

LAVC COMMUNITY SERVICES

a lifetime of learning

FALL 2023



Community Services
LOS ANGELES VALLEY COLLEGE



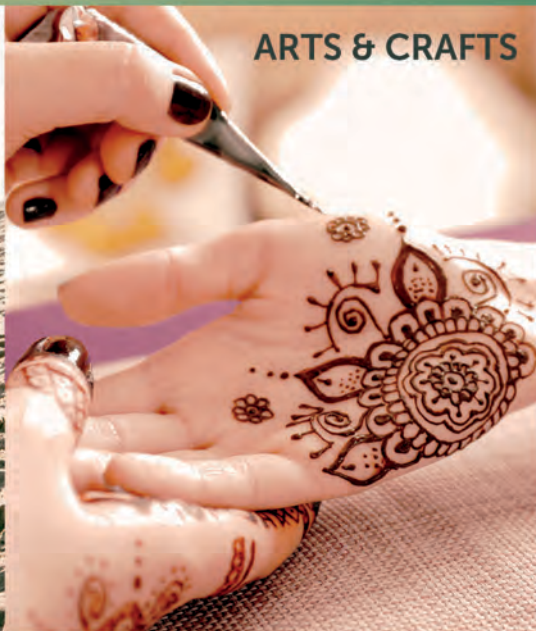
818-947-2577 x4172

<https://lavalley.augusoft.net>


PERSONAL ENRICHMENT




ARTS & CRAFTS



CAREER TRAINING
EXERCISE
HEALTH & FIRST AID
PERFORMING ARTS
AND MORE...

 @lavccommserv

 /lavccommserv

LANGUAGES



MUSIC



LAVC

Community Services
LOS ANGELES VALLEY COLLEGE

TABLE OF CONTENTS

DIRECTORY OF COURSES AND PROGRAMS

ACTING/PERFORMING ARTS

Beginning Improv.....	P. 8
Introduction to Voiceover.....	P. 8

ARTS & CRAFTS/HOBBIES

Airbrush Makeup.....	P. 9
Bath Products.....	P. 8
Candle Making.....	P. 8
Dia De Los Muertos Makeup.....	P. 9
Fizzy Bath Balls.....	P. 8
Henna.....	P. 9
Lash Application.....	P. 9
Make-Up Workshop.....	P. 9
One Stroke Painting.....	P. 10
Painting with Acrylic.....	P. 10
Painting with Watercolor.....	P. 10
Photography.....	P. 10
Soap Making.....	P. 9
Special Effects.....	P. 11
Transform Your Wardrobe w/Scarves ...	P. 11

BUSINESS & CAREER TRAINING

AI Tools for Writing.....	P. 16
Blogging For Fun and Profit.....	P. 15
Content Creation.....	P. 15
DMV Auto Wholesaler from Home.....	P. 11
ECommerce Marketing.....	P. 15
Electric Vehicle Charging Station.....	P. 11
Introduction to Internet Marketing.....	P. 15
Landlords: The Basics.....	P. 14
Landlords: Finances.....	P. 14
Landlords: Get Organized.....	P. 14
Landlords: Gain Profits.....	P. 15
Make An App for That.....	P. 16
Marketing with Social Media.....	P. 16
Medical Billing & Coding Series.....	P. 13
Notary Loan Signing Agent.....	P. 12
Notary Public.....	P. 12
Property Management.....	P. 12
Solar Design & Installation.....	P. 11

COOKING

Baking Bread.....	P. 17
-------------------	-------

CLASSES FOR KIDS

Babysitter Training.....	P. 17
Home Alone.....	P. 17
Monarch Camps.....	P. 28-31
Spanish Language for Kids.....	P. 21
Swimming.....	P. 27

Tennis (Youth).....	P. 19
---------------------	-------

DANCE

Ballet.....	P. 17
Country Western Line Dance.....	P. 18
Not Strictly Country Line Dance.....	P. 18
Salsa.....	P. 18
Scottish Dance.....	P. 24
Swing.....	P. 18
Tap.....	P. 18

EXERCISE/SPORTS/FITNESS

Restorative Yoga.....	P. 19
Tennis.....	P. 19
Zumba Gold.....	P. 19

HEALTH/FIRST AID

Acupressure.....	P. 20
CPR/AED.....	P. 20
First Aid.....	P. 20

LANGUAGES

Italian.....	P. 20
Spanish.....	P. 21-22

MUSIC

Harmony Singing.....	P. 22
Rock Guitar.....	P. 22
Ukulele.....	P. 22

OPEN RECREATION

Badminton.....	P. 24
Climbing Wall.....	P. 31
Gymnastics.....	P. 31
Open Track.....	P. 24
Scottish Dance.....	P. 24

PERSONAL ENR. / FINANCE

Live & Retire Abroad.....	P. 23
The New Retirement.....	P. 23
Emotional Intelligence.....	P. 23
Self-Publish Your Book.....	P. 23
Turn Your Story into a Book.....	P. 24

SWIMMING & AQUATICS

Aqua Fit.....	P. 26
Aqua Tabata.....	P. 26
Lap Swimming.....	P. 24
Private Swim Lessons.....	P. 27
Shallow Water Aerobics.....	P. 26
Small Group Lessons.....	P. 27

TABLE OF CONTENTS

DIRECTORY OF COURSES AND PROGRAMS

GENERAL INFORMATION

ADA Information	P. 6
Campus Map & Driving Directions.....	P. 7
Disclaimer Policy	P. 5
General Information.....	P. 4-7
Refund Policy	P. 4



REFUND POLICY

There will be a \$10 charge for each refund OR transfer requested. Refund or transfer requests may be granted if presented in writing at least 5 working days before the first class meeting unless otherwise noted. 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.

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.

REFUND POLICY

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.

PARKING INFORMATION

Parking permits are not required at this time. You may park in Park in front of the Community Services South Entrance, Parking Lot F.

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.

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.

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 CLASS REGISTRATION BEGINS ON AUGUST 19, 2023

GENERAL & REGISTRATION INFORMATION

LOS ANGELES COMMUNITY COLLEGE

BOARD OF TRUSTEES

David Vela, President (Seat No. 3)
Nichelle Henderson, 1st Vice President (Seat No. 5)
Kelsey K. Iino, 2nd Vice President (Seat No. 7)
Gabriel Buelna, Ph.D., Member of the Board (Seat No. 6)
Steven F. Veres, Member of the Board (Seat No. 2)
Andra Hoffman, Member of the Board (Seat No. 1)
Sara Hernandez, Member of the Board (Seat No. 4)
Kenneth-Alan Callahan, Student Trustee

DISTRICT ADMINISTRATION

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Melinda A. Nish, Ed.D., Deputy Chancellor
Dr. Nicole Albo-Lopez, Ed.D., Interim Vice Chancellor of Educational Programs
and Institutional Effectiveness
Teyanna Williams, J.D., Vice Chancellor of Human Resources
Carmen V. Lidz, MS, Vice Chancellor/Chief Information Officer
Jeanette L. Gordon, Vice Chancellor/Chief Financial Officer
Maribel S. Medina, J.D., 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
Florentino Manzano, V.P. of Student Services
Sarah Song, V. P. of Admin. Services

COMMUNITY SERVICES PROGRAM STAFF

Debra Erickson, Community Services Manager
Chaquanda Laughlin, Community Services Aide

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

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.

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

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.



WALK IN

Monday - Friday
9:00am - 4:00pm

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.



PHONE

Monday - Friday
8:30am - 4:30pm

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.

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.

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 1st 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.

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 1st class or event.

ACTING/PERFORMING ARTS

BEGINNING IMPROV

Say "Yes and" to facing your fears of performing. "Walk on" to the stage and learn the basics of improv, conquer your fears, awaken your creativity, and make new friends while learning how the professionals make you laugh every week. "Wipe" away your hesitations for the most fun 2 hours of your week.

Michael Heiman

22331

6 Wednesdays

7:00pm - 9:00pm

Fee: \$129

Oct. 11 - Nov. 15

INTRODUCTION TO VOICEOVERS (ONLINE)

Personalized One-on-One Video Conference Class

Explore the craft of voiceovers! Discover current trends, opportunities, and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience.

Voices for All

Fee: \$49

22353

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

ARTS & CRAFTS/HOBBIES

BATH PRODUCTS

Why purchase expensive commercial bath products when you can delight in making your own – reasonably? In this fun interactive class students will discover simple techniques for making one-of-a-kind bath products (shampoo, shower gel, bubble bath, bath salt & exfoliate).

Quayum Abdul

22240

1 Sunday

10:00am - 1:00pm

Fee: \$45

Dec. 10

Supply fee: \$30

CANDLE MAKING

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.

Quayum Abdul

22238

1 Monday

6:30pm - 9:30pm

Fee: \$45

Sept. 18

Supply fee: \$30

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 BALLS

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 - add dried rose petals, dried lavender and fine glitter... The possibilities are endless!

Quayum Abdul

22241

1 Sunday

3:00pm - 6:00pm

Fee: \$45

Dec. 10

Supply Fee: \$30

ARTS & CRAFTS/HOBBIES

SOAP MAKING

Your bath can become your at-home getaway when you add beautiful and fragrant handmade glycerin soaps. Making these beautiful soaps is easy and enjoyable and expressing your creativity is part of the fun. In this course, students will create different types of soaps while learning how to use colors, molds, fragrances, essential oil, extract, herbs, and, novelties. We will also discuss how to make organic, natural or therapeutic soap.

Quayum Abdul

Fee: \$45

22239

1 Wednesday

6:30pm - 9:30pm

Nov. 1

Supply fee: \$30

AIRBRUSH MAKEUP LEVEL 1

Flip your traditional Makeup to Airbrush Makeup Fast, Easy and Clean The "Full Face Beauty Airbrush Makeup" course will provide students with all the basic skills and knowledge they need to do full face airbrush makeup.

(Additional fee for mini makeup kit available at Dinair company).

Carmen MacDonald

Fee: \$99

22310

4 Wednesdays

7:00pm - 9:00pm

Nov. 8 - Nov. 29

DIA DE LOS MUERTOS MAKEUP

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 stands out and impresses. No experience needed.

Carmen MacDonald

Fee: \$79

22246

3 Thursdays

7:00pm - 9:00pm

Oct. 12 - Oct. 26

HENNA ART

Ever wish you had the skills needed to create a beautiful henna tattoo? 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

Intro to Henna - Part 1

Fee: \$69

22247

3 Tuesdays

6:00pm - 8:00pm

Sept. 26 - Oct. 10

Henna Art Mixing - Part 2

Fee: \$59

22312

Monday/Tuesday

6:00pm - 8:00pm

Nov. 13 - Nov. 14

HOLIDAY 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.

Raquel Fournier

Fee: \$45

22306

1 Saturday

5:00pm - 8:00pm

Nov. 4

HOLIDAY MAKEUP WORKSHOP

This workshop will change the way you approach makeup! Moisturizer and sunscreen application, exfoliation, foundation, perfectors, primers, stenciled eyes, blending, brushes and more. This is a hands on workshop like no other!

Raquel Fournier

Fee: \$125

22313

6 Saturdays

5:00pm - 8:00pm

Sept. 23 - Oct. 28

ARTS & CRAFTS/HOBBIES

ONE STROKE PAINTING 1

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.

Carmen MacDonald

Fee: \$99

22242

4 Thursdays

7:00pm - 9:00 pm

Nov. 2 - Nov. 30

PAINTING WITH ACRYLIC

This is a beginning level acrylic painting course. Learn basic skills like brushwork mechanics, how to apply acrylics to achieve the best fluid strokes, valuable color mixing theories, how to use values and end with light on form painting techniques.

Carmen MacDonald

Fee: \$99

22243

4 Wednesdays

7:00pm - 9:00pm

Sept. 6 - Sept. 27

PAINTING WITH WATERCOLOR

This course offers students instruction on basic watercolor techniques in order to bring out their artistic expression. Topics covered in class include: color mixing, color application, brush stroke techniques, plus much more. Fee includes a certificate of completion.

Carmen MacDonald

Fee: \$99

22244

4 Thursdays

7:00pm - 9:00pm

Sept. 7 -Sept. 28

PHOTOGRAPHY THE FUNDAMENTALS

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.

Nancy Kaye

Fee: \$75

Part 1

22307

1 Saturday

10:00am - 4:00pm

Sept. 23

Part 2

22308

1 Saturday

10:00am - 4:00pm

Oct. 21

PHOTOGRAPHY SHOOTING TO A THEME

Connect with others interested in photography in an informal, social learning environment. Participants will take photos on their own and on their own schedule, shooting to fit the same class-assigned themes. Class meetings will be held in the LAVC Community Center to share photographs. Enjoy the stimulation of seeing how others interpreted the theme, get teacher and peer feedback, view work by master photographers, and be inspired to do more photography. Any camera can be used.

Nancy Kaye

Fee: \$45

22309

2 Thursdays

10:00am - 12:30pm

Sept 14 -Oct 19

22311

2 Thursdays

10:00am - 12:30pm

Nov. 16 - Dec. 14



ARTS & CRAFTS/HOBBIES

SPECIAL EFFECTS 1

Create awesome & gruesome facial effects in this hands-on special effects class. 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.

Carmen MacDonald

Fee: \$99

22245

4 Wednesdays

7:00pm - 9:00pm

Oct. 4 - Oct. 25

TRANSFORM YOUR WARDROBE WITH SCARVES

Transforming your wardrobe can be very simple when you know how to use scarves. Become your own fashion designer and increase the potential of your wardrobe, no sewing needed!

Raquel Fournier

Fee: \$45

22330

1 Saturday

9:00am - 12:00pm

Nov. 11

BUSINESS & CAREER TRAINING

DMV AUTO WHOLE DEALER HOME BASED BUSINESS (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. 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

Fee: \$119

22257

Monday/Tuesday

6:00pm - 9:00pm

Nov. 6 - Nov. 7

Fee includes materials and manual

ELECTRIC VEHICLE CHARGING STATION DESIGN, INSTALLATION, AND OPERATION

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 course will offer A to Z of EVCS design, Installation and operation, including troubleshooting the system.

Quayum Abdul

Fee: \$149

22315

Monday/Wednesday

6:30pm - 9:30pm

Sept. 27 - Oct. 11

Fee includes materials

SOLAR PANEL DESIGN AND INSTALLATION

This Solar Photovoltaic 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.

Quayum Abdul

Fee: \$239

22316

Tues/Wed/Thurs

6:00pm - 10:00pm

Nov. 28 - Dec. 7

BUSINESS & CAREER TRAINING

BECOME A NOTARY PUBLIC OR RENEW YOUR COMMISSION (REMOTE/LIVE VIA ZOOM)

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).

Rosie Reed

Fee: \$125

22258

1 Saturday

7:30am - 4:00pm

Oct. 28

Before signing up for this class, check to see that you meet eligibility requirements for becoming a notary: visit 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 SEMINAR (REMOTE/LIVE VIA ZOOM)

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

Fee: \$105

22259

1 Saturday

9:30am - 3:30pm

Nov. 4

PURSUING A CAREER IN PROPERTY MANAGEMENT

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. 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. You will be given the tools to help you in temporary-to-permanent job placement to start you on your new path.

Christine Evans

Fee: \$74

22317

2 Saturdays

9:00am - 1:00pm

Oct. 21 - Oct. 28

Supply fee: \$16

**LEARN FROM THE COMFORT OF YOUR HOME!
INSTRUCTOR LED NON-CREDIT ONLINE COURSES
<http://www.ed2go.com/lavc/> - Prices start as low as \$99
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.

<http://www.ed2go.com/lavc/>



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.

MEDICAL TERMINOLOGY - CLASS 1 (ONLINE)

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 10th, 11th or 12th Edition by Davi-Ellen Chabner. Purchase or Rent on your own. Instructor also suggests that students purchase a Medical Dictionary.

Arlyn "Glady" Tagomolila-Que

Fee: \$250

22260

Monday/Friday

6:00pm - 10:00pm

Oct. 20 - Nov. 27

CODING FOR MEDICAL INSURANCE BILLING - CLASS 2 (ONLINE)

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

Fee: \$250

22261

Monday/Friday

6:00pm - 10:00pm

Dec. 1 - Jan. 8

MEDICAL INSURANCE PRINCIPLES / BILLING - CLASS 3 (ONLINE)

Students will learn the basic principles of medical billing, recognize the different forms used by third party payers, create a clean claim (CSM 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

Fee: \$250

22262

Monday/Friday

6:00pm - 10:00pm

Jan. 12 - Feb. 5

BUSINESS & CAREER TRAINING

LANDLORDS: THE BASICS

Do you own a rental property or are you interested in rental property ownership but unsure of where or how to start? This workshop covers the fundamentals of becoming a successful landlord, including finding tenants, managing move-in/move-out processes, essential rental forms, avoiding common mistakes, business and landlord tips, and simple bookkeeping tools. Join us to gain the knowledge and confidence to become a profitable landlord! Join us and learn how simple it is to become a confident, effective, and profitable Landlord!

Shiral Torres

Fee: \$49

# 22339	1 Thursday	6:00pm - 8:00pm	Oct. 12
# 22341	1 Sunday	9:00am - 11:00am	Oct. 29
# 22340 ONLINE	1 Tuesday	6:00pm - 8:00pm	Oct. 24

LANDLORDS: TAKE CONTROL OF YOUR FINANCES

Owning and managing rental property used to be an easy, straightforward way to make income. Though now more complex, rental property still is a lucrative investment. If managing your rental property is more work than you thought it would be, and if you are wondering how to spend less time, assume less risk, and make more money, join us for an enlightening look at a simple system to manage income and expenses, and discover how staying organized is the key to success! This workshop covers how to simplify tax preparation, and effectively use a 12-month calendar to make property management easier. You will build a binder to keep your business organized, reduce worry, and ensure success.

Shiral Torres

Fee: \$64

# 22346	1 Sunday	12:00pm - 2:00pm	Oct. 1
# 22347	1 Sunday	3:00pm - 5:00pm	Oct. 29
# 22348 ONLINE	1 Tuesday	6:00pm - 8:00pm	Nov. 28

LANDLORDS: GET ORGANIZED & GAIN PROFITS

Owning and managing rental property used to be an easy, straightforward way to make income. Though now more complex, rental property still is a lucrative investment. If managing your rental property is more work than you thought it would be, and if you are wondering how to spend less time, assume less risk, and make more money, join us for an enlightening look at a simple system to manage income and expenses, and discover how staying organized is the key to success! This workshop covers how to simplify tax preparation, and effectively use a 12-month calendar to make property management easier. You will build a binder to keep your business organized, reduce worry, and ensure success.

Shiral Torres

Fee: \$64

# 22343	1 Thursday	6:00pm - 8:00pm	Oct. 19
# 22344	1 Sunday	12:00pm - 2:00pm	Oct. 29
# 22345 ONLINE	1 Tuesday	6:00pm - 8:00pm	Dec. 5



BUSINESS & CAREER TRAINING

LANDLORDS: 5 STEPS TO GAIN PROFITS & CONFIDENCE

Do you want to rent to qualified tenants so you can always pay your bills on time? Would you like to build a team of experts to help you address tenant issues? Landlords who gain financial freedom from owning rentals know the secrets of good property management. In this class, you'll learn beyond the basics by doing hands-on exercises that will help you understand the importance of being a proactive landlord. Topics include: Common Landlord Mistakes & Solutions, Reduce Tenant calls, Build Revenue, Create a Vendors List, And more!

Shiral Torres

Fee: \$119

22349

1 Saturday

9:00am - 1:00pm

Sept. 23

22350

1 Sunday

9:00am - 1:00pm

Oct. 15

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. You can 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.

Bob Cohen

Fee: \$69

22248

1 Tuesday

6:00pm - 9:00pm

Oct. 17

CONTENT CREATION IN FIVE STEPS (ONLINE)

Do you want or need to create content for your website, newsletter, or social media but struggle to do so? In this class, you'll discover the five steps used by the pros to produce articles, blog posts, product descriptions, social media posts, and more. Starting with the basics, this class will show you the five essential steps to writing, formatting, choosing images, and creating a calendar for scheduling. Learn about writing, photography, audio, and video tools, along with posting content applications.

Bob Cohen

Fee: \$69

22249

1 Tuesday

6:00pm - 9:00pm

Oct. 24

GOOGLE SEARCH, 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.

Bob Cohen

Fee: \$69

22250

1 Tuesday

6:00pm - 9:00pm

Oct. 10

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.

Bob Cohen

Fee: \$69

22251

1 Tuesday

6:00pm - 9:00pm

Sept. 26

BUSINESS & CAREER TRAINING

HOW TO USE AI TOOLS FOR WRITING (ONLINE)

Learn how AI tools can be used to write, correct, and do almost anything with text. AI tools can write articles, social media posts, emails, website pages, blog posts, scripts, newsletters, and more. Get tips on getting the desired result by choosing the best way to ask your question or "prompt." And find out how what you need to do to evaluate your writing result, what you should check before using it as your own, the copyright ownership, and ethical use.

Bob Cohen

Fee: \$55

22252

1 Thursday

6:00pm - 9:00pm

Oct. 19

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.

Bob Cohen

Fee: \$69

22253

1 Thursday

6:00pm - 9:00pm

Oct. 5

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.

Bob Cohen

Fee: \$69

22254

1 Tuesday

6:00pm - 9:00pm

Oct. 3



ONLINE CAREER TRAINING PROGRAMS

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self paced online Career Training Program. You can begin these Programs at any time and learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion.



<http://careertraining.ed2go.com/lavcComEd/>

JUMP START YOUR CAREER OR START A NEW ONE!

One-On-One Instructor Assistance

24-Hour Access

All Materials and Books Included

Certificate Upon Successful Completion

Start Anytime!

Courses Include:

- Arts & Design
- Computer Applications
- Computer Programming
- Construction and Trades
- Health and Fitness
- Hospitality
- Information Technology

CLASSES FOR KIDS

BABYSITTERS TRAINING (AGES 11-17)

Learn basic care for infants, toddlers and young children, how to handle various difficult situations, how to be a professional, fun activities while babysitting, and ways to keep yourself and those under your care safe. Whether looking after younger siblings, or earning income helping other families, this course is a must to help you get the job done! If you pass the exam and wish to have a certificate (to be mailed later), the cost is \$17.00 payable to the instructor at class. Please bring a snack.

Margaret Noji

Fee: \$75

22351

2 Saturdays

10:00am - 12:30pm

Nov. 4 - Nov. 11

Supply Fee: \$5

HOME ALONE (AGES 11-15)

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!

Margaret Noji

Fee: \$49

22318

1 Saturday

10:00am - 1:00pm

Oct. 28

Supply Fee: \$12

WANT MORE CLASSES FOR KIDS?

Swimming - pg. 27

Tennis - pg. 19

Spanish - pg. 21

Dance, Gymnastics, Theatre, & Art - pg. 30

COOKING

BREAKING BREAD

In this 3 hour class, Shelly Gilad from Shelly's Humble Kitchen will teach you how to make yeasted dough, kneading, proofing and baking different types of breads such as challahs, proper bagels and naan. Why should you learn to make bread? Because homemade breads are ten times tastier, cheaper and healthier than the store-bought stuff.

Shelly Gilad

Fee: \$145

22256

4 Wednesdays

6:00pm - 9:00pm

Nov. 1 - Nov. 22

DANCE

BALLET FOR ADULTS - ADVANCED BEG. - INTERMEDIATE

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.

Claudine Mason-Marx

Fee: \$79

22263

7 Sundays

9:00am - 10:15am

Sept. 10 - Oct. 29

Claudine Mason-Marx

Fee: \$69

22264

6 Sundays

9:00am - 10:15am

Nov. 5 - Dec. 17

DANCE

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.

Linda Goldstein

Fee: \$99

22268

9 Sundays

11:00am - 12:00pm

Sept. 24 - Nov. 19

EAST COAST SWING

East Coast Single Time Swing can be done to Big Band, Country or Pop Rock and Roll. This class will teach you basic steps as well as variations. Men will learn how to lead and ladies will learn how to follow. Come have some fun! See you there!

Linda Goldstein

Fee: \$99

22267

9 Saturdays

11:00am - 12:00pm

Sept. 23 - Nov. 18

SALSA FOR BEGINNERS

This beginner class will teach you the basic steps and hip movements to this fun and exciting dance. Burn calories while having fun dancing! Get ready to move and groove to the best Latin music. Couple registration is not required.

Linda Goldstein

Fee: \$99

22269

9 Sundays

12:00pm - 1:00pm

Sept. 24 - Nov. 19

TAP FOR ADULTS

We will be focusing on the tap basics, developing proper tap technique, rhythm, and percussion. Classes will include a warm up, across the floor exercises, and center work. We will be learning choreography along with creativity and improvising tap techniques. This class will help build the elements of tap dance musicality, vocabulary, and individual style. The goal is to develop coordination and clarity with rhythm in a challenging, but fun way.

Must have Tap shoes.

Alison Haggerty

Fee: \$69

Basics/Beginner

22265

5 Thursdays

6:00pm - 7:00pm

Sept. 28 - Oct. 26

Beginner/Intermediate

22266

5 Thursdays

7:00pm - 8:00pm

Sept. 28 - Oct. 26

NOT STRICTLY COUNTRY LINE DANCE

Line dancing is not just for country music fans anymore! While many dances will be contemporary country pop or classic country, the line dances in this class will be from many different musical genres. You will dance to Hip Hop, R&B, Soul, Rock, Latin & "Oldies" music. There will also be many dancers with original, never before seen choreography. Artist will include Pit Bull, Lady Gaga, Led Zeppelin, Bruno Mars, Bette Middler & Elton John.

No partner needed. Wear comfortable shoes (no sandals)

It's great low impact exercise & a lot of FUN!

Sue Reynolds

Fee \$99

22355

8 Tuesdays

6:30pm - 8:00pm

Sept. 26 - Nov. 14



EXERCISE SPORTS & FITNESS

RESTORATIVE YOGA

Come and enjoy a gentle journey through the practice of Yoga. Participants can use props to support, balance, or advance a pose. The instructor will provide a series of options for each posture, allowing students to find their optimal balance between support and challenge. This class will explore alignment, strength, balance, flexibility, breath, and relaxation. Bring a yoga mat and a willing spirit.

Margie Thomas

Fee: \$99

22270 Tuesday/Thursday 10:00am - 11:00am Sept. 5 - Sept. 28

22271 Tuesday/Thursday 10:00am - 11:00am Oct. 3 - Oct. 26

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 and 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.

EACH student must bring 2 unopened cans of tennis balls & racket.

CHILDREN'S SATURDAY CLASSES

22274 Age 6 - 9 9 Saturdays 11:00am - 12:00pm Sept. 23 - Nov. 18 Fee: \$105

22275 Age 10 - 14 9 Saturdays 12:00pm - 1:00pm Sept. 23 - Nov. 18 Fee: \$105

ADULT SATURDAY CLASSES

22272 Intermediate 9 Saturdays 9:00am - 10:00am Sept. 23 - Nov. 18 Fee: \$105

22277 Beg-Adv 9 Saturdays 10:00am - 11:00am Sept. 23 - Nov. 18 Fee: \$105

22278 Beg-Adv 9 Saturdays 1:30pm - 2:30pm Sept. 23 - Nov. 18 Fee: \$105

ADULT SUNDAY CLASSES

22279 Beginning 9 Sundays 9:00am - 11:00am Sept. 24 - Nov. 19 Fee: \$199

22280 Advanced* 9 Sundays 11:00am - 1:00pm Sept. 24 - Nov. 19 Fee: \$199

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

ZUMBA GOLD

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

Fee: \$99

22281 9 Saturdays 9:30am - 10:30am Sept. 23 - Nov. 18

HEALTH & WELLNESS

AMERICAN RED CROSS CPR/AED

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 \$29, payable to the instructor in class.

For ages 18 and above

Margaret Noji

Fee: \$45

22319

1 Thursday

6:00pm - 10:00pm

Oct. 12

Supply fee: \$5

AMERICAN RED CROSS FIRST AID

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 \$29, payable to the instructor in class.

For ages 18 and above

Margaret Noji

Fee: \$40

22320

1 Thursday

6:00pm - 9:00pm

Oct. 19

Supply fee: \$5

HOMEOPATHY AND ACUPRESSURE TO REDUCE PAIN & STRESS

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. Please have a small hand mirror and water-soluble marker.

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

Fee: \$35

22352

1 Thursday

7:30pm - 9:00pm

Sept. 28

LANGUAGES

CIAO VENEZIA - ITALIAN LIVE STREAM FROM VENEZIA, ITALY! (ONLINE)

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! 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.

Giovanni Lombardi

Fee: \$65

22282

5 Tuesdays

10:00am - 11:30am

Sept. 19 - Oct. 24

Giovanni Lombardi

Fee: \$75

22283

6 Tuesdays

10:00am - 11:30am

Nov. 7 - Dec. 12

LANGUAGES

SPANISH FOR CHILDREN (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: \$85

Children's Class - Beginners level (6 - 10 years old)

# 22292	6 Mondays	5:00pm - 6:00pm	Sept. 18 - Oct. 30
# 22293	6 Mondays	5:00pm - 6:00pm	Nov. 6 - Dec. 18

Children's Class - Beginners level (11 - 15 years old)

# 22294	6 Mondays	6:00pm - 7:00pm	Sept. 18 - Oct. 30
# 22295	6 Mondays	6:00pm - 7:00pm	Nov. 6 - Dec. 18

Children's Class- Intermediate level (6 - 10 years old)

# 22296	6 Wednesdays	5:00pm - 6:00pm	Sept. 20 - Oct. 25
# 22297	6 Wednesdays	5:00pm - 6:00pm	Nov. 8 - Dec. 20

Children's Class- Intermediate level (11 - 15 years old)

# 22298	6 Wednesdays	6:00pm - 7:00pm	Sept. 20 - Oct. 25
# 22299	6 Wednesdays	6:00pm - 7:00pm	Nov. 8 - Dec. 20

Children's Class - Advanced level (6 - 10 years old)

# 22300	6 Thursdays	5:00pm - 6:00pm	Sept. 21 - Oct. 26
# 22301	6 Thursdays	5:00pm - 6:00pm	Nov. 9 - Dec. 21

Children's Class - Advanced level (11 - 15 years old)

# 22302	6 Thursdays	6:00pm - 7:00pm	Sept. 21 - Oct. 26
# 22303	6 Thursdays	6:00pm - 7:00pm	Nov. 9 - Dec. 21

SPANISH FOR ADULTS (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.

Teresa Hito

Fee: \$125

Adult's Class - Beginners level

# 22284	6 Wednesdays	7:00pm - 8:30pm	Sept. 20 - Oct. 25
# 22285	6 Wednesdays	7:00pm - 8:30pm	Nov. 8 - Dec. 20

Adult's Class- Intermediate level

# 22286	6 Saturdays	9:00am - 10:30am	Sept. 16 - Oct. 21
# 22287	6 Saturdays	9:00am - 10:30am	Oct. 28 - Dec. 16

Adult's Class - Advanced level 1

# 22288	6 Saturdays	10:45am - 12:15pm	Sept. 16 - Oct. 21
# 22289	6 Saturdays	10:45am - 12:15pm	Oct. 28 - Dec. 16

Adult's Class - Advanced level 2

# 22290	6 Saturdays	12:30pm - 2:00pm	Sept. 16 - Oct. 21
# 22291	6 Saturdays	12:30pm - 2:00pm	Oct. 28 - Dec. 16

LANGUAGES

BEGINNING SPANISH FOR SENIORS (ONLINE)

This course is targeted for retirees, looking to keep their mind active through language learning. It is a basic language course with an introduction to the Spanish language. Students will learn starting from the alphabet to a basic simple conversation. Each week will cover different topics, and students will be able to practice actively in class what they learned. Students will read and write about short and fun stories.

Teresa Hito

Fee: \$85

# 22304	6 Fridays	1:30pm - 2:30pm	Sept. 22 - Oct. 27
# 22305	6 Fridays	1:30pm - 2:30pm	Nov. 3 - Dec. 15

MUSIC

THE BASICS OF HARMONY SINGING

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. This class will help you find your voice.

Dale LaDuke

Fee: \$99

# 22321	5 Saturdays	11:00am - 12:00pm	Sept. 9 - Oct. 7
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ROCK GUITAR

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.

Dan Sindel

Fee: \$169

# 22322	6 Saturdays	12:30pm - 2:30pm	Oct. 7 - Nov. 11
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UKULELE

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.

Dale LaDuke

Fee: \$99

Level 1

# 22323	5 Saturdays	9:00am - 10:00am	Sept. 9 - Oct. 7
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Level 2

# 22324	5 Saturdays	10:00am - 11:00am	Sept. 9 - Oct. 7
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PERSONAL ENRICHMENT / FINANCE

ACT 3 "THE NEW RETIREMENT"

Are you ready for your retirement? "The New Retirement" prepares you for the NON-FINANCIAL aspects of retirement, and the opportunity to rehearse your transition from employment, which is as crucial as financial planning. "The New Retirement" course includes discussions, support materials, activities, resources, a Personality Profile instrument, and your personal strategic plan designed to support a meaningful and rewarding life journey in alignment with your financial goals.

Devra Korwin

Fee: \$89

22326

3 Wednesdays

6:00pm- 9:00pm

Nov. 1 - Nov. 15

EMOTIONAL INTELLIGENCE:

THE GATEWAY TO PROFESSIONAL AND PERSONAL SUCCESS

Emotional Intelligence capability is essential, in these challenging and stressful times, to effectively handle the changes and expectations in the workplace and personal life. Emotional Intelligence (EI) is the Self-Awareness to accurately perceive our emotions as they happen and Self-Manage them to positive outcomes, and Social-Awareness ability to accurately pick up other's emotions and use Relationship-Management skills to manage successful interactions. EI is a learned skill and can be developed. In this course EI competence is developed through discussions, EI assessments and behavior styles, resource materials, activities, and movie clips, concluding with a personal Emotional Intelligence Action Plan.

Devra Korwin

Fee: \$89

22342

3 Tuesdays

6:30pm- 9:00pm

Oct. 10 - Oct. 24

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

Fee: \$49

22325

1 Thursday

6:00pm- 9:00pm

Oct. 12

NINE STEPS TO SELF-PUBLISH YOUR BOOK

Figuring out how self-publishing works does not have to be a time-consuming, research-laden mission. If you want to get your book out quickly, this class is for you. It tells you only what you need to know by systematically walking you through the self-publishing process, using practical examples you can apply to your own manuscript. By the end of the workshop, you will know exactly what it takes, and how much it costs, to self-publish your own book.

Stacy Dymalski

Fee: \$64

22338

1 Saturday

10:00am - 12:00pm

Nov. 18

22335 ONLINE

1 Saturday

10:00am - 12:00pm

Oct. 21

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 give us a call at **(818) 947-2577 x4172**

PERSONAL ENRICHMENT / FINANCE

TURN YOUR STORY INTO A BOOK

Do you have a story idea that should be a book or movie? Unfortunately, an idea not a story. Every story has to have a message and a story arc that logically flows from beginning to middle to end. This course shows you first how to find your story's overall message, and then how to structure your story so that it logically progresses and supports your message. This is not just a writing class, but a story development class, designed to give you clarity when you sit down to write your story.

Stacy Dymalski

Fee: \$49

22336

1 Saturday

10:00am - 12:00pm

Nov. 4

22337 ONLINE 1 Saturday

10:00am - 12:00pm

Oct. 7

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: Scottish Dance, Track, and Badminton.

Open Recreation activities fees are \$8 per visit.

SAVE MONEY AND BUY A PASS! 10 visits to any Open Recreation activity for \$50!

Passes are available at the Community Services office by phone with a credit card
(818) 947-2577 x4172 or online 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
Sunday	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 regularly for updates

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.

ALL registrations must be done at the Community Services Office

Monday - Thursday:

6:00pm - 8:00pm

Friday:

5:00pm - 8:00pm

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.

Online Courses

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from the
comfort of
home!

www.ed2go.com/lavc

Online Courses Include:

- Expert Instructor
- 24-Hour Access
- Online Discussion Areas
- 6 Weeks of Instruction
- Hundreds of courses to choose from
- New sessions begin each month

Online Courses are informative, fun, convenient, and highly interactive. Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, six-week format, supplementary links, and more.

You can complete any course entirely from your zthe day or night.

Courses Start as Low as

\$99

Accounting

Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

A to Z Grantwriting

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

Creating Web Pages

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

Explore a Career in Medical Coding

Learn how to use the CPT manual and the ICD-9-CM to find medical codes for any disease, condition, treatment, or surgical procedure.

Grammar Refresher

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

Human Anatomy and Physiology

Gain a greater appreciation and understanding of the marvelous complexity of the human body.

Intermediate Microsoft Excel

Master advanced features of Microsoft Excel 2007, including charting and PivotTables, and discover how this powerful MS Office program can boost your productivity.

Introduction to

CSS and XHTML

Learn to create state-of-the-art Web sites using modern CSS and XHTML techniques.

Introduction to

Microsoft Excel

Discover the secrets to setting up fully formatted worksheets quickly and efficiently.

Introduction to

QuickBooks

Learn how to quickly and efficiently gain control over the financial aspects of your business.

Introduction to

Microsoft Word 2016

Master advanced Learn to use the basic features of Word 2016 (now available through Office 365) to type, edit, format, spell check, and print professional-looking documents, letters, and reports.

Introduction to SQL

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

Medical Terminology:

A Word Association

Approach

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be speaking Spanish in no time.

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.

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.

*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 approximately 30 minutes prior to class to see if a class has been canceled.

*Please read our refund policy on Page 4.

ADULT SWIM CLASSES (18 YEARS OLD AND UP)

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

Mon/Wed/Fri

10:00am - 10:55am

\$105/month

WATER AEROBICS

A combination of shallow and deep water aerobics. This class is for anyone who wants to improve strength, flexibility, and cardiovascular endurance with a mixture of high and low intensity.

Tuesday/Thursday

9:30am - 10:30am

\$90/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.

Tuesday/Thursday

4:00pm - 4:45 pm

\$80/month

Tuesday/Thursday

6:00pm - 6:45pm

\$80/month

AQUA TABATA

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 Please note: All participants must be comfortable and water safe in deep water.

Monday/Wednesday

4:00pm - 4:45 pm

\$80/month

Monday/Wednesday

6:00pm - 6:45pm

\$80/month

BEGINNING/INTERMEDIATE ADULT SWIM INSTRUCTION

For students who have some previous swimming experience. Stroke instruction and basic water safety for adult 18+.

Brian Delach

22332

8 Fridays

6:30pm - 7:45pm

Fee: \$149

Sept. 22 - Nov. 17

SWIMMING & AQUATICS

WE OFFER SWIMMING AND AQUATICS CLASSES YEAR ROUND

ALL registrations must be done through the Community Services Office

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 5 years old and toilet trained. Call Community Services (818.947.2577 x4172) 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 on page 26..

CHILDREN'S SWIM 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 5 through 16½. Group sizes are 4-8 students and are 30-55 minutes long.

Assessment required for Levels 2 or higher and are by appointment only.

Contact Community Services at (818)947-2577 x4172 to schedule an appointment.

LEVEL 1 - CLASS SIZE: 4 x 1 - 30 min

Monday/Wednesday	3:50pm - 4:20pm	\$75/month
Tuesday/Thursday	3:50pm - 4:20pm	\$75/month
Tuesday/Thursday	5:55pm- 6:25pm	\$75/month

LEVEL 2 - CLASS SIZE: 4 x 1 - 30 min

Monday/Wednesday	4:25pm - 4:55pm	\$75/month
Tuesday/Thursday	4:25pm- 4:55pm	\$75/month
Tuesday/Thursday	6:30pm - 7:00pm	\$75/month

LEVEL 3 - CLASS SIZE 6 X 1 - 45 min

Monday/Wednesday	4:00pm - 4:45pm	\$95/month
Monday/Wednesday	5:00pm - 5:45pm	\$95/month
Tuesday/Thursday	4:00pm - 4:45pm	\$95/month
Tuesday/Thursday	5:00pm - 5:45pm	\$95/month

LEVEL 4 - CLASS SIZE 6 X 1 - 45 min

Monday/Wednesday	5:00pm - 5:45pm	\$95/month
Tuesday/Thursday	5:00pm - 5:45pm	\$95/month
Tuesday/Thursday	6:00pm - 6:45pm	\$95/month

LEVEL 5 - CLASS SIZE 8 x 1 - 45 min

Monday/Wednesday	5:00pm - 5:45pm	\$95/month
Monday/Wednesday	6:00pm - 6:45pm	\$95/month
Tuesday/Thursday	5:00pm - 5:45pm	\$95/month

ADVANCED AQUATICS (LEVEL 6)

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.

Monday/Wednesday	6:00pm - 6:55pm	\$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.

AFTER SCHOOL CAMP

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

School Year 2023-2024

- Pick-up students from school
- Homework assistance, completion, and correction.
- Enrichment Activities
- Swimming
- Daily Snack
- Open as late as 6:30PM
- Optional Gymnastics, Art, Dance, and Theatre Classes
- Swim Lessons available through LAVC Community Services.

**\$47/
Daily***

Monarch Camps After School Camp has passenger vans to pick up students at Carpenter, Chandler, Dixie Canyon, Erwin, Kester, Maurice Sendak, Riverside, Walter Reed Middle, & Louis Armstrong Middle

* Price reflects 5-day registration

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

9/1/23 • 9/25/23 • 11/10/23 • 1/15/24 • 2/19/24

We offer a fun filled day of camp when school is closed from 7:30AM-3:30PM. Optional pick up as late as 6:30PM

Activities include sports, rock climbing, arts & crafts and swimming.

RATE: \$75 until 3:30pm + \$25 to add snack, activities and pick-up until 6:30.

THANKSGIVING CAMP

Monday - Wednesday, November 20 -22

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

SPRING BREAK CAMP

Monday - Friday, March 25 -29 and Monday, April 1

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

WINTER CAMP 2023-2024

DEC. 18TH - JAN. 5TH, 2023 MON-FRI 7:30AM-5:30PM

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
\$95	\$80
Minimum 3 Days	Minimum 3 Days

	Monday	Tuesday	Wednesday	Thursday	Friday
12/18	Regular Fun Day	Regular Fun Day	Field Trip	Regular Fun Day	Holiday Party
12/26	Closed	Regular Fun Day	Field Trip	Regular Fun Day	Noon Years Eve Party
1/2	Closed	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 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

**Registration opens at 8:00PM
on the 15th of each month for
the following month.**



DANCE CLASSES

Watch as your child leaps and glides, twirls and moves to their own rhythm. Unleash their boundless energy and pure joy through our dynamic Dance Classes, meticulously tailored for children of all ages. Within the realm of dance, young enthusiasts will flourish as they express themselves and cultivate their dance talents. Our dedicated instructors are committed to nurturing and inspiring each child, creating a nurturing environment for their dance exploration. With intimate class sizes, we ensure personalized attention, empowering every young dancer to thrive in their own unique style. Become part of our vibrant and transformative journey through the captivating world of dance!

FINE ART CLASSES

Discover the enchanting realm of creativity and self-expression through our captivating Fine Art Classes, thoughtfully designed for children aged 7-13. Within the world of visual arts, budding young talents will flourish as they unlock their imaginations and nurture their artistic abilities. Our skilled instructors are passionate about nurturing and igniting the artistic spark in each child, fostering a supportive atmosphere for their creative exploration. Embracing small class sizes, we ensure individualized attention, empowering every young artist to blossom in their own distinctive style. Join us for an exciting and transformative journey through the mesmerizing world of fine art!

GYMNASTICS CLASSES

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

ROCK CLIMBING CLASSES

Be brave and adventurous in this challenging physical activity for kids 6-11. Rock climbing encourages problem solving and boosts confidence as they strategize their way to the top. An awesome alternative to competitive sports, rock climbing is a personal journey for climbers, building coordination and strength while staying in shape. Children work with experienced instructors. Class sizes limited.

THEATRE CLASSES

Unlock the world of creativity and self-assurance in our engaging Theatre Classes, tailor-made for children aged 7-13. Within the realm of performance and storytelling, young minds will thrive as they embrace their imaginations and develop their artistic potential. Our experienced instructors are dedicated to guiding and inspiring each child, providing a nurturing environment for their theatrical exploration. With limited class sizes, we ensure personalized attention, allowing every young performer to flourish in their own unique way. Come join us on this exhilarating and transformative journey through the captivating world of theatre!

MONARCH PARTIES

We make parties fun!

Have an easier experience by having the party on campus. We decorate and will clean up after! You'll get the convenience of easy parking and the use of our party room with a refrigerator, freezer, ice maker and sinks.

- You can also have our experienced and background checked staff come to your location for a fun and memorable experience. Our rentals will enhance any party or event.

PARTIES ON CAMPUS - CHOOSE ACTIVITIES

- Gymnastics
- Sports
- Inflatables
- Rock Wall
- Arts & Crafts

WE HAVE SERVICES TO ADD TO YOUR PARTIES/EVENTS!

- Airbrush Tattoo Artist
- Face Painting
- Art Instructor
- Sports Coach
- Mobile Rock Wall

email: party@monarchcamps.com to reserve your party

ADULT RECREATIONAL GYMNASTICS CENTER AND ROCK CLIMBING

Adults can use the gymnastics center and the rock climbing wall during the hours below.

\$15 Day Pass

\$45 Monthly Pass

	Gymnastics Center	Rock Climbing Wall
Tuesday	7:00PM - 10:00PM	7:00PM - 10:00PM
Thursday	Closed	7:00PM - 10:00PM
Friday	7:00PM - 10:00PM	7:00PM - 10:00PM

5792 Ethel Ave. Valley Glen, 91401

FREE ENGLISH AS A SECOND LANGUAGE & CITIZENSHIP



LOS ANGELES
VALLEY COLLEGE

CONTINUING EDUCATION DEPARTMENT

**YOUR PATH TO
CREDIT
CLASSES,
CITIZENSHIP &
EMPLOYMENT
STARTS HERE**

**TAKE FREE CLASSES
AND EARN A
CERTIFICATE IN :**

- ESL
- ESL SPEECH
- ESL AND CIVICS
- MICROCOMPUTER LITERACY

**SEE A COUNSELOR AND PLAN
YOUR ACADEMIC FUTURE.**

**PREPARE FOR YOUR
CITIZENSHIP**



(818) 778 - 5594

NONCREDIT@LAVC.EDU

ADMINISTRATION & CAREER
ADVANCEMENT BUILDING
(ACA) ROOM 1401

FREE ENGLISH AS A SECOND LANGUAGE & CITIZENSHIP

CONTINUING EDUCATION DEPARTMENT

CITIZENSHIP CENTER



**YOUR PATH TO CREDIT
CLASSES, CITIZENSHIP &
EMPLOYMENT STARTS HERE**

WE OFFER

- ✓ FREE IN-PERSON AND ONLINE EL CIVICS/CITIZENSHIP CLASSES TO PREPARE FOR THE CITIZENSHIP INTERVIEW AND EXAM
- ✓ STUDY GUIDES
- ✓ ASSISTANCE TO QUALIFYING INDIVIDUALS WITH FILING VARIOUS IMMIGRATION FORMS.
- ✓ ASSISTANCE WITH PASSPORT APPLICATION
- ✓ REFERRALS TO LEGAL SERVICES



**OPEN TO STUDENTS AND
COMMUNITY RESIDENTS**



CONTACT US :



(818)778 - 5594



GEVORGL@LACCD.EDU



**ADMINISTRATION & CAREER
ADVANCEMENT BUILDING
(ACA) ROOM 1401**

FAST-TRACK YOUR FUTURE



VALLEY FAST TRACK

Short-term classes for working adults.

Fast Track students can complete their general education transfer requirements and a degree in about two years. Most courses are offered 100% online.

You can earn the following degrees:

- Anthropology Associate in Arts for Transfer Degree
- Business Administration Associate in Science for Transfer Degree
- History Associate in Arts for Transfer Degree
- Sociology Associate in Arts for Transfer Degree

1st 8-Week classes start August 28

2nd 8-week classes start October 23



Enroll for Fall

www.lavc.edu/fasttrack




COOKING




HOBBIES



AQUATICS
CLASSES FOR KIDS
DANCE
OPEN RECREATION
AND MORE...

 <https://lavalley.augusoft.net>

 818-947-2577 x4172

BUSINESS



FITNESS



LAVC

Community Services
LOS ANGELES VALLEY COLLEGE

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

Fall 2023

September - December

Register Today!

Online:

<https://lavalley.augusoft.net>

Phone:

(818) 947-2577 x4172

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