

LAVC COMMUNITY SERVICES

A LIFETIME OF LEARNING

2023

SUMMER



LOS ANGELES
VALLEY COLLEGE



818-947-2577 X4172
<https://lavalley.augusoft.net>



LANGUAGES



DANCE

CAREER TRAINING
EXERCISE
FINANCE
PERFORMING ARTS
AND MORE...

FITNESS



 @lavccommserv

 /lavccommserv

ARTS & CRAFTS



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Community Services
LOS ANGELES VALLEY COLLEGE

REFUND POLICY

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

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

The Community Services Program is not responsible for lost or misdirected mail. There will be a \$10 charge to change a class. If you paid by credit card, your account will be credited. If you paid by cash, check or money order, you will receive a check refund (allow 4 - 6 weeks for processing).

REFUND POLICY

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. If you paid by cash, check or money order, you will receive a check refund (allow 4 - 6 weeks for processing). Refunds are given when the College cancels a class or program. If you cancel your registration less than five working days before it begins, NO REFUND will be given.

PARKING INFORMATION

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

This catalog is published 3 times per year (fall, winter/spring and summer) by the Los Angeles Valley College Community Services Department. It is sent to residences in the nearby zip codes and is available on campus at several locations.

If you'd like to be added to our mailing list please contact us at 818-947-2577 x. 4172 or send an email to comm_serv@lavc.edu.

SUMMER CLASS REGISTRATION BEGINS ON MAY 5, 2023

GENERAL & REGISTRATION INFORMATION

LOS ANGELES COMMUNITY COLLEGE

BOARD OF TRUSTEES

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

DISTRICT ADMINISTRATION

Francisco C. Rodriguez, Ph.D., Chancellor
Melinda A. Nish, Ed.D., Deputy Chancellor
Dr. Nicole Albo-Lopez, Ed.D., Interim Vice Chancellor of Educational Programs
and Institutional Effectiveness
Teyanna Williams, J.D., Vice Chancellor of Human Resources
Carmen V. Lidz, MS, Vice Chancellor/Chief Information Officer
Jeanette L. Gordon, Vice Chancellor/Chief Financial Officer
Maribel S. Medina, J.D., General Counsel
Rueben C. Smith, D.C.S., Vice Chancellor/Chief Facilities Executive

VALLEY COLLEGE ADMINISTRATION

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

COMMUNITY SERVICES PROGRAM STAFF

Debra Erickson, Community Services Manager

DISCLAIMER POLICY

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

COMMUNITY SERVICES

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

ATTENDING FIRST SESSION

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

REGISTER EARLY

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

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

REGISTRATION INFORMATION



ONLINE

ANY TIME!

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



WALK IN

Monday - Friday
9:00 AM - 3:00 PM

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

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

Refund Requests must be presented in writing on the appropriate refund request form and accompanied by original receipt at least 5 working days before 1st class meeting unless otherwise noted. This means that if you enroll less than 5 working days before the class begins, there will be no refunds. No Refund after class begins. There will be a \$10 charge for each refund, credit or transfer.

AMERICAN WITH DISABILITIES ACT (ADA) INFORMATION

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



PHONE

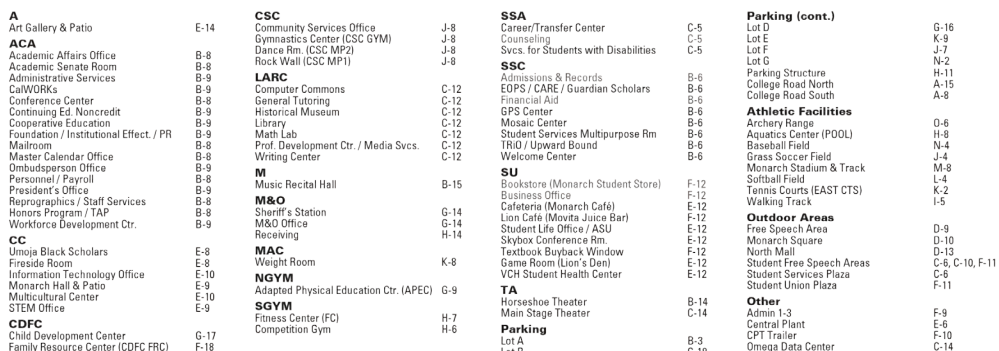
Monday - Friday
8:30 AM - 4:00 PM

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

SUPPLY/HANDOUT/MATERIAL FEES:

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

LAVC CAMPUS MAP



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: \$49

22141

HOLLYWOOD FILMS & MUSICALS

Let's talk Hollywood! We'll take a peek at the movies from the "Silent Films Era" to the "Talkies". We'll follow the Yellow Brick Road, through "the Golden Age", World War II and the post war, 1950's. Brief Historical Segments will add to the fun and pique the interest in the films being viewed.

Paula Sargent

Fee: \$129

22140

6 Thursdays

10:00AM - 12:30PM

Jun 22 - Jul 27

ARTS & CRAFTS/HOBBIES

BATH PRODUCTS

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

22139

1 Sunday

10:00AM - 1:00PM

Aug 20

Supply fee: \$30



CANDLE MAKING

In this workshop you will learn how to make several different kinds of candles, tips to work with paraffin wax, essential oils and candle dyes and how to incorporate dried fruits and flowers into your candles.

Quayum Abdul

Fee: \$45

22138

1 Sunday

10:00AM - 1:00PM

Jul 23

Supply fee: \$30

BUY ONE - GET ONE HALF OFF!

Register for any two craft classes taught by **Quayum Abdul** and get the second class for ½ off! You must register for both classes at the same time over the phone or in person in order to get the discount. Online registration will not receive the discount.

COLD PROCESS SOAP MAKING

This class will explain the A to Z of Cold Process Soap Making so that you can create beautiful handmade soaps right in your kitchen. Class is hands on - and can be messy, dress accordingly.

Quayum Abdul

Fee: \$45

22137

1 Sunday

3:00PM - 6:00PM

Mar. 26

Supply Fee: \$30

ARTS & CRAFTS/HOBBIES

SOAP MAKING

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

Quayum Abdul

22129

1 Sunday

3:00 PM - 6:00 PM

Jul 23

Supply fee: \$30

Fee: \$45



AIRBRUSH MAKEUP LEVEL 1

Flip your traditional Makeup to Airbrush Makeup Fast, Easy and Clean The "Full Face Beauty Airbrush Makeup" course will provide students with all the basic skills and knowledge they need to do full face airbrush makeup. (Additional fee for mini makeup kit available at Dinair company).

Carmen MacDonald

22140

4 Thursdays

7:00PM - 9:00PM

Jul 6 - Jul 27

Fee: \$99

DIA DE LOS MUERTOS MAKEUP



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

Carmen MacDonald

22136

4 Wednesdays

7:00 PM - 9:00 PM

Aug 9 - Aug 30

Fee: \$89

FACE PAINTING I

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

Carmen MacDonald

22135

4 Thursdays

7:00 PM - 9:00 PM

Jun 8 - Jun 29

Fee: \$89

INTRODUCTION TO HENNA ART

Ever wish you had the skills needed to create a beautiful henna tattoo? This class will teach students about the different kinds of henna, how to mix henna, and most importantly, the techniques needed to use henna to create stunning body art on yourself or others.

Rosemary May

22134

3 Tuesdays

6:00 PM - 8:00 PM

Jun 13 - Jun 27

Fee: \$69



PAINTING WITH ACRYLIC

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

Carmen MacDonald

22131

4 Wednesdays

7:00 PM - 9:00 PM

Jul 5 - Jul 26

Fee: \$89

ARTS & CRAFTS/HOBBIES

MAKEUP TECHNIQUES WORKSHOP

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

Raquel Fournier

22133

7 Saturdays

5:00 PM - 7:30PM

Fee: \$109

Jun 24 - Aug 5



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

22132

4 Wednesdays

7:00 PM - 9:00 PM

Fee: \$89

Jun 7 - Jun 28

PHOTOGRAPHY THE FUNDAMENTALS



This crash course is an ideal refresher or an overview for those who want to take control of their camera (or are looking to buy one). Topics include auto vs. manual settings, understanding the exposure triangle (how ISO, shutter speed, and f-stop work together), and using the camera as a creative tool to control depth of field and to capture motion.

Nancy Kaye

22130

1 Saturday

10:00 AM - 4:00 PM

Fee: \$59

Jul 8

SPECIAL EFFECTS 1

Create awesome & gruesome facial effects in this hands-on special effects class. Learn to use professional tools and techniques to accomplish looks worthy of a scare! Topics include: products and tools, burns, wounds, bruising, bullet wounds, and zombies.

Carmen MacDonald

22128

4 Thursdays

7:00 PM - 9:00 PM

Fee: \$89

Aug 10 - Aug 31

UNLEASH YOUR LASHES: A LASH APPLICATION WORKSHOP

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

Raquel Fournier

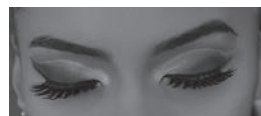
22127

1 Saturday

5:00 PM - 7:30P PM

Fee: \$39

Aug 12



TEACH WITH US!

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

BUSINESS & CAREER TRAINING

ACT 3 "THE NEW RETIREMENT"

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

Devra Korwin

22126

3 Wednesdays

6:00 PM - 9:00 PM

Fee: \$89

Jul 12 - Jul 26



DMV AUTO WHOLE DEALER HOME BASED BUSINESS (ONLINE)



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

with the DMV.

Ronald "Wayne" Williams

22125

Monday/Tuesday

6:00 PM - 9:00 PM

Fee: \$119

Aug 21 - Aug 22

ELECTRIC VEHICLE CHARGING STATION DESIGN, INSTALLATION, AND OPERATION

One of most growing businesses in USA and worldwide are electrical vehicle and EV charging station installation. Millions of electric cars, SUVs and trucks will be on the road by next 10 years. To offset the carbon load on the environment, the California Government is hoping to make 100% vehicles operating by battery powered by year 2035. This course will offer A to Z of EVCS design, Installation and operation, including troubleshooting the system.

Quayum Abdul

22124

Monday/Wednesday

6:30 PM - 9:30 PM

Fee: \$149

Aug 21 - Aug 30

Fee includes materials

PURSUING A CAREER IN PROPERTY MANAGEMENT

Property Management is a career that pays well, offers great benefits and training, has many different career options and allows you the opportunity to work worldwide. This workshop will cover topics including your resume, interview skills and everything in-between. You will learn what leasing is, closing the deal, marketing surveys, setting appointments, setting up the leasing office, taking maintenance orders, resident retention and renewals. You will be given the tools to help you in temporary-to-permanent job placement to start you on your new path.

Christine Evans

22118

2 Saturdays

9:00 AM - 1:00 PM

Fee: \$74

Aug 5 - Aug 12

Supply fee: \$16



BUSINESS & CAREER TRAINING

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

Remote through live video conferencing from the comfort of your home.



Government institutions, banks, real estate and other companies are seeking notaries. All prospective notaries must complete a course approved by the California Secretary of State. Our approved course will give you the most updated notary information and the knowledge you need to perform the duties correctly and to pass the state exam. Class fee includes certificate of completion, and sample forms

notaries use every day. The instructor will provide information about testing during the class. **PREREQUISITES:** 18 years of Age – Proper Government ID (For example: Driver License – DMV Identification Card – Current Passport).

Rosie Reed

Fee: \$120

22123

1 Saturday

7:30 AM - 4:00 PM

Aug 26

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

NOTARY LOAN SIGNING SEMINAR (REMOTE/LIVE VIA ZOOM)

Remote through live video conferencing from the comfort of your home.

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



Rosie Reed

Fee: \$100

22122

1 Saturday

9:30 AM - 3:30 PM

Sept 2

LEARN FROM THE COMFORT OF YOUR HOME! INSTRUCTOR LED NON-CREDIT ONLINE COURSES <http://www.ed2go.com/lavc/> - Prices start as low as \$99 24 - Hour Access - Discussion Areas - 8 Week Format

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

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



BUSINESS & CAREER TRAINING

MEDICAL BILLING & CODING SERIES

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

MEDICAL TERMINOLOGY - CLASS 1 (ONLINE)

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

This course is a prerequisite for Medical Insurance Coding.

Required text: The Language of Medicine 10th, 11th or 12th Edition by Davi-Ellen Chabner. Purchase or Rent on your own. Instructor also suggests that students purchase a Medical Dictionary.

Arlyn "Glady" Tagomolila-Que

Fee: \$220

22119

Monday/Friday

6:00 PM - 10:00 PM

Jul 7 - Aug 7

CODING FOR MEDICAL INSURANCE BILLING - CLASS 2 (ONLINE)

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

This course is a prerequisite for Medical Insurance Principles.

Two Books Required:

1. ICD-10-CM for Physicians 2021 or 2022 (Professional or Expert) any publisher.*

2. AMA Current Procedural Terminology Professional*

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

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

Arlyn "Glady" Tagomolila-Que

Fee: \$220

22120

Monday/Friday

6:00 PM - 10:00 PM

Aug 11 - Sept 15

MEDICAL INSURANCE PRINCIPLES / BILLING - CLASS 3 (ONLINE)

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

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

Arlyn "Glady" Tagomolila-Que

Fee: \$220

22121

Monday/Friday

6:00 PM - 10:00 PM

Sept 18 - Oct 13

BUSINESS & CAREER TRAINING

BLOGGING FOR FUN AND PROFIT (ONLINE)



Want to know why creators and marketers say a blog is the best type of website? Whether you want a website for personal or professional use, discover how a blog makes it easy to share your products, services, writing, pictures, and videos with family, friends, organizations, and customers. Find out the four most popular ways to use a blog to make money and how a blog makes your search and social media marketing easier! Topics include blogs for business, blog ads, blogs for marketing, and building blog communities.

Bob Cohen

Fee: \$69

22102

1 Wednesday

6:00 PM - 9:00 PM

Aug 2

CONTENT CREATION IN FIVE STEPS (ONLINE)

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

Bob Cohen

Fee: \$69

22103

1 Wednesday

6:00 PM - 9:00 PM

Aug 9

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

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



Bob Cohen

Fee: \$69

22104

1 Wednesday

6:00 PM - 9:00 PM

Jul 26

INTRODUCTION TO INTERNET MARKETING METHODS (ONLINE)

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

Bob Cohen

Fee: \$69

22105

1 Wednesday

6:00 PM - 9:00 PM

Jul 12

HOW TO USE AI TOOLS FOR WRITING (ONLINE)



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

writing result and what you should check before using it as your own, the copyright ownership, and ethical use.

Bob Cohen

Fee: \$55

22108

1 Tuesday

6:00 PM - 9:00 PM

Jul 18

BUSINESS & CAREER TRAINING

MAKE AN APP FOR THAT(ONLINE)

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

Bob Cohen

22106

1 Thursday

6:00 PM - 9:00 PM

Fee: \$69

Jul 20



MARKETING WITH FACEBOOK AND SOCIAL MEDIA (ONLINE)

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

Bob Cohen

22107

1 Wednesday

6:00 PM - 9:00 PM

Fee: \$69

Jul 19

CLASSES FOR KIDS

BABYSITTERS TRAINING (AGES 11-17)

Learn basic care for infants, toddlers and young children, how to handle various difficult situations, how to be a professional, fun activities while babysitting, and ways to keep yourself and those under your care safe. Whether looking after younger siblings, or earning income helping other families, this course is a must to help you get the job done!

Margaret Noji

22109

2 Saturdays

10:00 AM - 12:30 PM

Fee: \$75

Jun 17 - Jun 24

Supply Fee: \$5

22110

2 Saturdays

10:00 AM - 12:30 PM

Jul 29 - Aug 5

Supply Fee: \$5

HOME ALONE (AGES 11-15)

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

Margaret Noji

22111

1 Saturday

10:00 AM - 1:00 PM

Fee: \$49

Jul 15

Supply Fee: \$12

22112

1 Saturday

10:00 AM - 1:00 PM

Aug 26

Supply Fee: \$12



CLASSES FOR KIDS

SOCIAL GRACES FOR TEENS

Manners and behavior have an effect on the success of the students in the school environment, personal life and future careers. As preteens and teens branch out into the world, they discover there's more to good manners than just saying please and thank you.

Raquel Fournier

Fee: \$99

22117

6 Tuesdays

9:00 AM - 11:00 AM

Jun 20 - Aug 1

YOUNG LEARNER'S WRITING WORKSHOP



This class is designed to help your child in his or her reading, writing skills, comprehension and vocabulary. Homework will be given, which each child is expected to complete on a weekly basis. The class will be based on the Language Arts Standards which are used in the L.A United School District

Brian King

Fee: \$59

Grades 3-4

22113

6 Fridays

4:00 PM - 5:00 PM

Jun 30 - Aug 4

Grades 5-6

22114

6 Fridays

5:00 PM - 6:00 PM

Jun 30 - Aug 4

YOUNG LEARNER'S MATH WORKSHOP

This Basic math workshop is aimed at improving your child's math skills to meet or exceed the standards for grade levels. This class covers multiplication, division, fractions, decimals and word problems, among other math subjects.

Brian King

Fee: \$59

Grades 3-4

22115

6 Thursdays

4:00 PM - 5:00 PM

Jun 29 - Aug 3

Grades 5-6

22116

6 Thursdays

5:00 PM - 6:00 PM

Jun 29 - Aug 3

COOKING

BAKING BREAD

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



Shelly Gilad

Fee: \$120

22080

4 Wednesdays

6:00 PM - 9:00PM

Jun 21 - Jul 12

Supply Fee: \$25

WANT MORE CLASSES FOR KIDS?

SWIMMING PG. 29

DANCE & GYMNASTICS PG. 20

SPANISH PG. 25

TENNIS PG. 23

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.



SUMMER CAMP 2023

JUNE 12TH THROUGH AUGUST 11TH

DROP OFF: 7:30AM-8:45AM

PICK UP: 4:15AM-5:30PM

DAILY RATES	SIBLING RATES
\$95 per day	\$80 per day
3 day minimum per week	

OUR MOST POPULAR PROGRAM - CLASSIC DAY CAMP

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

Camps We Offer	For Grades	Ages
Classic Day Camp	Kinder- Seventh	5-13
Fine Art Camp	Second - Seventh	7-12
Theatre Arts Camp	Third - Seventh	8-12
Nature Camp	Third - Seventh	8-12
Dance Camp	Second - Seventh	7-12
Gymnastics Camp	Second - Seventh	7-12
Soccer Camp	First - Seventh	6-12
Tennis Camp	Third - Seventh	8-12
Tumbling Camp	Kinder - Second	5-7
Basketball Camp	Third - Seventh	8-12
Counselor In Training	Eight-Ninth	13-14

SEQUIOA CAMPING TRIP

Sunday, July 23rd - Friday, July 28th

Campers will swim, kayak, and paddleboard at Hume Lake. They will hike to the General Sherman and General Grant Trees (Largest and 2nd Largest Trees in the world). They will have the opportunity to hike to the top of Moro Rock and view a gorge deeper than the Grand Canyon. A Hike to the top of Buck Rock Fire Tower is also on the agenda. Campers will sleep in bunk cabins and have meals in our central dining hall. All transportation, lodging, meals, activities and supervision are included. This is a traditional sleepaway summer camp experience, which we are thrilled to be offering this season.

Rate: \$800 per child



CATALINA ISLAND CAMPING TRIP

Sunday, August 6th - Friday, August 11th

Join us for six-days & five night of camping on the beach at beautiful Catalina Island. The trip includes round trip recliner bus transportation to the Catalina Island Express Terminal from LA Valley College, round trip boat transportation to the Isthmus of Catalina Island via Catalina Island Express, all meals, all camping fees, all activity fees and supervision by our trained veteran Monarch Camp staff. Planned activities include kayaking, paddle boarding, fishing, swimming, snorkeling, tide pool exploration, campfire activities and cooking our fresh catch of the day. Join us for some unforgettable adventures. We will be based at the Brisa Del Mar Campsite, located right on the beach at Little Fisherman's Cove, Two Harbors Campground.

Rate: \$850 per child

AFTER SCHOOL PROGRAM

EVERY DAY UNTIL 6:30PM PICK UP AT LAVC

School Year 2023 - 2024

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

Monarch Camps After School Camp has passenger vans to pick up students at Burbank, Dixie Canyon, Kester, Maurice Sendak, Monlux, Riverside, Sherman Oaks Elementary Schools, Walter Reed Middle, & Milikan Middle School

SCHOOLS OUT, COME TO SINGLE DAY

September 25 • November 10 • December 7

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

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

RATE: \$80 till 3:30 +\$20 for pick up till 6:30

THANKSGIVING CAMP

Monday - Wednesday, Nov. 20-22 | Rate: \$100 per day

Monday- Kinde/1st Grade: On Campus | 2nd and up: Field Trip

Tuesday- Kinde/1st Grade: Field Trip | 2nd and up: On Campus

Wednesday- Everyone on Campus

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



DANCE CLASSES

You child spins and twirls. Leaps and tumbles. Complete freedom. No fear, only energy and joy.

You already have a dancer. All they need now is a space to find encouragement and guidance. A space where they feel the thrill of doing what they love with others who feel the same.

Join us at Monarch Camps and you'll join a community of teachers and dancers who are enthusiastic, supportive, and whose one goal is instilling a lifelong partnership with movement and dance!

GYMNASTICS CLASSES

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

ROCK CLIMBING CLASSES

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

MONARCH PARTIES

We makes parties fun!

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

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

PARTIES ON CAMPUS - CHOOSE ACTIVITIES

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

WE HAVE SERVICES TO YOU PARTIES/EVENTS

- Airbrush Tattoo Artist
- Face Painting
- Art Instructor
- Sports Coach

email: party@monarchcamps.com to reserve your party

ADULT RECREATIONAL GYMNASTICS CENTER AND ROCK CLIMBING

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

\$15 Day Pass

\$45 Monthly Pass

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

5792 Ethel Ave. Valley Glen, 91401

DANCE

BALLET FOR ADULTS - ADVANCED BEG. - INTERMEDIATE

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

Claudine Mason-Marx

22074

6 Sundays

9:00 AM - 10:15 AM

Fee: \$69

Jul 9 - Aug 13



BEGINNER TAP FOR ADULTS

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

Alison Haggerty
Basics/Beginner

22075

8 Thursdays

6:00 PM - 7:00 PM

Jun 29 - Aug 17

Fee: \$89

Beginner/Intermediate

22076

8 Thursdays

7:00 PM - 8:00 PM

Jun 29 - Aug 17

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

22078

8 Sundays

11:00 AM - 12:00 PM

Jul 9 - Aug 27

Fee: \$89

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

22077

8 Saturdays

11:00 AM - 12:00 PM

Jul 8 - Aug 26

Fee: \$89

SALSA FOR BEGINNERS

This beginner class will teach you the basic steps and hip movements to this fun and exciting dance. Burn calories while having fun dancing! Get ready to move and groove to the best Latin music.

Couple registration is not required.

Linda Goldstein

22079

8 Sundays

12:00 PM - 1:00 PM

Jul 9 - Aug 27

Fee \$89



EXERCISE SPORTS & FITNESS

TENNIS LESSONS

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

Levels:

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

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

ADVANCED: Has high level of consistency and endurance.

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



CHILDREN SATURDAY CLASSES

# 22071	Age 6 - 9	8 Saturdays	11:00 AM - 12:00 PM	Jun 10 - Jul 29	Fee: \$89
# 22072	Age 10 - 14	8 Saturdays	12:00 PM - 1:00 PM	Jun 10 - Jul 29	Fee: \$89

ADULT SATURDAY CLASSES

# 22067	Beg-Adv	8 Saturdays	10:00AM - 11:00AM	Jun 10 - Jul 29	Fee: \$89
# 22066	Intermediate	8 Saturdays	9:00AM - 10:00AM	Jun 10 - Jul 29	Fee: \$89
# 22068	Beg-Adv	8 Saturdays	1:30PM - 2:30PM	Jun 10 - Jul 29	Fee: \$89

ADULT SUNDAY CLASSES

# 22070	Beginning	8 Sundays	9:00 AM - 11:00 AM	Jun 11 - Jul 30	Fee: \$179
# 22069	Advanced*	8 Sundays	11:00 AM - 1:00 PM	Jun 11 - Jul 30	Fee: \$179

PRIVATE TENNIS LESSONS

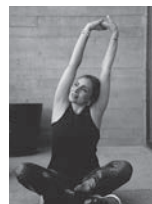
Dates and times for private tennis lessons **MUST be arranged with the Community Services Office. Call 818-947-2577 x.4172 to book your private tennis lesson.** Minimum of 4 hours required. Can be eight 1/2 hour lessons or four 1 hour lessons.

Raymond Finks, Tennis Pro

Fee is \$64/hour per person

RESTORATIVE YOGA

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



Margie Thomas

Fee: \$89

# 22064	Tues/Wed	7:00 PM - 8:00 PM	Jun 20 - Jul 12
# 22065	Tues/Wed	7:00 PM - 8:00 PM	Jul 18 - Aug 9

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: \$89

# 22073	8 Saturdays	9:30 AM - 10:30 AM	Jul 8 - Aug 26
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HEALTH & WELLNESS

AMERICAN RED CROSS CPR/AED

Learn or review the life-saving skill of CPR on adults, children and infants. This course includes instruction on how to use an AED, and what to do in the event of a Choking Emergency. This interactive and engaging course concludes with an exam. Upon passing, certification is available for an additional \$29, payable to the instructor in class.



For ages 18 and above

Margaret Noji

Fee: \$45

22081 1 Thursday 6:00 PM - 10:00 PM

Jun 15

Supply fee: \$5

22082 1 Thursday 6:00 PM - 10:00 PM

Aug 10

Supply fee: \$5

AMERICAN RED CROSS FIRST AID

Learn or review the steps to give aid in Emergencies such as bleeding wounds, burns, and bone injuries; and how to respond to Sudden Illnesses such as stroke, seizure, allergic reaction, and much more. This course is highly recommended for parents, caregivers, coaches, athletes, and anyone willing to help others in a healthcare emergency. Upon passing the exam, certification is available for an additional \$29, payable to the instructor in class.



For ages 18 and above

Margaret Noji

Fee: \$40

22084 1 Thursday 6:00 PM - 9:00 PM

Jun 22

Supply fee: \$5

22085 1 Thursday 6:00 PM - 9:00 PM

Aug. 17

Supply fee: \$5

EARTHQUAKE PREPAREDNESS

It's always earthquake season in California! Learn what to do BEFORE, DURING, and AFTER an earthquake. Develop your Communication and Evacuation Plans. Build your checklist for an Emergency Supply Kit. Plan your Home Earthquake Drill. Gain peace-of-mind knowing that you are now prepared for the next earthquake.

Margaret Noji

Fee: \$35

22083 1 Thursday 6:30 PM - 8:30 PM

Aug 31

HOMEOPATHY AND ACUPRESSURE TO REDUCE PAIN & STRESS

Learn the basics of Chinese healing as it relates to acupressure massage. This class will focus on self and couple acupressure massage and specific points to use for common problems such as: lack of energy and mental clarity, low back pain, neck and shoulder pain, etc. You will learn approximately 16 acupressure points you can perform on yourself and others. You will also learn basic head and neck massage techniques. Please have a small hand mirror and water-soluble marker.



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

Fee: \$35

22086 1 Thursday 7:30PM - 9:00PM

Jun 29

Supply fee: \$3

LANGUAGES

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

Learn Italian directly from Venice, Italy!!! That's right, you'll now have the chance to learn the fourth most studied language in the world in the most authentic way! Our teacher, Mr. Lombardi will be in Venezia giving you the "real experience" no one else could! The class curriculum is designed for the complete beginner; with simple idiomatic phrases, you will be able to speak ITALIANO in no time. Divided into ten subject areas, The program will cover ten subjects including ear-training exercises: Greetings and Introductions, People and family, Numbers and plural, around home, Describing things, around town, at the restaurant, everyday life, at work and Socializing.



Giovanni Lombardi

Fee: \$65

22087

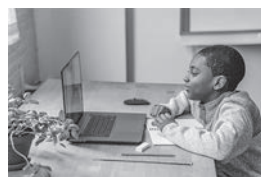
5 Fridays

10:00 AM - 11:30 AM

Jun 16 - Jul 14

SPANISH FOR CHILDREN (ONLINE)

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



Teresa Hito

Fee: \$199

Children's Class - Beginners level

22089

Mon/Wed/Fri

9:00 AM - 10:00 AM

Jun 19 - Aug 4

Children's Class- Intermediate level

22090

Mon/Wed/Fri

10:15 AM - 11:15 AM

Jun 19 - Aug 4

Children's Class - Advanced level

22091

Mon/Wed/Fri

11:30 AM - 12:30 AM

Jun 19 - Aug 4

SPANISH FOR ADULTS (ONLINE)

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

Teresa Hito

Fee: \$199

Adult's Class - Beginners level

22092

8 Saturdays

8:00 AM - 9:30 AM

Jun 24 - Aug 19

Adult's Class- Intermediate level

22093

8 Saturdays

9:45 AM - 11:15 AM

Jun 24 - Aug 19

Adult's Class - Advanced level 1

22094

8 Saturdays

11:30 AM - 1:00 PM

Jun 24 - Aug 19

Adult's Class - Advanced level 2

22095

8 Saturdays

2:00 PM - 3:30 PM

Jun 24 - Aug 19

Adult's Class - Beginners for Seniors

22088

8 Mondays

1:30 PM - 3:00 PM

Jun 19 - Aug 14

MUSIC

THE BASICS OF HARMONY SINGING

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

Dale LaDuke

Fee: \$99

22096

5 Saturdays

9:00 AM - 10:00 AM

Jul 1 - Jul 29

ROCK GUITAR

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



Dan Sindel

Fee: \$169

Rock Guitar 1

22099

6 Saturdays

12:30PM - 2:30 PM

Jun 10 - Jul 15

Rock Guitar 2

22100

6 Saturdays

2:30PM - 4:30 PM

Jun 10 - Jul 15

BEGINNING 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

22097

5 Saturdays

10:00 AM - 11:00 AM

Jul 1 - Jul 29

Level 2

22098

5 Saturdays

11:00 AM - 12:00 PM

Jul 1 - Jul 29

PERSONAL ENRICHMENT / FINANCE

HOW TO LIVE, WORK OR RETIRE ABROAD AFFORDABLY (ONLINE)



Enjoy a higher standard of living while living your dream! Learn how you can make your dream of living in a foreign country possible.

Find out how to stretch a fixed retirement income, or how to find work overseas that pays your room and board. Discover the top ten countries where you can live better abroad than in the U.S., and how you can do it. Get tips on evaluating your finances, figuring out how

far your dollar will go, housing, transportation, food, government discount programs, access to healthcare, job opportunities and more.

Bob Cohen

Fee: \$49

22101

1 Thursday

6:00 PM - 9:00 PM

Jul 27

OPEN RECREATION ACTIVITIES

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

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

Please check our website lavalley.augusoft.net regularly for updates

Online Education

Convenient & Affordable

Instructor Led Format

Online Course Accessible 24/7

ed2go

ONLINE CAREER TRAINING PROGRAMS

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

Categories Include:

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

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

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

SWIMMING & AQUATICS

SWIM LESSON POLICIES AND REGISTRATION PROCEDURE

Classes

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



Private Lessons

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

*All classes will be held rain or shine; except in case of thunderstorms, ice on the pool deck or if it is raining so hard that lifeguards cannot see the bottom of the pool. Call 818-778-5644 approximately 30 minutes prior to class to see if a class has been canceled.

ADULT SWIM CLASSES (18 YEARS OLD AND UP)

SHALLOW WATER AEROBICS

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

M/W/F	9:00 AM - 9:55 AM	\$105/month
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WATER AEROBICS

T/TH	9:30 AM - 10:30 AM	\$90/month
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AQUA FIT

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

T/TH	4:00 PM - 4:45 PM	\$80/month
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T/TH	6:00 PM - 6:45 PM	\$80/month
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AQUA TABATA

Enjoy the benefits of a HIIT workout without the impact! Tabata training was developed in Japan and is a 20-second high-intensity work interval followed by a 10-second rest, repeated eight times in a row. High Intensity Please note: All participants must be comfortable and water safe in deep water.

M/W	4:00 PM - 4:45 PM	\$80/month
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M/W	6:00 PM - 6:45 PM	\$80/month
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ADULT LAP SWIM (18 and over)

Open to all adults 18 and up for lap swimming. Lap passes have 10 entries. Purchase one pass for \$45, 2 passes for \$70, 3 passes for \$100. No refunds will be given for lap swim passes. Lost or stolen passes will not be replaced. **(ALL registrations must be done at the Community Services Office)**

Monday - Thursday:	6:00 PM - 8:00 PM
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Friday:	5:00 PM - 8:00 PM
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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.

SWIMMING & AQUATICS

WE OFFER SWIMMING AND AQUATICS CLASSES YEAR ROUND

ALL registrations must be done at the Community Services Office

PRIVATE SWIM LESSONS (YOUTH & ADULT)

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

CHILDREN'S SWIM CLASSES

SMALL GROUP LESSONS

Our smaller group lessons offer flexible scheduling and are for children of all swimming abilities. Learn to swim or get better with your strokes! For ages 4 through 16½. Group sizes are 4-8 students and are 30-45 minutes long.

Assessment required for Levels 3 or higher.

Assessments are by appointment only.

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



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

Mon. / Wed.	3:50 PM - 4:20 PM	\$75/month
Tue. / Thu.	3:50 PM - 4:20 PM	\$75/month
Tue. / Thu.	5:55 PM - 6:25 PM	\$75/month

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

Mon. / Wed.	4:25 PM - 4:55 PM	\$75/month
Tue. / Thu.	4:25 PM - 4:55 PM	\$75/month
Tue. / Thu.	6:30 PM - 7:00 PM	\$75/month

LEVEL 3 - CLASS SIZE 6 X 1 - 45 min

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

LEVEL 4 - CLASS SIZE 6 X 1 - 45 min

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

LEVEL 5 - CLASS SIZE 8 x 1 - 45 min

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

ADVANCED AQUATICS (LEVEL 6)

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

Mon. / Wed.	6:00 PM - 6:55 PM	\$85/month
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PLEASE NOTE: We advance children to the next level based on Instructors recommendation and availability of the class. We cannot guarantee that the next level of class will always be available on your requested day/time, or at all.

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Creating Web Pages

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

Explore a Career in

Medical Coding

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

Grammar Refresher

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

Human Anatomy

and Physiology

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

Intermediate

Microsoft Excel

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

Introduction to

CSS and XHTML

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

Introduction to

Microsoft Excel

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

Introduction to

QuickBooks

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

Introduction to

Microsoft Word 2016

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

Introduction to SQL

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

Medical Terminology:

A Word Association

Approach

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

Speed Spanish

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

ADULT EDUCATION AT LOS ANGELES VALLEY COLLEGE

WHAT WE DO

Life gets busy, and as a result, sometimes education gets put on hold. Adult Education at LAVC is here to help you through every step, no matter where you are on your college journey.

- Enhance skills for a better job/career
- Improve English speaking/writing skills
- Earn a high school equivalency
- Complete noncredit certificates
- Explore careers
- Build a record on your college transcript

WHAT ARE SOME ADVANTAGES TO TAKING NONCREDIT COURSES?

Adult Education / noncredit courses are:

- Free of charge
- Open-entry, open-exit, which means you can add or drop a course at any point while it is active.
- Graded using a Pass or No Pass scale (P/NP)
- Can be taken as often as you'd like
- Scheduled flexibly--in-person, online asynchronously, online via Zoom, or as a hybrid class

WHAT IS A NONCREDIT CERTIFICATE OF COMPLETION?

A Noncredit Certificate of Completion is for students who want to prepare to transition into college-credit courses or the workplace, in subject areas such as Parenting, Vocational Education, Basic Skills, ESL, and Civics.

21ST CENTURY EMPLOYABILITY SKILLS

This noncredit program is a collaboration between the Foundation for California Community Colleges and the New World of Work (NWoW) initiative. The goal is to expand the state's workforce and to close the skills gap. Students can gain specific competencies by successfully completing each course. Additionally, students can earn up to five levels of Certificates of Completion. Starting with Basic Skills 116CE (Communication) as the foundation, each pair of courses will yield increasingly higher levels of Certificates of Completion.

INSURANCE

Passing both Insurance courses will provide students with a Certificate of Completion on their college transcript. By combining the skills gained during the class lectures/discussions and specialized industry know-how from the coursework, students will be better prepared to be successful in pursuing an insurance career. The class experiences will also inform students about opportunities for additional, required training in the industry.

COMMUNITY HEALTH WORKER



This non-credit program trains and certifies students to work as a Community Health Worker in various settings. CHWs are trusted frontline public health workers that serve as a link between health services, social services, and the community while helping older adults and individuals with chronic illnesses attain the needed access. CHWs focus on establishing trust in communities and improving the quality of life for those in need.

PARENTING

Passing both of the noncredit Parenting courses will provide students with a Certificate of Completion on their college transcripts. Moreover, employers will be assured that the student will have learned concepts and applications leading to an understanding of the complexities of family life.

Topics include communication styles and good communication strategies, positive parenting skills, child development stages, cultural beliefs and their influence on the family, as well as how to manage stress.

GIG ECONOMY CAREERS IN ENTERTAINMENT

Students will receive a Certificate of Completion after they have passed all four Gig Economy Careers in Entertainment courses. By combining the skills gained in the class sessions and specialized industry know-how, students will be better prepared to be successful in the world of entertainment. The experience will also create opportunities for exposure and professional networking that may lead to steady employment.

Whom Can I Contact for Assistance?

Raffi Kahwajian - Student Services Assistant
kahwajr@lacc.edu or 818-947-2961

Maritza Robles - Adult Education Counselor
roblesm6@lavc.edu or 818-778-5830

FREE ENGLISH AS A SECOND LANGUAGE & CITIZENSHIP



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