

LAVC COMMUNITY SERVICES

a lifetime of learning



SUMMER
2024



Community Services
LOS ANGELES VALLEY COLLEGE



818-947-2577 x4172
<https://lavalley.augusoft.net>



Community Services
LOS ANGELES VALLEY COLLEGE

BUSINESS
FITNESS
HEALTH & WELLNESS
LANGUAGES
PERFORMING ARTS
AND MORE...

<https://lavalley.augusoft.net>

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A LIFETIME OF LEARNING

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SUMMER CLASS REGISTRATION BEGINS ON MAY 1, 2024

 <https://lavalley.augusoft.net>
 818-947-2577 x4172

REFUND POLICY

There will be a \$10 charge for each refund OR transfer requested. Refund or transfer requests may be granted if presented in writing at least 5 working days before the first class meeting unless otherwise noted. Please choose classes carefully, as refunds, transfers or credits CANNOT be granted once a class has begun. Refunds or credits WILL NOT be issued for absences or late registrations. If you miss some meetings of a class you cannot make them up in another class. Refunds are not made on the basis of not receiving a confirmation.

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

Refunds are given when the College cancels a class or program. If you cancel your registration less than five working days before it begins, NO REFUND will be given.

The Community Services Program is not responsible for lost or misdirected mail. There will be a \$10 charge to change a class. If you paid by credit card, your account will be credited. Refunds are given when the College cancels a class or program. If you cancel your registration less than five working days before it begins, NO REFUND will be given.

PARKING INFORMATION

Please visit the Community Services website to get the latest updates on parking information.

REGISTER EARLY

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

SUPPLY/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.



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

REGISTRATION INFORMATION

LOS ANGELES COMMUNITY COLLEGE

BOARD OF TRUSTEES

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

DISTRICT ADMINISTRATION

Dr. Francisco C. Rodriguez, Ph.D, Chancellor
Dr. Kathleen Burke, Interim Deputy Chancellor
Dr. Nicole Albo-Lopez, Ed.D, Vice Chancellor, Educational Programs
and Institutional Effectiveness
Carmen V. Lidz, MS, Vice Chancellor & Chief Information Officer
Maribel S. Medina, J.D., General Counsel
Jeanette L. Gordon, Vice Chancellor & Chief Financial Officer
Teyanna Williams, J.D., Vice Chancellor, Human Resources
Dr. Rueben C. Smith, D.C.Sc., Vice Chancellor & Chief Facilities Executive
Dr. Jim Lancaster, Ed.D., Vice Chancellor, Workforce and Economic Development

VALLEY COLLEGE ADMINISTRATION

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

COMMUNITY SERVICES PROGRAM STAFF

Debra Erickson, Community Services Manager
ChaQuanda Laughlin, Community Services Aide

DISCLAIMER POLICY

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

COMMUNITY SERVICES

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

ATTENDING FIRST SESSION

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

REGISTRATION INFORMATION



ONLINE

ANY TIME!

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



PHONE

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

Enrolling by phone is very simple. Just call 818-947-2577 x4172 during our office hours and be sure to have your credit/debit card handy so we can help you quickly. Receipt and confirmation will be e-mailed once transaction is completed.

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.



WALK IN

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

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

If you'd like to be added to our mailing list please contact us at **818-947-2577 x4172** or send an email to **comm_serv@lavc.edu**.

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

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

AMERICAN WITH DISABILITIES ACT (ADA) INFORMATION

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

REGISTRATION INFORMATION

LAVC CAMPUS MAP



DIRECTIONS TO LOS ANGELES VALLEY COLLEGE

Los Angeles Valley College is located at 5800 Fulton Avenue in Valley Glen, CA, 91401. The college is easily accessible from both the 170 and 101 freeways. From the 170 freeway exit at Oxnard Blvd. or Burbank Blvd. and head west. The college is located between Fulton Avenue and Ethel Avenue. From the 101 freeway, exit Coldwater Canyon Avenue and head north to Burbank Blvd. The college is at the corner of Coldwater Canyon Avenue and Burbank Blvd. (The Community Services Office is located on Ethel Avenue.)

ACTING & PERFORMING ARTS

INTRODUCTION TO VOICEOVERS (ONLINE)

Personalized One-on-One Video Conference Class

Explore the craft of voiceovers! Discover current trends, opportunities, and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on one, video-chat class! Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience.

Voices for All

Fee: \$59

22923 After registration you will receive a call to set up a time that works best for you.

HOLLYWOOD FILMS & MUSICALS

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

Paula Sargent

Fee: \$109

22861

6 Tuesdays

10:00am - 12:30pm Jun. 18 - Jul. 23

POP MUSIC: HOW TO LEARN, PLAY, AND DECIPHER ANY SONG

This class is designed to help you understand, explore, analyze, and read your favorite music. Students will learn how all popular music is made, constructed, and performed! Class topics will include chords, intervals, ear training, scales, meter, and music reading. Some prior music experience is recommended, but not required.

Mason Sperling

Fee: \$149

22862

8 Wednesdays

6:30pm - 8:30pm

Jun. 26 - Aug. 14

ARTS & CRAFTS

BATH PRODUCTS

Why purchase expensive commercial bath products when you can delight in making your own. In this fun interactive class students will discover simple techniques for making one-of-a-kind bath products (shampoo, shower gel, bubble bath, bath salt & exfoliate).

Quayum Abdul

Fee: \$45

22865

1 Sunday

10:00am - 1:00pm Aug. 18

Supply fee: \$30

COLD PROCESS SOAP MAKING

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

Quayum Abdul

Fee: \$45

22866

1 Sunday

3:00pm - 6:00pm

Aug. 18

Supply Fee: \$30

CANDLE MAKING

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

Quayum Abdul

Fee: \$45

22863

1 Sunday

10:00am - 1:00pm Jul. 21

Supply fee: \$30

SOAP MAKING

Making beautiful soaps is easy and enjoyable and expressing your creativity is part of the fun. In this course, students will create different types of soaps while learning how to use colors, molds, fragrances, essential oil, extract, herbs, and, novelties. We will also discuss how to make organic, natural or therapeutic soap.

Quayum Abdul

Fee: \$45

22864

1 Sunday

3:00pm - 6:00pm

Jul. 21

Supply fee: \$30

BUY ONE - GET ONE HALF OFF!

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

3D HAND EMBROIDERY

In this class, you will learn how to use sewing needles and embroidery threads to design 3D flowers, flamingos, and animals in multiple colors. By the end of the session, you will feel confident in designing your own 3D embroidery art for open shows or home decoration.

Karima Williams **Fee: \$169**
22884 6 Saturdays
 1:00pm - 4:00pm Jun. 22 - Jul. 27
 Supply Fee: \$30

INTRODUCTION TO HENNA ART AND MIXING

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

Rosemary May **Fee: \$115**
22883 4 Tuesdays
 7:00pm - 9:00pm Jul. 16 - Aug. 6
 1 Monday
 7:00pm - 9:00pm Aug. 5

MAKEUP WORKSHOP SUMMER EDITION

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

Raquel Fournier **Fee: \$99**
22867 3 Saturdays
 9:00am - 12:00pm Jun. 15 - Jun. 29

INTRODUCTION TO BALLOON TWISTING

Have you ever wanted to do your own balloon, twisting and make some fun animals. This is a beginner class on how to make simple balloon animals and swords, etc. learn how to make simple twist. With 260 long balloons.

Rosemary May **Fee: \$69**
22882 3 Mondays
 7:00pm - 9:00pm Jul. 15 - Jul. 29



LASH APPLICATION WORKSHOP

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

Raquel Fournier **Fee: \$45**
22868 1 Saturday
 12:15pm - 3:15pm Jun. 29

ADVANCED MAKEUP TECHNIQUES

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

Raquel Fournier **Fee: \$89**
22869 2 Saturdays
 4:00pm - 7:30pm Jul. 6 - Jul. 13

TRANSFORM YOUR WARDROBE WITH SCARVES

Transforming your wardrobe can be very simple when you know how to use scarves. Become your own fashion designer and increase the potential of your wardrobe, no sewing needed!

Raquel Fournier **Fee: \$45**
22870 1 Saturday 4:00pm - 7:30pm Aug. 17

ARTS & CRAFTS

ONE STROKE PAINTING

This course will teach you the basics of decorative painting techniques to create detailed flowers and leaves in just one stroke. Create beautiful paintings and take them home on canvas, a ceramic vase, glass, fabric, or greeting cards.

Carmen MacDonald Fee: \$99

22871 4 Wednesdays
7:00pm - 9:00 pm Jun. 5 - Jun. 26

Students must purchase the required materials

PAINTING WITH ACRYLIC (FLOWERS) 3D

This course teaches you multi-dimensional painting techniques. With a heavy impasto created sunflowers and wildflowers. In just under thirty minutes, you'll have beautiful flowers in bloom that will last forever.

Carmen MacDonald Fee: \$99

22874 4 Wednesdays
7:00pm - 9:00pm Aug. 7 - Aug. 28

Students must purchase the required materials

POURING PAINTING

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

Carmen MacDonald Fee: \$99

22904 4 Thursdays
7:00pm - 9:00pm Jun. 6 - Jun. 27

Students must purchase the required materials

PAINTING WITH ACRYLIC 1

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

Carmen MacDonald Fee: \$99

22872 4 Wednesdays
7:00pm - 9:00pm Jul. 3 - Jul. 24

Students must purchase the required materials



PAINTING WITH WATERCOLOR

This course offers students instruction on basic watercolor techniques in order to bring out their artistic expression. Topics covered in class include: color mixing, color application, brush stroke techniques, plus much more.

Carmen MacDonald Fee: \$99

22873 4 Thursdays
7:00pm - 9:00pm Jul. 11 - Aug. 1

Students must purchase the required materials

SPECIAL EFFECTS 1

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

Carmen MacDonald Fee: \$99

22875 4 Thursdays
7:00pm - 9:00pm Aug. 8 - Aug. 29

Students must purchase the required materials

PHOTOGRAPHY EXERCISES FOR CREATIVITY/FOCUS ON COMPOSITION

Learn to make interesting photos of almost any subject and enjoy a variety of photography activities. Stretch your creative eye with a series of fun photo exercises to help you develop visual composition techniques and hone your observation skills. We'll split our time between shooting photos around the LAVC campus, discussing photo concepts, and reviewing images in the classroom. Class will focus on specific concepts to improve your photography.

Any camera may be used

Nancy Kaye

22903 1 Saturday

9:30am - 1:30pm

Fee: \$59

Aug. 3

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

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

PREREQUISITES: 18 years of Age – Proper Government ID (For example: Driver License – DMV Identification Card – Current Passport).

Rosie Reed	Fee: \$125
# 22801	1 Saturday
8:00am - 4:00pm	Aug. 17



DMV AUTO WHOLE DEALER HOME BASED BUSINESS (ONLINE)

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

Ronald "Wayne" Williams	Fee: \$119
# 22806	Mon/Tues
6:00pm - 9:00pm	Aug. 12 - Aug. 13

NOTARY LOAN SIGNING SEMINAR (REMOTE/LIVE VIA ZOOM)

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

Rosie Reed	Fee: \$105
# 22802	1 Saturday
9:30am - 3:30pm	Aug. 24

Before signing up for these classes, check to see that you meet eligibility requirements for becoming a notary: visit www.sos.ca.gov/notary to check qualifications.

Note: Due to strict State regulations, no one is admitted after class begins. Check-in begins at 7:30 AM and class must begin promptly at 8:00 AM. So have your current, official photo ID ready. Registration closes the day before class

ELECTRIC VEHICLE CHARGING STATION DESIGN, INSTALLATION, AND OPERATION

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

Quayum Abdul	Fee: \$149
# 22876	Tues/Thurs
6:00pm - 10:00pm	Jul. 23 - Jul. 30

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BUSINESS & CAREER TRAINING

LANDLORD CLASSES: RENTAL PROPERTIES MADE SIMPLE

LANDLORDS: THE BASICS

Do you own a rental property or are you interested in rental property ownership but unsure of where or how to start? This workshop covers the fundamentals of becoming a successful landlord, including finding tenants, managing move-in/move-out processes, essential rental forms, avoiding common mistakes, business and landlord tips, and simple bookkeeping tools. Join us to gain the knowledge and confidence to become a profitable landlord! Join us and learn how simple it is to become a confident, effective, and profitable Landlord!

Shiral Torres **Fee: \$49**
22890 1 Sunday
9:00am - 11:00am Aug. 4

22844 ONLINE 1 Tuesday
6:00pm - 8:00pm Jun. 18



LANDLORDS: GAIN PROFITS BY GETTING ORGANIZED

Are you able to locate your property-related paperwork quickly? Do you have it in a secure location? Among other documents, tenants' rental applications and rental agreements are two forms that have sensitive information. You, as the landlord are required to keep them in a secure location. Reduce stress and save time by learning a simple system to organize your documents. This includes lease agreements, maintenance and repair logs, rent logs, and tenant notices. You'll also learn how to store them by building a binder. Here you'll take control of your paperwork by learning a simple yet effective way to organize your property documents, bills, and more.

Shiral Torres **Fee: \$64**
22886 1 Sunday
12:00pm - 2:00pm Aug. 4

22859 ONLINE 1 Tuesday
6:00pm - 8:00pm Jul. 9

LANDLORDS: TAKE CONTROL OF YOUR FINANCES

Are you making a profit? No one likes bookkeeping; however, it is a necessary task to keep track of income and expenses. QuickBooks and Quicken are great tools but can be monsters to learn. Hiring someone to do the work is easy but costly. Would you believe that a worksheet is all you need to do the job? Join us in this lively and inspiring workshop and discover how to use a simple worksheet to keep track of your income and expenses so that you can have peace of mind and profitable results. Find out how to take control of your finances using a simple, yet effective, way to track your spending. As a bonus, receive Shiral's business tips, landlord tips, and updated landlord information.

Shiral Torres **Fee: \$64**
22888 1 Saturday
12:00pm - 2:00pm Aug. 3

22843 ONLINE 1 Tuesday
6:00pm - 8:00pm Jul. 2

LANDLORDS: 5 STEPS TO GAIN CONFIDENCE AND PROFITS

Do you want to rent to qualified tenants so you can pay your bills on time? Would you like to build a team of experts to help you address tenant issues? Landlords who gain financial freedom from owning rentals know the secrets of good property management. In this class, you'll learn beyond the basics by doing hands-on exercises that will help you understand the importance of being a proactive landlord. Topics include common landlord mistakes and solutions, reducing tenant calls, building revenue, creating a vendors list, and more!

Shiral Torres **Fee: \$99**
22878 1 Sunday
9:00am - 12:00pm Jul. 21

MEDICAL CODING & BILLING SERIES

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

MEDICAL TERMINOLOGY - CLASS 1 (ONLINE)

This online introductory course is 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 by Davi-Ellen Chabner. Purchase or Rent on your own. Instructor also suggests that students purchase a Medical Dictionary.

Arlyn "Gladly" Tagomolila-Que

22803

Monday/Friday

6:00pm - 9:00pm

Fee: \$199

Jun. 17 - Jul. 19

CODING FOR MEDICAL INSURANCE BILLING - CLASS 2 (ONLINE)

Coding is required to bill insurance companies. It also is used in the medical records departments of different medical facilities. Students will learn the different rules in coding various diagnoses in ICD-10-CM format. In CPT coding, the students will learn how to code the doctor's or the medical facility's procedures/services. All of these codes are used in order to get the best reimbursement. With the skill set you will obtain in this series, you will be prepared to sit for the license exam for a national certification with AAPC or AHIMA.

This course is a prerequisite for Medical Insurance Principles. **Required text:**

1. ICD-10-CM for Physicians 2024 or 2023 (any publisher). 2. AMA Current Procedural Terminology Professional (Old editions permitted up to 2018 if only to be used for practice only. Current edition if to be used for current year's license exam)

Arlyn "Gladly"

Fee: \$199

Tagomolila-Que

22804

Monday/Friday

6:00pm - 9:00pm

Jul. 26 - Aug. 26

MEDICAL INSURANCE PRINCIPLES / BILLING - CLASS 3 (ONLINE)

A major part of managing a medical office is billing patients and insurance companies for services rendered. In this fast-paced area, students will learn to understand the procedures of billing, recognize the different forms used by third-party carriers, complete each claim form for reimbursement and define insurance terminology and different types of coverage. Learn the responsibilities of a medical insurance specialist, the life cycle of an insurance claim, and the various templates for billing commercial insurance.

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

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

Arlyn "Gladly"

Fee: \$169

Tagomolila-Que

22805

Monday/Friday

6:00pm - 9:00pm

Sept. 6 - Sept. 30



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

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

BUSINESS & CAREER TRAINING

BLOGGING FOR FUN AND PROFIT (ONLINE)

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

Bob Cohen **Fee: \$69**
22807 1 Tuesday
6:00pm - 9:00pm Jul. 30

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

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

Bob Cohen **Fee: \$69**
22809 1 Tuesday
6:00pm - 9:00pm Jul. 23

HOW TO USE AI TOOLS FOR WRITING (ONLINE)

Learn how AI tools can be used to write, correct, and do almost anything with text. AI tools can write articles, social media posts, emails, website pages, blog posts, scripts, newsletters, and more. Get tips on getting the desired result by choosing the best way to ask your question or "prompt." Find out how what you need to do to evaluate your writing result, what you should check before using it as your own, the copyright ownership, and ethical use.

Bob Cohen **Fee: \$55**
22811 1 Wednesday
6:00pm - 9:00pm Jul. 31

CONTENT CREATION IN FIVE STEPS (ONLINE)

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

Bob Cohen **Fee: \$69**
22808 1 Tuesday
6:00pm - 9:00pm Aug. 6

INTRODUCTION TO INTERNET MARKETING METHODS (ONLINE)

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

Bob Cohen **Fee: \$69**
22810 1 Tuesday
6:00pm - 9:00pm Jul. 9

BUILD AN APP/START A SMARTPHONE APP BUSINESS (ONLINE)

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

Bob Cohen **Fee: \$69**
22812 1 Wednesday
6:00pm - 9:00pm Jul. 24

MARKETING WITH FACEBOOK AND SOCIAL MEDIA (ONLINE)

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

Bob Cohen **Fee: \$69**
22813 1 Tuesday
6:00pm - 9:00pm Jul. 16

INSTAGRAM REEL MAKING

Level Up Your Instagram Game with DIY Reels! Want to take your Instagram presence to the next level? Join me for a hands-on workshop where you'll learn how to make fun and engaging reels using just your phone. In this class, you'll discover the secrets to creating eye-catching 15-60 second video clips tailored for Instagram's popular Reels feature.

Shelly Gilad **Fee: \$90**
22891 3 Mondays
6:00pm - 8:00pm Aug. 12 - Aug. 26

SOLAR PANEL DESIGN AND INSTALLATION

This course is on Solar Photovoltaic. It covers how solar PV energy works and how to assess if PV is feasible in a variety of situations. Topics include calculating and measuring PV power input and output, site assessment, system designing, permitting, battery and PV sizing, panels orientation and radiation calculation, electrical load calculation, system installation, troubleshooting and servicing, analyzing National Electrical Code (NEC), complete familiarization with equipment and installation, wire management and commissioning.

Quayum Abdul **Fee: \$239**
22877 Tues/Thurs 6:00pm - 10:00pm Aug. 6 - Aug. 22
Fee includes materials

MAKING BETTER PRESENTATIONS (ONLINE)

Dive into the art of captivating audiences. Discover the secrets to delivering impactful presentations, from crafting persuasive content to mastering the latest technology. Gain confidence and learn to engage with any audience through personalized strategies, interactive activities, and expert feedback. Whether online or in-person, transform your speaking skills into a dynamic tool for success. Join us to elevate your influence, inspire action, and leave lasting impressions.

Bob Cohen **Fee: \$49**
22814 1 Wednesday
6:00pm - 9:00pm Aug. 7

YOUTUBE: CREATING CHANNELS, CONTENT, AND CAREERS

In this interactive class learn how to create, maintain, and grow a YouTube Channel. Students will create YouTube channels, while learning how to sustainably create the highest quality content that they can achieve. Students will learn the basics of filming, editing, and posting on YouTube and other Internet media platforms.

Mason Sperling **Fee: \$149**
22879 8 Tuesdays
6:30pm - 8:30pm Jun. 25 - Aug. 13



CLASSES FOR KIDS

YOUNG LEARNER'S WRITING AND GRAMMAR WORKSHOP

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

Brian King **Fee: \$59**

Supply fee: \$13

Grades 3-4

22815 6 Fridays
4:00pm - 5:00pm Jun. 21 - Jul. 26

Grades 5-6

22816 6 Fridays
5:00pm - 6:00pm Jun. 21 - Jul. 26

YOUNG LEARNER'S MATH WORKSHOP

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

Brian King **Fee: \$59**

Supply fee: \$13

Grades 3-4

22817 6 Wednesdays
4:00pm - 5:00pm Jun. 26 - Jul. 31

Grades 5-6

22818 6 Wednesdays
5:00pm - 6:00pm Jun. 26 - Jul. 31

WANT MORE CLASSES FOR KIDS?

Spanish - pg. 21
Swimming - pg. 25
Tennis - pg. 18

Dance, Fine Art, Gymnastics, Rock Climbing, & Theatre - pg. 30

COOKING

BREAKING BREAD

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

Shelly Gilad **Fee: \$160**
22892 4 Wednesdays
6:00pm- 9:00pm Aug. 7 - Aug. 28



FOOD FOR LIFE: POWER FOODS FOR THE BRAIN

Unlock the secrets to a sharper mind with our 'Power Foods for the Brain' class. Discover how plant-based nutrition can support brain health and protect against conditions like memory loss, cognitive function and Alzheimer's disease. Join us for an interactive class where you'll discover strategies for enhancing memory and cognitive function. Watch as we whip up brain-boosting meals and savor the flavors of vitality. Elevate your mental well-being and embrace a brighter future with the nourishing power of plant-based foods.

Kevin King **Fee: \$64**
22924 1 Wednesday
1:00pm - 3:00pm Aug. 21

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 **Fee: \$69/\$39**
Mason-Marx
22819 \$69 5 Sundays
 9:00am - 10:15am Jun. 2 - Jun. 30

22820 \$39 3 Sundays
 9:00am - 10:15am Aug. 11 - Aug. 25

BEGINNING EAST COAST SWING

East Coast Single Time Swing can be done to Big Band, Country or Pop Rock and Roll. This class will teach you basic steps as well as variations. Men will learn how to lead and ladies will learn how to follow. Come have some fun! See you there!

Linda Goldstein **Fee: \$105**
22822 8 Saturdays
 11:00am - 12:00pm Jun. 22 - Aug. 10

BEGINNING COUNTRY WESTERN LINE DANCING

If you want to learn Line Dancing or improve your technique, this is the class for you. Simple, slow to moderately paced line dances will be taught in a relaxed, pleasant atmosphere. Come have fun with us and get a great workout!. Two levels: Beginner & Intermediate. No partners required. Cowboy boots or good dancing shoes suggested - no sandals allowed.

Linda Goldstein **Fee: \$105**
22821 8 Sundays
 11:00am - 12:00pm Jun. 23 - Aug. 11

SALSA FOR BEGINNERS

This beginner class will teach you the basic steps and hip movements to this fun and exciting dance. Burn calories while having fun dancing! Get ready to move and groove to the best Latin music. Couple registration is not required.

Linda Goldstein **Fee: \$105**
22824 8 Sundays
 12:00pm - 1:00pm Jun. 23 - Aug. 11

NOT STRICTLY COUNTRY LINE DANCE

Line dancing is not just for country music fans anymore! While many dances will be contemporary country pop or classic country, the line dances in this class will be from many different musical genres. You will dance to Hip Hop, R&B, Soul, Rock, Latin & "Oldies" music. There will also be many dancers with original, never before seen choreography. Artist will include Pit Bull, Lady Gaga, Led Zeppelin, Bruno Mars, Bette Middler & Elton John. No partner needed. Wear comfortable shoes (no sandals)
 It's great low impact exercise & a lot of FUN!

Sue Reynolds **Fee \$105**
22823 8 Thursdays 6:30pm - 8:00pm Jun. 20 - Aug. 15



EXERCISE, SPORTS, & FITNESS

GROUP 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 and has won several local tournaments.

LEVELS:

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

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

ADVANCED: Has high level of consistency and endurance.

CHILDREN'S SATURDAY CLASSES

# 22829	Age 6 - 9	8 Saturdays	11:00am - 12:00pm	Jun. 8 - Jul. 27	Fee: \$109
# 22830	Age 10 - 14	8 Saturdays	12:00pm - 1:00pm	Jun. 8 - Jul. 27	Fee: \$109

ADULT SATURDAY CLASSES

# 22827	Intermediate	8 Saturdays	9:00am - 10:00am	Jun. 8 - Jul. 27	Fee: \$109
# 22828	Beg-Adv	8 Saturdays	10:00am - 11:00am	Jun. 8 - Jul. 27	Fee: \$109
# 22831	Beg-Adv	8 Saturdays	2:00pm - 3:00pm	Jun. 8 - Jul. 27	Fee: \$109
# 22833	Intermediate	8 Saturdays	3:00pm - 4:00pm	Jun. 8 - Jul. 27	Fee: \$109

ADULT SUNDAY CLASSES

# 22836	Beginning	8 Sundays	9:00am - 10:00am	Jun. 9 - Jul. 28	Fee: \$109
# 22834	Intermediate	8 Sundays	10:00am - 11:00am	Jun. 9 - Jul. 28	Fee: \$109
# 22837	Advanced	8 Sundays	11:00am - 12:00pm	Jun. 9 - Jul. 28	Fee: \$109
# 22832	Beg-Adv	8 Sundays	1:00pm - 2:00pm	Jun. 9 - Jul. 28	Fee: \$109
# 22835	Intermediate	8 Sundays	2:00am - 3:00pm	Jun. 9 - Jul. 28	Fee: \$109

PRIVATE TENNIS LESSONS

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

Raymond Finks, Tennis Pro

Fee is \$64/hour per person



SUNSET RESTORATIVE YOGA

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

Margie Thomas **Fee: \$119**
22825 10 Tues/Wed
7:00pm - 8:00pm Jun. 25 - Jul. 24

22826 10 Tues/Wed
7:00pm - 8:00pm Jul. 30 - Aug. 28

STRETCH & TONE

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

Donald Lopez **Fee: \$69**
22893 6 Mon/Fri
6:30pm - 7:20pm Jun. 10 - Jun. 28

22894 6 Mon/Fri
6:30pm - 7:20pm Jul. 8 - Jul. 26

22895 6 Mon/Fri
6:30pm - 7:20pm Aug. 5 - Aug. 23

ZUMBA GOLD

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

Linda Goldstein **Fee: \$105**
22838 8 Saturdays
9:30am - 10:30am Jun. 22 - Aug. 10

CHAIR TAI CHI

This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life. Tai Chi's movements are usually circular and never forced, the muscles are relaxed rather than tensed, the joints are not fully extended or bent, and connective tissues are not stretched. Tai Chi can be easily adapted for anyone, from the most fit to people confined to wheelchairs or recovering from surgery. Qi - an energy force thought to flow through the body, Tai Chi is said to unblock and encourage the proper flow of Qi Ying and yang- opposing elements thought to make up the universe that need to be kept in harmony Tai Chi (chair Tai Chi) is said to promote this balance.

Karima Williams **Fee: \$69**
22919 6 Saturdays
4:30pm - 5:30pm Jun. 22 - Jul. 27

FULL BODY FITNESS

A fitness class that focuses on agility, reflexes, speed and coordination. Great for those who enjoy having an active lifestyle. Featuring high cardio & high intensity exercises

Donald Lopez **Fee: \$69**
22907 6 Mon/Fri
8:30pm - 9:20pm Jul. 8 - Jul. 26

22908 6 Mon/Fri
8:30pm - 9:20pm Aug. 5 - Aug. 23

FUNCTIONAL FITNESS

This class includes targeted exercises to help with everyday activities. From carrying groceries & walking up stairs to playing sports & other recreational activities. We will focus on basic motor skills and some complex exercises. Combining aerobic exercises along with isometric exercises. These two styles of exercises will help build up stamina, endurance. Along with strengthening the muscles and joints.

Donald Lopez **Fee: \$69**
22905 6 Mon/Fri
7:30pm - 8:20pm Jul. 8 - Jul. 26

22906 6 Mon/Fri
7:30pm - 8:20pm Aug. 5 - Aug. 23

EXERCISE, SPORTS, & FITNESS

YOGA THERAPY SERIES

The sequences designed are evidence based on research for rehabilitation for specific areas of the body. The yoga postures are a hybrid of traditional yoga mixed with therapy exercises designed to strengthen and heal your body. They are suitable for all individuals modifications will be provided as needed. You will leave with a home program for your continued practice.

Adina Dawoud

Fee: \$80

22920

2 Sundays

3:00pm - 4:30pm

Jul. 14 - July. 21

22921

2 Sundays

3:00pm - 4:30pm

Jul. 28 - Aug. 4

Enroll in BOTH Yoga Therapy Series Workshops for \$140!

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

HEALTH & WELLNESS

HOMEOPATHY AND ACUPRESSURE TO REDUCE PAIN & STRESS

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

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

Fee: \$35

22880

1 Thursday

7:30pm - 9:00pm

Jul. 18

LANGUAGES

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

Learn Italian directly from Venice, Italy!!!

Our teacher, Mr. Lombardi will be in Venezia giving you the "real experience" no one else could! The class curriculum is designed for the beginner; with simple idiomatic phrases, you will be able to speak ITALIANO in no time. Divided into ten subject areas, Mr. Lombardi will guide you through the different phases of learning the language: building your vocabulary, grammar, and pronunciation. The program will cover ear-training exercises: greetings and introductions, people and family, numbers and plural, around home, describing things, around town, at the restaurant, at work and socializing.

Giovanni Lombardi Fee: \$69

22841

6 Tuesdays

10:00am - 11:00am Jun. 11 - Jul. 16

SPANISH FOR TRAVELERS (ONLINE)

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

Teresa Hito

Fee: \$105

22856

10 Saturdays

8:20am - 9:20am

Jun. 22 - Sept. 7



SPANISH CLASSES FOR CHILDREN, ADULTS, AND SENIORS

SPANISH FOR CHILDREN (ONLINE)

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

Teresa Hito

Fee: \$149

Children's Class - Beginners level (7 - 10 years old)

22849 14 Mon/Wed
10:00am - 11:00am Jun. 17 - Aug. 7

**Children's Class - Advanced level
(7 - 10 years old)**
22850 14 Mon/Wed
11:00am - 12:00pm Jun. 17 - Aug. 7

**Children's Class - Beginners level
(11 - 14 years old)**
22851 14 Mon/Wed
6:00pm - 7:00pm Jun. 17 - Aug. 7

SPANISH FOR ADULTS (ONLINE)

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

Teresa Hito

Fee: \$159

Adult's Class - Beginners level
22852 10 Wednesdays
7:00pm - 8:30pm Jun. 19 - Aug. 28

Adult's Class - Intermediate level
22853 10 Saturdays
9:30am - 11:00am Jun. 22 - Sept. 7

Adult's Class - Advanced level 1
22854 10 Saturdays
11:10am - 12:40pm Jun. 22 - Sept. 7

Adult's Class - Advanced level 2
22855 10 Saturdays
12:50pm - 2:20pm Jun. 22 - Sept. 7

BEGINNING SPANISH FOR SENIORS (ONLINE)

This course is targeted for retirees, looking to keep their mind active through language learning. It is a basic language course with an introduction to the Spanish language. Students will learn starting from the alphabet to a basic simple conversation. Each week will cover different topics, and students will be able to practice actively in class what they learned.

Teresa Hito

Fee: \$129

Seniors - Beginners level
22857 12 Fridays 1:00pm - 2:00pm Jun. 21 - Sept. 20

Seniors - Intermediate level
22858 12 Fridays 2:00pm - 3:00pm Jun. 21 - Sept. 20



MUSIC

BEGINNING GUITAR LEVEL 1

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

Dan Sindel **Fee: \$149**
22848 6 Tuesdays
6:30pm - 8:30pm Jun. 18 - Jul. 23

UKULELE

Learn fundamental skills to get you playing ukulele in this entertaining hands-on class. We will work on rhythm, strumming, patterns, and some finger picking. With a few basic chords you can play along with others and accompany yourself on a multitude of songs. Learn to find the right key for your voice and where the notes are on the keyboard.

Dale LaDuke **Fee: \$99**

Level 1
22845 5 Saturdays
9:00am - 10:00am Jun. 22 - Jul. 20

Level 2
22846 5 Saturdays
10:00am - 11:00am Jun. 22 - Jul. 20

THE BASICS OF HARMONY SINGING

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

Dale LaDuke **Fee: \$99**
22847 5 Saturdays
11:00am - 12:00pm Jun. 22 - Jul. 20

JAZZ GUITAR (ONLINE)

The Jazz Guitar 1-on-1 is an affordable college-level jazz education course for intermediate to advanced guitarists. An admission test will determine eligibility. The course focuses on chord voicings, scales, arpeggios, and improvisation with jazz standards. Live streaming classes will be recorded for convenient weekly reinforcement, and a virtual classroom on WhatsApp will provide weekly feedback. The course is taught by Gio Lombardi, an experienced teacher, performer, and composer.

Gio Lombardi **Fee: \$69**
22840 6 Fridays
10:00am - 11:00am Jun. 14 - Jul. 19

TEACH WITH US!

Does teaching come naturally to you?

Do you constantly get asked to tell other people how you do the things that you do?

Teaching for LAVC Community Services may be just what you are looking for.

A way to promote your craft, educate others, or bring lost arts back into the mainstream.

Almost any topic is fair game, so share it with us.

For more information give us a call at

(818) 947-2577 x4172



ACT 3 "THE NEW RETIREMENT"

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

Devra Korwin **Fee: \$39**
22881 1 Saturday
 9:00am - 12:00pm Jul. 27



LIVE, WORK OR RETIRE ABROAD AFFORDABLY (ONLINE)

Enjoy a higher standard of living while living your dream! Learn how you can make your dream of living in a foreign country possible. Find out how to stretch a fixed retirement income, or how to find work overseas that pays your room and board. Discover the top ten countries where you can live better abroad than in the U.S., and how you can do it. Get tips on evaluating your finances, figuring out how far your dollar will go, housing, transportation, food, government discount programs, access to healthcare, job opportunities and more.

Bob Cohen **Fee: \$49**
22839 1 Wednesday
 6:00pm- 9:00pm Jul. 17

NINE STEPS TO SELF-PUBLISH YOUR BOOK

Figuring out how self-publishing works does not have to be a time-consuming, research-laden mission. If you want to get your book out quickly, this class is for you. It tells you only what you need to know by systematically walking you through the self-publishing process, using practical examples you can apply to your own manuscript. By the end of the workshop, you will know exactly what it takes, and how much it costs, to self-publish your own book.

Stacy Dymalski **Fee: \$64**
22899 1 Saturday 10:00am - 12:00pm Jun. 15

CAREGIVING MADE SIMPLE

Are you experiencing stress while caring for a loved one or a patient? Are you concerned about what will happen to your aging parent? Are you concerned about how you're going to manage it all? Simplify the caregiving process. Gain the skills you need to save time, money, and reduce stress. As a compassionate caregiver equip yourself to navigate the diverse challenges of a family health crises with grace and resilience.

Shiral Torres **Fee: \$64**
22901 1 Sunday
 9:00am - 11:00am Jul. 14

22900 1 Saturday
 9:00am - 11:00am Aug. 3

22902 ONLINE 1 Tuesday
 6:00pm - 8:00pm Jun. 25

INTO TO TAROT CARD READING

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

Michelle Nieweg **Fee: \$80**
22922 4 Tues/Thurs
 6:30pm - 7:30pm Aug. 20 - Aug. 29
 Students must purchase the required materials



SWIMMING & AQUATICS

SWIM LESSON POLICIES AND REGISTRATION PROCEDURE

Classes

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

Private Lessons

- Swim lessons are not confirmed until payment is received.
- We will do our best to honor requests for instructors but cannot guarantee this.
- If the Community Services Office cancels a class due to inclement weather*, instructor's schedule, etc. We will provide a make-up class at a mutually agreeable date and time or a credit.
- Participants in current month private swim lessons have priority registration over 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.

*All classes will be held rain or shine; except in case of thunderstorms, ice on the pool deck or if it is raining so hard that lifeguards cannot see the bottom of the pool. Call 818-778-5644 approximately 30 minutes prior to class to see if a class has been canceled. Please read our refund policy on Page 4.

ADULT SWIM CLASSES (18 YEARS OLD AND UP)

SHALLOW WATER AEROBICS

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

Monday/Wednesday/Friday

10:00am - 10:55am

\$105/month

WATER AEROBICS

A combination of shallow and deep water aerobics. This class is for anyone who wants to improve strength, flexibility, and cardiovascular endurance with a mixture of high and low intensity.

Tuesday/Thursday

9:30am - 10:30am

\$95/month

SUMMER STRETCH

Enjoy the benefits of a flexibility workout using the natural buoyancy of the water to help improve your muscle suppleness, balance and range of motion

Nita Millstein Fee: \$20

Fridays 9:15am - 9:45am

22896 Jun. 7 - Jun. 28

22897 Jul. 5 - Jul. 26

22898 Aug. 2 - Aug. 23

AQUA FIT

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

Tuesday/Thursday 4:00pm - 4:45pm

\$90/month 6:00pm - 6:45pm

AQUA HIIT

HIIT is a type of interval training exercise. It incorporates several rounds that alternate between several minutes of high-intensity movements followed by short periods of lower-intensity movements. *All participants must be comfortable and water safe in deep water.*

Monday/Wednesday 4:00pm - 4:45pm

\$90/month 6:00pm - 6:45pm

BEGINNING/INTERMEDIATE ADULT SWIM INSTRUCTION

For students who have some previous swimming experience. Stroke instruction and basic water safety for adult 18+.

Brian Delach Fee: \$99

Fridays 6:30pm - 7:45pm

22842 Jun. 28 - Aug. 9

SWIMMING & AQUATICS

WE OFFER SWIMMING AND AQUATICS CLASSES YEAR ROUND

All registrations must be done through the Community Services Office

PRIVATE SWIM LESSONS (YOUTH & ADULT)

25 minutes of one-on-one instruction once a week. Prices based on number of weeks in the month. Children must be at least 5 years old and toilet trained. Call Community Services (818.947.2577 x4172) for times or to schedule a lesson. Lessons are available every half hour, Monday through Friday from 3:30pm - 6:30pm. Please read the registration information/refund on page 26..

CHILDREN'S SMALL GROUP LESSONS

Our smaller group lessons offer flexible scheduling and are for children of all swimming abilities. Learn to swim or get better with your strokes! For ages 5 through 16½. Group sizes are 4-8 students and lessons are 30-55 minutes long.

Assessment required for Levels 2 or higher and are by appointment only.
Contact Community Services at (818)947-2577 x4172 to schedule an appointment.

LEVEL 1

Class Size: 4 x 1

30 min. \$85/month

Monday/Wednesday 3:50pm - 4:20pm

Tuesday/Thursday 3:50pm - 4:20pm

Tuesday/Thursday 5:55pm - 6:25pm

LEVEL 2

Class Size: 4 x 1

30 min. \$85/month

Monday/Wednesday 4:25pm - 4:55pm

Tuesday/Thursday 4:25pm - 4:55pm

Tuesday/Thursday 6:30pm - 7:00pm

LEVEL 3

Class Size 6 X 1

45 min \$105/month

Monday/Wednesday 4:00pm - 4:45pm

Monday/Wednesday 5:00pm - 5:45pm

Tuesday/Thursday 4:00pm - 4:45pm

Tuesday/Thursday 5:00pm - 5:45pm

LEVEL 4

Class Size 6 X 1

45 min \$105/month

Monday/Wednesday 5:00pm - 5:45pm

Tuesday/Thursday 5:00pm - 5:45pm

Tuesday/Thursday 6:00pm - 6:45pm

LEVEL 5

Class Size 8 x 1

55 min \$105/month

Monday/Wednesday 5:00pm - 5:55pm

Monday/Wednesday 6:00pm - 6:55pm

Tuesday/Thursday 5:00pm - 5:55pm

LEVEL 6

ADVANCED AQUATICS

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. Ages 6 – 16 Tryout is required.

55 min \$105/month

Monday/Wednesday 6:00pm - 6:55pm

PLEASE NOTE: We advance children to the next level based on Instructors recommendation and availability of the class. We cannot guarantee that the next level of class will always be available on your requested day/time, or at all.

OPEN RECREATION ACTIVITIES

- Open Recreation (drop-in) activities are open to adults ages 18 and up in the community.
- Days and times are subject to change due to location availability.
- There is no instruction for Open Recreation activities.
- Coaching/teaching at any open recreation activity is prohibited.
- Participants must purchase a 10 visit pass for \$50!
- Passes are available at the Community Services office by phone with a credit card or online.
- No refunds on Open Recreation passes will be issued.
- Lost or stolen cards will not be replaced.

DAY	TIME	PROGRAM	LOCATION
Monday	7:30-10:00 pm	Scottish Dance	CSC MPR 2
Friday	7:00-11:00 pm	Badminton	North Gym
Sunday	2:00-5:00 pm	Adv. Badminton	North Gym

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

ADULT LAP SWIM (18 AND OVER)

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

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

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

All registrations must be done at the Community Services Office

ONLINE COURSES

CAREER TRAINING PROGRAMS



Accelerate your career or find a new one with any of our more than 800 online courses!

COURSE FEATURES:

- 24/7 Access
- Books and materials included
- Certificate of Completion

- Financial assistance available
- Student Advisors included
- Industry recognized certifications

To view all courses, learn more and enroll, visit:

careertraining.ed2go.com/lavc

SELF-GUIDED ONLINE COURSES

Learn online at your own pace, and gain specific skills and knowledge to advance your professional or personal development.



A to Z Grant Writing

Accounting Fundamentals

Achieving Success
with Difficult People

Administrative Assistant
Fundamentals

Certificate in Food,
Nutrition, and Health

Certificate in Gerontology

Computer Skills for the Workplace

Creating WordPress Websites

Discover Sign Language

Explore a Career in Medical Coding

Explore a Career as a Paralegal

Fundamentals of
Supervision and Management

Grammar Refresher

Human Anatomy and Physiology

Intermediate Microsoft Excel 2019

Introduction to
Microsoft Excel 2019

Introduction to
Natural Health and Healing

Introduction to SQL

Keyboarding

Keys to Effective Communication

Medical Math

Medical Terminology:
A Word Association Approach

Project Management
Fundamentals

Real Estate Investing

Spanish For Medical Professionals

Speed Spanish

Stocks, Bonds,
and Investing: Oh, My!

Twelve Steps to a
Successful Job Search

Understanding Adolescents

Using Social Media in Business

Write Fiction Like a Pro

COURSE FEATURES:



100% Online



24/7 Course access



6-Week instructor-moderated
or self-guided formats



Receive a
certificate of completion

Instructor-moderated versions of some courses are available.

Explore many more self-guided tutorials at our site, below.

To learn more and enroll, visit:

ed2go.com/lavc

SEQUOIA CAMPING TRIP

Sunday, July 28th - Friday, August 2nd

Campers will embark on an adventure amidst the towering majesty of sequoia trees, the awe-inspiring depths of glacier-carved rock domes, and the breathtaking vistas of Sequoia & Kings Canyon. Dive into the waters of Hume Lake for a refreshing swim or glide across its surface on a paddle board. Explore Buck Rock Fire lookout perched high above the wilderness. Journey through an ancient forest to see General Sherman and General Grant, colossal titans that reign as the largest trees on Earth! Ascend Moro Rock and be rewarded with a panoramic spectacle that plunges deeper than the Grand Canyon. And that's just the beginning! Campers will retreat to cozy bunk cabins nestled among the trees and indulge in hearty meals served at our rustic dining deck and lodge. With every detail arranged, from transportation to supervision, pack your bags and join us for a traditional sleep away camp, where the spirit of exploration awaits and memories are forged to last a lifetime!

Rate: \$850 per child

CATALINA ISLAND CAMPING TRIP

Sunday, July 7th - Friday, July 12th

Escape to island paradise with six days and five nights of beach camping under the stars on Catalina Island! Campers will embark on a picturesque journey departing from LAVC to San Pedro Harbor before sailing across the Pacific aboard the Catalina Express to this pristine oasis just off the coast of Southern California. Campers can explore hidden coves, pristine beaches, and scenic hiking trails at their leisure among a vibrant ecosystem including bison, deer, island foxes, flying fish, dolphins, seals, and Garibaldi. Indulge in the island lifestyle with an array of activities including swimming, snorkeling, kayaking, paddle boarding, tide pool exploration, shark fishing, hiking, disc golf, and cooking freshly caught seafood, all while soaking up the sun. Gather around the campfire to share stories under the starlit sky, roast marshmallows, and hang with new friends. Our home base at Bahia Azul, adjacent to the Two Harbors Campground, offers a secluded camping experience with access to a semi-private beach. With all logistics including food, transport, and supervision taken care of, your Catalina Island camping adventure promises to be unforgettable!

Rate: \$900 per child

MONARCHCAMPS.COM

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

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

- Pickup students from school
- Homework assistance, completion, and correction.
- Enrichment Activities
- Swimming offer seasonally
- Daily Snack
- Open as late as 6:30PM
- Optional Enrichment Classes to add on.

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

SCHOOLS OUT, COME TO SINGLE DAY CAMP

August 30 • October 3 • November 11

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

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

RATE: \$95 until 3:30, +\$20 for pickup until 6:30

THANKSGIVING CAMP

Monday - Wednesday, Nov. 25-27| Rate: \$120 per day

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

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

Wednesday- Everyone on Campus

MONARCHCAMPS.COM/CLASSES

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

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



DANCE CLASSES

Watch as your child leaps and glides, twirls and moves to their own rhythm. Unleash their boundless energy and pure joy through our dynamic Dance Classes, meticulously tailored for children of all ages. Within the realm of dance, young enthusiasts will flourish as they express themselves and cultivate their dance talents. Our dedicated instructors are committed to nurturing and inspiring each child, creating a nurturing environment for their dance exploration. With intimate class sizes, we ensure personalized attention, empowering every young dancer to thrive in their own unique style. Become part of our vibrant and transformative journey through the captivating world of dance!

FINE ART CLASSES

Discover the enchanting realm of creativity and self-expression through our captivating Fine Art Classes, thoughtfully designed for children aged 7-13. Within the world of visual arts, budding young talents will flourish as they unlock their imaginations and nurture their artistic abilities. Our skilled instructors are passionate about nurturing and igniting the artistic spark in each child, fostering a supportive atmosphere for their creative exploration. Embracing small class sizes, we ensure individualized attention, empowering every young artist to blossom in their own distinctive style. Join us for an exciting and transformative journey through the mesmerizing world of fine art!

GYMNASTICS CLASSES

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

ROCK CLIMBING CLASSES

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

THEATRE CLASSES

Unlock the world of creativity and self-assurance in our engaging Theatre Classes, tailor-made for children aged 7-13. Within the realm of performance and storytelling, young minds will thrive as they embrace their imaginations and develop their artistic potential. Our experienced instructors are dedicated to guiding and inspiring each child, providing a nurturing environment for their theatrical exploration. With limited class sizes, we ensure personalized attention, allowing every young performer to flourish in their own unique way. Come join us on this exhilarating and transformative journey through the captivating world of theatre!

MONARCHCAMPS.COM/PARTIES

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

MONARCH PARTIES

We makes parties fun!

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

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

PARTIES ON CAMPUS - CHOOSE ACTIVITIES

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

WE HAVE SERVICES TO ADD TO YOUR PARTIES/EVENTS

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

Email: party@monarchcamps.com to reserve your party

ADULT RECREATIONAL GYMNASTICS CENTER AND ROCK CLIMBING

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

\$20 Day Pass

\$60 Monthly Pass

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

5792 Ethel Ave. Valley Glen, 91401

**YOUR PATH TO CREDIT CLASSES, CITIZENSHIP &
AND EMPLOYMENT STARTS HERE**

Take Free Classes and Earn a Certificate in:

- ESL
- ESL SPEECH
- ESL AND CIVICS
- MICROCOMPUTER LITERACY

**SEE A COUNSELOR AND
PLAN YOUR ACADEMIC FUTURE.**



CITIZENSHIP CENTER

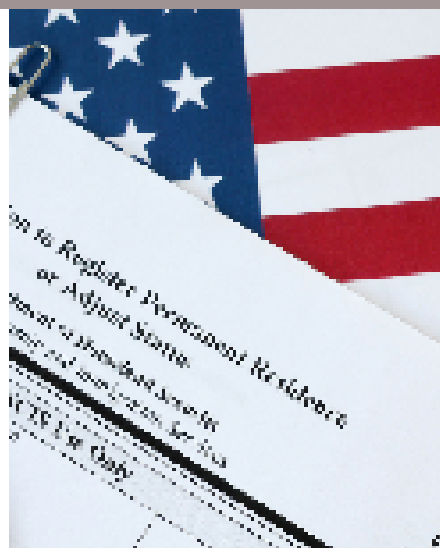


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PREPARE FOR YOUR CITIZENSHIP

We Offer

- FREE IN-PERSON AND ONLINE EL CIVICS/CITIZENSHIP CLASSES TO PREPARE FOR THE CITIZENSHIP INTERVIEW AND EXAM
- STUDY GUIDES
- ASSISTANCE TO QUALIFYING INDIVIDUALS WITH FILING VARIOUS IMMIGRATION FORMS
- ASSISTANCE WITH PASSPORT APPLICATION
- REFERRALS TO LEGAL SERVICES



OPEN TO STUDENTS AND COMMUNITY RESIDENTS

CONTACT US



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ADMINISTRATION & CAREER
ADVANCEMENT BUILDING
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WORKFORCE BIOTECH TRAINING ACADEMY



BE A PART OF OUR
6-WEEK IN-PERSON
TRAINING !

**AUGUST 12-
SEPTEMBER 17, 2024**

DEVELOP SKILLS & EARN CERTIFICATIONS

- Occupational Safety and Health Administration (OSHA) Safety
- Employability Skill Development (Interview, Resume, Cover Letter, Networking)
- Biotechnology Lab Techniques
- Standard Operating Procedures (SOP)
- Biology, Biotechnology, Microbiology & Chemistry for the Workplace; Math for the Workplace

ABOUT US: The Biotech Bridge Training Academy is funded by various grants. The Academy is an LAVC Job Training Department sponsored program and is a not-for-credit class.

QR CODE



+ (818) 947-2577

✉ glenma@lavc.edu

🌐 www.lavc.edu/workforce

EXPLORE **TUITION-FREE** CLASSES WITH ADULT ED!

- **NO ENROLLMENT/REGISTRATION FEES**
- Flexible Schedule (online, in person, hybrid)
- Enter and exit classes ANYTIME between the start and end date of the class
- Classes are repeatable (taken over and over again).
- Students who complete a noncredit certificate with passing ("P") grades will have earned a Certificate of Completion on their academic transcripts.
- You must be an adult living in California.

CLASSES AND CERTIFICATES ARE AVAILABLE IN:

- Community Health Worker
- Media & Cinema Arts
 - Film Producing & Film Production
 - Management Skills
 - Davinci Resolve Techniques
 - Photography
 - Motion Picture Sound Techniques
- Parent & Family Development
- 21st Century Employability Skills
- Success in Hybrid & Online Classes



Adult Education
Noncredit
ACREDITED PROGRAM

+ (818) 947-2577

✉ AdultEd@lavc.edu

🌐 lavc.edu/student-services/adult-education



VALLEY FAST TRACK

Short-term classes for working adults.

Fast Track students can complete their general education transfer requirements and a degree in about two years. Most courses are offered 100% online.

You can earn the following degrees:

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

Summer 2024

1st 5-week classes start **June 10**
2nd 5-week classes start **July 15**

Fall 2024

1st 8-week classes begin **August 26**
2nd 8-week classes begin **October 21**



Enroll Now!
www.lavc.edu/fasttrack





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WRITING
AND MORE...

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

SUMMER 2024

June - August

Register Today!

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