

# WINTER

# 2019

**LAVC**  
**COMMUNITY**  
**SERVICES**

# SPRING

## INSIDE THIS ISSUE:

- GUITAR
- PAINTING
- KIDS YOGA
- ZUMBA GOLD
- BIRTHDAY PARTIES
- CHILDREN'S BALLET
- BUSINESS ETIQUETTE
- SPANISH & ITALIAN
- MONARCH CAMPS
- CLIMBING WALL
- GYMNASTICS
- AQUATICS



**EDUCATION!**

**ENRICHMENT!**

**FUN!**

**ALL YEAR**



**KEEP CATALOG UNTIL MAY 31, 2019**

# Make-Up Workshop

Are you interested in updating your current look? Don't know where to start? This workshop will change the way you approach makeup! Moisturizer and sunscreen application, 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.



## 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.

## Children's Ballet

Dance! Dance! Dance! Learn the five basic ballet positions in a simple and fun ballet barre. The intensity and complexity of the exercises will increase each week. The focus of this class will be on correct posture and positions at the barre, timing and musicality. This class is a great way for kids to have fun and get fit!



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



### Parking Information

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

### REFUND POLICY

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

Aquatics classes and lessons are offered rain or shine unless: a) It is raining so hard that the bottom of the pool is not visible, b) There is lightning in the immediate vicinity, or c) It is so cold that ice forms on the pool deck. If these conditions are not present and you decide to not attend a swim class or lesson due to inclement weather, there will be no refund, make-up lesson or credit granted. See our Private Swim Lesson Make-Up Policy on Page 40.

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 WINTER SPRING Class Registration  
Begins On Tuesday, January 1, 2019**

**Register prior to January 16th and save**

**\$5.00 per class!  
(See page 7 for details)**

# GENERAL & REGISTRATION INFORMATION

## LOS ANGELES COMMUNITY COLLEGE

### BOARD OF TRUSTEES

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

### DISTRICT ADMINISTRATION

Dr. Francisco C. Rodriguez, Chancellor  
Dr. Robert B. Miller, Vice Chancellor of Finance and Resource Development  
Dr. Ryan M. Cornner, Vice Chancellor of Educational Programs and Institutional Effectiveness  
Dr. Albert J. Roman, Vice Chancellor for Human Resources  
Jeffrey M. Prieto, General Counsel  
David Salazar, Chief Facilities Executive

## VALLEY COLLEGE ADMINISTRATION

Erika Endrijonas, Ph.D., President  
Mike Lee, V. P. of Admin. Services  
Sarah Song, Associate V. P. of Admin. Services

## COMMUNITY SERVICES PROGRAM STAFF

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

## DISCLAIMER POLICY

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

## COMMUNITY SERVICES PROGRAM

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

## ATTENDING FIRST SESSION

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

## REGISTER EARLY

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

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

# REGISTRATION INFORMATION

## ENROLLMENT APPLICATION FORM:

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

Today's Date: \_\_\_\_\_ Class Title: \_\_\_\_\_ Start Date: \_\_\_\_\_ Class # \_\_\_\_\_

Date of Birth: \_\_\_\_\_ E-mail address \_\_\_\_\_

Name \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_ ZIP \_\_\_\_\_

Phone: Home ( ) \_\_\_\_\_ Business ( ) \_\_\_\_\_

Payment Method:

☐ Check ☐ Cash ☐ Visa ☐ Master Card ☐ Discover Card ☐ American Express

Credit/Debit Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_ Auth # \_\_\_\_\_

Signature Required: \_\_\_\_\_ Clerk: \_\_\_\_\_



Office Use Only

Fee \$ \_\_\_\_\_

Parking Fee \$ \_\_\_\_\_

Parking Permit # \_\_\_\_\_

Mail or bring this form (or copy) to:

Community Services Office

5800 Fulton Ave., Valley Glen, CA 91401

OR, Fax to: 818-947-2930

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

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

## SUPPLY/HANDOUT/MATERIAL FEES:

Please be aware that some Community Services classes have additional supply, handout or book fees.

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

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

## REGISTRATION INFORMATION



### ONLINE

ANY TIME!

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



### PHONE

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

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



### BY MAIL

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

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

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

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



### WALK IN

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

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



### BY FAX

ANY TIME!

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

**SAVE MONEY! AVOID THE DISAPPOINTMENT OF CANCELED CLASSES!  
REGISTER FOR ANY CLASS PRIOR TO WEDNESDAY, JANUARY 16th, 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 )

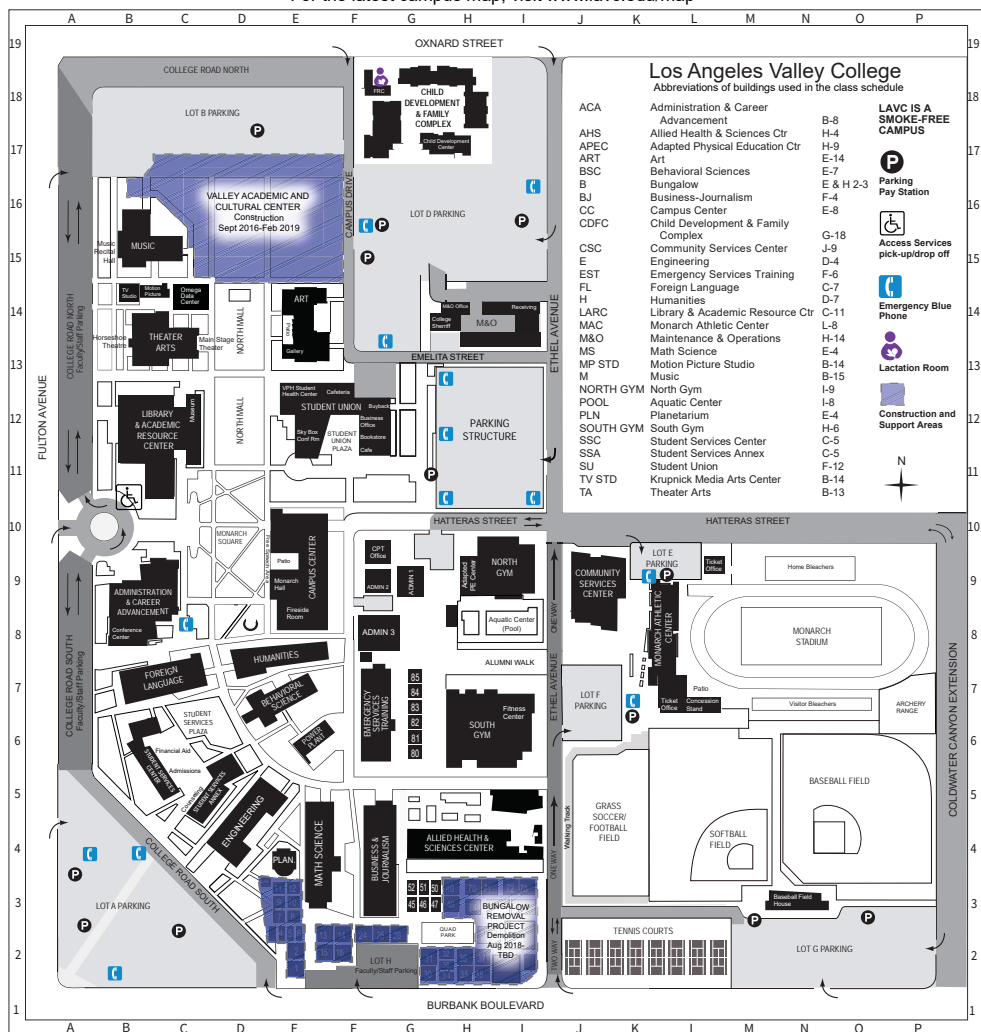
### **AMERICAN WITH DISABILITIES ACT (ADA) INFORMATION**

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 1<sup>st</sup> class or event.**

# GENERAL & REGISTRATION INFORMATION

## LAVC CAMPUS MAP

For the latest campus map, visit [www.lavc.edu/map](http://www.lavc.edu/map)



Academic Affairs (ACA)	B-8	Continuing Ed Noncredit (ACA)	B-8	Mailroom / Staff Services (ACA)	B-8	Professional Development Ctr (LARC)	C-11
Administrative Services (ACA)	B-8	Counseling (SSA)	C-5	Main Stage Theater (TA)	C-13	Public Relations Office (ACA)	B-8
Admissions & Records (SSC)	C-5	Information Technology Office (CC)	E-10	Master Calendar Office (ACA)	B-8	Receiving Office (M&O)	B-8
Archery Range	P-7	EOPS/CARE/Guardian Scholars (SSC)	C-5	Math Lab (LARC)	C-11	Registration / Admissions (SSC)	C-5
Art Gallery & Patio (ART)	E-13	Exercise Room/EX ROOM (North Gym)	I-9	Media Services (LARC)	C-11	Reprographics / Staff Services (ACA)	B-8
Baseball Field	C-5	Faculty Lounge (ACA)	B-8	Monarch Hall & Patio (CC)	C-11	Sheriff's Office (M&O)	H-14
Bookstore (SU)	F-12	Family Resource Center (CDFC)	C-18	Monarch Stadium	D-10	Softball Field	M-4
Business Office (SU)	F-12	Financial Aid (SSC)	C-5	Music Recital Hall (M)	N-8	Student Life Office (SU)	E-12
Cafeteria (SU)	F-12	Firehouse Room (CC)	E-9	Ombudsperson Office (ACA)	B-8	Student Services Plaza (SSC)	C-6
CalWORKS (ACA)	B-8	Fitness Center (SOUTH GYM)	I-6	Parking Lot A	B-3	Student Union Plaza (SU)	E-12
Career / Transfer Ctr (SSA)	C-5	Foundation Office (ACA)	B-8	Parking Lot B	D-17	Svcs to Students w/Disabilities (SSA)	C-5
Child Development Center (CDFC)	G-17	Free Speech Area	M-9	Parking Lot C	G-16	TAP / Honors Program (ACA)	B-8
College Road North - Faculty/Staff	A-14	Free Weights Room/WT ROOM (MAC)	L-8	Parking Lot D	K-9	Tennis Courts	K-2
College Road South - Faculty/Staff	A-6	General Tutoring (LARC)	C-11	Parking Lot E	J-7	TRIO (SSC)	C-5
Community Services Office (CSC)	J-9	Gymnastics Center (CSC)	C-12	Parking Lot F	O-2	Walking Track	J-4
Computer Commons (LARC)	C-11	Historical Museum (LARC)	B-13	Parking Lot G	G-2	Workforce Training (ACA)	B-8
Cooperative Education (ACA)	B-8	Horseshoe Theater (TA)	B-8	Parking Lot H - Faculty/Staff	H-12	Writing Center (LARC)	C-11
Conference Center (ACA)	B-8	Institutional Effectiveness Office (ACA)	B-8	Parking Structure	B-8	Valley Presbyterian Hospital	
		Lion Cafe (SU)	F-12	Payroll / Personnel (ACA)	B-8	Student Health Center (SU)	E-12
		Lost & Found / Sheriff's Office (M&O)	H-14	President's Office (ACA)	B-8		

Last modified: 08/22/2018

## DIRECTIONS TO LOS ANGELES VALLEY COLLEGE

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



# ACTING/PERFORMING ARTS

## ACTING FOR FILM AND TELEVISION (ADULTS 18+)

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



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

### June Chandler & Staff

# 17755	6 Sundays	9:00 AM - 11:30 AM
# 17756	6 Sundays	9:00 AM - 11:30 AM

### Fee: \$95

Feb. 10 - Mar. 17  
Apr. 28 - June 2

## COMEDY IMPROV



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

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

### Tracy Jensen

# 17757	4 Sundays	2:00 PM - 4:00 PM
# 17758	4 Sundays	2:00 PM - 4:00 PM

### Fee: \$67

Jan. 27 - Feb. 17  
May 5 - 26

## COMMERCIAL ACTING (KIDS 6-12)

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

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

Class topics include:

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



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

### Tracy Jensen

# 17759	2 Sundays	11:45 AM - 1:45 PM
# 17760	2 Sundays	11:45 AM - 1:45 PM

### Fee: \$81

Mar. 3 & 10  
May 5 & 12

## HOW TO BE SUCCESSFUL AT FILM FESTIVALS **NEW!**

This class is designed for filmmakers who want learn how to successfully find Film Festivals and submit their films and how to market their films to stand out and grab attention. Among the many things this 4 session 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

# 17761	4 Saturdays	1:30 PM - 4:30 PM
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### Fee: \$120

Feb. 23 - Mar. 16

## ARTS & CRAFTS/HOBBIES

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

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

Quayum Abdul  
# 17775  
Supply fee: \$30

1 Saturday

3:00 PM - 6:00 PM

Fee: \$42  
May 4

### CANDLE MAKING

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



Quayum Abdul  
# 17773  
Supply fee: \$20

1 Saturday

3:00 PM - 6:00 PM

Fee: \$42  
February 9

### COLD PROCESS SOAP MAKING

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

Quayum Abdul  
# 17776  
Supply Fee: \$30

1 Saturday

3:00 PM - 6:00 PM

Fee: \$42  
May 25

### SOAP MAKING

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



Quayum Abdul  
# 17774  
Supply fee: \$20

1 Saturday

3:00 PM - 6:00 PM

Fee: \$42  
March 23

### 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

# ARTS & CRAFTS/HOBBIES

## FACE PAINTING



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

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

**Carmen MacDonald**

**Fee: \$80**

**Level 1**

**# 17767**                      4 Wednesdays                      7:00 PM - 9:00 PM                      April 3 - 24

**Level 2**

**# 17768**                      4 Wednesdays                      7:00 PM - 9:00 PM                      May 1 - 22

## 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**

**Fee: \$80**

**# 17769**                      4 Wednesdays                      7:00 PM - 9:00 PM                      February 6 - 27

## SPECIAL EFFECTS 2

Build on the special effects make-up skill you learned in Level I.

This class is designed to teach you the application and coloration of make-up prosthetics. You will learn to work with latex and silicone prosthetics pieces, and will be given the opportunity to design multiple piece models, and learn about advanced special effects lab techniques. At the end of the class you should be able to put together a full face character look of your own design.

There are supplies required for this class. Please request a list of required materials for this class at the time of registration.



**Carmen MacDonald**

**Fee: \$80**

**# 17770**                      4 Wednesdays                      7:00 PM - 9:00 PM                      March 6 - 27

## ONE STROKE PAINTING



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

**Carmen MacDonald**

**Fee: \$80**

**# 17771**                      4 Fridays                      7:00 PM - 9:00 PM                      April 5 - 26

# ARTS & CRAFTS/HOBBIES

## SPECIAL EFFECTS AIRBRUSHING **NEW!**



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

**Carmen MacDonald**

# 17865

4 Fridays

7:00 PM - 9:00 PM

**Fee: \$80**

March 1 - 22

## INTERPRETIVE PAINTING

**The only thing between creativity and freedom is your fear. In this class we will learn to liberate fear.** Over the course of six weeks, Professional Artist and Art Educator Margo Gravelle, will guide you to discovering the artist inside of you. We will not be painting to reality but taking more liberal license with our work, changing the art to reflect the artists' personality and self-expression. Draw Fee – Accept More – Be Bold - Find freedom through art, and free yourself to express the artist within you! Open to Teens and Adults. **Materials you should bring to 1st class: 18x24 Newsprint Drawing Pad and Pentel™ Sign Pen (black or brown ink). Approx. cost \$12.00. A list of other supplies that you'll need to purchase on your own (approx. cost \$75.00) will be provided at first class.**

**Margo Gravelle**

# 17772

6 Saturdays

9:30 AM - 12:30 PM

**Fee: \$98**

Feb. 2 - Mar. 9

## MAKE-UP WORKSHOP **NEW!**

Are you interested in updating your current look? Don't know where to start? This workshop will change the way you approach makeup! Moisturizer and sunscreen application, 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. Please bring a stand up mirror, a small bottle of water and your own make up (moisturizer, sunscreen, foundation, concealer, brushes, eye shadows, lipstick, loose powder, blush, highlighter, mascara, eyeliner, etc.) to class.



**Raquel Fournier**

# 17777

5 Saturdays

9:00 AM - 11:30 AM

**Fee: \$75**

Jan. 19 - Feb. 16

## 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.

**NO Class 2/14/2019**

**Nancy Kaye**

# 17764

5 Thu. & 1 Sat.

7:00 PM - 9:30 PM

**Fee: \$110**

Jan. 31 - Mar. 7



## ARTS & CRAFTS/HOBBIES

### INTERMEDIATE PHOTOGRAPHY: Moving Beyond Snapshots

This class is an opportunity for you to fine tune fundamental photo skills and learn how to use them to make photos with strong visual impact. The emphasis of the intermediate level photography class is photographic content and creativity. We'll study photo composition and explore how camera angle, lens choice, filters, and basic photo techniques can improve your photographs. We'll also study the images of master photographers to help develop an individual photo style or interest. For most versatility, students are encouraged to shoot with a 35mm (film or digital) single lens reflex (SLR) camera, but all are welcome! No darkroom work is involved in either level. Class meets 5 Tuesdays and 1 Saturday(date/time to be arranged after class begins), for hands-on help from the instructor. No cameras with only automatic options. Open to Teens 15 and Adults.

**Nancy Kaye**  
# 17765

5 Thurs. & 1 Sat.

7:00 PM - 9:30 PM

**Fee: \$110**  
Mar. 21 - Apr. 18

### OUTDOOR PORTRAITS PHOTOGRAPHY

Learn to make beautiful outdoor portraits in daylight, with and without using flash. Workshop will focus on posing your subject, picking locations, observing ambient light, and enhancing it. We'll start in the classroom to discuss fundamental principles of light, flash, exposure, and good portraiture, followed by hands on practice where students will create portraits that look professional - with flattering light and a blurred background. Nice portraits can be made with any camera, though SLRs and camera with manual exposure options are recommended for this class.



**Nancy Kaye**  
# 17766

1 Sat.

12:30 PM - 4:30 PM

**Fee: \$30**  
May 18

## BUSINESS & CAREER TRAINING

### APARTMENT & PROPERTY MANAGEMENT



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

**Christine Evans**  
# 17778  
Supply fee: \$16

2 Sat.

9:00 AM - 1:00 PM

**Fee: \$74**  
February 2 & 9

## BUSINESS & CAREER TRAINING

### MAKE EXTRA MONEY AS A DMV AUTO WHOLESALE FROM HOME



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

Ronald "Wayne" Williams

# 17782

1 Sun.

10:00 AM - 5:00 PM

Fee: \$114

February 10

Fee includes materials and manual

### BUSINESS ETIQUETTE SEMINAR

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

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

Raquel Fournier

# 17783

1 Sat. & 1 Sun.

9:00 AM - 1:00 PM

Fee: \$75

February 23 & 24

### CAREER DESIGNATED EXTENSION CLASSES

See page 44 for class start information

- Paralegal: 7-months - Only \$375/month
- Advanced Paralegal-LDA: 5 Saturdays - Only \$750
- Human Resource Assistant: 18-weeks - Only \$295/month
- Advanced HR- aPHR Prep Test: 6-weeks - Only \$350/month
- HR Enhanced for Non-Profits: 5 Saturdays - Only \$325/month
- Clinical Medical Assistant: 34 weeks for \$437.50/month
- Administrative Medical Assistant: 34 weeks for \$437.50/month



Register at [www.legalfieldcareers.com](http://www.legalfieldcareers.com) or call 818.997.0967



### 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 JANUARY 16, 2019!

SEE PAGE 7 FOR DETAILS



## BUSINESS & CAREER TRAINING

### 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**

**# 17779**

1 Saturday

8:00 AM - 5:00 PM

**Fee: \$75**

January 19

**# 17780**

1 Saturday

8:00 AM - 5:00 PM

April 27

**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.

### LOAN SIGNING SPECIALIST

This class is designed for notaries who want to become Loan Signing Specialists. Participants will learn how to contact borrower(s) and set appointments; the proper handling of all real estate forms, as well as initialing, signing, and/or notarizing the documents; how to return the loan package to title and escrow; the required materials and tools; the duties and responsibilities of the Notary, and how to market your services to the real estate community. There will be an optional exam (for a fee of \$35 check or money order only) at the conclusion of the class. Participants that pass the exam will receive a certificate. **Prerequisite:** Must have or be in the process of obtaining a California State Notary Public License.

**Brenda Pena**

**# 17781**

1 Saturday

8:00 AM - 2:00 PM

**Fee: \$75**

March 9

**Supply fee: \$49**

### MYSTERY SHOPPER

Mystery Shopping is a wonderful way to earn extra income and have fun while shopping, dining, and evaluating customer services at local businesses! In this one-day workshop you will learn the ins and outs of Mystery Shopping including signing up with shopping companies, how to get your first assignment, the pitfalls to avoid, and how to write great reports.



**Jennifer Hayes**

**# 17784**

1 Saturday

10:00 AM - 12:30 PM

**Fee: \$39**

April 6

**Supply Fee: \$20**

### 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 38.**

## BUSINESS & CAREER TRAINING

### MEDICAL TERMINOLOGY (CLASS 1)

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

***This course is a prerequisite for Medical Insurance Coding. Required text: "The Language of Medicine 11th Edition by Davi-Ellen Chabner ISBN: 978-0323370813. Purchase or Rent on your own. Instructor also suggests that students purchase a Medical Dictionary.***

Arlyn "Glady" Tagomolila-Que

# 17785

5 Mon. & 5 Fri.

6:00 PM - 10:00 PM

Fee: \$220

Feb. 11 - Mar. 22

Supply Fee: \$25

NO Class 2/15 & 2/18

### CODING FOR MEDICAL INSURANCE BILLING (CLASS 2)

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



***This course is a prerequisite for Medical Insurance Principles.***

**Two Books Required:**

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

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

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

Arlyn "Glady" Tagomolila-Que

# 17786

6 Mon. & 4 Fri.

6:00 PM - 10:00 PM

Fee: \$220

Mar. 25 - Apr. 29

Supply fee : \$25

NO Class 4/19

### 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

# 17787

4 Mon. & 6 Fri.

6:00 PM - 10:00 PM

Fee: \$220

May 3 - June 7

Supply fee : \$25

NO Class 5/27

Each course listed above is the prerequisite for the next course. You must enroll in and successfully complete the previous course in order to take the next course in the series. After completing all 3 classes students are qualified to sit for the exams in either AHIMA or AAPC.



### **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.

## **SPRING BREAK CAMP**

**Monday - Friday, April 15-19 | Rate: \$75 per day**

Grade	Monday	Tuesday	Wednesday	Thursday	Friday
Kinder - 1st	On Campus Fun	Ronald Reagon Museum	On Campus Fun	Indoor Playground	On Campus Fun & Spring Pizza Party
2nd - 6th	Ronald Reagon Museum	On Campus Fun	Mountasia	On Campus Fun	

### **SCHOOLS OUT, COME TO SINGLE DAY CAMP**

January 21 • February 18 • April 1 • May 27

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.

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

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



Monarch Camps After School Program has commercial passenger vans to pick up students at Burbank, Dixie Canyon, Kester, Maurice Sendak, Monlux, Riverside and Sherman Oaks Elementary Schools

# SUMMER CAMP 2019

**JUNE 10TH THROUGH AUGUST 20TH**

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

**REGISTRATION OPENS FEBRUARY 23RD!**

**REGISTER AT [MONARCHCAMPS.COM](http://MONARCHCAMPS.COM)**

**LIMITED SPACE and we fill up quickly.**

## ABOUT OUR MOST POPULAR PROGRAM - CLASSIC DAY CAMP

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

Camps We Offer	For Grades	Ages
Classic Day Camp	Kinder- Third	5-8
eXcursions Camp	Fourth - Seventh	9-12
All Sports Camp	Second - Seventh	7-12
Fine Art Camp	Second - Seventh	7-12
Theatre Arts Camp	Third - Seventh	8-12
Nature Camp	Third - Seventh	8-12
Dance Camp	Second - Seventh	7-12
Glee Camp	Second - Seventh	7-12
Gymnastics Camp	Second - Seventh	7-12
Soccer Camp	First - Seventh	6-12
Tennis Camp	Third - Seventh	8-12
Tumbling Camp	Kinder - Second	5-7
Aquatics Camp	Third - Seventh	8-12
Basketball Camp	Third - Seventh	8-12
Baseball Camp	Third - Seventh	8-12
Counselor In Training	Eight-Ninth	13-14
Junior Counselor Program	High School	15-17

# Summer Reading Skills PROGRAMS

## Program for 4-Year-Olds & Entering Kindergartners

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

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

## Programs for Entering 1st-5th Graders

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

## Program for Entering 6th-8th Graders

## Program for Entering 9th-11th Graders

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

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

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

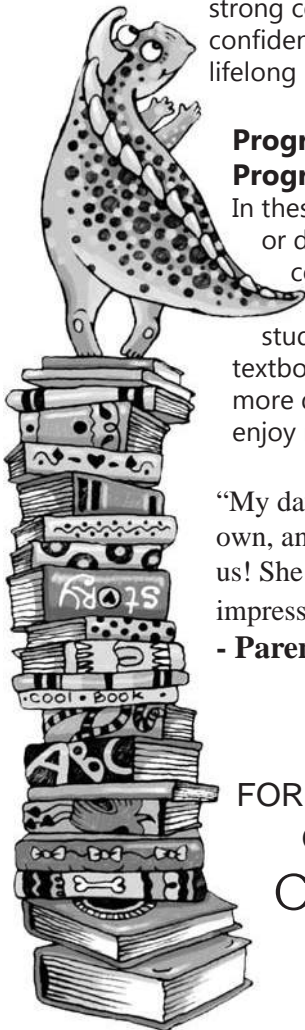
- Parent of Kindergartner

FOR MORE INFORMATION  
OR TO REGISTER

Call 1-800-903-0162

5am-7pm Monday through Friday

5am-4pm Saturday, 7am-3pm Sunday



# CLASSES FOR KIDS

## CLIMBING WALL FOR KIDS

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

### AGES 5 - 11

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

**Fee: \$60 / Month**

### AGES 11 - 16

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 two-day workshop prepares students to care for themselves and children under their care when adults are not around. A must for tweens and teens wanting to babysit. For children ages 11 - 17 year old. If you pass the exam and wish to have a certificate (to be mailed later), the cost is \$15.00 payable to the instructor at class. Students should bring a snack to class.

**Margaret Noji**

# 17789

2 Saturdays

10:00 AM - 12:30 PM

**Fee: \$75**

March 16 & 23

**Supply Fee: \$5**

## HOME ALONE (AGES 11-15)



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

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

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

\* Identifying common threats.

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

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

**Margaret Noji**

# 17790

1 Saturday

10:00 AM - 1:00 PM

**Fee: \$45**

April 6

**Supply Fee: \$10.00**

## LITTLE YOGIS: KIDS YOGA (AGES 5-12) **NEW!**

Allow your child to discover their inner yogi as we explore the benefits of mindfulness, meditation and inner strength. Through the power of yoga, we will begin to develop focus, self-empowerment, combat anxiety & find positivity in everything. Class is taught by Jodie Smith, a Certified Yoga Instructor. **NO Class 2/16/2019**



**Jodie Smith**

# 17867

8 Sat.

10:00 AM - 11:00 AM

**Fee: \$80**

Jan. 19 - Mar. 16

# 17868

8 Sat.

10:00 AM - 11:00 AM

Mar. 23 - May 11



# CLASSES FOR KIDS

**PLAYGROUP REGISTRATION OPENS 1/16/2019 AT 8:00 AM**

## INFANT & TODDLER PLAYGROUPS



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

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

**Lisa Brauer**

# 17874

Tue. & Thu.

10:30 AM - 12:00 PM

**Fee: \$245**

Feb. 19 - May 30

## 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.**

**Lisa Brauer**

# 17875

Tue. & Thu.

3:30 PM - 5:00 PM

**Fee: \$245**

Feb. 19 - May 30

## 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](mailto:party@monarchcamps.com) to request info., get fees, or book your party.**

### WANT MORE CLASSES FOR KIDS?

- ACTING PG.9
- SWIMMING PG. 42-43
- DANCE PG. 25
- GYMNASTICS PG. 30-31
- COOKING PG. 23-24
- TENNIS PG. 28

## CLASSES FOR KIDS

### MINI-MOZART MUSIC

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



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

**Carissa Rhoads**  
# 17788

4 Saturdays

9:00 AM - 9:45 AM

**Fee: \$40**  
March 9 - 30

## COMPUTERS

### MICROSOFT OFFICE 2016 (15 YRS - ADULTS)

This workshop will introduce you to Microsoft Word, Excel, Access and PowerPoint. In



Word, you'll create, edit, save, and print documents. In the Excel portion you will learn to create workbooks, enter data, perform calculations using formulas and functions, learn navigation techniques, insert columns and rows, move and copy data. In PowerPoint, we explore the different PowerPoint views, create slides, create graphical objects, insert pictures from clipart, use the WordArt feature, and prepare the slide for running the show.

In Access you'll create a table, define the fields that make a table, enter and edit data on the table. You will create a basic query to extract data and generate a report from the table. **Prerequisite: Working knowledge of Windows XP or 7 and keyboarding skills.**

**Jackie Heintz**  
# 17762

4 Thursdays

6:00 PM - 9:30 PM

Handout fee: \$14

**Fee: \$141**  
Jan. 24 - Feb. 14

### MICROSOFT EXCEL 2016 (15 YRS - ADULTS)

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



**Prerequisite: Working knowledge of Windows and keyboarding skills.**

**Jackie Heintz**  
# 17763

4 Thursdays

6:00 PM - 9:30 PM

Handout fee: \$14

**Fee: \$141**  
Feb. 21 - Mar. 14

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

## HEALTHY COOKING 101



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

**Carrie Bonfitto**  
# 17795  
Supply fee: \$50

6 Tuesdays

7:00 PM - 9:00 PM

**Fee: \$175**  
Feb. 19 - Mar. 26

## KNIFE SKILLS

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

**Carrie Bonfitto**  
# 17796  
Supply Fee: \$5

1 Monday

7:00 PM - 9:00 PM

**Fee: \$30**  
February 11

## SOUPS, SALADS & STIRFRY

This adult cooking class is great for anyone who wants to eat healthier and not spend so much time thinking "what should I make for dinner tonight?" We will do a basic chicken and vegetable soup (can be made vegan if desired), a stirfry, and a vegetarian salad. Come cook along with Alegre, materials will be included. Bring 3 medium Tupperware containers (in case we have leftovers), a notebook and pen, and a water bottle to drink from.



**Alegre Ramos**  
# 17797  
Supply Fee: \$15

1 Saturday

10:00 AM - 1:00 PM

**Fee: \$50**  
February 23

## KIDS BAKING: CAKE, BREAD & FROSTING

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

**Alegre Ramos**  
# 17794  
Supply Fee: \$12

1 Saturday

10:00 AM - 1:00 PM

**Fee: \$40**  
March 16



Looking For A Fun Party Idea For Your Child's Next Party?  
Why not try a cooking party at LAVC Community Services.



Choose from Pizza Making, Cookie Baking & Decorating, Brownie Making and more!  
Call 818-304-3016 X. 6 for more information.

# COOKING/BAKING

## KIDS COOKING: EGGS, HASHBROWNS & PANCAKES

Kids will get a practical working knowledge of the core essentials of cooking and will have the opportunity to incorporate their own flavor preferences into the items we create. For the breakfast class they will be able to learn eggs scrambled, as an omelet, or fried. The hashbrowns can be "country style breakfast potatoes" or traditional hashbrowns, with veggies or without. The pancakes might have fruit on top, or not, depending on kids tastes.



This class is suitable for older beginners to upper level younger children, from ages 10-17. Kids should be sent to class with 3 medium to large Tupperware containers, a notebook and pen, and a water bottle to drink from. **PLEASE ALERT US TO ANY FOOD ALLERGIES WHEN REGISTERING.**

**Alegre Ramos**

# 17793

Supply Fee: \$12

1 Sat.

10:00 AM - 1:00 PM

**Fee: \$40**

January 26

## DANCE

### 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.**  
**NO CLASS ON 4/21/2019**

**Sara Lopez**

**Beginner**

# 17799

# 17800

# 17801

6 Sun.

6 Sun.

6 Sun.

10:00 AM - 11:00 AM

10:00 AM - 11:00 AM

10:00 AM - 11:00 AM

Jan. 20 - Feb. 24

Mar. 3 - Apr. 7

Apr. 14 - May 26

**Intermediate**

# 17802

# 17803

# 17804

6 Sun.

6 Sun.

6 Sun.

11:00 AM - 12:00 PM

11:00 AM - 12:00 PM

11:00 AM - 12:00 PM

Jan. 20 - Feb. 24

Mar. 3 - Apr. 7

Apr. 14 - May 26

### 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. **Singles and couples welcome.**



**Jacqueline Eusanio**

# 17805

# 17806

6 Sat.

6 Sat.

4:00 PM - 5:30 PM

4:00 PM - 5:30 PM

**Fee: \$70**

Feb. 16 - Mar. 23

May 4 - June 8



# 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  
# 17798

5 Sun.

11:00 AM - 12:30 PM

**Fee: \$60**  
Jan. 27 - Feb. 24

## BEGINNING BALLET FOR ADULTS

There is no better way to develop poise, grace, strength, and flexibility than the fundamental technique of the beautiful art of ballet. An excellent foundation for all dance, this beginning level course will focus on basic ballet technique and simple combinations. 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.



Jacqueline Eusano  
# 17807  
# 17808

6 Sat.  
6 Sat.

3:00 PM - 4:00 PM  
3:00 PM - 4:00 PM

**Fee: \$50**  
Feb. 16 - Mar. 23  
May 4 - June 8

## CHILDREN'S BALLET (AGES 8-15) **NEW!**

Dance! Dance! Dance! Learn the five basic ballet positions in a simple and fun ballet barre. The intensity and complexity of the exercises will increase each week. The focus of this class will be on correct posture and positions at the barre, timing and musicality. This class is a great way for kids to have fun and get fit! Please wear comfortable clothing and dance shoes. Ballet slippers are required.

Susan White  
# 17869

6 Sun.

12:00 PM - 12:45 PM

**Fee: \$40**  
Mar. 10 - Apr. 14

## WEST COAST SWING **NEW!**

In this class you will learn the six basic steps in the ever-popular West Coast Swing. You'll learn patterns such as the "Sugar Push", "Sugar Tuck", "Right and Left Side Passes" and others. Men will learn to execute the lead and our women students will learn to follow. No Partner Needed.

Linda Goldstein  
# 17809

6 Sun.

2:00 PM - 3:00 PM

**Fee: \$66**  
Jan. 20 - Feb. 24

## KIDS TAP CLASS (Ages 8-15)

Did you know that Tap Dance gets its name from the sound the tap shoes make when they hit the floor? This makes the person doing it both a dancer and percussionist! Introduce your kids to the fun of tap. Kids will learn fundamental tap steps, try out different tap combinations and get the rhythm down in their toes all while developing poise and confidence! Please wear comfortable clothing and dance shoes. *Tap Shoes Required* **NO Class 2/17/2019**

Susan White  
# 17866

6 Sun.

12:00 PM - 12:45 PM

**Fee: \$40**  
Jan. 20 - Mar. 3

We Also Offer Open Recreation (Drop-In)

Scottish Dance. See Page 39

# EXERCISE SPORTS & FITNESS

## ESSENTIAL YOGA



Everyone can benefit from yoga! This practice is truly a personal program as you exercise your mind and body. This class is geared for individuals who wish to learn proper alignment of yoga postures. Use of props such as blankets, chairs, blocks, and straps are welcomed as they encourage correct alignment. Open to all levels, so you will have the option to use any of the props or none. We will work on posture, balance, and

breathing techniques while we build flexible strength. Yoga will soften the tight spots and strengthen the weak areas. Come and bring your body, mind, and spirit into harmony. Be sure to bring a mat or towel. **NO Class on 2/9/19, 3/9/19, 4/13/19, 4/20/19 & 5/11/19.**

**Michelle Fong**

# 17818

6 Sat.

11:30 AM - 1:00 PM

**Fee: \$99**

Jan. 26 - Mar. 16

# 17819

6 Sat.

11:30 AM - 1:00 PM

Mar. 30 - May 25

## ZUMBA GOLD **NEW!**

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.



**Linda Goldstein**

# 17846

6 Sun.

1:00 PM - 2:00 PM

**Fee: \$66**

Jan. 20 - Feb. 24

## KARATE



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

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

**Bruce Horbochuk**

**Payable 1<sup>st</sup> of month**

**Fee: \$60 / Month**

Tue. & Thu.

8:00 PM - 9:00 PM

# 17825

January

# 17828

April

# 17826

February

# 17829

May

# 17827

March

## 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 39 for more information)

**Carl Oberg**

**Fee: \$50 for 4 lesson punch card**

# EXERCISE SPORTS & FITNESS

## FIT 4 LIFE

This course is designed to improve the quality of life for mature individuals as well as providing an exercise venue for seniors who are still active in sports and recreation through a wide variety of exercises. The exercises have been specifically chosen for to add muscle, strength and enhance activities for daily living. The goal of the class is to have mature people maintain and independent, active lifestyle. **NO Class on 2/9/19, 3/9/19, 4/13/19, 4/20/19 & 5/11/19.**

**Michelle Fong**

**Fee: \$66**

# 17816	6 Sat.	10:30 AM - 11:30 PM	Jan. 26 - Mar. 16
# 17817	6 Sat.	10:30 AM - 11:30 PM	Mar. 30 - May 25

## TAI CHI CHUAN

Tai Chi Chuan can have a transformative effect for many types of people. All levels are welcome, from the casual exerciser to the serious practitioner. The class will focus on the introduction to fluid movement while breathing. The style and sequencing of these movements will enable everyone to learn the exercise and principles. The class philosophy will refer to the forces of balance within. The slow deliberate postures are incorporated together to impart a low-impact martial art with amazing results. You will feel refreshed and energized while recovering health and balance. **NO Class on 2/6/19, 2/9/19, 3/6/19, 3/9/19, 4/10/19, 4/13/19, 4/20/19, 4/24/19, 5/8/19 & 5/11/19.**

**Michelle Fong**

**Fee: \$66**

# 17810	6 Wed.	5:30 PM - 6:30 PM	Jan. 23 - Mar. 13
# 17811	6 Wed.	5:30 PM - 6:30 PM	Mar. 27 - May 22
# 17812	6 Sat.	9:30 AM - 10:30 AM	Jan. 26 - Mar. 16
# 17813	6 Sat.	9:30 AM - 10:30 AM	Mar. 30 - May 25

## TONE & STRETCH (WITH RESISTANCE BANDS)

Increase lean muscle mass while burning calories! This intense class focuses on upper and lower body using resistance bands for muscle definition. Attention is given to proper alignment, increased flexibility and strengthening of connective tissue. Includes abdominal work and a stretch/breathing cool down. An all-encompassing body workout! May Fong ACE-PT BS has additional credentials in Ashtanga Yoga and Classical NY Pilates. Be sure to bring a towel or mat to each class. **NO Class on 2/6/19, 3/6/19, 4/10/19, 4/24/19 & 5/8/19.**



**Michelle Fong**

**Fee: \$66**

# 17814	6 Wed.	6:30 PM - 7:30 PM	Jan. 23 - Mar. 13
# 17815	6 Wed.	6:30 PM - 7:30 PM	Mar. 27 - May 22

## TOTAL BODY WORKOUT AND STRETCH

This is a no-nonsense class designed to correctly flatten and strengthen the abdominal area plus other problem areas. A combination of dance, Yoga stretches and Pilates mat work are included to streamline the entire body. New innovative movements for both men and women create an enjoyable exercise session. The use of wrist and ankle weights is an additional option. (Bring a mat.) **NO Class on 2/16/19, 4/20/19 & 4/27/19.**

**Beginning:**

**April Tatro**

**Fee: \$66**

# 17842	6 Sat.	10:00 AM - 11:00 AM	Feb. 2 - Mar. 16
# 17843	6 Sat.	10:00 AM - 11:00 AM	Mar. 23 - May 11

**Intermediate/Advanced:**

**April Tatro**

**Fee: \$66**

# 17844	6 Sat.	9:00 AM - 10:00 AM	Feb. 2 - Mar. 16
# 17845	6 Sat.	9:00 AM - 10:00 AM	Mar. 23 - May 11

# EXERCISE SPORTS & FITNESS

## TENNIS LESSONS

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

### Levels:

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

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

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

**ADVANCED:** Has high level of consistency and endurance.



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

**NO CLASS ON 4/20/2019 & 4/21/2019**

### CHILDREN (AGES 6 - 14) SATURDAY CLASSES

# 17830	Begin/Int.	8 Saturdays	12:00 PM - 1:00 PM	Jan. 12 - Mar. 2	Fee: \$74
# 17831	Begin/Int.	8 Saturdays	12:00 PM - 1:00 PM	Mar. 30 - May 25	Fee: \$74

### ADULTS SATURDAY CLASSES

# 17834	Adv. Beg.	8 Saturdays	11:00 AM - 12:00 PM	Jan. 12 - Mar. 2	Fee: \$74
# 17835	Adv. Beg.	8 Saturdays	11:00 AM - 12:00 PM	Mar. 30 - May 25	Fee: \$74
# 17836	Intermed.	8 Saturdays	9:00 AM - 11:00 AM	Jan. 12 - Mar. 2	Fee: \$148
# 17837	Intermed.	8 Saturdays	9:00 AM - 11:00 AM	Mar. 30 - May 25	Fee: \$148

### ADULTS SUNDAY CLASSES

# 17838	Beginning	8 Sundays	9:00 AM - 11:00 AM	Jan. 13 - Mar. 3	Fee: \$148
# 17839	Beginning	8 Sundays	9:00 AM - 11:00 AM	Mar. 31 - May 26	Fee: \$148
# 17840	Advanced	8 Sundays	11:00 AM - 1:00 PM	Jan. 13 - Mar. 3	Fee: \$148
# 17841	Advanced	8 Sundays	11:00 AM - 1:00 PM	Mar. 31 - May 26	Fee: \$148

## 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 32 & 41 for more information.**

# GYMNASTICS

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



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

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

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

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

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

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

## 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 Office

**Charlie Nash, Coordinator & Nikki Norwoods, Assistant**

818-947-2513

palingca@lavc.edu

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





# GYMNASTICS

## CHILDREN'S CLASSES

### PARENT AND ME GYM

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

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

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

### BEGINNING GYMNASTICS

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

\*No previous gymnastics experience required.

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

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

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

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

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

### INTERMEDIATE GYMNASTICS (BY INVITE/AUDITION ONLY\*)

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

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

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

# GYMNASTICS

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

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



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

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

## TEEN TUMBLING CO-ED

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

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

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



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

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

## ADULT CLASSES

### ADULT BEGINNING GYMNASTICS & TUMBLING

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

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

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

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

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

#### PLEASE NOTE:

**PUNCH CARDS DO NOT EXPIRE. THEY ARE NOT REFUNDABLE  
AND NOT REPLACED IF LOST OR STOLEN**

# GYMNASTICS

## 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 28 and 41 for more information.



### SPOTLIGHT ON STAFF: LINETTE MENASKAN

Born and raised in Los Angeles, Linette began practicing gymnastics at the age of 6. She competed levels 4 through 7 and practiced up until the age of 16. When she was 16, she began coaching her first class and has been doing so ever since. In addition to coaching, Linette is currently studying kinesiology at CSUN and holds her certification in yoga. She adores working with kids and watching them grow and learn both physically and mentally within the sport of gymnastics.



## GYMNASTIC CENTER RULES

- Payments at the Gymnastic Center must be made by check or credit card only. **NO CASH ACCEPTED AT THE GYM. (Except at Open Workout).** All cash payments other than Open Workout must be made at the Community Services Office.
- Please ask for a receipt.
- Parents who have a child registered in the Girls 3-4 years old and Boys 4-6 years old classes **MUST REMAIN** in the Community Services building at all times in the event of a bathroom emergency.
- No shoes allowed on floor.
- Long hair must be secured in a “pony tail” or by other means.
- No zippers or buttons allowed on clothing.
- Parents (except those registered in Parent & Me) **ARE NOT** allowed on the floor/equipment under any circumstances. Please remain in the seating area at all times.
- Anyone on the floor/equipment **MUST** be enrolled in a class that is occurring during the time they are on the floor. **NO EXCEPTIONS.**
- **NO FOOD OR DRINK (EXCEPT WATER IN A SEALABLE CONTAINER) IS ALLOWED ANYWHERE IN THE 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.

## GYMNASTICS DISCOUNTS AND PRO-RATING POLICY

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

**Ask us about our multi-month discounts.**

**We do not pro-rate classes.**

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

# HEALTH, WELLNESS & FIRST AID

## ACUPRESSURE TO REDUCE PAIN & STRESS

Learn the basics of Chinese healing as it relates to acupressure massage. This class will focus on self and couple acupressure massage and specific points to use for common problems such as: lack of energy and mental clarity, low back pain, neck and shoulder pain, etc. You will learn approximately 16 acupressure points you can perform on yourself and others. You will also learn basic head and neck massage techniques. (No partner necessary for class but we will be practicing the neck release on each other in class.) Please bring a small hand mirror and water-soluble marker to class.



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

# 17858

1 Tue.

8:00 PM - 10:00 PM

**Fee: \$35**

April 2

Supply fee: \$3.00

## AMERICAN RED CROSS CPR/AED

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

**Margaret Noji**

# 17859

1 Sat.

10:00 AM - 2:00 PM

**Fee: \$45**

February 2

Supply fee: \$5.00

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

## AMERICAN RED CROSS FIRST AID

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



**Margaret Noji**

# 17860

1 Sat.

10:00 AM - 1:00 PM

**Fee: \$40**

February 9

Supply fee: \$5.00

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



Learn what to do BEFORE, DURING, and AFTER an earthquake. Develop your Communication and Evacuation plans. Build your checklist for an Emergency Supply Kit. Plan your Home Earthquake Drill. Gain peace-of-mind knowing your family is now ready.

**Margaret Noji**

# 17861

1 Sat.

10:00 AM - 12:00 PM

**Fee: \$35**

March 2

## NATURAL HORMONE BALANCING

Learn the signs and symptoms of a hormonal imbalance and natural ways to restore your metabolism, libido, mood, sleep, and more. We'll discuss food therapies, natural hormones, supplements, and lifestyle modifications that have been clinically proven to provide symptom relief for PMS and menopause, and beyond.

**Carrie Bonfitto**

# 17862

1 Mon.

7:00 PM - 9:00 PM

**Fee: \$35**

February 4

## HEALTH, WELLNESS & FIRST AID

### DO I REALLY NEED A SHRINK? A CONSUMER'S GUIDE TO PSYCHOTHERAPY

**NEW!**



This class is designed for people who have wondered if they really “need to see someone” and what the therapeutic process is like. Perhaps you have considered calling a therapist but have been put off by the cost, the “psychobabble”, doubts of how much good it will do, or the idea that it will somehow “mean that you are crazy”. In this 2-hour workshop we will address those concerns, explain the theories upon which psychotherapy is based as well as clarify what you should and should not expect from a therapist. You will also learn the single most important factor that determines how much benefit from therapy you will actually derive.

Norra MacReady

**Fee: \$30**

# 17863

1 Tue.

7:00 PM - 9:00 PM

January 29

### I FIGHT FOR MY LIFE! **NEW!**

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

**Fee: \$60**

# 17864

1 Sun.

11:00 AM - 4:00 PM

February 17

Supply Fee: \$15

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## HEALTHY HEART HEALTHY YOU, CHECKOUT OUR HEALTHY COOKING CLASS ON PAGE 23

## LANGUAGES

### CIAO BELLA - BEGINNING ITALIAN



Learn Italian, the fourth most studied language in the world! “Ciao bella “ is a program designed for the complete beginner, with simple idiomatic phrases you’ll be able to speak ITALIANO in no time. Divided into ten subject areas, Gio Lombardi will guide you through the different phases of learning the language: building your vocabulary, correct grammar and pronunciation. The program will cover ten subjects: 1) Greetings & Introductions 2) People and family 3) Numbers and plural 4) Around home 5) Describing things 6) Around town 7) At the restaurant 8) Every day life 9) At work 10) Socializing. **NO Class on 2/16/2019.**

Giovanni Lombardi

**Fee: \$72 / \$60**

# 17852 (\$72)

6 Sat.

10:30 AM - 12:00 PM

Jan. 19 - Mar. 2

# 17853 (\$60)

5 Sat.

10:30 AM - 12:00 PM

Mar. 16 - Apr. 13



# LANGUAGES

## SPANISH

### SPANISH FOR BEGINNERS

This course will address selected concepts of the TL (Target Language) in order to be able to have a flowing conversation with someone. **Level 1** will introduce you to the basics of the Spanish language beginning with the Alphabet to Present Tense. **Level 2** will address writing, speaking, listening, and comprehension with an introduction to the Latino American culture. Be ready to practice a lot in class !!.

#### LEVEL 1

# 17854	7 Sat.	9:00 AM - 11:00 AM	Fee: \$115 Jan. 26 - Mar. 9
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Supply Fee: \$8

#### LEVEL 2

# 17855	7 Sat.	9:00 AM - 11:00 AM	Fee: \$115 Mar. 16 - May 11 NO Class 4/20 & 4/27
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Supply Fee: \$8

### INTERMEDIATE SPANISH

Intermediate Spanish is for those who have completed the basic Spanish course, Beginning. After a review of Present Tense, **Level 1** will introduce Past Tense, Future Tense, and an introduction to Past Tense in detail. **Level 2** will introduce Subjunctive. Students will improve their proficiency of the Spanish language and Latino American culture. Be ready to practice a lot in class!!

#### LEVEL 1

# 17856	7 Tue.	6:00 PM - 8:00 PM	Fee: \$115 Jan. 29 - Mar. 12
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Supply Fee: \$8

#### LEVEL 2

# 17857	7 Tue.	6:00 PM - 8:00 PM	Fee: \$115 Mar. 19 - May 7
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Supply Fee: \$8

NO Class 4/23

### SPANISH FOR KIDS (Ages 7 - 12)

Introduce your child to the Spanish language and Latin American culture. **Part 1** will begin with the Alphabet and the basics of Present Tense. **Part 2** 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.

#### PART 1

# 17791	7 Sat.	11:30 AM - 1:30 PM	Fee: \$115 Jan. 26 - Mar. 9
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Supply Fee: \$8

#### PART 2

# 17792	7 Sat.	11:30 AM - 1:30 PM	Fee: \$115 Mar. 16 - May 11 NO Class 4/20 & 4/27
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Supply Fee: \$8

ALL SPANISH CLASSES TAUGHT BY TERESA HITO

# MUSIC

## BEGINNING FOLK AND BLUES HARMONICA



We will take simple folk and pop melodies and rhythms and invigorate them with simple but powerful breathing techniques to make any song deeply expressive. Then we will dive into the Blues and get you jamming with tricks and techniques to make your harmonica cry, moan and wail!!! You must bring a 10-hole C-major diatonic harmonica to class. (available for \$13 if you don't have one.)

Dave Broida  
# 17851

1 Sat.

1:00 PM - 3:00 PM

Fee: \$58  
March 2

## BEGINNING GUITAR (14 YRS - ADULTS)

Introduction to the guitar for the complete beginner. Focus on the practical approach to modern guitar, hand positions and posture along with the guitar chord system, the basic chord progressions, and the first major scale pattern. We will also cover the ABC's of strumming techniques and music notation. **Tape recorders are welcome. Class size limited.** Students **must bring their own Guitar** and small amplifier if bringing an electric guitar. **Students are encouraged to bring a notebook and pen to take notes.** **There are no handouts or materials associated with this class. NO Class on 2/16/2019.**



Giovanni Lombardi

# 17849 (\$66)

6 Sat.

12:30 PM - 1:30 PM

Jan. 19 - Mar. 2

# 17850 (\$55)

5 Sat.

12:30 PM - 1:30 PM

Mar. 16 - Apr. 13

Fee: \$66 / \$55

## PERSONAL ENRICHMENT/FINANCE

### RETIREMENT PLANNING TODAY

Due to recent and ongoing tax law changes, an uncertain future for Social Security and the shift toward employee-directed retirement plans, the need for sound financial strategies has never been greater. In straight forward language, this class will explain time-tested strategies that help you make informed financial decisions. Whether your objective is to build a nest egg, protect your assets or preserve your life-style throughout retirement this course helps you plan your future with confidence. ***Peter Han is a Registered Representative and Investment Advisor Representative with First Allied Securities, Inc., Member FINRA/SIPC.***

Peter Han  
(Spouse/Guest registers at no cost!)

Fee: \$69

# 17847

2 Thu.

6:30 PM - 9:30 PM

Jan. 24 & 31

# 17848

2 Thu.

6:30 PM - 9:30 PM

May 2 & 9

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



### 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 JANUARY 16TH!**

## INSTRUCTOR LED NON-CREDIT ONLINE COURSES



Learn More



24-Hour Access

Discussion Areas

8 Week Format

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

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

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

Learn it On-line!

### Introduction to Google Analytics

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

### Performing Payroll in QuickBooks

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

### Accounting Fundamentals

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

### Beginning Writer's Workshop

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

### Computer Skills for the Workplace

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

### A to Z Grant Writing

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

### Grammar Refresher

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

### Digital Photography

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

### Introduction to Final Cut Pro X

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

### Intermediate Microsoft Excel

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

### Introduction to CSS3 and HTML5

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

### Leadership

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

### Writing Essentials

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

### Effective Business Writing

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

### Introduction to SQL

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

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

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



Learn More

# 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 2015**

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 2015 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 ACTIVITIES

**Open Recreation (drop-in) activities are open to adults ages 18 and up in the community (minimum age for gymnastics open workout is 16).** Days and times are **subject to change due to location availability**. There is no instruction for Open Recreation activities. **Coaching/teaching at any open recreation activity is prohibited.** We currently offer the following activities: Badminton, Basketball, Fencing, Gymnastics, Juggling, Rock Climbing Wall, 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.



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 21 or call 818-304-3016 EXT. 6 for more information.





In his free time, Ubaldo enjoys spending time with his family and friends, going to the movies as well as discovering great restaurants in LA and trying the many different types of food from different countries and cultures.

## Classes

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

\*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](http://www.Facebook.com/lavcaquaticscenter)) approximately 30 minutes prior to class to see if a class has been canceled.

# SWIMMING & AQUATICS

## PRIVATE SWIM LESSONS (YOUTH & ADULT)

25 minutes of one-on-one instruction once a week. \$120-\$150 per month based on number of weeks in the month. *Children must be at least 4 years old and toilet trained.* Call Community Services (818.947.2577 extension 4172) for times or to schedule a lesson. Lessons are available every half hour, Monday through Friday from 3:30 PM - 6:30 PM and Saturday & Sunday from 10:00 AM - 12:30 PM. Please read the registration information/refund policy on page 40.

## ADULT CLASSES (18 years old and up)

**Class size range 12 - 20 students based on class**

### SHALLOW WATER AEROBICS

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

M/W/F	10:00 AM - 10:55 AM	\$85/month
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### AQUA FIT STRETCH & TONE

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

Sat.	10:00 AM - 10:55 AM	\$55/month
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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	6:00 PM - 6:55 PM	\$75/month
Sat.	11:00 AM - 11:55 AM	\$55/month

### MASTERS SWIM TEAM

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

M/W/F	7:30 PM - 8:55 PM
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Fee: \$55/month + \$48 annual registration fee with USA Masters.  
Participants may attend any or all days each week.

### BEGINNING ADULT SWIM INSTRUCTION

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

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

### INTERMEDIATE ADULT SWIM INSTRUCTION



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

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

# SWIMMING & AQUATICS

## ADULT CLASSES (18 years old and up), Continued

### AQUA TABATA

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

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



## CHILDREN'S CLASSES

### PARENT & ME LEVEL I

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

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

### PARENT & ME LEVEL II

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

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

### SMALL GROUP LESSONS

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

**Tryouts are at the pool on Tuesday, Thursdays and Fridays between 5-7 PM and Saturday 10:30 AM-12:30 PM. No appointment needed.**

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

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

## PLEASE NOTE:

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

## CHILDREN'S CLASSES, Continued

## SPLASH CLUB

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

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



## PRE-TEAM

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

**M/W/F: 6:00 PM - 6:55 PM** **\$85/month**



## FAMILY (RECREATIONAL) SWIM

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

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

### ADULT LAP SWIM (18 and over)

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

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



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



Pool Office Phone Number: 818-778-5644

Stewart O'Dell, Coordinator

odellsa@lavc.edu

Follow us on Twitter: @LAVCPool

Like us on Facebook: [www.facebook.com/lavcagauticscenter](http://www.facebook.com/lavcagauticscenter)

Pool Office Hours: M – F 3:00 PM – 9:00 PM; Sat./Sun: 10:00 AM – 1:00 PM

**PAYMENT FOR ALL MONTHLY CLASSES IS DUE BY THE LAST DAY OF THE PREVIOUS MONTH**

# EXTENSION & WORKFORCE TRAINING

## EXTENSION PROGRAM

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

### ✓ Professional Paralegal Academy

Approximately 7 Months to a New Career!

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

Payment plan only \$375 per month • **Class starts April 2019**

### ✓ Advanced Paralegal-LDA (Legal Document Assistant)

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



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

### ✓ 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 April 2019**

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

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

Payment plan only \$350 for 2 months • Only 7 Saturdays to a new career!

**Class forming**

### ✓ HR-Enhanced for Non-Profits

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

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

**Class starts soon; Call for Details!**

## Medical Training Classes

**Clinical Medical Assistant or Administrative Medical Assistant**

Courses available on the LAVC campus.

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

For information, call

**(818) 997-0967**

or visit our website

**www.legalfieldcareers.com**



# Workforce Training/Adult Education

## English as a Second Language (ESL)

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

### English as a Second Language

Students learn speaking, listening, reading, and writing skills

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

\*Prerequisite to "credit" ESL

### English as a Second Language Speech

Students focus on speaking and listening skills

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

### English as a Second Language and Civics

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

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

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

### How to Register

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

### Easy Enrollment

1. New students may enroll online at [www.lavc.edu/New-SIS/New-SIS.aspx](http://www.lavc.edu/New-SIS/New-SIS.aspx), or complete an abbreviated application in our office.

2. Returning students receive a registration appointment date and then may enroll in the Continuing Education office (ACA 1401), by phone (818.778.5594), or at <http://www.lavc.edu>.

### Before Enrolling in ESL Classes

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

### Books

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

### Naturalization Preparation Services

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

### On-Campus Contact Information

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

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

# Workforce Training/Adult Education

## 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!

#### **Test Information:**

- Paper-based testing formats are available.
- Subject areas: language art (reading & writing, science, social studies, and mathematics)
- \$150 non-refundable, non-transferable fee. Additional fees for retakes (\$25 for retakes; \$10 for rescheduling)
- Must be 18 years or older with valid government issued identification.
- Must be a California resident.

#### **Testing Dates:**

- January 15, 17, 18, 29, & 31
- February 1, 5, 7, 8, 19, 21, & 22
- March 5, 7, 8, 19, 21, & 22
- April 2, 4, 5, 16, 18, & 19
- May 7, 9, 10, 28, 30, & 31
- June 11, 13, 14, 25, 27, & 28

\*Schedule subject to change without notice

Additional testing times are available based upon need.

**Call to schedule!**

Practice testing and workshops also available!

Visit us in the Administration & Career Advancement Building (room 1101) or contact Ovsana Kazanchyan ([kazanco@lavc.edu](mailto:kazanco@lavc.edu)) for more information **(818) 947-4042**.

**[www.lavc.edu/hiset.html](http://www.lavc.edu/hiset.html)**

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# Workforce Training/Adult Education

## ***FIND AND KEEP THE JOB YOU WANT!***

*Two **free** courses offered by  
Los Angeles Valley College Workforce Training*

Students who complete both courses receive a certificate  
recognized by the City of L. A. and the L.A.  
Chamber of Commerce - - Looks great on your resume!

### ✓ 30 Ways to Shine as a New Employee

- Calming new employee jitters
- Understanding workplace culture
- Learning from a mentor
- Developing the ability to listen
- Controlling your anger
- Workplace ethics

### ✓ Blueprint for Workplace Success

- Write your best resume and cover letters
- Speak more confidently at job interviews, networking events, & job fairs
- Polish your networking skills
- Use social media & online job sites to find work
- Develop answers to common interview questions
- Develop and perfect your 30-second "elevator" pitch

For dates and times,  
call the Workforce Training office at  
**818.947.2941**



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## Family Resource Center

### Support Services for Student Parents & Their Families

The Los Angeles Valley College Family Resource Center (FRC) is committed to supporting student parents, reducing barriers to higher education for under-served populations, and advancing social and economic mobility to all families through a holistic 2-generation framework. The FRC provides a comprehensive menu of support services to LAVC student parents, staff, and community families with young children.

#### For Student and Community Parents:

- Infant and Toddler Playgroups (0 - 3 years)
- Creative Activities Playgroups (2 ½ - 4 years)
- Community Education Parenting Classes
- Parenting Workshops
- Free Baby Clothing Exchange (Newborn - 4T)
- Lactation Room and Refrigerator
- Organic Produce
- Workforce Training

#### For Students:\*

- Textbook Lending Library
- Computer and Print Lab
- Kid-Friendly Study Lounge
- Academic Counselor
- Advisor/Mentor
- Tutoring
- School Supplies
- Volunteer and Internship Opportunities
- Free School Age After-School Childcare

\* Must be enrolled in 3 units at LAVC



**For more information, contact Amber Angel at  
the Family Resource Center:**

**Phone: (818) 778-5612**

**Website: [www.lavcfamilyresourcecenter.org](http://www.lavcfamilyresourcecenter.org)**

**Hours: Monday - Thursday: 9:00 a.m. - 4:00 p.m.**



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# Workforce Training/Adult Education

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

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

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

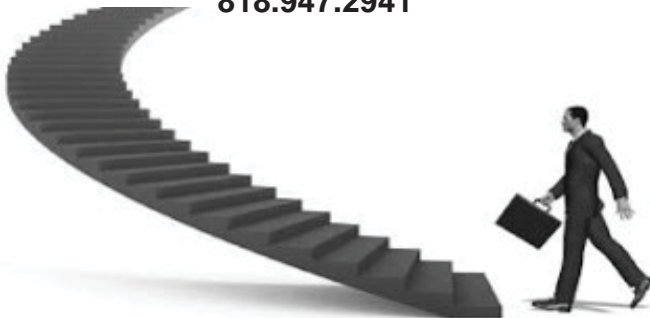
**Biotech Manufacturing Academy** - Train to start a career in the fast-growing Biotech industry. This six-week program prepares you for a role as an entry-level Biomanufacturing Technician Level I. People in this role clean and sanitize equipment that provides life-saving pharmaceuticals for patients. 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 [lavcjobtraining.org](http://lavcjobtraining.org).

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

For more information, visit  
**[www.lavcjobtraining.org](http://www.lavcjobtraining.org)**

or call

**818.947.2941**



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## Notes

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.



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.



## LITTLE YOGIS: KIDS YOGA



Allow your child 5-12 years old to discover their inner yogi, as we explore the benefits of mindfulness, meditation and inner strength. Through the power of yoga, we will begin to develop focus, self-empowerment, combat

anxiety & find positivity in everything. Class is taught by Jodie Smith, a Certified Yoga Instructor.



## 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.





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

## Residential Customer

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

Registration for Winter / Spring Classes

Begins on January 1, 2019

For more information, please call

PHONE: (818) 947-2577, x4172

FAX: (818) 947-2930

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

Catalog available in alternative medias



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ECRWSS

WINTER SPRING 2019  
JANUARY - MAY 2019