

LAVC

COMMUNITY SERVICES

a lifetime of learning

FALL 2026



Community Services
LOS ANGELES VALLEY COLLEGE



818-947-2577 x4172



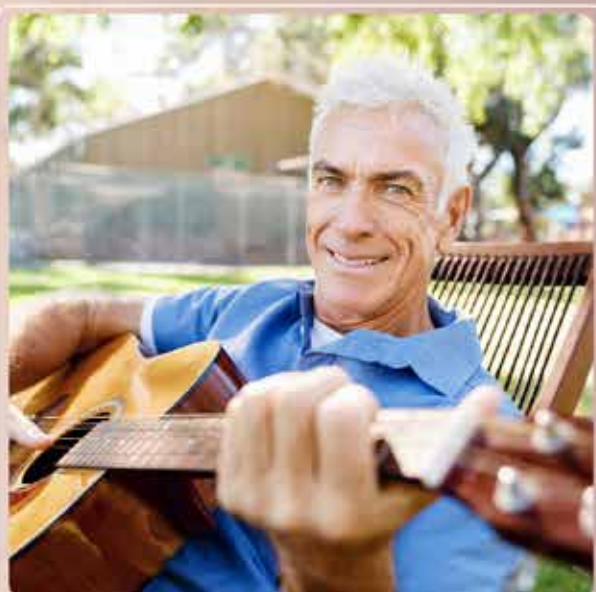
<https://lavalley.augusoft.net>





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

A LIFETIME OF LEARNING



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DIRECTORY OF COURSES AND PROGRAMS

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☎ 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. There will be a \$10 charge to change a class.

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 class 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.

LOS ANGELES COMMUNITY COLLEGE

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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.

REGISTRATION INFORMATION



ONLINE

Anytime

<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.

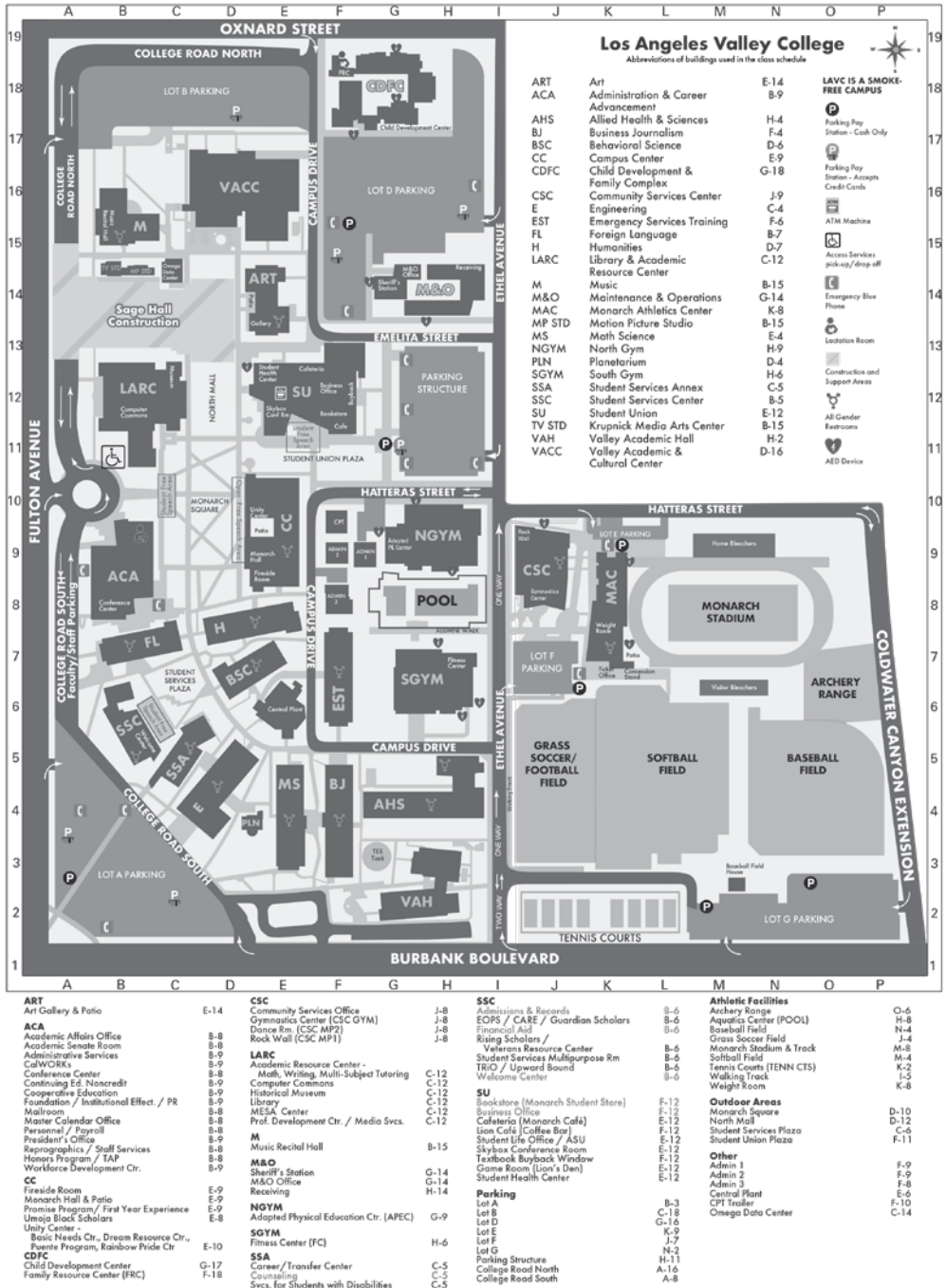
Refund requests must be submitted via email, along with the original receipt, at least 5 working days before the first class. No refunds will be issued if you enroll less than 5 working days before the class starts. No refunds after the class begins. A \$10 fee applies to each refund, credit, or transfer.

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 1st class or event.

REGISTRATION INFORMATION

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 **#25564** **Fee: \$59**

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 6 Wednesdays
#25560 7:00pm – 9:00pm
Fee: \$139 Sept. 2 – Oct. 7

FIND YOUR VOICE

This singing workshop offers a judgment-free space to learn safe and effective vocal techniques. You'll release tension, master healthy breathing and posture, and develop flexibility and strength. Focus areas include placement, resonance, bridging vocal registers, range, and even voice singing. Enjoy weekly performance opportunities with feedback and coaching in a master class style.

Sophia Kaminski 4 Tuesdays
#25561 6:00pm – 7:30pm
Fee: \$100 Sept. 29 – Oct. 20

WRITE A FEATURE SCREENPLAY IN 5 WEEKS

If you've been wanting to write a feature screenplay but don't know where to begin, this class is your chance to start, and finish, a screenplay in just over a month. 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 5 Sundays
#25563 11:30am – 1:30pm
Fee: \$115 Sept. 13 – Oct. 18

NEXT LEVEL SCREENWRITING

As a follow-up to "Write a Feature Screenplay in 5 Weeks," this workshop is an intensive and detailed dive into the screenwriting process. Selected pages will be work-shopped aloud in class with brainstorming critique sessions and constructive comments exclusive to your individual work. There has never been a more ideal time to take your screenwriting vision to the next level.

Michael Morris 6 Sundays
#25562 11:30am – 2:30pm
Fee: \$149 Oct. 25 – Dec. 6

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 **#25667** **Fee: \$139**
6 Thursdays 7:00pm – 9:00pm Sept. 17 – Oct. 29

See Music For More Performing Arts Classes pg. 24

CROCHET FOR BEGINNERS

Learn the basics of crochet! From casting on to single, double, and triple stitches, increases, decreases, ribbing, and casting off. Each day features a new project such as phone cases, hats, bags, or throws.

Isabel Valencia 5 Fridays
#25682 4:00pm – 6:00pm
Fee: \$119 Sept. 25 – Oct. 23
Students must purchase the required materials

KNITTING FOR BEGINNERS

Learn the basics of knitting, including casting on, knit and purl stitches, pattern creation, increases, decreases, and ribbing techniques. Build your skills through engaging projects like phone cases, bags, baby blankets, hats, scarves, and more.

Isabel Valencia 5 Fridays
#25683 6:00pm – 8:00pm
Fee: \$119 Sept. 25 – Oct. 23
Students must purchase the required materials

MIXED MEDIA ART CLASSES**Carmen MacDonald**

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

BEGINNER ACRYLIC ONE STROKE FLOWERS PAINTING

Learn decorative painting basics to create detailed flowers and leaves in a single stroke. In this beginning class, design beautiful pieces on canvas, vases, glass, fabric, or greeting cards to take home.

Carmen MacDonald 4 Wednesdays
#25714 7:00pm – 9:00 pm
Fee: \$99 Nov. 4 – Nov. 25
Students must purchase the required materials

BEGINNER POURING PAINTING

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.

Carmen MacDonald 4 Mondays
#25715 7:00pm – 9:00pm
Fee: \$99 Nov. 9 – Nov. 30
Students must purchase the required materials

MIXED MEDIA ART

Take your artistic journey to the next level! Perfect for returning Level 2 students, this class offers personalized projects in acrylics, watercolor, charcoal, paint pouring, 3D flowers, and one-stroke painting while helping you strengthen skills, creativity, and artistic expression.

Carmen MacDonald 4 Mondays
#25734 7:00pm – 9:00pm
Fee: \$99 Oct. 5 – Oct. 26
Students must purchase the required materials

BEGINNER ACRYLIC PAINTING

This beginner acrylic painting course starts with brushwork and fluid strokes, then builds into color mixing, values, and light-on-form techniques to help you create expressive, well-balanced paintings.

Carmen MacDonald 4 Wednesdays
#25717 7:00pm – 9:00pm
Fee: \$99 Sept. 9 – Sept. 30
Students must purchase the required materials

BEGINNER WATERCOLOR PAINTING

Explore the fundamentals of watercolor painting while developing your creative skills. Learn color mixing, brush techniques, washes, blending, and paint application through guided projects that build confidence and artistic expression.

Carmen MacDonald 4 Mondays
#25712 7:00pm – 9:00pm
Fee: \$99 Sept. 7 – Sept. 28
Students must purchase the required materials

WEARABLE ART: PAINT YOUR OWN ACCESSORIES

Turn everyday accessories into one-of-a-kind works of art! Learn simple painting techniques and creative design tips to personalize canvas shoes, hats, tote bags, makeup bags, clothing, and more. Bring your own paintable fabric item and create a custom piece that reflects your style.

Carmen MacDonald 4 Mon/Wed
#25740 7:00pm – 9:00pm
Fee: \$99 Dec. 7 – Dec. 16
Students must purchase the required materials

SEWING CLASSES

Ashley Trutanich

Sewing machines provided in classroom!

LEVEL 1: BASICS OF SEWING

Learn the basics of sewing! This class covers hand and machine sewing, including basic stitches and simple repairs. By the end, you'll create your own patch-work pillow.

5 Tuesdays **Fee: \$129**

#25668 Sept. 15 – Oct. 13 4:00pm – 6:00pm

5 Saturdays **Fee: \$129**

#25669 Sept. 19 – Oct. 17 9:00am – 11:00am

#25670 Sept. 19 – Oct. 17 11:00am – 1:00pm

#25671 Oct. 24 – Nov. 21 9:00am – 11:00am

#25672 Oct. 24 – Nov. 21 11:00am – 1:00pm

LEVEL 3: SEWING TECHNIQUE

You've mastered the basics, now what? This Level 3 course introduces advanced techniques such as zipper installation, sewing curves, and seam finishes to help you create more polished, professional projects.

5 Saturdays **Fee: \$139**

#25675 Oct. 24 – Nov. 21 1:00pm – 3:00pm

ALTERATIONS 1: HEMMING

Learn to alter your clothing! This class focuses on hemming pants, skirts, shirts, and more, teaching essential techniques to help your clothes fit perfectly without a trip to the tailor.

5 Wednesdays **Fee: \$209**

#25676 Sept. 16 – Oct. 14 5:00pm – 7:00pm

UPCYCLING: T-SHIRT INTO A CORSET TOP

Thrifters rejoice! Turn a basic T-shirt into a trendy corset top in this upcycling class. Students must have prior sewing experience or have completed Sewing Levels 1 and 2.

5 Wednesdays **Fee: \$199**

#25724 Sept. 16 – Oct. 14 7:00pm – 9:00pm

LEVEL 2: PAJAMA PANTS

Ready to take your sewing skills to the next level? Learn to work with patterns and use more advanced techniques to create clothing. By the end of the class, you'll complete a custom-fit pair of pajama pants.

5 Saturdays **Fee: \$129**

#25673 Sept. 19 – Oct. 17 1:00pm – 3:00pm

5 Tuesdays **Fee: \$129**

#25674 Oct. 20 – Nov. 17 4:00pm – 6:00pm

OPEN STUDIO

Missed a sewing class or need help using your machine? Open Studio offers guided sewing time to work on projects at your own pace. Bring your own machine or use one on site, get help when needed, review skills, and keep creating.

1 Tuesday **Fee: \$45**

#25690 Oct. 27 6:00pm – 9:00pm

#25713 Dec. 15 6:00pm – 9:00pm

ALTERATIONS 2: THE PERFECT FIT

Learn to alter your own clothing and achieve a better fit. Alterations 2 focuses on darts, shaping, and tapering, with hands-on practice in marking, cutting, and machine sewing. Recommended for those with basic sewing skills or prior experience.

5 Wednesdays **Fee: \$209**

#25677 Oct. 21 – Nov. 18 5:00pm – 7:00pm

SEWING: T-SHIRT PATTERN MAKING

Create your own custom T-shirt! Learn the process from pattern drafting and fabric preparation to sewing and finishing. Students must have prior sewing experience or have completed Sewing Levels 1 and 2.

5 Wednesdays **Fee: \$199**

#25733 Oct. 21 – Nov. 18 7:00pm – 9:00pm

SEWING: MAKE YOUR OWN TEDDY BEAR

A homemade gift is the best gift! This holiday season, learn how to make your own teddy bear from scratch. Students must feel comfortable using a sewing machine and have prior sewing knowledge and/or completed Sewing Level 1.

Ashley Trutanich**#25725****Fee: \$139**

3 Saturdays

10:00am - 1:00pm

Dec. 5 - Dec. 19

IKEBANA: JAPANESE FLORAL ART - BEGINNERS

Ikebana or "making flowers alive" is the Japanese art of flower arranging. In this class you will learn the techniques and principles of the Sogetsu school, which teaches that anyone can arrange Ikebana, anywhere, with almost anything. Students are encouraged to be imaginative and expressive with their arrangements. If you love flowers, this course was made for you!

Gabriel Pacheco

4 Tuesdays

#25698

6:30pm - 8:30pm

Fee: \$99

Oct. 6 - Oct. 27

Supply fee: \$40

Bring garden scissors, 10" or 12" wide by 2" or 3" high shallow ceramic container (Suiban), 3" x 4" wide metal flower pin frog (Kenzan), and a small water bowl. Material fee includes flowers for each class.

IKEBANA: JAPANESE FLORAL ART - INTERMEDIATE

For students interested in advancing their Ikebana skills, this is an ideal class. Intended for students who have completed the Ikebana Beginners class and already understand the four elements of a Sogetsu Ikebana arrangement: line, mass, space, and color. In this class, students will explore new technical variations and begin earning credit for Sogetsu certification with optional purchase of Sogetsu book.

Gabriel Pacheco

4 Thursdays

#25699

6:30pm - 8:30pm

Fee: \$99

Oct. 8 - Oct. 29

Supply fee: \$56

Bring garden scissors, 10" or 12" wide by 2" or 3" high shallow ceramic container (Suiban), 3" x 4" wide metal flower pin frog (Kenzan), and a small water bowl. Material fee includes flowers for each class.

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

1 Wednesday

#25706

6:00pm - 8:00pm

Fee: \$25

Oct. 14

INTRODUCTION TO BALLOON TWISTING

Discover the fun of balloon art. You will learn to twist and shape 260 balloons into playful creations like dogs, swords, and more. With step-by-step techniques and hands-on practice, you'll gain the skills to wow friends at parties, school events, or anytime you want to add a little fun.

Rosemary May

3 Tuesdays

#25708

6:00pm - 8:00pm

Fee: \$69

Sept. 15 - Sept. 29

Students must purchase the required materials

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. Any camera can be used.

Nancy Kaye**#25566****Fee: \$49**

2 Thursdays

10:00am - 12:30pm

Oct. 1 - Nov. 5

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.

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 1 Saturday
#25701 10:00am – 1:00pm
Fee: \$45 Sept. 12
Supply fee: \$35

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 handmade soaps right in your kitchen.

Quayum Abdul 1 Saturday
#25702 10:00am – 1:00pm
Fee: \$45 Oct. 24
Supply fee: \$35

BUILD YOUR OWN SUCCULENT GARDEN

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 1 Saturday
#25704 Oct. 17
#25705 Dec. 5
Fee: \$30 10:00am – 12:00pm
Supply fee: \$27

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 1 Saturday
#25703 10:00am – 1:00pm
Fee: \$45 Sept. 5
Supply fee: \$35

HOW TO MAKE YOUR OWN BATH PRODUCTS

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 1 Sunday
#25700 10:00am – 1:00pm
Fee: \$45 Dec. 13
Supply fee: \$35

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 3 Tuesdays
#25707 6:00pm – 8:00pm
Fee: \$69 Nov. 3 – Nov. 17
Students must purchase the required materials



SWIMMING AND AQUATICS CLASSES

Water Aerobics · Aqua HIIT · Group Lessons · Private Swim · Lap Swim

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MAKE-UP TECHNIQUES WORKSHOP

This hands-on makeup workshop covers everything from skincare prep and silky foundation to primers, contouring, stenciled eyes, blending, and brushes. Raquel shares seasonal techniques and her personal approach to flawless application. Participants will also learn professional depotting methods and create their own custom lip balm. Want to refresh your look but don't know where to start? This A-to-Z personalized workshop will transform the way you approach makeup.

Raquel Fournier**#25711****Fee: \$129**

5 Sundays

9:00am – 11:30am

Sept. 20 – Oct. 18

*Students must bring the required supplies***ADVANCED MAKE-UP TECHNIQUES WORKSHOP**

This course covers advanced makeup techniques to elevate and extend your look. Learn to refine skin texture, conceal imperfections, and master eyeshadow skills for flawless, long-lasting results.

Raquel Fournier

2 Sundays

#25710

9:00am – 12:00pm

Fee: \$55

Oct. 25 – Nov. 1

*Students must bring the required supplies***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

1 Saturday

#25709

9:00am – 12:00pm

Fee: \$39

Sept. 26

*Students must bring the required supplies***BUSINESS & CAREER TRAINING****SOLAR PV DESIGN, INSTALLATION, AND TROUBLESHOOTING**

Step into the world of solar photovoltaic (PV) energy and join the green revolution! With solar jobs growing 12 times faster than the U.S. economy and installer employment projected to rise significantly, opportunities are booming. California's mandate for solar panels on all new homes makes this the perfect time to get started. Our crash course in solar design and installation prepares you to install, maintain, inspect, and design solar systems. Complete the program to earn an Award of Completion and qualify as a solar professional..

Quayum Abdul

6 Mon/Wed

#25685

6:00pm – 10:00pm

Fee: \$239

Sept. 21 – Oct. 7

*Fee includes materials***ELECTRIC VEHICLE CHARGING STATION DESIGN, INSTALLATION, AND TROUBLESHOOTING**

One of the fastest-growing industries in the U.S. and worldwide is electric vehicles and EV charging station installation. With millions of cars, SUVs, and trucks expected on the road in the next decade, demand for charging infrastructure is skyrocketing. California aims for all vehicles to be battery-powered by 2035, requiring millions of stations in garages, parking lots, and along roadsides. This course provides complete training in EVCS design, installation, operation, and troubleshooting.

Quayum Abdul

3 Fridays

#25684

6:00pm – 10:00pm

Fee: \$149

Nov. 6 – Nov. 20

Fee includes materials**Every Sunday Year-Round from 9:00 AM to 2:00 PM**
FOOD & BEVERAGES | FRESH PRODUCE | ARTS & CRAFTS

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For more information and updates, check [goodtimes_farmersmarket](#) on Instagram, or email goodtimesfarmersmarket@gmail.com.

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 **#25568** **Fee: \$125**
Monday/Tuesday 6:00pm - 9:00pm Nov. 9 - Nov. 10
Fee includes materials and manual

TAKE CHARGE OF YOUR FINANCIAL FUTURE

Leslie Crumley *Fee includes materials*

SECURE WHAT MATTERS MOST

Take the first step toward organizing your future with confidence. This introductory class explores practical ways to manage important documents, clarify your wishes, and create a plan that reflects your values. Whether you're planning for yourself or your loved ones, you'll gain simple tools to bring greater peace of mind and prepare for the future with purpose. Serves as an introduction to the full Peace of Mind Planning Workshop.

Leslie Crumley 1 Sunday
#25686 10:00am - 12:00pm
Fee: \$49 Oct. 25

PEACE OF MIND PLANNING:
BUILD YOUR FINANCIAL SYSTEM

Take control of your future with a simple, personalized system for organizing important documents, information, and decisions. This hands-on workshop helps you focus on what matters most, providing practical tools and clarity without the overwhelm. Build confidence, create a plan, and turn good intentions into action. This workshop builds on the Secure What Matters Most introductory session.

Leslie Crumley 1 Sunday
#25687 1:00pm - 4:00pm
Fee: \$115 Oct. 25

MASTER YOUR MAIL:
FIND HIDDEN MONEY

How much money have you already lost to mail you never opened? That sinking feeling when you find an overdue bill, miss a refund deadline, or realize a benefit expired—it doesn't have to be this way. This session shows you how to create a system that works even when you're overwhelmed, traveling, or managing health issues. Stop the worry. Reclaim your money. Get your peace back.

Leslie Crumley 1 Sunday
#25688 10:00am - 12:00pm
Fee: \$69 Nov. 8

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 1 Sunday
#25689 1:00pm - 3:00pm
Fee: \$69 Nov. 8

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, email comm_serv@lavc.edu.

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.

PART 1: MEDICAL TERMINOLOGY (ONLINE)

This introductory course will provide the students with a strong foundation in the language of medicine, which is applicable to most medical specialties. The classes take the students through ancient Greek and Latin word roots, prefixes, and suffixes, basic anatomy and physiology, pathological conditions and procedures, and rules on how medical terms are formed and used. This course will prepare students for employment in hospitals, clinics, and private medical and dental practices. There will be weekly quizzes/homework given to keep track of the students' progress.

Glady Tagomolila-Que

#25567

Fee: \$199

Monday/Friday

6:00pm – 9:00pm

Nov. 9 – Dec. 18

Required text: Purchase or Rent on your own: The Language of Medicine by Davi-Ellen Chabner (10th, 11th, 12th, or 13th edition accepted)

PART 2: MEDICAL INSURANCE CODING (ONLINE)

Coding is required to bill insurance companies. Students will learn the different rules in coding ICD-10-CM and CPT, and get introduced to HCPCS Level II codes and ICD-10-PCS codes. These codes are used for billing insurance companies to get the best reimbursement outcomes. With the skill set obtained with this series, students will be prepared to sit for the license exam for national certification. Weekly quizzes/homework will be given to keep track of the students' progress.

Glady Tagomolila-Que Monday/Friday

#25620

6:00pm – 9:00pm

Fee: \$199

Jan. 8 – Feb. 19

Required text: Purchase or Rent on your own: ICD-10-CM (Any publisher) (2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027 accepted) CPT (published by AMA) (2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027 accepted)

PART 3: MEDICAL BILLING PRINCIPLES (ONLINE)

Managing a medical office requires accurate billing of patients and insurance providers. In this fast-paced field, students will learn medical billing procedures, identify third-party insurance forms, complete claim forms for reimbursement, and understand insurance terminology and coverage types. Students will also explore the role of a medical insurance specialist, the insurance claim life cycle, and standard billing templates used for commercial insurance.

Glady Tagomolila-Que Monday/Friday

#25621

6:00pm – 9:00pm

Fee: \$169

Feb. 22 – Mar. 19

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

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

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

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



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 1 Tuesday
#25569 6:00pm – 9:00pm
Fee: \$57 Oct. 20

AI FOR RETIREES (ONLINE)

Discover how AI can enrich retirement by supporting health, travel, creativity, finances, and lifelong learning. This friendly, non-technical course uses real-life examples and live demonstrations to show how everyday AI tools can help you stay engaged, organized, curious, and connected—no prior technology experience required.

Bob Cohen 1 Thursday
#25571 6:00pm – 9:00pm
Fee: \$57 Oct. 8

INTRODUCTION TO AI FOR EVERYDAY WORK (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 1 Tuesday
#25573 6:00pm – 9:00pm
Fee: \$57 Sept. 29

WRITING WITH AI (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 **#25575** **Fee: \$57**
1 Tuesday 6:00pm – 9:00pm Oct. 6

AI FOR RESEARCH, ANALYSIS, AND LEARNING (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 1 Tuesday
#25570 6:00pm – 9:00pm
Fee: \$57 Oct. 13

INTERMEDIATE AI TOOLS: CHATGPT AND GEMINI FOR EVERYDAY WORK AND LIFE (ONLINE)

Build on the skills from Introduction to AI for Everyday Work (recommended) and learn to use ChatGPT and Gemini more effectively. This course focuses on advanced prompting, research, multimodal tools, GPTs, Gems, and connections to external applications for practical, everyday work and personal use using entry-level subscription features.

Bob Cohen 1 Tuesday
#25572 6:00pm – 9:00pm
Fee: \$57 Oct. 27

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 1 Thursday
#25574 6:00pm – 9:00pm
Fee: \$69 Oct. 1

LANDLORD CLASSES: RENTAL PROPERTIES MADE SIMPLE

Shiral Torres

Fee includes materials

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 1 Sunday
#25695 9:00am - 11:00am
Fee: \$55 Sept. 27

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 1 Saturday
#25694 9:00am - 11:00am
Fee: \$69 Oct. 10

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 1 Sunday
#25696 9:00am - 11:00am
Fee: \$69 Nov. 15

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 1 Sunday
#25693 12:00pm - 2:00pm
Fee: \$69 Sept. 27

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 1 Saturday
#25692 12:00pm - 2:00pm
Fee: \$69 Oct. 10

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 1 Sunday
#25697 12:00pm - 2:00pm
Fee: \$69 Nov. 15

Enroll in ALL SIX LANDLORD COURSES for just \$375!

Series Includes: The Basics, Get Organized and Gain Confidence, Take Control of Your Finances, Find the Perfect Tenant, The Move-in, and The Move-out Process.

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

BUSINESS & CAREER TRAINING

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 **#25691** **Fee: \$99**
1 Sunday 9:00am - 12:00pm Oct. 18

CLASSES FOR KIDS

SCOTTISH COUNTRY DANCE YOUTH CLASS

Learn Scottish Country Dancing in this fun, social class for young dancers. Enjoy traditional ceilidh ("kay-lee") and set dances while building skills, confidence, and friendships. Open to beginners and experienced dancers alike, with opportunities for performances and social ceilidhs throughout the year. Join the worldwide community of the Royal Scottish Country Dance Society!

Dawn Bertani **Fee: \$35**
#25785 5 Mondays 5:00pm - 6:15pm Sept. 14 - Oct. 12
#25786 5 Mondays 5:00pm - 6:15pm Oct. 19 - Nov. 16
#25787 5 Mondays 5:00pm - 6:15pm Nov. 23 - Dec. 14

Wear soft-soled shoes like ballet slippers or flexible gym shoes. No experience or partner necessary.

CLASSES FOR KIDS

Spanish - pg. 23 Swimming - pg. 29 Tennis - pg. 21 Gymnastics & Rock Climbing- pg. 32

COOKING

EATING WELL WITH JANEL: PLANT-BASED COOKING

Janel Wojcik *Fee includes materials*

THE SALAD MATRIX: NEVER MAKE A BORING SALAD AGAIN

Say goodbye to boring salads! In this hands-on plant-forward cooking class, students will learn the formula for creating delicious, satisfying salads. Discover how to balance textures, colors, and flavors to build endless salad possibilities for every season.

Janel Wojcik 1 Thursday
#25726 6:00pm - 9:00pm
Fee: \$65 Sept. 17

Fee includes materials

AUTUMN EQUINOX SUPPER

Celebrate the changing season with a hands-on plant-forward cooking class inspired by the flavors of fall. Students will prepare a cozy autumn meal featuring a crisp Fall Crunch Salad, creamy Butternut Squash Soup, and comforting Baked Apples.

Janel Wojcik 1 Tuesday
#25681 6:00pm - 9:00pm
Fee: \$75 Sept. 22

Fee includes materials

SMALL PLATES, BIG FLAVOR

Learn how to create plant-forward appetizers perfect for parties, gatherings, or everyday snacking. In this hands-on cooking class, students will prepare flavorful small plates including a layered hummus dip, seasonal crostini, and spicy buffalo cauliflower with simple ingredients, bold flavors, and creative presentation!

Janel Wojcik **#25727** **Fee: \$65**
1 Thursday 6:00pm - 9:00pm Oct. 1

Fee includes materials

HOLIDAY 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

#25576

Fee: \$189

5 Mon/Wed

7:00pm - 9:00pm

Nov. 30 - Dec. 14

Fee includes materials

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

8 Sundays

#25580

11:00am - 12:00pm

Fee: \$109

Sept. 27 - Nov. 15

BALLET FOR ADULTS: ADVANCED BEGINNING - 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 Mason-Marx

Sundays

#25577 \$69

Sept. 13 - Oct. 11

#25578 \$69

Oct. 18 - Nov. 15

#25579 \$55

Nov. 22 - Dec. 20

Fee: Varies

9:00am - 10:15am

TAP BASIC/BEGINNER MASTERCLASS

No tap experience needed! This beginner class focuses on basic tap technique, rhythm, and musicality. Students will learn warm-ups, across-the-floor exercises, center work, and a short choreographed routine. The class helps build coordination, tap vocabulary, and confidence in a fun and engaging environment. Monthly themes include: September: Disco Tap, October: Thriller Tap, and November: Broadway/Musical Theater Tap.

Alison Haggerty

#25718 1 Tuesday

Sept. 22

#25719 1 Wednesday

Oct. 14

#25720 1 Wednesday

Nov. 18

Fee: \$19

5:30pm - 7:00pm

Tap Shoes Required

TAP BEGINNER/INTERMEDIATE MASTERCLASS

Basic tap experience or completion of a beginner class is required. Build your technique, rhythm, coordination, and musicality through warm-ups, across-the-floor exercises, center work, and a choreographed routine. Monthly themes include September: Disco, October: Thriller, and November: Broadway/Musical Theater.

Alison Haggerty

#25721 1 Tuesday

Sept. 22

#25722 1 Wednesday

Oct. 14

#25723 1 Wednesday

Nov. 18

Fee: \$19

7:00pm - 8:30pm

Tap Shoes Required



- LEVEL 1: BEGINNING
- LEVEL 2: PAJAMA PANTS
- LEVEL 3: SEWING TECHNIQUE

- ALTERATIONS 1: HEMMING
- ALTERATIONS 2: THE PERFECT FIT
- OPEN STUDIO!

and more...

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EXERCISE, SPORTS, & FITNESS

BEGINNING BALLROOM/LATIN

Learn the basics of Foxtrot, Waltz, Cha Cha, and Rumba in a fun, beginner-friendly class. You'll build confidence in timing, movement, and partner skills, men learn to lead, ladies learn to follow. By the end, you'll know four dances to enjoy a full night on the dance floor! No experience needed. Partners are helpful but not required.

Linda Goldstein 8 Sundays
#25581 12:00pm – 1:00pm
Fee: \$109 Sept. 27 – Nov. 15

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 5 Saturdays
#25583 Sept. 19 – Oct. 24
#25584 Oct. 31 – Dec. 12
Fee: \$69 3:00pm – 4:00pm

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!

Linda Goldstein **#25582** **Fee: \$109**
8 Saturdays 11:00am – 12:00pm Sept 26 – Nov. 14

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 5 Mondays
#25585 Sept. 14 – Oct. 12
#25586 Oct. 19 – Nov. 16
#25587 Nov. 23 – Dec. 21
Fee: \$59 6:30pm – 7:20pm

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 8 Saturdays
#25588 9:30am – 10:30am
Fee: \$109 Sept. 26 – Nov. 14

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 Tues/Thurs
#25735 \$139 Sept. 1 – Oct. 1
#25736 \$139 Oct. 20 – Nov. 19
#25737 \$55 Dec. 1 – Dec. 10
Fee: Varies 5:30pm – 7:00pm

FITNESS FOR LIFE

Stay active and improve your fitness with this moderate-intensity group workout featuring strength, cardio, balance, and mobility exercises. Open to all ages, the class uses a variety of equipment and techniques to build strength, boost endurance, and support overall wellness.

Donald Brolsma **Fee: Monthly**
Monday 9:00am – 10:00am
Donald Lopez **Fee: Monthly**
Friday 9:00am – 10:00am

GROUP TENNIS LESSONS

Raymond Finks, Tennis Pro *Each student must bring 2 unopened cans of tennis balls & racket.*

Develop your tennis skills with veteran teaching pro Ray Finks. A certified member of the National Tennis Academy Professional Tennis Registry, Ray brings over a decade of competitive and professional experience, highlighted by multiple local tournament victories.

CLASS LEVELS

BEGINNER: Little to no prior experience or lessons

INTERMEDIATE: Reliable serve placement with basic singles and doubles strategy

ADVANCED: Strong consistency, endurance, and competitive play

***EXPERT:** Highest level of competition, admission by tryout only

SESSION 1: SATURDAY

Sept. 19 – Oct. 10

Fee: \$60

#25622	Children 6-9	9:00am – 10:00am
#25625	Children 10-14	10:00am – 11:00am
#25628	Adult Beginning	11:00am – 12:00pm
#25648	Adult Adv-Beg	1:00pm – 2:00pm
#25639	Adult Interm.	2:00pm – 3:00pm
#25636	Adult Advanced	3:00pm – 4:00pm

SESSION 1: SUNDAY

Sept. 20 – Oct. 11

Fee: \$60

#25629	Adult Beginning	9:00am – 10:00am
#25649	Adult Adv-Beg	10:00am – 11:00am
#25640	Adult Interm.	11:00am – 12:00pm
#25650	Adult Adv-Beg	1:00pm – 2:00pm
#25641	Adult Interm.	2:00pm – 3:00pm
#25633	Adult Expert*	3:00pm – 4:00pm

SESSION 2: SATURDAY

Oct. 17 – Nov. 7

Fee: \$60

#25623	Children 6-9	9:00am – 10:00am
#25626	Children 10-14	10:00am – 11:00am
#25630	Adult Beginning	11:00am – 12:00pm
#25651	Adult Adv-Beg	1:00pm – 2:00pm
#25642	Adult Interm.	2:00pm – 3:00pm
#25637	Adult Advanced	3:00pm – 4:00pm

SESSION 2: SUNDAY

Oct. 18 – Nov. 8

Fee: \$60

#25631	Adult Beginning	9:00am – 10:00am
#25652	Adult Adv-Beg	10:00am – 11:00am
#25643	Adult Interm.	11:00am – 12:00pm
#25653	Adult Adv-Beg	1:00pm – 2:00pm
#25644	Adult Interm.	2:00pm – 3:00pm
#25634	Adult Expert*	3:00pm – 4:00pm

SESSION 3: SATURDAY

Nov. 14 – Dec. 12

Fee: \$60

#25624	Children 6-9	9:00am – 10:00am
#25627	Children 10-14	10:00am – 11:00am
#25632	Adult Beginning	11:00am – 12:00pm
#25654	Adult Adv-Beg	1:00pm – 2:00pm
#25645	Adult Interm.	2:00pm – 3:00pm
#25638	Adult Advanced	3:00pm – 4:00pm

SESSION 3: SUNDAY

Nov. 15 – Dec. 13

Fee: \$60

#25657	Adult Beginning	9:00am – 10:00am
#25655	Adult Adv-Beg	10:00am – 11:00am
#25646	Adult Interm.	11:00am – 12:00pm
#25656	Adult Adv-Beg	1:00pm – 2:00pm
#25647	Adult Interm.	2:00pm – 3:00pm
#25635	Adult Expert*	3:00pm – 4:00pm



Eating well with *Janel*
Plant-Based Cooking

cooking CLASSES

Page 18

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

LEVEL 1

6 Thursdays

#25608

#25609

Fee: \$115

6:30pm - 8:00pm

Sept. 17 - Oct. 22

Oct. 29 - Dec. 3

LEVEL 2

7 Tuesdays

#25610

#25611

Fee: \$130

6:00pm - 7:30pm

Sept. 15 - Oct. 27

Nov. 3 - Dec. 15

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.

Margie Thomas

Fee: Varies

Tuesday/Thursday

9:30am - 10:30am

#25612 \$99

Sept. 1 - Sept. 24

#25613 \$109

Sept 29 - Oct. 29

#25614 \$79

Nov. 3 - Nov. 19

#25615 \$79

Dec. 1 - Dec. 17

RESTORATIVE YOGA FOR BEGINNERS

Tuesday/Thursday

10:45am - 11:45am

#25616 \$99

Sept. 1 - Sept. 24

#25617 \$109

Sept 29 - Oct. 29

#25618 \$79

Nov. 3 - Nov. 19

#25619 \$79

Dec. 1 - Dec. 17

LANGUAGES

ITALIAN CONVERSATION & CULTURE: YOUR "SUMMER IN ITALY"
SPEAKING BOOST (ONLINE)

Bring your Italian to life in this fun and interactive conversation course taught live from Italy. Practice real-world speaking for travel and everyday situations, learn natural expressions, and explore Italian culture along the way. Ideal for students with basic Italian who want to speak with more confidence and ease.

Giovanni Lombardi

Fee: \$69

#25589

6 Tuesdays

10:00am - 11:00am

Sept. 15 - Oct. 20

#25590

6 Tuesdays

10:00am - 11:00am

Nov. 3 - Dec. 8



SWIMMING CLASSES FOR ADULTS

- ▶ Shallow Water Aerobics
- ▶ Water Aerobics
- ▶ Basic/Beginner Swim Instruction
- ▶ Intermediate Swim Instruction
- ▶ Private Swim Lessons
- ▶ Aqua HIIT
- ▶ Aqua Stretch
- ▶ Lap Swim



SWIMMING CLASSES FOR CHILDREN

- ▶ Private Swim Lessons
- ▶ Children's Small Group Lessons
 - ▶ Water Confidence
 - ▶ Levels 1 - 5



CALL TO REGISTER



SPANISH CLASSES FOR CHILDREN, ADULTS, AND SENIORS

Teresa Hito

All Classes are Online

SPANISH FOR CHILDREN 7 – 10 YEARS OLD (ONLINE)

Introduce your child to the Spanish language and Latin American culture through engaging, age-appropriate instruction. Students will begin with the Spanish alphabet and basic present-tense concepts, then move on to foundational present- and future-tense skills. Each class promotes interactive learning through exercises, role-playing, games, videos, and fun hands-on activities.

CHILDREN'S BEGINNER

Tuesdays 5:00pm – 6:00pm
#25604 \$139 Sept. 15 – Dec. 15

CHILDREN'S INTERMEDIATE

Wednesdays 5:00pm – 6:00pm
#25605 \$129 Sept. 16 – Dec. 16

CHILDREN'S ADVANCED

Thursdays 5:00pm – 6:00pm
#25603 \$139 Sept. 17 – Dec. 17

SPANISH FOR SENIORS (ONLINE)

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

SENIORS BEGINNER 1

Mondays 12:00pm – 1:00pm
#25601 \$129 Sept. 21 – Dec. 14

SENIORS BEGINNER 2

Fridays 12:00pm – 1:00pm
#25602 \$129 Sept. 25 – Dec. 18

SENIORS INTERMEDIATE

Fridays 1:00pm – 2:00pm
#25596 \$129 Sept. 25 – Dec. 18

SENIORS ADVANCED

Fridays 2:00pm – 3:00pm
#25600 \$129 Sept. 25 – Dec. 18

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 1

Wednesdays 7:00pm – 8:30pm
#25594 \$189 Sept. 16 – Dec. 16

ADULT BEGINNER 2

Thursdays 7:00pm – 8:30pm
#25595 \$189 Sept. 17 – Dec. 10

ADULT INTERMEDIATE 1

Saturdays 8:00am – 9:30am
#25598 \$189 Sept. 26 – Dec. 19

ADULT INTERMEDIATE 2

Saturdays 9:40am – 11:10am
#25599 \$189 Sept. 26 – Dec. 19

ADULT ADVANCED 1

Saturdays 11:20am – 12:50pm
#25592 \$189 Sept. 26 – Dec. 19

ADULT ADVANCED 2

Saturdays 1:15pm – 2:45pm
#25593 \$189 Sept. 26 – Dec. 19

SPANISH FOR TRAVELERS (ONLINE)

This course is geared to travelers, who are planning to visit a Spanish country, and would like to have a 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
#25597 \$129 Sept. 16 – Dec. 16

MUSIC

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
#25662	Sept. 14 – Oct. 19
#25664	Oct. 26 – Nov. 30
6 Mondays	6:30pm – 8:30pm

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	5 Saturdays
#25660	11:00am – 12:00pm
Fee: \$99	Sept. 26 – Oct. 24

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	
#25658	Sept. 26 – Oct. 24
5 Saturdays	9:00am – 10:00am

LEVEL 2

#25659	Sept. 26 – Oct. 24
5 Saturdays	10:00am – 11:00am

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	5 Saturdays
#25661	12:00pm – 1:00pm
Fee: \$99	Sept. 26 – Oct. 24

See Performing Arts For More Music Classes pg. 8

PERSONAL ENRICHMENT

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	#25591	Fee: \$55
1 Thursday	6:00pm – 9:00pm	Oct. 15

**EXPLORE ONLINE
CAREER TRAINING COURSES**

careertraining.lavc.edu



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 1 Thursday
#25679 7:00pm – 8:30pm
Fee: \$49 Nov. 5

ADVANCED TAROT CARD READING

Expand the depth of your tarot expertise. Gain deeper knowledge of the cards, create your own spreads, and gain experience by reading for others. For folks with prior tarot reading experience. Must have already taken "Intro to Tarot" or have over 1 year of tarot self-study. Bring Rider-Waite or your favorite deck to class

Michelle Nieweg 4 Tuesdays
#25666 6:45pm – 7:45pm
Fee: \$120 Nov. 3 – Dec. 1

Students must purchase the required materials

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 1 Saturday
#25680 9:00am – 11:00am
Fee: \$79 Oct. 3

INTRO TO TAROT CARD READING

Discover the fundamentals of tarot, including card meanings, symbolism, and intuitive reading techniques. Explore the Major and Minor Arcana, numerology, and the elements, while practicing simple spreads for personal insight and well-being. Guided meditations support intuition and clarity. Please bring a deck; Rider-Waite recommended.

Michelle Nieweg 6 Tuesdays
#25665 6:45pm – 7:45pm
Fee: \$120 Sept. 15 – Oct. 20

Students must purchase the required materials

TAROT CLUB

Tarot Club is a welcoming community for anyone interested in tarot, whether you're just beginning or have years of experience. Join us to practice reading cards, ask questions, meet fellow tarot enthusiasts, and deepen your practice in a relaxed, supportive environment. Each gathering features a unique theme, offering fresh opportunities for exploration, creativity, and connection. No prior tarot experience is required

Michelle Nieweg **Fee: \$20**
#25728 Sept. 5
#25729 Sept. 26
#25730 Oct. 3
#25731 Nov. 14
#25732 Dec. 12

1 Saturday 1:00pm – 3:00pm

Students must purchase the required materials

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 1 Saturday
#25678 9:00am – 11:00am
Fee: \$79 Nov. 14



CONNECT WITH US
FOLLOW! LIKE! TAG!



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	1:30pm - 5:30pm	Adv. Badminton	North Gym

Please check our website 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

EXPLORE ONLINE CAREER TRAINING COURSES

Our online course can help you start an in-demand profession or advance your current career with industry certification. You can begin at any time and learn on your own pace. Complete all coursework to receive your certificate.

All materials are included in the course fees, and each course has an instructor for questions and support.

careertraining.lavc.edu

ONLINE COURSE FEATURES:

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



SCAN TO LEARN MORE!

TUITION-FREE CERTIFICATES WITH ADULT EDUCATION!

- NO ENROLLMENT/REGISTRATION FEES
- No GED Required
- You must be an adult living in California
- Flexible schedule (online, in-person, hybrid)
- Add/Drop classes ANYTIME between the start and end date
- Certificate of Completion awarded on academic transcript for "P" (passing) grades



EXPLORE THESE PATHWAYS TO A NEW CAREER:

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



(818) 947-2941



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

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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

SWIM POLICIES AND REGISTRATION PROCEDURE

CLASSES, GROUP, & PRIVATE SWIM LESSONS

- All swim lessons and private lessons are not confirmed until payment is received.
- No make-ups are provided for missed group classes.
- If a class or lesson is canceled by the Community Services Office due to inclement weather, instructor availability, or other circumstances, a make-up, electronic voucher, or refund will be provided.
- Private swim instructor requests will be considered but are not guaranteed.
- Participants currently enrolled in private lessons receive priority registration over new students.
- Classes are held rain or shine, except during thunderstorms, unsafe pool deck conditions, or heavy rain that prevents lifeguards from seeing the bottom of the pool.
- Please refer to the refund policy on page 4 for additional details.

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

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

ADULT BASIC/BEGINNER
SWIM INSTRUCTION

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

Wetsuit Recommended
Monday/Wednesday 7:00pm – 7:45pm
#25780 \$109 Aug. 24 – Sept. 23
#25781 \$119 Sept. 28 – Oct. 28

Tuesday/Thursday 7:00pm – 7:45pm
#25782 \$119 Aug. 25 – Sept. 24
#25783 \$119 Sept. 29 – Oct. 29

ADULT BEGINNER/INTERMEDIATE
SWIM INSTRUCTION

For Intermediate Adults 18+: For confident swimmers with basic strokes, looking to sharpen technique and build endurance.

Wetsuit Recommended
Fridays 7:00pm – 8:00pm
#25790 \$99 Sept. 11 – Oct. 30

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.
Tuesday/Thursday 4:00pm – 4:55pm
Fee: Weekly 6:00pm – 6:55pm

Monday/Wednesday 4:00pm – 4:55pm
Fee: Weekly 6:00pm – 6:55pm

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.

WE OFFER SWIMMING AND AQUATICS CLASSES YEAR ROUND

CHILDREN'S GROUP AND PRIVATE SWIM LESSONS

All registrations for Children's Private and Group Lessons must be processed through the Community Services Office. Call (818)947-2577 x4172 to register.

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 4½ years old or entering TK 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 4½ (or entering TK) through 16½. Group sizes are 4-12 students and lessons are 25-55 minutes long.

Swim assessment required and are by appointment only.

FALL CHILDREN'S GROUP SWIM LESSONS

SEPTEMBER • OCTOBER • NOVEMBER • DECEMBER

MONDAY/WEDNESDAY - TUESDAY/THURSDAY

Water Confidence	3:30 – 3:55pm		4:30–4:55pm	
Level 1	3:30 – 3:55pm	4:00 – 4:25pm	5:00 – 5:25pm	5:30 – 5:55pm
Level 2	3:30–3:55pm		4:00–4:25pm	4:30–4:55pm
Level 3	4:00 – 4:45pm		5:00 – 5:45pm	6:00 – 6:45pm
Level 4	5:00 – 5:45pm		6:00 – 6:45pm	
Level 5	6:00 – 6:55pm			

PLEASE NOTE: Children are advanced to the next level based on the instructor's recommendation and class availability. We cannot guarantee that the next level will be available on your preferred day, time, or at all. Requests for specific group swim instructors cannot be accommodated, and instructor assignments are subject to change. Swim schedules are also subject to change without notice.

Contact Community Services at (818)947-2577 x4172 to register.

MONARCHCAMPS.COM

(818) 304-3016 EXT 5 | INFO@MONARCHCAMPS.COM

AFTER SCHOOL PROGRAM

EVERY DAY UNTIL 6:30PM PICK UP AT LAVC

Kindergarten through Eighth Grade
School Year 2026-2027

- Pick up students from school
- Homework assistance, completion, and correction
- Enrichment Activities
- Swimming offered seasonally
- Daily Snack Offered
- Open as late as 6:30PM
- Optional Enrichment Classes Available for Extra Cost

Passenger-van pickup is available from Burbank, Carpenter, Colfax, Dixie Canyon, Erwin, Kester, Maurice Sendak, and Monlux elementary schools, as well as Walter Reed and Louis Armstrong middle schools.

School is Out? We offer Single Day Camp.

Sept 4th | September 21st | Nov. 11

Schools Out on - Come to Camp!

We offer full-day camp programs on pupil-free days and school holidays. Campers will enjoy sports, arts and crafts, special activities, and swimming.

THANKSGIVING CAMP

Monday - Wednesday, November 23-25 | Rate \$105/Daily

School is closed Monday through Wednesday, but camp is open! Make the most of Thanksgiving break with three fun-filled days of camp. Campers will enjoy a classic day camp experience with engaging activities, an exciting field trip to Underwood Family Farms, and a festive Thanksgiving celebration.

SPRING BREAK CAMP

Monday, March 22 - Friday, March 26 | April 21 – April 30

Give your child a fun-filled week packed with new experiences, active play, and lasting memories. Each group will enjoy two exciting days of classic day camp activities, two action-packed field-trip days, and a special Spring Celebration.

MONARCHCAMPS.COM**(818) 304-3016 | INFO@MONARCHCAMPS.COM****WINTER CAMP 2026-2027****Dec. 21st - Jan. 8th, 2027 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
\$125	\$110
Minimum 3 Days	Minimum 3 Days

	Monday	Tuesday	Wednesday	Thursday	Friday
12/21	Regular Fun Day	Regular Fun Day	Regular Fun Day	Holiday Party Snow Day	No Camp
12/28	Regular Fun Day	Regular Fun Day	Regular Fun Day	Noon Year EVE Party	No Camp
1/4	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

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 Daily Pass
\$90 Monthly Rock Wall
\$120 Monthly Gymnastics & Rockwall**

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 your 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 have our experienced 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 | • Water Play |

WE HAVE SERVICES TO ADD TO YOUR PARTIES/EVENTS!

- | | | |
|--------------------------|-----------------|-------------------|
| • Airbrush Tattoo Artist | • Face Painting | • Mobile Rockwall |
| • Art Instructor | • Sports Coach | |

Email: party@monarchcamps.com to reserve your party



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

Fall 1st 8-week Session
AUGUST 31

Fall 2nd 8-week Session
OCTOBER 26



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LAVC.EDU/FASTTRACK

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AND MORE...**



A LIFETIME OF LEARNING



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

FALL 2026

September - December

Register Today

 <https://lavalley.augusoft.net>

 (818) 947-2577 x4172

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