

LOS ANGELES VALLEY COLLEGE

COMMUNITY SERVICES

CLASSES & PROGRAMS

SUMMER 2020

LOOK INSIDE THIS ISSUE FOR

HUNDREDS OF GREAT CLASSES

ON-LINE & IN PERSON

INCLUDING:

MEDICAL BILLING & CODING

**HARMONY SINGING AND
OTHER MUSICAL ARTS CLASSES**

SPANISH

EARTHQUAKE PREPAREDNESS

HEALTHY COOKING & KNIFE SKILLS

AQUATICS & GYMNASTICS CLASSES

AND MANY MORE!

KEEP CATALOG UNTIL AUGUST 31ST, 2020

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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. It is also available at many Los Angeles County Public Libraries as well as all City of Burbank 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 36.

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 2020 Class Registration Begins On Monday, June 1, 2020

Register prior to June 15th and save \$5.00 per class!

Not Valid For Private Lessons or Monthly Classes

GENERAL & REGISTRATION INFORMATION

LOS ANGELES COMMUNITY COLLEGE

BOARD OF TRUSTEES

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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 5 (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.



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 MONDAY, JUNE 15TH, 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)

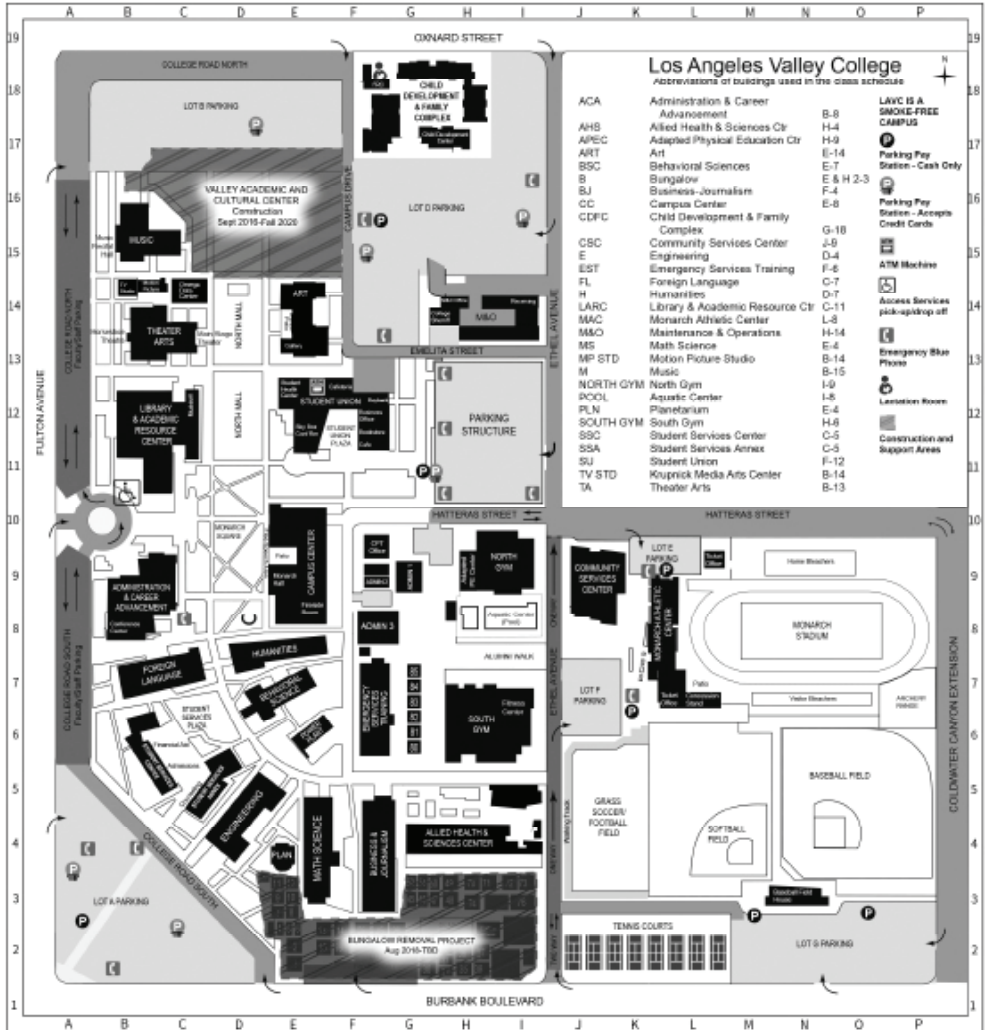
AMERICAN WITH DISABILITIES ACT (ADA) INFORMATION

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
AHS	Allied Health & Sciences Ctr	H-4
AREC	Adapted Physical Education Ctr	H-9
ART	Art	E-14
BSC	Behavioral Sciences	E-7
B	Bungalow	E & H 2-3
SJ	Business-Journalism	F-4
CC	Campus Center	E-6
CDFC	Child Development & Family Complex	G-10
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
SCOL	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	Main Room / Staff Services (ACA)	B-8	President's Office (ACA)	B-8
Administrative Services (ACA)	B-8	Continuing Ed Nonresid (ACA)	B-8	Main Stage Theater (TA)	C-13	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)	H-8
Archery Range	P-7	Information Technology Office (CC)	E-10	Math Lab (LARC)	C-11	Receiving Office (M&O)	B-1
Art Gallery & Patio (ART)	E-13	EOPSCARE/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-10	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	Friskide Room (CC)	E-9	Mosaic Center (SSC)	C-5	Student Life Office (SU)	E-12
Cafe / Lion Cafe (SU)	F-12	Fitness Center (SOUTH GYM)	I-6	Music Recital Hall (M)	B-15	Student Services Plaza (SSC)	C-6
Cafeteria / Monarch Cafe (SU)	F-12	Foundations Office (ACA)	B-8	Ombudsman Office (ACA)	B-8	Student Union Plaza (SU)	E-12
CalWORKs (ACA)	B-8	Free Speech Area	D-9	Parking Lot A	B-3	Sves to Students w/Disabilities (SSA)	C-5
Career/Transfer Ctr (SSA)	C-5	Free Weights Room/WT ROOM (MAC)	L-8	Parking Lot B	D-17	TAP / Honors Program (ACA)	B-8
Child Development Center (CDFC)	G-17	General Tutoring (LARC)	C-11	Parking Lot D	G-16	Tennis Courts	K-2
Child Development Dept (CDFC)	G-17	Gymnastics Center (CSC)	J-9	Parking Lot E	K-9	TRD (SSC)	C-5
College Road North - Faculty/Staff	A-14	Historical Museum (LARC)	C-12	Parking Lot F	J-7	Walking Track	J-4
College Road South - Faculty/Staff	A-6	Horseshoe Theater (TA)	B-13	Parking Lot G	O-2	Workforce Training (ACA)	B-9
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

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

Dates and times for all in person classes are subject to change

HOW TO BE SUCCESSFUL AT FILM FESTIVALS

This class is designed for filmmakers who want to 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
20457

1 Saturday

1:30 PM - 4:30 PM

Fee: \$50
July 25

ARTS & CRAFTS/HOBBIES

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.

Values(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
20472

6 Saturdays

10:00 AM - 12:00 PM

Fee: \$70
July 11 - Aug. 15

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. Open to Teens 15 and Adults.

Nancy Kaye
20459

5 Tue. & 1 Sat.

7:00 PM - 9:30 PM

Fee: \$110
July 7 - Aug. 4

Do you have pictures that you always wanted to use
but don't because they need editing?

CHECKOUT OUR PHOTOSHOP CLASS ON PAGE 18

ARTS & CRAFTS/HOBBIES

Dates and times for all in person classes are subject to change

CANDLE MAKING (TAUGHT ONLINE)



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
20465

1 Saturday

3:00 PM - 6:00 PM

Fee: \$42
June 27

SOAP MAKING (TAUGHT ONLINE)

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
20466

1 Saturday

3:00 PM - 6:00 PM

Fee: \$42
July 25

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
20467
Supply fee: \$30

1 Saturday

9:00 AM - 12:00 PM

Fee: \$42
August 22

FIZZY BATH BOMBS



These bath bombs make fantastic gifts - they are just dropped into a hot bath and they fizz and dissolve releasing a beautiful fragrance! Surprisingly easy to make, let your imagination run WILD and experiment with different oils and colors - The class instructor also likes to add dried rose petals, dried lavender and fine glitter... The possibilities are endless! All it takes to make delicately scented tablets is a little

mixing, some gradual spritzing, and a few minutes of molding. When you are finished you will have dozens of effervescent treats in a variety of shapes and colors that will scent and soften bath water as they bubble. This is a hands-on class so dress accordingly.

Quayum Abdul
20468
Supply fee: \$20

1 Saturday

2:00 PM - 5:00 PM

Fee: \$42
August 22

ARTS & CRAFTS/HOBBIES

Dates and times for all in person classes are subject to change

FACE PAINTING (TAUGHT ONLINE)



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 have handouts at 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

20460

4 Wednesdays

7:00 PM - 9:00 PM

Fee: \$80

July 8 - 29

Personalized Make-Up Techniques (In Spanish)

NEW!

Taller De Técnicas De Maquillaje Personalizadas (TAUGHT ONLINE)

¿Estás interesado en actualizar tu aspecto actual? ¿No sabes por dónde empezar? ¡Este taller práctico es como ningún otro! Raquel le enseñará técnicas y consejos de temporada, incluidos contornos, ojos estarcidos y bases sedosas. ¡Los estudiantes pueden esperar aprender la guía personal de Raquel para una aplicación perfecta! Esta será una oportunidad divertida para practicar tu español como segunda lengua o simplemente para tomar una clase en tu lengua materna. Este taller de aplicación de maquillaje personalizado se llena rápidamente ya que los cupos son limitados. ¡Inscríbete ya!

Are you interested in updating your current look? Don't know where to start? This hands on workshop is like no other! Raquel will teach you seasonal techniques and tips, including, contouring, stenciled eyes and silky foundation. Students can expect to learn Raquel's personal guide to a flawless application! This will be a fun opportunity to practice your Spanish as a second language or just to take a make up class in your native tongue. This A to Z personalized makeup application workshop fills up fast as seating is limited. Register now!

Raquel Fournier

20470

5 Wednesdays

6:00 PM - 8:30 PM

Fee: \$75

July 8 - Aug. 5

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

20461

4 Wednesdays

7:00 PM - 9:00 PM

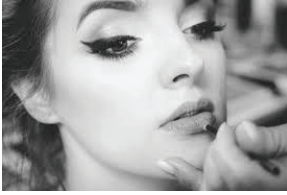
Fee: \$80

August 5 - 26

ARTS & CRAFTS/HOBBIES

Dates and times for all in person classes are subject to change

MAKE-UP WORKSHOP: SUMMER EDITION (TAUGHT ONLINE)



Moisturizer and sunscreen application, exfoliation, 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. Students can expect to learn Raquel's personal guide to a flawless application! Are you interested in updating your current look?

Don't know where to start? This workshop will change the way you approach makeup! This A to Z personalized makeup application workshop fills up fast.

Raquel Fournier
20469

5 Saturdays

9:00 AM - 11:30 AM

Fee: \$75
July 11 - Aug. 8

LASH APPLICATION TECHNIQUES (TAUGHT ONLINE)

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
20471

1 Saturday

12:00 PM - 2:30 PM

Fee: \$40
August 1

DAY OF THE DEAD

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 stands out and impresses. No experiance needed. Please ask about a materials handout when you register.

Carmen MacDonald
20464

3 Tuesdays

7:00 PM - 9:00 PM

Fee: \$50
August 4 - 18

ONE STROKE PAINTING 1 (TAUGHT ONLINE)



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
20462

4 Fridays

7:00 PM - 9:00 PM

Fee: \$65
July 10 - 31

ONE STROKE PAINTING 2 (TAUGHT ONLINE)

This course will focus on learning and perfecting brush strokes. Last class you will paint an individual project using strokes learned during class. Please have all supplies from provided list (same list as One Stroke Painting 1)

Carmen MacDonald
20463

4 Fridays

7:00 PM - 9:00 PM

Fee: \$65
August 7 - 28

BUSINESS & CAREER TRAINING

Dates and times for all in person classes are subject to change

MAKE EXTRA MONEY FROM HOME AS A DMV AUTO WHOLESALER (TAUGHT ONLINE)



Learn how to make extra income by buying and selling wholesale cars as a home-based business; or, simply buy cars for your friends, family and co-workers at great wholesale prices. Learn how to get your auto dealer license and how to operate a profitable used car business. 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

Fee: \$114

20476

1 Sunday

10:00 AM - 5:00 PM

June 28

Fee includes materials and manual

SOCIAL SKILLS & BUSINESS ETIQUETTE SEMINAR (TAUGHT ONLINE)

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. Professional image and introductions will be covered among other topics. Seminar fills up fast. 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

Fee: \$35

20477

1 Saturday

9:00 AM - 11:30 AM

August 15

PURSuing A CAREER IN 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.

Chris Evans

Fee: \$74

20474

2 Saturdays

9:00 AM - 1:00 PM

August 15 & 22

Supply fee: \$16

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

BUSINESS & CAREER TRAINING

Dates and times for all in person classes are subject to change

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. *Classes are listed on the next page. We also offer these classes on line. See page 34*

MEDICAL TERMINOLOGY (CLASS 1) (TAUGHT ONLINE)

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

This course is a prerequisite for Medical Insurance Coding. Required text: The Language of Medicine 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

20478

6 Mon. & 4 Fri.

6:00 PM - 10:00 PM

Fee: \$220

June 29 - Aug. 3

NO Class 7/3

CODING FOR MEDICAL INSURANCE BILLING (CLASS 2) (TAUGHT ONLINE)

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

This course is a prerequisite for Medical Insurance Principles.

Two Books Required:

1. ICD-10-CM for Physicians 2020 (Professional or Expert) any publisher
2. AMA Current Procedural Terminology Professional

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

20479

4 Mon. & 6 Fri.

6:00 PM - 10:00 PM

Fee: \$220

Aug. 7 - Sep. 18

NO Class 8/28, 8/31 & 9/7

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

20480

5 Mon. & 5 Fri.

6:00 PM - 10:00 PM

Fee: \$220

Sep. 21 - Oct. 23

Supply fee: \$25

BUSINESS & CAREER TRAINING

Dates and times for all in person classes are subject to change

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

20475

1 Saturday

8:00 AM - 5:00 PM

Fee: \$75

August 1

Supply fee: \$49

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.

CLASSES FOR KIDS

CLIMBING WALL FOR KIDS (Ages 6 - 11)

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!

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

Fee: \$60 / Month

Thu. 4:30 PM - 5:30 PM

Fee: \$60 / Month

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

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 workshop prepares students to supervise 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

20481

2 Saturdays

12:00 PM - 2:30 PM

Fee: \$75

July 11 & 18

Supply Fee: \$5

INFANT & TODDLER PLAYGROUPS



Offered through the LA Valley College Family Resource Center 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. Please 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.

Day and time to be determined please contact the Community Services office for more information

CLASSES FOR KIDS

Dates and times for all in person classes are subject to change

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.**

Day and time to be determined please contact the Community Services office for more information

HOME ALONE (AGES 11-15)

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

20490

Supply Fee: \$10

1 Saturday

12:00 PM - 3:00 PM

Fee: \$45

July 25

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.

WANT MORE CLASSES FOR KIDS?

-SWIMMING PG. 36 - 37

-SPANISH FOR KIDS PG. 30

-GYMNASTICS PG. 26 - 27

-TENNIS PG. 23

MONARCH CAMPS

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

COVID -19 Update

Monarch Camps' top priority is the health and safety of our participants.

In these uncertain times, we will continue to monitor guidelines from the U.S. Centers for Disease Control and Prevention (CDC) and consult with medical experts and public health authorities. We will be making changes to our procedures to reduce the risk to our participants' health, while also still insuring our campers get healthy and positive interactions with others. We are planning on providing a much needed camp experience for our campers' while being safe with our trained staff.

Our programs are subject to change with the needs of our families and the school calendar.

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.

AFTER SCHOOL PROGRAM EVERY DAY UNTIL 6:30PM PICK UP AT LAVC School Year 2020 - 2021

- 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.



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

SCHOOLS OUT, COME TO SINGLE DAY CAMP

August 17 • September 28 • October 7

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

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

MONARCH CAMPS

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

SUMMER CAMP 2020

JUNE 15TH THROUGH AUGUST 16TH

DAILY RATES	SIBLING RATES
\$75 per day	\$65 per day
3 day minimum per week	

**REGISTRATION OPEN AND LIMITED
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- Seventh	5-13
Fine Art Camp	Second - Seventh	7-12
Theatre Arts Camp	Third - Seventh	8-12
Nature Camp	Third - Seventh	8-12
Dance Camp	Second - Seventh	7-12
Gymnastics Camp	Second - Seventh	7-12
Soccer Camp	First - Seventh	6-12
Tennis Camp	Third - Seventh	8-12
Tumbling Camp	Kinder - Second	5-7
Basketball Camp	Third - Seventh	8-12
Counselor In Training	Eight-Ninth	13-14

THANKSGIVING CAMP

Monday - Wednesday, November 23-25 | Rate: \$80 per day

questions email info@monarchcamps.com

CLASSES FOR KIDS

Dates and times for all in person classes are subject to change

YOUNG LEARNER'S WRITING WORKSHOP (TAUGHT ONLINE)

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.

Brian King

Fee: \$59

Grades 3-4

20482 6 Wednesdays 4:00 PM - 5:00 PM June 24 - July 29

Grade5-6

20483 6 Wednesdays 5:00 PM - 6:00 PM June 24 - July 29

YOUNG LEARNER'S MATH WORKSHOP (TAUGHT ONLINE)

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 7/3/2020**

Brian King

Fee: \$59

Grades 3-4

20484 6 Fridays 4:00 PM - 5:00 PM June 26 - August 7

Grades 5-6

20485 6 Fridays 5:00 PM - 6:00 PM June 26 - August 7

COMPUTERS

INTRODUCTION TO PHOTOSHOP **NEW!**



This hands-on workshop is geared towards those new to working with photos and wanting to learn the basics of Adobe Photoshop to edit and enhance digital images. Topics include downloading files, cropping, making color and tonal adjustments for exposure and brightness, retouching, working with layers, adding text to a photo, and more. Each participant will have the use of a classroom computer equipped with Adobe Photoshop, and techniques will be demonstrated. Students with any level of camera proficiency are welcome, but please note that class does not include instruction on camera operation. (See Beginning Photography class for learning about using a camera.)

Nancy Kaye

Fee: \$115

20487

6 Thursdays

7:00 PM - 10:00 PM

July 23 - August 27



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 6/15/20

NOT VALID FOR PRIVATE LESSONS OR MONTHLY CLASSES

COMPUTERS

Dates and times for all in person classes are subject to change

FUN WITH PHOTOGRAPHY AND PHOTOSHOP (Ages 11-14) **NEW!**

Class is a combination of photography and working with pictures on the computer. Through a variety of picture-taking activities and Photoshop projects, middle school-aged students learn while having fun. The picture-taking portion of the class emphasizes creativity and observation skills, rather than technical aspects of the camera. The Photoshop instruction covers the basics of enhancing photographs and creating projects that use the participant's photos. Each meeting will focus on a specific photography-related concept, and the activities will reinforce the lesson.

Any camera other than a cell phone may be used for class, although cameras with exposure options (Aperture Priority, Shutter Priority, or Manual) are best.

Nancy Kaye
20486

3 Saturdays

9:30 AM - 12:30 PM

Fee: \$57
August 15 - 29

COOKING/BAKING

HEALTHY COOKING 101 (TAUGHT ONLINE)



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. **List of groceries/supplies needed will be provided upon registration.**

Carrie Bonfitto
20488

6 Wednesdays

7:00 PM - 9:00 PM

Fee: \$175
June 24 - July 29

KNIFE SKILLS (TAUGHT ONLINE)

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. **List of groceries/supplies needed will be provided upon registration.**

Carrie Bonfitto
20489

1 Monday

7:00 PM - 9:00 PM

Fee: \$30
June 29

DANCE

SALSA, MERENGUE, BACHATA (15 YRS - ADULTS)



Salsa is a popular social dance throughout Latin America as well as in North America, Europe, Australia, and some countries in Asia and the Middle East.

This fun class is a great opportunity to learn basic steps in the exciting Latin rhythms of Merengue, Bachata and Salsa allowing you to experience and enjoy the tantalizing and seductive world of

Salsa dance! **Partner not required.**

Linda Lees

Day and time to be determined please contact the Community Services office for more information

DANCE

Dates and times for all in person classes are subject to change

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: \$55

Beginner

# 20521	5 Sundays	10:00 AM - 11:00 AM	July 12 - Aug. 9
# 20529	5 Sundays	10:00 AM - 11:00 AM	Aug. 16 - Sep. 13

Intermediate

# 20522	5 Sundays	11:00 AM - 12:00 PM	July 12 - Aug. 9
# 20530	5 Sundays	11:00 AM - 12:00 PM	Aug. 16 - Sep. 13

BACHATA DANCE

Stay healthy, burn calories and get in shape while having fun by learning bachata dancing. In this six-week introductory course students learn everything needed to get started having fun and dance at any Latin dance club or bachata event locally or anywhere in the world! Once you learn the basics, there will be no stopping you! **Partner not required.**

Alejandro Sanchez

Fee: \$60

# 20520	6 Tuesdays	6:55 PM - 7:55 PM	July 7 - Aug. 11
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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

Day and time to be determined please contact the Community Services office for more information

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

Day and time to be determined please contact the Community Services office for more information

We Also Offer Open Recreation (Drop-In)
Scottish Dance See Page 35

DANCE

Dates and times for all in person classes are subject to change

BALLET FOR ADULTS (ADVANCED BEG. - INTERMEDIATE)

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



Claudine Mason-Marx

Day and time to be determined please contact the Community Services office for more information

EXERCISE SPORTS & FITNESS

ESSENTIAL YOGA (TAUGHT ONLINE)

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 have a mat or towel and wear supportive athletic shoes. **No Class on 7/4, 7/25 & 8/1**

Michelle Fong

20495

6 Saturdays

11:30 AM - 12:30 PM

Fee: \$66

June 27 - Aug. 22

TAI CHI CHUAN (TAUGHT ONLINE)

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. It is required that participants wear supportive athletic shoes. **No Class on 7/4, 7/22, 7/25, 7/29 & 8/1**

Michelle Fong

20491

6 Saturdays

9:30 AM - 10:30 AM

Fee: \$55

June 27 - Aug. 22

20492

6 Wednesdays

5:30 PM - 6:30 PM

July 1 - Aug. 19

TONE & STRETCH (WITH RESISTANCE BANDS) - TAUGHT ONLINE

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 have a towel or mat and wear supportive athletic shoes.



No Class on 7/22 & 7/29

Michelle Fong

20493

6 Wednesdays

6:30 PM - 7:30 PM

Fee: \$66

July 1 - Aug. 19

EXERCISE SPORTS & FITNESS

Dates and times for all in person classes are subject to change

PILATES - ABS, CORE & MORE (TAUGHT ONLINE)

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 on 7/4, 7/25 & 8/1**

Michelle Fong
20494

6 Saturdays

10:30 AM - 11:30 AM

Fee: \$66
June 27 - Aug. 22

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 (when available) to receive the offer.

Bruce Horbochuk
Payable 1st of month

Fee: \$60 / Month

20502

Tuesday & Thursday
July

8:00 PM - 9:00 PM

20503

August

ZUMBA GOLD

Are you 55 or older and looking for a good workout? Zumba Gold for older adults (ages 55+) blends Latin and International dance rhythms to give a fun, safe and different kind of work out for this age group. This is a great way to get in or stay in shape and meet new friends. It is required that participants wear supportive athletic shoes.



Linda Goldstein
20501

8 Tuesdays

6:30 PM - 7:30 PM

Fee: \$88
July 7 - Aug. 25

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 35 for more information)

Carl Oberg

Fee: \$50 for 4 lesson punch card

We Also Offer Open Recreation (Drop-In) Classes
See Page 35

EXERCISE SPORTS & FITNESS

Dates and times for all in person classes are subject to change

TENNIS LESSONS

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



Levels:

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

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

ADVANCED: Has high level of consistency and endurance.

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

CHILDREN SATURDAY CLASSES

# 20496	Age 6 - 9	8 Saturdays	12:00 PM - 1:00 PM	July 11 - Aug. 29	Fee: \$74
# 20497	Age 10 - 14	8 Saturdays	11:00 AM - 12:00 PM	July 11 - Aug. 29	Fee: \$74

ADULTS SATURDAY CLASSES

# 20498	Intermediate	8 Saturdays	9:00 AM - 11:00 AM	July 11 - Aug. 29	Fee: \$148
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ADULTS SUNDAY CLASSES

# 20499	Beginning	8 Sundays	9:00 AM - 11:00 AM	July 12 - Aug. 30	Fee: \$148
# 20500	Advanced	8 Sundays	11:00 AM - 12:00 PM	July 12 - Aug. 30	Fee: \$74

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 27 & 36 for more information.

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 6/15/20**

NOT VALID FOR PRIVATE LESSONS OR MONTHLY CLASSES

EXERCISE SPORTS & FITNESS

Dates and times for all in person classes are subject to change

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.

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.

-REGISTRATIONS (WITH A DEBIT/CREDIT CARD) MAY BE COMPLETED IN ANY OF THE WAYS LISTED IN THIS CATALOG ON PAGE 6.

-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. 3

-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.



Gymnastics Office
Charlie Nash, Coordinator
818-947-2513
palingca@lavc.edu

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

GYMNASTICS

Dates and times for all in person classes are subject to change

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.

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: \$170/ 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

Coach: Dennis Ruelas

Fee: \$14 per lesson

Register for desired week with the Community Services Office or online **AT LEAST ONE DAY** prior to class date and time. If you are registering by phone (818-947-2577 x. 4172) or in person (when available) our office hours are Monday-Friday 8 AM-4:30 PM

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

Coach: Anthony Abeyta, Daniel Southworth, Josh Fried

Fee: \$58 for 4 lesson punch card

Purchase punch card at the Community Services Office or at the Gymnastic Center during class time.

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PLEASE NOTE:

PUNCH CARDS FOR THE ADVANCED ADULT CLASS DO NOT EXPIRE.

THEY ARE NOT REFUNDABLE

AND NOT REPLACED IF LOST OR STOLEN

GYMNASTICS

Dates and times for all in person classes are subject to change

CHILDREN'S CLASSES

PARENT AND ME GYM (Classes begin September)

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	\$60/Mo
Parent and Me (2 - 3 yrs)	9:30-10:15 AM	Sat.	\$60/Mo
Parent and Me (2 - 3 yrs)	10:30-11:15 AM	Sat.	\$60/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	\$60/Mo
Beginning Girls (3 - 4 yrs)	4:30-5:15 PM	M or T or W or Th	\$60/Mo
Beginning Girls (3 - 4 yrs)	9:30-10:15 AM	Sat.	\$60/Mo
Beginning Girls (3 - 4 yrs)	10:30-11:15 AM	Sat.	\$60/Mo

Beginning Girls (5 - 6 yrs)	3:30-4:30 PM	M or T or W or Th	\$70/Mo
Beginning Girls (5 - 6 yrs)	4:30-5:30 PM	M or T or W or Th	\$70/Mo
Beginning Girls (5 - 6 yrs)	9:30-10:30 AM	Sat.	\$70/Mo
Beginning Girls (5 - 6 yrs)	10:30-11:30 AM	Sat.	\$70/Mo

Beginning Girls (7 - 8 yrs)	3:30-4:30 PM	M or T or W or Th	\$70/Mo
Beginning Girls (7 - 8 yrs)	4:30-5:30 PM	M or T or W or Th	\$70/Mo
Beginning Girls (7 - 8 yrs)	9:30-10:30 AM	Sat.	\$70/Mo
Beginning Girls (7 - 8 yrs)	10:30-11:30 AM	Sat.	\$70/Mo

Beginning Girls (9+ yrs)	4:30-5:30 PM	M or T or W or Th	\$70/Mo
Beginning Girls (9+ yrs)	5:30-6:30 PM	M or T or W or Th	\$70/Mo
Beginning Girls (9+ yrs)	9:30-10:30 AM	Sat.	\$70/Mo
Beginning Girls (9+ yrs)	10:30-11:30 AM	Sat.	\$70/Mo

Beginning Boys (4 - 6 yrs)	3:30-4:30 PM	M or T or W or Th	\$70/Mo
Beginning Boys (4 - 6 yrs)	9:30-10:30 AM	Sat.	\$70/Mo
Beginning Boys (7 - 9 yrs)	4:30-5:30 PM	M or W	\$70/Mo
Beginning Boys (9+ yrs)	4:30-5:30 PM	T or Th	\$70/Mo
Beginning Boys (7 - 9 yrs)	10:30-11:30 AM	Sat.	\$70/Mo
Teen Boys (10+ yrs)	11:30 AM - 1 PM	Sat.	\$85/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	\$85/Mo
Intermediate Girls (7-9 yrs)	11:30-1:00PM	Sat.	\$85/Mo
Intermediate Girls (10+ yrs)	5:30-7:00 PM	T or Th	\$85/Mo
Intermediate Girls (10+ yrs)	11:30-1:00PM	Sat.	\$85/Mo
Intermediate Girls (7+ yrs)	5:30-7:00PM	M or W	\$85/Mo
Intermediate Girls (7+ yrs)	5:30-7:00PM	M & W Or T & Th	\$140/Mo

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

GYMNASTICS

Dates and times for all in person classes are subject to change

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	\$85/Mo
Advanced Girls (all ages)	5:30 PM - 7:00 PM	M & W Or T & Th	\$140/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.	\$85/Mo
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PRIVATE GYMNASTIC 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 23 and 36 for more information.

GYMNASTIC CENTER RULES

- Payments at the Gymnastic Center must be made by 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. No zippers or buttons allowed on clothing.
- Wear sufficient clothing that covers the entire upper torso of the body.
- Long hair must be secured in a "pony tail" or by other means.
- 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 GYMNASTIC 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.

HEALTH, WELLNESS & FIRST AID

Dates and times for all in person classes are subject to change

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.
20506 1 Tuesday
Supply fee: \$3.00

8:00 PM - 10:00 PM

Fee: \$35
August 4

AMERICAN RED CROSS CPR/AED

This class covers CPR and AED for the lay person to administer to adults, infants, and children. Course concludes with an exam. **For ages 18 and above.**

Margaret Noji
20507 1 Saturday
Supply fee: \$5.00

12:00 PM - 4:00 PM

Fee: \$45
August 8

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 as recommended by the American Red Cross. Course concludes with an exam.

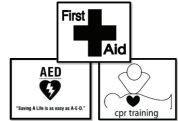
For ages 18 and above.

Margaret Noji
20508 1 Saturday
Supply fee: \$5.00

12:00 PM - 3:00 PM

Fee: \$40
August 15

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.



EARTHQUAKE PREPAREDNESS



We live in the “earthquake capital” of the world! Be prepared for the next earthquake and most other emergency situations. This class will show you how to get your home and family ready for natural disasters including earthquakes and wildfires as well as other emergency situations.

Margaret Noji
20509 1 Saturday

10:00 AM - 12:00 PM

Fee: \$35
August 29

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

HEALTH, WELLNESS & FIRST AID

Dates and times for all in person classes are subject to change

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
20511

3 Saturdays

1:00 PM - 2:00 PM

Fee: \$45
August 15 - 29

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

20510

1 Sunday

11:00 AM - 4:30 PM

Fee: \$60
August 16

Supply Fee: \$15

Please arrive 15 minutes before class start time (10:45 AM) to complete paperwork.

FASTING FOR LONGEVITY (TAUGHT ONLINE)



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

20513

3 Mondays

7:00 PM - 8:30 PM

Fee: \$75
July 13 - 27

EMOTIONAL FREEDOM TECHNIQUE (TAUGHT ONLINE)

Do you sometimes feel as though you are blocked from experiencing the best of life: higher income, better romance, improved health, less weight, more sleep? Are there negative things you'd like to be rid of once and for all so that you can enjoy your life more? If so, or even if you'd just like to improve your life further, come and learn this easy, all-natural technique. It's based on an ancient Easter healing system that's thousands of years old, and it's remarkably effective and fast-acting.

No Class on 7/4

Frances M. O'Brien

20512

3 Saturdays

1:00 PM - 2:00 PM

Fee: \$45
June 27 - July 18

**HEALTHY HEART HEALTHY YOU,
CHECKOUT OUR HEALTHY COOKING CLASS ON PAGE 19
NOW OFFERED ONLINE!**

LANGUAGES

SPANISH

SPANISH FOR KIDS (Ages 7 - 12) - (TAUGHT ONLINE)

Introduce your child to the Spanish language and Latin American culture. We will begin with the Alphabet and the basics of Present Tense. Next, we will concentrate on the basics of Present and Future Tense. In each class your child will learn how to interact in Spanish through in-class exercises, role playing, games, videos, and fun activities. **No Class on 7/4**

Teresa Hito

Fee: \$75

20523 6 Saturdays 9:00 AM - 10:30 AM June 27 - Aug. 8

20524 6 Saturdays 9:00 AM - 10:30 AM Aug. 22 - Sep. 26

BASIC SPANISH (TAUGHT ONLINE)

This course will address selected concepts of the TL (Target Language) in order to be able to have a flowing conversation with someone. **First**, I will introduce you to the basics of the Spanish language beginning with the Alphabet to Present Tense. **Second**, we will address writing, speaking, listening, and comprehension with an introduction to the Latino American culture. Be ready to practice a lot in class !! **No Class on 7/4**



Teresa Hito

Fee: \$75

20525 6 Saturdays 10:45 AM - 12:15 PM June 27 - Aug. 8

20526 6 Saturdays 10:45 AM - 12:15 PM Aug. 22 - Sep. 26

INTERMEDIATE SPANISH (TAUGHT ONLINE)

Intermediate Spanish is for those who have completed the basic Spanish course, Beginning. After a review of Present Tense, I will introduce Past Tense, Future Tense, and an introduction to Past Tense in detail. Then we will work on an introduction to Subjunctive. Students will improve their proficiency of the Spanish language and Latino American culture. Be ready to practice a lot in class!! **No Class on 7/4**

Teresa Hito

Fee: \$75

20527 6 Saturdays 12:30 PM - 2:00 PM June 27 - Aug. 8

20528 6 Saturdays 12:30 PM - 2:00 PM Aug. 22 - Sep. 26



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 15th!**

MUSIC

Dates and times for all in person classes are subject to change

THE BASICS OF HARMONY SINGING



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

20518

5 Saturdays

12:00 PM - 1:00 PM

Fee: \$89

July 11 - Aug. 8

UKULELE

Learn fundamental skills to get you playing ukulele in this entertaining hands-on class. We will work on rhythm, strumming, patterns, and some finger picking. With a few basic chords you can play along with others and accompany yourself on a multitude of songs. Learn to find the right key for your voice and where the notes are on the keyboard. No previous experience needed. Bring your own ukulele.



Dale LaDuke

LEVEL 1

20516

5 Saturdays

10:00 AM - 11:00 AM

Fee: \$89

July 11 - Aug. 8

LEVEL 2

20517

5 Saturdays

11:00 AM - 12:00 PM

Fee: \$89

July 11 - Aug. 8

MUSIC MADE EASY (On Line Class)

If you enjoy music and would like to know more about what makes it work, this is the course for you. You'll gain a complete understanding of rhythm, melody, and harmony, and you'll be able to recognize pitches on the musical staff and on the keyboard. Each lesson will build on previous lessons, while also introducing new musical concepts. You'll explore the keyboard in full detail, with an emphasis on the structure of major scale and the signatures of major keys. You will examine the many significant contributions early music theorists made to the understanding of music and be able to build intervals, major scales, and chords. By the time you complete this comprehensive and full-featured course, you'll be able to read, write, and even play simple pieces of music!

Fee: \$97

Start Dates: Jun 17 or Jul 15 or Aug 12

This is an on-line class, register at <https://www.ed2go.com/lavc/online-courses/music-made-easy>

LOVE MUSIC AND DANCING?

CHECKOUT OUR DANCE SECTION ON PAGES 19 - 21

MUSIC

Dates and times for all in person classes are subject to change

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
20515

1 Monday

6:00 PM - 8:00 PM

Fee: \$58
July 13

INTRODUCTION TO GUITAR (On Line Class)

The classical guitar skills you'll master in this course will allow you to play any style of music, from hard rock to country-and-western. And that's not all! Good guitar players know that the secret to making beautiful music is to practice, practice, practice - so that's what you'll do. You'll make rapid progress as you follow a carefully planned practice schedule that reinforces each new skill you learn. Whether you're a beginner or an intermediate student, this course will take your musical talent to the next level. By the time you're finished, you'll be well on your way to becoming a skilled guitar player.

Start Dates: Jun 17 or Jul 15 or Aug 12

Fee: \$97

This is an on-line class, register at <https://www.ed2go.com/lavc/online-courses/guitar-introduction>

PERSONAL ENRICHMENT

SOLAR PANEL DESIGN AND INSTALLATION

Since around 2010 installing solar panels has become more and more popular. Thousands of home and business owners are looking for a "Solar Installer" to install solar panels. Many experienced solar panel installers are doing this work as "independent contractors". This course will prepare participants to design and install solar photovoltaic panels for their own homes and others. Hands on free training in real world installation through a volunteer organization is offered to all registrants. This class will cover solar, electrician and City codes as well as electrical wiring.

Quayum Abdul
20519

T/W/Th

6:30 PM - 9:30 PM

Fee: \$199
August 11, 12 & 13

Supply Fee \$40

PERSONAL FINANCE (On Line Class)

Are you confident you will be able to retire someday? This course will prepare you for a lifetime of worthwhile personal financial planning. The tools you will learn are useful, realistic, and easy to work into your regular routine. They will help you gain control over the financial impact of the choices you make. You will learn to create and use a budget, borrow and invest wisely, make intelligent decisions about insurance, and plan for your financial future. You will develop a retirement savings plan, and you will be better prepared to make large purchases and plan for taxes. You will learn the essentials of household bookkeeping, record-keeping requirements, and much, much more.

Start Dates: Jun 17 or Jul 15 or Aug 12

Fee: \$97

This is an on-line class, register at <https://www.ed2go.com/lavc/online-courses/personal-finance>

Note: Students enrolling in financial classes are responsible for making their own financial decisions.

SELF-PACED ON-LINE CLASSES

INSTRUCTOR LED NON-CREDIT ONLINE COURSES



Learn More



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 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.

Write Like A Pro

Learn how to use story outlines like a professional writer with lessons developed by a published author.

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



Learn More

SELF-PACED ON-LINE CLASSES

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!

Medical Billing and Coding

With the Medical Billing and Coding (MBC) program, you'll gain the skills you need to enter one of the fastest-growing fields in allied health as a medical billing specialist, medical coder, or medical office manager. 240 hrs

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

Certified Personal Trainer

Prepare for an in-demand career as a personal trainer as you earn a nationally-recognized W.I.T.S. Certification and gain real-life experience in an internship. 62 hrs

Travel Agent Training

Learn the basic skills needed to operate a computer reservation system for airlines, travel agencies, cruise lines, hotel, or as a home-based agent, and get started in a career in the travel industry. 250 hrs

Principles of Green Building

The Principles of Green Buildings (PGB) program explains the science that individuals in the building, remodeling, or trade industries need to know in order to make buildings perform more efficiently. 30 hrs

View more Career Training listings on-line at

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

AutoCAD 3D 2018

Once you successfully complete the Training Program you will have learned AutoCAD's 3D tools and will be able to design three-dimensional models using AutoCAD 2018 software. 80 hrs

Human Resources Professional

Master the skills you need to gain an entry-level position in human resources and prepare to take the PHR (Professional in Human Resources) certification exam. 120 hrs

Non-Profit Management

Examine the fundamental principles of nonprofit management, explore the roles and responsibilities of a nonprofit board of directors and the management team, discover the essential aspects of fundraising, and become acquainted with the fundamentals of the budgeting process. 300 hrs

Optician Certification Training

Master the skills you need for a successful career as an optician and prepare yourself to take the ABO certification exam. 150 hrs

Certified Wedding Planner

This comprehensive program covers everything an aspiring wedding planner needs to know to get started in the business. Whether you plan on working part-time or full-time, this program will provide all the knowledge you need to work as a professional wedding planner or start your wedding planning business. 340 hrs

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

818-947-2577 X. 4172

OPEN RECREATION

Dates and times for all in person classes are subject to change

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, Royal Scottish Dance, Bulgarian Dance and Track. **All Open Recreation activities fees are \$8.00 per visit. SAVE MONEY-BUY A PASS! 10 visits to any Open Recreation activity for \$50.00!** Passes are available at the Community Services Office (818) 947-2577, Ext. 4172 by phone with a credit card, by mail or on-line at: <http://lavalley.augusoft.net>. No refunds on Open Recreation passes will be issued. Lost or stolen cards will not be replaced.



Scottish Dance will not run for July & August

DAY	TIME	PROGRAM	LOCATION
Monday	7:30-10:30 PM	Scottish Dance	N. Gym Exercise Room
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 16 or call 818-304-3016 EXT. 6 for more information.



SWIMMING & AQUATICS

Dates and times for all in person classes are subject to change

Swim Lesson Policies and Registration Procedure

Classes

- Swim classes are not confirmed until payment is received.
- If you miss a group lesson, there will be no make-up scheduled.** If the Community Services Office cancels a class due to inclement weather*, instructor's schedule, etc. we will provide a make-up class at a mutually agreeable date and time. OR we will provide a class credit or refund.
- Please read our refund policy on Page 3.
- Please ask about our multiple-months, 2nd class and sibling discounts.

Private Lessons

- Swim lessons are not confirmed until payment is received.
- We will do our best to honor requests for instructors but cannot guarantee this.
- If the Community Services Office cancels a class due to inclement weather*, instructor's schedule, etc. we will provide a make-up class at a mutually agreeable date and time.
- Make-Up Policy is as Follows:
 1. If you cannot attend a private swim lesson for any reason we will allow one make up lesson each month at no cost.
 2. Make up lessons are offered only on Fridays and will not necessarily be with the instructor who you enrolled for.
 3. Only one make-up lesson may be scheduled in a month. Any lessons missed other than one will not be allowed a makeup or a refund.
 4. If a make-up lesson is scheduled it may not be rescheduled.
- Participants in current month private swim lessons have priority registration over all others.
- Private Lesson Priority registration for the next month begins on the 1st day of the current month and continues until the Monday immediately after the 3rd Sunday of the month.
- Please read our refund policy on Page 3.
- *All classes will be held rain or shine; except in case of thunderstorms, ice on the pool deck or it is raining so hard that lifeguards cannot see the bottom of the pool. Call 818-778-5644 or visit us on facebook (www.Facebook.com/lavcaquaticscenter) approximately 30 minutes prior to class to see if a class has been canceled.

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:

July - August	Monday - Friday	12:00 PM - 4:00 PM
September - June	Monday - Friday	2:00 PM - 4:00 PM

Please read the registration information/refund policy above.

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	\$95/month
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AQUA FIT

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

T/TH	4:00 PM - 4:55 PM	\$85/month
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SWIMMING & AQUATICS

Dates and times for all in person classes are subject to change

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:

4:00 PM - 4:45 PM

\$70/month

CHILDREN'S CLASSES

SMALL GROUP LESSONS

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

Swim Assessments done by appointment only please contact (818) 947 -2577 Ext. 4172

M/W or T/TH: Levels 1-4:

2:00 PM - 2:45 PM

\$95/month

M/W or T/TH: Levels 1-4:

3:00 PM - 3:45 PM

\$95/month

M/W or T/TH: Levels 1-4:

4:00 PM - 4:45 PM

\$95/month

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.

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.

T/TH: 4:00 PM - 4:55 PM

\$85/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: 4:00 PM - 4:55 PM

\$85/month

Stewart O'Dell, Coordinator- odellsa@lavc.edu-818-778-5644

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

Pool Office Hours: Mon. - Fri. 1:30 PM – 5:00 PM

Swim Assessments done by appointment only please contact (818) 947 -2577 Ext. 4172

EXTENSION & WORKFORCE TRAINING

EXTENSION PROGRAM

EARN GREAT \$\$\$ - NOW AVAILABLE ONLINE

✓ 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 • **Class starts October 2020**

✓ 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**

✓ 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 2020

✓ 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

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

For information, call

(818) 997-0967

or visit one of our two websites:

www.legalfieldcareers.com

www.lavc.edu/Professional-Extension-Programs/home.aspx

CalWORKs

CalWORKs Programs Offered by LAVC



High School Equivalency Test **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! We offer practice testing & software preparation programs to prepare you for the HiSET and GED exams.

Test Information:

- Paper-based and computer-based testing formats available (Based on COVID-19 "Safe at Home" restrictions)
- 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)
- Be 18 years or older with valid government issued identification.
- Must be a California resident.

For more information, call (818) 947-2976

or visit www.lavc.edu/hiset.html

What is CalWORKS?

CalWORKS is LAVC's public assistance program that provides cash aid, services, and resources to eligible families. Once approved, you may qualify for GAIN (Greater Avenues for Independence), a program that helps CalWORKS participants prepare for work, find or get a better job, and stay employed.

To apply online, visit yourbenefits.laclrs.org/ybn

Need more information?

Visit our website at www.lavc.edu/calworks

Email us at calworks@lavc.edu

call us at (818) 947-2976

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

Workforce Training/Adult Education

Workforce Training Offers No-Cost Employment Solutions!

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 Biomanufacturing 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 lavc.edu/workforcetraining.

Employers and Job Seekers - The College Central Network is a FREE service to the community where job seekers can look for work and employers can post jobs. It's LAVC's online job board - collegecentral.com/lavc.

Community Career Development (CCD) - Offering assistance with finding a job, job leads, job search strategies, resume and cover letter writing, and much more, CCD's mission is to provide the tools, resources, and training that benefit job seekers, businesses, and community. For more information contact Carlene at cgepner@communitycareer.org.

Cooperative Education (Co-op) - LAVC students can combine the college experience with their practical work experience and receive academic credit. Students currently working, interning, or volunteering are eligible, and can receive CSU transferable credit. Questions? Visit lavc.edu/cooped for details.

Workforce Readiness - Give your job search the winning edge! These **FREE** courses include topics such as creating effective resumes and cover letters, using social media for the job search, effective workplace communication, getting hired, and much more. Visit lavc.edu/workforcetraining for details.

Who We Are

We're Workforce Training, serving Los Angeles for more than 25 years. Working with community and industry partners, we help create pathways to meaningful employment and career advancement through our many services and programs. A partner with the City of Los Angeles, Workforce Training has been recognized for its continuous high placement rate and job related successes.

For more information, visit
www.lavc.edu/workforcetraining
or call 818.947.2941



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

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

**Non-Profit
Organization
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Permit No. 29
EDDM
ECRWSS**

Residential Customer

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

Registration for Summer Classes

Begin on June 1, 2020

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 2020

JUNE - AUGUST 2020