

# LAVC

## COMMUNITY SERVICES

# FALL 2025



Community Services  
LOS ANGELES VALLEY COLLEGE



818-947-2577 x4172



<https://lavalley.augusoft.net>



**a lifetime of learning**



ARTS & CRAFTS  
CAREER TRAINING  
FITNESS  
LANGUAGES  
SWIMMING  
AND MORE...

A LIFETIME OF LEARNING



<https://lavalley.augusoft.net>



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# DIRECTORY OF COURSES AND PROGRAMS

## ACTING & PERFORMING ARTS

Introduction to Voiceover .....	P. 8
Beginning Improv .....	P. 8
Feature Screenplay in 5 Weeks .....	P. 8
Next Level Screenwriting .....	P. 8
Writing for Children's Television .....	P. 8

## ARTS & CRAFTS

Acrylic Pouring Painting .....	P. 11
Balloon Twisting .....	P. 12
Bath Products .....	P. 10
Beginning Painting with Ink .....	P. 11
Blooming Centerpieces .....	P. 12
Candle Making .....	P. 10
Cold Process Soap Making .....	P. 10
Dia De Los Muertos .....	P. 11
Glitter Tattoos .....	P. 12
Have Fun With Succulents .....	P. 12
Henna for Beginners .....	P. 12
Lash Application Workshop .....	P. 10
Makeup Advanced Techniques .....	P. 10
Makeup Workshop Fall Edition .....	P. 10
One Stroke Painting 1 .....	P. 11
Painting with Acrylic Flowers 3D .....	P. 11
Painting with Acrylic .....	P. 11
Painting with Watercolor .....	P. 11
Photography .....	P. 8
Sewing Alterations .....	P. 9
Sewing Levels 1 -3 .....	P. 9
Sewing Open Studio .....	P. 9
Soap Making .....	P. 10

## BUSINESS & CAREER TRAINING

AI for Marketing and Media Creation .....	P. 16
Blogging for Fun and Profit .....	P. 15
Content Creation in Five Steps .....	P. 15
DMV Auto Wholesale Dealer .....	P. 15
E-commerce Marketing .....	P. 15
Electric Vehicle Charging Station .....	P. 13
How to Start an App Business .....	P. 15
How to Write with AI Tools .....	P. 16
Introduction to AI and it's Uses .....	P. 16
Introduction to Internet Marketing .....	P. 15
Landlords: Rental Properties Simplified .....	P. 18
Marketing with Social Media .....	P. 15
Medical Billing & Coding Series .....	P. 14
Notary Loan Signing Seminar .....	P. 13
Notary Public or Renew Commission .....	P. 13
Research and Analysis with AI .....	P. 16
Solar Design & Installation .....	P. 13
Take Charge of Financial Future .....	P. 17-18

## CLASSES FOR KIDS

Monarch Camps .....	P. 30-33
Spanish Language for Kids .....	P. 23
Swimming (Youth) .....	P. 29
Tennis (Youth) .....	P. 21
Young Learner's Writing & Grammar .....	P. 19

## COOKING

Cake Decorating .....	P. 19
Cupcake Decorating .....	P. 19

## DANCE

Ballet .....	P. 20
Ballroom .....	P. 20
Country Western Line Dancing .....	P. 20
East Coast Swing .....	P. 20
Salsa .....	P. 20
Scottish Dance .....	P. 26
Tap .....	P. 19

## EXERCISE, SPORTS, & FITNESS

Fitness For Life .....	P. 22
Restorative Yoga .....	P. 22
Stretch & Tone .....	P. 22
T'ai Ch'i Ch'uan and Qi Gong .....	P. 21
Tennis .....	P. 21
Train with a Purpose .....	P. 20
Zumba Gold .....	P. 20

## LANGUAGES

Italian .....	P. 22
Spanish .....	P. 23

## MUSIC

Beginning Guitar .....	P. 24
Echoes of the Ancestors .....	P. 24
Funky Music .....	P. 24
Harmony Singing .....	P. 24
Music Theory .....	P. 24
Ukulele .....	P. 24

## OPEN RECREATION

Badminton .....	P. 26
Climbing Wall .....	P. 32
Gymnastics .....	P. 32
Lap Swimming .....	P. 26
Scottish Dance .....	P. 26

## PERSONAL ENRICHMENT

Intro to Tarot Card Reading .....	P. 25
Live, Work, or Retire Abroad .....	P. 25
Love & Tarot .....	P. 25
Self-Publish Your Book .....	P. 25
Senior Living Communities .....	P. 25
Turn Your Story Into a Book .....	P. 25

## SWIMMING & AQUATICS

Adult Beginning Swim .....	P. 28
Aqua HIIT .....	P. 28
Aqua Stretch .....	P. 28
Private Swim Lessons .....	P. 28-29
Shallow/Water Aerobics .....	P. 28
Small Group Lessons .....	P. 29
Water Aerobics .....	P. 28

# 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

☎ **818-947-2577 x4172**  
🌐 **<https://lavalley.augusoft.net>**  
✉ **comm\_serv@lavc.edu**

## 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.

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.

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

## PARKING INFORMATION

A parking permit is required to park in any campus parking lot. Please visit the Community Services website to purchase a semester permit and get the latest updates on parking information.

## 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.

## SUPPLY AND 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.

## 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.

# REGISTRATION INFORMATION

## LOS ANGELES COMMUNITY COLLEGE

### BOARD OF TRUSTEES

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

### DISTRICT ADMINISTRATION

Alberto J. Román, D.P.A, Chancellor  
Nicole Albo-Lopez, Ed.D., Deputy Chancellor  
Jeanette L. Gordon, Vice Chancellor/Chief Financial Officer  
James Lancaster, Ed.D., Vice Chancellor, Workforce and Economic Development  
Carmen V. Lidz, MS, Vice Chancellor/Chief Information Officer  
Maury Pearl, Vice Chancellor, Educational Programs and Institutional Effectiveness  
Jeffrey Prieto, J.D., General Counsel  
Leigh Sata, Ed.D., Vice Chancellor/Chief Facilities Executive  
Teyanna Williams, J.D., Vice Chancellor, Human Resources

### VALLEY COLLEGE ADMINISTRATION

Barry Gribbons, Ph. D., President  
Matthew Jordan, Ed.D., V. P. of Academic Affairs  
Larry Resendez, Psy.D, 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

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### 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.

# REGISTRATION INFORMATION



## ONLINE

**ANY TIME!**

<https://lavalley.augusoft.net>



## PHONE

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

818-947-2577 x4172

The easiest and quickest way to register is to visit us Online 24 hours a day at <https://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.

Enrolling by phone is very simple. Just call 818-947-2577 x4172 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.



## WALK IN

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

Community Services Center

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.

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 x4172** or send an email to **comm\_serv@lavc.edu**.

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 emailed.

Refund requests must be submitted in writing via email, along with the original receipt, at least 5 working days before the first class. No refunds will be issued if you enroll less than 5 working days before the class starts. No refunds after the class begins. A \$10 fee applies to 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 1<sup>st</sup> class or event.

## LAVC CAMPUS MAP



## 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 (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: \$59**

**# 24474**

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

## 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**

**Fee: \$139**

**# 24365**

6 Wednesdays

7:00pm - 9:00pm

Sept. 24 - Oct. 29

## WRITING FOR

### CHILDREN'S TELEVISION

Learn the fundamentals of writing for children's television from an Emmy-winning writer with nearly two decades of industry experience. This class covers character development, story structure, age-appropriate content, and what it takes to pitch a successful kids' TV show in today's marketplace.

**Michael Rabb**

**Fee: \$119**

**# 24479**

6 Tuesdays

7:00pm - 9:00pm

Oct. 28 - Dec. 2

## WRITE A FEATURE

### SCREENPLAY IN 5 WEEKS

Learn the bare bones structure for working fast and smart in a style that fits your story. Bring your idea- whether it be a paragraph, a synopsis, a character, or an unfinished work- and be ready to write.

**Michael Morris**

**Fee: \$99**

**# 24454**

**5 Sundays**

11:30am - 1:30pm

Sept. 21 - Oct. 26

## NEXT LEVEL SCREENWRITING

As the follow-up to the "5 weeks" screenplay class, this workshop will use live table reads to begin brainstorming critique sessions with constructive comments exclusive to your work. It's time to take your screenwriting vision to the next level. \* 10-50 pages to start.

**Michael Morris**

**Fee: \$149**

**# 24455**

6 Sundays

11:30am - 2:30pm

Nov. 2 - Dec. 14

**SEE MUSIC FOR MORE PERFORMING ARTS CLASSES PG.24**

# ARTS & CRAFTS

## PHOTOGRAPHY SHOOTING TO A THEME

Connect with others interested in photography in a relaxed social learning setting. Take photos on your own and on your own schedule, shooting to fit the same class-assigned themes. Held in the LAVC Community Center, 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: \$49**

**# 24371**

2 Thursdays

10:00am - 12:30pm

Sept. 25 - Oct. 23

**# 24372**

2 Thursdays

10:00am - 12:30pm

Nov. 13 - Dec. 11



## SEWING CLASSES

Ashley Trutanich

### LEVEL 1: BASICS OF SEWING

Learn the basics of sewing! This class will cover both hand sewing and machine sewing techniques for practical use in everyday life. You will learn different types of stitches as well as how to do minor repairs, and by the end of the course, you will complete your very own patchwork pillow.

<b>Tuesdays</b>	<b>Fee: \$129</b>
#24434 Sept. 9 - Oct. 7	4:00pm - 6:00pm
#24438 Oct. 14 - Nov. 11	4:00pm - 6:00pm
<b>Saturdays</b>	<b>Fee: \$129</b>
#24436 Sept. 13 - Oct. 11	9:00am - 11:00am
#24440 Oct. 18 - Nov. 15	9:00am - 11:00am

### LEVEL 3: SEWING TECHNIQUE

You've mastered the basics, now what? This Level 3 sewing course is designed to expand your skill set and teach you new techniques to elevate your sewing to a more polished, professional, and advanced level. In this class you'll learn zipper installation, sewing curves, different types of seam finishes, and "sew" much more!

<b>Wednesdays</b>	<b>Fee: \$139</b>
#24435 Sept. 10 - Oct. 8	7:00pm - 9:00pm
#24439 Oct. 15 - Nov. 12	7:00pm - 9:00pm

### ALTERATIONS 1: HEMMING

Learn to alter your clothing! This class focuses on hemming garments, from pants to skirts to shirts. In this class, you will learn the techniques needed to successfully alter your clothing and finally make your favorite pieces fit without having to take them to a tailor.

<b>Wednesdays</b>	<b>Fee: \$209</b>
#24442 Sept. 10 - Oct. 8	5:00pm - 7:00pm
<b>Saturdays</b>	<b>Fee: \$209</b>
#24443 Oct. 18 - Nov. 15	1:00pm - 3:00pm

Sewing machines provided in classroom!

### LEVEL 2: PAJAMA PANTS

Ready to take your sewing skills to the next level? Designed for those with basic sewing knowledge, this class teaches you the basics of working with patterns as well as more advanced sewing techniques to create your own clothing. By the end of the class, you'll master essential techniques and complete your own pair of custom-fit pajama pants.

<b>Saturdays</b>	<b>Fee: \$129</b>
#24437 Sept. 13 - Oct. 11	11:00am - 1:00pm
#24441 Oct. 18 - Nov. 15	11:00am - 1:00pm

### OPEN SEWING LAB

This flexible, open-format class allows students to bring in their sewing projects and work at their own pace. Whether you're creating garments, bags, home decor, or anything in between. You'll receive personalized guidance tailored to your unique needs. We'll cover key skills like selecting the right patterns, choosing appropriate fabrics, and mastering construction techniques. With hands-on support, you'll gain confidence and improve your sewing skills while working on projects that matter to you.

<b>Wednesdays</b>	<b>Fee: \$199</b>
#24445 Sept. 10 - Oct. 8	3:00pm - 5:00pm
#24446 Oct. 15 - Nov. 12	3:00pm - 5:00pm

### ALTERATIONS 2: THE PERFECT FIT

Learn how to tailor your own clothing with darts, shaping, and tapering techniques. This hands-on class focuses on machine sewing and teaches you how to mark, cut, and adjust garments for a custom fit. Practice on sample pieces before working on your own. Ideal for those with basic sewing experience or who've completed Level 1.

<b>Saturdays</b>	<b>Fee: \$209</b>
#24447 Sept. 13 - Oct. 11	1:00pm - 3:00pm
<b>Wednesdays</b>	<b>Fee: \$209</b>
#24444 Oct. 15 - Nov. 12	5:00pm - 7:00pm



# ARTS & CRAFTS

## 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.

### COLD PROCESS SOAP MAKING

Want to know how to use the cold process soap making method to create soap completely from scratch? Well, this hands-on class will teach you cold process soap making from A to Z for creating beautiful hand-made soaps right in your kitchen.

**Quayum Abdul**      **Fee: \$45**  
**# 24367**              1 Sunday  
3:00pm - 6:00pm      Nov. 23  
Supply fee: \$35

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### HOW TO MAKE BATH PRODUCTS: SHAMPOO, SHOWER GEL AND BUBBLE BATH

Why purchase expensive commercial bath products when you can delight in making your own. 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**      **Fee: \$45**  
**# 24366**              1 Sunday  
10:00am - 1:00pm      Nov. 23  
Supply fee: \$35

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### MAKEUP TECHNIQUES FALL EDITION

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: \$175**  
**# 24431**              6 Saturdays  
9:00am - 11:30am      Sept. 27 - Nov. 1

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### 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: \$39**  
**# 24368**              1 Saturday              12:00pm - 3:00pm      Nov. 1

### HOW TO MAKE YOUR OWN CANDLES

In this workshop, you'll have the opportunity to create a variety of candles using paraffin wax, essential oils, and candle dyes. You'll also get to experiment with dried fruits and flowers to craft unique designs. By the end of the workshop, you'll have several high-quality candles to take home.

**Quayum Abdul**      **Fee: \$45**  
**#24476**              1 Sunday  
10:00am - 1:00pm      Nov. 2  
Supply fee: \$35

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### HOW TO MAKE YOUR OWN SOAPS

Creating beautiful soaps is easy and enjoyable. Explore the use of colors, molds, fragrances, essential oils, extracts, herbs, and novelties. We'll cover how to make organic, natural, or therapeutic soaps. By the end, you'll have a collection of unique, handcrafted soaps to take home.

**Quayum Abdul**      **Fee: \$45**  
**# 24477**              1 Sunday  
3:00pm - 6:00pm      Nov. 2  
Supply fee: \$35

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### MAKEUP ADVANCED TECHNIQUES

This course will teach you advanced make up techniques that will improve and enhance the results of your make up application, making it long lasting. Learn how to improve skin texture, and cover imperfections. Eyeshadow techniques will also be included.

**Raquel Fournier**      **Fee: \$79**  
**# 24369**              2 Sundays  
10:00am - 1:00pm      Nov. 9 - Nov. 16

## MIXED MEDIA ART CLASSES

**Carmen MacDonald**

Students must bring required materials to the first class See website for supply list..

### ACRYLIC POURING PAINTING 1

A creative Abstract Acrylic Pour painting class. This is a fun introduction to beautiful fluid acrylics! Demonstrations and guidance will be provided as you create your one-of-a-kind abstract artwork. No previous painting or art background is necessary for you to be successful with this project.

**Carmen MacDonald Fee: \$99**

**# 24373** 4 Wednesdays  
7:00pm - 9:00pm Sept. 3 - Sept. 24

Students must purchase the required materials

### DIA DE LOS MUERTOS FACE PAINTING

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**

**# 24475** 3 Mondays  
7:00pm - 9:00pm Oct. 6 -Oct. 20

Students must purchase the required materials

### 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**

**# 24379** 4 Mondays  
7:00pm - 9:00 pm Nov. 3 - Nov. 24

Students must purchase the required materials

### PAINTING WITH ACRYLIC FLOWERS 3D

Creating 3D art with sculpture paste and a palette knife is a rewarding technique. Scrape the paste at different angles to form stunning 3D flowers and reliefs. Once dried, paint your creation to make it vibrant and eye-catching. Give it a try and watch your creativity flourish!

**Carmen MacDonald**

**# 24374** 4 Mondays

Students must purchase the required materials

### BEGINNING PAINTING WITH INK

In this beginning-level course, you'll learn and practice all of the techniques I use for spontaneity and control in representational alcohol ink painting. Learn to Paint more detailed and less abstract with Alcohol Inks. Create two paintings on Yupo Paper.

**Carmen MacDonald Fee: \$99**

**# 24375** 4 Tues/Thurs  
7:00pm - 9:00pm Sept. 9 - Sept. 18

Students must purchase the required materials

### DIA DE LOS MUERTOS HEADPIECE

Learn how to make your own floral headband to wear during Dia de los Muertos and after. You will learn how to create your own design of flowers headband combine colors of flowers, techniques of gluing, adding flowers, that you can wear to all your parties.

**Carmen MacDonald Fee: \$79**

**# 24377** 3 Mondays  
5:00pm - 7:00pm Oct. 6 -Oct. 20

Students must purchase the required materials

### PAINTING WITH ACRYLIC 1

This is a beginning level acrylic painting course. We will start with basic skills like brushwork mechanics and how to apply acrylics to achieve the best fluid strokes. Then we will take it a step further to learn valuable color mixing theories, how to use values, and end with light on form painting techniques.

**Carmen MacDonald Fee: \$99**

**# 24378** 4 Wednesdays  
7:00pm - 9:00pm Oct. 29 - Nov. 19

Students must purchase the required materials

# ARTS & CRAFTS

## 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.

**Carmen MacDonald**

# 24376

4 Wednesdays

7:00pm - 9:00pm

**Fee: \$99**

Oct. 1 - Oct. 22

Students must purchase the required materials

## HAVE FUN WITH SUCCULENTS

In this succulent workshop, you'll learn to create your own miniature garden in a pot. Your instructor will guide you step-by-step, sharing tips to keep your plants thriving. You'll then decorate with rocks, moss, and more. It's a great way to explore your creativity, recharge, and relax.

**Margie Thomas**

**Fee: \$30**

# 24370

1 Saturday

10:00am - 12:00pm

Nov. 15

Supply fee: \$25

## GLITTER TATTOO MASTERCLASS

Learn how to create safe, eye-catching glitter tattoos for parties, school events, or your own side hustle! This hands-on class covers everything from basic techniques and safety tips to setting up your own kit and attracting clients. No experience needed—just bring your creativity and love for sparkle!

**Rosemary May**

**Fee: \$25**

#24478

1 Tuesday

6:00pm - 8:00pm

Oct. 7

Students must purchase the required materials

## INTRODUCTION TO BALLOON TWISTING

Ever wanted to make your own balloon animals? This beginner-friendly class teaches you how to twist and shape 260 balloons into fun creations like dogs, swords, and more! Learn basic techniques, practice simple twists, and leave with the skills to entertain at parties, school events, or just for fun.

**Rosemary May**

**Fee: \$69**

# 24432

Mon/Tues/Wed

6:00pm - 8:00pm

Nov. 10 - Nov. 12

Students must purchase the required materials

## HENNA FOR BEGINNERS

Have you ever wanted to create beautiful henna tattoos? In this beginner-friendly class, you'll explore the different types of henna, learn how to mix your own natural paste, and practice the techniques needed to design stunning body art. Whether you're decorating yourself or others, you'll leave with the skills and confidence to create elegant, eye-catching designs.

**Rosemary May**

**Fee: \$69**

# 24433

Mon/Tues/Wed

6:00pm - 8:00pm

Dec. 1 - Dec. 3

Students must purchase the required materials

## BLOOMING CENTERPIECES: A FLOWER CLASS

Discover the art of floral design in this hands-on workshop led by a professional florist. Learn essential techniques for arranging fresh flowers and greenery and create your own beautiful centerpiece to take home. All materials are provided, including flowers, vases, and tools. Ideal for: Event planners, wedding party members, DIY enthusiasts, and anyone looking to enhance their floral skills.

**Mihaela C., Diana's Flowers**

**Fee: \$150**

Fee includes materials

#24459

Tuesday

6:30pm - 8:30pm

Sept. 16

#24460

Tuesday

6:30pm - 8:30pm

Oct. 14

#24461

Tuesday

6:30pm - 8:30pm

Nov. 18

#24462

Tuesday

6:30pm - 8:30pm

Dec. 16

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



# BUSINESS & CAREER TRAINING

Before signing up for these classes, 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.

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

Government institutions, banks, real estate firms, and other companies are seeking notaries. All prospective notaries must complete a course approved by the California Secretary of State. Our course provides the latest notary information and the knowledge needed to perform duties correctly and pass the state exam. The class fee includes a certificate of completion and sample forms used daily by notaries. The instructor will also provide testing information during the class. **PREREQUISITES:** 18 years of Age - Proper Government ID (example: Driver License - DMV Identification Card - Current Passport).

**Rosie Reed**                      **Fee: \$119**  
**# 24334**                              1 Saturday  
8:00am - 4:00pm              Oct. 4

Check-in begins at 7:30am and class begins promptly at 8:00am. Have your current, official photo ID ready. Registration closes the day before class meets.

## SOLAR PV DESIGN, INSTALLATION, AND TROUBLESHOOTING

Are you ready to dive into the world of solar photovoltaic (PV) energy and become a part of the green revolution? Solar-energy jobs are growing 12 times faster than the U.S. economy. Solar installer employment is projected to grow 105% by 2026. California now requires all new homes to have solar panels, creating excellent job opportunities. Our crash course in solar design and installation can help you become a qualified professional. Ideal for those interested in installing, maintaining, inspecting, or designing solar panels. Receive an Award of Completion upon finishing the course.

**Quayum Abdul**                      **Fee: \$239**  
**# 24381**                              Mon - Fri  
6:00pm - 10:00pm              Oct. 24 - Oct. 31  
Fee includes materials

## NOTARY LOAN SIGNING SEMINAR (REMOTE/LIVE VIA ZOOM)

A Notary Signing Agent is a notary public with specialized expertise in handling mortgage loan documents. With the housing market rebounding, this service will be in high demand! This class covers: A) Detailed information about the main documents a Notary Loan Signing Agent will notarize, using a hands-on approach where each student assembles a loan package. B) Real Estate section recapping new types of real estate sales and loans currently on the market. C) Marketing and Customer Service section with a list of potential sources and practical information on starting a new business.

**Rosie Reed**                      **Fee: \$105**  
**# 24335**                              1 Saturday  
9:30am - 3:30pm              Oct. 11

## ELECTRIC VEHICLE CHARGING STATION DESIGN, INSTALLATION, AND TROUBLESHOOTING

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

**Quayum Abdul**                      **Fee: \$149**  
**# 24380**                              Mon/Weds  
6:00pm - 10:00pm              Oct. 8 - Oct. 15  
Fee includes materials

# BUSINESS & CAREER TRAINING

## MEDICAL CODING & BILLING 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 3 classes: Medical Terminology, Coding, and Medical Insurance Billing classes (attendance & examination requirements must be met before each class ends). After completing all 3 classes students are qualified to sit for the exams in either AHIMA or AAPC.

### MEDICAL TERMINOLOGY - CLASS 1 (ONLINE)

This online introductory course is ideal for individuals seeking a career in healthcare or looking to advance within the field. Students will explore medical terminology, anatomy, organ system functions, and the causes, diagnosis, and management of common pathological conditions. Weekly quizzes will track progress and reinforce learning. ***This course is a prerequisite for Medical Insurance Coding.***

**Required text:** PURCHASE or RENT ON YOUR OWN: The Language of Medicine by Davi- Ellen Chabner (10th, 11th, 12th, or 13th edition accepted)

**Arlyn "Glady" Tagomolila-Que**

**# 24336**

Monday/Friday

6:00pm - 9:00pm

**Fee: \$199**

Nov. 3 - Dec. 12

Students must purchase the required materials

### MEDICAL CODING - CLASS 2 (ONLINE)

Medical coding is essential for billing insurance companies and maintaining accurate medical records. Students will learn ICD-10-CM, CPT, HCPCS Level II, and ICD-10-PCS codes. These skills ensure optimal reimbursement outcomes. The course prepares students for the national certification exam, with weekly quizzes and homework to track progress.

**Required text:**

PURCHASE or RENT ON YOUR OWN:

ICD-10-CM, Any publisher (2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026 accepted)

CPT, published by AMA (2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026 accepted)

**Arlyn "Glady"**

**Fee: \$199**

**Tagomolila-Que**

**# 24337**

Monday/Friday

6:00pm - 9:00pm

Jan. 5 - Feb. 6

Students must purchase the required materials

### MEDICAL BILLING PRINCIPLES - CLASS 3 (ONLINE)

Billing patients and insurance companies is a key part of medical office management. Students will learn billing procedures, how to complete insurance forms, understand coverage types and terminology, and follow the life cycle of an insurance claim. The course also covers the role of a medical insurance specialist and templates used for commercial insurance billing.

***Prerequisite: Medical Terminology & ICD-10-CM/CPT-HCPCS Coding***

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

**Arlyn "Glady"**

**Fee: \$169**

**Tagomolila-Que**

**# 24338**

Monday/Friday

6:00pm - 9:00pm

Feb. 20 - Mar. 16

Students must purchase the required materials

**Enroll in Medical Coding (Class 2) and  
Medical Insurance Billing (Class 3) together for only \$349!  
Or enroll in ALL THREE COURSES for just \$499!**

\* Must purchase series, adding classes individually to your cart will not activate the discount.

### TEACH WITH US!

Do you love teaching and sharing your skills? LAVC Community Services might be the perfect place for you to promote your craft, educate others, or revive lost arts. Almost any topic is welcome. For more info, call (818) 947-2577 x4172.

# BUSINESS & CAREER TRAINING

## DMV AUTO WHOLESALE DEALER FROM HOME (ONLINE)

Learn to make extra income by buying and selling wholesale cars from home. You can also buy cars for friends and family at great prices. This DMV-approved class teaches you how to get your auto dealer license and run a profitable used car business. Students receive a DMV certificate of completion, making them eligible for the dealer license exam.

**Ronald "Wayne" Williams**

**Fee: \$119**

**# 24389**

Mon/Tues

6:00pm - 9:00pm

Nov. 17 - Nov. 18

Fee includes materials and manual

## BLOGGING FOR FUN AND PROFIT (ONLINE)

Discover why creators and marketers love blogs! Easily share products, services, writing, pictures, and videos. Learn the top four ways to monetize a blog. Simplify search and social media marketing. Topics include business blogs, ads, marketing, and building communities.

**Bob Cohen**

**Fee: \$69**

**# 24339**

1 Tuesday

6:00pm - 9:00pm

Oct. 21

Fee includes materials

## INTRODUCTION TO INTERNET MARKETING (ONLINE)

Learn the nine steps to market any business online. We'll cover SEO, advertising, social media, affiliates, e-commerce, content marketing, and Google's top approach. This course helps you start and elevate your marketing, whether you do it yourself or hire an agency.

**Bob Cohen**

**Fee: \$69**

**# 24340**

1 Tuesday

6:00pm - 9:00pm

Sept. 30

Fee includes materials

## SEARCH, GOOGLE ADS, EMAIL, AND ECOMMERCE MARKETING (ONLINE)

Explore SEO and Google Ads to drive traffic to your site, find and use keywords, and understand the value of landing pages. Learn why email marketing is essential, how to create a successful opt-in newsletter, and discover top e-commerce sites. Compare search, social media, and email opt-in for your online marketing strategy.

**Bob Cohen**

**Fee: \$69**

**# 24342**

1 Tuesday

6:00pm - 9:00pm

Oct. 14

Fee includes materials

## CONTENT CREATION IN FIVE STEPS (ONLINE)

Struggling to create content for your website, newsletter, or social media? Learn the five steps used by pros to produce articles, blog posts, product descriptions, and more. This class covers writing, formatting, choosing images, and creating a content calendar. Discover tools for writing, photography, audio, video, and posting content.

**Bob Cohen**

**Fee: \$69**

**# 24344**

1 Tuesday

6:00pm - 9:00pm

Oct. 28

Fee includes materials

## MAKE AN APP/HOW TO START AN APP BUSINESS (ONLINE)

Apps for iPhones and Android are in high demand. Learn to turn your app idea into income with tools requiring little or no programming experience. Discover what makes a successful app, find your market, and get your app on iTunes or Google Play. Learn to promote and price your app for maximum revenue.

**Bob Cohen**

**Fee: \$69**

**# 24347**

1 Thursday

6:00pm - 9:00pm

Oct. 2

Fee includes materials

## MARKETING WITH FACEBOOK AND SOCIAL MEDIA (ONLINE)

Learn to market anything using Facebook, Twitter, Instagram, and other social media sites. Discover how Likes, Follows, Shares, and Comments impact organic marketing and how to use paid ads. Understand audience demographics and tools like RSS for automating social media marketing.

**Bob Cohen**

**Fee: \$69**

**# 24341**

1 Tuesday

6:00pm - 9:00pm

Oct. 7

Fee includes materials

# BUSINESS & CAREER TRAINING

## AI FOR MARKETING AND MEDIA CREATION (ONLINE)

Dive into the world of AI-powered marketing and media creation. Learn to craft engaging social media posts, design visuals, and generate video content using AI tools. This class is ideal for entrepreneurs, educators promoting programs, and professionals managing brand awareness with limited resources and time.

**Bob Cohen**                      **Fee: \$57**  
**# 24343**                              1 Thursday  
6:00pm - 9:00pm              Oct. 30

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## INTRODUCTION TO AI AND IT'S USES (ONLINE)

Discover the potential of AI tools in this introductory session designed for professionals, educators, and small business owners. Learn how to integrate AI into your daily tasks, from simplifying workflows to boosting creativity and productivity. By the end, you'll understand how to interact with AI tools effectively and explore their endless possibilities.

**Bob Cohen**                      **Fee: \$57**  
**# 24346**                              1 Thursday  
6:00pm - 9:00pm              Oct. 9

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## HOW TO WRITE WITH AI TOOLS (ONLINE)

Learn how AI tools can write, correct, and do almost anything with text. AI tools can write articles, social media posts, emails, websites, scripts, and more. Get tips on crafting effective prompts, evaluating results, and understanding copyright and ethical use.

**Bob Cohen**                      **Fee: \$57**  
**# 24345**                              1 Thursday  
6:00pm - 9:00pm              Oct. 16

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## RESEARCH, ANALYSIS, AND LEARNING WITH AI (ONLINE)

Explore how AI can transform the way you conduct research and analyze information. This session will guide you through using AI to find relevant data, simplify complex materials, and produce actionable insights. Whether you're a business owner making strategic decisions or an educator curating knowledge, this class will enhance your capabilities.

**Bob Cohen**                      **Fee: \$57**  
**# 24348**                              1 Thursday  
6:00pm - 9:00pm              Oct. 23

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## TAKE CHARGE OF YOUR FINANCIAL FUTURE

**Leslie Crumley**

Fee includes materials

### SECURE WHAT MATTERS MOST

This introductory workshop helps you begin organizing key documents, clarifying your wishes, and creating a plan that reflects your values. Whether you're single or have a family, you'll learn practical steps to protect what's important and prepare for the future with clarity and care. This session serves as an introduction to the **Peace of Mind Planning** workshop, where you'll build on what you've started here and begin creating your personalized system.

**Leslie Crumley**                      **Fee: \$49**  
**# 24468**                              1 Sunday  
10:00am - 12:00pm      Oct. 19

### PEACE OF MIND PLANNING: BUILD YOUR FINANCIAL SYSTEM

You know you "should" get your financial life in order, but it feels overwhelming. In this hands-on workshop, you'll create your simple, personalized system to organize key information, documents, and decisions. We'll help you think through what's truly important—without legal jargon or guilt trips. Get the clarity you need and the confidence to move forward. This hands-on workshop builds on the **Secure What Matters Most** session and turns ideas into action.

**Leslie Crumley**                      **Fee: \$115**  
**# 24469**                              1 Sunday  
1:00pm - 4:00pm              Oct. 19



# BUSINESS & CAREER TRAINING

## MASTER YOUR MAIL: PROTECT YOUR FREEDOM

Mail matters more than you think. One missed notice can lead to late fees, missed benefits, or insurance issues. This session shows you how to create a simple system for managing important mail—especially during retirement, travel, or medical changes. Reduce clutter. Avoid mistakes. Stay in control.

**Leslie Crumley**      **Fee: \$69**  
**# 24470**      1 Sunday  
1:00pm - 2:30pm      Oct. 26

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## RETIRE WITH CONFIDENCE: BEYOND MONEY

Retirement isn't just about what you saved—it's about how you use it. This workshop gives you the tools to create a flexible spending plan, reduce financial anxiety, and make decisions that reflect what you want most out of life. Whether you're already retired or preparing, we'll help you feel more in control.

**Leslie Crumley**      **Fee: \$115**  
**# 24466**      1 Sunday  
1:00pm - 4:00pm      Oct. 5

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## FUTURE- PROOF YOUR LIFE: TAKE CONTROL OF YOUR MONEY

Simple strategies to think clearly about your money—without being overwhelmed. This class breaks down the essentials of managing your cash flow when you're juggling kids, career, aging parents, and your own future—afraid you're going to drop the ball. We'll help you understand where your money goes, make decisions that align with your values, and regain a sense of control. No shame, just strategy. This session serves as an introduction to **Future-Proof Your Life: Build Your Money System**, where you'll create the structure that keeps all those balls in the air.

**Leslie Crumley**      **Fee: \$115**  
**# 24472**      1 Sunday  
1:00pm - 4:00pm      Nov. 9

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## TRAVEL MORE, WORRY LESS

Want to travel more but think it's too expensive? This session teaches you how to make travel part of your financial plan—using smart strategies that work. Discover clever ways to stretch your travel dollars, use rewards programs, and align everyday spending with travel goals. Yes, you can afford to go!

**Leslie Crumley**      **Fee: \$69**  
**# 24471**      1 Sunday  
10:00am - 12:00pm      Oct. 26

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## MONEY WITHOUT MAYHEM: RETIREMENT CASH FLOW INTRO

Tired of wondering if your money will last? This class breaks down the essential knowledge and strategies for managing your cash flow in retirement (or semi-retirement). We'll explore the concepts behind tracking your money, aligning spending with your values, and building in room for fun. No shame, just strategy. This session serves as an introduction to the Retire With Confidence workshop, where you'll build on what you've started here and begin creating your personalized cash strategy system.

**Leslie Crumley**      **Fee: \$69**  
**# 24467**      1 Sunday  
10:00am - 12:00pm      Oct. 5

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## FUTURE- PROOF YOUR LIFE: BUILD YOUR MONEY SYSTEM

Future-Proof Your Life: Build Your Money System. Money feels like chaos. Kids need college. Parents need help. Retirement feels like a question mark. And it feels overwhelming. This workshop addresses that. In 3 hours, you'll build a system that turns financial confusion into clear next steps. No fluff. No theory. Just a proven framework that helps busy families get financially organized while others continue to scramble. Prerequisite: Future-Proof Your Life: Take Control of Your Money

**Leslie Crumley**      **Fee: \$69**  
**# 24473**      1 Sunday  
10:00am - 12:00pm      Nov. 9

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# BUSINESS & CAREER TRAINING

## LANDLORD CLASSES: RENTAL PROPERTIES MADE SIMPLE

**Shiral Torres**

### LANDLORDS: THE BASICS

New to rental property ownership or thinking about becoming a landlord? This introductory workshop covers essential topics including finding qualified tenants, managing move-in/move-out processes, avoiding common mistakes, and using simple tools for bookkeeping and organization. Build confidence and learn the basics to start your journey as a successful landlord.

**Shiral Torres**      **Fee: \$55**  
**# 24382**      1 Saturday  
9:00am - 11:00am      Oct. 4

### LANDLORDS: TAKE CONTROL OF YOUR FINANCES

Are you making a profit? Bookkeeping is essential but often disliked. Hiring help is costly, but a simple worksheet can do the job! Join our workshop to learn how to track income and expenses easily, gain peace of mind, and achieve profitable results. Plus, get Shiral's business and landlord tips, and updated information.

**Shiral Torres**      **Fee: \$69**  
**# 24384**      1 Saturday  
9:00am - 11:00am      Nov. 8

### LANDLORDS: THE MOVE-IN PROCESS

Worried about having the right forms and staying compliant with laws when signing a lease? This class will help you overcome those fears and save time. You'll learn about the necessary paperwork, including legally required forms, and get tips on pre-meeting preparations and presenting forms effectively. Gain valuable insights and updated landlord information to become a confident and efficient landlord.

**Shiral Torres**      **Fee: \$69**  
**# 24386**      1 Sunday  
9:00am - 11:00am      Dec. 7

### LANDLORDS: BUILD YOUR 5-STEP RENTAL TOOLKIT IN CLASS

This hands-on class helps landlords build effective systems to manage properties with confidence. You'll create a tenant screening process, build a vendor list, solve common issues, boost revenue, and design a mortgage payoff plan. Leave with a personalized toolkit to manage confidently and move toward financial independence..

**Shiral Torres**      **Fee: \$99**  
**# 24388**      1 Saturday      9:00am - 12:00pm      Nov. 16

Fee includes materials

### LANDLORDS: GET ORGANIZED AND GAIN CONFIDENCE

Struggling to locate your property paperwork? Securely storing sensitive documents is crucial. Join our workshop to learn a simple system for organizing lease agreements, maintenance logs, rent logs, and tenant notices. Build a binder to take control of your paperwork, reduce stress, and save time.

**Shiral Torres**      **Fee: \$69**  
**# 24383**      1 Saturday  
12:00pm - 2:00pm      Oct. 4

### LANDLORDS: FIND THE PERFECT TENANT

Worried about finding new tenants and potential income loss? Learn a step-by-step approach to secure ideal tenants in our class. From displaying the 'For Rent' sign to identifying qualified applicants, you'll gain confidence and receive all necessary forms and tips to be a successful landlord.

**Shiral Torres**      **Fee: \$69**  
**# 24385**      1 Saturday  
12:00pm - 2:00pm      Nov. 8

### LANDLORDS: THE MOVE-OUT PROCESS

Worried about losing rental income when a tenant gives a 30-day notice? This class will guide you through the move-out process, covering legal steps and necessary paperwork. You'll learn to complete all required forms accurately and understand the security deposit refund process. Gain practical skills, valuable tips, and updated landlord information to confidently manage tenant move-outs.

**Shiral Torres**      **Fee: \$69**  
**# 24387**      1 Sunday  
12:00pm - 2:00pm      Dec. 7

# CLASSES FOR KIDS

## YOUNG LEARNER'S WRITING AND GRAMMAR WORKSHOP

This class aims to enhance your child's reading, writing, comprehension, and vocabulary skills. Weekly homework assignments will be given, which each child is expected to complete. The curriculum follows the Language Arts Standards of the L.A. United School District..

**Brian King**

**Fee: \$69**

Supply fee: \$13

### GRADES 3-4

**Thursdays**

### GRADES 5-6

**Thursdays**

**#24390** Sept. 18 - Oct. 30 4:00pm - 5:00pm

**#24391** Sept. 18 - Oct. 30 5:00pm - 6:00pm

## WANT MORE CLASSES FOR KIDS?

Spanish - pg. 23

Swimming - pg. 29

Tennis - pg. 21

Gymnastics & Rock Climbing- pg. 32

# COOKING

## CAKE DECORATING

Learn step-by-step the basic fundamentals of cake decorating. Whether you're a beginner, a craft master, or someone looking to start a career in the exciting world of cake decorating, this course will formally introduce you to various techniques to enhance both home-baked and professionally baked cakes. We will explore the use of basic decorating tips to create borders, floral designs, and themed cake arrangements.

**Youlen Chan**

**Fee: \$169**

**# 24481**

5 Tues/Thurs

7:00pm - 9:00pm

Oct. 16 - Oct. 30

Fee includes materials

## CUPCAKE DECORATING

This course is ideal for beginners in the exciting world of cupcake decorating. It combines instruction with hands-on training, covering: Basic icing and frosting techniques, Designing cartoon characters and holiday themes. You'll learn to use cupcake decorating tips to create various designs. By the end of the course, you'll be able to create unique cupcakes that will impress your friends.

**Youlen Chan**

**Fee: \$149**

**# 24480**

4 Tues/Thurs

7:00pm - 9:00pm

Nov. 4 - Nov. 13

Fee includes materials

# DANCE

## BEGINNER TAP

In this class, we'll focus on tap basics, developing proper technique, rhythm, and percussion. Sessions will include a warm-up, across-the-floor exercises, and center work. We'll learn choreography, explore creativity, and practice improvisation. This class aims to build tap dance musicality, vocabulary, and individual style, helping you develop coordination and rhythmic clarity in a fun and challenging way. Tap shoes are required.

**Alison Haggerty**

**Fee: \$79**

### BASICS/BEGINNER

**# 24399**

6 Thursdays

6:00pm - 7:00pm

Sept. 11 - Oct. 23

### BEGINNER/INTERMEDIATE

**# 24400**

6 Thursdays

7:00pm - 8:00pm

Sept. 11 - Oct. 23

# DANCE

## BALLET FOR ADULTS - ADVANCED BEG. - INTERMEDIATE

Experience the perfect way to develop strength, flexibility, musicality, and stamina through the timeless art of ballet, dating back to the 15th century. Enhance your self-esteem and build confidence while getting in shape! Students should wear leotards and tights or leggings. Ballet slippers are required.

**Claudine**                      **Fee: Varies**  
**Mason-Marx**  
**# 24392 \$85**                      6 Sundays  
9:00am - 10:15am              Sept. 7 - Oct. 12

**# 24393 \$99**                      7 Sundays  
9:00am - 10:15am              Oct. 19 - Dec. 14

## BEGINNING BALLROOM

This class is designed to introduce the very beginner to ballroom dancing. The men will learn to lead and the ladies will learn to follow. The basics in Waltz, Foxtrot and Tango will be covered. Partners are helpful, but not required.

**Linda Goldstein**              **Fee: \$105**  
**# 24395**                      8 Sundays  
12:00pm - 1:00pm              Sept. 28 - Nov. 16

## BEGINNING 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: \$105**  
**# 24396**                      8 Saturdays                      11:00am - 12:00pm              Sept. 27 - Nov. 15

## 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: \$105**  
**# 24394**                      8 Sundays  
11:00am - 12:00pm              Sept. 28 - Nov. 16

## SALSA FOR BEGINNERS

Feel the rhythm and bring the heat! Whether you're a beginner or think you have two left feet, this fun and energetic class will have you mastering the basics in just a few weeks. Dance confidently in any social setting—no partner required!

**Jasmine Burgos**              **Fee: \$69**  
**# 24397**                      5 Saturdays  
3:00pm - 4:00pm              Sept. 13 - Oct. 11

**# 24398**                      5 Saturdays  
3:00pm - 4:00pm              Oct. 25 - Nov. 22

# EXERCISE, SPORTS, & FITNESS

## TRAIN WITH A PURPOSE

A guided strength and movement exercise class designed to teach you how to use your body effectively. Through a combination of weight training, mobility exercises, and functional movements. With an emphasis on proper technique, control, and safe progression. This structured program helps you train smarter—not just harder.

**Ubaldo Guzman**              **Fee: \$129**  
**# 24465**                      12 Tues/Thurs  
7:10pm - 8:15pm              Oct. 7 - Nov. 18

## 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: \$105**  
**# 24404**                      8 Saturdays  
9:30am - 10:30am              Sept. 27 - Nov. 15



# EXERCISE, SPORTS, & FITNESS

## T'AI CH'I CH'UAN AND QI GONG HEALTH BREATHING

Experience relaxed, receptive energy through Tai Chi and Qi Gong to restore coordinated respiration, heart rate, pulse rate, and improve skin sensations. The course includes: Qi Gong basics for Tai Chi, Yang style Tai Chi movements, Kidney tonic Qi Gong for stress recovery

**Jack Neff**

**Fee: \$115**

# 24405	6 Tuesdays	6:30pm - 8:00pm	Sept. 16 - Oct. 21
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# 24406	6 Tuesdays	6:30pm - 8:00pm	Nov. 4 - Dec. 9
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## GROUP TENNIS LESSONS

### Raymond Finks, Tennis Pro

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.*

### SESSION 1: SATURDAY

<b>Sept. 6 - Sept. 27</b>	<b>Fee: \$60</b>
#24303 Children 6-9	9:00am - 10:00am
#24300 Children 10-14	10:00am - 11:00am
#24306 Adult Beginning	11:00am - 12:00pm
#24312 Adult Beg-Adv	1:00pm - 2:00pm
#24321 Adult Interm.	2:00pm - 3:00pm
#24330 Adult Advanced	3:00pm - 4:00pm

### SESSION 1: SUNDAY

<b>Sept. 7 - Sept. 28</b>	<b>Fee: \$60</b>
#24309 Adult Beginning	9:00am - 10:00am
#24315 Adult Beg-Adv	10:00am - 11:00am
#24324 Adult Interm.	11:00am - 12:00pm
#24316 Adult Beg-Adv	1:00pm - 2:00pm
#24327 Adult Interm.	2:00pm - 3:00pm

### SESSION 2: SATURDAY

<b>Oct. 4 - Oct. 25</b>	<b>Fee: \$60</b>
#24304 Children 6-9	9:00am - 10:00am
#24301 Children 10-14	10:00am - 11:00am
#24307 Adult Beginning	11:00am - 12:00pm
#24313 Adult Beg-Adv	1:00pm - 2:00pm
#24322 Adult Interm.	2:00pm - 3:00pm
#24331 Adult Advanced	3:00pm - 4:00pm

### SESSION 2: SUNDAY

<b>Oct. 5 - Oct. 26</b>	<b>Fee: \$60</b>
#24310 Adult Beginning	9:00am - 10:00am
#24317 Adult Beg-Adv	10:00am - 11:00am
#24325 Adult Interm.	11:00am - 12:00pm
#24318 Adult Beg-Adv	1:00pm - 2:00pm
#24328 Adult Interm.	2:00pm - 3:00pm

### SESSION 3: SATURDAY

<b>Nov. 1 - Nov. 22</b>	<b>Fee: \$60</b>
#24305 Children 6-9	9:00am - 10:00am
#24302 Children 10-14	10:00am - 11:00am
#24308 Adult Beginning	11:00am - 12:00pm
#24314 Adult Beg-Adv	1:00pm - 2:00pm
#24323 Adult Interm.	2:00pm - 3:00pm
#24332 Adult Advanced	3:00pm - 4:00pm

### SESSION 3: SUNDAY

<b>Nov. 2 - Nov. 23</b>	<b>Fee: \$60</b>
#24311 Adult Beginning	9:00am - 10:00am
#24319 Adult Beg-Adv	10:00am - 11:00am
#24326 Adult Interm.	11:00am - 12:00pm
#24320 Adult Beg-Adv	1:00pm - 2:00pm
#24329 Adult Interm.	2:00pm - 3:00pm

# EXERCISE, SPORTS, & FITNESS

## STRETCH & TONE

This class is designed to promote gentle stretches that help loosen and tone the body, alongside isometric exercises that strengthen muscles, improve blood flow and joint mobility. The class includes a variety of exercises and stretches that alleviate pain and soreness, while also enhancing range of motion and balance.

**Donald Lopez**      **Fee: \$115**  
# 24407      10 Mon/Fri  
6:30pm - 7:20pm      Sept. 19 - Oct. 20

# 24408      10 Mon/Fri  
6:30pm - 7:20pm      Oct. 24 - Nov. 24

## FITNESS FOR LIFE

This class encourages an active lifestyle while highlighting the health benefits of regular exercise. Through a balanced mix of strength, cardio, balance, and mobility training, participants engage in a moderate-intensity, circuit-based group workout. Open to all ages, the class introduces a variety of exercise equipment and techniques to help you build strength, improve endurance, and enhance overall wellness.

**Donald Broisma**      **Fee: Monthly**  
9:00am - 10:00am      Friday

## SUNSET 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. This class will explore alignment, strength, balance, flexibility, breath, and relaxation. Bring a yoga mat and a willing spirit.

<b>Margie Thomas</b>	<b>Fee: Varies</b>		
<b>Tues/Thurs</b>	<b>10:00am - 11:00am</b>	<b>Tues/Thurs</b>	<b>11:30am - 12:30pm</b>
#24409 \$99	Sept. 16 - Oct. 16	#24410 \$99	Sept. 16 - Oct. 16
#24411 \$99	Oct. 21 - Nov. 18	#24412 \$99	Oct. 21 - Nov. 18
#24413 \$79	Dec. 2 - Dec. 18	#24414 \$79	Dec. 2 - Dec. 18

# LANGUAGES

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

Learn Italian directly from Venice, Italy with Mr. Lombardi! This beginner-friendly course uses simple idiomatic phrases to get you speaking Italian quickly. Divided into ten subjects, you'll build vocabulary, grammar, and pronunciation skills. Topics include greetings, family, numbers, home, town, dining, work, and socializing. Enjoy ear-training exercises and the authentic experience of learning from Venice!

**Giovanni Lombardi**      **Fee: \$69**  
# 24359      6 Tuesdays      10:00am - 11:00am      Sept. 16 - Oct. 21



## Online Advanced Career Training

Our online courses can start you on a path to an in-demand profession or help advance your current career with industry certification. You may begin these courses at any time and learn at your own pace. Upon successful completion of all coursework, you will receive a certificate of completion.

All materials are included in the course fees. Each course has an instructor assigned to answer questions and solve student problems.

### Features:

- 6-18 month self-paced, start anytime
- Textbook and materials included
- Prepare for industry certification
- Certification exam vouchers are included
- Financial assistance is available
- Student advisors provide you coaching, motivation, and career readiness support

## Jump Start Your Career or Find a New One

To enroll or for more information, visit:

<https://careertraining.lavc.edu>

## SPANISH CLASSES FOR CHILDREN, ADULTS, AND SENIORS

Teresa Hito

### SPANISH FOR CHILDREN 7 - 10 YEARS OLD (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.

#### CHILDREN'S BEGINNER

**Tuesdays** 5:00pm - 6:00pm  
# 24401 \$129 Sept. 23 - Dec. 16

#### CHILDREN'S INTERMEDIATE

**Wednesdays** 5:00pm - 6:00pm  
# 24402 \$129 Sept. 24 - Dec. 17

#### CHILDREN'S ADVANCED

**Thursdays** 5:00pm - 6:00pm  
# 24403 \$129 Sept. 25 - Dec. 18

### SPANISH FOR SENIORS (ONLINE)

This introductory course is targeted for retirees, looking to keep their mind active through language learning. 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.

#### SENIOR BEGINNERS

**Fridays** 12:00pm - 1:00pm  
# 24352 \$129 Sept. 26 - Dec. 19

#### SENIOR INTERMEDIATE

**Fridays** 1:00pm - 2:00pm  
# 24353 \$129 Sept. 26 - Dec. 19

#### SENIOR ADVANCED

**Fridays** 2:00pm - 3:00pm  
# 24354 \$129 Sept. 26 - Dec. 19

#### SENIORS READING CLASS

**Mondays** 2:00pm - 3:30pm  
# 24349 \$199 Sept. 22 - Dec. 22

Fee: Varies

### 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.

#### ADULT BEGINNER

**Wednesdays** 7:00pm - 8:30pm  
# 24351 \$199 Sept. 24 - Dec. 17

#### ADULT INTERMEDIATE 1

**Saturdays** 8:00am - 9:30am  
# 24355 \$199 Sept. 27 - Dec. 20

#### ADULT INTERMEDIATE 2

**Saturdays** 9:40am - 11:10am  
# 24356 \$199 Sept. 27 - Dec. 20

#### ADULT ADVANCED 1

**Saturdays** 11:20am - 12:50pm  
# 24357 \$199 Sept. 27 - Dec. 20

#### ADULT ADVANCED 2

**Saturdays** 1:15pm - 2:45pm  
# 24358 \$199 Sept. 27 - Dec. 20

### SPANISH FOR TRAVELERS (ONLINE)

This course is geared to travelers, who are planning to visit a Spanish country, and would like to have basic Spanish language skill, to be able to communicate effectively with locals. Along with the language skill, students will be exposed to the culture by learning about places they will visit, important festivities and typical ethnic food.

#### ADULT TRAVELERS

**Wednesdays** 6:00pm - 7:00pm  
# 24350 \$129 Sept. 24 - Dec. 17

# Music

## 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

**# 24415**      5 Saturdays  
9:00am - 10:00am      Sept. 20 - Oct. 18

### LEVEL 2

**# 24416**      5 Saturdays  
10:00am - 11:00am      Sept. 20 - Oct. 18

## PLAY THAT FUNKY MUSIC: ON YOUR GUITAR (ONLINE)

Break free from boring strumming and dive into funk! Learn tight rhythms, neo-soul chords, and percussive techniques inspired by legends like Prince and Cory Wong. No jazz charts—just groove, tone, and soul. Bring your guitar and your rhythm ninja energy. Let's make the Valley groove again! Prerequisites: Basic 7th chords, rhythm skills, some pentatonic knowledge, and a love for funk, R&B, and groove.

**Gio Lombardi**      **Fee: \$69**  
**# 24458**      6 Saturdays  
9:45am - 10:45am      Sept. 13 - Oct. 18

## ECHOES OF THE ANCESTORS: DRUM CIRCLE

Spend an evening honoring your ancestors with a spirited drum circle. Celebrate those who have passed on but live in our hearts forever. Bring a photo/s of people you want to honor as we'll have a small Dia de los Muertos alter. Drums and percussion instruments are provided. No previous drumming experience is needed.

**"KongaKid"**      **Fee: \$20**  
**Roberto Gutierrez**  
**# 24463**      1 Thursday  
7:00pm - 8:30pm      Oct. 30

## 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**  
**# 24417**      5 Saturdays  
11:00am - 12:00pm      Sept. 20 - Oct. 18

## MUSIC THEORY FOR BEGINNERS

This class introduces the student to the basics of scales, chords and music theory based on the piano keyboard. Designed originally for children, Dale found that it was the perfect entry level music class for adults as well. Taught with cardboard cutout keyboards, it is fun and rewarding and sets the student up to pursue further music studies.

**Dale LaDuke**      **Fee: \$99**  
**# 24464**      5 Saturdays  
12:00pm - 1:00pm      Sept. 20 - Oct. 18

## BEGINNING GUITAR

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: \$149**

### LEVEL 1

**# 24419**      6 Mondays  
6:30pm - 8:30pm      Sept. 15 - Oct. 20

### LEVEL 2

**# 24418**      6 Mondays  
6:30pm - 8:30pm      Oct. 27 - Dec. 1

**SEE PERFORMING ARTS FOR MORE MUSIC CLASSES PG.8**



# PERSONAL ENRICHMENT

## INTRO TO TAROT CARD READING

Uncover the mystery and symbolism of tarot cards. Learn how to interpret the cards in a reading, tap into your intuition, and use tarot to support your well being. Bring your own deck - the Rider-Waite deck is highly recommended for beginners.

**Michelle Nieweg**      **Fee: \$108**  
**# 24421**      6 Tuesdays  
6:30pm - 7:30pm      Sept. 16 - Oct. 21  
Students must purchase the required materials

## 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: \$55**  
**# 24360**      1 Wednesday  
6:00pm - 9:00pm      Oct. 22

## NINE STEPS TO SELF-PUBLISH YOUR BOOK

Figuring out how self-publishing works does not have to be a time-consuming, research-laden mission. This course tells you everything you need to know about self-publishing by systematically walking you through the self-publishing process, using practical examples.

**Stacy Dymalski**      **Fee: \$74**  
**# 24422**      1 Saturday  
10:00am - 12:00pm      Nov. 15

## LOVE & TAROT

Discover how the Major Arcana can guide you toward a more aligned and positive love life. In this 2-hour workshop, you'll explore tarot's deep wisdom for understanding your romantic journey, uncovering hidden patterns, and learning actionable steps for attracting love and harmony. Open to all levels, this workshop is a perfect introduction to using tarot for self-growth and love.

**Michelle Nieweg**      **Fee: \$35**  
**# 24456**      1 Thursday  
6:30pm - 8:30pm      Oct. 9

**# 24457**      1 Thursday  
6:30pm - 8:30pm      Nov. 13

## SENIOR LIVING COMMUNITIES: EXPLORING OPTIONS, DIFFERENCES, AND PRICING

Navigating senior living options can be overwhelming for families facing decisions about aging loved ones. This seminar empowers seniors, families, and caregivers with essential knowledge about senior living communities, including independent living, assisted living, and memory care. Participants will learn about key differences, costs, and decision-making strategies to navigate the complex landscape of senior housing with confidence and clarity.

**Barbara Oberman**      **Fee: \$35**  
**# 24420**      1 Thursday  
7:00pm - 8:30pm      Oct. 16

## 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. This course shows you how to find your story's message, then how to structure your story so that it supports your message with a beginning, middle, and end.

**Stacy Dymalski**      **Fee: \$59**  
**# 24423**      1 Saturday  
10:00am - 12:00pm      Nov. 22



**Good Times  
Farmers  
MARKET**

**Every Sunday Year-Round from 9:00 AM to 2:00 PM**

**FOOD & BEVERAGES | FRESH PRODUCE | ARTS & CRAFTS**

5800 FULTON AVENUE, VALLEY GLEN, CA 91401  
CORNER: BURBANK BLVD & FULTON AVE

For more information and updates, check [goodtimes\\_farmersmarket](#) on Instagram, or email [goodtimesfarmersmarket@gmail.com](mailto:goodtimesfarmersmarket@gmail.com).

# 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.
- Participants must purchase a 10 visit pass for \$50!
- Passes are available at the Community Services office by phone with a credit card or Online.
- No refunds on Open Recreation passes will be issued.
- Lost or stolen cards will not be replaced.

DAY	TIME	PROGRAM	LOCATION
Monday	7:30pm -10:00pm	Scottish Dance	CSC 102
Thursday	6:30pm -10:30pm	Badminton	North Gym
Friday	7:00pm - 11:00pm	Badminton	North Gym
Sunday	2:00pm - 6:00pm	Adv. Badminton	North Gym

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


## ADULT LAP SWIM (18 AND OVER)

Monday - Thursday	6:30pm - 8:00pm
Friday	5:00pm - 8:00pm

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.


**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.

*All registrations must be done at the Community Services Office*




### SWIMMING CLASSES FOR ADULTS

- Shallow Water Aerobics
- Water Aerobics
- Aqua HIIT
- Aqua Stretch
- Private Swim Lessons
- Beginning Adult Swim Instruction




### SWIMMING CLASSES FOR CHILDREN

- Private Swim Lessons
- Children's Small Group Lessons
- Water Confidence
- Levels 1 - 6



**REGISTER NOW**



# EXPLORE TUITION-FREE CLASSES WITH ADULT ED!

- NO ENROLLMENT/REGISTRATION FEES
- You must be an adult living in California, no GED required.
- Flexible Schedule (online, in-person, hybrid).
- Add/drop classes ANYTIME between the start and end date.
- Certificate of Completion awarded on academic transcripts for passing ("P") grades.

## CLASSES AND CERTIFICATES ARE AVAILABLE IN:

- Community Health Worker
- Basic Needs Navigation
- Radio/Audio or TV/Video Industry
- Mass Media & the Law
- Digital Film Editing Techniques
- DaVinci Resolve Techniques
- On-Set Camera and DIT Skills
- Working with Actors
- Entertainment Industry Entry-Level Preparation
- Motion Picture Sound Techniques
- Motion Picture & Television Grip and Electric
- Screenwriting
- Cybersecurity Support Technician
- Networking Support Tech. Training
- Photography: Basic Techniques
- 21st Century Employability Skills
- Parent & Family Development
- Insurance



Adult Education  
Noncredit  
LOS ANGELES VALLEY COLLEGE



(818) 947-2961



AdultEd@lavc.edu



lavc.edu/student-services/adult-education



LOS ANGELES  
VALLEY COLLEGE

## CONTINUING EDUCATION DEPARTMENT

YOUR PATH TO CREDIT CLASSES, CITIZENSHIP & AND 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.



## CITIZENSHIP CENTER



GEVORGL@LACCD.EDU

### PREPARE FOR YOUR CITIZENSHIP

#### 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



(818) 778 - 5594



NONCREDIT@LAVC.EDU



ADMINISTRATION & CAREER  
ADVANCEMENT BUILDING  
(ACA) ROOM 1401

# SWIMMING & AQUATICS

## WE OFFER SWIMMING AND AQUATICS CLASSES YEAR ROUND

### SWIM 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 an electronic voucher or refund.

*\*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. Please read our refund policy on Page 4.*

### ADULT SWIM CLASSES (18 YEARS OLD AND UP)

#### SHALLOW WATER AEROBICS

This class is perfect for those looking to enhance their strength, flexibility, and cardiovascular endurance while minimizing joint impact and stress. Ideal for beginners to intermediate participants.

**Monday/Wednesday/Friday**

**Fee: Weekly**                      **9:00am - 9:55am**  
**10:00am - 10:55am**

#### AQUA STRETCH

Enjoy the benefits of a flexibility workout using the natural buoyancy of the water to help improve your muscle suppleness, balance and range of motion. A perfect complement to the workouts provided in the other aqua fitness classes.

**Fee: Monthly**                      **Call For Availability**

#### BEGINNING ADULT SWIM INSTRUCTION

For Adults 18+: Ideal for beginners, this program teaches essential water safety skills like floating, treading water, and basic swimming strokes.

##### Wetsuit Recommended

<b>Monday/Wednesday</b>	<b>Fee: \$99</b>
<b>#24448</b> Aug. 18 - Sept. 10	7:00pm - 7:45pm
<b>#24449</b> Sept. 15 - Oct. 8	7:00pm - 7:45pm
<b>#24450</b> Oct. 13 - Nov. 5	7:00pm - 7:45pm

<b>Tuesday/Thursday</b>	<b>Fee: \$99</b>
<b>#24451</b> Aug. 19 - Sept. 11	7:00pm - 7:45pm
<b>#24452</b> Sept. 16 - Oct. 9	7:00pm - 7:45pm
<b>#24453</b> Oct. 14 - Nov. 6	7:00pm - 7:45pm

#### 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**

**Fee: Weekly**                      **9:30am - 10:30am**

#### AQUA HIIT

A combination of water aerobics and swimming for a varied, challenging, and fun workout! This class will begin with light stretching. HIIT is a type of interval training exercise. It incorporates several rounds that alternate between several minutes of high-intensity movements followed by short periods of lower-intensity movements. 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! *All participants must be comfortable and water safe in deep water.*

<b>Tuesday/Thursday</b>	<b>4:00pm - 4:55pm</b>
<b>Fee: Weekly</b>	<b>6:00pm - 6:55pm</b>

<b>Monday/Wednesday</b>	<b>4:00pm - 4:55pm</b>
<b>Fee: Weekly</b>	<b>6:00pm - 6:55pm</b>

#### PRIVATE SWIM LESSONS (ADULT)

25 minutes of one-on-one instruction once a week. Personalized instruction for all skill levels. Flexible scheduling. Prices based on number of weeks in the month.

**Fee: Monthly**                      **Call For Availability**

# SWIMMING & AQUATICS

## WE OFFER SWIMMING AND AQUATICS CLASSES YEAR ROUND

### SWIM POLICIES AND REGISTRATION PROCEDURE

#### 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 an electronic voucher.
- Participants in current month private swim lessons have priority registration over others.

#### PRIVATE SWIM LESSONS (YOUTH)

25 minutes of one-on-one instruction once a week. Prices based on number of weeks in the month. Children must be at least 5 years old and toilet trained. Lessons are available every half hour, Monday through Friday.

#### CHILDREN'S 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 4-12 students and lessons are 25-55 minutes long.

**Swim assessment required and are by appointment only.**

**ALL REGISTRATIONS FOR CHILDREN'S PRIVATE AND GROUP LESSONS  
MUST BE PROCESSED THROUGH THE COMMUNITY SERVICES OFFICE.**

FALL SWIM SCHEDULE					
MONDAY/WEDNESDAY			TUESDAY/THURSDAY		
WATER CONFIDENCE	\$85/month	3:30-3:55pm		5:00-5:25pm	
LEVEL 1 (AGES 5-8)	\$85/month	3:30-3:55pm	4:30-4:55pm	5:30-5:55pm	6:00-6:25pm
LEVEL 1 (AGES 9 & UP)	\$85/month	4:00-4:25pm	4:30-4:55pm	6:30-6:55pm	
LEVEL 2 (AGES 5-8)	\$85/month	3:30-3:55pm	4:00-4:25pm	5:30-5:55pm	6:30-6:55pm
LEVEL 2 (AGES 9 & UP)	\$85/month	3:30-3:55pm	5:00-5:25pm	6:00-6:25pm	
LEVEL 3	\$105/month	4:00-4:45pm		6:00-6:45pm	
LEVEL 4	\$105/month	4:00-4:45pm		5:00-5:45pm	
LEVEL 5	\$105/month	6:00-6:55pm			

**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.

**CONTACT COMMUNITY SERVICES AT (818)947-2577 x4172 TO REGISTER.**



## **MONARCH CAMPS**

**MONARCHCAMPS.COM**

**(818) 304-3016 | INFO@MONARCHCAMPS.COM**

# **AFTER SCHOOL PROGRAM**

**EVERY DAY UNTIL 6:30PM PICK UP AT LAVC**

**Kindergarten through Eighth Grade  
School Year 2025-2026**

- Pick up students from school
- Homework assistance, completion, and correction
- Enrichment Activities
- Swimming offered seasonally
- Daily Snack
- Open as late as 6:30PM
- Optional Swim Lessons through LAVC

**Monarch Camps After School Camp has passenger vans to pick up students at Burbank, Carpenter, Colfax, Dixie Canyon, Erwin, Kester, Maurice Sendak, and Monlux Elementary Schools, Walter Reed Middle, and Louis Armstrong Middle School.**

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

**Aug. 29th | Sept. 23rd | Oct. 2nd | Nov. 11th**

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

We offer full day of camp for pupil-free days and 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 24 -26 | Rate \$100/Daily**

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

## **SPRING BREAK CAMP**

**Friday March 27 - Friday, April 3rd**

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

**MONARCHCAMPS.COM**

**(818) 304-3016 | INFO@MONARCHCAMPS.COM**

## WINTER CAMP 2025-2026

**Dec. 22nd - Jan. 9th, 2025 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 with snack and food included	Sibling Discount
<b>\$120</b>	<b>\$105</b>
Minimum 3 Days	Minimum 3 Days

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>12/22</b>	Regular Fun Day	Regular Fun Day	Holiday Party Snow Day	No Camp	No Camp
<b>12/29</b>	Regular Fun Day	Regular Fun Day	Noon Years EVE Party	No Camp	No Camp
<b>1/5</b>	Regular Fun Day	Regular Fun Day	Field Trip to Ice Skating	Regular Fun Day	Celebration

### 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

# MONARCH CAMPS

**MONARCHCAMPS.COM/CLASSES**

**(818) 304-3016 EXT 700 | CLASSES@MONARCHCAMPS.COM**

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



## GYMNASTICS CLASSES

Children will learn basic gymnastics skills that develop body awareness while improving strength and flexibility. From warming up muscles to going upside down on the uneven bars, they'll experience it all! We focus on equipment knowledge and increasing comfort with each event.

## ROCK CLIMBING CLASSES

Be brave and adventurous! This challenging activity for kids ages 6–11 promotes problem-solving and boosts confidence. Rock climbing is a great alternative to competitive sports, building coordination and strength while keeping kids in shape. Students work with experienced instructors in small classes.

# ADULT RECREATIONAL GYMNASTICS CENTER AND ROCK CLIMBING

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

	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
Sunday	6:00PM - 9:00PM	6:00PM - 9:00PM

**\$20 Day Pass**

**\$70 Monthly Rock Wall**

**\$90 Monthly Gymnastics & Rock Wall**

**5792 Ethel Ave. Valley Glen, 91401**

**MONARCHCAMPS.COM/PARTIES**

**(818) 304-3016 EXT 6 | PARTY@MONARCHCAMPS.COM**

## SATURDAY NIGHTS

**Register online \$60 for 5PM - 11PM  
Day of Drop off \$85**

Looking for a safe, fun evening for your child? Monarch Saturday Nights offers games, dinner, and wind-down time — while you enjoy a night off.

Drop-off: 5–7 PM | Pick-up: Anytime before 11 PM

- Dinner & snacks included
- \$60 early registration (before Friday)
- \$85 same-day drop-off
- \$10 sibling discount per child

Activities:

- 5–7 PM: Dinner & free play
- 7–9 PM: Sports, Gymnastics, Rock Wall
- 9–11 PM: Pajamas, quiet games, storytime

## MONARCH PARTIES

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.

- |              |                 |               |
|--------------|-----------------|---------------|
| • Gymnastics | • Sports        | • Inflatables |
| • Rock Wall  | • Arts & Crafts | • Water Play  |

**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](mailto:party@monarchcamps.com) to reserve your party**

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**FALL 2025**



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