



PHOTOS BY ARLA SHEPARD BULL.

Student teacher Danielle Soto works at the Olympic College computer lab at the Mason Transit Authority Transit-Community Center. Olympic College offers a variety of classes this fall at the transit center, including new yoga and dance classes.



Olympic College Shelton offers several cooking classes open to the public at the commercial kitchen at the Mason Transit Authority Transit-Community Center. Community education classes are also offered.

# OC offers new yoga, dance classes at transit center

**By Aria Shephard Bull**  
Mason County Life

From cooking Thai cuisine to navigating the world of Facebook and Instagram, Olympic College has a plethora of community education courses open this fall to the public at the Mason Transit-Community Center in Shelton, including new gentle yoga and adult ballet classes.

While Olympic College still offers many of its continuing education courses at its Shelton campus — such as “I’ve Been Framed,” a Nov. 19 class about constructing your own frame, and “Art with Kim,” a series through Dec. 3 on everything from wood art to photo cropping — the college has been offering classes at the transit center since January.

“It really is a wonderful facility,” said Allison Smith, manager of the Shelton Community Education and Extended

Learning program at Olympic College. “There are several education organizations here and we’re working together to provide services for people who really need it.”

With the use of the transit center’s computer lab and commercial kitchen, Olympic College is able to work with local businesses to provide their staff with any training they may need. Earlier this year, Little Creek Casino Resort contacted the community college about offering ServSafe food and alcohol safety training for its kitchen and restaurant employees.

“We found an instructor, held the classes in the kitchen and they were able to take the test in the computer lab,” Smith said. “I really want to make it clear that I can find the experts to provide businesses with what they want.”

Smith networks in the community to find instructors for her community

education classes, too.

Local chef Kern Dolby, owner of the Kern’s Kitchen food truck in Shelton, teaches a “Cooking Around the World with Kern” class this fall, with classes like “Invito to Italy” on Oct. 20 and “Thai Cuisine” on Dec. 15, all at the transit center’s kitchen.

Karen Lee, a yoga instructor who teaches at the Grant School off Pickering Road, will instruct a gentle-restorative yoga class, 8:30 to 9:30 a.m., Mondays and Wednesdays, starting Oct. 3 at the transit community center.

The new yoga class is a boon to Shelton, which recently lost the downtown studio Joonbug Yoga.

From 7 to 8 p.m., Thursdays, Oct. 13 to Nov. 17, dance instructor Kristine Anderson will teach a new beginning ballet class for adults at the transit center, and will later teach a dance fusion class.

Smith often thinks about what she’d like to take.

“It’s a great community building activity,” she said. “Shelton is small enough that you run into the people from your class in the post office or the grocery store. It’s an opportunity for people to get to know their neighbors and also support local entrepreneurs, who get to share their expertise.”

This fall’s offerings include: “Cooking Around the World with Kern,” “Gentle Yoga,” “Adult Ballet,” “Flagger Training,” “Discover Welding,” “Computer Innovations,” “Advertising Today,” “Birth Order: Impact for Life,” “Forklift Operator Certification,” “Student Preparation for Financial Independence,” “Cooking with Fred,” “Healthy Cooking with Richard,” “Continuing ED for Licensed Massage Therapist,” “Art with Kim,” “I’ve Been Framed,” “Conversational Spanish,” “Distilling

from Start to Finish,” and “Anyone Can Write.”

The cost per class ranges from \$10 to \$40 for individual classes, such as yoga, cooking or art classes, while other courses charge for the entire series, such as \$85 for “Anyone Can Write” and, on the highest end, \$480 for learning about dis-

tilling from Hoodspott’s Hardware Distillery.

A list of specific classes can be found at <http://apps.olympic.edu/ce>, by clicking “Course Catalog” then “By location” and “Shelton.” People can register for and purchase classes directly online.