edu/cce/personal-enrichment) at cpc.edu/cce/personal-enrichment.

Arts (https://www.cpcc.edu/cce/personal-enrichment/arts)

Explore all things creative, including creative writing, dance, drawing and painting, film critique, mixed media and music. Popular courses include those on the following lists. New or updated courses are often added to refresh the choices and to meet new interests and requests. Online courses are offered, too! For the latest offerings, check with Customer Service and Registration for Corporate and Continuing Education at 704.330.4223 or search by topic on Schedule Builder (https://schedule.cpcc.edu/myschedule) from the home page of the college website (https://www.cpcc.edu).

Courses and Topics include:

Audio and Video Engineering (http://www.cpcc.edu/cce/job-and-career-enhancement/courses-and-programs/courses-and-programs/audio-video-engineering)

Dance (https://www.cpcc.edu/cce/personal-enrichment/recreation/dance)

Broadway Dance - Tap

Carolina Shag

Dance Performance - Ballet

Drawing and Painting (http://www.cpcc.edu/cce/personal-enrichment/arts/drawing-and-painting/drawing-and-painting)

Basic Acrylic Painting

Basic Drawing

Basic Watercolor

Colored Pencil Drawing

Mixed Media

Acrylic Art - Mixed Media Collage Ceramics

Exploration into the Creative Process of Making Visual Art

Photography-Urban Landscape

Recycled Jewelry Making and Wire Wrapping

Stained Glass Workshop

Music (https://www.cpcc.edu/cce/personal-enrichment/arts/music-non-credit)

Folk Harp Ensemble (https://schedule.cpcc.edu/myschedule/show_sections/1699)

Folk Harp Ensemble II (https://schedule.cpcc.edu/myschedule/show_sections/2538)

Piano for Beginners (https://schedule.cpcc.edu/myschedule/show_sections/1716)

Writing (https://www.cpcc.edu/cce/personal-enrichment/arts/writing)

Beginners’ Guide to Getting Published

Creative Writing

Freelance Journalism

Automotive (https://www.cpcc.edu/cce/personal-enrichment/automotive)

CPC offers a variety of courses on the repair and operation of vehicles and small engines. Some of the popular courses are listed; however, new classes may be added during the year. For the latest list of courses and to register, contact Customer Service and Registration for Corporate and Continuing Education at 704.330.4223.

Courses

Auto Empowerment (AUX 8016)

Basic Auto Body Restoration (https://schedule.cpcc.edu/myschedule/show_sections/11557) (AUX 9300)

Small Engine Repair Skills

Basic Small Engines (https://schedule.cpcc.edu/myschedule/show_sections/6) (AUX 7003)

Basic Small Engine Overhaul (https://schedule.cpcc.edu/myschedule/show_sections/6) (AUX 7004)

Charlotte Cooks™ (http://www.cpcc.edu/cce/personal-enrichment/cooking)

Expert, friendly instructors guide learning and practice as students prepare delicious meals, desserts and more in professional kitchens. Package courses combine two or more courses in a skill or focus area and offer convenient single registration and cost savings. New or updated courses often are added to refresh the choices and to meet new interests and requests. For the latest offerings, check with Customer Service and Registration for Corporate and Continuing Education at 704.330.4223 or search by topic on Schedule Builder (https://schedule.cpcc.edu/).
Courses and Topics include:
Artisan Classes (Bread Baking, Cheese Making, Home Made Sausage, Pasta Making)
Baking and Pastry Arts
Baking and Pastry Boot Camp
Cake Decorating and Wilton Method Package
Cooking Skills
Culinary Boot Camp
Fast Weeknight Dinners
French Cooking Package
Home Canning
The Art of Grilling
Wine Package
World and Regional Cuisines

Home and Outdoors (http://www.cpcc.edu/cce/personal-enrichment/home-and-outdoors)

For the latest offerings, check with Customer Service and Registration for Corporate and Continuing Education at 704.330.4223 or search by topic on Schedule Builder (https://schedule.cpcc.edu/myschedule) from the home page of the college website (https://www.cpcc.edu). New or updated courses often are added to refresh choices and to meet new interests and requests for personal pleasure, skills and discovery. Online courses are offered, too!

Courses and Topics include:
DIY - Do-It-Yourself Home Improvement
Floral Design
Gardening and Landscaping
Interior Design
Professional Alterations
Retirement Living
Sewing and Quilting

Languages and Culture (http://www.cpcc.edu/cce/personal-enrichment/language-and-culture-home)

Connect and learn to communicate better with individuals from near and far with continuing education courses. Beginner to intermediate classes feature conversational practice and encourage participants to use their new language skills in real-world situations. Courses are taught at several locations in Mecklenburg County, including Myers Park High School.

Group classes for travel clubs or businesses also are available by contacting the Corporate Learning Center (http://www.cpcc.edu/clc) at 704.330.4660.

Courses include:
French: Beginning I, II
German: Beginning I, II
Greek
Italian: Beginning I, II
Portuguese
Spanish: Beginning I, II or III
Intermediate Spanish I

Preparing for the U.S. Citizenship Test

International Learning and Study Abroad (http://www.cpcc.edu/cce/job-and-career-enhancement/courses-and-programs/languages-and-culture/international-learning)

Gain a global perspective through travel and learning in selected programs open to community members. Such programs include: studying language in Peru, Germany and Montreal, getting a taste of the cuisine and art in France, Greece and England, and exploring the emerging economies of Brazil and China.

Learn more about participating in these learning adventures by calling the Global Learning Department at 704.330.6167 or visit the Global Learning website (http://www.cpcc.edu/study-abroad) for complete details.

Motorcycle Safety (https://www.cpcc.edu/cce/personal-enrichment/motorcycle)

Popular, public motorcycle riding and safety classes are taught in small groups for added attention. Basic Rider Courses help beginning (BRC) and experienced (BRC2 or RRBRC) riders find what fits their needs. Courses are also offered in partnership with motorcycle dealerships. For the latest offerings, check with Customer Service and Registration for Corporate and Continuing Education at 704.330.4223 or search by topic on Schedule Builder (https://schedule.cpcc.edu/myschedule) from the home page of the college website (https://www.cpcc.edu).

Courses include:
Motorcycle Basic Rider Course (BRC) - The Dealer Experience
Weekday Motorcycle Basic Rider Course (BRC) - The Dealer Experience
Motorcycle Safety Returning Rider Basic Rider Course (RRBRC)
Experienced Rider Course/Basic Rider Course 2 (BRC2)

Personal Finance (https://www.cpcc.edu/cce/personal-enrichment/personal-finance/personalfinance)

CPCC offers courses to help individuals understand finances and improve their financial future. Whether participants are just out of high school or planning for retirement, programs provide the knowledge and skills to allow them to take charge of their finances.

Course topics include:
Analysis and Valuation of Stocks
Introduction to Stock Options
Real Estate
Investing

Retirement Planning
Where Does All my Money Go?
For complete details, visit the Corporate and Continuing Education Personal Finance web page. (https://www.cpcc.edu/cce/personal-enrichment/personal-finance/personalfinance)

The Corporate Learning Center (http://www.cpcc.edu/clc) can customize or tailor presentations to specific employees or private groups. Call the Corporate Learning Center at 704.330.4660 for questions or a quote.

**Personal Safety** (http://www.cpcc.edu/cce/personal-enrichment/recreation/personal-safety/copy_of_self-defense-1)

Gain confidence and learn self defense in these hands-on courses. Learn tips and techniques from top, experienced safety experts. For the latest offerings, check with Customer Service and Registration for Corporate and Continuing Education at 704.330.4223 or search by topic on Schedule Builder (https://schedule.cpcc.edu/myschedule) from the home page of the college website (https://www.cpcc.edu).

**Course includes:**

Self Protection for Women

Exclusive classes are available for group or custom delivery through the Corporate Learning Center by calling 704.330.4660 for a quote.

**Recreation and Wellness** (https://www.cpcc.edu/cce/personal-enrichment/recreation)

Select from time honored disciplines, fitness-based activities or choose unique health offerings - all designed to improve one's life. Classes in Yoga, Tai Chi, Pilates, dance, sports classes and more get students moving and on a path to better health. Great facilities on various campuses welcome all levels of participants. Participants may set their own pace with no annual commitment or fees.

New or updated courses often are added to refresh choices and to meet new interests and requests. Online courses are offered, too! For the latest offerings, check with Customer Service and Registration for Corporate and Continuing Education at 704.330.4223 or search by topic on Schedule Builder (https://schedule.cpcc.edu/myschedule) from the home page of the college website (https://www.cpcc.edu).

**Topics**

Fitness and Personal Training Certifications (https://www.cpcc.edu/cce/personal-enrichment/recreation/Fitness/fitness-training)

Health

Personal Safety

Sports (https://www.cpcc.edu/cce/personal-enrichment/recreation/sports-home)

**Sports and Fitness** (http://www.cpcc.edu/cce/personal-enrichment/sports-and-fitness/sports-and-fitness)

Enjoy learning a new sport at CPCC or polish skills while meeting new people and getting expert instruction. Classes are small and offered at convenient times for a great experience - and a great workout! Options include tennis, golf, kayaking and boot camp fitness. For those making fitness a specialty or career, Fitness Professional Certification is offered.

**Courses**

Boot Camp Fitness (http://www.cpcc.edu/cce/personal-enrichment/sports-and-fitness/Boot-camp-fitness) (REC 8230)

Golf for Beginners (http://www.cpcc.edu/cce/personal-enrichment/sports-and-fitness/golf/golf-for-beginners) (RED 8401)

Kayaking (http://www.cpcc.edu/cce/personal-enrichment/sports-and-fitness/kayaking) (REC 8460)

Tennis for Beginners (http://www.cpcc.edu/cce/personal-enrichment/sports-and-fitness/tennis) (REC 8305)

**Personal Trainer National Certification** (WIT 7000)

A CPCC partnership with World Instructor Training Schools (WITS) (http://www.witseducation.com) allows students to become Certified Personal Trainers prepared to work one-on-one with clients in fitness facilities. Study focuses on anatomy, exercise physiology, nutrition, musculoskeletal injuries, health assessments and more. Students must hold current Cardiopulmonary Resuscitation (CPR) certification to qualify for the exam. CPR certification is not required for class participation. Additional courses are available to provide Continuing Education Unit (CEU) credits. To learn more about current courses available, contact Customer Service and Registration for Corporate and Continuing Education at 704.330.4223, or use the online Schedule Builder on the home page of the college website (https://www.cpcc.edu) and enter keyword terms, including “personal trainer.”