

# LAVC COMMUNITY SERVICES

*a lifetime of learning*



FALL 2022



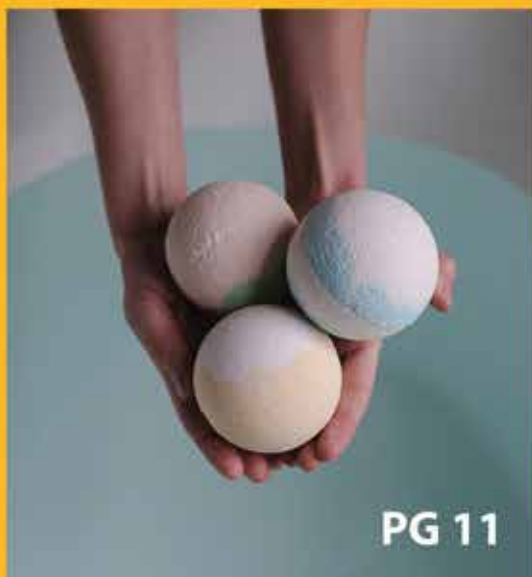
LOS ANGELES  
VALLEY COLLEGE



<https://lavalley.augusoft.net>  
818-947-2577 x4172



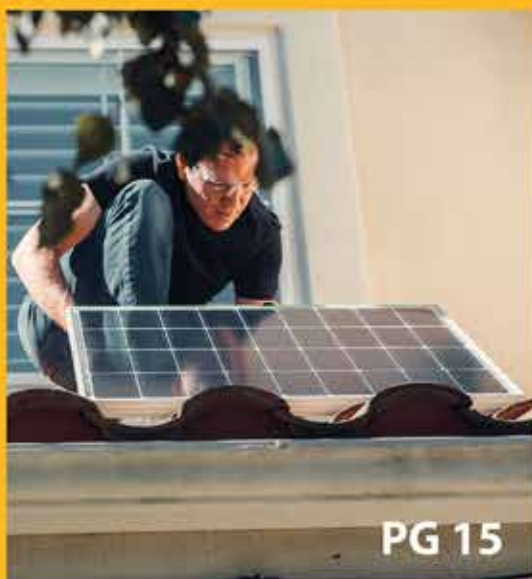
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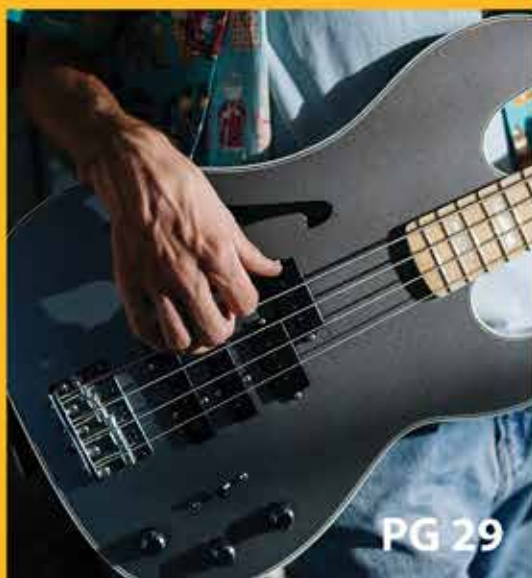
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### Parking Information

-You must have a current parking decal to park on campus. -Parking permits are only sold to currently registered students. -ONLY ONE parking permit can be sold per household. -Parking regulations are enforced 7 days a week 24 hours a day. -If your class meets for a total of 4 sessions or less, we will provide you with a complimentary pass good for use in any student lot. We DO NOT provide complimentary parking permits for ANY ON-GOING MONTHLY CLASS, ANY AQUATICS OR KARATE. -If you are coming to the Community Services Office to register for a class please use the 15 minute only spaces on the east side of Ethel Avenue in front of the Community Services Center south entrance.

### REFUND POLICY

There will be a \$10 charge for each refund OR transfer requested. Refund or transfer requests may be granted ONLY if presented in writing on a refund request form at least 5 working days before the first class meeting unless otherwise noted. This means that if you enroll less than 5 working days before the class begins, there will be no refunds. Please choose classes carefully, as refunds, transfers or credits CANNOT be granted once a class has begun. Refunds or credits WILL NOT be issued for absences or late registrations. If you miss some meetings of a class you cannot make them up in another class. Refunds are not made on the basis of not receiving a confirmation.

**Aquatics classes and lessons are offered rain or shine unless:** a) It is raining so hard that the bottom of the pool is not visible, b) There is lightning in the immediate vicinity, or c) It is so cold that ice forms on the pool deck. If these conditions are not present and you decide to not attend a swim class or lesson due to inclement weather, there will be no refund, make-up lesson or credit granted.

The Community Services Program is not responsible for lost or misdirected mail. There will be a \$10 charge to change a class. If you paid by credit card, your account will be credited. If you paid by cash, check or money order, you will receive a check refund (allow 4 - 6 weeks for processing). Refunds are given when the College cancels a class or program. If you cancel your registration less than five working days before it begins, NO REFUND will be given.

This catalog is published 3 times per year (fall, winter/spring and summer) by the Los Angeles Valley College Community Services Department. It is sent to residences in the nearby zip codes and is available on campus at several locations and at all City of Burbank and many Los Angeles County Public Libraries. If you'd like to be added to our mailing list please contact us at 818-947-2577 x. 4172 or send an email to comm\_serv@lavc.edu.



**FALL 2022 Class Registration  
 begins on Thursday, September 1, 2022**

# GENERAL & REGISTRATION INFORMATION

## LOS ANGELES COMMUNITY COLLEGE

### BOARD OF TRUSTEES

Gabriel Buelna, Ph.D., President  
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Jeanette L. Gordon, Vice Chancellor/Chief Financial Officer  
Vacant, General Counsel  
Rueben C. Smith, D.C.S., Vice Chancellor/Chief Facilities Executive

### VALLEY COLLEGE ADMINISTRATION

Barry Gribbons, Ph. D., President  
Matthew Jordan, Ed.D., V. P. of Academic Affairs  
Sarah Song, V. P. of Admin. Services

### COMMUNITY SERVICES PROGRAM STAFF

Debra Erickson, Community Services Manager

## DISCLAIMER POLICY

The Los Angeles Community College District and Valley College have made every reasonable effort to determine that everything stated in this brochure is accurate. Courses and programs offered, together with other matters contained herein, are subject to change without notice by the administration of the Los Angeles Community College District or Valley College for reasons related to student enrollment, level of financial support, or for any other reason, at the discretion of the District and the College. The District and the College further reserve the right to add, amend, or repeal any of their rules, regulations, policies and procedures. Note: Students enrolling in business and financial classes are responsible for making their own financial decisions.

## COMMUNITY SERVICES PROGRAM

Classes and workshops are offered to meet community interests. These classes are not given for academic credits and are not part of any degree or certificate program offered by Los Angeles Valley College. The Community Services Program is self-supporting, and classes are not given at taxpayers' expense. Unless indicated, class instructors and workshop leaders are not members of the Los Angeles Valley College faculty. Financial aid is not available for these classes.

## ATTENDING FIRST SESSION

Preregistration is required for all classes and workshops. If you register late, you must show your receipt to the teacher at the first class meeting. The teacher will verify the program number, date and the student's name. **Keep your receipt.** Only persons with an appropriate receipt will be considered.

## REGISTER EARLY

Minimum enrollment is necessary to maintain each class. Unless the minimum is reached before the first meeting of the class, it will be canceled. Some classes fill rapidly and the maximum may be reached before the final registration date. A \$2 per class nonrefundable registration fee as mandated by the Board of Trustees at their Dec. 11, 1985 meeting, is included in class fees.

**All information listed herein is subject to change at any time without prior notice.**

# REGISTRATION INFORMATION

## ENROLLMENT APPLICATION FORM:

A SEPARATE FORM (OR COPY) IS REQUIRED FOR EACH CLASS AND STUDENT (PLEASE PRINT)

Today's Date: \_\_\_\_\_ Class Title: \_\_\_\_\_ Start Date: \_\_\_\_\_ Class # \_\_\_\_\_

Date of Birth: \_\_\_\_\_ E-mail address \_\_\_\_\_

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ ZIP \_\_\_\_\_

Phone: Home ( ) \_\_\_\_\_ Cell ( ) \_\_\_\_\_

Payment Method:

Cash  Visa  Master Card  Discover Card  American Express

Credit/Debit Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_ Auth # \_\_\_\_\_

Signature Required: \_\_\_\_\_ Clerk: \_\_\_\_\_



Office Use Only

Fee \$ \_\_\_\_\_

Parking Fee \$ \_\_\_\_\_

Parking Permit # \_\_\_\_\_

Mail or bring this form (or copy) to:

Community Services Office  
5800 Fulton Ave., Valley Glen, CA 91401  
OR, Fax to: 818-947-2930

Registration indicates that you (1) have read and understand the refund policy (2) understand that the Los Angeles Community College District has no insurance covering medical or hospital costs incurred by participants (3) recognize that there are risks inherent to participation in recreational activities and agree to release, indemnify and hold harmless the Los Angeles Community College District staff, employees, trustees and volunteers from and against any and all liability from bodily injury and/or property damage which may result from participation in the program. (4) fully consent to emergency medical treatment, should emergency personnel or a physician deem such attention necessary. (5) understand that photographs taken of Community Services programs may be used by the Community Services Department for promoting programs, classes, or events and agree that you will not seek compensation of any kind for use of photographic likeness. Receipt will be mailed.

**Refund Requests** must be presented in writing on the appropriate refund request form

and accompanied by original receipt **at least 5 working days** before 1<sup>st</sup> class meeting unless otherwise noted. This means that if you enroll less than 5 working days before the class begins, there will be no refunds. **No Refund after class begins.** There will be a **\$10** charge for **each refund, credit or transfer.**

### SUPPLY/HANDOUT/MATERIAL FEES:

Please be aware that some Community Services classes have additional supply, handout or book fees. **You MUST purchase the supplies necessary to take the class at the time you register. Supply fees are paid to the Community Services Department. You WILL NOT be able to participate in class unless you purchase the supplies. You will receive the supplies at the first class. Supply fees will only be refunded if class is canceled or the student withdraws from class at least 5 days prior to class start date.**

*If you require special ADA accommodations, please inform us at least two weeks prior to the start of your class or program.*

# REGISTRATION INFORMATION



## ONLINE ANY TIME!

The easiest and quickest way to register is to visit us Online 24 hours a day at <http://lavalley.augusoft.net> where you can simply search for the class you want, add it to the cart then checkout as you would for other Online sites. Once completed, you will be able to print your receipt and confirmation immediately.



## PHONE Monday - Friday 8:00 AM - 4:30 PM

Enrolling by phone is very simple. Just call **(818) 947-2577, X. 4172** during our office hours and be sure to have your credit / debit card handy so we can help you quickly. Receipt and confirmation will be e-mailed once transaction is completed.



## BY MAIL

Complete the registration form on page 6 (one per person / class) and mail to:

**Los Angeles Valley College  
Community Services Department  
5800 Fulton Avenue  
Valley Glen, CA 91401 - 4096**

Mail at least TWO weeks prior to first day of class to ensure there is space in the class. Receipt, campus map and confirmation will be mailed. and emailed. Please note that the Community Services Department no longer receives personal checks. Be sure to include all credit card information (card number, expiration date, security code) and a working email address.



## WALK IN Monday - Friday 8:00 AM - 4:30 PM

Stop by our office in the south lobby of the Community Services Center Building during our office hours to register using a debit/credit card or exact cash is required.



## BY FAX ANY TIME!

Fax completed registration form to **(818) 947 - 2930** be sure to provide all the registration information, include your Visa, Master Card, Discover or American Express card number, expiration date and CVV2/CID number. Receipt, campus map and confirmation will be mailed and/or e-mailed.



## BE AN EARLY BIRD!

REGISTER EARLY AND AVOID DISAPPOINTMENT OF NOT GETTING A SPACE IN CLASSES OR CANCELED CLASSES!  
SAVE \$5 ON EACH CLASS YOU ENROLL IN BY SEPTEMBER 15TH!

## AMERICAN WITH DISABILITIES ACT (ADA) INFORMATION

All classes and events are wheelchair accessible. Individuals needing sign-language interpreters, assistive listening devices, large print or other alternative format materials, or other accommodations should contact the Community Services Office at 818.947.2577 x 4172 at least two weeks prior to the date of 1<sup>st</sup> class or event.

# GENERAL & REGISTRATION INFORMATION

## LAVC CAMPUS MAP



**Los Angeles Valley College**  
Abbreviations of buildings used in the class schedule

A	Art	E-14	LAVC IS A SMOKE-FREE CAMPUS
ACA	Administration & Career Advancement	B-9	Parking Pay Station - Cash Only
AHS	Allied Health & Sciences Center	H-4	Parking Pay Station - Credit Cards
B	Bungalows 80-85	G-6	ATM Machine
BJ	Business Journalism	F-4	Access Services (ask up/down off)
BSC	Behavioral Science	D-6	Emergency Blue Phone
CC	Campus Center	E-8	Lactation Room
CDFC	Child Development & Family Complex	G-18	Constitution and Request Areas
CSC	Community Services Center	J-9	All Gender Restrooms
E	Engineering	C-4	AM Device
EST	Emergency Services Training	F-6	
FL	Foreign Language	B-7	
H	Humanities	D-7	
LARC	Library & Academic Resource Center	C-12	
M	Music	B-15	
M&O	Maintenance & Operations	G-14	
MAC	Monarch Athletics Center	K-8	
MP STD	Motion Picture Studio	B-14	
MS	Math Science	E-4	
NGYM	North Gym	H-9	
PLN	Planetarium	D-4	
SGYM	South Gym	H-6	
SSA	Student Services Annex	C-5	
SSC	Student Services Center	B-6	
SU	Student Union	E-12	
TA	Theater Arts	B-14	
TV STD	Television Media Arts Center	B-14	

<b>A</b> Art Gallery & Patio	E-14	<b>CSC</b> Community Services Office Symmetics Center (CSC GYM) Dance Rm. (CSC MP2) Rock Wall (CSC MP1)	J-8 J-8 J-8 J-8	<b>SSA</b> Career/Transfer Center Counseling Svcs. for Students with Disabilities	C-5 C-5 C-5	<b>Parking (cont.)</b> Lot D Lot E Lot F Lot G Parking Structure College Road North College Road South	G-18 H-9 J-7 N-2 H-11 A-15 A-8
<b>ACA</b> Academic Affairs Office Academic Senate Room Administrative Services Call/Direct Conference Center Continuing Ed. Noncredit Cooperative Education Foundation / Institutional Effect. / PR Mailroom Master Calendar Office On/development Office Personal / Payroll President's Office Reprographics / Staff Services Honers Program / TAP Workforce Development Ctr.	B-8 B-8 B-9 B-9 B-9 B-9 B-9 B-9 B-9 B-9 B-9 B-9 B-9 B-9 B-9 B-9 B-9 B-9 B-9	<b>LARC</b> Computer Commons General Tutoring Historical Museum Library Math Lab Print. Development Ctr. / Media Svcs. Writing Center	C-12 C-12 C-12 C-12 C-12 C-12 C-12	<b>SSC</b> Admissions & Records GPS / CARE / Guardian Scholars Financial Aid GPS Center Mosaic Center Student Services Multipurpose Rm Welcome Center	B-6 B-6 B-6 B-6 B-6 B-6 B-6	<b>Athletic Facilities</b> Archery Range Aquatics Center (POOL) Baseball Field Grass Soccer Field Monarch Stadium & Track Softball Field Tennis Courts (EAST CTS) Walking Track	D-6 H-8 N-4 J-4 M-8 L-4 K-2 I-5
<b>CC</b> Umoja Black Scholars Twinning Room Information Technology Office Monarch Hall & Pabls Multicultural Center STEM Office	E-9 E-8 C-10 E-9 E-18 E-9	<b>M</b> Music Recital Hall <b>M&amp;O</b> Skant's Station M&O Office Receiving <b>MAC</b> Weight Room <b>NGYM</b> Adapted Physical Education Ctr. (APEC) <b>SGYM</b> Fitness Center (FC) Competition Gym	B-15 G-14 G-14 H-14 K-8 H-7 H-6	<b>SU</b> Bookstore (Monarch Student Store) Business Office Cafeteria (Monarch Cafe) Lion Cafe (Bevita Juice Bar) Student Life Office / ASU Skybox Conference Rm. Textbook Buyback Window Game Room (Lion's Den) VCH Student Health Center	F-12 F-12 F-12 E-12 E-12 F-12 E-12 E-12	<b>Outdoor Areas</b> Free Speech Area Monarch Square North Mall Student Free Speech Areas Student Services Plaza Student Union Plaza	D-9 D-10 D-13 C-6, C-16, F-11 C-6 F-11
<b>CDFC</b> Child Development Center Family Resource Center (CDFC/FRC)	G-17 F-18			<b>TA</b> Korsoshoer Theater Main Stage Theater	B-14 C-14	<b>Other</b> Access 1-3 Central Plant CPT Trailer DMG Data Center	F-9 E-6 F-18 C-18

Last modified September 2020

## DIRECTIONS TO LOS ANGELES VALLEY COLLEGE

Los Angeles Valley College is located at 5800 Fulton Avenue in Valley Glen, CA, 91401. The college is easily accessible from both the 170 and 101 freeways. From the 170 freeway exit at Oxnard Blvd. or Burbank Blvd. and head west. The college is located between Fulton Avenue and Ethel Avenue. From the 101 freeway, exit Coldwater Canyon Avenue and head north to Burbank Blvd. The college is at the corner of Coldwater Canyon Avenue and Burbank Blvd. (The Community Services Office is located on Ethel Avenue.)

# ACTING/PERFORMING ARTS

## INTRODUCTION TO VOICEOVERS (On-Line) (Personalized One-on-One Video Conference Class)



Do you have a passion for voiceovers? Want to earn income using your talents from the comfort of your home? Explore the fun, rewarding possibilities of the growing remote voiceover industry! 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 tools you'll need to find success. Your instructor, a professional voice actor from Voices For All, will take notes as you read a real script in this one-on-one video chat setting, and offer some coaching to improve your delivery. 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](http://www.voicesforall.com/ooo). 18 and over.

**Voices for All**  
# 21631

**Fee: \$49**

After registration you will receive a call to set up a time that works best for you.

# ARTS & CRAFTS/HOBBIES

## PHOTOGRAPHY THE FUNDAMENTALS (In Person)

Learn the fundamental concepts to better understand your camera and its creative functions in this workshop style class. This crash course is an ideal refresher or an overview for those who want to take control of their camera (or are looking to buy one). Topics include auto vs. manual settings, understanding the exposure triangle (how ISO, shutter speed, and f-stop work together), and using the camera as a creative tool to control depth of field and to capture motion. Students will have a chance to use their camera to practice the concepts and review photos in class. Open to teens 15 and older and adults.



**Nancy Kaye**

**Fee: \$55**

**Part 1**

# 21700

1 Saturday

10:00 AM - 4:00 PM

Nov. 19

**Part 2**

# 21701

1 Saturday

10:00 AM - 4:00 PM

Dec. 3

## DIA DE LOS MUERTOS/DAY OF THE DEAD MAKEUP (In Person)

Celebrate this Latin traditional day by creating your own one of kind Dia de los Muertos calavera (skull) face painting. Learn how to create Day of the Dead designs onto your face. Get face designing tips and tricks the professionals use, be creative and get that awesome Day of the Dead mask look that will stand out and impresses. No experience needed.

**Carmen MacDonald**

**Fee: \$65**

# 21653

3 Thursdays

7:00 PM - 9:00 PM

Oct. 6 - Oct. 20

## TEACH WITH US!

Does teaching come naturally to you? Do you constantly get asked to tell other people how you do the things that you do? Teaching for LAVC Community Services may be just what you are looking for. A way to promote your craft, educate others, or bring lost arts back into the mainstream. Almost any topic is fair game, so share it with us.

For more information on how to submit a course proposal give us a call at  
(818) 947-2577 x4172

# ARTS & CRAFTS/HOBBIES

## CANDLE MAKING (In Person)

Decorative candles may have caught your eye in pricey boutiques and gift shops. Now you can decorate quality candles and make a beautiful addition to any home! In this workshop you will learn how to make several different kinds of candles, tips to work with paraffin wax, essential oils and candle dyes and how to incorporate dried fruits and flowers into your candles. You'll also find out where to get materials and supplies. You will leave with several high-quality candles. This is a hands-on class and can be messy!



**Quayum Abdul** **Fee: \$42**  
# 21694 1 Tuesday 6:30 PM - 9:30 PM Oct. 11  
Supply fee: \$25

## BATH PRODUCTS (Shampoo, Shower Gel, and Bubble Bath) (In Person)

In this fun hands-on class students will discover simple techniques for making one of a kind bath products (shampoo, shower gel, bubble bath, bath salts, exfoliates, etc.) Topics include: -Where to Obtain Supplies, -Tips For Making Bath Gels, -Adding Herbs and Extracts, -Aroma Therapeutic Effects of Oils and much more! This is a hands-on workshop and can be messy! Please dress accordingly.

**Quayum Abdul** **Fee: \$42**  
# 21696 1 Tuesday 6:30 PM - 9:30 PM Nov. 22  
Supply fee: \$25

## COLD PROCESS SOAP MAKING (In Person)

Want to know how to use the Cold Process Soap Making method to create soap completely from scratch? Well, this class will explain the A to Z of Cold Process Soap Making so that you can create beautiful handmade soaps right in your kitchen. Oh, and don't worry about your experience level, it really doesn't matter. This class ranges from beginner to advanced. So, whether you are a complete novice or a soap making pro, stick around, have fun, and maybe you will learn something new about making soap at home. Class is hands - on and can be messy, so dress accordingly.

**Quayum Abdul** **Fee: \$42**  
# 21697 1 Monday 6:30 PM - 9:30 PM Nov. 28  
Supply Fee: \$30

## SOAP MAKING (In Person)

Do you love the sensual pleasure of beautiful, aromatic soaps but hate the high prices shops charge? Why not learn to make your own for a fraction of the retail cost? It's easier than you think! Custom-made soaps are perfect for gifts, bathroom decor and people with sensitive skin. You will create different kinds of soaps while learning how to layer colors, use molds, and add fragrances, herbs and toys. Express your creativity and join the fun! This is a hands-on workshop and can be messy, so dress accordingly.



**Quayum Abdul** **Fee: \$42**  
# 21695 1 Tuesday 6:30 PM - 9:30 PM Oct. 18  
Supply fee: \$25

## ARTS & CRAFTS/HOBBIES

### **BODY BUTTER (In Person)**

Don't you agree that the hurried, stressful pace of your daily life often makes it difficult to find ways to relax? Like many people, you shall find a way to create a restful retreat in your home – one in which you can relax and rejuvenate your mind, body and soul. Making your own body butter lotion is not at all difficult. It is really a very simple process using the same tools you already have in your kitchen. Most body butter recipes include just a handful of ingredients – you can make them with whatever scent and therapeutic qualities you desire to add to make your unique product. Body butter is awesome in any form. It is so rich and luxurious that you just can't help but love it.

**Quayum Abdul**  
# 21698  
Supply fee: \$30

1 Tuesday

9:00 AM - 12:00 PM

**Fee: \$42**  
Dec. 18

### **BUY ONE - GET ONE HALF OFF!**

Register for any two craft classes taught by Quayum Abdul and get the second class for ½ off! You must register for both classes at the same time over the phone or in person in order to get the discount.

Online registration will not receive the discount.

### **FIZZY BATH BOMBS (In Person)**

These bath bombs make fantastic gifts - they are just dropped into a hot bath and they fizz and dissolve releasing a beautiful fragrance! Surprisingly easy to make, let your imagination run WILD and experiment with different oils and colors - I also like to add dried rose petals, dried lavender and fine glitter... The possibilities are endless! All it take to make delicately scented tablets is a little mixing, some gradual spritzing, and a few minutes of molding. When you are finished you will have dozens of effervescent treats in a variety of shapes and colors that will scent and soften bath water as they bubble.

**Quayum Abdul**  
# 21699  
Supply fee: \$25

1 Tuesday

2:00 PM - 5:00 PM

**Fee: \$42**  
Dec. 18

### **INTRODUCTION TO HENNA ART (In Person)**

Ever wish you had the skills needed to create a beautiful henna tattoo? Here is your chance to learn the basics of henna application. Whether training to become a professional or to develop a new hobby, this class will teach students about the different kinds of henna, how to mix henna, and most importantly, the techniques needed to use henna to create stunning body art on yourself or others.

**Rosemary May**  
# 21706

5 Tuesdays

6:00 PM - 8:00 PM

**Fee: \$85**  
Oct. 4 - Nov. 1

### **ONE STROKE PAINTING 1 (In Person)**

This course will teach you the basics of decorative painting techniques to create detailed flowers and leaves in just one stroke. Create beautiful paintings and take them home on canvas, a ceramic vase, glass, fabric, or greeting cards. Please read: Please request a list of required materials for this class at the time of registration. Fee includes a certificate of completion.

**Carmen MacDonald**  
# 21654

4 Wednesdays

7:00 PM - 9:00 PM

**Fee: \$70**  
Dec. 7 - Dec. 28

# ARTS & CRAFTS/HOBBIES

## FACE PAINTING I (In Person)



This course is an introduction to face painting. Participants will learn freehand stroke skills necessary to create swirls, teardrops, curlicues, dots, and teardrop flowers. Topics will also include tools and makeup selection, loading your brush with multiple colors, using split cakes, and proper hygiene. The skills learned in this class can be used for children's parties, family gatherings, school events, or to make extra money as a face painter. Fee includes a certificate of completion.

- Please get a list of materials by contacting the Community Services office and provide a valid email address at time of registration for the instructor to send you handouts prior to class. Students will be expected to print and bring handouts to each class meeting. No use of personal cameras, cell phones, or any other like device to record the lectures provided in class is allowed.

**Carmen MacDonald**

# 21650

4 Thursdays

7:00 PM - 9:00 PM

**Fee: \$85**

Dec. 1 - Dec. 22

## SPECIAL EFFECTS 1 (In Person)

Create awesome & gruesome facial effects in this hands-on special effects class. In just 4 short weeks students will learn to use professional tools and techniques to accomplish looks worthy of a scare! Topics include: products and tools, burns, wounds, bruising, bullet wounds, and zombies. Please request a list of required materials for this class at the time of registration. Fee includes a certificate of completion.



- Please get a list of materials by contacting the Community Services office and provide a valid email address at time of registration for the instructor to send you handouts prior to class.

**Carmen MacDonald**

# 21651

4 Wednesdays

7:00 PM - 9:00 PM

**Fee: \$85**

Sept. 7 - Sept. 28

# 21652

4 Wednesdays

7:00 PM - 9:00 PM

Oct. 5 - Oct. 26

## UNLEASH YOUR LASHES: A LASH APPLICATION WORKSHOP

This fun and interactive class will give you the tools to apply your lashes correctly and in a natural manner. Raquel will cover basic lash application techniques, fitting string lashes, magnetic lash application, half lashes, doubles and safety. Students will receive the opportunity to practice and personalize their lash application.

You will need to have the following at class: stand up mirror, lash glue, small scissors, tweezers, eye liner, lash curler, mascara and full or half string lashes (no individual/single/loose lashes)

**Raquel Fournier**

# 21705

1 Saturday

11:30 AM - 2:30 PM

**Fee: \$40**

Nov. 5

**Don't  
Wait!**

**BE AN EARLY BIRD!**



**Register  
Today!**

**REGISTER EARLY AND AVOID DISAPPOINTMENT OF NOT  
GETTING A SPACE IN CLASSES OR CANCELED CLASSES!  
SAVE \$5 ON EACH CLASS YOU ENROLL IN BY SEPTEMBER 15TH!**

# ARTS & CRAFTS/HOBBIES

## OUTDOOR PORTRAIT PHOTOGRAPHY (In Person)

Learn to make beautiful outdoor portraits in daylight, with and without using flash. Workshop will focus on posing your subject, picking locations, observing ambient light, and enhancing it. We'll start in the classroom to discuss fundamental principles of light, cameras, and flash for portraiture, then go outdoors for students to create portraits that look professional—with flattering light and a blurred background. Great portraits can be made with any camera, though cameras with manual exposure options are recommended for this class. Model(s) provided for photo practice.

**Nancy Kaye**

# 21702

1 Saturday

12:30 pm - 4:30 PM

**Fee: \$35**

Sept. 24

## PHOTOGRAPHY BEYOND SNAPSHOTS (Hybrid)

Enhance your photo skills and make images with strong visual impact. Find your photo vision, learn about composition, and take your photography to the next level—beyond snapshots. We'll also explore images of master photographers of many genres to help you develop your own photo style and interests. Using a camera with manual options (SLR or mirrorless) is suggested, but any camera may be used. "When people ask me what equipment I use – I tell them my eyes!" Anonymous..

**Nancy Kaye**

# 21703

2 Thursdays

1 Saturday

7:00 PM - 9:30PM

9:30 AM - 12:00 PM

**Fee: \$110**

Oct. 20 - Oct. 27

Oct. 22

# BUSINESS & CAREER TRAINING

## ANALYZING FINANCIAL STATEMENTS (In Person)

Financial statements tell so much more about a company than just whether it is profitable. How well is it managed? How strong is cash flow? Is it financially strong enough to keep paying the bills and buying goods? Taught by a banker with 40 years of experience, this introductory class will help credit managers, CEO's, entrepreneurs, investors, and lenders to read the liquidity, efficiency, strengths and weaknesses revealed in financials. Key ratios used by bankers are well-defined. Materials provided by instructor, including analysis spreadsheet form.

**Jeff Cristol**

# 21707

4 Thursdays

6:30 PM - 9:00 PM

**Fee: \$174**

Oct. 27 - Nov. 17

## ELECTRIC VEHICLE CHARGING STATION DESIGN, INSTALLATION, AND OPERATION (In Person)

One of most growing businesses in USA and worldwide are electrical vehicle and EV charging station installation. Millions of electric cars, SUVs and trucks will be on the road by next 10 years. To offset the carbon load on the environment, the California Government is hoping to make 100% vehicles operating by battery powered by year 2035. This will require millions of charging stations to be installed at the garages, parking lots, roadside electric poles, etc. Therefore, we need millions of EVCS installers and service providers all over US and worldwide. This course will offer A to Z of EVCS design, Installation and operation, including troubleshooting the system. Class fee includes materials.

**Quayum Abdul**

# 21666

Monday & Wednesday.

6:30 PM - 9:30 PM

**Fee: \$149**

Nov. 9 - Nov. 24

# BUSINESS & CAREER TRAINING

## MAKE AN APP FOR THAT(Online)



Apps for iPhones and Android are popular and in demand. Let Bob teach you to take your app idea from concept to market and turn it into income. Learn to develop your idea using new tools for making apps with little or no programming experience. Discover what makes a successful app, how to find a market for your application, get it on the iTunes or Google

Play Store and promote and price your app to generate the most revenue. Your fee includes a PDF file of the class workbook and Online web membership for a year.

**Bob Cohen**  
# 21671

1 Thursday

6:00 PM - 9:00 PM

**Fee: \$69**  
Oct. 20

## NOTARY PUBLIC TEST PREPARATION (Online)

REMOTE THROUGH LIVE VIDEO CONFERENCING from the comfort of your home. Government institutions, banks, real estate and other companies are seeking notaries. All prospective notaries must complete a course approved by the California Secretary of State. Our approved course will give you the most updated notary information and the knowledge you need to perform the duties correctly and to pass the state exam. Class fee includes certificate of completion, and sample forms notaries use every day. The instructor will provide information about testing during the class. **PREREQUISITES:** 18 years of Age – Proper Government ID (For example: Driver License – DMV Identification Card – Current Passport). Instructor will email class materials and an invitation to join the class after registration and prior to the start date of class



**Rosie Reed**  
# 21656

1 Saturday

7:30 AM - 4:00 PM

**Fee: \$120**  
Dec. 3

**Before signing up for this class, check to see that you meet eligibility requirements for becoming a notary: visit [www.sos.ca.gov/notary](http://www.sos.ca.gov/notary) to check qualifications. Note: Due to strict State regulations, no one is admitted after class begins. Check-in begins at 7:30 AM and class must begin promptly at 8:00 AM. So have your current, official photo ID ready. Registration closes the day before class meets.**

## NOTARY LOAN SIGNING AGENT (Online)

NOW REMOTE THROUGH LIVE VIDEO CONFERENCING from the comfort of your home. A Notary Signing Agent is a notary public who has specialized expertise in the handling of mortgage loan documents. With the housing market on the rebound, this will be an in-demand service for notary publics! This class covers: A) In depth information about the main documents that the Notary Loan Signing Agent will notarize, with a loan package hands-on approach; by having each student assemble a loan package. B) A Real Estate (R.E.) Section with a recap of the new types of R.E. sales & loans currently on the market. C) A Marketing and Customer Service Section with a list of potential Sources and practical information on how to start their new business.

**Rosie Reed**  
# 21655

1 Saturday

9:30 AM - 3:30 PM

**Fee: \$100**  
Dec. 10

**Looking for more career classes?  
We offer a large variety of Online classes through Ed2Go  
See pages 30 & 31 for more details**

# BUSINESS & CAREER TRAINING

## SOLAR PANEL DESIGN AND INSTALLATION (In Person)

This Solar Photo voltaic panel design and installation class covers how solar PV energy works and how to assess if PV is feasible in a variety of situations. Topics include calculating and measuring PV power input and output, site assessment, system designing, permitting, battery and PV sizing, panels orientation and radiation calculation, electrical load calculation, system installation, troubleshooting and servicing, analyzing National Electrical Code (NEC), complete familiarization with equipment and installation, wire management and commissioning.



Since the beginning of 2020, all new construction and renovation require solar permit and installation.

**Quayum Abdul**

# 21665 Monday & Wednesday 6:00 PM - 10:00 PM

Supply fee: \$40

**Fee: \$220**

Dec. 5 - Dec. 21

## DMV AUTO WHOLESALER FROM HOME (Online)

Learn how to make extra income by buying and selling wholesale cars as a home-based business; or, simply buy cars for your friends, family and co-workers at great wholesale prices. Learn how to get your auto dealer license and how to operate a profitable used car business. Find out the how and where of buying at wholesale prices and how to sell at retail for very good profits. This class is DMV approved and students receive a DMV certificate of completion at the end of class. With the certificate, students are eligible to take the 40 question dealer license exam with the DMV.

**Ronald "Wayne" Williams**

# 21657 Monday & Tuesday 6:00 PM - 9:00 PM

# 21658 Monday & Tuesday 6:00 PM - 9:00 PM

Fee includes materials and manual

**Fee: \$114**

Sept. 12 - Sept. 13

Nov. 14 - Nov. 15

## PURSuing A CAREER IN PROPERTY MANAGEMENT (In Person)

A career in property management goes way beyond just free rent and apartments that are owned by mom/pop. Property Management is a career that pays well, offers great benefits and training, has many different career options and allows you the opportunity to work worldwide. You will learn what it takes to get your foot in the door. This workshop will cover topics including your resume, interview skills and everything in-between. You will learn what leasing is, closing the deal, marketing surveys, setting appointments, setting up the leasing office, taking maintenance orders, resident retention and renewals. Fair Housing and state laws will be covered as well. You will be given the tools to help you in temporary-to-permanent job placement to start you on your new path.

**Christine Evans**

# 21659 2 Saturdays 9:00 AM - 1:00 PM

# 21660 2 Saturdays 9:00 AM - 1:00 PM

Supply fee: \$16

**Fee: \$74**

Sept. 10 - Sept. 17

Oct. 22 - Oct. 29

## BUSINESS ETIQUETTE SEMINAR (IN PERSON)

Are you looking for a new job? Are you changing career paths? This seminar will provide the knowledge needed to improve your social skills and feel confident and in control in any business environment. Social skills are extremely important to on-going success; the way you interact with others, little things like interacting with small talk, greetings, listening and networking will make stronger relationships. Table manners in business settings, professional image and introductions will be covered among others in this seminar.

The manual to be used for the Business Etiquette seminar is digital and can be purchased only on Amazon.com. The name is "Business Etiquette: Reference Manual by Raquel Fournier" \$12.

**Raquel Fournier**

# 21661 1 Saturday 9:00 AM - 11:30 AM

**Fee: \$39**

Nov. 12

# BUSINESS & CAREER TRAINING

## INTRODUCTION TO INTERNET MARKETING METHODS (Online)

Learn the nine steps professionals use to market any business or organization Online. For beginners and others looking to improve, we'll cover the most popular Online tactics from SEO, advertising, social media, channels, affiliates, e-commerce, content marketing, and the #1 marketing approach recommended by Google and others. This course will help you get started and take your marketing up a level, help you learn how to do-it-yourself or hire and manage an agency do the work for you. Your fee includes a PDF file of the class workbook and Online web membership for a year.

**Bob Cohen**  
# 21668

1 Tuesday

6:00 PM - 9:00 PM

Oct. 4

**Fee: \$69**

## MARKETING WITH FACEBOOK AND SOCIAL MEDIA (Online)

Learn how to use Facebook, Twitter, Instagram, and social media sites to market just about anything from businesses and non-profits to books and bands! Discover how Likes, follows, shares, and comments affect your organic marketing and how to use paid advertising. Find out the audience demographics for the most popular social media sites, and learn about tools like RSS that professionals use to automate their social media marketing. Your fee includes a PDF file of the class workbook and Online web membership for a year.



**Bob Cohen**  
# 21667

1 Tuesday

6:00 PM - 9:00 PM

Oct. 11

**Fee: \$69**

## SEARCH ENGINE, GOOGLE ADS, EMAIL, AND ECOMMERCE MARKETING (Online)

We'll explore Search Engine Optimization (SEO) and Google Ads to help drive traffic to your site, how to find and use keywords, and why a landing page is valuable. Gain insight into why you should be using email marketing, what makes a successful opt-in newsletter, and how you can build one for pennies. Find out what the best e-commerce sites are for selling and your options. We'll compare search, social media, and email opt-in so you can understand what each offers for your Online marketing. Your fee includes a PDF file of the class workbook and Online web membership for a year.

**Bob Cohen**  
# 21669

1 Tuesday

6:00 PM - 9:00 PM

Oct. 18

**Fee: \$69**

## BLOGGING FOR FUN AND PROFIT (Online)

Want to know why creators and marketers say a blog is the best type of website? Whether you want a website for personal or professional use, discover how a blog makes it easy to share your products, services, writing, pictures, and videos with family, friends, organizations, and customers.

Find out the four most popular ways to use a blog to make money and how a blog makes your search and social media marketing easier! Topics include blogs for business, blog ads, blogs for marketing, and building blog communities. Your fee includes a PDF file of the class workbook and Online web membership for a year.



**Bob Cohen**  
# 21670

1 Tuesday

6:00 PM - 9:00 PM

Oct. 25

**Fee: \$69**

# AFTER SCHOOL PROGRAM

EVERY DAY UNTIL 6:30PM PICK UP AT LAVC  
Kindergarten through Eighth Grade

School Year 2022-2023

- Pick-up students from school
- Homework assistance, completion and correction.
- On-line based Math Curriculum
- Million Word Reading Challenge
- Enrichment Activities
- Swimming Every Friday
- Daily Snack
- Open as late as 6:30 PM
- Optional Gymnastics & Swim Lessons through LAVC.

\$47/  
Daily\*



**Monarch Camps After School Program has commercial passenger vans to pick up students at Burbank, Colfax, Dixie Canyon, Kester, Monlux, Riverside and Sherman Oaks Elementary Schools**

## SINGLE DAY CAMP (7:30am TIL 6:30pm)

Schools Out, Come to Camp!!!!!!.

We offer full day of camp for pupil-free days & holidays when school is out. During the day campers will enjoy sports, Arts & Crafts Projects, Special Event Activities and swimming if weather permits.

## THANKSGIVING CAMP

Monday - Wednesday, November 21 -23

Enjoy a classic day of camp, a field trip and a Thanksgiving celebration.

## SPRING BREAK CAMP

Monday - Friday, April 3 -7

Each group will have two days of Classic Day Camp, two days of field trips and have a Friday Spring Celebration.

# WINTER CAMP 2022-2023

**DEC. 19TH - JAN. 6TH, 2023 MON-FRI 7:15AM-5:45PM**

## MONARCH CAMPS MISSION

Monarch Camps provides campers with a fun and enriching environment where growth is a natural outcome of participation. The sports and activities we offer facilitate the development of cooperation, creativity, motor skills and sportsmanship among campers. Camp traditions and inclusion are tools that we use to cultivate a family environment. We strive to be a positive influence on a camper's growth from childhood through their teen and adult years.

**REGISTRATION OPENS NOV. 1ST!**

**REGISTER AT MONARCHCAMPS.COM**

Registration closes when camp is full or the Thursday prior to each week.

**LIMITED SPACE and we fill up quickly.**

DAILY	Sibling Discount
<b>\$95</b>	<b>\$80</b>
Minimum 3 Days	Minimum 3 Days

	Monday	Tuesday	Wednesday	Thursday	Friday
12/19	Regular Fun Day	Regular Fun Day	Field Trip	Regular Fun Day	Holiday Party
12/26	Regular Fun Day	Regular Fun Day	Field Trip	Regular Fun Day	Noon Years Eve Party
1/2	Regular Fun Day	Regular Fun Day	Field Trip	Regular Fun Day	Summer Pre-Party

## ABOUT OUR MOST POPULAR PROGRAM - CLASSIC DAY CAMP

This is where it all begins, with our longest running and most popular camp. Campers participate in arts & crafts, special projects and play in a variety of sports (such as gymnastics, basketball, tennis, soccer and archery). We build a strong sense of camp tradition and community through singing, dancing, special dress-up and theme days with unique events. Groups are divided by grade level.

Camps We Offer	For Grades	Ages
Classic Day Camp	Kinder- Seventh	5-12
Fine Art Camp	Second - Seventh	7-12
Theatre Arts Camp	Second - Seventh	7-12
Gymnastics Camp	Second - Seventh	7-12
Soccer Camp	Second - Seventh	7-12
Tennis Camp	Third - Seventh	8-12
Tumbling Camp	Kinder - Second	5-7



Monarch Camps with Community Services Department at L.A. Valley College offers a variety of classes programs for all ages and abilities. Classes emphasize physical fitness, motor development and kinesthetic awareness for our youngest student.

**-Registration for all classes MUST BE COMPLETED Online.**

**REGISTRATION OPENS ON THE 15TH PRIOR TO EACH MONTH.**

**-Same day registrations are not permitted.** If you register for a class the same day it takes place, your child will not be allowed to participate in class until the following week. Registering early also guarantees your child a spot in the class. Once a class is full, registration for the class will be closed.

**-We do not allow free "trial" classes;** however, you may observe any class (no participation) before making your decision to enroll.

**-There are no make-up lessons or credits for missed classes.**

**-If we do not have the minimum enrollment in any particular class by the first of the month, that class will be canceled for that month.**

.....  
**CHILDREN'S DANCE CLASSES**

**BALLET**

Your child will begin their dance journey in a caring, exciting and nurturing environment. Our developmentally appropriate curriculum has been developed by experienced instructors along with our own dance faculty. Your child will be inspired to pursue their dreams of dance!

**Jazz**

This class combines techniques of classical ballet and modern dance with the current forms of popular dance. Dancers will learn vocabulary ranging from the isolation of certain body parts to the movement of the entire body with the accents of musical rhythms.

**HIP HOP**

Our hip hop class is the perfect opportunity for your child to leap, spin, jump, and groove as they learn the latest dance moves. Fun, kid-friendly music is utilized in this exciting class, which is a perfect fit for the energetic child. With an emphasis on musicality, agility, and coordination, your hip hop dancer will leave class feeling cool and confident. Throughout the lessons, students will work cooperatively in small and large groups as they learn awesome moves, and lively routines. Hip Hop class is a great opportunity for personal expression, and gives each child the chance to find their own individual movement style. Come to class with energy and enthusiasm, and get ready to have a blast!

**TAP**

Our Tap Dance class lets young dancers and musicians experience rhythm with their bodies. Children love to move and make noise - this class let's them do both! In our Tap class, students will learn coordination and control as they use their own two feet to experience dance and music concepts such as energy, speed, and syncopation. Beginning hoofers will learn tap terminology to help them set a strong foundation for their future in the art form. Aspects of our Creative Dance classes are also included to allow your young tapper the chance to explore their own creative style. Students will groove to the music and shuffle out their energy in this active, enjoyable class.

## **CHILDREN'S GYMNASTICS CLASSES**

### **BEGINNING GYMNASTICS**

Kids will learn basic gymnastics skills which help develop body awareness while working on strength and flexibility. From warming up their muscles to going upside down around the uneven bars, they will experience it all! We focus first on knowledge of the equipment and their comfort level with each event they visit.

\*No previous gymnastics experience required.



### **INTERMEDIATE GYMNASTICS (BY INVITE/AUDITION ONLY\*)**

This class is designed to continue to build on the foundation that was laid during Beginning Gymnastics. While the basics are always reviewed and applied, gymnasts refine their skills and develop more advanced techniques of execution. Their understanding of terminology, body placement and conditioning will increase as they face new drills for skill maturity. In an ever evolving sport, they will be exposed to more practice time, new stretches, skills and coaching styles! \*Specific skill set required.

### **GYMNASTICS TEAM (by Recruitment Only)**

Join our Girls Gymnastic Team! (By recruitment) Knowledge of gymnastics basics in all four events is required: Floor, Vault, Balance Beam, and Uneven Bars. Participants will be required to audition prior to acceptance. This is a competitive team program. There is travel (to competitions) involved in this program.

Fee does not include cost of uniform and cost associated with competing in meets.)

## **MONARCH CAMPS RULES**

- Parents who have a child registered in the Girls 3-6 years old and Boys 4-6 years old classes **MUST REMAIN** in the Community Services building at all times in the event of a bathroom emergency.
- No shoes allowed on floor. No zippers or buttons allowed on clothing.
- Wear sufficient clothing that covers the entire upper torso of the body.
- Long hair must be secured in a "pony tail" or by other means.
- Parents (except those registered in Parent & Me) **ARE NOT** allowed on the floor/equipment under any circumstances. Please remain in the seating area at all times.
- Anyone on the floor/equipment **MUST** be enrolled in a class that is occurring during the time they are on the floor. **NO EXCEPTIONS.**
- **NO FOOD OR DRINK (EXCEPT WATER IN A SEALABLE CONTAINER) IS ALLOWED ANYWHERE IN THE GYMNASTIC CENTER**-There are picnic tables located outside the center on the east side of the building. Please enjoy your food or drinks outside.
- Open Workout is for ages 16 and up only.
- No coaching or teaching is allowed during open workout.
- Participants must follow direction of staff/coaches at all times.
- Please be on time for your class. For safety reasons, as it is extremely important to stretch before class; participants who arrive more than 10 minutes late to a class will not be allowed to participate in the class for that day and no refund will be given.
- All children must be picked up within 10 minutes after a class ends. Parents who pick up their children later than 10 minutes after the end of a class will be charged one dollar per minute for any time over 10 minutes.

# BUSINESS & CAREER TRAINING

## MEDICAL BILLING & CODING SERIES

Los Angeles Valley College Community Service Department will issue a certificate for the “Medical Insurance Billing Specialist” after the student has successfully completed **all three** classes: **Medical Terminology, Coding, and Medical Insurance Billing classes** (attendance & examination requirements must be met before each class ends). **There will be a \$5 charge for each additional or special request certificate.** After completing all 3 classes students are qualified to sit for the exams in either AHIMA or AAPC. **Additional Online Medical classes are offered on pages 30 & 31.**

### MEDICAL TERMINOLOGY (ONLINE CLASS 1)

This introductory course is designed for individuals who want to pursue a career in or enhance their potential for advancement in the health care field. Key topics which will be presented, analyzed and discussed include the following: The rules and structure of medical terminology, anatomy, functions of the organ/system being studied, the etiology, diagnostic procedures and management of pathological conditions. There will be weekly quizzes given to keep track of students’ progress.

***This course is a prerequisite for Medical Insurance Coding. Required text: The Language of Medicine 10<sup>th</sup>, 11<sup>th</sup> or 12<sup>th</sup> Edition by Davi-Ellen Chabner. Purchase or Rent on your own. Instructor also suggests that students purchase a Medical Dictionary.***

Arlyn “Glady” Tagomolila-Que  
# 21662 Mondays & Fridays

6:00 PM - 10:00 PM

Fee: \$220  
Nov. 4 - Dec. 9

### CODING FOR MEDICAL INSURANCE BILLING (ONLINE CLASS 2)

Coding is required to bill insurance companies. It is also used in the medical records departments of different medical facilities. Students will learn the different rules in coding various diagnosis in ICD-10-CM format. Those same codes are used for billing insurance companies in order to get the best reimbursement. In CPT coding, the students will learn how to code the doctor’s or the medical facilities reimbursement procedures/services.

***This course is a prerequisite for Medical Insurance Principles.***

**Two Books Required:**

1. ICD-10-CM for Physicians 2021 or 2022 (Professional or Expert) any publisher.\*
2. AMA Current Procedural Terminology Professional\*

\* Older additions permitted up to 2018 if only to be used for practice. Current addition is to be used for current year’s license exam.

**Please purchase or rent books on your own. (These books are to be used for Medical Billing so you will not need to purchase additional books if you are taking Medical Coding through LAVC Community Services).**

Arlyn “Glady” Tagomolila-Que  
# 21663 Mondays & Fridays

6:00 PM - 10:00 PM

Fee: \$220  
Dec. 12 - Jan. 23

### MEDICAL INSURANCE PRINCIPLES / BILLING (ONLINE CLASS 3)

Students will learn the basic principles of medical billing, recognize the different forms used by third party payers, create a clean claim (1500 form) and define insurance billing terminology and types of coverage. Students will learn the responsibilities of Medical Insurance specialist, the life cycle of an insurance claim, and the various templates. Prerequisite: Medical Terminology & ICD-10-CM/CPT-HCPCS Coding.



**Purchase or rent text books on your own. (These are the same books used for Medical Coding.)**

Arlyn “Glady” Tagomolila-Que  
# 21664 Mondays & Fridays

6:00 PM - 10:00 PM

Fee: \$220  
Jan. 27 - Mar. 3

# DANCE

## BALLET FOR ADULTS (ADVANCED BEG. - INTERMEDIATE) (In Person)

There is no better way to develop strength, flexibility, musicality, and stamina while practicing a fun and beautiful art form, dating back to the 15th century. You will enhance self-esteem and build self-confidence while getting in shape! Students should wear leotards and tights or leggings. Ballet slippers are required.

<b>Claudine Mason-Marx</b> # 21673	6 Sundays	9:00 AM - 10:15 AM	<b>Fee: \$70</b> Sept. 25- Oct 30
# 21674	6 Sundays	9:00 AM - 10:15 AM	Nov. 6 - Dec. 18

## BEGINNING COUNTRY WESTERN LINE DANCING

If you want to learn Line Dancing or improve your technique, this is the class for you. Simple, slow to moderately paced line dances will be taught in a relaxed, pleasant atmosphere. Come have fun with us and get a great workout!. Two levels: Beginner & Intermediate. No partners required. Cowboy boots or good dancing shoes suggested - no sandals allowed.

<b>Linda Goldstein</b> # 21675	6 Sundays	11:00 AM - 12:00 PM	<b>Fee: \$65</b> Sept. 25- Oct 30
# 21676	6 Sundays	11:00 AM - 12:00 PM	Nov. 6 - Dec. 18

We Also Offer Open Recreation (Drop-In)  
Scottish Dance. See Page 32

## CLASSES FOR KIDS

### HOME ALONE (AGES 11-15) (In Person)

Develop skills to be confident and safer at home when adults are not present. This interactive course provides information, tools and drills covering topics such as: Answering the Door and Phone, Sudden Power Outages, Earthquake, Fire, Intruder, Kitchen Safety, Calling 911, and more. This course is exciting and highly recommended for any child who may spend time at home alone!

<b>Margaret Noji</b> # 21672	1 Saturday	10:00 AM - 1:00 PM	<b>Fee: \$48</b> Sept. 24
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Supply Fee: \$12



### WANT MORE CLASSES FOR KIDS?

- SWIMMING PG. 34
- DANCE & GYMNASTICS PG. 20-21
- SPANISH PG. 28
- TENNIS PG. 24

# EXERCISE SPORTS & FITNESS

## TENNIS LESSONS

Learn tennis or improve your current game with our long-term teaching pro, **Ray Finks**. Ray is a member of the National Tennis Academy Professional Tennis Registry. He has played competitive and professional tennis for over 10 years. He has won several local tournaments.

### Levels:

**BEGINNER:** Very little to no previous experience in playing or lessons.

**INTERMEDIATE:** Dependable and accurate service placement and has some understanding of strategy in singles and doubles.

**ADVANCED:** Has high level of consistency and endurance.

\* Class is by invite ONLY for children with advanced tennis skills.

**Pre-register at the Community Services Office.** EACH student must bring 2 unopened cans of tennis balls & racket.



### CHILDREN SATURDAY CLASSES

# 21677	Age 6 - 9	8 Saturdays	11:00 AM - 12:00 PM	Oct. 1 - Nov. 19	Fee: \$74
# 21678	Age 10 - 14	8 Saturdays	12:00 PM - 1:00 PM	Oct. 1 - Nov. 19	Fee: \$74

### ADULT SATURDAY CLASSES

# 21682	Beg-Adv	8 Saturdays	10:00AM - 11:00AM	Oct. 1 - Nov. 19	Fee: \$74
# 21681	Intermediate	8 Saturdays	9:00 AM - 10:00 AM	Oct. 1 - Nov. 19	Fee: \$74

### ADULT SUNDAY CLASSES

# 21680	Beginning	8 Sundays	9:00 AM - 11:00 AM	Oct. 2 - Nov. 20	Fee: \$148
# 21679	Advanced*	8 Sundays	11:00 AM - 1:00 PM	Oct. 2 - Nov. 20	Fee: \$148



## PRIVATE TENNIS LESSONS

Dates and times for private tennis lessons **MUST be arranged with the Community Services Office. Call 818-947-2577 x.4172 to book your private tennis lesson.** Minimum of 4 hours required. Can be eight 1/2 hour lessons or four 1 hour lessons.

**Raymond Finks, Tennis Pro**

**Fee is \$64/hour per person**

# EXERCISE SPORTS & FITNESS

## ZUMBA GOLD (In Person)

Are you 55 or older and looking for a good workout? Zumba Gold for older adults (ages 55+) blends Latin and International dance rhythms to give a fun, safe and different kind of work out for this age group. This is a great way to get in or stay in shape and meet new friends. It is required that participants wear supportive athletic shoes.



**Linda Goldstein**

**# 21683**

8 Saturdays

9:30 AM - 10:30 AM

**Fee: \$65**

Sept. 24 - Oct. 29

**# 21684**

8 Saturdays

9:30 AM - 10:30 AM

Nov. 5 - Dec 17



**Don't Wait!**

**BE AN EARLY BIRD!**



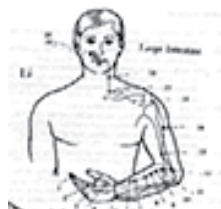
**Register Today!**

**REGISTER EARLY AND AVOID DISAPPOINTMENT OF NOT GETTING A SPACE IN CLASSES OR CANCELED CLASSES!  
SAVE \$5 ON EACH CLASS YOU ENROLL IN BY SEPTEMBER 15TH!**

# HEALTH & WELLNESS

## ACUPRESSURE TO REDUCE PAIN & STRESS (In Person)

Learn the basics of Chinese healing as it relates to acupressure massage. This class will focus on self and couple acupressure massage and specific points to use for common problems such as: lack of energy and mental clarity, low back pain, neck and shoulder pain, etc. You will learn approximately 16 acupressure points you can perform on yourself and others. You will also learn basic head and neck massage techniques. (No partner necessary for class.) Please have a small hand mirror and water-soluble marker.



**Dr. Randy Martin, Ph. D, O.M.D.**

**# 21685**

1 Thursday

7:30PM - 9:00PM

**Fee: \$35**

Oct 20

# HEALTH & WELLNESS

## AMERICAN RED CROSS CPR/AED (In Person)

Learn or review the life-saving skill of CPR on adults, children and infants. This course includes instruction on how to use an AED, and what to do in the event of a Choking Emergency. This interactive and engaging course concludes with an exam. Upon passing, certification is available for an additional \$25, payable to the instructor in class. For ages 18 and above.

**Margaret Noji**

# 21686

1 Thursday

6:00 PM - 10:00 PM

**Fee: \$45**

Oct. 20

**Supply fee: \$5**

## AMERICAN RED CROSS FIRST AID (In Person)

Learn or review the steps to give aid in Emergencies such as bleeding wounds, burns, and bone injuries; and how to respond to Sudden Illnesses such as stroke, seizure, allergic reaction, and much more. This course is highly recommended for parents, caregivers, coaches, athletes, and anyone willing to help others in a healthcare emergency. Upon passing the exam, certification is available for an additional \$28, payable to the instructor in class. For ages 18 and above.

**Margaret Noji**

# 21687

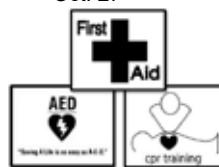
1 Thursday

6:00 PM - 9:00 PM

**Fee: \$40**

Oct. 27

**Supply fee: \$5**



# PERSONAL ENRICHMENT / FINANCE

## HOW TO LIVE, WORK OR RETIRE ABROAD AFFORDABLY (Online)

Enjoy a higher standard of living while living your dream! Learn how you can make your dream of living in a foreign country possible. Find out how to stretch a fixed retirement income, or how to find work overseas that pays your room and board. Discover the top ten countries where you can live better abroad than in the U.S., and how you can do it. Get tips on evaluating your finances, figuring out how far your dollar will go, housing, transportation, food, government discount programs, access to healthcare, job opportunities and more.

**Bob Cohen**

# 21688

1 Thursday

6:00 PM - 9:00 PM

**Fee: \$49**

Oct. 13

**Note: Students enrolling in financial classes are responsible for making their own financial decisions.**

## TEACH WITH US!

Does teaching come naturally to you? Do you constantly get asked to tell other people how you do the things that you do? Teaching for LAVC Community Services may be just what you are looking for. A way to promote your craft, educate others, or bring lost arts back into the mainstream. Almost any topic is fair game, so share it with us. For more information on how to submit a course proposal give us a call at (818) 947-2577 x4172

# LANGUAGES

## CIAO VENEZIA - BEGINNING ITALIAN LIVE STREAM FROM VENICE, ITALY!

Learn Italian directly from Venice, Italy!!! That's right, you'll now have the chance to learn the fourth most studied language in the world in the most authentic way! Our teacher, Mr. Lombardi will be in Venezia giving you the "real experience" no one else could! Due to time zone differences the class will be offered day time PST (see below) but should that be in conflict with your work schedule, no worries, you'll have access to the recorded class at your convenience on a dedicated YouTube channel only available to paying students. Also, You'll have access to Mr. Lombardi for feedback through emails, videos, texts, and chats. Venice will be just one touch away on your smart-phone!! The class curriculum is designed for the complete beginner; with simple idiomatic phrases, you will be able to speak ITALIANO in no time. Divided into ten subject areas, Mr. Lombardi will guide you through the different phases of learning the language: building your vocabulary, grammar, and pronunciation. The program will cover ear-training exercises: greetings and introductions, people and family, numbers and plural, around home, describing things, around town, at the restaurant, everyday life, at work and socializing.



Please purchase required book:

Living Language Italian, Essential Edition available at Amazon.

### Giovanni Lombardi

**Fee: \$75**

# 21648	6 Tuesdays	10:00 AM - 11:30 AM	Sept. 20 - Oct. 25
# 21649	6 Tuesdays	10:00 AM - 11:30 AM	Nov. 8 - Dec. 13

## SPANISH FOR KIDS (Online)

Introduce your child to the Spanish language and Latin American culture. We will begin with the Alphabet and the basics of Present Tense. Next, we will concentrate on the basics of Present and Future Tense. In each class your child will learn how to interact in Spanish through in-class exercises, role playing, games, videos, and fun activities.

### Teresa Hito

**Fee: \$75**

#### Ages 7 - 9 Years

# 21640	6 Saturdays	9:45 AM - 10:45 AM	Sept. 24 - Oct. 29
# 21641	6 Saturdays	9:45 AM - 10:45 AM	Nov. 5 - Dec. 17

#### Ages 10 -13 years

# 21642	6 Mondays	5:15 PM - 6:15 PM	Sept. 19 - Oct. 24
# 21643	6 Mondays	5:15 PM - 6:15 PM	Nov. 7 - Dec 19

## READING AND WRITING SPANISH FOR CHILDREN (Online)

This class is for kids who already know or understand Spanish, but want to learn to write and read in Spanish. We will be reading a book together, which can be purchased in advance from Amazon.

### Teresa Hito

**Fee: \$75**

#### Ages 7 - 9 Years

# 21644	6 Saturdays	2:30 PM - 3:30 PM	Sept. 24 - Oct. 29
# 21645	6 Saturdays	2:30 PM - 3:30 PM	Nov. 5 - Dec. 17

#### Ages 10 -13 years

# 21646	6 Thursdays	5:15 PM - 6:15 PM	Sept. 22 - Oct. 27
# 21647	6 Thursdays	5:15 PM - 6:15 PM	Nov. 3 - Dec 15

# LANGUAGES

## BEGINNING SPANISH (Online)

In this course students will use reading, writing, speaking, and listening skills to develop a basic level of proficiency in the Spanish language. Each week will present a topic with grammatical points of interest by using games, drills, and videos to cover all aspects of language learning. General topics will be addressed depending on the what is covered that week such as: "All about me", "The weather".

**Teresa Hito**

**Fee: \$100**

# 21632	6 Saturdays	8:00 AM - 9:30 AM	Sept. 24 - Oct. 29
# 21633	6 Saturdays	8:00 AM - 9:30 AM	Nov. 5 - Dec. 17

## INTERMEDIATE SPANISH (Online)

In this course students will use reading, writing, speaking, and listening skills to develop a basic level of proficiency in the Spanish language. Each week will present a topic with grammatical points of interest by using games, drills, and videos to cover all aspects of language learning. General topics will be addressed depending on the what is covered that week such as: "Giving a order to a child" "Say what you did yesterday".

**Teresa Hito**

**Fee: \$100**

# 21634	6 Saturdays	11:00 AM - 12:30 PM	Sept. 24 - Oct. 29
# 21635	6 Saturdays	11:00 AM - 12:30 PM	Nov. 5 - Dec. 17

## ADVANCED SPANISH (Online)

Advance Spanish is for those who have completed the Intermediate Spanish class. In this course students will use reading, writing, speaking, and listening skills to develop a basic level of proficiency in the Spanish language. Each week will present a topic with grammatical points of interest by using games, drills, and videos to cover all aspects of language learning. General topics will be addressed depending on the what is covered that week such as: "Talk about what you did in your last vacation."

**Teresa Hito**

**Fee: \$100**

### Level 1

# 21636	6 Saturdays	12:45PM - 2:15 PM	Sept. 24 - Oct. 29
# 21637	6 Saturdays	12:45PM - 2:15 PM	Nov. 5 - Dec. 17

### Level 2

# 21638	6 Tuesdays	7:00 PM - 8:30 PM	Sept. 20 - Oct. 25
# 21639	6 Tuesdays	7:00 PM - 8:30 PM	Nov. 8 - Dec. 13



# MUSIC

## THE BASICS OF HARMONY SINGING (In Person)



In this fun class, you will discover and hone your own vocal sound, learn breath control, experiment working with different ranges, train your ear to better understand pitch, and enhance your singing diction. We'll start with simple popular songs and learn to sing the correct melodies and then the harmonies that go with them in a very easy low pressure environment. Each week you will be given reading and listening material to prepare for and discuss at the next class meeting. This class will help you find your voice.

**Dale LaDuke**

**# 21691**

5 Saturdays

1:00 PM - 2:00 PM

**Fee: \$99**

Oct. 1 - Oct. 29

## BEGINNING UKULELE (In Person)

Learn fundamental skills to get you playing ukulele in this entertaining hands-on class. We will work on rhythm, strumming, patterns, and some finger picking. With a few basic chords you can play along with others and accompany yourself on a multitude of songs. Learn to find the right key for your voice and where the notes are on the keyboard. No previous experience needed. Bring your own ukulele.



**Dale LaDuke**

**LEVEL 1**

**# 21689**

5 Saturdays

10:00 AM - 11:00 AM

**Fee: \$99**

Oct. 1 - Oct. 29

**LEVEL 2**

**# 21690**

5 Saturdays

11:00 AM - 12:00 PM

**Fee: \$99**

Oct. 1 - Oct. 29

## BEGINNING GUITAR (In Person)

In this hands on entertaining hands you will learn the fundamental skills for playing the guitar. With a few basic chords you can play along with others and accompany yourself on lots of songs. No previous experience needed. Bring your own Guitar.

**Dale LaDuke**

**# 21692**

5 Saturdays

12:00 PM - 1:00PM

**Fee: \$99**

Oct. 1 - Oct. 29

## CLASSIC ROCK GUITAR (In Person)

The guitar is the most popular musical instrument for Classic Rock music and if you are just starting out on guitar this class is for you! The course will teach the basic fundamentals of music, power chords and the notes on the guitar. You will be introduced to guitar tablature which will build the foundation for a lifetime of enjoyment making music. Come join this class and learn how to play songs and make music in no time flat. Students must bring their own guitar electric/acoustic to class.

**Dan Sindel**

**# 21689**

6 Tuesdays

6:00 PM - 8:00PM

**Fee: \$149**

Oct. 11 - Nov. 15

## ON-LINE CLASSES

# INSTRUCTOR LED NON-CREDIT ONLINE COURSES



**LEARN FROM THE  
COMFORT  
OF YOUR HOME!**



24-Hour Access

Discussion Areas

8 Week Format

**Our instructor-led on-line courses are informative, fun, convenient and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly. Visit our web site (<http://ed2go.com/lavc>) to view the start dates for the courses that interest you.**

**Complete any of these courses entirely from the comfort of your home or office at any time of the day or night!**

Prices start  
as low as: **\$99**

Learn it On-line!

### **Introduction to Google Analytics**

Learn how to track and generate traffic to your website, create reports, and analyze data with Google's free, state-of-the-art Web analytics tools.

### **Performing Payroll in QuickBooks**

Learn how to use QuickBooks to create paychecks, pay tax liabilities, and produce forms and reports.

### **Accounting Fundamentals**

Give yourself skills that are in high demand by exploring corporate accounting with a veteran instructor.

### **Beginning Writer's Workshop**

Get a taste of the writer's life and improve your writing skills in this introduction to writing creatively.

### **Computer Skills for the Workplace**

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

### **A to Z Grant Writing**

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals.

### **Grammar Refresher**

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

### **Digital Photography**

Gain a solid overview of the basics of digital photography, including equipment, software, and practical uses.

### **Write Like A Pro**

Learn how to use story outlines like a professional writer with lessons developed by a published author.

### **Intermediate Microsoft Excel**

Take your Microsoft Excel skills to the next level as you master charts, PivotTables, Slicers, Sparklines, and other advanced Excel features.

### **Introduction to CSS3 and HTML5**

Learn to create state-of-the-art Web sites using modern CSS3 and HTML5 techniques.

### **Leadership**

Gain the respect and admiration of others, exert more control over your destiny, and enjoy success in your professional and personal life.

### **Writing Essentials**

Master the essentials of writing so you can excel at business communications, express yourself clearly on-line, and take your creative literary talents to a new level.

### **Effective Business Writing**

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

### **Introduction to SQL**

Gain a solid working knowledge of the most powerful and widely used database programming language.

100's more listings on-line at  
<http://www.ed2go.com/lavc>

<http://www.ed2go.com/lavc/>  
818-947-2577 X. 4172



## CAREER TRAINING

# ONLINE PROGRAMS



**JUMP START YOUR CAREER OR START A NEW ONE!**

Prepare for employment in some of today's hottest careers with an affordable and comprehensive self-paced on-line Career Training Program

One-On-One Instructor Assistance

24-Hour Access

All Materials and Books are Included!

Certificate Upon Successful Completion

Course Start Any Time

3-6 Months Of Instruction

Complete any of these Career On-line Programs entirely from your home or office and at any time of the day or night!

For detailed objectives, outlines, demos, frequently asked questions, pricing and program ratings visit our website.

Learn it On-line!

### Medical Billing and Coding

With the Medical Billing and Coding (MBC) program, you'll gain the skills you need to enter one of the fastest-growing fields in allied health as a medical billing specialist, medical coder, or medical office manager. 240 hrs

### Pharmacy Technician

Pharmacy technicians support licensed pharmacists in providing health care to patients. Train to enter this rapidly growing field with this respected on-line program. 330 hrs

### Certified Personal Trainer

Prepare for an in-demand career as a personal trainer as you earn a nationally-recognized W.I.T.S. Certification and gain real-life experience in an internship. 62 hrs

### Travel Agent Training

Learn the basic skills needed to operate a computer reservation system for airlines, travel agencies, cruise lines, hotel, or as a home-based agent, and get started in a career in the travel industry. 250 hrs

### Principles of Green Building

The Principles of Green Buildings (PGB) program explains the science that individuals in the building, remodeling, or trade industries need to know in order to make buildings perform more efficiently. 30 hrs

View more Career Training listings on-line at <http://careertraining.ed2go.com/lavcComEd/>

### AutoCAD 3D 2018

Once you successfully complete the Training Program you will have learned AutoCAD's 3D tools and will be able to design three-dimensional models using AutoCAD 2018 software. 80 hrs

### Human Resources Professional

Master the skills you need to gain an entry-level position in human resources and prepare to take the PHR (Professional in Human Resources) certification exam. 120 hrs

### Non-Profit Management

Examine the fundamental principles of nonprofit management, explore the roles and responsibilities of a nonprofit board of directors and the management team, discover the essential aspects of fundraising, and become acquainted with the fundamentals of the budgeting process. 300 hrs

### Optician Certification Training

Master the skills you need for a successful career as an optician and prepare yourself to take the ABO certification exam. 150 hrs

### Certified Wedding Planner

This comprehensive program covers everything an aspiring wedding planner needs to know to get started in the business. Whether you plan on working part-time or full-time, this program will provide all the knowledge you need to work as a professional wedding planner or start your wedding planning business. 340 hrs

<http://careertraining.ed2go.com/lavcComEd/>  
818-947-2577 X. 4172

# OPEN RECREATION ACTIVITIES

**Open Recreation (drop-in) activities are open to adults ages 18 and up in the community.** Days and times are subject to change due to location availability. There is no instruction for Open Recreation activities. **Coaching/teaching at any open recreation activity is prohibited.** We currently offer the following activities: Royal Scottish Dance and Track. **All Open Recreation activities fees are \$8.00 per visit. SAVE MONEY-BUY A PASS! 10 visits to any Open Recreation activity for \$50.00!** Passes are available at the Community Services Office (818) 947-2577, Ext. 4172 by phone with a credit card, by mail or on-line at: <http://lavalley.augusoft.net>. No refunds on Open Recreation passes will be issued. Lost or stolen cards will not be replaced.

DAY	TIME	PROGRAM	LOCATION
Monday	7:30-10:00 PM	Scottish Dance	CSC MPR 2
Saturday	6:00-9:00 AM	Track	Stadium Track
Friday	7:00-11:00 PM	Badminton	North Gym
Sunday	2:00-5:00 PM	Adv. Badminton	North Gym

Please check our website [lavalley.augusoft.net](http://lavalley.augusoft.net) regularly for updates

## SWIMMING & AQUATICS

### **Swim Lesson Policies and Registration Procedure**

#### **Classes**

- Swim classes are not confirmed until payment is received.
- If you miss a group lesson, there will be no make-up scheduled.** If the Community Services Office cancels a class due to inclement weather\*, instructor's schedule, etc. We will provide a make-up class at a mutually agreeable date and time. OR we will provide a class credit or refund.
- Please read our refund policy on Page 4.
- Please ask about our 2nd class and sibling discounts.

#### **Private Lessons**

- Swim lessons are not confirmed until payment is received.
- We will do our best to honor requests for instructors but cannot guarantee this.
- If the Community Services Office cancels a class due to inclement weather\*, instructor's schedule, etc. We will provide a make-up class at a mutually agreeable date and time or a credit.
- Participants in current month private swim lessons have priority registration over all others.
- Private Lesson Priority registration for the next month begins on the 1st day of the current month and continues until the Monday immediately after the 3rd Sunday of the month.
- Please read our refund policy on Page 4.

\*All classes will be held rain or shine; except in case of thunderstorms, ice on the pool deck or if it is raining so hard that lifeguards cannot see the bottom of the pool. Call 818-778-5644 or visit us on Facebook ([www.Facebook.com/lavcaquaticscenter](http://www.Facebook.com/lavcaquaticscenter)) approximately 30 minutes prior to class to see if a class has been canceled.

#### **PRIVATE SWIM LESSONS (YOUTH & ADULT)**

25 minutes of one-on-one instruction once a week. \$120-\$150 per month based on number of weeks in the month. *Children must be at least 4 years old and toilet trained.* Call Community Services (818.947.2577 extension 4172) for times or to schedule a lesson. Lessons are available every half hour, Monday through Thursday from 3:30 PM - 6:30 PM. Please read the registration information/refund policy above.

# SWIMMING & AQUATICS

## ADULT CLASSES (18 years old and up)

Class size range 12 - 25 students based on class

### SHALLOW WATER AEROBICS

This class is for anyone who wants to improve strength, flexibility, and cardiovascular endurance with minimal impact and stress on joints. For beginner to intermediate level.

M/W/F 10:00 AM - 10:55 AM \$95/month

### AQUA FIT

A combination of water aerobics, swimming, and more for a varied, challenging, and fun workout! If you want to get back into shape, keep yourself in shape, or are just looking for something different, then this is the class for you! Class held in deep water.

T/TH 4:00 PM – 4:45 PM \$85/month

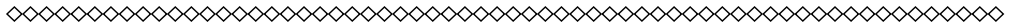
T/TH 6:00 PM – 6:45 PM \$85/month

### AQUA TABATA

Join us for our newest aquatics class. Enjoy the benefits of a HIIT workout without the impact! Tabata training was developed in Japan and is a 20-second high-intensity work interval followed by a 10-second rest, repeated eight times in a row. High Intensity Interval Training is proven to help reduce fat better than “regular” cardiovascular training. Tabata which combines this high intensity interval training with the properties of water, results in a fun, yet effective workout to blast the calories and get you in terrific shape. Please note: **All participants must be comfortable and water safe in deep water.**

M/W: 4:00 PM - 4:45 PM \$70/month

M/W: 6:00 PM - 6:45 PM \$70/month



### ADULT LAP SWIM (18 and over)

Open to all adults 18 and up for lap swimming. Lap passes have 10 entries. Purchase one pass for \$45, 2 passes for \$70, 3 passes for \$100. No refunds will be given for lap swim passes. Lost or stolen passes will not be replaced.

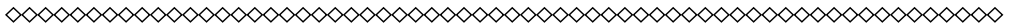


Monday - Thursday: 6:00 PM - 8:00 PM

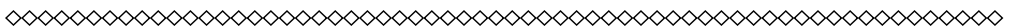
Friday: 5:00 PM - 8:00 PM

(ALL registrations must be done at the Community Services Office M-F 8 AM-4:30 PM)

Please Note: Purchase of the LAVC Community Services Lap Swim Pass does not guarantee that there will be lap space in the pool at all times during our regular lap swim hours. Please understand that we will try our best to find accommodations for lap swimmers but there may be times when it is not possible. Please also be aware that the Aquatic Staff and Lifeguards have the authority to move patrons as necessary.



## We offer swimming and aquatics classes year round



Brian Delach, Coordinator

Delachbm@lavc.edu

818-778-5644

Like us on Facebook: [www.facebook.com/lavcaquaticscenter](http://www.facebook.com/lavcaquaticscenter)

ALL registrations must be done at the Community Services Office M-F 8 AM-4:30 PM

# SWIMMING & AQUATICS

## CHILDREN'S CLASSES

### SMALL GROUP LESSONS

Our smaller group lessons offer flexible scheduling and are for children of all swimming abilities. Learn to swim or get better with your strokes! For ages 4 through 16½. Group sizes are 6-8 students and are 45 minutes long.



**Assessment required for Levels 2 or higher.**

**Assessments are by appointment only.**

**Contact Community Services at (818)947-2577 Ext.4172 to schedule an appointment.**

### Level 1

Mon. / Wed.	4:00 PM - 4:45 PM	\$95/month
Tue. / Thu.	4:00 PM - 4:45 PM	\$95/month
Tue. / Thu.	6:00 PM - 6:45 PM	\$95/month

### Level 2

Mon. / Wed.	4:00 PM - 4:45 PM	\$95/month
Mon. / Wed.	5:00 PM - 5:45 PM	\$95/month
Tue. / Thu.	4:00 PM - 4:45 PM	\$95/month
Tue. / Thu.	5:00 PM - 5:45 PM	\$95/month

### Level 3

Mon. / Wed.	5:00 PM - 5:45 PM	\$95/month
Tue. / Thu.	5:00 PM - 5:45 PM	\$95/month
Tue. / Thu.	6:00 PM - 6:45 PM	\$95/month

### Level 4

Mon. / Wed.	5:00 PM - 5:45 PM	\$95/month
Mon. / Wed.	6:00 PM - 6:45 PM	\$95/month
Tue. / Thu.	5:00 PM - 5:45 PM	\$95/month

### **SPLASH CLUB (Level 5)**

A group lesson for intermediate to advanced swimmers who are looking to learn/improve all their strokes, proper lap techniques, and have fun while increasing their strength and endurance. **Tryout is required.** Ages 6 – 16.

Mon. / Wed.	6:00 PM - 6:55 PM	\$85/month
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### PLEASE NOTE:

We advance children to the next level based on Instructors recommendation and availability of the class. We cannot guarantee that the next level of class will always be available on your requested day/time, or at all.



**PG 27**



**PG 15**



**PG 13**



**PG 30**



**PG 32**



**PG 26**

**LOS ANGELES VALLEY COLLEGE  
COMMUNITY SERVICES DEPARTMENT  
5800 Fulton Avenue  
Valley Glen, CA 91401- 4096**

**Non-Profit  
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Permit No. 29**

**ECRWSS EDDM  
Residential Customer**

**Register on-line at [https:// lavalley.augusoft.net](https://lavalley.augusoft.net)**

**Registration for Fall Classes  
Begins on September 1, 2022**

**For more information, please call  
PHONE: (818) 947-2577,x4172**

**FAX: (818) 947-2930**

**WEB: <https://lavalley.augusoft.net>**

**Catalog available in alternative medias**

**FALL 2022**

**SEPTEMBER - DECEMBER 2022**

**LAVC**  
**COMMUNITY SERVICES CENTER**