

**LOS ANGELES VALLEY COLLEGE**

**COMMUNITY SERVICES**

**CLASSES & PROGRAMS**

**WINTER/SPRING 2020**

**LOOK INSIDE THIS ISSUE FOR  
HUNDREDS OF GREAT CLASSES  
INCLUDING:**

**\* MEDICAL BILLING & CODING**

**\* DANCE CLASSES**

**\* HARMONY SINGING AND  
OTHER MUSICAL ARTS CLASSES**

**\* TENNIS**

**\* CHINESE, ITALIAN & SPANISH**

**\* EARTHQUAKE PREPAREDNESS**

**\* COOKING WITH AN INSTANT POT**

**\* AQUATICS & GYMNASTICS CLASSES**

**\* ACRYLIC PAINTING FOR BEGINNERS**

**AND MANY MORE! (SEE PAGES 2 & 3 INSIDE)**

**KEEP CATALOG UNTIL MAY 31ST, 2020**

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This catalog is published 3 times per year (fall, winter/spring and summer) by the Los Angeles Valley College Community Services Department. It is sent to residences in the nearby zip codes and is available on campus at several locations. It is also available at many Los Angeles County Public Libraries as well as all City of Burbank Libraries. If you'd like to be added to our mailing list please contact us at 818-947-2577 x. 4172 or send an email to [comm\\_serv@lavc.edu](mailto: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 37.

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 Thursday, January 2, 2020**

**Register prior to January 17th and save \$5.00 per class!**

**Not Valid For Private Lessons or Monthly Classes**

# GENERAL & REGISTRATION INFORMATION

## LOS ANGELES COMMUNITY COLLEGE

### BOARD OF TRUSTEES

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Thomas Hall, Acting Chief Facilities Executive, EdS

### VALLEY COLLEGE ADMINISTRATION

Barry Gribbons, 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.



### 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.



### 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.



### 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 FRIDAY, JANUARY 17TH, 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 )

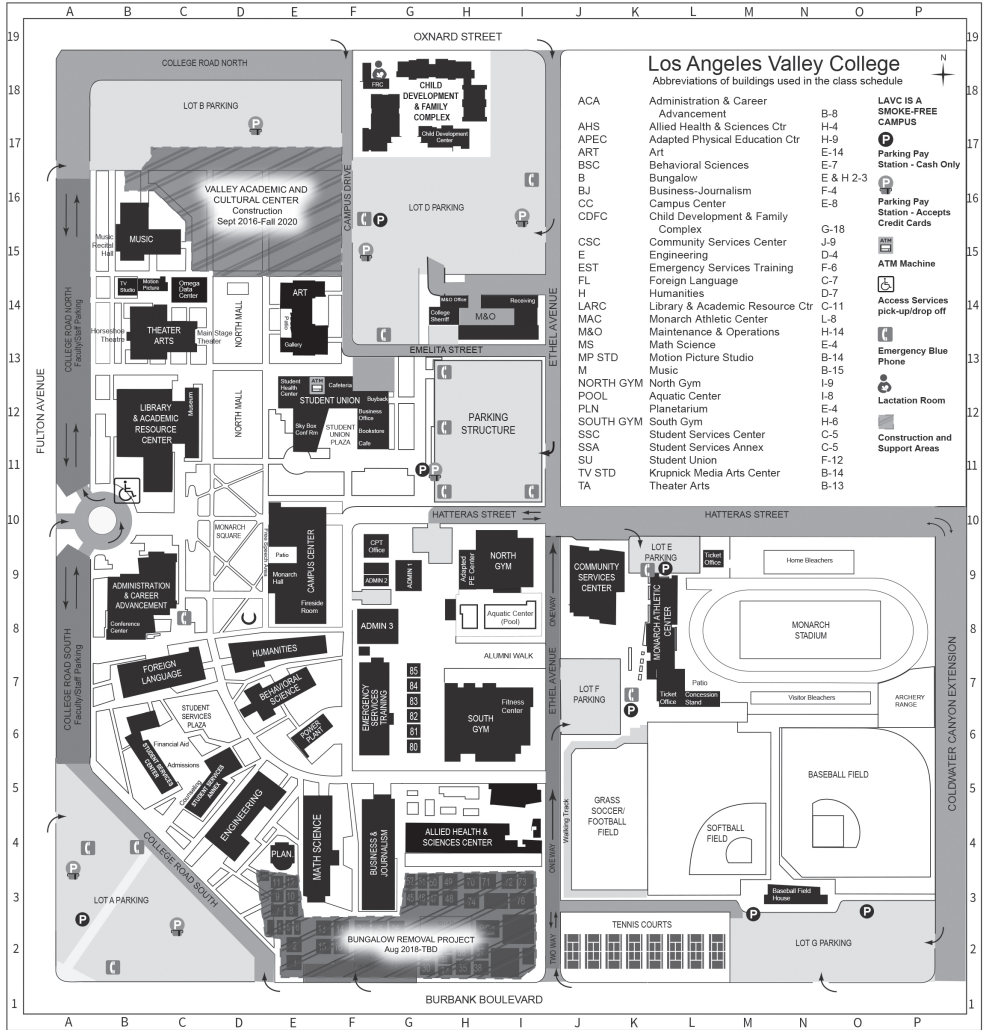
### **AMERICAN WITH DISABILITIES ACT (ADA) INFORMATION**

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)



### Los Angeles Valley College

Abbreviations of buildings used in the class schedule

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

Academic Affairs (ACA)	B-8	Conference Center (ACA)	B-8	Mailroom / Staff Services (ACA)	B-8	President's Office (ACA)	B-8
Administrative Services (ACA)	B-8	Continuing Ed Noncredit (ACA)	B-8	Main Stage Theater (TA)	C-13	Professional Development Ctr (LARC)	C-11
Admissions & Records (SSC)	C-5	Counseling (SSA)	C-5	Master Calendar Office (ACA)	B-8	Public Relations Office (ACA)	B-8
Archery Range	P-7	Information Technology Office (CC)	E-10	Math Lab (LARC)	C-11	Receiving Office (M&O)	H-1
Art Gallery & Patio (ART)	E-13	EOPS/CARE/Guardian Scholars (SSC)	C-5	Media Services (LARC)	C-11	Registration / Admissions (SSC)	C-5
Assessment Ctr (SSC)	C-5	Exercise Room/EX ROOM (North Gym)	I-9	Monarch Hall & Patio (CC)	E-9	Reprographics / Staff Services (ACA)	B-8
Baseball Field	O-5	Family Resource Center (CDFC)	G-18	Monarch Square	D-10	Sheriff's Office (M&O)	H-14
Bookstore (SU)	F-12	Financial Aid (SSC)	C-5	Monarch Stadium	N-8	Softball Field	M-4
Business Office (SU)	F-12	Firewise Room (CC)	E-9	Mosaic Center (SSC)	C-5	Student Life Office (SU)	E-12
Cafe / Lion Cafe (SU)	F-12	Fitness Center (SOUTH GYM)	I-6	Music Recital Hall (M)	B-15	Student Services Plaza (SSC)	C-6
Cafeteria / Monarch Cafe (SU)	F-12	Foundation Office (ACA)	B-8	Ombudsperson Office (ACA)	B-8	Student Union Plaza (SU)	E-12
CalWORKs (ACA)	B-8	Free Speech Area	D-9	Parking Lot A	B-3	Svcs to Students w/Disabilities (SSA)	C-5
Career/Transfer Ctr (SSA)	C-5	Free Weights Room/WT ROOM (MAC)	L-8	Parking Lot B	D-17	TAP / Honors Program (ACA)	B-8
Child Development Center (CDFC)	G-17	General Tutoring (LARC)	C-11	Parking Lot D	G-16	Tennis Courts	K-2
Child Development Dept (CDFC)	G-17	Gymnastics Center (CSC)	J-9	Parking Lot E	K-9	TRIO (SSC)	C-5
College Road North - Faculty/Staff	A-14	Historical Museum (LARC)	C-12	Parking Lot F	J-7	Walking Track	J-4
College Road South - Faculty/Staff	A-6	Horseshoe Theater (TA)	B-13	Parking Lot G	O-2	Workforce Training (ACA)	B-8
Community Services Office (CSC)	J-9	Institutional Effectiveness Office (ACA)	B-8	Parking Structure	H-12	Writing Center (LARC)	C-11
Computer Commons (LARC)	C-11	Lost & Found / Sheriff's Office (M&O)	H-14	Payroll/Personnel (ACA)	B-8	Valley Presbyterian Hospital	
Cooperative Education (ACA)	B-8					Student Health Center (SU)	E-12

## 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 & Hal Sweesy**

# 19840 6 Sundays 9:00-11:30 AM  
# 19841 6 Sundays 9:00-11:30 AM

**Fee: \$95**

Jan. 26-Mar. 1  
Apr. 19-May 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**

# 19842 4 Sundays 11:45 AM - 1:45 PM  
# 19843 4 Sundays 11:45 AM - 1:45 PM

**Fee: \$67**

Mar. 8-29  
Apr. 19-May 10

## HOW TO BE SUCCESSFUL AT FILM FESTIVALS

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

# 19844 1 Saturday 1:30 PM - 4:30 PM

**Fee: \$50**

Feb. 29

# ARTS & CRAFTS/HOBBIES

## ACRYLIC PAINTING FOR BEGINNERS (14 Years Old and Up)

This class is fun for all ages! You do not need to have any drawing or previous painting experience. The focus is on creating an individual style with acrylic or oil paints. Using proven methods we explore contour drawing, watercolor studies, and a finished canvas painting. All materials will be discussed in class, and you will need to bring a newsprint drawing pad (18x24) and a pentel sign pen in black or brown to the first class. Give this method a try, it has been successful for many students.

**Margo Gravelle**

# 19845 6 Saturdays 9:30 AM - 12:30 PM

**Fee: \$98**

Apr.18-May 23



# ARTS & CRAFTS/HOBBIES

## 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  
# 19854  
Supply fee: \$20

1 Saturday

3:00 PM - 6:00 PM

Fee: \$42  
Jan. 18

## 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  
# 19853  
Supply fee: \$20

1 Saturday

3:00 PM - 6:00 PM

Fee: \$42  
Feb. 8

## 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  
# 19852  
Supply Fee: \$30

1 Saturday

3:00 PM - 6:00 PM

Fee: \$42  
Apr. 25

## FIZZY BATH BOMBS **NEW!**

These bath bombs make fantastic gifts - they are just dropped into a hot bath and they fizz and dissolve releasing a beautiful fragrance! Surprisingly easy to make, let your imagination run WILD and experiment with different oils and colors - The class instructor also likes to add dried rose petals, dried lavender and fine glitter... The possibilities are endless! All it takes to make delicately scented tablets is a little mixing, some gradual spritzing, and a few minutes of molding. When you are finished you will have dozens of effervescent treats in a variety of shapes and colors that will scent and soften bath water as they bubble.



This is hands-on class and dress accordingly.

Quayum Abdul  
# 19850  
Supply fee: \$20

1 Saturday

3:00 PM - 6:00 PM

Fee: \$42  
May 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**  
# 19849  
Supply fee: \$30

1 Saturday

3:00 PM - 6:00 PM

**Fee: \$42**  
Mar. 7

## 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**  
# 19855

4 Wednesdays

7:00 PM - 9:00 PM

**Fee: \$80**  
Feb. 5-26

## LEVEL II

# 19856

4 Wednesdays

7:00 PM - 9:00 PM

Mar. 11- Apr. 1

## LASH APPLICATION TECHNIQUES

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

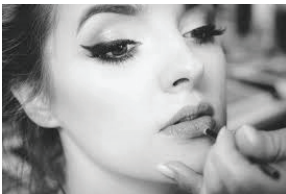
**Raquel Fournier**  
# 19857

1 Saturday

11:45 AM - 2:15 PM

**Fee: \$40**  
Feb. 22

## MAKE-UP WORKSHOP BY THE SEASON (VALENTINE'S DAY EDITION)



Moisturizer and sunscreen application, exfoliation, foundation, perfectors, primers, stenciled eyes, blending, brushes and more. This is a hands on workshop like no other! Raquel will teach you seasonal techniques and tips, including, contouring, stenciled eyes and silky foundation. Students can expect to learn Raquel's personal guide to a flawless application! Are you interested in updating your current look? Don't know

where to start? This workshop will change the way you approach makeup! This A to Z personalized makeup application workshop fills up fast as seating is limited.

**Raquel Fournier**  
# 19858

5 Saturdays

9:00 AM - 11:30 AM

**Fee: \$75**  
Jan. 25 - Feb. 22

# ARTS & CRAFTS/HOBBIES

## ONE STROKE PAINTING 1



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

**Carmen MacDonald**  
# 19846

4 Thursdays

7:00 PM - 9:00 PM

**Fee: \$65**  
Feb. 6-27

## ONE STROKE PAINTING 2

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

**Carmen MacDonald**  
# 19847

4 Thursdays

7:00 PM - 9:00 PM

**Fee: \$65**  
Mar. 12-Apr. 2

## BEGINNING WATERCOLOR

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

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

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

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

Introduction to Color: How to mix colors

Painting Pictures in Full Color:

Continue Painting in Color

**Charles Knecht**

# 19848

6 Saturdays

10:00 AM - 12:00 PM

**Fee: \$70**  
Jan. 18- Feb. 22

## BEGINNING PHOTOGRAPHY



This class covers all the skills needed to master control of your camera, film or digital, and get predictable, consistent results. With step-by-step instruction students will learn the fundamentals of photography, including how to operate their cameras on manual setting, how to best use automatic settings, how to stop or blur motion, focusing, controlling depth of field, white balance, using flash, and more. Shooting assignments will be given and photos will be reviewed in class. If you're thinking of purchasing a camera, helpful pointers about features to look for will be discussed at first meeting. All others: bring camera and owner's guide to first meeting. Open to Teens 15 and Adults.

**Nancy Kaye**  
# 19861

5 Tue. & 1 Sat.

7:00 PM - 9:30 PM

**Fee: \$110**  
Feb. 4 - Mar. 3

# 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. **NO Class on 4/14/20**

**Nancy Kaye**  
# 19862

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

**Fee: \$110**  
Mar. 24- Apr. 28

## OUTDOOR PORTRAIT 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, camera, and flash for portraiture, then go outdoors for students to create portraits that look professional—with flattering light and a blurred background. Great portraits can be made with any camera, though cameras with manual exposure options are recommended for this class. Model(s) provided for photo practice.

**Nancy Kaye**  
# 19863

1 Sat. 12:30 PM - 4:30 PM

**Fee: \$30**  
Jan. 25

## 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**  
# 19859

4 Fridays 7:00 PM - 9:00 PM

**Fee: \$80**  
Mar. 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 prosthetic 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**  
# 19860

4 Fridays 7:00 PM - 9:00 PM

**Fee: \$80**  
May 1-22

# BUSINESS & CAREER TRAINING

## MAKE EXTRA MONEY AS A DMV AUTO WHOLESALER 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

Fee: \$114

# 19865

1 Sunday

10:00 AM - 5:00 PM

Feb. 16

Fee includes materials and manual

## SOCIAL SKILLS & 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 ongoing success; the way you interact with others, little things like interacting with small talk, greetings, listening and networking will make stronger relationships. Professional image and introductions will be covered among other topics. Seminar fills up fast 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

Fee: \$35

# 19869

1 Saturday

3:00-5:30 PM

Feb. 22

## 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

Fee: \$39

# 19866

1 Saturday

10:00 AM - 12:30 PM

May 9

Supply Fee: \$20

## 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

Fee: \$74

# 19867

2 Saturdays

9:00 AM - 1:00 PM

Mar. 7 & 14

OR

# 19868

2 Saturdays

9:00 AM - 1:00 PM

May 2 & 9

Supply fee: \$16



# BUSINESS & CAREER TRAINING

## MEDICAL BILLING & CODING SERIES

Los Angeles Valley College Community Service Department will issue a certificate for the "Medical Insurance Billing Specialist" after the student has successfully completed **all three** classes: **Medical Terminology, Coding, and Medical Insurance Billing classes** (attendance & examination requirements must be met before each class ends). **There will be a \$5 charge for each additional or special request certificate.** After completing all 3 classes students are qualified to sit for the exams in either AHIMA or AAPC. *Classes are listed on the next page. We also offer these classes on line. See page 35*

### 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 11<sup>th</sup> 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

# 19870

5 Mon. & 5 Fri.

6:00 PM - 10:00 PM

Fee: \$220

Feb. 21- Mar. 23

Supply Fee: \$25

### 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 or 2020 (Professional or Expert) any publisher
2. AMA Current Procedural Terminology 2019 or 2020.

**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

# 19871

5 Mon. & 5 Fri.

6:00 PM - 10:00 PM

Fee: \$220

Mar. 27-May 1

Supply fee: \$25

NO Class 4/10/2020

### 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

# 19872

5 Mon. & 5 Fri.

6:00 PM - 10:00 PM

Fee: \$220

May 4-June 8

Supply fee: \$25

NO Class 5/25/2020

## BUSINESS & CAREER TRAINING

### NOTARY PUBLIC SEMINAR

This class will provide new or previously commissioned Notaries with education and skills needed to pass the State proctored examination. The class exceeds the State qualifications for new applicants or Notaries that are renewing their commission.

Brenda Pena Fee: \$75  
# 19873 1 Saturday 8:00 AM - 5:00 PM Jan. 18  
Supply fee: \$49 *This class will also be offered March 14 (#18974) & May 16 (#19875) Same times.*

**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 4PM. You must be a legal resident of California (military excluded) 18+ years old to enroll.**

### LOAN SIGNING SPECIALIST

We also offer a class for **current** notaries who want to become Loan Signing Specialists. Visit <http://lavalley.augusoft.net> or call 818-947-2577 x.4172 for complete description.

Brenda Pena Fee: \$75  
# 19876 1 Saturday 8:00 AM - 2:00 PM May 23

## CLASSES FOR KIDS

### CLIMBING WALL FOR KIDS (Ages 6 - 11)

Rock Climbing is the perfect, challenging physical activity for kids. Rock climbing encourages problem solving and boosts confidence as they strategize their way to the top!

**Fee:** \$60 / Month \* Ask about 2nd class, multi month & sibling discount  
Tue. or Thu. 5:30 PM - 6:30 PM or Thu. 4:30 PM - 5:30 PM

### AMERICAN RED CROSS BABYSITTER TRAINING

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

Margaret Noji Fee: \$75  
# 19877 2 Saturdays 10:00 AM - 12:30 PM May 2 & 16  
Supply Fee: \$5 *This class DOES NOT meet on May 9*

### INFANT & TODDLER PLAYGROUPS



Offered through the LA Valley College Family Resource Center are for parents/caregivers and babies (birth through 30 months) to socialize with other families in a setting that builds skills through play and social interactions. Groups are facilitated by a child development specialist. Please Make sure to dress for fun and play with sand, water and paint! Please Note: When registering for this class please enroll YOURSELF NOT YOUR CHILDREN. You pay only one fee per household (no more than two children per family per adult allowed). **Please call the Community Services Office ONLY to register. For any questions about the playgroups, please call 818 778-5612.**

Lisa Brauer Fee: \$245  
# 19836 Tue. & Thu. 10:30 AM - 12:00 PM Feb. 25- May 28

# CLASSES FOR KIDS

## 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  
# 19837

Tue. & Thu.

3:30 PM - 5:00 PM

Fee: \$245

Feb. 25 - May 28

## HOME ALONE (AGES 11-15)

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

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

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

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

Margaret Noji  
# 19878

1 Saturday

10:00 AM - 1:00 PM

Fee: \$45

Apr. 18

Supply Fee: \$10

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## 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.

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### WANT MORE CLASSES FOR KIDS?

-SWIMMING PG. 37-39

-SPANISH FOR KIDS PG. 31

-GYMNASTICS PG. 24-28

-TENNIS PG. 23

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## MONARCH CAMPS

(818) 304-3016 | [INFO@MONARCHCAMPS.COM](mailto:INFO@MONARCHCAMPS.COM)

### SUMMER CAMP OPEN HOUSE

Saturday, February 22nd, 2PM-4PM

Or Sunday, March 8th 2PM-4PM

@LAVC Community Services Center

5792 Ethel Avenue

(Corner of Ethel Ave. & Hatteras Street)

Valley Glen, CA 91401

Drop by anytime during the open house to meet camp staff, tour our facilities and participate in question & answer sessions while your campers enjoy face painting by Monarch Parties.

### SINGLE DAY CAMP

January 20th & April 3rd

(7:30am TIL 6:30pm)

Schools Out, Come to Camp!!!

We offer full day of camp for pupil-free days & holidays when school is out. During the day campers will enjoy Sports, Arts & Crafts Projects, Special Event Activities and Swimming (if weather permits).

### SPRING BREAK CAMP

Monday - Friday, April 6<sup>TH</sup>-10<sup>TH</sup>

If you and your kids are looking for fun things to do on their week off from School, sign up for Monarch Spring Camp! Five full days of fun-filled delight from 7:30 in the morning until as late as 6:30 at night! We will have on campus day camp with swimming, rockwall, sports, etc, field trip on Wednesday, and culminating in our Friday pizza party and egg-themed scavenger hunt! All groups are age separated (sometimes 2 grades together) and gender mixed.

# MONARCH CAMPS

(818) 304-3016 | [INFO@MONARCHCAMPS.COM](mailto:INFO@MONARCHCAMPS.COM)

## DAY CAMP 2020

**JUNE 15<sup>TH</sup> - AUG. 14<sup>TH</sup>, 2020 MON-FRI 7:15AM-5:45PM**

### MONARCH CAMPS MISSION

Monarch Camps provides campers with a fun and enriching environment where growth is a natural outcome of participation. The 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.

**REGISTRATION OPENS FEBRUARY 22ND!**

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

Registration closes when camp is full or the Thursday prior to each week.

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

DAILY	Sibling Discount
<b>\$75</b>	<b>\$65</b>
Minimum 3 Days	Minimum 3 Days

### 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 are divided by grade level.

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



## COMPUTERS

### BLOGGING FOR FUN AND PROFIT

Learn what a Blog is, where to find them, and how to get one for free. Find out how you can share your ideas, pictures and video with family, friends, organizations, and customers. Make money with your blog by selling Google™ ads and other ways to profit if you have something to show or say to the world! Learn how to set up private blogs for family and friends. For business owners, learn how to use blogs to get and keep customers! This course is taught by Bob Cohen, a successful Internet Entrepreneur, who owned and operated his own Internet Company and has worked in the high-tech industry for over 35 years.



**Bob Cohen**  
# 19879

1 Saturday

9:00 AM - 12:00 PM

Feb. 22

**Fee: \$69**

**Fee includes** a comprehensive manual with guidelines, procedures and resources valued at \$30.

### HOW TO PROMOTE YOUR BUSINESS ON THE WEB

Generate more business, keep your customers coming back, and build a brand name for your small or home based business. Learn the tricks and techniques to successfully promote your business on the Web in this exciting course. Using the tools and techniques of successful Web marketers you'll learn how to: \*Use Google™ AdWords to drive traffic to your Website \*Build an effective "landing page" for promotions and offers \*Make a successful email newsletter and how to build one for pennies \*Make the most of social networking tools like Facebook, MySpace, Twitter, and blogging that can increase your sales.



**Bob Cohen**  
# 19880

1 Saturday

1:00 PM - 4:00 PM

Feb. 22

**Fee: \$69**

**Fee includes** a comprehensive manual with guidelines, procedures and resources and a CD with useful software tools for developing your web promotion valued at \$30.

## COOKING/BAKING

### 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**  
# 19881  
**Supply fee: \$60**

6 Wednesdays

7:00 PM - 9:00 PM

Feb. 5- Mar. 11

**Fee: \$175**

### 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

## COOKING/BAKING

### 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**

# 19884

1 Wednesday

7:00 PM - 9:00 PM

Jan. 29

OR

# 19885

1 Wednesday

7:00 PM - 9:00 PM

Mar. 25

**Supply Fee: \$5**

**Fee: \$30**

### COOKING WITH THE INSTANT POT (THE BASICS)

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

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

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



**Lucie Murray**

# 19882

1 Tuesday

6:30 PM - 9:00 PM

Jan. 21

OR

# 19883

1 Tuesday

6:30 PM - 9:00 PM

Feb. 11

**Supply Fee: \$5**

**Fee: \$35**

## DANCE

### BACHATA DANCE

Stay healthy, burn calories and get in shape while having fun by learning bachata dancing. In this six-week introductory course students learn everything needed to get started having fun and dance at any Latin dance club or bachata event locally or anywhere in the world! Once you learn the basics, there will be no stopping you!

**Partner not required.**

**Alejandro Sanchez**

# 19886

6 Tuesdays

6:55 PM - 7:55 PM

Jan. 21-Feb. 25

**Fee: \$60**



### 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 1/17/20**

**NOT VALID FOR PRIVATE LESSONS OR MONTHLY CLASSES**

# 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 5/24/20**

Sara Lopez

Fee: \$66

### Beginner

# 19887	6 Sundays	10:00 AM - 11:00 AM	Jan. 19 - Feb. 23
# 19888	6 Sundays	10:00 AM - 11:00 AM	Mar. 1 - Apr. 5
# 19889	6 Sundays	10:00 AM - 11:00 AM	Apr. 19 - May 31

### Intermediate

# 19890	6 Sundays	11:00 AM - 12:00 PM	Jan. 19 - Feb. 23
# 19891	6 Sundays	11:00 AM - 12:00 PM	Mar. 1 - Apr. 5
# 19892	6 Sundays	11:00 AM - 12:00 PM	Apr. 19 - May 31



## 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

# 19893	5 Sundays	11:00 AM - 12:30 PM	Fee: \$60 Jan. 19- Feb 16
# 19894	5 Sundays	11:00 AM - 12:30 PM	Apr. 19- May 17



We Also Offer Open Recreation (Drop-In)

Scottish Dance Monthly September-June. See Page 36

## EXERCISE SPORTS & FITNESS

### TONE & STRETCH (WITH RESISTANCE BANDS)

Increase lean muscle mass while burning calories! This intense class focuses on upper and lower body using resistance bands for muscle definition. Attention is given to proper alignment, increased flexibility and strengthening of connective tissue. Includes abdominal work and a stretch/breathing cool down. An all-encompassing body workout! May Fong ACE-PT BS has additional credentials in Ashtanga Yoga and Classical NY Pilates. Be sure to bring a towel or mat to each class and wear supportive athletic shoes.



Michelle Fong

# 19899	5 Wednesdays	6:30 PM - 7:30 PM	Fee: \$55 Feb. 19 - Mar. 18
# 19900	5 Wednesdays	6:30 PM - 7:30 PM	Apr. 22 - May 20

# EXERCISE SPORTS & FITNESS

## 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.**

**Bruce Horbochuk**

Tue. & Thu. 8:00 PM - 9:00 PM

**Fee: \$60 / Month**

January	# 19808
February	# 19809
March	# 19810
April	# 19811
May	# 19812

## 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 and wear supportive athletic shoes.



**Michelle Fong**

**Fee: \$55**

# 19906	5 Saturdays	10:30 AM - 12:00 PM
# 19907	5 Saturdays	10:30 AM - 12:00 PM

Feb. 22 - Mar. 21
Apr. 25 - May 23

## 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. It is required that participants wear supportive athletic shoes.

**Michelle Fong**

**Fee: \$55**

# 19895	5 Saturdays	9:30 AM - 10:30 AM
# 19896	5 Saturdays	9:30 AM - 10:30 AM
# 19897	5 Wednesdays	5:30 PM - 6:30 PM
# 19898	5 Wednesdays	5:30 PM - 6:30 PM

Feb.22 - Mar. 21
Apr. 25 - May 23
Feb.19 - Mar. 18
Apr. 22 - May 20

## 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

# EXERCISE SPORTS & FITNESS

## ZUMBA GOLD

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



**Linda Goldstein**

# 19908

6 Tuesdays

6:30 PM - 7:30 PM

**Fee: \$66**

Feb. 4 - Mar. 10

# 19909

6 Tuesdays

6:30 PM - 7:30 PM

Apr. 21 - May 26

## 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 36 for more information)

**Carl Oberg**

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

## 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.

### CHILDREN SATURDAY CLASSES

# 19902	Age 6 - 9	8 Saturdays	12:00 PM - 1:00 PM	Jan. 11 - Feb. 29	Fee: \$74
# 19903	Age 10 - 14	8 Saturdays	11:00 AM - 12:00 PM	Jan. 11- Feb. 29	Fee: \$74

### ADULTS SATURDAY CLASSES

# 19901	Intermediate	8 Saturdays	9:00 AM - 11:00 AM	Jan. 11 - Feb. 29	Fee: \$148
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### ADULTS SUNDAY CLASSES

# 19904	Beginning	8 Sundays	9:00 AM - 11:00 AM	Jan. 12 - Mar. 1	Fee: \$148
# 19905	Advanced	8 Sundays	11:00 AM - 12:00 PM	Jan. 12 - Mar. 1	Fee: \$74



## EXERCISE SPORTS & FITNESS

### PRIVATE TENNIS LESSONS

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

**Raymond Finks, Tennis Pro**

**Fee is \$64/hour per person**

**\*We also offer private gymnastic lessons and private swimming lessons. See pages 27 & 37 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 Office**  
**Charlie Nash, Coordinator**

818-947-2513

palingca@lavc.edu

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

# GYMNASTICS

## Gymnastics Discounts

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

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

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

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

**Discounts not available on Private Lessons.**

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### **GYMNASTICS TEAM (by Recruitment Only)**

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



**Fees: \$170/ Mo. Gymnast must participate in a minimum of three days each week (schedule varies depending on the Level).**

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

## **ADULT CLASSES**

### **ADULT BEGINNING GYMNASTICS & TUMBLING**

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

**Sun. 9:30 AM - 11:30 AM**

**Coach: Dennis Ruelas**

**Fee: \$14 per lesson**

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

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

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

**Adults & Teens Program:**

**Mon. & Thur. 7:00 PM - 9:00 PM**

**Coach: Anthony Abeyta, Daniel Southworth, Josh Fried**

**Fee: \$58 for 4 lesson punch card**

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

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**PLEASE NOTE:  
PUNCH CARDS FOR THE ADVANCED ADULT CLASS DO NOT EXPIRE. THEY ARE NOT  
REFUNDABLE  
AND NOT REPLACED IF LOST OR STOLEN**

# GYMNASTICS

## 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	\$60/Mo
Parent and Me (2 - 3 yrs)	9:30-10:15 AM	Sat.	\$60/Mo
Parent and Me (2 - 3 yrs)	10:30-11:15 AM	Sat.	\$60/Mo

### BEGINNING GYMNASTICS

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

\*No previous gymnastics experience required.

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

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

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

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

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

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

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

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

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

# GYMNASTICS

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



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

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

Advanced Girls (all ages)	5:30 PM - 7:00 PM	M or T or W or Th	\$85/Mo
Advanced Girls (all ages)	5:30 PM - 7:00 PM	M & W Or T & Th	\$140/Mo
Advanced Girls (all ages)	11:30 AM - 1:00 PM	Sat.	\$85/Mo

## TEEN TUMBLING CO-ED

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

Teen Tumbling (10+yrs)	11:30 AM-1:00 PM	Sat.	\$85/Mo
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## PRIVATE GYMNASTIC LESSONS

Most of our gymnastic coaches are available for private or semi-private (1:1 or 1:2) gymnastic lessons. Rates range from \$50 to \$100 per hour depending on instructor/coach selected. Please call 818-947-2577 x. 4172 or 818-947-2513 for days times and rates. We also offer private tennis and swim lessons. See pages 24 and 37 for more information.

## GYMNASTIC CENTER RULES

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

# GYMNASTICS

## 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

### EARTHQUAKE PREPAREDNESS

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



**Margaret Noji**

**# 19942**

1 Saturday

10:00 AM - 12:00 PM

**Fee: \$35**

Apr. 4

### 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.**

**# 19910**

1 Tuesday

8:00 PM - 10:00 PM

**Fee: \$35**

Feb 18

**Supply fee: \$3.00**

### AMERICAN RED CROSS CPR/AED

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

**Margaret Noji**

**Fee: \$45**

**# 19940**

1 Saturday

9:00 AM - 1:00 PM

Feb. 29

**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.**





# HEALTH, WELLNESS & FIRST AID

## AMERICAN RED CROSS FIRST AID

Emergency First Aid training for the lay person as recommended by the American Red Cross. Course concludes with an exam.

**For ages 18 and above.**

**Margaret Noji** **Fee: \$40**  
# 19941                      1 Saturday                      9:30 AM - 12:30 PM                      Mar. 14

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.

## STRESS AND ANXIETY RELIEF TECHNIQUES

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

**Frances M. O'Brien** **Fee: \$45**  
# 19914                      3 Saturdays                      1:00 PM - 2:00 PM                      Mar. 7-21

## DON'T BE A VICTIM - SELF DEFENSE WORKSHOP

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

**Spice Williams-Crosby & Jennifer Silverstein** **Fee: \$60**  
# 19912                      1 Sunday                      11:00 AM - 4:30 PM                      Feb. 16

Supply Fee: \$15

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

## FASTING FOR LONGEVITY

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

**Carrie Bonfitto** **Fee: \$75**  
# 19911                      3 Mondays                      7:00 PM - 8:30 PM                      Jan. 27-Feb. 10

## EMOTIONAL FREEDOM TECHNIQUE

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

**Frances M. O'Brien** **Fee: \$45**  
# 19943                      3 Saturdays                      1:00 PM - 2:00 PM                      May 2-16

# HEALTH, WELLNESS & FIRST AID

## NUTRITION BASICS (HOW TO STOP EATING JUNK FOOD)

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



**Carrie Bonfitto**

**Fee: \$75**

# 19913

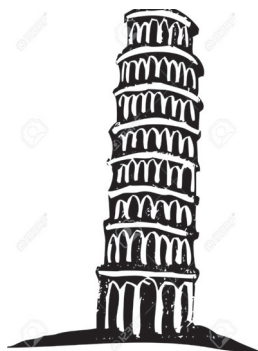
3 Wednesdays

7:00 PM - 8:30 PM

Apr. 1-15

## 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 2/15/20.**

**Giovanni Lombardi**

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

# 19917

6 Saturdays

10:30 AM - 12:00 PM

Jan. 18-Feb. 29

# 19918

5 Saturdays

10:30 AM - 12:00 PM

Mar. 7- Apr. 4

# 19919

5 Saturdays

10:30 AM - 12:00 PM

Apr. 18- May 16

### BASIC SPANISH

This course will address selected concepts of the TL (Target Language) in order to be able to have a flowing conversation with someone. **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**

**Fee: \$75**

# 19922

6 Saturdays

9:00 - 11:00 AM

Jan. 25 - Mar. 7

**Supply Fee: \$8**

**NO Class 2/15/20**

**LEVEL 2**

**Fee: \$75**

# 19923

6 Saturdays

9:00 - 11:00 AM

Mar. 21 - May 2

**Supply Fee: \$8**

**NO Class 4/11/20**

# LANGUAGES

## 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!!

<b>LEVEL 1</b>			<b>Fee: \$75</b>
# 19924	6 Saturdays	1:00-3:00 PM	Jan. 25-Mar. 7
<b>Supply Fee: \$8</b>			<b>NO Class 2/15/20</b>

<b>LEVEL 2</b>			<b>Fee: \$75</b>
# 19925	6 Saturdays	1:00-3:00 PM	Mar. 21-May 2
<b>Supply Fee: \$8</b>			<b>NO Class 4/11/20</b>

## 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.

<b>PART 1</b>			<b>Fee: \$75</b>
# 19920	6 Saturdays	11:15 AM - 12:45 PM	Jan. 25-Mar. 7
<b>Supply Fee: \$12</b>			<b>NO Class 2/15/20</b>

<b>PART 2</b>			<b>Fee: \$75</b>
# 19921	6 Saturdays	11:15 AM - 12:45 PM	Mar. 21-May 2
<b>Supply Fee: \$12</b>			<b>NO Class 4/11/20</b>

## ALL SPANISH CLASSES TAUGHT BY TERESA HITO

## BEGINNING CHINESE/MANDARIN FOR EVERYONE!

Learn everyday Chinese/Mandarin by having fun conversations. Both beginning and intermediate classes use the Pinyin System- a quicker and clearer approach to grasp the Chinese language in a short period of time. Class will focus on commonly used expressions needed in business, travel and everyday life. Guidance on developing reading and writing skills will be made available.

<b>Janie Chien Golden</b>			<b>Fee: \$95</b>
# 19915	6 Sat.	9:30 AM - 11:30 AM	Jan. 25 - Mar. 7
<b>Please note: Purchase <i>Golden Chinese (ISBN 9780615711713)</i> prior to first class and bring the book with you to class. Available at Amazon.com.</b>			

## INTERMEDIATE CHINESE/MANDARIN

Continue your everyday Chinese/Mandarin studies in this intermediate level class that focuses on speaking, reading and writing sentences. Class will continue to cover commonly used expressions needed in business, travel and everyday life quicker and clearer approach to grasp the Chinese language in a short period of time. Class will focus on commonly used expressions needed in business, travel and everyday life. Guidance on developing reading and writing skills will be made available.

<b>Janie Chien Golden</b>			<b>Fee: \$95</b>
# 19916	6 Sat.	9:30 AM - 11:30 AM	Mar. 21 - May 2
<b>Please note: Purchase <i>Golden Chinese (ISBN 9780615711713)</i> prior to first class and bring the book with you to class. Available at Amazon.com.</b>			

# MUSIC

## THE BASICS OF HARMONY SINGING



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

reading and listening material to prepare for and discuss at the next class meeting. This class will help you find your voice.

**Dale LaDuke**

# 19930

5 Saturdays

12:00 PM - 1:00 PM

**Fee: \$89**

Jan. 25-Feb. 22

## UKULELE

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



**Dale LaDuke**

**LEVEL 1**

# 19931

5 Saturdays

10:00 AM - 11:00 AM

**Fee: \$89**

Jan. 25-Feb. 22

**LEVEL 2**

# 19932

5 Saturdays

11:00 AM - 12:00 PM

**Fee: \$89**

Jan. 25-Feb. 22

## MUSIC MADE EASY (On Line Class)

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

**Fee: \$97**

**Start Dates:** Jan 15 or Feb 12 or Mar 18

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

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## LOVE MUSIC AND DANCING?

**CHECKOUT OUR DANCE SECTION ON PAGE 20 & 21**

# 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**  
# 19929

1 Friday

6:00 PM - 8:00 PM

Mar. 6

Fee: \$58

## 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 2/15/20**



**Giovanni Lombardi**

Fee: \$66/\$55

# 19926

6 Saturdays

12:30 PM - 1:30 PM

Jan. 18-Feb. 29

# 19927

5 Saturdays

12:30 PM - 1:30 PM

Mar. 7-Apr. 4

# 19928

5 Saturdays

12:30 PM - 1:30 PM

Apr. 18-May 16

# PERSONAL ENRICHMENT

## 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**

Fee: \$69

(Spouse/Guest registers at no cost!)

# 19933

2 Tuesdays

6:30 PM - 9:30 PM

Jan. 28 & Feb. 4

# 19934

2 Thursdays

6:30 PM - 9:30 PM

Apr. 30 & May 7

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

## SOLAR PANEL DESIGN AND INSTALLATION **NEW!**

Since around 2010 installing solar panels has become more and more popular. Thousands of home and business owners are looking for a "Solar Installer" to install solar panels. Many experienced solar panel installers are doing this work as "independent contractors". This course will prepare participants to design and install solar photovoltaic panels for their own homes and others. Hands on free training in real world installation through a volunteer organization is offered to all registrants. This class will cover solar, electrician and City codes as well as electrical wiring. **Supply Fee \$40**

**Quayum Abdul**

Fee: \$199

19935

T/W/Th

6:30 PM - 9:30 PM

Jan. 28, 29 & 30

## INSTRUCTOR LED NON-CREDIT ONLINE COURSES



24-Hour Access

Discussion Areas

8 Week Format

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

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

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

Learn it On-line!

### Introduction to Google Analytics

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

### Performing Payroll in QuickBooks

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

### Accounting Fundamentals

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

### Beginning Writer's Workshop

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

### Computer Skills for the Workplace

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

### A to Z Grant Writing

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

### Grammar Refresher

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

### Digital Photography

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

### Write Like A Pro

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

### Intermediate Microsoft Excel

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

### Introduction to CSS3 and HTML5

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

### Leadership

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

### Writing Essentials

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

### Effective Business Writing

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

### Introduction to SQL

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

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

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





## CAREER TRAINING

# ONLINE PROGRAMS



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

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

One-On-One Instructor Assistance

24-Hour Access

All Materials and Books are Included!

Certificate Upon Successful Completion

Course Start Any Time

3-6 Months Of Instruction

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

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

Learn it On-line!

### Medical Billing and Coding

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

### Pharmacy Technician

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

### Certified Personal Trainer

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

### Travel Agent Training

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

### Principles of Green Building

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

View more Career Training listings on-line at

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

### AutoCAD 3D 2018

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

### Human Resources Professional

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

### Non-Profit Management

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

### Optician Certification Training

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

### Certified Wedding Planner

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

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

818-947-2577 X. 4172

# OPEN RECREATION

**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

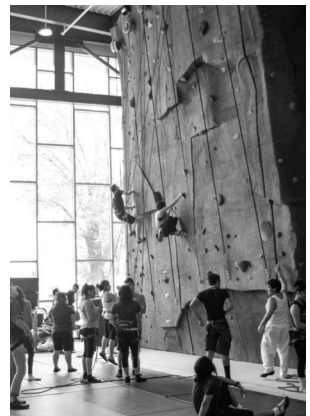
## CLIMBING WALL

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



# SWIMMING & AQUATICS

## **Swim Lesson Policies and Registration Procedure**

### **Classes**

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

## **ASK US ABOUT FAMILY AND LAP SWIM PROGRAMS**

### **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 from 10:00 AM - 12:30 PM. Please read the registration information/refund policy above.

## **ADULT CLASSES (18 years old and up)**

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

### **SHALLOW WATER AEROBICS**

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

**M/W/F** **10:00 AM - 10:55 AM** **\$95/month**

### **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** **\$65/month**

# SWIMMING & AQUATICS

## 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	\$85/month
Sat.	11:00 AM – 11:55 AM	\$65/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	7:00 PM – 7:55 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	\$85/month
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## 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	\$85/month
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## 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:	6-6:45 PM PM	\$70/month
Sat.	12-PM - 12:45 PM	\$45/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	\$75/month
T/TH:	4:00 PM - 4:25 PM	\$75/month

# SWIMMING & AQUATICS

## 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 2 ½ 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	\$75/month
T/TH:	4:30 PM - 4:55 PM	\$75/month

## SMALL GROUP LESSONS

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

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

M/W or T/TH: Levels 1-4:	4:00 PM - 4:45 PM	\$95/month
M/W or T/TH: Levels 1-4:	5:00 PM - 5:45 PM	\$95/month
M/W or T/TH: Levels 1-4:	6:00 PM - 6:45 PM	\$95/month
Saturday: Levels 1-3:	*10:00 AM - 12:00 PM	\$65/month

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

## 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	\$85/month
M/W: 6:00 PM - 6:55 PM	\$85/month
T/TH: 5:00 PM - 5:55 PM	\$85/month
T/TH: 6:00 PM - 6:55 PM	\$85/month



## PRE-TEAM

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

M/W/F: 6:00 PM - 6:55 PM	\$95/month
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Stewart O'Dell, Coordinator- odellsa@lavc.edu-818-778-5644

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

**Pool Office Hours: Mon. & Tue. 3:00 PM – 8:00 PM; Sat.10:00 AM – 1:00 PM**

**Swim Assessments are done on M & T 5-7 PM & Sat 10:30 AM-12:30 PM**

**Please Note: The only transactions that may be done at the pool office are purchasing lap/family swim passes and parking decals. ALL class registrations must be done at the Community Services Office M-F 8 AM-4:30 PM**

# 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 October 2019**

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

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



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

### ✓ Human Resource Assistant Academy

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

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

**Class starts October 2019**

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

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

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

**Classes forming**

### ✓ HR-Enhanced for Non-Profits

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

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

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

## Medical Training Classes

**Clinical Medical Assistant or Administrative Medical Assistant**

Courses available on the LAVC campus.

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

For information, call

**(818) 997-0967**

or visit our website

**[www.legalfieldcareers.com](http://www.legalfieldcareers.com)**

**[www.lavc.edu/Professional-Extension-Programs/home.aspx](http://www.lavc.edu/Professional-Extension-Programs/home.aspx)**



## **NO-COST PROGRAMS**

**A Quick Path to a Professional Career!**

***Give Your Job Search the Winning Edge!***

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

**“Blueprint for Workplace Success”**

**&**

**“30 Ways to Shine as a New Employee”**

✓ **Blueprint for Workplace Success** (15853)

Topics include:

- Write your best resume and cover letters
- Speak more confidently at job interviews, networking events, and 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

✓ **30 Ways to Shine as a New Employee** (10334)

Topics include:

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

Classes are Fridays beginning  
February 21, 2020 - 9:00 a.m. - 12:05 p.m.

Attend 16 of 20 classes and receive a certificate recognized by  
the City of Los Angeles and the Los Angeles Chamber of Commerce

**For more information visit**

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

**or call**

**818.947.2941**

**Today!**

***Please contact Workforce Training (818) 947-2941 and not Community Services***

# Workforce Training/Adult Education

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

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

**Manufacturing Academy** - Begin your career in the growing manufacturing industry. This six-week course includes conventional and CNC machining lathe and mill operations, blueprint reading, inspection procedures, and employability skills. For more information and orientation schedule, call Roberto at 818.778.5610 or visit [www.lavcjobtraining.org](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 Bio-manufacturing Technician Level I. People in this role clean and sanitize equipment that provides life-saving pharmaceuticals. Join the Academy and learn good manufacturing practices, workplace science, and good documentation practices as well as workplace readiness skills such as interviewing, and writing resumes and cover letters. For more information, call Kristi at 818.947.2941, or visit [lavc.edu/workforce](http://lavc.edu/workforce).

**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 Tempie (818.947.2386) or Michael (818.778.5572).

For more information visit

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

or call

**818.947.2941**

**Today!**

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

# Workforce Training/Adult Education



## PARENTING CLASS WITH LISA BRAUER

Thursdays, March 5 through May 14, 2020

4:30 p.m. – 6.35 p.m.



Join Lisa Brauer, licensed MFT, along with other parents for a series of workshops to explore the joys and challenges of parenting and as a bonus, receive a parenting certificate!

Optional: Bring your child (ANY AGE) to play with other children, supervised by staff and student interns.

### REGISTRATION

If you are already an LAVC student, add the class to your portal. If not, follow the registration steps.

#### Registration Steps for Parenting Classes:

1. Apply on-line at [www.lavc.edu](http://www.lavc.edu) for the Spring 2020 semester.
2. Once you receive your student ID number, register for classes (class codes below).

#### Parent 021CE

Family Development and Communication  
Class Code: 29565

#### Parent 022CE

School, Work and Family Balance  
Class Code: 29566

For more information & registration for these classes,  
call 818-778-5612 (not Community Services)  
or email [webbrv@lavc.edu](mailto:webbrv@lavc.edu)

To see more services the Family Resource Center offers,  
visit our website: [www.lavcfamilyresourcecenter.org](http://www.lavcfamilyresourcecenter.org).

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

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

**Non-Profit  
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