

LAVC COMMUNITY SERVICES

Summer 2019

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NEW FOR SUMMER:

THEATER GAMES & IMPROVISATION FOR YOUTH

COOKING WITH INSTANT POT

FASTING FOR LONGEVITY

BEGINNING UKULELE

STRESS RELIEF TECHNIQUES

AND SO MUCH MORE!



KEEP CATALOG UNTIL AUGUST 31, 2019

Fasting for Longevity

This 3-week course is designed to help you safely increase fat burning, lose weight, and promote longevity with intermittent fasting. This is not a starvation diet. You will be eating your regular foods daily. You will learn how to shift meal timing and use your body's natural circadian rhythms to heal your cells, reduce risk of disease, and live longer.



Stop Eating Junk Food



Maintaining a healthy weight is more about what you eat than how much you eat. In this 4-week course, learn how to stop counting calories, control food cravings, and read food labels so you can fuel your body with the nutrients it needs to look and feel it's best.

Cooking with Instant Pot

The Instant Pot was one of the most popular items on Amazon Prime Day . The possibilities are endless with it... but not if it's left in the box! In this 2.5 hour class students will learn simple functionality, including what all the buttons mean and how to use them to make great dishes.



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



Parking Information

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

REFUND POLICY

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

Aquatics classes and lessons are offered rain or shine unless: a) It is raining so hard that the bottom of the pool is not visible, b) There is lightning in the immediate vicinity, or c) It is so cold that ice forms on the pool deck. If these conditions are not present and you decide to not attend a swim class or lesson due to inclement weather, there will be no refund, make-up lesson or credit granted. See our Private Swim Lesson Make-Up Policy on Page 39.

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.

On-Line SUMMER Class Registration Begins On Monday, JUNE 3, 2019

Register prior to June 18th and save

\$5.00 per class!

(See page 7 for details)

GENERAL & REGISTRATION INFORMATION

LOS ANGELES COMMUNITY COLLEGE BOARD OF TRUSTEES

Mike Fong, President (Seat No. 7)
Andra Hoffman, Vice President (Seat No. 1)
Steve F. Veres, 2nd Vice President (Seat No. 2)
Dr. Gabriel Buelna (Seat No. 6)
Ernest H. Moreno (Seat No. 4)
Scott J. Svonkin (Seat No. 5)
David Vela (Seat No. 3)
Kellie N. Williams, Student Trustee

DISTRICT ADMINISTRATION

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Dr. Melinda A. Nish, Interim Deputy Chancellor
Dr. Robert B. Miller, Vice Chancellor of Finance and Resource Development
Dr. Ryan M. Corner, Vice Chancellor of Educational Programs and Institutional Effectiveness
Dr. Albert J. Roman, Vice Chancellor for Human Resources
Jeffrey M. Prieto, General Counsel
David Salazar, Chief Facilities Executive

VALLEY COLLEGE ADMINISTRATION

Dr. Denise Noldon, Interim President
Mike Lee, V. P. of Admin. Services
Sarah Song, Associate V. P. of Admin. Services

COMMUNITY SERVICES PROGRAM STAFF

Michael Atkin, Community Services Manager
Selvia Awad, Community Services Aide
Annette Basileo-Ivey, 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 PROGRAM

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

ATTENDING FIRST SESSION

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

REGISTER EARLY

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

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

REGISTRATION INFORMATION

ENROLLMENT APPLICATION FORM:

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

Today's Date: _____ Class Title: _____ Start Date: _____ Class # _____

Date of Birth: _____ E-mail address _____

Name _____

Street _____

City _____ ZIP _____

Phone: Home () _____ Business () _____

Payment Method:

Check Cash Visa Master Card Discover Card American Express

Credit/Debit Card # _____ Expiration Date _____ Auth # _____

Signature Required: _____ Clerk: _____



Office Use Only
Fee \$ _____
Parking Fee \$ _____
Parking Permit # _____

Mail or bring this form (or copy) to:
Community Services Office
5800 Fulton Ave., Valley Glen, CA 91401
OR, Fax to: 818-947-2930

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

Refund Requests must be presented in writing on the appropriate refund request form and accompanied by original receipt **at least 5 working days** before 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.**

SUPPLY/HANDOUT/MATERIAL FEES:

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

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

REGISTRATION INFORMATION



ONLINE

ANY TIME!

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



PHONE

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

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



BY MAIL

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

LAVC Community Services Department
5800 Fulton Avenue
Valley Glen, CA 91401 - 4096

Mail at least TWO weeks prior to first day of class to ensure there is space in the class. Receipt, campus map and confirmation will be mailed. Please make checks* payable to LAVC or Los Angeles Valley College.

***Checks are processed electronically and will be presented for payment on the same business day.** We will contact registrant(s) if classes are filled, changed, canceled or if registration form is incomplete.



WALK IN

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

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



BY FAX

ANY TIME!

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

**SAVE MONEY! AVOID THE DISAPPOINTMENT OF CANCELED CLASSES!
REGISTER FOR ANY CLASS PRIOR TO TUESDAY, JUNE 18th, AND
SAVE \$5.00 PER CLASS!**

(Early registration discount not valid on aquatics classes and programs, gymnastics, karate, fencing, monthly classes, private tennis, swimming and gymnastics lessons and on-line classes or open recreation programs)

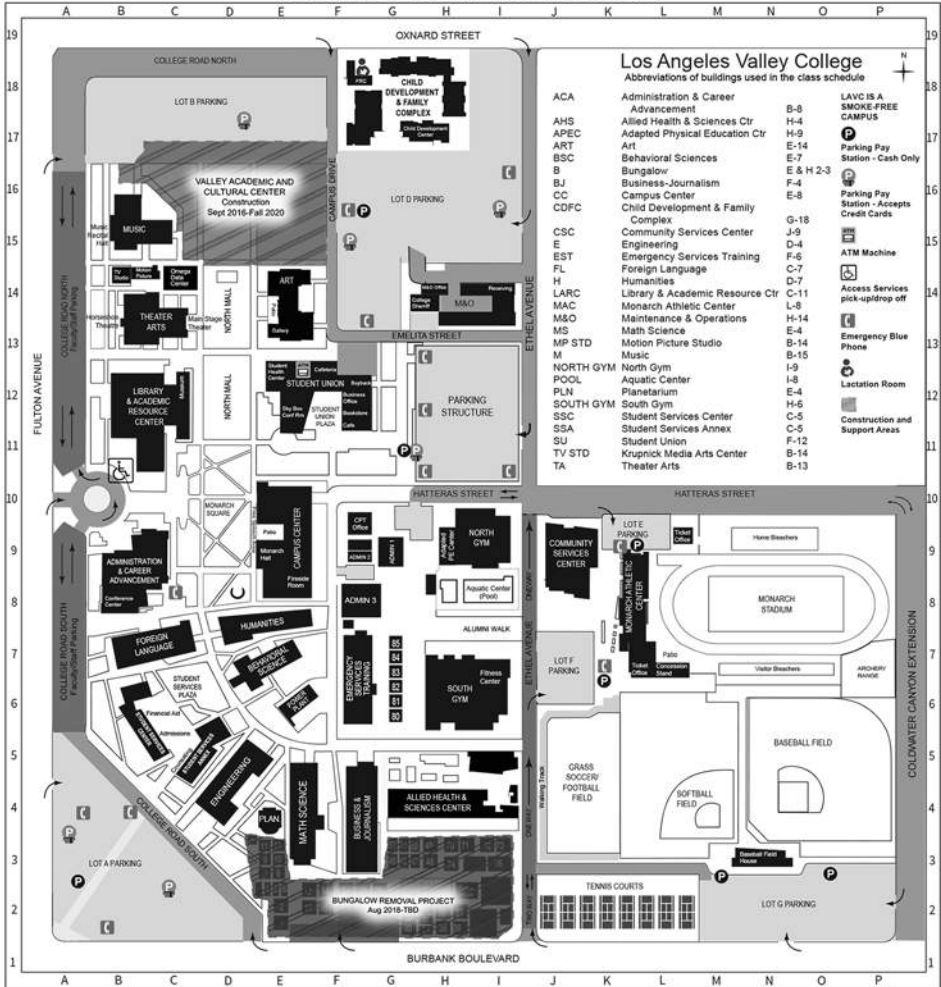
AMERICAN WITH DISABILITIES ACT (ADA) INFORMATION

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.**

GENERAL & REGISTRATION INFORMATION

LAVC CAMPUS MAP

For the latest campus map, visit www.lavc.edu/map



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

ACA	Administration & Career Advancement	B-8	LAVC IS A SMOKE-FREE CAMPUS
AHS	Allied Health & Sciences Ctr	H-4	
APEC	Adapted Physical Education Ctr	H-9	
ART	Art	E-14	
BSSC	Behavioral Sciences	E-7	
B	Bungalow	E & H 2-3	
CC	Business-Journalism	F-4	
CC	Campus Center	E-8	
CDFC	Child Development & Family Complex	G-18	
CSC	Community Services Center	J-9	
E	Engineering	D-4	
EST	Emergency Services Training	F-6	
FL	Foreign Language	C-7	
H	Humanities	D-7	
LARC	Library & Academic Resource Ctr	C-11	
MAC	Monarch Athletic Center	L-8	
M&O	Maintenance & Operations	H-14	
MS	Math Science	E-4	
MP STD	Motion Picture Studio	B-14	
M	Music	B-15	
NORTH GYM	North Gym	I-9	
POOL	Aquatic Center	I-8	
PLN	Planetarium	E-4	
SOUTH GYM	South Gym	H-6	
SSC	Student Services Center	C-5	
SSA	Student Services Annex	C-5	
SU	Student Union	F-12	
TV STD	Krupnick Media Arts Center	B-14	
TA	Theater Arts	B-13	

Academic Affairs (ACA)	B-8	Conference Center (ACA)	B-8	Mailroom / Staff Services (ACA)	B-8	President's Office (ACA)	B-8
Administrative Services (ACA)	B-8	Continuing Ed Noncredit (ACA)	B-8	Main Stage Theater (TA)	B-8	Professional Development Ctr (LARC)	C-11
Admissions & Records (SSC)	C-5	Counseling (SSA)	C-5	Master Calendar Office (ACA)	B-8	Public Relations Office (ACA)	B-8
Archer Range	P-7	Information Technology Office (CC)	E-10	Math Lab (LARC)	C-11	Receiving Office (M&O)	H-1
Art Gallery & Patio (ART)	E-13	EOPS/CARE/Guardian Scholars (SSC)	C-5	Media Services (LARC)	C-11	Registration / Admissions (SSC)	C-5
Assessment Ctr (SSC)	C-5	Exercise Room/EX ROOM (North Gym)	I-9	Monarch Hall & Patio (CC)	E-9	Reprographics / Staff Services (ACA)	B-8
Baseball Field	O-5	Family Resource Center (CDFC)	G-18	Monarch Square	D-10	Sheriff's Office (M&O)	H-14
Bookstore (SU)	F-12	Financial Aid (SSC)	C-5	Monarch Stadium	N-8	Softball Field	M-4
Business Office (SU)	F-12	Freside Room (CC)	C-5	Mosaic Center (SSC)	C-5	Student Life Office (SU)	E-12
Cafe / Lion Cafe (SU)	F-12	Fitness Center (SOUTH GYM)	E-9	Music Recital Hall (M)	B-15	Student Services Plaza (SSC)	C-6
Cafeteria / Monarch Cafe (SU)	F-12	Foundation Office (ACA)	C-5	Media Services (LARC)	B-8	Student Union Plaza (SU)	E-12
CallWORKs (ACA)	B-8	Free Speech Area	D-9	Ombudsperson Office (ACA)	B-3	Svcs to Students w/Disabilities (SSA)	C-5
Career/Transfer Ctr (SSA)	C-5	Free Weights Room/WT ROOM (MAC)	L-8	Parking Lot A	D-17	TAP / Honors Program (ACA)	B-8
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College Road North - Faculty/Staff	A-14	Historical Museum (LARC)	C-12	Parking Lot E	J-7	Walking Track	J-4
College Road South - Faculty/Staff	A-6	Horseshoe Theater (TA)	B-13	Parking Lot F	O-2	Workforce Training (ACA)	B-8
Community Services Office (CSC)	J-9	Institutional Effectiveness Office (ACA)	B-8	Parking Structure	H-12	Writing Center (LARC)	C-11
Computer Commons (LARC)	C-11	Lost & Found / Sheriff's Office (M&O)	H-14	Payroll/Personnel (ACA)	B-8	Valley Presbyterian Hospital	
Cooperative Education (ACA)	B-8					Student Health Center (SU)	E-12

Last modified: 01/17/2019

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

ACTING FOR FILM AND TELEVISION (ADULTS 18+)

- Work on camera in a professional casting studio.
- Discover the actor's secrets of self-confidence, focus, and communication. In this class you will•Learn industry level acting technique.
- Explore the fields of commercials and commercial print.
- Acquire professional auditioning skills.
- Learn how to launch an acting career.



This exciting class has something for everyone. For fun, personal development, career enhancement or to jump start an acting career. You'll be working every week on exercises, improvisations and scripts. Due to June Chandler's busy schedule some classes may be taught by a qualified substitute.

June Chandler & Staff

18696

6 Sundays

9:00 AM - 11:30 AM

Fee: \$95

July 7 - Aug. 11

COMEDY IMPROV



Jump into the lively world of Comedy Improvisation! You will be joining an ongoing group of new and continuing actors for a four week experience of improvisational games and tons of laughter. Class is taught by Tracy Jensen, who has over 30 years of experience in film, stage and TV work. The group meets off campus at a local casting studio. This is a no stress and relaxed way to build confidence and

learn to think on your feet. Come give it a try! If you like it you can "re-up" for an additional 4 weeks directly with June Chandler studio.

Tracy Jensen

18697

4 Sundays

2:00 PM - 4:00 PM

Fee: \$67

June 23 - July 14

COMMERCIAL ACTING (KIDS 6-12)

This is a two day seminar **on camera** at a professional casting studio in North Hollywood.

You will learn how to act like a pro in a casting studio where it really happens!

Class topics include:

- Commercial acting and auditioning.
- The right way to enter the industry.
- Professional tools: photos, resumes, etc.



This is a safe, economical and professional environment for exploring the possibilities of working in the industry. Due to June Chandler's busy schedule some classes may be taught by a qualified substitute.

Tracy Jensen

18698

2 Sundays

11:45 AM - 1:45 PM

Fee: \$81

June 23 & 30

HOW TO BE SUCCESSFUL AT FILM FESTIVALS

This class is designed for filmmakers who want learn how to successfully find Film Festivals and submit their films and how to market their films to stand out and grab attention. Among the many things this course will teach you are how to decide on the correct festival for your film, how to monetize the submission fees and how to prepare your pitch at a festival, how to attract the press, creating a film on a low budget and much more!



Patricia J. Pawlak

18699

1 Saturdays

1:30 PM - 4:30 PM

Fee: \$50

July 20

ACTING/PERFORMING ARTS

IMPROVISATION and THEATER GAMES (Ages 7-13)

In Theater Games and Improvisation we will learn to work together through acting and creating dialogue on the spot. We will play theater games guiding us towards creating scenes through improvisation! The objective of these classes is to learn the basic format of improvisation and how to keep a scene going.



Jordan Nickel-Dubin
18700

8 Saturdays

10:00 AM - 12:30 PM

Fee: \$100

June 15 - Aug. 3

ARTS & CRAFTS / HOBBIES

BATH PRODUCTS (Shampoo, Shower Gel, and Bubble Bath)

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

Quayum Abdul
18701
Supply fee: \$30

1 Saturday

2:00 PM - 5:00 PM

Fee: \$42

August 10

CANDLE MAKING

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

Quayum Abdul
18702
Supply fee: \$20

1 Saturday

3:00 PM - 6:00 PM

Fee: \$42

June 22

COLD PROCESS SOAP MAKING

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

Quayum Abdul
18703
Supply Fee: \$30

1 Saturday

9:00 AM - 12:00 PM

Fee: \$42

August 10

FACE PAINTING



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

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

Carmen MacDonald

Fee: \$80

Level 1

18704 4 Wednesdays 7:00 PM - 9:00 PM June 19 - July 10

Level 2

18705 4 Fridays 7:00 PM - 9:00 PM July 12 - Aug. 2

FAUX LASH APPLICATION

Faux Lash application is a hands-on class and will cover tring, half, and magnetic lashes (no individual application), lash fitting, glue application, and various techniques and lash styles application. Participants will be able to apply their own lashes correctly to enhance their look. This fun and interactive class will give you the tools to apply tour lashes correctly and in a natural manner. Students will receive the opportunity to practice and personalize their lash application.

Raquel Fournier

Fee: \$40

18708

1 Sunday

9:00 AM - 11:30 AM

July 14

18707

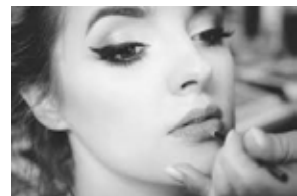
1 Wednesday

5:00 PM - 7:30 PM

July 31

MAKE-UP WORKSHOP

Are you interested in updating your current look? Don't know where to start? This workshop will change the way you approach makeup! Moisturizer and sunscreen application, ex foliation, foundation, perfectors, primers, stenciled eyes, blending, brushes and more. This is a hands on workshop like no other! Raquel will teach you seasonal techniques and tips, including, contouring, stenciled eyes and silky foundation. Please bring a stand up mirror, a small bottle of water and your own make up (moisturizer, sunscreen, foundation, concealer, brushes, eye shadows, lipstick, loose powder, blush, highlighter, mascara, eyeliner, etc.) to class.



Raquel Fournier

Fee: \$75

18709

5 Saturdays

9:00 AM - 11:30 AM

June 29 - July 27

TEACH WITH US!

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

NEW ART CLASSES FOR SUMMER!

NEW!

BEGINNING WATERCOLOR

Beginning Watercolor is about the basics of a traditional approach to this medium as set down by the masters. This class will include the following:

Washes: How to make solid, grades, and layered washes, which are central to water color.

Vaues(tones): How to apply washes to an actual painting.

Composition: How to compose a picture and using photos as reference.

Introduction to Color: How to mix colors

Painting Pictures in Full Color:

Continue Painting in Color

Charles Knecht

18795

6 Saturdays

10:00 AM - 12:00 PM

Fee: \$70

June 15 - July 20

LEARN THE ANCIENT ART OF BASKET WEAVING

In this fun class students will learn ancient skills of basket making. This is a hands-on skills class open to ages 14 and up. We will learn to make baskets for gifts or yourself.

Bella Singh

18796

2 Saturdays

10:00 AM - 1:00 PM

Fee: \$80

June 22 & 29

18797

2 Saturdays

10:00 AM - 1:00 PM

August 17 & 24

Supply fee: \$25

Looking for Musical Arts classes...

We have two new classes for you to enjoy this summer, Harmony Singing and Uku-lele. Take some time for you this summer and develop your love of singing, or finally learn to play an instrument. Just image it, sitting around a camp fire (or backyard fire pit) strumming the new song you learned on your Ukulele as everyone sings in harmony. It's never too late and we are never too old to learn something new! See page 37 or more information and page 7 for how to register.



ARTS & CRAFTS/HOBBIES

ONE STROKE PAINTING



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

Carmen MacDonald
18710

4 Thursdays

7:00 PM - 9:00 PM

Fee: \$80

July 11 - Aug. 1

SOAP MAKING

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

Quayum Abdul

18714

1 Saturday

3:00 PM - 6:00 PM

Fee: \$42

July 27

Supply fee: \$20

SPECIAL EFFECTS 1

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

Carmen MacDonald

18711

4 Wednesdays

7:00 PM - 9:00 PM

Fee: \$80

August 7 - 28

SPECIAL EFFECTS AIRBRUSHING

Expand your special effects makeup skills by learning free hand airbrush techniques. This class will cover basic airbrush techniques to create texture, shading, highlighting and using stencils to design special effects (creatures, Zombies) and much more.



Carmen MacDonald

18712

4 Fridays

7:00 PM - 9:00 PM

Fee: \$80

August 9 - 30

SUGAR SKULLS (STYLE) MAKE-UP

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

18713

2 Wednesdays

7:00 PM - 9:00 PM

Fee: \$40

July 24 & 31

ARTS & CRAFTS/HOBBIES

BEGINNING PHOTOGRAPHY



This class covers all the skills needed to master control of your camera, film or digital, and get predictable, consistent results. With step-by-step instruction students will learn the fundamentals of photography, including how to operate their cameras on manual setting, how to best use automatic settings, how to stop or blur motion, focusing, controlling depth of field, white balance, using flash, and more. Shooting assignments will be given and photos will be reviewed in class. If you're thinking of purchasing a camera, helpful pointers about features to look for will be discussed at first meeting. All others: bring camera and owner's guide to first meeting. NO Class 7/9/19

Nancy Kaye
18715

5 Tues. & 1 Sat. 7:00 PM - 9:30 PM

Fee: \$110
June 25 - July 30

PHOTOGRAPHY FOR TEENS

BEGINNING PHOTOGRAPHY FOR TEENS (AGES 12-17)

This workshop-style class is an introduction to the basic principles of photography and camera operation. Through discussion, photo examples, and hands-on camera practice, learn how to capture motion, light, and to control focus in creative ways. Find out about the key elements of exposure--shutter speed, f-stops, and ISO--and take part in a variety of activities that help you apply your new skills to photographic self-expression. No prior photo knowledge is required. Bring to class a DSLR or other camera with manual exposure options. *Please note:* All students have the option of attending this workshop with one parent (at no charge). However, **students ages 15 and under MUST be accompanied by a parent for the entire workshop.** Please bring to class: camera, user manual, something for note-taking, and a sack lunch.

Nancy Kaye
18716

1 Sat. 10:00 AM - 3:00 PM

Fee: \$50
July 13

INTERMEDIATE TEEN PHOTO / GOING BEYOND SNAPSHOTS

Improve your photography and make creative pictures that go beyond ordinary snapshots. This workshop-style class is all about "seeing" like a photographer and achieving visual self-expression. Have fun while learning how light, point of view, and rules of composition help to make photos more dynamic and display your personal vision. Hands-on photo activities will give participants a chance to practice new concepts. We'll also look at work by master photographers for inspiration and learning about visual communication. This is a follow up to the Beginning Photo class, but can be taken as an independent class. *Please note:* **All students have the option of attending this workshop with one parent (at no charge). However, students ages 15 and under MUST be accompanied by a parent for the entire workshop.** Please bring to class: camera, user manual, something for note-taking, and a sack lunch.

Nancy Kaye
18717

1 Saturday 10:00 AM - 3:00 PM

Fee: \$50
July 20

BUSINESS & CAREER TRAINING

BUSINESS ETIQUETTE SEMINAR

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

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

Raquel Fournier
18718

1 Sunday

9:00 AM - 12:00 PM

Fee: \$35
August 4

MAKE EXTRA MONEY AS A DMV AUTO WHOLESALE FROM HOME



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

Ronald "Wayne" Williams

18719
Fee includes materials and manual

1 Saturday

10:00 AM - 5:00 PM

Fee: \$114
June 22

NOTARY PUBLIC SEMINAR



California needs additional professional Notaries! This class will provide new or previously commissioned Notaries with education and skills needed to pass the State proctored examination, detect fraud and become successful in a new career. This class exceeds the State qualifications for new applicants or Notaries that are renewing their commission. Class ends with the State Notary Public exam. A certificate of completion will be issued.

Brenda Pena

18723
Supply fee \$49

1 Saturday

8:00 AM - 5:00 PM

Fee: \$75
July 20

Please Note: As this class concludes with the California State Notary Public exam, there is an additional \$40.00 exam fee paid to the **Secretary of State** check or money order ONLY. You must also bring two (2) COLOR passport size photos and number 2 pencils to the exam. The exam starts at approximately 4 PM. You must be a legal resident of California (military excluded) 18+ years old to enroll.

BE AN EARLY BIRD!

REGISTER EARLY AND AVOID DISAPPOINTMENT OF NOT GETTING A SPACE IN CLASSES OR CANCELED CLASSES. SAVE \$5 ON EACH CLASS YOU ENROLL IN BEFORE JUNE 18 2019! SEE PAGE 7 FOR DETAILS



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)

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 11th Edition by Davi-Ellen Chabner ISBN: 978-0323370813. Purchase or Rent on your own. Instructor also suggests that students purchase a Medical Dictionary.

Arlyn "Glady" Tagomolila-Que

18720

6 Mon. & 4 Fri.

6:00 PM - 10:00 PM

Fee: \$220

July 1 - Aug. 5

Supply Fee: \$25

NO Class July 5

CODING FOR MEDICAL INSURANCE BILLING (CLASS 2)

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



This course is a prerequisite for Medical Insurance Principles.

Two Books Required:

1. ICD-10-CM for Physicians 2019 (Professional or Expert) any publisher

2. AMA Current Procedural Terminology 2019 ISBN: 978-1-62202-752-1

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

18721

4 Mon. & 6 Fri.

6:00 PM - 10:00 PM

Fee: \$220

Aug. 9 - Sept. 13

Supply fee : \$25

NO Class Sept. 2

MEDICAL INSURANCE PRINCIPLES / BILLING (CLASS 3)

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



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

Arlyn "Glady" Tagomolila-Que

18722

5 Mon. & 5 Fri.

6:00 PM - 10:00 PM

Fee: \$220

Sept. 16 - Oct. 18

Supply fee : \$25

BUSINESS & CAREER TRAINING

PROPERTY MANAGEMENT



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

Christine Evans
18724
Supply fee: \$16

2 Saturdays

9:00 AM - 1:00 PM

Fee: \$74
July 13 & 20

CAREER DESIGNATED EXTENSION CLASSES

See page 43 for class start information

- Paralegal: 7-months - Only \$375/month
- Advanced Paralegal-LDA: 5 Saturdays - Only \$750
- Human Resource Assistant: 18-weeks - Only \$295 for 4 months
- Advanced HR- aPHR Prep Test: 6-weeks - Only \$350 for 2 months
- HR Enhanced for Non-Profits: 5 Saturdays - Only \$325for 3 months
- Clinical Medical Assistant: \$440 for 10 months
- Administrative Medical Assistant: \$440 for 10 months



Register at www.legalfieldcareers.com or call 818.997.0967



MONARCH PARTIES

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



PARTIES ON CAMPUS - CHOOSE ACTIVITIES

- | | | |
|--------------|-----------|-----------------|
| • Gymnastics | • Sports | • Inflatables |
| • Rock Wall | • Cooking | • Arts & Crafts |

WE HAVE SERVICES TO MAKE YOUR PARTY/EVENT MEMORABLE

- | | | |
|--------------------------|------------------------|-----------------|
| • Airbrush Tattoo Artist | • Food Catering | • Face Painting |
| • Art Instructor | • Photo Booth | • Sports Coach |
| | • Themed Party Planner | |

Please visit party@monarchcamps.com to request info., get fees, or book your party.

MONARCH CAMPS

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

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.

THANKSGIVING CAMP

Monday - Wednesday, April 15-19 | Rate: \$80 per day

Grade	Monday	Tuesday	Wednesday
Kinder - 1st	On Campus Fun	Field Trip	On Campus Fun
2nd - 6th	Field Trip	On Campus Fun	On Campus Fun

SCHOOLS OUT, COME TO SINGLE DAY CAMP

August 19 • September 30 • October 9

We offer a fun filled day of camp when school is closed from 7:30AM-6:30PM.

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

AFTER SCHOOL PROGRAM EVERY DAY UNTIL 6:30PM PICK UP AT LAVC School Year 2019 - 2020

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

**\$45/
Daily**

Monarch Camps After School Program has commercial 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

MONARCH CAMPS

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

SUMMER CAMP 2019

JUNE 10TH THROUGH AUGUST 20TH

DAILY RATES	8 week sign up	Sibling Discount or 9 Weeks or more Rate
\$75 per day	\$70 per day	\$65 per day
3 day minimum per week		

REGISTRATION OPENS FEBRUARY 23RD!

REGISTER AT MONARCHCAMPS.COM

LIMITED SPACE and we fill up quickly.

ABOUT OUR MOST POPULAR PROGRAM - CLASSIC DAY CAMP

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

Camps We Offer	For Grades	Ages
Classic Day Camp	Kinder- Third	5-8
eXcursions Camp	Fourth - Seventh	9-12
All Sports Camp	Second - Seventh	7-12
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
Glee 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
Aquatics Camp	Third - Seventh	8-12
Basketball Camp	Third - Seventh	8-12
Baseball Camp	Third - Seventh	8-12
Counselor In Training	Eight-Ninth	13-14

questions email info@monarchcamps.com

Summer Reading Skills PROGRAMS

•Textbook Skills •Reading Speed •Comprehension •Fluency •Phonics

Program for 4-Year-Olds & Entering Kindergartners

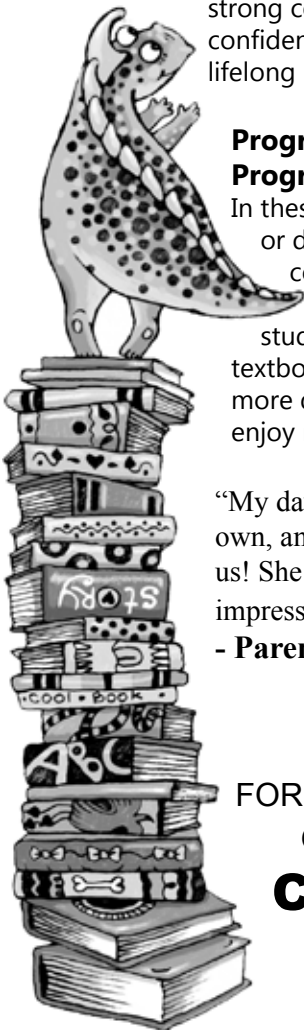
In this fun summer program, your child will learn to read.

Children learn letter recognition, beginning phonics, and easy sight words. Your child will learn to read simple words and short sentences and will be excited about books and reading. The program features wonderful books, engaging games and activities.



Programs for Entering 1st-5th Graders

In these programs, students develop strong phonics and decoding skills, build sight vocabulary, learn to read more fluently and rapidly, and develop strong comprehension skills. Your child will become a more confident student, enjoy reading more, and develop the lifelong habit of reading for pleasure.



Program for Entering 6th-8th Graders

Program for Entering 9th-11th Graders

In these effective and enjoyable programs, your son or daughter will make substantial gains in comprehension and learn to read twice as fast.

Students learn the best way to take notes, study for tests, and read fiction, non-fiction, and textbooks. Your student will complete homework more quickly and easily, get better grades, and enjoy reading more.

“My daughter is sounding out words on her own, and she is so excited about reading to us! She loved this program, and I was very impressed with the teacher.”

- Parent of Kindergartner



FOR MORE INFORMATION
OR TO REGISTER

Call 1-800-903-0162

5am-7pm Monday through Friday
5am-4pm Saturday, 7am-3pm Sunday

CLASSES FOR KIDS

AMERICAN RED CROSS BABYSITTER TRAINING

Learn basic care for infants, toddlers, and children in the areas of health & safety practices, first aid and emergency procedures, and how to be professional. This two-day workshop prepares students to care for themselves and children under their care when adults are not around. A must for tweens and teens wanting to babysit. For children ages 11 - 17 year old. If you pass the exam and wish to have a certificate (to be mailed later), the cost is \$15.00 payable to the instructor at class. Students should bring a snack to class.

Margaret Noji
18725
Supply Fee: \$5

2 Saturdays 10:00 AM - 12:30 PM

Fee: \$75
June 22 & 29

PLAYGROUP REGISTRATION OPENS 6/03/2019 AT 8:00 AM

INFANT & TODDLER PLAYGROUPS



Offered through the LA Valley College Family Resource Center and are for parents/caregivers and babies (birth through 30 months) to socialize with other families in a setting that builds skills through play and social interactions. Groups are facilitated by a child development specialist. Playgroups are held in the Family Resource Center. Make sure to dress for fun and play with sand, water and paint! Please Note: When registering for this

class please enroll **YOURSELF NOT YOUR CHILDREN**. You pay only one fee per household (no more than two children per family per adult allowed). **Please call the Community Services Office ONLY to register. For any questions about the playgroups, please call 818 778-5612. NO Class 7/4/19**

Lisa Brauer
18730

Tue. & Thu. 10:30 AM - 12:00 PM

Fee: \$245
June 18 - Aug. 15

CREATIVE ACTIVITIES PLAYGROUP

These Playgroups are for parents/caregivers and their children ages 2.5 to 3.5 years old. The Creative Activities Playgroup helps build preschool readiness skills through art, music, sensory, and dramatic play. Please Note: When registering for this class please enroll **YOURSELF NOT YOUR CHILD(REN)**. You pay only one fee per household and no more than two children per family per adult allowed. **Please call the Community Services Office ONLY to register. For any questions about the play group, please call (818) 778-5612. NO Class 7/4/19**

Lisa Brauer
18729

Tue. & Thu. 3:30 PM - 5:00 PM

Fee: \$245
June 18 - Aug. 15

MINI-MOZART MUSIC

This fun, energetic music class for children 2-4 years old AND their parents will instill a love and appreciation of music in young children while creating a special bond between parents and their toddlers.

Classes will focus on a variety of songs and activities that emphasize sing-a-long dynamics, call and repeat, movement and rhythm. This class is a great alternative to parent and me gym classes! Please note: Enroll yourself **NOT** your child in this class. Each child in the family must be accompanied by an adult (One child per adult).



Carissa Rhoads
18732

4 Saturdays 9:00 AM - 9:45 AM

Fee: \$40
July 13 - Aug. 3

CLASSES FOR KIDS

HOME ALONE (AGES 11-15)



Develop skills to be confident and safe at home when there are no adults present.

This course provides tools, information and drills for youth who may be spending time at home alone. This class will cover topics such as:

* Answering the phone or front door * Dealing with sudden power outages * Earthquakes and other emergencies * Knowing your surroundings * How (and when) to call 911* Safety in the kitchen

* Identifying common threats.

This class is a must for any child who spends time at home alone!

Taught by Margaret Noji, who is a parent, and an experienced instructor of other youth classes such as American Red Cross Babysitters, CPR, First Aid and Emergency Preparedness.

Margaret Noji

18726

1 Saturday

10:00 AM - 1:00 PM

Fee: \$45

July 13

Supply Fee: \$10.00

YOGA FOR KIDS: LITTLE YOGIES (AGES 5-12)

Allow your child to discover their inner yogi as we explore the benefits of mindfulness, meditation and inner strength. Through the power of yoga, we will begin to develop focus, self-empowerment, combat anxiety & find positivity in everything. Class is taught by Jodie Smith, a Certified Yoga Instructor. **NO Class 7/06/2019**



Jodie Smith

18731

8 Saturdays

10:30 AM - 11:30 AM

Fee: \$80

June 22 - Aug. 17

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. Class limit: 12 students. **NO Class 7/4/19**

Brian King

Supply fee: \$13

Fee: \$59

Grades 3-4

#18733

6 Thursdays

3:45 PM - 4:45 PM

June 20 - Aug. 1

Grades 5-6

#18734

6 Thursdays

4:45 PM - 5:45 PM

June 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. Unified School District. Class limit: 12 students. **NO Class 7/5/19**

Brian King

Supply fee: \$13

Fee: \$59

Grades 3-4

#18735

6 Fridays

4:00 PM - 5:00 PM

June 21 - July 26

Grade 5-6

#18736

6 Fridays

5:00 PM - 6:00 PM

June 21 - July 26

CLASSES FOR KIDS

CLIMBING WALL FOR KIDS

Rock Climbing is the perfect, challenging physical activity for kids. 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 size is limited.



AGES 6 - 11

Tue. or Thu. 5:30 PM - 6:30 PM

Fee: \$60 / Month

AGES 6 - 11

Thu. 4:30 PM - 5:30 PM

Fee: \$60 / Month

* Ask about 2nd class, multi month & sibling discount

COMPUTERS

MICROSOFT OFFICE 2016 (15 YRS - ADULTS)

This workshop will introduce you to Microsoft Word, Excel, Access and PowerPoint. In Word, you'll create, edit, save, and print documents. In the Excel portion you will learn to create workbooks, enter data, perform calculations using formulas and functions, learn navigation techniques, insert columns and rows, move and copy data. In PowerPoint, we explore the different PowerPoint views, create slides, create graphical objects, insert pictures from clipart, use the WordArt feature, and prepare the slide for running the show. In Access you'll create a table, define the fields that make a table, enter and edit data on the table. You will create a basic query to extract data and generate a report from the table. **Prerequisite: Working knowledge of Windows XP or 7 and keyboarding skills. NO Class 7/4/19**



Jackie Heintz

18737

4 Thursdays

6:00 PM - 9:30 PM

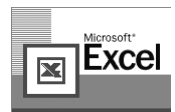
Fee: \$141

June 20 - July 18

Handout fee: \$14

MICROSOFT EXCEL 2016 (15 YRS - ADULTS)

This course covers the basic spreadsheet skills. Students will learn how to start Excel, create worksheets for a working business environment, get help, manipulate worksheets and files, and work with charts.



Prerequisite: Working knowledge of Windows and keyboarding skills.

Jackie Heintz

18738

4 Thursdays

6:00 PM - 9:30 PM

Fee: \$141

July 25 - Aug. 15

Handout fee: \$14

Computer Skills for the Workplace available on-line through ed2go. Gain a working knowledge of the computer skills you'll need to succeed in today's job market. Page 37 for more information.

COOKING/BAKING

INSTANT POT COOKING BASICS

This class will teach people who either own or are thinking of purchasing an Instant Pot the basics of use and care with lecture and cooking demos



In this 2 1/2 hour class you will learn simple functionality, including just what all those buttons mean and how to use them to make great dishes as well as how to make staple recipes including broth, yogurt, vegetables, soup, and eggs.

This informative class will help students “unbox their Instant Pot and provide entry level instruction on how to use it, fool proof recipes, and insider tips from someone who has read the manual and used it almost every day for the past 2 years!

Lucie Murray

18742

1 Wednesday

6:30 PM - 9:00 PM

July 24

Fee: \$35

Supply Fee: \$5

HEALTHY COOKING 101

People who cook for themselves are less likely to become obese and suffer from diabetes or heart disease. In this six week course taught by certified nutrition consultant and culinary instructor, Carrie Bonfitto, students will learn how to make healthy food choices and prepare meals that will increase energy, improve health, and help with weight management. Teaching methods will include lecture, cooking demonstrations and hands-on cooking/participation and tasting.

Carrie Bonfitto

18741

6 Tuesdays

7:00 PM - 9:00 PM

June 18 - July 23

Fee: \$175

Supply fee: \$50

KNIFE SKILLS

Increase your enjoyment of cooking and speed in the kitchen by learning how to use a chef's knife properly. This class focuses on the needs of the non-professional cook helping them to feel comfortable with this often intimidating tool. You will learn about knife selection, sharpening, and safety as well as techniques for slicing, dicing, chopping, mincing, and various specialty cuts. Knives will be provided for in class use.

Carrie Bonfitto

18743

1 Wednesday

7:00 PM - 9:00 PM

June 26

Fee: \$30

Supply Fee: \$5

KIDS AND YOUTH BAKING: ADVANCED

Kids will get a practical working knowledge of the core essentials of baking and will have the opportunity to incorporate their own flavor preferences into the items we create. This class is suitable for older beginners to upper level younger children, from ages 10-17. Kids should be sent to class with 3 medium to large Tupperware containers, a notebook and pen, and a water bottle to drink from. PLEASE ALERT US TO ANY FOOD ALLERGIES WHEN REGISTERING.

Alegre Ramos

18728

3 Saturdays

10:00 AM - 1:00 PM

August 17 - 31

Fee: \$80

Supply Fee: \$30

COOKING/BAKING

KIDS AND YOUTH COOKING AND BAKING ESSENTIALS

Kids (10-17) will get a practical working knowledge of the core essentials of cooking and will have the opportunity to incorporate their own flavor preferences into the items we create. Lemon cake or chocolate cake? Oatmeal cookies or chocolate chip cookies? Kids will be engaged to think about the science behind baking and begin to learn how to create their own recipes from scratch. In this class we will make cakes and frosting, cookies, and one other dessert item of their choice (we'll vote on it in the first two classes). For cooking, we will make a Breakfast meal and an Italian meal from scratch, and one other meal of their choice. We will alternate between baking and cooking each week, starting with baking cookies in week one. PLEASE ALERT US TO ANY FOOD ALLERGIES WHEN REGISTERING.

This class is suitable for any kid who can safely use a stove, oven, and knife unsupervised. Cooks will get to eat the results of their work, or take home a small care package at each session. For this class we charge a \$50 per participant material fee for supplies. Exact dishes made will always be changing with the seasons, so feel free to take this class more than once. **NO Class 7/6 & 7/27/19**

Alegre Ramos
18727
Supply Fee: \$50

6 Saturdays 10:00 AM - 1:00 PM

Fee: \$160
June 15 - Aug. 3

Looking for more classes for Kids/Teens like ACTING or IMPROV? We've got that. How about BAKING or COOKING? We've got that too! AQUATICS or GYMNASTICS? Yep, that too. Not sure about classes for your 12 year old or 15 year or older Teen? Many of our classes begin at age 12 like PHOTOGRAPHY or 15 years such as our COMPUTER classes. We have a wide array of classes for your whole family. Give us a call and we would be happy to help you.
(818) 947-2577 x4172, Monday-Friday, 8:00am-4:30pm

DANCE

BALLROOM DANCE - BEGINNING / INTERMEDIATE



Imagine being the image of confidence, grace and style on the dance floor! You will learn the latest styles and techniques of modern ballroom and Latin dancing, including The Foxtrot, Waltz, Tango, Swing, Cha-Cha, Rumba and more. Come and enjoy the most artistic of social pastimes--you'll have fun, make new friends, and never have to refuse an invitation to dance again! Please wear soft-soled, low-heeled shoes. Jacqueline Eusanio holds an M.S. in Kinesiology/Dance. She has performed professionally with several world renowned dance companies and has more than 30 years experience as a performer, teacher and choreographer. **While a partner is not REQUIRED for this class, it is advantageous to have one.** If you enroll with a partner we will provide each of you with a \$5 discount (in addition to any other discount - Early Bird, Senior, etc. you may be entitled to).

Jacqueline Eusanio
18744

6 Saturdays 4:00 PM - 5:30 PM

Fee: \$70
July 13 - Aug. 17

DANCE



Looking For A Fun Party Idea For Your Child's Next Party?
 Why not try a cooking party at LAVC Community Services.
 Choose from Pizza Making, Cookie Baking & Decorating,
 Brownie Making and more!



Call 818-304-3016 ext. 6 for more information.

LINE DANCE



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.**

Sara Lopez

Fee: \$70

Beginner

18745

5 Sundays

10:00 AM - 11:00 AM

June 23 - July 21

18746

5 Sundays

10:00 AM - 11:00 AM

July 28 - August 25

Intermediate

18747

5 Sundays

11:00 AM - 12:00 PM

June 23 - July 21

18748

5 Sundays

11:00 AM - 12:00 PM

July 28 - August 25

MIDDLE EASTERN DANCE - BEGINNING

No dance has ever exerted a more powerful fascination than Middle Eastern Belly Dancing. You will develop grace, poise, and confidence while learning the most exotic and eloquent of all dances. Basic technique and choreography, rhythms, veil, and finger cymbals are all part of this exciting class. Getting in shape was never so much fun!

Jacqueline Eusanio

Fee: \$70

18749

6 Saturdays

3:00 PM - 4:00 PM

July 13 - August 17

EXERCISE / SPORTS / FITNESS

ESSENTIAL YOGA

Everyone can benefit from yoga! This practice is truly a personal program as you exercise your mind and body. This class is geared for individuals who wish to learn proper alignment of yoga postures. Use of props such as blankets, chairs, blocks, and straps are welcomed as they encourage correct alignment. Open to all levels, so you will have the option to use any of the props or none. We will work on posture, balance, and breathing techniques while we build flexible strength. Yoga will soften the tight spots and strengthen the weak areas. Come and bring your body, mind, and spirit into harmony. Be sure to bring a mat or towel. **NO Class on 7/6, 7/13**



Michelle Fong

Fee: \$44

18752

4 Saturdays

11:00 AM - 12:30 PM

June 22 - July 27

18753

4 Saturdays

11:00 AM - 12:30 PM

August 10 - 31

EXERCISE / SPORTS / FITNESS

FENCING

Fencing taught at all levels from beginning through advanced. All three weapons taught: foil, epee, and saber. Please wear loose comfortable clothing and soft-soled shoes.



Ongoing, Tuesdays 8:00 PM - 9:00 PM
(we also offer Open Recreation Fencing-see page 40 for more information)

Carl Oberg

Fee: \$50 for 4 lesson punch card

KARATE



Challenge yourself to the purest form of karate- traditional Okinawan Shorin-Ryu Matsubayashi. Achieve excellence in physical and mental conditioning, improve self-confidence and self-discipline. Learn to defend yourself by mastering self-defense techniques. **Men and women 17 and up welcome.** Class days and times are tentative and subject to change depending on availability of facilities.

SPECIAL OFFER: 1/2 OFF FIRST MONTH FEE AND FREE UNIFORM FOR ALL NEW STUDENTS! (Please note: Special offer is NOT available on-line.) You must register by phone or in person to receive the offer. NO Class on 7/4/19

Bruce Horbochuk
Payable 1st of month

Fee: \$60 / Month

Tuesday & Thursday

8:00 PM - 9:00 PM

18781
18783

June
August

18782 July

PRECISION CARDIO CORE

If you're serious about core training, add this challenging class to your existing workout regimen! You will feel the burn right away with the combined sequences of aerobics, pilates, and resistance training. We use loaded and resistant exercises in a progressive core series, while blending balance conditioning all together. A good combination of functional training and power core movements, this will challenge your Glutes and Abdominals in a steady-paced workout. **NO Class 7/6, 7/13**

Michelle Fong

Fee: \$44

18754 4 Saturdays 10:00 AM - 11:00 AM
18755 4 Saturdays 10:00 AM - 11:00 AM

June 22 - July 27
August 10 - 31

TAI CHI CHUAN

Tai Chi Chuan can have a transformative effect for many types of people. All levels are welcome, from the casual exerciser to the serious practitioner. The class will focus on the introduction to fluid movement while breathing. The style and sequencing of these movements will enable everyone to learn the exercise and principles. The class philosophy will refer to the forces of balance within. The slow deliberate postures are incorporated together to impart a low-impact martial art with amazing results. You will feel refreshed and energized while recovering health and balance. **NO Class on 7/3, 7/6, 7/13, 7/17/2019.**

Michelle Fong

Fee: \$44

18756 4 Wednesdays 5:30 PM - 6:30 PM
18757 4 Wednesdays 5:30 PM - 6:30 PM
18758 4 Saturdays 9:00 AM - 10:00 AM
18759 4 Saturdays 9:00 AM - 10:00 AM

June 19 - July 24
August 7 - 28
June 22 - July 27
August 10 - 31

EXERCISE SPORTS & FITNESS

TONE & STRETCH (WITH RESISTANCE BANDS)

Increase lean muscle mass while burning calories! This intense class focuses on upper and lower body using resistance bands for muscle definition. Attention is given to proper alignment, increased flexibility and strengthening of connective tissue. Includes abdominal work and a stretch/breathing cool down. An all-encompassing body workout! May Fong ACE-PT BS has additional credentials in Ashtanga Yoga and Classical NY Pilates. Be sure to bring a towel or mat to each class. **NO Class on 7/3, 7/17/19.**



Michelle Fong

18760

4 Wednesdays

6:30 PM - 7:30 PM

Fee: \$44

June 19 - July 24

18761

4 Wednesdays

6:30 PM - 7:30 PM

August 7 - 28

TOTAL BODY WORKOUT AND STRETCH (All Levels)

This is a no-nonsense class designed to correctly flatten and strengthen the abdominal area plus other problem areas. A combination of dance, Yoga stretches and Pilates mat work are included to streamline the entire body. New innovative movements for both men and women create an enjoyable exercise session. The use of wrist and ankle weights is an additional option. (Bring a mat.)

April Tatro

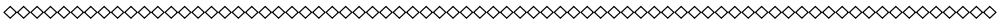
18762

8 Saturdays

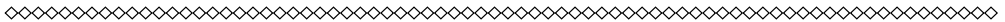
9:30 AM - 10:30 AM

Fee: \$88

July 6 - August 24



We offer drop in sports and open recreation activities that are open to adults ages 18 and up in the community (minimum age for gymnastics open workout is 16). 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: Badminton, Basketball, Fencing, Gymnastics, Juggling, Rock Climbing Wall, and Track. **All Open Recreation activities fees are \$8.00 per visit. Discounted punch cards are also available. See page 40 for more information and complete schedule of classes.****



TENNIS COURT RENTAL

Tennis courts are available for rental to the general public only when the Community Services Department holds regularly scheduled tennis classes. Rate is \$12/hour and there is a maximum of two hours rental time per day. (Please call us at 818-947-2577 x4172 to get current schedule of classes). Court rentals may be made no more than 2 weeks in advance.

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.

ADVANCED BEGINNER: Have had at least one or two sessions of 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.

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

NO CLASS ON July 6 and 7, 2019

CHILDREN (AGES 6 - 14) SATURDAY CLASSES

# 18763	Begin/Int.	8 Saturdays	12:00 PM - 1:00 PM	June 22 - Aug. 17	Fee: \$74
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ADULTS SATURDAY CLASSES

# 18764	Adv. Beg.	8 Saturdays	11:00 AM - 12:00 PM	June 22 - Aug. 17	Fee: \$74
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# 18765	Intermed.	8 Saturdays	9:00 AM - 11:00 AM	June 22 - Aug. 17	Fee: \$148
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ADULTS SUNDAY CLASSES

# 18766	Beginning	8 Sundays	9:00 AM - 11:00 AM	June 23 - Aug. 18	Fee: \$148
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# 18767	Advanced	8 Sundays	11:00 AM - 1:00 PM	June 23 - Aug. 18	Fee: \$148
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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. Make all checks payable to L.A. Valley College.



Raymond Finks, Tennis Pro
Fee is \$64/hour per person

We also offer private gymnastic lessons and private swimming lessons.

See pages 33 & 42 for more information.

GYMNASTICS

The Community Services Department at L.A. Valley College offers a variety of gymnastics programs for all ages and abilities. Classes emphasize physical fitness, motor development and kinesthetic awareness for our youngest students through competitive gymnastics skills for our advanced team members who represent our club program. Children 2 years of age must show proof of age and be toilet trained. Students wishing to take lessons more than once a week can register in any combination of days which best meet their needs. Students are restricted to one class per day. Back-to-back classes are not permitted. **Parents of two-year olds must stay with their children during lesson.**



-Registration for all classes MUST BE COMPLETED by the last day of the previous month. We DO NOT have the capability to auto debit your account. To insure registration for the next month, you must register using one of the methods listed on page 7. PLEASE NOTE: OUR CLASSES FILL UP VERY QUICKLY. WE STRONGLY ENCOURAGE YOU TO NOT WAIT UNTIL THE LAST DAY OF THE MONTH TO REGISTER FOR THE NEXT MONTH. ALSO, PLEASE CONSIDER ENROLLING IN MULTIPLE MONTHS AT THE SAME TIME. YOU CAN RECEIVE UP TO AN 11% DISCOUNT IF YOU ENROLL FOR MORE THAN 1 MONTH AT A TIME.

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

-FIRST TIME REGISTRATIONS MUST BE DONE IN PERSON. RENEWAL REGISTRATIONS (WITH A CREDIT CARD) MAY BE COMPLETED IN ANY OF THE WAYS LISTED IN THIS CATALOG ON PAGE 7.

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

-There are no make-up lessons or credits for missed classes. Please see our refund policy on P. 4

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

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Gymnastics Discounts

Sibling Discount=\$10 off for second and each additional child enrolling at the same time.

2nd Class Discount=\$15 off for second class enrolled in during same month. (Must be the same student enrolling in both classes at the same time for the same month). Only 1 discount per person per registration is allowed (we will apply only the greater of the two discounts).

If you wish to take advantage of a discount you must register in person or by phone. Discounts are not available for on-line registrations.

Ask about our multi-month discounts.

Discounts not available on Private Lessons.

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Gymnastics Office

Charlie Nash, Coordinator & Nikki Norwoods, Assistant

818-947-2513

palingca@lavc.edu

Office Hours:M-F: 3-7 pm & Sat 9 am - 1:00 pm; Closed Sunday



GYMNASTICS

CLASS FEES INCREASE BY \$10 EFFECTIVE JULY 1ST

CHILDREN'S CLASSES

PARENT AND ME GYM

Parent and Me classes promote early development and provide a strong foundation for your child's critical first three years within the sport of gymnastics. Weekly classes will help your child achieve new milestones and prepare for more advanced challenges during each stage of growth.

*Parents are required to remain in class to participate with their child.

Parent and Me (2 - 3 yrs)	3:30-4:15 PM	M or T or W or Th	\$50/Mo
Parent and Me (2 - 3 yrs)	9:30-10:15 AM	Sat.	\$50/Mo
Parent and Me (2 - 3 yrs)	10:30-11:15 AM	Sat.	\$50/Mo

BEGINNING GYMNASTICS

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

*No previous gymnastics experience required.

Beginning Girls (3 - 4 yrs)	3:30-4:15 PM	M or T or W or Th	\$50/Mo
Beginning Girls (3 - 4 yrs)	4:30-5:15 PM	M or T or W or Th	\$50/Mo
Beginning Girls (3 - 4 yrs)	9:30-10:15 AM	Sat.	\$50/Mo
Beginning Girls (3 - 4 yrs)	10:30-11:15 AM	Sat.	\$50/Mo

Beginning Girls (5 - 6 yrs)	3:30-4:30 PM	M or T or W or Th	\$60/Mo
Beginning Girls (5 - 6 yrs)	4:30-5:30 PM	M or T or W or Th	\$60/Mo
Beginning Girls (5 - 6 yrs)	9:30-10:30 AM	Sat.	\$60/Mo
Beginning Girls (5 - 6 yrs)	10:30-11:30 AM	Sat.	\$60/Mo

Beginning Girls (7 - 8 yrs)	3:30-4:30 PM	M or T or W or Th	\$60/Mo
Beginning Girls (7 - 8 yrs)	4:30-5:30 PM	M or T or W or Th	\$60/Mo
Beginning Girls (7 - 8 yrs)	9:30-10:30 AM	Sat.	\$60/Mo
Beginning Girls (7 - 8 yrs)	10:30-11:30 AM	Sat.	\$60/Mo

Beginning Girls (9+ yrs)	4:30-5:30 PM	M or T or W or Th	\$60/Mo
Beginning Girls (9+ yrs)	5:30-6:30 PM	M or T or W or Th	\$60/Mo
Beginning Girls (9+ yrs)	9:30-10:30 AM	Sat.	\$60/Mo
Beginning Girls (9+ yrs)	10:30-11:30 AM	Sat.	\$60/Mo

Beginning Boys (4 - 6 yrs)	3:30-4:30 PM	M or T or W or Th	\$60/Mo
Beginning Boys (4 - 6 yrs)	9:30-10:30 AM	Sat.	\$60/Mo
Beginning Boys (7 - 9 yrs)	4:30-5:30 PM	M or W	\$60/Mo
Beginning Boys (9+ yrs)	4:30-5:30 PM	T or Th	\$60/Mo
Beginning Boys (7 - 9 yrs)	10:30-11:30 AM	Sat.	\$60/Mo
Teen Boys (10+ yrs)	11:30 AM - 1 PM	Sat.	\$75/Mo

INTERMEDIATE GYMNASTICS (BY INVITE/AUDITION ONLY*)

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

Intermediate Girls (7-9 yrs)	5:30-7:00 PM	T or Th	\$75/Mo
Intermediate Girls (7-9 yrs)	11:30-1:00PM	Sat.	\$75/Mo
Intermediate Girls (10+ yrs)	5:30-7:00 PM	T or Th	\$75/Mo
Intermediate Girls (10+ yrs)	11:30-1:00PM	Sat.	\$75/Mo
Intermediate Girls (7+ yrs)	5:30-7:00PM	M or W	\$75/Mo
Intermediate Girls (7+ yrs)	5:30-7:00PM	M & W Or T & Th	\$130/Mo

Call 818-947-2577 X.4172 to register.

GYMNASTICS

ADVANCED GYMNASTICS-GIRLS (BY INVITE/AUDITION ONLY*)

As gymnasts develop their skill set, strength increases, focus lengthens, and awareness has peaked. Conditioning and flexibility play a huge role as the difficulty level has been amplified exponentially! The fun is now found in the weekly challenges and the thirst to finally land that flip, do the tumbling passes without being spotted or do a full 180° split! This class offers strength, intensified skill development and perfection, more gym time and more equipment exposure all adding up to an ideal class for a girl wanting to be known as a gymnast.



*Specific skill set required-These classes are based on skill set/level NOT age.

Advanced Girls (all ages)	5:30 PM - 7:00 PM	M or T or W or Th	\$75/Mo
Advanced Girls (all ages)	5:30 PM - 7:00 PM	M & W Or T & Th	\$130/Mo
Advanced Girls (all ages)	11:30 AM - 1:00 PM	Sat.	\$75/Mo

TEEN TUMBLING CO-ED

Designed to teach the fundamental skill set of beginning to advanced skills of Tumbling. Teen tumbling classes are modified to fit the needs of each student enrolled regardless as to whether they have never tumbled before in their lives or have had years of experience in the tumbling world.

Teen Tumbling (10+yrs)	11:30 AM-1:00 PM	Sat.	\$75/Mo
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GYMNASTICS TEAM (by Recruitment Only)

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



Fees: \$160/ Mo. Gymnast must participate in a minimum of three days each week (schedule varies depending on the Level).

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

ADULT CLASSES

ADULT BEGINNING GYMNASTICS & TUMBLING

This class caters to all levels of gymnastics, from beginner to advanced level gymnasts. No prior gymnastics experience is required. The class begins with a group warm-up and stretch followed by basic tumbling skills on the floor and the tumble track. Students learn handstands, rolls, cartwheels, round-offs, handsprings and front and back tucks.

Sun.	9:30 AM - 11:30 AM	Fee: \$14 per lesson
Coach: Dennis Ruelas		
Register for desired week with the Community Services Office or online prior to class date and time.		

ADVANCED GYMNASTICS CO-ED – ADULTS & TEENS (16 and Up)

Knowledge of gymnastics basics is required. **Will be asked to audition for instructor prior to acceptance.**

Adults & Teens Program:		
Mon. & Thur.	7:00 PM - 9:00 PM	Fee: \$58 for 4 lesson punch card
Coach: Mike Washlake, Daniel Southworth, Josh Fried		
Purchase punch card at the Community Services Office or at the Gymnastic Center during class time.		

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PLEASE NOTE:
PUNCH CARDS DO NOT EXPIRE. THEY ARE NOT REFUNDABLE
AND NOT REPLACED IF LOST OR STOLEN

GYMNASTICS

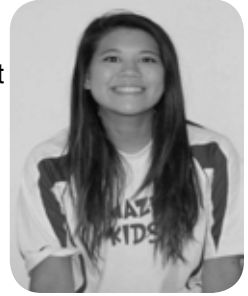
PRIVATE GYMNAS TIC LESSONS

Most of our gymnastic coaches are available for private or semi-private (1:1 or 1:2) gymnastic lessons. Rates range from \$50 to \$100 per hour depending on instructor/coach selected. Please call 818-947-2577 x. 4172 or 818-947-2513 for days times and rates. We also offer private tennis and swim lessons. See pages 28 and 41 for more information.



SPOTLIGHT ON STAFF: KATE BOONGRAPU

Kate began gymnastics when she was 8 years old. Although she got a late start, she quickly excelled in the sport and worked her way onto team. While on team, Kate competed for State Champion and won Bars for level 6, All Around for level 7, and Floor for level 8. She continued to train and worked her way up to being a level 10 gymnast! She loves coaching and is happy to be passing off her knowledge of a sport that has played such an important role in her life.



GYMNASTIC CENTER RULES

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

GYMNASTICS DISCOUNTS AND PRO-RATING POLICY

Sibling Discount= \$10 off second and each additional child living in the same household.
2nd Class Discount= \$15 off if you register one person for **two separate classes during the same month.** (You must register for both classes at the same time). No 2nd class discount on private lessons.

Ask us about our multi-month discounts.

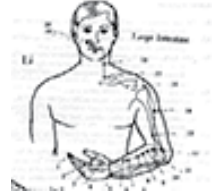
We do not pro-rate classes.

There are no credits or make-ups for missed classes (unless the Community Services Department cancels a class). **Fees for all classes and team are due the last day of the current month for the next months class. Sorry, due to safety considerations & staffing issues we cannot allow day of the class registrations.**

HEALTH, WELLNESS & FIRST AID

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. (No partner necessary for class but we will be practicing the neck release on each other in class.) Please bring a small hand mirror and water-soluble marker to class.



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

18773

1 Thursday

8:00 PM - 10:00 PM

Supply fee: \$3.00

Fee: \$35

August 1

AMERICAN RED CROSS CPR/AED

This class covers CPR and AED for the lay person to administer to adults, infants, (no AED on infants) and children. Course concludes with an exam. **For ages 18 and above.**

Margaret Noji

18768

1 Saturday

10:00 AM - 2:00 PM

Supply fee: \$5.00

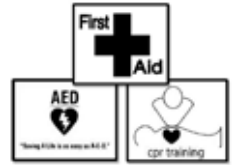
Fee: \$45

August 3

If you pass the exam for either class and wish to have a certificate (to be mailed later), the cost is \$20.00 per certificate payable to the instructor at class.

AMERICAN RED CROSS FIRST AID

Emergency First Aid training for the lay person to administer to adults, infants and children as recommended by the American Red Cross. Course concludes with an exam. **For ages 18 and above.**



Margaret Noji

18769

1 Saturday

10:00 AM - 1:00 PM

Supply fee: \$5.00

Fee: \$40

August 17

If you pass the exam for either class and wish to have a certificate (to be mailed later), the cost is \$20.00 per certificate payable to the instructor at class.

**HEALTHY HEART HEALTHY YOU,
CHECKOUT OUR HEALTHY COOKING CLASS ON PAGE 24**

EARTHQUAKE PREPAREDNESS



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 your family is now ready.

Margaret Noji

18770

1 Saturday

10:00 AM - 12:00 PM

Fee: \$35

August 31

HEALTH, WELLNESS & FIRST AID

FASTING FOR LONGEVITY

This 3-week course is designed to help you safely increase fat burning, lose weight, and promote longevity with intermittent fasting. This is not a starvation diet. You will be eating your regular food daily. You will learn how to shift meal timing and use your body's natural circadian rhythms to heal your cells, reduce risk of disease, and live longer.



Carrie Bonfitto, NC

18771

3 Mondays

7:00 PM - 8:30 PM

Fee: \$75

June 17 - July 1

NEW!

STOP EATING JUNK FOOD



Maintaining a healthy weight is more about what you eat than how much you eat. In this 3 week course, learn how to stop counting calories, control food cravings, and read food labels so you can fuel your body with the nutrients it needs to look and feel it's best.

Carrie Bonfitto

18772

3 Mondays

7:00 PM - 8:30 PM

Fee: \$75

July 8 - 22

NEW!

DON'T BE A VICTIM - SELF DEFENSE WORKSHOP

In this class participants will learn street smart survival skills, awareness, prevention and preparedness techniques. Participants will learn how to prevent and disarm an attacker in a variety of situations.



Spice Williams-Crosby & Jennifer Silverstein

18774

1 Sunday

11:00 AM - 4:00 PM

Fee: \$60

July 21

Supply Fee: \$15

STRESS AND ANXIETY RELIEF TECHNIQUES



We've all experienced stress, and these days it seems to be worse than ever! In this class, we'll learn what stress actually is (this, by itself, can be very helpful in dealing with it); we'll learn a few surprising facts about stress; we'll delve into why, specifically, it isn't good for us; and, finally, we'll experience several all-natural, very effective ways to reduce, eliminate or avoid it altogether. Many of these techniques are so quick and easy to do that you can use them anywhere you happen to be: home, work, or sitting in your car waiting for the light to change. Improve your life today! (Please dress comfortably, and bring a notebook and pen or pencil with you.) Taught by Frances M. O'Brien, Certified in Advanced Emotional Freedom Technique.

Frances M. O'Brien

18779

3 Saturdays

1:00 PM - 2:00 PM

Fee: \$45

August 3 - 17

LANGUAGES

SPANISH

ALL SPANISH CLASSES TAUGHT BY TERESA HITO

BASIC SPANISH

This course will address selected concepts of the TL (Target Language) in order to be able to have a flowing conversation with someone. **First**, we will introduce you to the basics of the Spanish language beginning with the Alphabet to Present Tense.

Next, we will address writing, speaking, listening, and comprehension with an introduction to the Latino American culture. Be ready to practice a lot in class !!

Fee: \$132

18776

8 Saturdays

11:15 AM - 1:15 PM

June 22 - August 10

Supply Fee: \$8

INTERMEDIATE SPANISH

Intermediate Spanish is for those who have completed the basic Spanish course, Beginning. After a review of Present Tense, **First**, we will introduce Past Tense, Future Tense, and an introduction to Past Tense in detail. **Next**, we will introduce Subjunctive. Students will improve their proficiency of the Spanish language and Latino American culture. Be ready to practice a lot in class!!

Fee: \$132

18777

8 Saturdays

1:45 PM - 3:45 PM

June 22 - August 10

Supply Fee: \$8

SPANISH FOR KIDS (Ages 7 - 12)

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

Fee: \$99

18775

6 Saturdays

9:00 AM - 11:00 AM

June 22 - July 27

Supply Fee: \$8

Music

BEGINNING FOLK AND BLUES HARMONICA



We will take simple folk and pop melodies and rhythms and invigorate them with simple but powerful breathing techniques to make any song deeply expressive. Then we will dive into the Blues and get you jamming with tricks and techniques to make your harmonica cry, moan and wail!!!

You must bring a 10-hole C-major diatonic harmonica to class. (Available

for \$13 if you don't have one.)

Dave Broida

Fee: \$58

18778

1 Friday

6:00 PM - 8:00 PM

July 19

NEW MUSIC CLASSES!



THE BASICS OF HARMONY SINGING

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

Dale LaDuke

18799

5 Saturdays

11:00 AM - 12:00 PM

Fee: \$95

August 3 - 31

Supply fee: \$5

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 freeboard. No previous experience needed. Bring your own ukulele.



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

Dale LaDuke

18798

5 Saturdays

10:00 AM - 11:00 AM

Fee: \$95

August 3 - 31

Supply fee: \$10



BE AN EARLY BIRD!

Don't Wait!



Register Today!

REGISTER EARLY AND AVOID DISAPPOINTMENT OF NOT GETTING A SPACE IN CLASSES OR CANCELED CLASSES!

SAVE \$5 ON EACH CLASS YOU ENROLL IN BEFORE JUNE 18th!



INSTRUCTOR LED NON-CREDIT ONLINE COURSES



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

24-Hour Access

Discussion Areas

8 Week Format

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

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

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

Learn it On-line!

Introduction to Google Analytics

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

Performing Payroll in QuickBooks

Learn how to use QuickBooks 2013 to create paychecks, pay tax liabilities, and produce forms and reports.

Accounting Fundamentals

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

Beginning Writer's Workshop

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

Computer Skills for the Workplace

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

A to Z Grant Writing

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

Grammar Refresher

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

Digital Photography

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

Introduction to Final Cut Pro X

Make the leap from home video enthusiast to professional video editor using Apple's revolutionary Final Cut Pro X editing software.

Intermediate Microsoft Excel

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

Introduction to CSS3 and HTML5

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

Leadership

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

Writing Essentials

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

Effective Business Writing

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

Introduction to SQL

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

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

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



CAREER TRAINING

ONLINE PROGRAMS



JUMP START YOUR CAREER OR START A NEW ONE!

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

One-On-One Instructor Assistance

24-Hour Access

All Materials and Books are Included!

Certificate Upon Successful Completion

Course Start Any Time

3-6 Months Of Instruction

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

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

Learn it On-line!

Pharmacy Technician

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

Corporate Event Planner

The Corporate Event Planner (CEP) program provides a detailed guideline on how to design and plan an event, set budgets, successfully execute an event, review performance, and charge for services. The CEP course is known for teaching different types of events because it covers: Special Events, Meetings, Assemblies, Recognition, and Training. 240 Course Hours

Professional Bookkeeping

with QuickBooks 2018 with Payroll Practice and Management.

After an in-depth study of QuickBooks, you will learn the principles of payroll management. By the end of this comprehensive training, you will be an expert in payroll from basic accounting to double-entry bookkeeping. You will learn through hands-on activities designed to help you understand skills like handling accounts receivable and payable, accounting for fixed assets, and recording inventory. 220 Course Hours

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

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

Introduction to Final Cut Pro X

Make the leap from home video enthusiast to professional video editor using Apple's revolutionary Final Cut Pro X editing software.

Federal Court Interpreter

The Federal Court Interpreter training program prepares you to sit for the oral component of any State or Federal Court Interpreting Examinations offered in the United States. This program is language specific - Spanish/English. You will acquire the three interpreting skills - simultaneous, consecutive, and sight translation. 200 Course Hours

Introduction to CSS3 and HTML5

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

Electrical Technician

This training provides an intensive overview of skills necessary for electrical maintenance. This program teaches you math, inspection, safety, quality, electrical systems, automation, motor controls, and assembly to work as an electrical technician.

120 Course Hours

Video Game Design and Development

The Training Program is the place to start if you're seeking a professional career as a video game designer and developer. This program is also well-suited for enthusiastic amateurs and gamers looking to explore this exciting field as a recreational endeavor. This on-line certificate program is offered in partnership with major colleges, universities, and other accredited education providers. 500 Course Hours

OPEN RECREATION ACTIVITIES

Open Recreation (drop-in) activities are open to adults ages 18 and up in the community (minimum age for gymnastics open workout is 16). 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: Badminton, Basketball, Fencing, Gymnastics, Juggling, Rock Climbing Wall, 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.**



Scottish Dance will only run for June (No July/August)

DAY	TIME	PROGRAM	LOCATION
Monday	7:30-10:30PM	Scottish Dance	N Gym Exer. Rm.
Tuesday	7-10 PM	Gymnastics	Gymnastic Ctr.
Tuesday	7-10 PM	Open Climb	CSC 101
Tuesday	9-10 PM	Fencing	CSC 102
Thursday	7-10 PM	Open Climb	CSC 101
Thursday	9-11 PM	Juggling	Gymnastic Ctr.
Friday	7-10 PM	Gymnastics	Gymnastic Ctr.
Friday	7-11 PM	Badminton	North Gym
Saturday	6-9 AM	Track	Stadium Track
Saturday	6-9 PM	Basketball	North Gym
Sunday	2-5 PM	Adv. Badminton	North Gym

CLIMBING WALL

The Community Services Department is pleased to offer Open Rock Wall Climbing (see schedule above) for Adults. In order to climb participants must either pass a belay certification test or attend an orientation class. Orientation classes are held once a month (call 818-947-2577 x. 4172 for schedule of orientation classes).

Once you have completed the orientation class you may climb at any open climb time.

Did you know....

We also offer kids climbing wall birthday parties! See page 17 or call 818-304-3016 EXT. 6 for more information.



SWIMMING & AQUATICS

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 Friday from 3:30 PM - 6:30 PM and Saturday & Sunday from 10:00 AM - 12:30 PM. Please read the registration information/refund policy on page 40.

ADULT CLASSES (18 years old and up)

Class size range 12 - 20 students based on class

SHALLOW WATER AEROBICS

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

M/W/F 10:00 AM - 10:55 AM \$85/month

AQUA FIT STRETCH & TONE

A class dedicated to easy and relaxed stretches to help loosen and tone the body, as well as isometric exercises designed to strengthen the muscles. A great way to improve blood flow and ease tension in the joints.

Sat. 10:00 AM - 10:55 AM \$55/month

AQUA FIT

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

T/TH 6:00 PM - 6:55 PM \$75/month
Sat. 11:00 AM - 11:55 AM \$55/month

MASTERS SWIM TEAM

LAVC TriMasters offers adult swimmers (18 years old and up) a safe, clean, and friendly environment which promotes an enjoyable swimming experience for all levels: novice through collegiate level swimmers and triathletes. Includes participation in local and regional competitions through United States Masters Swimming.

M/W/F 7:30 PM - 8:55 PM

Fee: \$55/month + \$48 annual registration fee with USA Masters.
Participants may attend any or all days each week.

BEGINNING ADULT SWIM INSTRUCTION

Learn to swim! If you have never learned to swim and want to learn how, this is the class for you. Become comfortable in the water and learn the basics of swimming.

T/TH 5:00 PM - 5:55 PM \$75/month
Sun. 11:00 AM - 11:55 AM \$55/month

INTERMEDIATE ADULT SWIM INSTRUCTION



Know how to swim, but want to get better? Want to get a great workout? In this class you will learn to be a better, stronger swimmer, learn better technique, gain endurance and work on your overall strength.

T/TH 7:00 PM - 7:55 PM \$75/month
Sun. 12:00 PM - 12:55 PM \$55/month

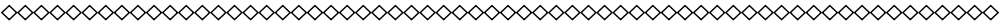
SWIMMING & AQUATICS

ADULT CLASSES (18 years old and up), Continued

AQUA TABATA

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

M/W:	7:00 PM - 7:45 PM	\$60/month
Sun.	10:00 AM - 10:55 AM	\$35/month



CHILDREN'S CLASSES

PARENT & ME LEVEL I

A fun water class for both young children and parents! Work with your child to make sure that they are comfortable in the water. Child must be toilet-trained and/or wear swim diaper. Children must be between 1½ and 2½ years old. Please note: One child per parent. Parent must be in the water with child at all times.

M/W:	4:00 PM - 4:25 PM	\$65/month
T/TH:	4:00 PM - 4:25 PM	\$65/month

PARENT & ME LEVEL II

A class for parents to work with their children on the fundamentals of swimming. Child must be toilet-trained and/or wear swim diaper. Children must be between 2½ and 4 years old. Please note: One child per parent. Parent must be in the water with child at all times.

M/W:	4:30 PM - 4:55 PM	\$65/month
T/TH:	4:30 PM - 4:55 PM	\$65/month

SMALL GROUP LESSONS

Our smaller group lessons offer flexible scheduling and are for children of all swimming abilities. Learn to swim or get better with your strokes! For ages 4 through 16½. Group sizes are 6-8 students and are 45 minutes long. **Tryout required for Levels 2-4.**

Tryouts are at the pool on Monday & Tuesday between 5-7 PM; Saturday & Sunday between 10:30 AM-12:30 PM. No appointment needed.

M/W or T/TH: Levels 1-4:	4:00 PM - 4:45 PM	\$85/month
M/W or T/TH: Levels 1-4:	5:00 PM - 5:45 PM	\$85/month
M/W or T/TH: Levels 1-4:	6:00 PM - 6:45 PM	\$85/month
Saturday: Levels 1-3:	*10:00 AM - 12:00 PM	\$55/month
Sunday: Levels 1-3:	*10:00 AM - 12:00 PM	\$55/month

*Level 1-3 classes are also available on Saturdays and Sundays. Classes are 45 minutes long and start time of class varies based on day and level. For more information please contact the Community Services office at (818) 947-2577 Ext. 4172 or the Pool at (818) 778-5644 (See page 40 for pool office hours)



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.

SWIMMING & AQUATICS

CHILDREN'S CLASSES, Continued

SPLASH CLUB

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.

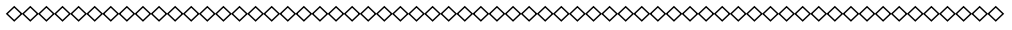
M/W: 5:00 PM - 5:55 PM	\$75/month
M/W: 6:00 PM - 6:55 PM	\$75/month
T/TH: 5:00 PM - 5:55 PM	\$75/month
T/TH: 6:00 PM - 6:55 PM	\$75/month



PRE-TEAM

A group lesson for advanced swimmers who want to refine stroke mechanics, stroke efficiency, and endurance. Pre-team is a recreational program, but trains like a competitive team. **Tryout is required.** Ages 6 through 17.

M/W/F: 6:00 PM - 6:55 PM	\$85/month
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FAMILY (RECREATIONAL) SWIM

Fun for the whole family! Use our pool for a day of fun in the sun. Children under 4 years old must be toilet-trained and/or wear a swim diaper. Children under 18 years old must be accompanied by an adult. *No lap swimming is allowed in Family Swim area during Family Swim times. No inflatable toys or water guns are allowed.*

Saturday & Sunday	10:00 AM - 1:00 PM
Fee: \$3/person or \$25 for 10 entries	
<i>(EXACT CHANGE OR CREDIT/DEBIT CARD REQUIRED-NO CHECKS)</i>	

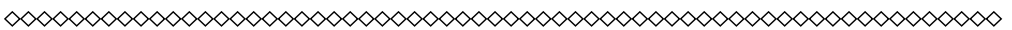
ADULT LAP SWIM (18 and over)

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



Monday-Friday:	6:00 PM – 9:00 PM
Saturday/Sunday:	10:00 AM - 1:00 PM
<i>(IF PAYING AT POOL, EXACT CHANGE OR CREDIT/DEBIT CARD REQUIRED-NO CHECKS)</i>	

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



Pool Office Phone Number: 818-778-5644

Stewart O'Dell, Coordinator

odellsa@lavc.edu

Like us on Facebook: www.facebook.com/lavcaquaticscenter

Pool Office Hours: Monday-Friday, 3:00pm-8:00pm; Closed Weekends

EXTENSION PROGRAM

EARN GREAT \$\$\$ - Join our PROFESSIONAL CAREER ACADEMIES

Professional Paralegal Academy

Approximately 7 Months to a New Career!

Our program **exceeds** CA Code requirement. Convenient schedule: Monday, Wednesday, Thursday evenings, and Saturday mornings. Learn from attorneys, paralegals, and legal educators. Over 28 legal topics. This is the best program anywhere!

Payment plan only \$375 per month • **Classes starts in July & October 2019**

Advanced Paralegal-LDA (Legal Document Assistant)



Start your own business as a paralegal in a few short weeks. Join the growing field of legal professionals creating a marketable edge in today's highly competitive workplace. Graduates are fully prepared to register with the State of California. Only 5 Saturdays!

Course fee: \$750 • Ask about our discounts! • **Classes forming**

Class starts April 2019

Human Resource Assistant Academy

Outstanding collection of HR management topics offered in convenient Thursday evening and Saturday morning schedule. Learn from experts and experienced HR professionals and become employable in virtually every industry.

Payment plan only \$295 for 4 months • 18 Weeks to a New Career!
Class starts October 2019

✓ **Advanced HR-aPHR Certification** (Prep Course for National Test)

Get certified and fast-track your career! Prepare for this nationally recognized test that demonstrates a commitment to your profession.

Payment plan only \$350 for 2 months • Only 6 Saturdays to a new career!

Classes forming

✓ **HR-Enhanced for Non-Profits**

Hands-on intense 5-week bootcamp for beginners & experienced professionals. Learn to find funders and successfully package proposals from start to finish.

Payment plan only \$325 for 3 months • Only 5 Saturdays to a new career!

Class starts soon; Call for details!

Medical Training Classes

Clinical Medical Assistant or Administrative Medical Assistant

Courses available on the LAVC campus.

Saturdays only • Payment plan only \$440 for 10 months • Call for details!

For information, call **(818) 997-0967**

or visit our website **www.legalfieldcareers.com**

English as a Second Language (ESL)

All classes are **FREE** and are **Open-Entry/Open-Exit**

English as a Second Language

Students learn speaking, listening, reading, and writing skills

- ESL 001CE, English as a Second Language - Beginning I (Reading/Writing)
- ESL 002CE, English as a Second Language - Beginning II (Reading/Writing)
- ESL 006CE, English as a Second Language - 0: Literacy Level
- ESL 007CE, English as a Second Language - 1: Beginning Low
- ESL 008CE, English as a Second Language - 2: Beginning
- ESL 009CE, English as a Second Language - 3: Beginning High
- ESL 015CE, English as a Second Language - 4: Intermediate Low
- ESL 016CE, English as a Second Language - 5: Intermediate
- ESL 017CE, English as a Second Language - 6: Intermediate High

English as a Second Language Speech

Students focus on speaking and listening skills

- ESL 023CE, English as a Second Language - Speech I
- ESL 024CE, English as a Second Language - Speech II

English as a Second Language and Civics

Students learn English along with U.S. History and Government for Citizenship

- ESLCVCS 010CE, ESL and Civics - 1: Beginning Low
- ESLCVCS 011CE, ESL and Civics - 1: Beginning
- ESLCVCS 012CE, ESL and Civics - 1: Beginning High
- ESLCVCS 013CE, ESL and Civics - 1: Intermediate Low
- ESLCVCS 014CE, ESL and Civics - 1: Intermediate
- ESLCVCS 015CE, ESL and Civics - 1: Intermediate High

Note: Students will be given a mark of "P" (pass) or "SP" (satisfactory progress)

How to Register

You pay no tuition and begin most classes at any time during the semester. If you never attended LAVC or if you stopped attending for two or more semesters, you will need to complete an admissions application. You can complete it online at www.lavc.edu/New-SIS/New-SIS.aspx. After completing the admissions process, you may enroll in classes.

Easy Enrollment

1. New students may enroll online at www.lavc.edu/New-SIS/New-SIS.aspx, or complete an abbreviated application in our office.
2. Returning students receive a registration appointment date and then may enroll in the Continuing Education office (ACA 1401), by phone (818.778.5594), or at <http://www.lavc.edu>.

Before Enrolling in ESL Classes

ESL students take the noncredit ESL placement test. To find out more about course placement, go to ACA 1401 or call 818.778.5594.

Books

Books may be purchased for about \$40; some students may be eligible for financial assistance.

Naturalization Preparation Services

Assistance is provided during office hours (Monday - Friday, 8:00 a.m. - 3:00 p.m.) For more information, contact Lily Gevorkian at (818) 778-5614.

On-Campus Contact Information

For more information call **818-778-5594**. We are open Monday through Friday from 8:00 a.m. to 3:00 p.m., with evening hours Thursday from 4:00 - 7:00.

*If interested, please contact the number above and **not** Community Services.*

No-Cost Programs Offered by LAVC

HiSET/GED/TOEIC

High School Equivalency Test (HiSET)

An affordable alternative to the GED®

Whether you're in pursuit of a career or attending college, earning a high school equivalency credential is vital! Practice testing is \$20 every Friday from 9:30am - 12:00pm & work shops are available.

Test Information:

- Paper-based testing formats are available
- Subject areas: language art (reading & writing, science, social studies, and mathematics)
- \$175 non-refundable, non-transferable fee. Additional fees for retakes (\$30 for retakes; \$10 for rescheduling)
- Must be 18 years or older with valid government issued identification.
- Must be a California resident.

www.lavc.edu/hiset.html

General Education Diplomas (GED)

Official test center offers mathematics, social studies, science, and reasoning through language arts (RLA). To register, visit <https://ged.com>.

The Test of English for International Communication (TOEIC)

The testing subjects are reading and listening. This test is a paper and pencil test that takes approximately 3 hours. Testing is provided on the 2nd Saturday of each month. Register through ets.org.

For more information, visit us in the Administration & Career Advancement Building (room 1101) or call (818) 947-2976.

*If interested, please contact the number above and **not** Community Services.*

Careers in Entertainment

Free classes offer by LAVC Media Arts

VOC ED 152 CE Gig Economy Careers in Entertainment – The Development Department Class #14821

The Development Process is a foundation of the entertainment industry and touches on all areas of the front office: project creation, packaging, response to script changes, and creating an effective marketing campaign. Career pathways include the development department, production management, legal and business affairs, talent management, and promotions/marketing. Learn how these processes influence the creative process.

VOC ED 154 CE Gig Economy Careers in Entertainment – The First Assistant Director and Managing the Creative Environment on Set Class #14823

The Digital Imaging Technician is a bridge position between physical production and post production. This new position offers a potential gateway to the entire post production process and offers many job pathways in the technical area, which is also the most immediately high-paying of the sectors. These jobs provide long-term career stability but also require skills in technology and rapid changes in job descriptions and duties.

VOC ED 153 CE Gig Economy Careers in Entertainment – The First Assistant Director Class #14822

The first assistant director during the production process is a “set producer” who coordinates every physical aspect of production in order to allow the director to achieve their creative vision. Being an effective first assistant director requires a knowledge of every department as well as the language needed to communicate effectively. Understanding the role of the first assistant director duties is key to every aspect of physical production.

VOC ED 155 CE Gig Economy Careers in Entertainment – Business Aspects Class #14824

The Entertainment Industry has always been based on the “gig economy” where craftspeople move from job to job rather than maintaining a long-term career at one particular corporation. The gig economy provides many unique challenges to both incoming and incumbent workers in terms of job acquisition, networking, and financial planning. Discover the ways to successfully navigate an entrepreneurial career.

To Register:

1. Go to www.lavc.edu and apply for the summer 2019 session.
2. Once you receive your student ID number, register for classes online.
3. Visit www.lavc.edu and click the “Register” tab.

For more information, contact:

Stephanie (818) 778-5830 or Professor Dan Watanabe at
Watanabedan-ideas@yahoo.com

*If interested, please contact the number above and **not** Community Services.*



THURSDAY ALL AGES PARENTING PLAYGROUP WITH LISA BRAUER



Join Lisa Brauer, licensed Marriage, Family, and Child Therapist, along with other parents for a series of workshops to explore the joys and challenges of parenting. Bring your child (ANY AGE) to play with other children supervised by staff and student interns!

Receive a Parenting Certificate!

Thursday's from 1:00 p.m. - 3:00 p.m.
June 13th - August 22nd

Session I: Parent 021CE
Family Development and
Communication
Class Code: 14749

Session II: Parent 022CE
School, Work and Family
Balance
Class Code: 14750

Registration Steps for Parenting Classes:

1. Apply on-line to Los Angeles Valley College for the Summer 2019 semester www.lavc.edu
2. Once you receive your student ID number, register for classes. (Class code provided)

For more information & registration for these call 818-778-5612 or email angelam@lavc.edu

To see more services the Family Resource Center offers, visit our website: www.lavcfamilyresourcecenter.org

If interested, please use the contact information above and not Community Services

Workforce Training/Adult Education

NO-COST Training Academies for Eligible Individuals Offered Through the Office of Workforce Training

- ✓ Manufacturing
- ✓ Biotech Manufacturing
- ✓ Bus Operations Training Academy

Manufacturing Academy - Begin your career in the growing manufacturing industry. This six-week course includes conventional and CNC machining lathe and mill operations, blueprint reading, inspection procedures, and employability skills. For more information and orientation schedule, call Roberto at 818.778.5610 or visit www.lavcjobtraining.org.

Biotech Manufacturing Academy - Train to start a career in the fast-growing Biotech industry. This six-week program prepares you for a role as an entry-level Bio-manufacturing Technician Level I. People in this role clean and sanitize equipment that provides life-saving pharmaceuticals for patients. Join the Academy and learn good manufacturing practices, workplace science, and OSHA standards as well as workplace readiness skills such as interviewing, and writing resumes and cover letters. For more information, call Kristi or Karen at 818.947.2941, or visit lavcjobtraining.org.

Bus Operations Training Academy - The Los Angeles County Metropolitan Transportation Authority (Metro) is continuing to look for qualified bus operators. Learn the fundamental needs incorporating MTA situations and restart your career in this comprehensive two-week academy. Instruction covers pre-trip inspection in its entirety, DMV Class B permit, customer service, and more. For information, call Michael (818.778.5572) or Tempie (818.947.2386).

For more information, visit
www.lavcjobtraining.org or call **818.947.2941**



*If interested, please contact the number above and **not** Community Services.*

****Disclaimer**

The Manufacturing, Biotech and Metro Bridge Academies are funded by various government entities in collaboration with Los Angeles Valley College. All participants must meet the set criteria, established by such government entities, in order to qualify for entrance into the Academies. Los Angeles Valley College provides training only, and is not responsible for job placement.

COMMERCIAL ACTING FOR KIDS

This is a two day seminar on camera at a professional casting studio in North Hollywood. You will learn how to act like a pro in a casting studio where it really happens!

This is a safe, economical and professional environment for exploring the possibilities of working in the industry.



IMPROVISATION



In THEATER GAMES and IMPROVISATION we will learn to work together through acting and creating dialogue on the spot. Through theater games kids will learn the basic format of improvisation. This class is for youth to teens, ages 7-13 years.

ACTING FOR FILM AND TELEVISION

Work on camera in a professional casting studio. Discover the actor's secrets of self-confidence, focus, and communication. In this class you will learn industry level acting technique, explore the fields of commercials and commercial print, acquire professional auditioning skills, and learn how to launch an acting career.

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

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Register on-line at <https://lavalley.augusoft.net>

Registration for SUMMER Classes

Begins on June 3, 2019

For more information, please call

PHONE: (818) 947-2577, x4172

FAX: (818) 947-2930

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

Catalog available in alternative medias

SUMMER 2019

JUNE - AUGUST 2019