



Metropolitan Community College
40 YEARS OF EXCELLENCE

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FOR IMMEDIATE RELEASE

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A chance to have fun, boost skills with noncredit courses

FREMONT, Neb. — Three noncredit courses will be offered this Fall quarter at Metropolitan Community College's Fremont Area Center, northwest corner of 9th and Broad streets, and one noncredit course will be offered at MCC's Washington County Technology Center, northeast corner of 19th and Lincoln Highway in Blair.

The Ballroom Dancing for Beginners course offered at the Fremont Area Center introduces the fun of learning ballroom dance. Students learn the basics of the three most popular ballroom dances: Foxtrot, Waltz and Swing. Class starts Sept. 9 and runs 7–8 p.m. every Tuesday until Oct. 14.

Participants of Intermediate Ballroom Dance can expect to move to their Foxtrot, Waltz and Swing to the next level with patterns that provide more variety. Latin dances such as the Cha-Cha and the Rumba will also be introduced. Class starts Sept. 9 and runs 8–9 p.m. every Tuesday until Oct. 14. at the Fremont Area Center.

Area residents also have the chance to train their dogs in the Basic Dog Obedience course, which starts Sept. 27 and runs 9–10:30 a.m. every Saturday until Nov. 1 at the Fremont Area Center. The course is designed for dogs 16 weeks and older. Dogs will learn recalls, leash manners, sitting on command and other basics. Bring a leash and your dog's favorite treats. For questions, call course instructor Kristin Sandstede at 402-429-0605.

Blair-area residents get a chance to build their résumé with a Microsoft Excel Level 1 noncredit course at the Washington County Technology Center. The course covers the basics of Excel 2010. Participants learn how to navigate the program as well as create formulas and other functions. Class begins Sept. 19 and runs 9 a.m.–noon every Friday until Oct. 3. Books for the class are available for purchase for \$20.

Call 402-457-5231 or visit mccneb.edu/ce to sign up today.

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Metropolitan Community College, accredited by the Higher Learning Commission, is a comprehensive, public community college that offers affordable, quality education to all residents of Dodge, Douglas, Sarpy and Washington counties. Founded in 1974, MCC has the largest enrollment out of six community colleges in Nebraska and is the second largest postsecondary institution in the state. MCC serves more than 40,000 unique credit and noncredit students.